SEPTEMBER 2022



SPECIAL ISSUE



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We would love to hear your feedback on this issue.
You can write to us at magazine@bmncollege.com





Message for the readers

We are happy to present this special issue
'Teachers' Tales' of the BMN Bulletin to you!
The BMN Bulletin displays the institute's
creative and intellectual activities. This
newsletter aims to foster creative engagement
among the college students. It is our privilege to
present this wonderful collection of
motivational articles, poetry, exercises,
stunning photos, student artwork and teachers'
talents for you! We wish to express our
appreciation and gratitude through this special
issue which showcases our wonderful teachers'
and students' unparalleled skills!
Here is a fantastic compilation of our dedication
to our teachers. Have a Fabulous Reading!









Flying High the BMN Flag Internationally

For those who aren't aware, our Principal Prof. Dr. Mala Pandurang was nominated to participate in a Residency Program on Social Cohesion for 4 weeks in Berlin. She was part of a group of 15 international scholars from across disciplines. Here are some glimpses of the program.

To know more:

https://www.youtube.com/watch?v=6kLCD-bPHOE



Prof. Mala Pandurang states -

"My research work is on trying to understand diversity on campus and how we build a more pluralistic environment. The 4 weeks had been an amazing experience. The biggest takeaway for me has been the wonderful ideas of how I can translate research into practice."

(60)///60///60

Achievement of the Vice Principal

Mrs. Vinaya Vaishampayan, Vice Principal and Head of the
Department of Food Science and Nutrition has won the third prize in
Avishkar, which is a State level Research Competition hosted by the
Mumbai University. Her topic was 'Association of Novel
Anthropometric Measurement Techniques with Health and
Nutritional Status of Geriatric Population'



Faculty Achievement at the SNDT minithon

50.X.7.50.X.7.50.X.7.50.X

The winning staff members were awarded the prize trophies and certificates for the SNDTWU Minithon road race at the prize distribution program by the Hon'ble Vice Chancellor Prof. Ujwala Chakradeo, at Patkar Hall, Churchgate on 17th August, 2022



Female staff -

1st Prize - Ms. Dipali Kalamkar (Sports Teacher)
2nd Prize - Ms. Priyanka Vinjale (Gym Instructor)

Male staff -

1st Prize - Mr. Sangram Singh (Faculty, BCA) 2nd Prize - Mr. Zahir Siddiqui (Faculty, BSc)

100/17/00/17/00

द्रोणाचार्य तू,

तू है तो मेरा नाम वरना कहाँ यह नाम था? नाम पर बेनाम था ऐसी हकीकत आम था।

मेरे चित्र का प्रमाण है मेरे ज्ञान का निर्माण है, निर्माण का प्रमाण है विधिवेत्ता है विधान है।।

शिल्पकार है आकार का वरना कहाँ साकार था? मेरे जीत से तू जीतता निज ज्ञान से तू सींचता॥



विशिष्ठ भी...

पग-पग तेरे ही ज्ञान से पहुँचा हूँ इस मुक़ाम पे, असर है तेरे ढिव्य का वर्तमान में एकलव्य सा।।

कुँठित नहीं किसी चाह में तेने होने की नह में, अपढीपो भव का नान है मुढर्निस तू मेरा सहान है।।

ढ्रोणाचार्य तू, वशिष्ठ भी अर्जुन बनाया, राम भी, मैं धूल उस पांवढान का पांव जिस पर आपका।।

Mr. Zahir Ali SiddiquiFaculty, Dept. of Science

PILLARS OF STRENGTH

The students of MSc. CND celebrated the teacher's day by organizing a small program for their teachers - Dr. Rupali Sengupta, Dr. Lakshmi Menon, Ms. Bhavisha Sancheti, and Ms. Sonu Mishra. A lot of fun activities were conducted and after the cake cutting a beautiful poem was recited by Ms. Pranali Lambole. The teachers were presented with their sketches made by Ms. Trupti Kadu as a token of gratitude.







Little did we know;
That we all would land up in this college.
And meet the best teachers with an abundance of knowledge.

Sonu ma'am with her calm nature and cuteness rules us!
Bhavisha ma'am with her friendly nature and strict checking guides us!
A combination of them is indeed,
For us a plus!

For her awesome sarcasm,
She must be crowned, "Queen Mrs.
Sarcasm".
For her abundant knowledge

For her abundant knowledge,
It wouldn't be wrong if we say,
She rules the hearts of all students.
Whether you agree or not but indeed she is
the Sarcasm Queen - Mrs. Lakshmi
Menon.



Sketch by - Ms. Trupti Kadu MSC. CND Part 2 At first, she is very strict.
But just like a coconut the harder she is outside, the softer inside
Never let her MSc girls take a backseat,
Stands Like A-pillar,
and makes us the best sailor!
Our HOD - Dr. Mrs. Rupali Sengupta,
who always pushes us up!

The four pillars of the MSc department, along with Sakina ma'am's magnetism.

Let us tell you, that you all are the smartest!

Thank you for your involvement.

Your favours on us are uncountable.

Indeed you all are respectable!

This Teacher's day,
We thank you!
And wish you a great life ahead.
From the best students,
To the best teachers.
You indeed are our Super Creatures!!!

Poem by- Ms. Pranali Lambole MSC. CND Part 2



Report By- Ms. Sakshi Mhatre MSC. CND Part 2



जीवन में उलझन कैसी, जब शिक्षक मेरा सारथी है!

अज्ञानी तोह इस ढुनिया में, ज्ञानी इन्हें बनाना है, थम के चलना, चल कर ढोड़ना सही मार्ग दिखलाना है। काम क्रोध में हुई लाचारी, मन को मोहक शांति है, जीवन में उलझन कैसी, जब शिक्षक मेरा सारथी है।।

लोगों को परिपूर्ण करना, कर्म इसे ये मानते हैं, कब किसे कैसे बढ़लगा, सबके स्वभाव ये जानते हैं। ज़िन्दगी को खुबसूरती दे दो, हम आपके प्रार्थी है, जीवन में उलझन कैसी, जब शिक्षक मेरा सारथी है॥

मन के अन्दर की भावना, उसकी जटिलता को वो समझते हैं, हमारी ज़िन्दनी की सभी समस्याओं, को सरलता से वो हल करते हैं॥

अभिमान मुझे अब ये कहने में, हम उनके विद्यार्थी है, जीवन में उलझन कैसी, जब शिक्षक मेरा सारथी है॥

हम दिशाहीन पक्षियों के लिए, वो हमेशा बने आकाश है, जाने कितने घर अंधेरे में है, उनके लिए वो प्रकाश है। माँ बाप तो है साथ, पर वे भगवान् के भाँती है, जीवन में उलझन कैसी, जब शिक्षक मेरा सारथी है।।

> Mr. Sangram Singh, Faculty, BCA Department



- A WAY TO PRESERVE TRAVEL MEMORIES

An ardent traveler is said to be the happiest person on the earth, filled with positivity, zeal, passion, and enthusiasm. Travel makes you happier and content. The ways to preserve your travel experiences may include a systematic account, snaps, or even a poetic ode to the place you visited. However, a pictorial journal combines all of these, to make a perfect treasure of your travel memories.

While most of the time you would have seen a Professor in me, I pursue craft and painting as hobbies. However, during vacations, my priority is to travel places and capture experiences on camera.

When we were planning for holidays in Himachal, I saw an opportunity to combine my hobbies into a Travel Journal. As I foresaw that my travel journal would require lots of photographs and artifacts to adorn, I strictly warned my family members not to dispose of anything, even as simple as a bus ticket. During my trip, I took snaps of all the places that I visited, accommodation, and glimpses of the food we enjoyed. I returned from the journey with quite a good amount of material for my journal.

While any quality work would require good planning, I wanted to give a very informal look to my creation. Thus, I planned the journal in an "unplanned" way, so that each page has a unique look, though it would have the requisite information. Each piece of information was supported with photographs and artifacts like entry tickets, boarding passes, etc, and also adorned with stickers, small artworks, and drawings. The use of multiple colour pens in a chaotic manner further enhanced its beauty. The story of the ten days journey was thus captured in a square foot of a book, to cherish the memories for years to come.

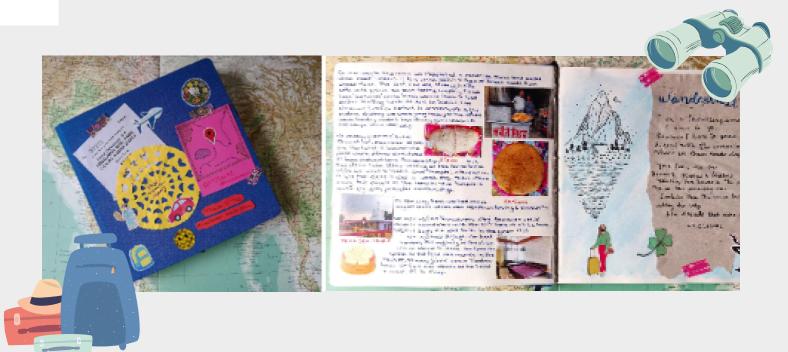
Thus, a Travel Journal was born!

Ms. Madhura Ghaisas
Faculty,
Dept. of Nutrition & Dietetics





- A WAY TO PRESERVE TRAVEL MEMORIES







Tickets

Photos

Menus

Artifacts

Ms. Madhura Ghaisas

Faculty,

Dept. of Nutrition & Dietetics



My Journey...

Well, it's just been two months since joining Dr. BMN College of Home Science family and I must say, I am enjoying every day here. I could observe that every teacher, every student, and non-teaching staff members cherish their day, where they all are occupied and engaged with lectures, extracurricular activities, events and so on. It gives me immense pleasure to see everyone enjoying their roles and nailing it to perfection.

My journey as a working professional started 12 years ago, but I always wanted to become a teacher. I believe that I can connect with the students academically, encourage them to enhance their skills, and also enjoy the process of learning with them. My hobbies are traveling, learning different languages, and watching movies. I have visited many places in India and every journey has taught me something to cherish forever and admire the eternal memories of my tours. Be it a personal or a business trip, I loved them all. Recalling the days when I took 7 flights in one month for conducting Great Britain tourism board training workshops for the CEOs or managers of different travel firms pan India was a mega event of my professional life and I genuinely appreciate my involvement in it.

People say, "Experience is the best teacher!" and I acknowledged it because what I am today, I owe it to my teachers, mentors, and parents. So girls, remember 'Sky's the Limit.' If you decide on something, be it pursuing a career, learning a hobby, or a new skill, make sure to learn it with full dedication and effort and see the success coming your way. God bless you all!





Ms. Manali Chavan
Faculty,
Dept. of Foundation
Courses

TEACHER: A SCULPTOR OF LIFE

Teachers are the guiding light in the life of students. They provide us with guidance, support, and encouragement. They train us to be successful and independent. Teachers are not only the ones who provide us with the academic knowledge but also are the ones who guide us to the right path. Our experiences, mistakes, failures, and learnings from our lives are also one of the best teachers one can ask for.

Teachers are the people who take their job very seriously and selflessly devote their lives to constructing someone else's lives. Our teachers might not always be there with us but their characteristics and values that they inculcated in our minds will stay forever. There are strict teachers who are not so warm and kind to you. They are like bitter gourd, not so tasty but nutritious. Similarly, they encourage us to push ourselves to make us realize that we have more potential than we think. They engrave valuable lessons in our minds like discipline, punctuality, striving for goals, being better, etc. and they help us to stay grounded which is a very important thing in life to be healthy, wealthy, and rich.

As Michelangelo said, "Every block of a stone has a statue inside it and it is the task of the sculptor to discover it. Aren't our teachers' sculptors? They may be harsh and strict but it's just that the more you get hammered, the more beautiful of a sculpture you become". Teachers are not just teachers, they, are an inspiration, a hero, mentors, etc. They are the hearts of the educational system and help in building the character, personality, and insight of the students.

Our parents and teachers are the world to us and are capable of teaching us to create a world for us to make it a better place to live in. They don't change the life of one person but they contribute to making a better generation for the future nation.

As we know, the profession of teachers is very noble and highly dignified because they have the art to create a leader out of a mediocre to grow the seed of imagination, creativity, and knowledge among students. A good teacher does not tell you how to be, they show you as it is. All they want for their students is to be kind and warm-hearted to people.

Teachers are like third parents. As respected APJ Abdul Kalam Sir said, "If a country is to be corruption free and become a nation of beautiful minds. I strongly feel there are three key societal members who can make a difference, they are the father, mother, and teacher".

I believe exceptional teachers are like parents. They see all their kids with the same eye and empathize with them, respect them, and believe that each one of them has something special that should be cherished and built upon to be offered to the world to make it a better place.

Certain teachers are just impossible to forget not because they are just wonderful and awesome in what they do. But also because they teach from the heart not the brain and they don't teach academics they teach you life and how to live it. Their influence is unforgettable as it extends beyond the classroom and into the future life of individuals.

A teacher-may be your mother, father, role model, teacher, etc. But we should not forget the two most powerful entities i.e. our experience and mistakes; aren't they wonderful teachers too?

A heartfelt thank you to all the teachers for the way you teach, the knowledge you provide, the love you shower, the care you take, the way you guide us in every chapter of our life, and the time and energy you spend to educate the children.



Ms. Ayesha Khan
SYB.Sc

The Student Teacher Relationship

गुरुब्राम्हा गुरूविष्णु गुरू देवो महेश्वरा गुरू साक्षात परब्रम्ह तस्मै श्री गुरुवे नमः॥

The Sanskrit verse mentioned above unravels the universal truth that the Guru (Teacher) is held at the position of God as they play the most significant and crucial parts in our lives, moulding our life. Teachers are one of the biggest benefactors and strongest pillars of our lives. Lord Rama became a kind of king he was because of his guru Rishi Vashishtha, Bhishma became Maharathi (versatile warrior) because of his guru Parshuram, Arjuna became the best Archer of the world because of his guru Dronacharya and till today this celestial bond of teacher-student is prevalent in the most enigmatic manner.

As we all know that Teachers' day is celebrated on the birth anniversary of Dr. Sarvepalli Radhakrishnan. We all brag about this day, talk a lot about this day and then forget about it.

Teacher's day is actually students' day to express their gratitude towards their teachers. The modern-day student-teacher relationship is not the same as it was before. In fact, the biggest donation in the world is knowledge! The most esteemed and revered profession is of a teacher, as teachers are the architects of our society, teachers do build a nation !!! A student's existence is because of their teacher.

At times students are closer to their teachers than their parents as teachers have a holistic approach towards their students which is not biased on any kind of judgements. Teachers influence our entire personality. By oddness of fortune, I'm always blessed by teachers whom I always look up to as ideal role models in my life. The most bewitching trait of a teacher is when they're just not bound to academics but they teach their fellow students to breathe into various other aspects of life; and various other aspects of their character, which are not just extracurricular but also personality molding.

A teacher is totally akin to an earthen lamp (diya) that burns itself in the process of character building of their student but in the end, they only illuminate their student's life.

I'd like to venture my thoughts more about the student-teacher relationship. For instance, a teacher should not mandatorily be the person who teaches us in classrooms through those curricular compiled textbooks. A teacher can be found in any person, any thing which makes a good difference in our life. A teacher can be anyone who takes your personality, your character to a higher ethical level. A teacher elucidates our way of life. It is a teacher who infuses a pragmatic approach in us towards this world. In today's society, the significance and dignity of a teacher or a guru are really underrated and students at times do have a taken-forgranted attitude towards their teachers, all because they don't know their importance in the first place. We need to ask ourselves before questioning a teacher's worth or disrespecting them in any way, do we ourselves fit in the box of ideal students? Because a student would never misinterpret a teacher's worth. But as every coin has two sides, as there are thick and thin; there's still a good side to this scenario. There are so many students who are still gratified in today's world and still have devotion towards their teachers in this malignant generation and this is very optimistically emblematic. We are the future of our country and we need to realize we do exist as students, all the knowledge we do gain is only due to our teachers and we owe respect to them.

So on this teacher's day, let's staunchly pledge to be ideal students for our beloved and esteemed teachers, and let's never let them down.

Wishing you all a happy and progressive teachers' day! Thank you.



Ms. Kimaya Gharat FYBCA 1

Mother Mother The Greatest Guru

"Mom, I stood second in my batch for 10th-grade Preliminary Exams," I happily told my mom. "Never Mind Beta, you will do better next time." She replied. I was a little disheartened, but I wanted to see her proud, to see the exhilaration in her eyes. After working really hard for my finals, I scored 96.40 percent and stood first in my school. I was seeking appreciation, but she treated me with, "I am so proud of you but there is a long way to go, there's a lot more that you can do". It appeared to me that, I could never be enough, and that she was trying to put me down, but now when I look back, she was trying to teach me how to stay grounded. I felt like no matter what I did, it was not enough, but that's true, it is never enough, and there is always room for improvement. Mom was trying to push me to challenge my potential and be a better version of myself.

My mother actually is an ordinary woman but, in her normalcy, lies extraordinary strength, perseverance, kindness, and resilience. She never sat me down to teach me things, she taught me through her experiences. Each of her failures, her grief, and the way she overcame difficulties has made an impression on my mind, leaving me with a lesson about possessing a strong will and courage to firmly confront downfalls and bravely conquer them. Not only has she inspired me to set high goals for my career but has also taught me to be a strong woman with my head held high with a smile on my face. As long as I know her, she has been a paradigm of strength, grace, and pragmatism and hence is the greatest influence in my life.

Ms. Radhika Dalvi TYBCA 1

A Stranger, My New Mentor

Holding my mom's hand I walked into a school, Which very soon turned into my new comfort room.

A block closed with four walls,

Which introduced me to this whole new world.

At every stage of my life, I met a new stranger,

Who was my new mentor.

As each day passed we became more close,

From a complete stranger, she was now my new friend,

Who was waiting for me in my new home.

From making me learn a new skill to master the old one

She was molding me for my upcoming future.

Speaking is what I knew but,

How, when, and where is what she taught me new.

She was my teacher with knowledge of wonders,

Who helped me grow values as treasures.

A teacher who was my very new friend,

On this teacher's day,

let's appreciate her efforts with lots of pleasure.

Happy Teacher's Day!!

Ms. Virti Shah SYND



A teacher is a candle who spends their entire life lighting up their students' lives. They open up the young curious minds, showing them the wonders of this world. Nurturing their minds with an ocean of wisdom. Teachers portray simplicity in their living but the attitude of an enlightened being.

Parents love, care for, protect and guide all their children equally at home. Well, Teachers do the same thing in school making us comfortable and making school their second home. They provide students unbiased faith, blessing, and care, encouraging them to shine. Stretching and strengthening students' mental muscles, to make challenging decisions and find their path in this world. Allowing students to reach their full potential and become independent.

Great learned masters, all relied on their teachers, to guide them. They gently push and prod their students to make full use of opportunities. When students are fragile they will defend and when frail they'll assist them back to their health. Teachers not only educate students with worldly knowledge but also moral values, social etiquette, and life skills. They strengthen the student's roots with their wisdom. They show patience with students who are lost in their way and never abandon them.

Teachers should be respected everywhere as they always guide us on the correct trail. They always make sure their students try their best and never fail. I am grateful to all the teachers who taught me and have molded me into the person I am today, without them and their guidance I would have not reached this far. Wishing you'll a very happy and blessed Teacher's Day!

Ms. Nisarga Rao TYBCA 1





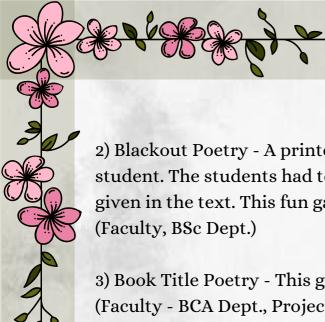
National Poets Day Celebration

The English Literary Association conducted its first activity of the academic year 2022-2023, by celebrating National Poets Day on 20th August 2022. The event was conducted in the Conference room on the 5th floor under the guidance of the faculties - Ms. Milina Pereira, Ms. Reema Jose, Ms. Pranali Kadam & Ms. Manali Chavan.

Ms. Sakshi Mhatre (M.Sc CND Part 2) and Ms. Radhika Dalvi (TYBCA), were the hosts for the day. The members of the association with the guidance of the teachers organized a few literary based games which were as follows-

1) Broken Telephone - A poetic line was whispered to the 1st student and so on and the last student had to announce out loud and clear whatever she had heard. This fun game had everyone in splits and was conducted by Ms. Nazrh Khan (TYND) and Ms. Aafiya Fathima (SYND).





2) Blackout Poetry - A printed sheet of paper with text was given to each student. The students had to frame a poem by eliminating the words given in the text. This fun game was organized by Ms. Pranali Kadam (Faculty, BSc Dept.)

3) Book Title Poetry - This game was organized by Ms. Reema Jose (Faculty - BCA Dept., Project Assistant - STRIDE Research centre). Here students framed amazing poems with different book titles. All the games were not only fun but also full of knowledge.

This initiative by the English Literary Association helped us discover many wonderful young poets among students who recited self-composed poems. The National Poetry Day Celebration ended with a self-composed poetry and a vote of thanks by the host Ms. Sakshi Mhatre.









Life is a journey from B to D.
Enrouting C in between.
C encodes Chance to Choose,
Which justifies you'll win or lose.

You get a chance to choose if you want to live with confidence or bow down to someone else.

You get a chance to choose if you want to cherish your moments or cry over something worthless.

You get a chance to choose if you want to live your life as a cloud that can change itself as it wants

or as a clay where someone else has your command.

You get a chance to choose if you wanna be a diamond in a crown whose value only a jeweler knows or that crown holder in front of which everyone bows.

Whatever you choose, You are gonna be someone or the other with the only difference of pride and pleasure.

The only advice I give you today is to choose wisely because you have a Chance to Choose keeping in mind that everyone has a smile on their faces and tears in their eyes when you bid them a final adieu!



Ms. Virti Shah SYND



Labels

Will, I lose my label of being nice,
If I stood up for myself?
Will, I lose my label of being patient,
If I couldn't take it anymore?
It took years to get these labels on me.
But will one mistake be enough to rip them off?

Will, I no longer be responsible,
If I missed a deadline?
Will, I no longer be fun,
If I cried sometimes.
These labels sink deep into my skin.
And somehow have become a part of me.

But it's so exhausting to keep up with these labels.

Because I realized that it isn't ripping off,
but the label itself that caused the bruises around my skin.

Bruises, that I hide so well.

To keep up with my label of being unproblematic.

I am tired of these labels,
But I don't say it out loud so I don't lose my label of productivity.
But I am human after all and shouldn't I be accepted with no labels at all?

So you can keep your labels to yourself.

Because I've lost my ability to care.

I have tossed all your labels into the bin.

I cannot be defined by the labels you put on me.

Because of all the labels I had, there was never 'Happy'.



Ms. Kunika Sonkusare
TYFSN



Hopes of a Young Girl

Too many things at the same time.

Too many thoughts, the answer lies within me.

Adverse conditions to come, yet are bad still.

How do I express it? I don't know!

How to understand? What's happening?

Tears just filled my eyes,
I didn't let them flow.
Yet the coming day will be beautiful,
My instincts approach!

Why do I fear so much?
When will I become brave?
I show the world, the bravest girl
But when will I really be?

I really feel that it's high time to stop fearing.

And face the situation,

Whatever it might be, whatever it may be the condition!

Being me is my forte, was, and will always be!

Yet now I will stop the questions that keep bothering me.

I am a brave girl, whose ambitions are very high!

I'll work hard till my last breath,

Till I reach the epitome of the sky!!!



Ms. Sakshi Mhatre MSc. CND Part 2



Book Title Poetry



Akbar had a half-girlfriend,
with a better vocabulary than him.
So he found a Wren and Martin,
but forgot everything and just gave in
Growing Friendship!

Friendship is a garden with flowers fine and rare. It cannot reach perfection except through love and care. Then new and lovely blossoms with each new day appear.

For friendship like a garden,
Grows in beauty year by year.
There is happiness in little things!
There is joy in passing pleasure!
For friendships are from year to year
The best of all life's pleasures!!



Ms. Khushi Rawal FYBCA 2

Happy times come and go, but the memories stay forever!

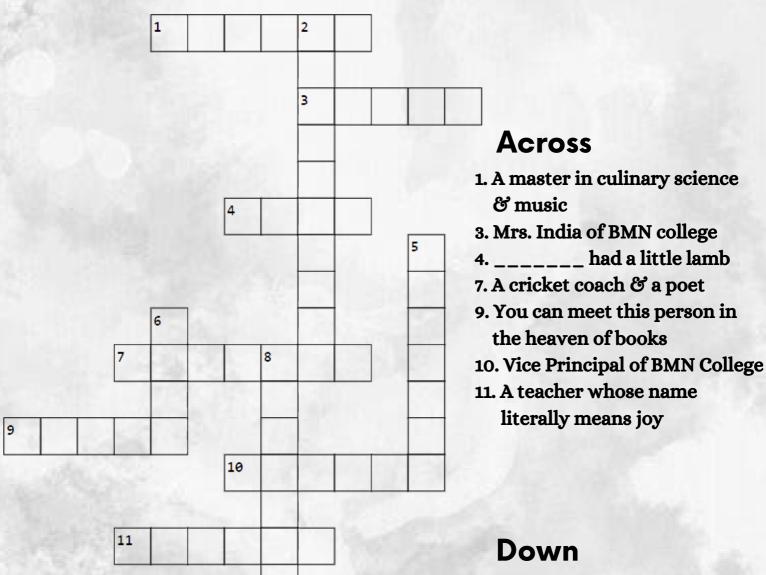




All self retically A Tribute through 'Art' e of the eleginated Ms. Asmita M. Shinde (FYBSc) Dedicated to all the teachers who help us blossom our lives. Ms. Gargi K. Joshi (SYBSc) A Teacher takes students through an of knowledge & self-afore to face the storms of life fearlessly. 26 TEACHERS' TALES



Fill out the crossword puzzle with teacher's name using the hint given below



- 2. A fairytale character who lost her shoe
- 5. She has a travel journal just like Bunny in YJHD
- 6. Head of the BMN Family
- 8. Guides co-curricular committee

ANSWERS
Across - 1. Monica 3. Veetu 4. Mary 7. Sangram 9. Vidya 10. Vinaya 11. Harsha
Down 2. Cinderella 5. Madhura 6. Mala 8. Rikisha

EDITORIAL TEAM



Ms. Sakshi Mhatre (MSc. CND Part 2)



Ms. Aafiya Fathima (SYND)



Ms. Nazrh Khan (TYND)



Ms. Kunika Sonkusare (TYFSN)



Ms. Dhanvi Maisheri (MSc. CND Part 2)



Ms. Sadiya Darvesh (TYND)



Ms. Taneem Abuji (MSc. CND Part 2)



Ms. Malashca Fernandes (TYBCA)



Ms. Virti Shah (SYND)



Ms. Khushi Raval (FYBCA)

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