



Dr. BMN College of Home Science (Autonomous)

NAAC Re-accredited 'A+' Grade with CGPA 3.69/ 4

UGC Status: College with Potential for Excellence

BMN BULLETIN

Connecting BMNites from Past, Present and Future



We are delighted to present to you the second edition of the *BMN Bulletin*! The newsletter strives to rekindle the interaction that was lost in the online mode of education due to the pandemic and features the creative & academic life of the institute.

For you, we have brought an array of inspirational articles, poems, healthy recipes, beautiful photographs, and artworks by the students. Read on to get a sneak peek into the unseen talents and achievements of our faculty. The issue also covers an exciting flashback of the inception of the institute, told by our very own, Vilas Sir!

We hope these stories and reflections resonate with you as much as they have with us.

Happy Reading!

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Matunga, Mumbai, Maharashtra

PRINCIPAL'S ADDRESS



Greetings!

Ever since the resounding success of the inaugural bulletin of the English Association in April 2021, I have been eagerly anticipating the second edition. My compliments to the editorial committee for the timely release of this issue and for the excellent standards of production once again.

Unfortunately, the COVID-19 Pandemic still controls the course of our lives. It has been more than a year since we have had the opportunity to interact with each other on campus.

I pray that there will soon be some relief from physically distancing and that we will be back in college to experience the joy of learning from each other in person. This is not to say that the college has not been active! Once again, this bulletin reports a plethora of exciting events conducted online. Kudos to the teachers, committees, and students for your full-hearted participation, and congratulations to all the achievers.

My personal thanks to the senior members of the English Association:

Reena Poptani (President), Gauri Pillai (Secretary) & Sakshi Mhatre (Lead member), who have made this Student-led Bulletin a reality, fulfilling a long desire of mine. More importantly, you have wonderfully instilled a passion for books and reading in your peers and juniors.

Keep reading and stay safe!

As Arthur Schopenhauer aptly conveys:

Without books
the development
of civilizations would
have been impossible.
They are the engines of change,
Windows of the world.
'Lighthouses' as the poet
Said 'erected in the sea
of time'.
They are companions,
teachers, magicians, bankers
of the treasures of the mind.
Books are humanity in print.

Prof. Dr. Mala Pandurang
Principal



VICE - PRINCIPAL'S MESSAGE

Just when I think the world has me beat,
My BMN angels help me to my feet,

They are always there whenever I fall,
Ready to take action when I call,

They know exactly what to say,
To make sure I have the perfect day,

Their shoulder is always there to cry on,
Makes me wonder where else I would have gone,

Knowing very well how to address my fears,
Makes them wise beyond their years,

Forming these most unbreakable ties,
Makes me see the world with newfound eyes,

We have a bond you will never see,
Which will be cherished forever and ever by me.

Thank you BMN family!

Dedicated to all my colleagues at BMN!



Mrs. Anuradha Shekhar
Vice - Principal
HOD - FSN Department

Farewell to our beloved Vice Principal

You will be missed...

WISHING YOU GOOD HEALTH, GOOD
LUCK & GREAT SUCCESS IN YOUR
RETIREMENT.
BEST WISHES TO YOU!



Mrs. Anuradha Shekhar

Vice Principal

Head of Department: Food Science and Nutrition

Joined: 20th June 1991

Retired: 31st July 2021

*Farewell to you, dear teacher
Farewell for the coming days and the days you never knew
A journey that has ended today is a start to a journey new
This is not a parting call
Because you shall always remain as a memory in the walls
of this Institute and
deep in our hearts.*

BCA CO-ORDINATOR'S NOTE

John Frederick Demartini truly said 'Wisdom is looking back at your life and realizing that every single event, person, place, and idea was part of the perfected experience you needed to build your dream. Not one was a mistake.'

When the most important times are occurring, we don't even recognize or notice them. We are just busy living our lives. Only looking back do we know what was a great moment in our lives. 25 years ago, in 1996, I joined Dr. BMN College as a Computer Faculty in a small Computer Lab with 8 Desktop computers. Here I am in 2021 as the Controller of Exams of the entire college and Program Coordinator of the Computer Department which now houses State-of-art 6 Computer Labs, Smart Class Rooms, Technically Strong Department and above all sincere, dedicated Faculty Members. This is more than just Machines and Technology! It is my family!



All the progress and excellence would not have been possible without the strong support of the visionary Management. They allowed us to experiment, innovate and implement creative ideas. They welcomed our suggestions always keeping in mind the mission of Empowerment of Women through Education.

As an In-charge of Freeships, I was amazed by the manner in which the Management collected donations and tirelessly disbursed them to needy students. I am extremely proud to say that our Management has never taken donations for admission but instead has always stepped forward to give donations to needy girl students! It gives me immense pleasure to see so many needy students getting freeships to complete their education.

Needless to say, as a Program Coordinator I enjoy attending college and working in my department.. The credit for that rests entirely with my co-operative Staff! They follow my instructions and requests sincerely and never give me any cause to complain! I owe my success entirely to my department staff for helping me to contribute effectively towards the growth of the department and the college. Here I would like to mention that the department will add another milestone as we are shortly going to start an MSc Program in Computer Science! All this has been possible only with the sincere co-operation and efforts of the entire Department.

As a Controller of Examination for our Autonomous College our Principal, Prof. Mala Pandurang has displayed great faith and trust in my abilities and given me the freedom to implement all the innovative ideas with the sole aim of ensuring that free and fair examinations are held. Certainly, this has proved to be a great challenge to conduct free and fair online examinations.

Every experience in life always throws up a valuable learning curve. For my part, I learned a number of things from my College experience. Management has taught me how to work selflessly for the weaker sections of society. I learned how to be a good human being from our ex Principal, Dr. Shilpa Charankar and from our current Principal, Dr. Mala Pandurang I have learned how to work smartly and intelligently. The entire College comes together to work towards the common goal of making our College one of the best in Mumbai! We have maintained the NAAC Accreditation with an A+ grade and CGPA of 3.69/4. Our efforts have borne fruit wherever we visit we are accorded great respect. The journey has just begun and as Robert Frost said, "We have miles to go before we sleep!"



Mr. Shahajahan Khan
Controller of Examinations

Program Coordinator, Smt. K.G Shah Department of Computer Applications

DOWN THE MEMORY LANE

WITH MR. VILAS SAWANT, NON-TEACHING STAFF

Interviewed by:

Ms. Sakshi Mhatre

TY FSN

Secretary, Student Body BSC Department

डॉ. बीएमएन महाविद्यालयाचे शिक्षकेतर कर्मचारी श्री. विलास सावंतयांची मुलाखत टी वाय एफ एस एन येथील कु. साक्षी म्हात्रे हिने घेतली. चला आपण हया मुलाखतीवर व १९८० - १९९० च्या काळात आपले कॉलेज कसे होते हयावर एक नजर टाकू.

प्रश्न १.

साक्षी - सर तुम्ही १९८६ ला कॉलेजमध्ये काम करण्यास सुरुवात केली तरत्यावेळचं कॉलेज आणि आत्ताचं कॉलेज याबद्दल माहिती सांगा?

सर - मी १ जून १९८६ मध्ये सेवा मंडळ मध्ये शिपाई म्हणून कामाला लागलो. तेव्हा सोसायटी मध्ये डॉ. बी. एम. एन. कॉलेजचे बांधकाम चालू होते. चढायला पायऱ्या सुद्धा नव्हत्या. तेव्हा दुसऱ्या मजल्यावर मुख्याध्यापकांचे कार्यालय आणि त्याच्या बाजूला आणखी एक कार्यालय होते. तिथे एक क्लार्क होती आणि मुख्याध्यापकांच्या बाजूला एक टायपिस्ट होती. म्हणजे आम्ही फक्त ३ जण होतो. त्यानंतर बालविकास वर्ग सुरू झाले. १२-१३ विद्यार्थीनी होत्या. व्यवस्थापनाचा मला सेवा मंडळाला अभिमान वाटतो. कारण त्यांनी कॉलेजची प्रगती घडवून आणली. देणगी वगैरे मिळवून तसेच खूप मेहनत घेतल्यानंतर दोन अडीच वर्षात ६ मजली इमारत तयार झाली. त्यांनी कॉलेजची भरभराट केली. मग कॉलेज सुरू झाले. प्रथम वर्ष, द्वितीय वर्ष आणि तृतीय वर्षाचे वेगवेगळे विषय जसे कुटुंब संसाधन व्यवस्थापन, मानवी विकास, अन्न विज्ञान आणि पोषण, कापड डिझाईन इ. सुरू झाले. मग श्रीमती एच. एम. एन. ज्युनिअर कॉलेज सुरू झाले. त्यावर्षी भरपुर प्रवेश आले आणि मग कर्मचारी पण वाढले आणि कॉलेजची भरभराट झाली.



प्रश्न २

साक्षी - सर जसेतुम्ही म्हणालात व्यवस्थापकांचा यासगळ्यामध्ये खूप मोठाहात आहे. तरआत्ता असलेल्या मुलभूतसुविधा म्हणजेच इन्फ्रास्ट्रक्चर यामध्येआणखी काय कायबदल झालेत आणिकाय बदल करावेतअसे तुम्हाला वाटते?

सर - आपण आतानवनविन कोर्स चालू करतआहोत. आपले व्यवस्थापनपण चांगले आहे. एन.ए.ए.सी. चाग्रेड पण मिळालाआहे. तर व्यवस्थापननक्कीच सुधारणा करतील. पणआपल्याकडे जागा अपुरीआहे.

साक्षी - विद्यार्थ्यांना विचारण्यात आले होतेकि काय बदलहवे आहेत. तरबरेच सल्ले आलेहोते.

सर - जागा कमीअसल्यामुळे आपल्याला पाऊल पुढे टाकता येत नाहीपण मुलांनी सल्लेदयावेत असे मलावाटते.

प्रश्न ३

साक्षी - आज आपणजी ऑनलाइन शिक्षण पद्धतीचा वापर करत आहोतत्यामुळे तुम्हाला प्राध्यापक, मुलेयांच्याबरोबर होणारा संवाद चुकल्यासारखे नाही वाटतका?

सर - मला तरफारच चुकल्यासारखे वाटतेआहे. दोन वर्षांनीमी निवृत्त होणारआहे पण असेवाटते आहे कीआत्ताच निवृत्त झालो आहे. मला हे ऑनलाइनशिक्षण नाही पटत कारणऑनलाइन शिक्षणा मुले घरीबसून अभ्यास करतात. त्यांचे अभ्यासात पुर्ण लक्षलागत नाही. घरीजास्त माणसे असल्यामुळे जागाअपुरी असल्यामुळे व्यवस्थितलेक्चर ऐकता येतनाहीत. तसेच लेक्चरसंपल्यावर काही संवादविद्यार्थ्यांना साधता येत नाहीतव अडचणी सोडवता येत नाहीत.

प्रश्न ४

साक्षी - विद्यार्थ्यांना तुम्ही काय संदेश दयाल ?



सर - आपले हे मुलींचे कॉलेज असल्यामुळे मी पालकांना असे सांगेन की या कॉलेज सारखे दुसरे कॉलेज तुम्हाला मिळणार नाही. मी सर्वांना सांगूइच्छितो की आपले कॉलेज शून्याहुन वर आले आहे. जुने विद्यार्थी जेव्हा येतात तेव्हा त्यांना कॉलेज कडे बघून त्यांना आश्चर्य वाटते. कॉलेज मध्ये खूप बदल झाले आहेत, कॉलेजची खूप प्रगती झाली आहे. जस विद्यार्थ्यांची प्रगती झाली आहे, तशीच कॉलेजची सुद्धा प्रगती झाली आहे. कॉलेज मध्ये अगोदर शिकलेल्या विद्यार्थ्यांनी आता आपल्याच कॉलेज मध्ये प्रोफेसर आहेत. काही विद्यार्थ्यांनी मोठमोठ्या कंपन्यांमध्ये मोठ्या पदावर आहेत, काहींचे स्वतःचेउदयोग आहेत. आपल्या कॉलेजचे मुख्याध्यापक, व्यवस्थापन व शिक्षक खूप चांगले आहेत. मी नेहमी व्यवस्थापना पुढे करतो कारण जेव्हा मी शिपाई होतो तेव्हा मला प्रविणजी शाहा यांनी सगळे शिकवले, आणि कॉलेजला पुढे आणले आहे. तर शेवटी एवढेच सांगेन की डॉ. बी.एम.एन. कॉलेज मध्ये आपल्या पाल्याचा प्रवेश घ्या आणि निश्चित रहा.

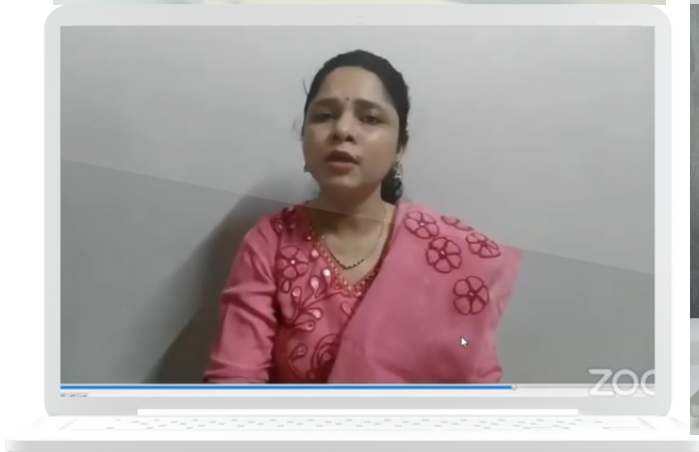
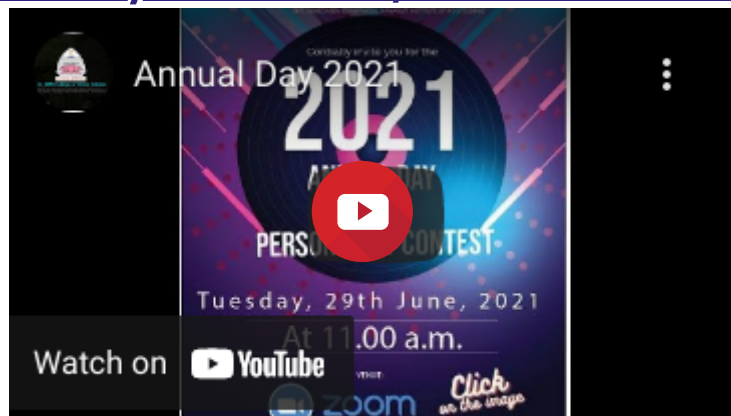
धन्यवाद

ANNUAL DAY 2021

The Annual Day Celebration in a virtual mode was the first in the history of Dr. BMN College of Home Science. It was held on the Zoom platform on 29th June 2021. The celebrations began with a Prayer song, Welcome Dance, followed by the extravagant Personality Contest. The judges for the contest were Ms. Sushma Nair (Eminent Educator) and Ms. Mili Gada (Mentor & Fashion Visionary). Dolly Jain (SYFSN) & Sakshi Mhatre (TYFSN) were the hosts for the day, along with Neha Singh (TYBCA) & Vineeta Sharma (TYBCA), who kept the enthusiasm high just as in a live offline mode. The best students for the year were also announced and felicitated. Students, Teaching Staff, Non-teaching staff entertained the audience with fabulous dance performances and songs. The event came to an end with an online DJ Session.

TO WATCH THE ANNUAL DAY 2021, CLICK HERE

<https://www.youtube.com/watch?v=viWB3wBU9nA>



Best Student Award 2021



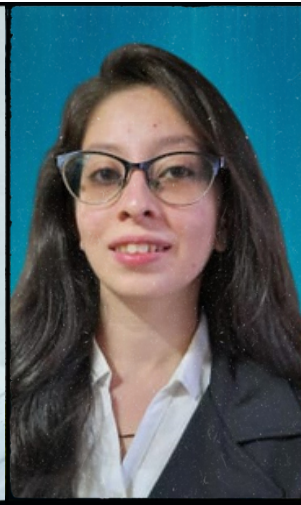
Ms. Ishwari
Jadhav
(SYJC)



Ms. Gauri
Pillai
(TYFSN)



Ms. Radhika
Kedia
(TYBCA)



Ms. Riddhi
Shah
(MSC CND II)



Ms.
Aakanksha
Malkar
(Dip. Beauty
Culture &
Hairdressing)



Personality Contest Winners 2021



BMN QUEEN
Ms. Sneha
Chand
(TYFSN)



PRINCESS I
Ms. Gargi
Natekar
(PGDSSFN)



PRINCESS II
Ms. Avantika
Parab
(SYBCA)



PRINCESS II
Ms. Aaisha
Sanghavi
(TYND)

CO-CURRICULAR REPORTS

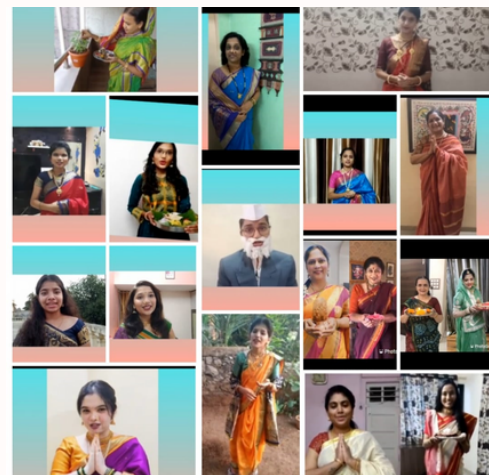
MAHARASHTRA DAY CELEBRATION

1st May is celebrated as Maharashtra Day which marks the formation of the vibrant state of Maharashtra. Special guest for the event was Ms. Kasturi Shelar (Alumni), Film Director, Director of photography.

Students and teachers across the departments participated wholeheartedly in this event. A short video was created by the students and teachers showcasing the diverse culture, history, dance, and cuisine of the state. The video was uploaded on the college YouTube channel.

To watch: <https://www.youtube.com/watch?v=RIY7JamZu3o>

Report by Ms. Dolly Jain, SYFSN
Cultural Representative
Student Body, BSC Department



COVID VACCINATION DRIVE BY B.SC STUDENTS



India is going through a tiring time. The country needs its youth to step up now more than ever. That is when the students from the B.Sc section of Dr. BMN College of Home Science volunteered at the Lion Tarachand Bapa Hospital Sion, Mumbai by taking part in the process of registration, verification, and certification of citizens who visited the center for COVID vaccination.

The Vaccination Drive started on 15th March 2021 with six volunteers: Mahima Kharat (President, Student Body), Namira Vasta, Anjali Gwari, Kunjan Thakkar, Yashvi Chheda, and Dhwanika Chawda. Suddenly, India faced the drastic aftermath of the 2nd wave of Covid-19. It was at this moment that more volunteers namely; Shifa Wagh and Rutuja Kadam from T.Y.B.Sc. bravely came forward to join the team for a week. The students who participated in the vaccination drive commuted from across the city regardless of the impairing risks of the Covid-19.

The risk factors could outweigh the spirits but the BMNites showed resilience and took the challenge head-on, one little step towards the country and its people.



Report by Ms. Mahima Kharat, TYHD
President
Student Body, BSC Department

TEKZONE '21

THEME: DEDICATION TO FRONTLINE WARRIORS

Tekzone 2021 Season 15 was organized from 10th - 21st June 2021 and had a mix of both online and offline events to encourage maximum participation. Keeping the pandemic in mind K.G Department of Computer Applications decided to host their Annual Inter-collegiate fest online and also take it to the National level. Tekzone 2021 introduced various events without breaking the social-distancing rule.

The theme for this year's Tekzone was "Dedication to Frontline Warriors".

The Covid-19 pandemic threw life out of gear for everyone across the spectrum. Social distancing, masks, confinement to our house's four walls have become the new normal. Man being an intelligent social being has been trying to overcome even these difficulties with both perseverance and grit. Our fight against the universal beast Corona would not have been possible, had it not been, for the selfless and daredevil bravery, displayed by our Frontline Warriors like the Medical Fraternity, Police, Sanitation workers, Teachers, Bankers, Pharmacists, Delivery agents, Essential Healthcare workers, Government Servants, and many other brave hearts. As a mark of salute, we wished to show our respect, appreciation and pay a heartfelt tribute to these Samaritans from various walks of life.

 [Click to know more](#)
[Visit the Instagram Page](#)



[View the Valedictory Function here](#)

The fest aimed to help the young minds think positively and step out of their comfort zone by participating in various events. All they had to do was showcase their talent from their homes and let the world witness their creativity.

Tekzone 2021 had several events out of which Tech-Quiz was one of the most popular events. On repeated requests from the participants, we had to once again open entries for the same. The events had talented judges from various fields of expertise and they indeed brought glory to the memory of Tekzone 2021. Tekzone had an overwhelming response with more than 230 participants from 80 different colleges from 14 states across the country.

**Report By Ms. Sakshi Shetty, TYBCA
President, Student Body, BCA department**

BALMELA'21

Dr. BMN College Of Home Science's, Department of Human Development has been organizing a 2-day event - "Balmela" since 2005. Balmela is an innovative teaching-learning method for children between the ages of 3 to 8 years. It is organized by T.Y and S.Y Human Development students under the guidance of department faculty. Every year students decide on an interesting theme, this year's theme was aptly "Emotional Express".



The Balmela event is part of the sixth-semester subject, 'Management of Centres'. The grand two-day event was held on 25th & 26th June 2021. Special slots for Teachers of our college and Parents of S.Y & T.Y students were organized. On 25th June, the event began with inauguration and prayer followed by encouraging words by Principal, Vice Principal, HOD, Departmental Teachers, & Chief Guest "Mitali Salgaonkar" (Child Actress). The event included puppet shows, dramatizations, dance it out, live activities, and children's favorite house of emotion game. On 26th June 2021, a calming yoga workshop for children was organized to conclude the event.

This year's virtual Balmela will always be remembered as a new learning experience and innovation..

Report by Ms. Shaheen Khan & Ms. Aditi Dhond
Overall Incharge, Balmela 2021

GENDER APPRECIATOR COMPETITION

Gender Appreciator Inter-Collegiate Competition was held from 10th May 2021 to 30th May 2021, organized by the Internal Complaints Committee of Dr. B.M.N College of Home Science in collaboration with Jagar Janivancha Committee. The Competition comprised of two events - Short story and Meme making. The major four topics were Women's rights, Gender division of labor, Gender Stereotypes, and Violence against women. The events were judged by Ms. Mayura Putambekar (Employability Skills Trainer).

Short Story Writing Winners

1. Ms. Ishita Jain - 1st rank - School Of Fashion Technology
2. Ms. Ashwani Navneet - 2nd rank - Thakur College of Science & Commerce
3. Ms. Tuba Khali - 3rd rank - Smt. M.M.P Shah Women's College

Meme Making Winners

1. Mr. Akash Vishwakarma - 1st rank - Thakur College of Science & Commerce
2. Ms. Kunika Sonkusare - 2nd rank- Dr. BMN College of Home Science
3. Ms. Shivani Tyagi - 3rd rank - IB College of Panipat



Report By Ms. Sakshi Mhatre, TYFSN
Secretary
Student Body, BSC Department

ENGLISH LANGUAGE DAY 2021

On the 22nd and 23rd April 2021, the English Association organized a two-day event, English Language Day in honor of William Shakespeare's birth and death anniversary. The theme of the event was "Women's experience in the lockdown."

DAY 1

On 22nd April, Dr. Shubha Acharya, (Associate Professor & Degree College in-charge, M D Mahila College, Malad) inaugurated the event. Dr. Shubha called the students and teachers "Covid warriors" for striving hard and not letting the pandemic affect their education.



Art of Storytelling Workshop:

www.youtube.com/watch?v=rT_klojhQz4

Her empowering speech was followed by the launch of the Student Newsletter, the 'BMN Bulletin', and the inauguration of the English Association. The Principal, Dr. Professor Mala Pandurang read a wonderful poem and addressed the students. Miss Huda Sayyed, lecturer and in charge of the English Association, thanked the students for their dedication to organizing the institute's first English Language Day. The first part of the event was proceeded to a workshop on 'The Art of storytelling' by Ms. Khushboo Gala, (Alumni, Dept of Early Childhood Education).



Inagural event: www.youtube.com/watch?v=S7m1RoGD1Qc

DAY 2

On 23rd April, a live debate competition was organized. Mrs. Smirti Kocchar (Speech & Drama Trainer) and Ms. Suman Dhanani (Lecturer, Dept. of BMS, RD National & WA Science College) were the judges. The topic of the debate was 'Digital connect vs Digital divide.'



Found Poetry Workshop:

www.youtube.com/watch?v=Ebpnsrtb4uY

The last workshop was on Found Poetry by Ms. Shloka Shankar, held on 23rd April. She taught the key principles of found poetry. She also reviewed the poems that students and faculty members came up with during the fun and interactive session. The event was brought to an end with the felicitation of the winners of the online competitions. Principal, Dr. Prof Mala Pandurang appreciated the efforts of the English Association in making the English Language Day 2021 a grand success!



Debate Competition:

www.youtube.com/watch?v=eaZ7d71FSvA

Report by
English Association

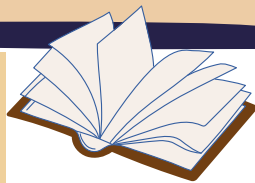
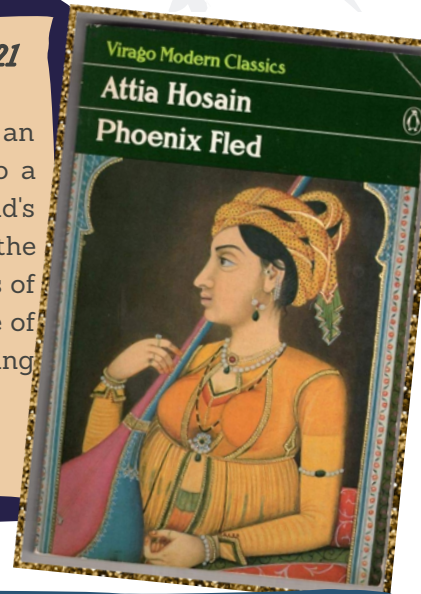
A NOVEL IDEA BOOK CLUB

An open discussion on the book *"The First Party"* by Attia Hosain

15th May 2021

A marriage is arranged between a little servant girl and a middle aged cook with an opium habit; an idealistic political worker faces disillusionment; a servant returns to a wife he scarcely knows; a conventional bride has her first encounter with her husband's "emancipated" friends: telling of the lives of servants and children, of conflict between the old traditions and the new, modern civilisation, and exploring the human repercussions of the Muslim/Hindu divide, these twelve short stories present a moving and vivid picture of life in India. To each episode Attia Hosain brings a superb imaginative understanding and a sense of the poignancy of the smallest of human dramas.

Moderated by Mrs. Arushi Raj



Scroll & Read
on the Padlet
← Wall

Click here to visit
the website →

Ekphrastic Writing Challenge

May 2021

An exciting literary activity organized by the English Association.

Ek (out) + Phrazein (to speak) = To speak out

An Ekphrasis is a piece of writing about a visual work of art like a painting, photograph, etc.



Ekphrastic Writing
Challenge 2021

Anonymous 2mo

Anonymous 2mo

A day at the
beach

Hang in there

Hi. You must be
wondering who I am
and why am I talking
to you, right? If you

- Shradha

Mourya
I sit in the co
looking at the shore.



Padlet Wall

National Reading
Week Activities
Competitions

1. Read to Real
2. Read to Reel

*National Reading Week
A Daily Dose of Vitamin R*

19th to 25th June

The importance of a balanced diet is ingrained in us from early childhood. We are taught about the various nutrients that need to be included in our diet to boost our immunity, and ensure a strong and healthy body. But what about our minds? The mind also needs nourishment to stay healthy. And what better nutrient to keep the mind healthy than a daily dose of Vitamin R (Reading) which is found in books! A deficiency of Vitamin R can cause the mind to be devoid of imagination and knowledge, narrow one's horizons, limit one's understanding of the world, and hamper creativity.

By Dr. Monica Khanna



To know more
Visit our Instagram Page -
A Novel Idea Book Club



Creative Writing Workshop 8th, 15th, 22nd, & 29th June

A very helpful workshop for all the young writers aspiring to bloom one day, taken by Ms. Arushi Raj (Author & Educator). It covered all the aspects of turning a good story into a great one.



Report By
Ms. Harshita Tiwari (FYND)

ALUMNI INTERVIEW

WHAT WOMEN CAN BE

WITH MS. SMITA SHETTY, ALUMNI, AUTHOR, #BOSS LADY

Interviewed by:

Ms. Reena Poptani

(MSC CND II, President, English Association)

Ms. Gauri Pillai

(TY FSN, Secretary, English Association)

The interviewer always learns something new from the interviewee. It opens up your mind to new ideas & the vast multiplicity of human experience.

- Steve Cosson

1. #BossLady. How did you decide to give this title to your book?

Boss Lady personifies the power within every woman, once she overcomes her internal barriers. I asked many people on what they imagine when they hear the word "BOSS" and 90% of them saw a masculine image. That's when I thought of "Boss Lady" who is sassy & classy at the same time.

2. Tell us something more about your book.

#Boss lady is the snippet of the experiences I had & my learnings throughout my 14 years of career. It's not a teaching or a guiding book. It is just a small effort to inspire women to aspire for more. Most of the time it's our own internal demons that stop us from taking a big leap. This is my story of how I lead my life amidst the ever-challenging & changing environment. It is a straight-from-heart candid sharing to empower women to fly high. Every woman should have dreams, desire & determination to achieve them. One woman can inspire many more to take risks & gain confidence along the way.

3. What inspired you to share your life experiences by writing a book? How did you begin writing?

I was writing blogs on WordPress and the publisher liked it, that's how the book journey began. I have met many women in the past 10-15 years who do not know how to dream big, even if they do, they are clueless on how to achieve it. This prompted me to share my experiences.

4. What was the writing process you followed? How many hours a day did you devote to writing?

Due to my work schedule, I used to write during the weekends and mind map my thoughts during the week. It took me 3 months to finish the book as there was not much research involved.



MOST OF THE
TIMES IT'S OUR
OWN INTERNAL
DEMONS WHICH
STOP US FROM
TAKING A BIG
LEAP.



5. What learning from your time as a student at Dr. BMN College has helped you to become successful in your career?

Be Yourself is the most important lesson I learned in college. I also picked up skills such as teamwork & collaboration as a student. My vocabulary saw a big improvement during my time at Dr. BMN College, and kudos to Dr. Mala Pandurang Ma'am for that.

6. What authors do you like to read? What books have had a strong influence on you or your writing?

I loved "Becoming" by Michelle Obama recently. I love Sudha Murthy & Amish Tripathy's writing style as it is simple yet leads you to an imaginative world. One of my best reads is definitely, "The Palace of Illusions" By Chitra Banerjee. It taught me to look at a story or an incident with everyone's perspective, that truth can be different for different people, that ego can destroy biggest kingdoms & societal norms, and if confined to can break biggest dreams.

7. What did you learn while writing the book?

I learned perseverance is important to achieve any goal. I learned that there is nothing like the right time to follow your dreams, it is right only when you feel it right.

8. What message do you have for our students who will soon step out to be independent, young women in the world?

Always spread your wings & fly high. Do not hesitate to speak about the value you bring to the table and also work hard to maximize the value!

9. As an influencer, what are some important thoughts you kept in mind while writing an inspirational book for young women?

I just kept in mind one thought, that young girls should pick up from their failures & falters, learn quicker & faster to get to where I am in half the time. Every woman in her mid-life should never be scared to dream new & big, you can start at any age!

10. Any last thoughts for our readers?

As you achieve success or face failures on the path to your dreams, do not... I repeat do not forget to practice "Self Love". If you ain't gonna love yourself.. you ain't gonna experience it!



Article Writing Competition Winner

SOCIAL DISTANCING DOES NOT MEAN EMOTIONAL DISTANCING

We celebrated our new year on 31st December 2019, made new resolutions, went to clubs or restaurants, bought a cake just like how we do every new year, but who knew that this new year will bring us some unexpected and new challenges which we have never faced before.

At first, when we got to know about this new disease called 'coronavirus' or 'COVID-19' which is spreading all over China, I thought it would spread in our country. And then there began a lockdown, no one except the doctors or healthcare workers were allowed to go outside the house. We couldn't go to our college, school, office or meet our friends.

'Social Distancing' was being followed by all of us, we were all physically separated from each other but does that mean we were emotionally distant too? Now this question does not have one answer, some people will say yes & others will say no.

But what I feel about this is 'Yes' Social distancing does not mean emotional distancing at all, especially in a generation where we have mobiles, tablets, laptops and can contact each other whenever we feel like it. We can talk to each other and not only talk but also see each other through WhatsApp video call, zoom, Google Meet, or Skype, etc. we have many options.

Although there are some times where we could not talk freely with our friends or partner in front of our family members but that does not mean we get emotionally distant from them as we can message them as well, though there must be people who feel a bit emotionally distant from the partners or friends.

But imagine this same lockdown before the phones were invented, it would be so much worse, where people couldn't even talk to each other on electronic devices, but we do have many options now where we can stay connected with our friends or partners as social media has made it very easy for us.

Though we can't properly express ourselves like how we do when we meet each other in person, still social media keeps us from being emotionally distant to a large extent. This is why I agree with the statement that 'Social distancing does not mean 'Emotional distancing'.

- Ms. Manasi Magade, SYRM
(First prize)

*To read more articles and poems, visit the
English Association's WordPress blog*
bmnenGLISHassociation.wordpress.com

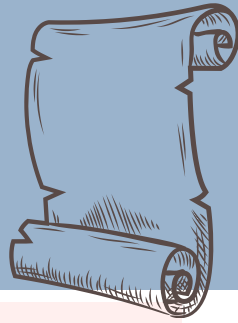


**English Association of Dr. BMN
College of Home Science**

Visit the post for more.

bmnenGLISHassociation.wordpress.com

WINNERS OF POETRY WRITING



1

THE UNSUNG WARRIOR

The world is in chaos, uncertainty everywhere.
Locked in houses just like cavemen, afraid of the
monster out there

But there she stands as a shield of the family,
Doing everything she can to defend them in this
anomaly.

Taking care of the finances she runs the
household,
family doesn't starve that's her goal.
She keeps the house all neat and clean,
sanitizing all the corners, she doesn't even lean.

Putting on her armor, the mask she goes out,
taking all safety measures without a doubt.
She panics even for a slight cough
Forcing everyone to drink the medicinal juice is
yet tough
She uses all home remedies to make the family
immune
These ways against covid are surely a boon

Serving teas when called for and always preparing
yummy snacks
She is busy till her back cracks.
Attending meetings and calls online
This workload always hurts her spine
Successfully balancing her household and her
career,
out of this situation, she would steer

She crushed her privacy, her own health and made
her family a priority
She is just meant to do it says this society
Don't let these words get to you my dear
You have come this far in spite of that fear
Don't lose hope and be a positivity carrier
These are few words to this unsung warrior

- By Ms. Payal Patil
FYND
(First prize)

2

LIFE AMIDST PANDEMIC

My New Year diary lays bare
With just a few resolutions in the beginning
Now left untouched, unattended.

Not fair.
Life amidst pandemic
Became just like my new year's diary-
BLANK.

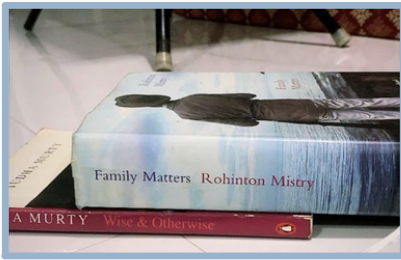
Like a lifeless robot,
Waking up daily to the noises of wailing people,
Sirens of ambulances
Warning you every time
That you might be the next
The lady on the television gives statistics of the
affected and dead people
Telling us how today was even worse than yesterday
Eating meals with no heart
Attending phone calls,
Giving condolences,
Placing orders
Surfing a bit in the online market
Killing hours while cribbing and hearing mom rant
Why you left that towel on the door.
Sanity and peace of mind have gone for a toss;
Every day is a battle
"Survival of the fittest" makes much more sense now
And became the anchor of our sailing/drowning boat
(in the tornado, storm, whatever you want to name it)
The neighboring aunty had a better check on our
visits

Than our own selves
Shutting the door on their face
Just to brush off the little anxiety building up.
I need some peace in my life, I yell from the closed
door

No, the television volume does not go down
Nor do the prying neighbors hush their suspicions
The utensils in the kitchen bang to each other
My siblings fighting over the remote now dominates
every other noise
I shut my laptop off
And decide to end another day at work from home.

- By Ms. Shikha Bajaj
MSc CND II
(Second prize)

BOOK SPINE POETRY



Family matters;
Wise or otherwise.
-Ms. Huda Sayyed



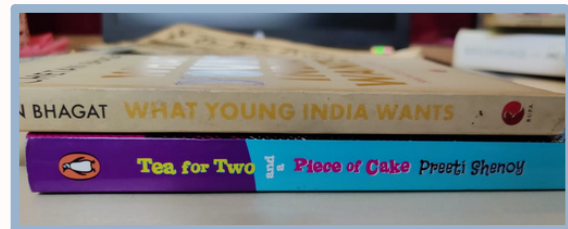
Reckless,
Tainted love,
One day in December.
-Ms. Shikha Bajaj



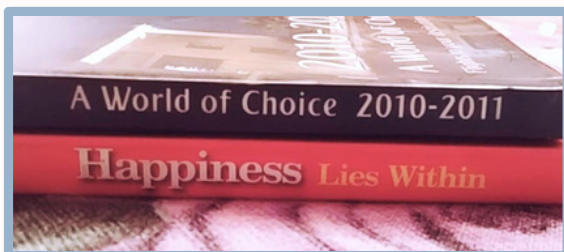
Can love happen twice ?
Like it happened
yesterday?
-Ms. Nikita Singh



The buddha and the bitch;
Two, Unbreakable
Fantastic beasts.
-Ms. Kunika Sonkusare



What young India wants?
Tea for two and a piece of cake.
-Ms. Kunika Sonkusare



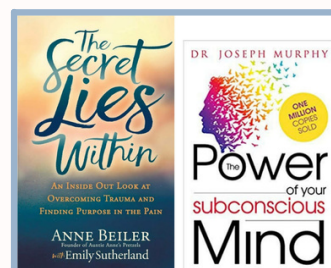
A world of choice,
Happiness lies within.
-Ms. Tasneem Diwan



A lost soul,
Wings of fire,
That's the way we met.
-Ms. Kunika Sonkusare



Hold tight,
After all this time,
Someone like you.
-Ms. Reena Poptani

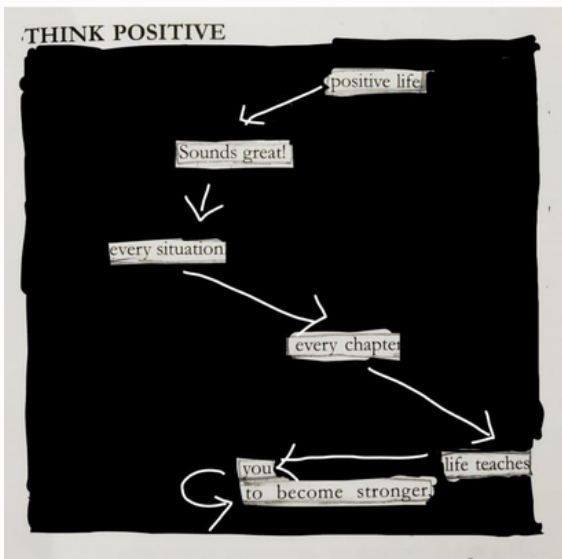


The secret lies within
The power of your
subconscious mind.
-Ms. Nikita Singh

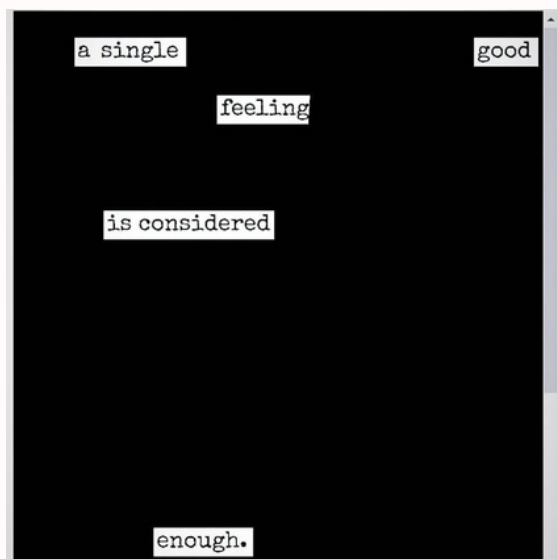


One Indian girl,
Looking for Alaska.
-Ms. Maryam Shaikh

BLACKOUT POEMS



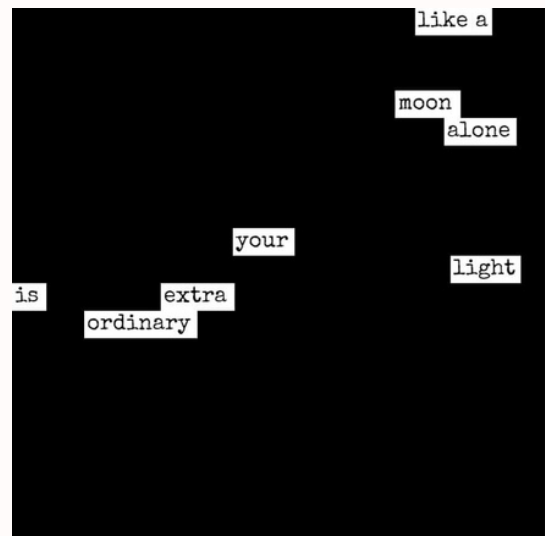
Positive life sounds great!
Every situation, every chapter,
Life teaches you to become stronger.
~ By Ms. Tasneem Diwan



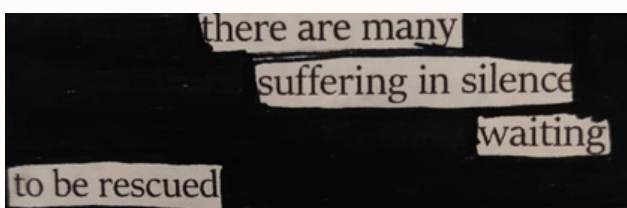
A single good feeling is considered
enough.
(Source: Pride and Prejudice)
- By Ms. Gauri Pillai



The story ends down with sleep.
Still water of time seems deep.
- By Ms. Payal Patil



Like a Moon alone, your light is
extraordinary!
- By Ms. Shraddha Maurya

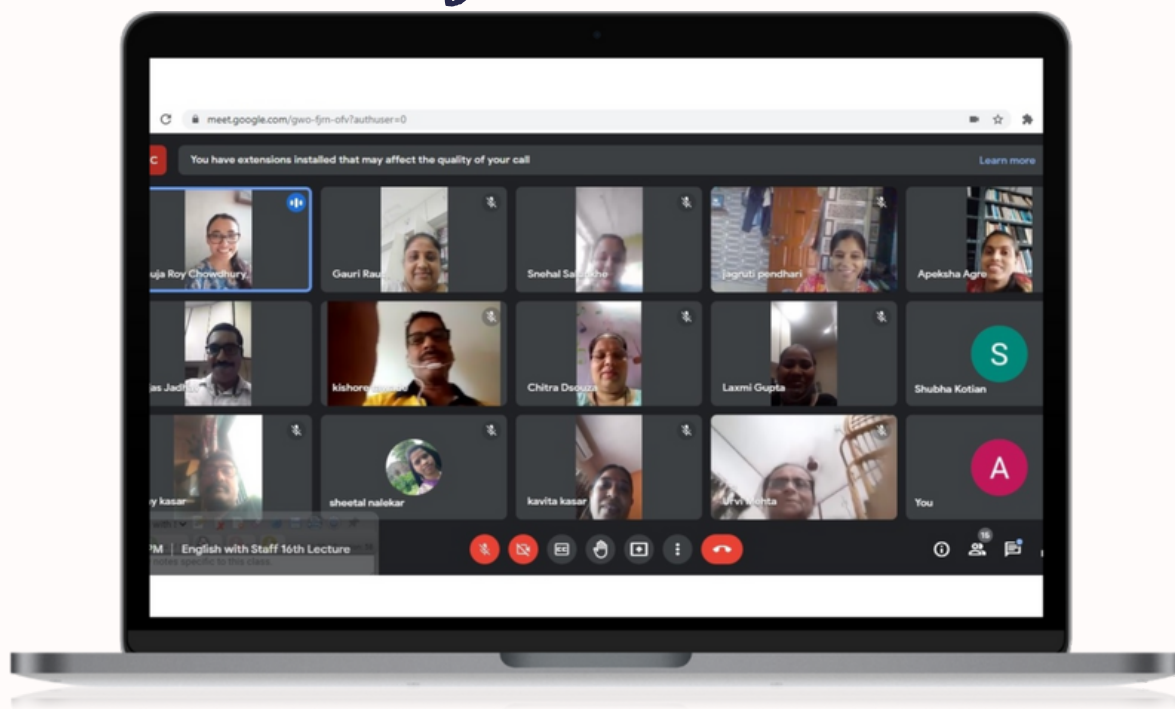


There are many suffering in silence,
waiting to be rescued.
(Source: 'The Daily Prophet' - Harry Potter merchandise)
- By Ms. Kunika Sonkusare



STAFF TALENTS

Learning never stops!



"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young." - Henry Ford

Teaching can be a term well defined when the process gives back both the parties involved something to take with them at the end of the day. My experience of teaching spoken English to the non-teaching staff has been enriching and knowledgeable. 'Age has no barriers' resonates in each of our sessions. This dual companionship that came into fruition has brought me joy and helped me as a lecturer to grow and see each one of the staff involved be better than they were since the first session. I want to thank our Principal, Dr. Mala Pandurang, for being encouraging. I would also like to thank all the non-teaching staff attending the Spoken English classes for being part of such a delightful journey. I hope their story will encourage you all to keep learning and keep growing.



- Ms. Anuja Chaudhary
Assistant Professor
Department of Bachelors in
Home Science

Everything you ever want is just a dream away!



"What I like about her is that she blooms whether you water her or not, whether you give her light or not, she exists without your existence," is a quote that I would like to begin with.

I am Ms. Neetu Singh, currently working as an Assistant Professor and Training and Placement officer, Dept. of Computer Applications at Dr. BMN College. The quote that I mentioned, in the beginning, portrays how women of our generation today should be, INDEPENDENT. Well, to be honest, it isn't that easy, I too faced my share of challenges in my journey, it is difficult especially in a society where patriarchy is supposedly a norm and unfair stereotypes are considered being "values". But every dream, I feel, goes beyond that. So I strived and left no stone unturned to reach where I wanted to. Today I hold two National Awards in Employment Enrichment Initiatives and Mentoring and recently, I won the title of "Mission Dreams Mrs. India" first runner-up and also the subtitle of Mrs. Confident from the same. I have also won "India's top SuperModel" in an online event hosted by CMW banners and 1st prize in a dance competition organized by Risland.

I am here today, to inspire women to believe in themselves even if somebody else doesn't, to not believe in living life on somebody else's laid down rules, to be financially independent, and to invest in their ambitions and never undermine them. There will always be people to pull you down, but I believe what matters is how you pull yourself up and push yourself to go behind your dreams! It won't be easy, but every woman should believe that she is worth it! I stand here today, and I believe I did it and I AM WORTH IT, I AM POSSIBLE!

- Ms. Neetu Singhi
Assistant Professor
Department of Bachelors in Computer Applications



Dance, the hidden language of soul

This write-up on my favorite hobby brings back a myriad of memories of my first dance lesson with 'Rekha' teacher at TDM Hall in Cochin with my two pillars of strength - Ammamma (maternal grandmother) and Amma.

The year was 1992 and as I did my first 'Namaskaram' (salutation before the dance), the thrill and joy I experienced back then reverberate through my body even today.

I consider Bharatanatyam as my hobby of a lifetime. It has seen me through all stresses in life, it has given me a wonderful circle of friends and it continues to teach me that age is never an excuse to pursue a hobby!



An art form can become a hobby with Gurus who inspire. My pranams to all my Gurus for introducing me to the nuances of dancing and for teaching me to appreciate any dance form with an open heart. I miss wearing my dance practice sari and moving around the dance class to the sounds of the Nattuvangam (cymbals for rhythm). For now, I pursue this hobby whenever the little girl upstairs attends her online dance class to the beats of a virtual rhythm!

- Dr. Lakshmi Menon
Assistant Professor
Department of Post-Graduate Studies
MSc CND & PGSSFN





Cooking is mental therapy



NUTRIVEG CREPES

By- Ms Paulomi Desai

MSc. DFSM, PG Dietetics, BSc. FSN .
Senior Lecturer at Dr. B.M.N.College
of Home Science
Freelance Dietitian

INGREDIENTS:

- 1/2 cup maize flour (makkai atta)
- 1/3rd cup rice flour (chaval atta)
- 1/3rd cup besan (gram flour)
- 1/3rd cup wheat flour (gehu atta)
- 1/2 cup spinach (finely chopped)
- 1/4 cup cauliflower (finely chopped)
- 1/4 cup capsicum (finely chopped)
- 1/4 cup tomatoes (finely chopped)
- 1/4 cup carrots (finely grated)
- 1/4 cup coriander leaves (finely chopped)
- 1 Tbsp. green chillies paste
- 1 Tbsp. ginger paste
- Salt to taste
- Oil for shallow frying

METHOD:

1. In a big bowl mix all the flours and add all the finely chopped vegetables. Add ginger chilli paste and salt to taste and mix well.
2. Add water little by little to the above mixture and make soft dough. Cover and keep it aside for 10-15 min.
3. Knead the dough and make equal size balls (approx. 8) and roll them into crepes (like thin parathas).
4. Heat tawa and shallow fry them with little oil.
5. Serve hot with grated cucumber raita.

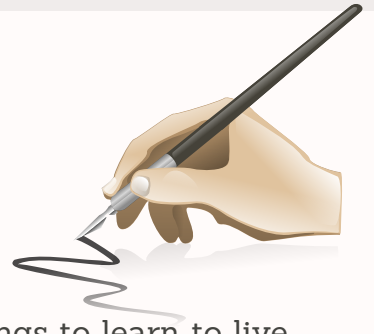
WWW.NUTRITIONINSIGHTS.IN | 24

I like creating new recipes and cooking them myself so that it helps in becoming more mindful of what we eat. This is the simplest reason why I do it!

- Ms. Paulomi Desai
Senior Lecturer
Freelance Dietician

STUDENTS' CORNER

Incomplete Conversations



'Two things my father had always emphasized for me and my siblings to learn to live a peaceful life', she said.

I could only watch her admiringly, How proudly she stood while talking about her father. 'Today it must have hit home', I thought to myself silently. I kept myself quiet for her to continue.

'These two things are like mantras you know. One is to practice gratitude and another one is not changing other's opinions of you, and if you do the opposite, at the end of the day you will be exhausted, mentally', she said the latter part almost as a whisper that I had to lean myself in to listen clearly.

'You know there are millions of people on this planet right now who do not have a roof on the top of their head, thousands of them sleep without having a proper meal and hundreds do not have proper clothes to cover themselves', she continued with such a heavy voice that I could feel the pain in it.

Her big doe-like eyes never shifted from the sky ahead of us. I wished I could drown into them and see the world from her perspective for once. Just like herself, she finds beauty in everything.

'You know, the importance of gratitude is so much that once you start practicing it regularly and religiously, you will find yourself in the most peaceful corner of your mind. The corner which you might have never explored before', I nodded agreeing with her.

I could not disagree, how could I? I miss having conversations about life with her so much.

'What about the second mantra?' I asked gently, so gently that it almost came out as a whisper. Maybe because I didn't want her to disrupt her gaze just so she wouldn't see me watching her.



'But she did listen to my question and replied in a very calm tone, just like her soul, 'Never try to change other people's perspective towards you because it can never be changed unless they themselves want it to. And in the process of doing so, you'll find yourself tired and exhausted at the end of the day'. She took a deep breath and went on, 'You know there's a quote I came across once and it has stuck with me ever since', I nodded. 'It says, "Your perspective of me is a reflection of you, and my reaction to you is an awareness of me".'

**- Ms. Mariyam Khan
PGDSSFN**



Exam Time Snack



It's Exam Time

It is time for the final examinations! It is important that at this time we eat nutritious food. Also, at frequent intervals to stay fit and relaxed with the pressure of exams.

Here's a recipe that will satisfy your exam time hunger pangs and you can gorge on it while studying to stay healthy and avoid health issues.

Chocolate Makhana

Makhana (Fox Nuts / Lotus seeds) is a good source of protein and fiber, along with micronutrients like calcium, magnesium, iron, and phosphorus. It is rich in antioxidants and protects against inflammation.



Ingredients:

- 1 cup Makhana (lotus seeds)
- Almonds/Chia seeds/Flaxseed (optional)
- ¼ cup Dark/Normal chocolate

Method:

- Dry roast 1 cup of Makhana in a pan on very low heat for 4-5 minutes until they are crisp, keep stirring them in between so that Makhana doesn't burn.
- To check if they are roasted properly just take one Makhana in hand and crush it, if it breaks nicely with a crunching sound that means they are done perfectly. Now transfer makhanas to a plate and let them cool.
- Take ¼ cup of chocolate cut into small pieces.
- Then microwave till the chocolate melts. Take out of the microwave and stir the melted chocolate. You can also melt the chocolate on a double boiler.
- Dip the makhanas into chocolate, until they are coated well. Sprinkle some chopped almonds/chia seeds/ flax seed for the crunch.
- Line a baking tray/plate with butter paper. Transfer the chocolate Makhana to it and let it cool for some time. If you don't have time you can refrigerate it for 15 minutes and Chocolate makhanas are ready to serve. Enjoy!

-Ms. Swaleha Patel
SYFSN

Birth of Feminism



It started with a question mark,
That was stuck in the throat
for too long to speak,
Like a fishbone.
A question mark too desperate
to become a full stop.
A question mark,
On the hourglass figure
and the marshmallow voice.
On the kitchen apron
and the chocolate smile.
On the over-baked silences
and the worn-out womb.
On the wedding ring too tight
and the long veil.
On bowed heads and lost dreams.
On skirt lengths and choking corsets.
On everything that is supposed
to make me a woman.
Everything, other than
Flesh and bones and
A spirit.

When the question mark
was finally coughed out of the throat,
Years ago,
It had caused the
tectonic plates to collide so hard,
The Richter scale broke.
Blood had spilled.
All that was thought
to be 'woman' was stained.
And between this
Feminism was conceived
As the lovechild of freedom and equality.
A baby born with a
fire on her tongue and metal teeth.
Feminism was a foetus in the womb
of women back then,
Tossing and turning.

She is now a teenager,
Feisty and aggressive,
looking right into your eyes,
Like she is about
to dethrone satan.
She laughs, argues and asserts herself
in one part of the world.
While being misunderstood,
kicked in the stomach,
And spitted on her face,
in another.

So think before you tell her
to talk like a woman,
Because she will.
And you, will have to listen.

Last time she held hands
with everyone that was ever crushed
Under the feet of suppression and screamed,
Blood was spilled.
A movement took birth.
Oppression and suppression were tried.
And we saw history fasten her seatbelt,
And make a new turn.
So you know,
It's true when they say that
When the first woman died,
The world performed an autopsy,
Cut open her heart
And the blood of revolution
flowed out.

**-Ms. Shraddha Mourya
FYBSc**

More than Ever



Broken heart, falling tears,
I feel like I am drowning.
This question floats
around in my head
Screaming, if I'll ever be happy again.
I am not weak, it's just that
I've been strong
for a very long time now.

But now,
I don't have the strength
to face it all alone.
I want someone to tell me
that I'll be happy again, more than ever.
Broken dreams, shredded hope,
I feel like I am failing.
A nightmare meets me in my sleep
Telling me that I'm good for nothing.
I am not timid,
it's just that I've been brave
for a very long time now.



But now,
I don't have the strength
to watch any more nightmares.
I want someone to tell me
that I'll sleep peacefully again, more
than ever.

Broken wings, bleeding soul,
I feel like I am dying.
This doubt fills my mind
Asking me
if I'm even worth anything.
I am not fragile,
it's just that
I've grown a thick skin
for a very long time now.

But now,
I don't have the strength
to overcome any more doubts.
I want someone to tell me
that I'll be fine again, more than ever.

**-Ms. Kunika Sonkusare
FYBSc**

यादें



चलो किसी दिन बैठकर बात कर लेते हैं,
जिंदगी के कुछ पन्नों को याद कर लेते हैं,
सुबह से शाम ,
और शाम से रात कर लेते हैं,
यूं ही उन लम्हों में कहीं गुम हो जाते हैं ।

हर राह पर हमारी मंजिल नहीं,
चलो इसी ही किसी राह में
गुमशुदा हो जाते हैं ।

बहुत दुआओं से मिलते है लोग,
चलो इसी ही किसी राह पर
अपनी किस्मत आजमाते हैं ।

हर राह वापस नहीं आएगी आंगन में,
चलो इसी ही किसी राह पर चलते हैं

- Ms. Pakhi Gupta
MSc CND II

BMN Bytes



BMN BYTES

By: Ms. Gauri Pillai T.Y. FSN



HOME SCIENCE JUNCTION



I've always felt connected to nature. Being in the NSS and In-charge of the student council for 2 consecutive years in college made me more close and caring for nature. I always wanted to create something organic, handcrafted, chemical free. After the pandemic hit and after trying for a year with no availability of jobs, I thought of bringing up my business into making organic, natural, chemical free and handcrafted products which include soaps, bath salts, body scrubs, kits, etc.

Ms. Nimita Kotiyan
TYRM Batch 2020



So, I started this small business on 30th April 2021. Obviously, the products are made by myself at home with all the safety measures taken into consideration. The packaging is eco-friendly and reusable. In a month 50+ products were sold and made 20+ customers. With all the positive responses, it motivates me to do more and I hope one day this small business will become a big brand. You can also check out and follow my Instagram page.

Insta handle - @nimitas.essential



TSAD TALENTS



I created a clutch out of Jute fabric which was cheaper yet simple & fancy than compared to what is available in the market.

My Brand name also is an idea of Jute + Beautiful = Jutiful

& the hand and floral strand in the logo depicts that it's handmade and has an element coming from nature.

- Ms. Seema Lodh
TY TSAD

Art Gallery



I think all artists have their visions and their universe. Every artistic vision forms a unique and magical whole. What interests me above all, is how my thinking has expanded with the methods I discover and then incorporate into my artistic practice.

MS. POOJA SHARMA - TYBCA I

Shining in the setting sun like a pearl upon the ocean.

MS. PRIYAL JAIN - TYFSN



I randomly get bouts to paint. I really love those bouts because it adds to my portfolio which is my passion. My eyes are pleased when a painting turns out beautiful, it feels soothing. I enjoy the process. It's like listening to calming music along with making an art piece.

MS. YASHVI CHEDDA - SYFSN

Art Gallery



"Autumn whispered to the wind, I fall, but always rise again" - Angie Weiland-Crosby.

This is a freehand acrylic painting embedded with warm colours.

MS. TANVI GALA - PGDSSFN

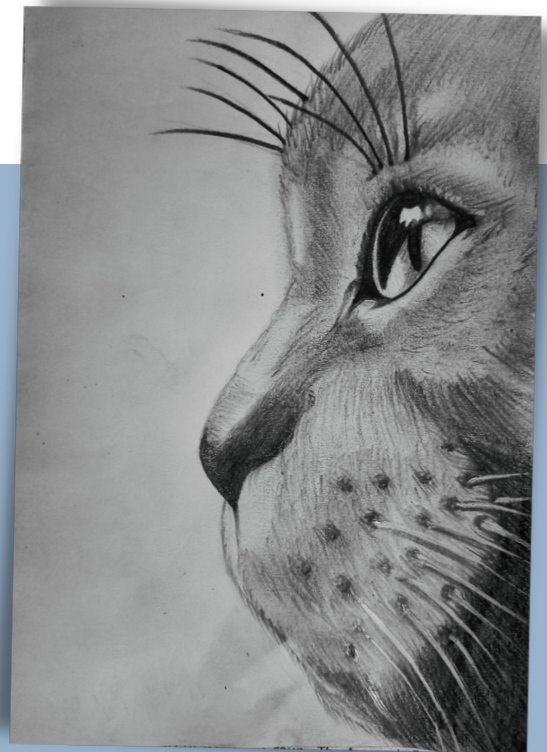
A cat's purr is the sound of love! If there were to be a universal sound depicting peace, I would surely vote for the sound of purr. Cats are absolute individuals with their own ideas about everything, including the people they own. Cats have it all: Admiration, an endless sleep & company only when they want.

MS. NIMISHA VIJAYAN - MSC CND I



A Mandala is a complex abstract design. It is also used as an Art Therapy. The process of creating mandala is a form of meditation. It's a quick & easy stress relieving exercise which helps to bring calmness. In my artwork, I have demonstrated a Lotus Mandala.

MS. KSHITIJA JADHAV - SYFSN



Photography

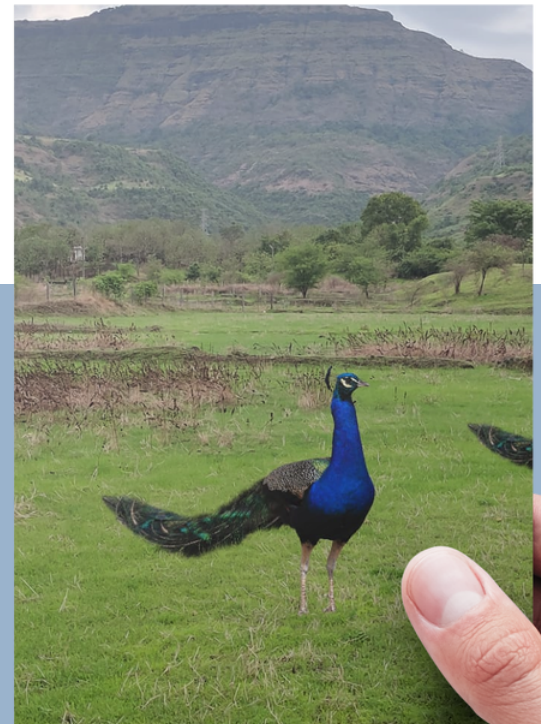


Nature photography is beautiful. When the Sun rays fall on natural objects, it is a thing of beauty!

MS. RACHANA SHARMA - PGDSSFN

The peacock suddenly came flying in the field, as if grace had fallen!

MS. MAHALAXMI PEDDI - FYBCA



There is no wifi in the forest but you will find a better connection!

MS. SANSKRUTI ZARKAR - FYBCA

AFTERWORD

What a beautiful journey it's been creating the two editions of our institute's Newsletter!

Needless to say, the academic year 2020 - 2021 was extraordinary, with education being completely online. Indeed new & different. Yet, Dr. BMN College didn't waiver in celebrating all events with much zeal & enthusiasm! Be it our Annual Day, TekZone, or Maharashtra Day celebration – Online, The COVID-19 pandemic proved that nothing can deter the spirit of BMNites!

BMN Bulletin reminds us of some of the wonderful events that took place in the last semester, from the inaugural of the English Association to the virtual Annual Day Celebration. It is a snapshot of the various happenings that occurred in the last six months at Dr. BMN College of Home Science.

Without Mala Ma'am's immense & unceasing motivation, Huda Ma'am's constant guidance, and Mary Ma'am's timely support, BMN Bulletin wouldn't have been accomplished.

My heartfelt thanks to all the teachers, coordinators, non - teaching staff, students, alumnae & every individual who has contributed to making the second edition of BMN Bulletin a huge success!

I am grateful to work with such an amazing student editorial team! The team's efforts and dedication to bring out this newsletter for you are evident. We learn so much from each other every day. The English Association is committed to showcasing the creative & academic endeavors of BMNites and strives to enhance its efforts in the years to come.

Quoting Maya Angelou's magnificent words, "If you must look back, do so forgivingly. If you will look forward, do so prayerfully. But the wisest course would be to be present in the present gratefully."

Wishing you all the very best for exams! We hope you enjoyed reading the Newsletter.

Stay Safe. Stay happy.

Ms. Reena Poptani, MSC CND II
President
English Association



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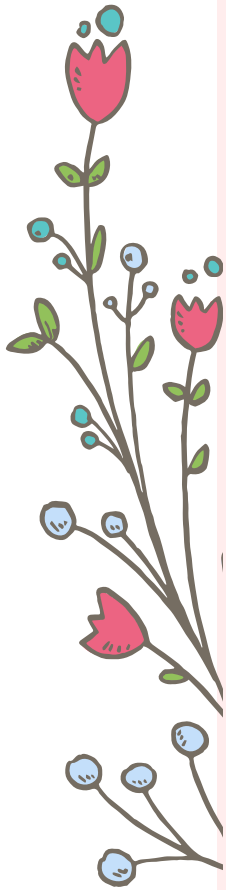


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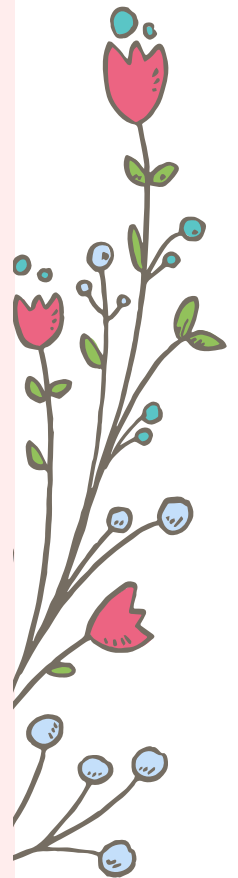
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