

SEPTEMBER 2021



SPECIAL ISSUE

Dr. BMN College of Home Science (Autonomous)

NAAC Re-accredited 'A+' Grade with CGPA 3.69/ 4
UGC Status: College with Potential for Excellence

Teachers' Tales

'THE BMN BULLETIN' ORIGINALS



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We are happy to present the Teacher's Tales of the BMN Bulletin to you! The BMN Bulletin displays the institute's creative and intellectual activities. This newsletter aims to reignite the engagement and integration that was lost as a result of the pandemic in the online method of education.

We've collected a wonderful collection of motivational articles, poetry, nutritious recipes, Exercises, stunning photos, student artwork, and teacher's talents for you!

It's our gratitude to mention that this issue showcases our wonderful professor's hidden skills! Continue reading to get a glimpse into the thoughts of teachers!

Have a Fabulous Reading!

We would love to hear your feedback on this special issue.

write to us at
magazine@bmncollege.com



[Website](#)

[Facebook page](#)

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Matunga, Mumbai, Maharashtra

Principal's Note

This edition of BMN Bulletin is an especially special one, as it is dedicated to all our teachers who have committed themselves to the growth and betterment of our dear students. As Scott Hayden has evocatively expressed:

“Teachers have three loves: love of learning, love of learners, and the love of bringing the first two loves together.”

It is therefore a fitting tribute to have a special bulletin wherein teachers have an opportunity to share their experiences and express their creativity. Indeed in everyone's life it is not what kind of car you drive in, what clothes you wear or which house you live in that ultimately matters. Rather it is how you think - in terms of yourself and the world around you.

The role of a teacher is to shape this thinking in a positive and holistic direction and I am sure you will all agree with me that the teachers at Dr. BMN do exactly this!

Ultimately, however, while the teacher may open the door, it is up to you to enter it by yourself.

**With love and regards
Dr. Prof Mala Pandurang
Principal**



Exclusive Interview

With

Mrs. Veena Verma



Mrs. Veena Verma, the Head of the Department of Textile & Apparel Design will be retiring soon. Here's an interview giving an insight of her journey so far.

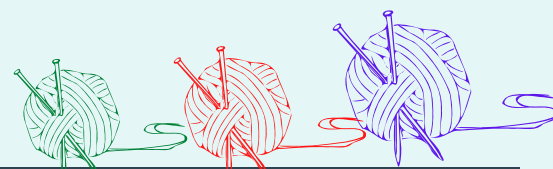
From being a professor to being head of the textile department, how would you describe your journey?

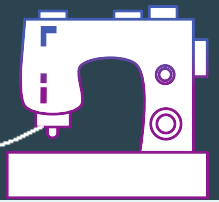
Ma'am: Previously, I had been working in SVT College, Santacruz, and I also worked in Nirmala Niketan for one year. I joined BMN as a lecturer in 1993, I loved its atmosphere and vibe. I felt like continuing here. It's been 28 years now. I've worked under three principals Ms. Sejal Jhaveri, Dr. Shilpa Charankar, and Prof Mala Ma'am. First-year of my joining, I was made the Co-curricular head, and I had to go from class to class and make announcements. This has made a big difference to me. As I directly used to speak to the students encourage them to participate and instruct them to make posters. In this long journey, I received opportunities and exposure from college. I attended many national and international conferences, did researches and review papers. I've done two UGC minor research during my tenure. One on Status of Women in Ready-made Garment Industry and on The Effect of Flame Retardant Finish on Tussle Silk Fabric. These are two of my research awards. I'm happy that I've taken up these projects. My minor research paper got published in a journal of international repute. Now I'm doing my Ph.D. after seven long years. Sometimes I felt that I should give up, but people around me always motivated me. But being determined is very important. At every stage, I motivated myself to keep going forward. Also without a UGC fellowship, it wasn't possible. This college has made a big difference to my life.

Can you describe a particularly memorable day or phase you had as a teacher?

Ma'am: I had guided TYBSc students for a seminar. We participated in a paper presentation competition in ICT. I trained two girls and they presented on the topic, 'Fashion in Maternity'. The girls had worked hard even doing a survey but since they were competing with BTech, MTech and Ph.D. we weren't expecting a prize but they went on to win the THIRD PRIZE.

And next year too, I took two girls to the competition. These girls worked on Making Garment from Fabric Waste. They presented a paper and participated in a fashion show. And they went on to win the FIRST PRIZE. When the prize was announced, Shilpa ma'am was on the seventh cloud. All of us were very happy. Both the girls had worked tirelessly. These are the two days I cannot forget in my life. I felt very proud as a teacher. Also, during the ten-year anniversary celebration of our college, all the teachers had planned a dance performance for the students. That day students were so happy that they were crying.





What do you plan to do after retirement?

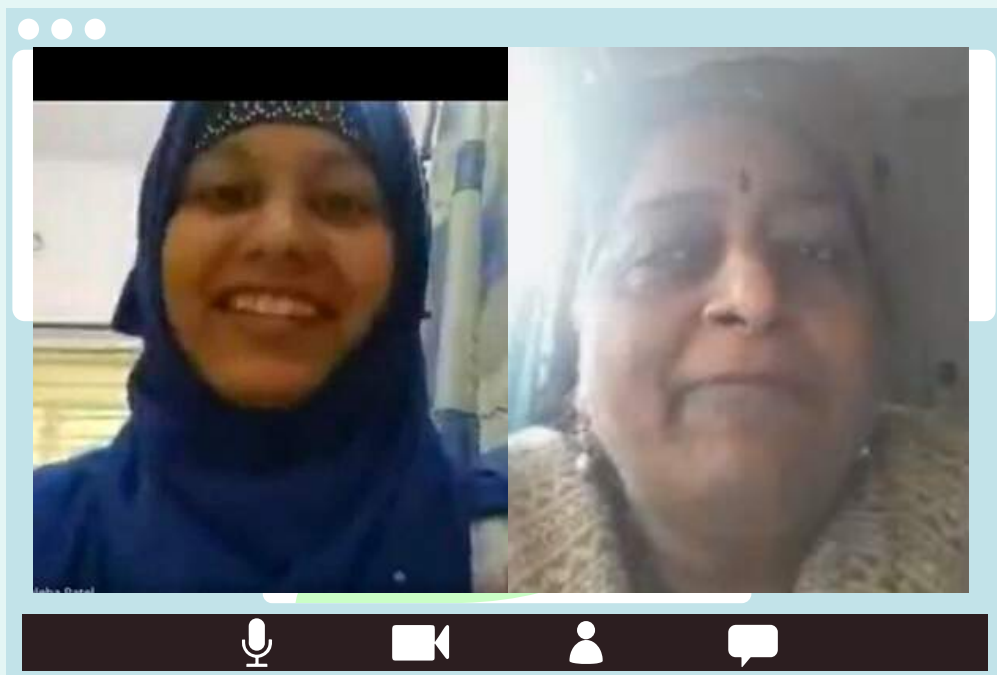
Ma'am: Nothing specific. But I want to go into yoga. I've learned it but have not been practicing it very well. But I do want to do yoga. Naturally teaching will be there, in some way. Our college also had yoga and body workout sessions, but after attending few sessions, it was clashing with my class schedule. But it is very important. Teachers are taking so much effort so, the students too much take benefit of it. All the students must make it a point to attend all these sessions. They should take benefit from it.

How does technology make teaching more simple or difficult? Online learning a boon or bane?

Ma'am: Technology has helped in learning. Now, when we are teaching we can give each and every student personal attention. There are no backbenchers. Technology is a boon. Earlier even I used to think, how will we take online classes. But now we've learned and we are teaching online. So, it's a good thing to learn the upcoming technology and keep learning. We need to change ourselves with time. So, I'm always for technology.

If you could pass any wisdom to your students, what would you share?

*Ma'am: I want to tell all my students, **work hard, hard work never fails**. Other things are there, but work hard and be determined. You have to be focused on whatever work you are doing. In all aspects of life be focused and also in the career selection.*



- INTERVIEWED BY MS. SWALEHA PATEL, TYFSN



5/09/21

A photograph is a return ticket to a moment otherwise gone.



A WINDING JOURNEY

My teaching journey started in 1984. Till the last year 2020, it was a regular routine. But since lockdown has started life has changed drastically. We are senior teachers -senior in terms of period and experience. Found it very difficult to cope with the situation. Especially me who was not at all well versed with the computer. The use of the computer was limited to send emails and receive emails. At the most for sending research papers for conferences.

Suddenly with the lockdown, everything became online. That was a bit scary for me. I kept wondering how I would manage. But had a strong will to learn everything and cope with the situation. Plus college had organized a number of training programs for teachers. So managed to learn something. Now proudly I can say yes! I know how to set a meeting on Google Meet or Zoom. How to give demonstrations, making effective ppts, incorporating videos in lectures, organizing and conducting webinars, creating Google classroom & assignments, evaluation, and so on.



Conducting online exams was another task but managed that successfully. Have also experienced retirements of colleagues online, which I did not like at all. Online teaching is a good experience but, I miss my offline classes/ lectures. I miss the face-to-face interaction with students for Practicals. In online classes, I feel it's only the teacher who is fully involved, what students are doing on another side you don't know. You assume that they are listening, paying attention, but in reality can we really guess?

So journey from offline to online was tough yet interesting for me, sometimes sweet and sometimes less sweet!

- MRS. SUGANDHA K LAD
DEPT OF TEXTILE SCIENCE & APPAREL DESIGN.

*Together
We Can!*

To,

The batch that inspired me...



In a teacher's life, a day without a student is incomplete. It is usually a student or two who are special for a teacher as some student/s is/are naughty, some quiet, some sincere but it is highly unlikely for the whole class to be special. The class that has my heart is TYND 2021 batch. I have never met them beyond the virtual lessons, but I feel a strong connection with them. They are affectionate, studious, inquisitive, energetic, enthusiastic, diligent, kind, humble, caring, sincere, and fun-loving girls. Even though they were competing against each other in academics, they would make it a point to help each other, this makes them exceptional. Their concern and small gestures when I was sick, make them unforgettable.



They are multi-talented and multi-taskers. They excelled not only in academics but also in co-curricular activities and other competitions. They won the Best Batch award. Be it early morning or late afternoon virtual class, they actively participated. I would bombard them with projects and assignments but they never complained, in fact, they completed it wholeheartedly with dedication and perfection before the deadline. Their thirst for knowledge, determination, and perfection in every task inspires me a lot. **Their warmth and compassion are magnets that pull the teacher towards them.** There are many fond virtual memories with this batch. We had a virtual Diwali party, a virtual day's celebration, virtual birthday celebrations. Unfortunately, or fortunately, we could not formally bid farewell to each other which means we will definitely meet soon; this time hopefully physically and not virtually. Nothing can stop you from achieving success and growing professionally if you stay focused (as you all are) and keep working towards your goal with the same dedication and enthusiasm which you displayed in online classes. God bless you all.

- DR. HARSHA CHOPRA

DEPARTMENT OF BACHELORS IN NUTRITION AND DIETETICS



And the journey continues....



It was the morning of 18th June 2015, along with my friends, I was waiting anxiously at the SNDT Juhu campus for the results to be displayed for the students selected for Masters in Clinical Nutrition and Dietetic course. At that time the course was available in two SNDT colleges - SNDT Juhu campus and SNDT Matunga campus which was Dr. BMN College of Home Science. I got admission to the SNDT Matunga campus. Who knew a journey of 2 years would transform me from a student to a Professor!

I, Sonu Mishra, proud alumni of Dr. BMN College of Home Science from Masters in Clinical Nutrition and Dietetics department (2017) am now a Professor associated with the Department of Post-Graduate Studies- MSc. CND and PGDSSFN.

This college has given me ample opportunities to transform into a better human being in all senses.

I was a topper at the SNDT campus for the MSc CND course. There are many people who have unknowingly supported me in my journey whom I want to thank from the bottom of my heart.

After completing my MSc, I started working towards my next goal to clear the NET exam to become an Assistant Professor. In January 2018, I cleared my NET exam and was welcomed by Dr. BMN College of Home Science to become a part of their family once again.

Where I used to sit on a bench and attend lectures, now I stand on the opposite side and deliver them. If asked, it will be really difficult for me to choose the best side as both the experiences are close to my heart. Both of these roles had immense learning in them and since one learning is done with, I am engaged in another learning which goes on each day.

Thanks to all my students who show respect and are so diligent towards me. Thanks to all my teachers for making me a capable, confident, and honest teacher. And the teaching continues..... at Dr. BMN College of Home Science (Autonomous), Matunga.

**- MS. SONU MISHRA
ASSISTANT PROFESSOR
DEPARTMENT OF POST-GRADUATE STUDIES
MSC CND & PGDSSFN**

if you can
DREAM it,
you can
DO it.

5/09/21

A photograph is a return ticket to a moment otherwise gone.



Perspective on Online Teaching



COVID-19 pandemic, What do you think I learnt from it? "Of course! online teaching!" There are no adjectives I can use to describe how awful, how painful, how unnatural this "distance learning" was for me, as much as I assume it is for our students.

I became a teacher for many reasons, but mostly because I enjoy interacting, discussing, and debating with students that help me teach the knowledge that shapes the person which in turn teaches me to become a better instructor

Distance has presented many challenges. The process of logging in to a device to access information I need to equip the students with, and then assessing the submissions via a similar process is a time-consuming and difficult proposition. As the saying goes, Where there's a will, there is a way. Google classroom, e-quizzes, e -platforms, YouTube, SlideShare, Google forms, Google Drive, etc came to my rescue.

I've realized that my job as a professor has little to do with just teaching content, and a great deal more to do with facilitating opportunities for my student's growth. Because let's be honest, most of the content—definitions, theories, models—can easily be retrieved in a whopping five seconds with a targeted Google search.

Equipping students with self-awareness, critical thinking, analytical, entrepreneurial skills which they can carry into the real world upon graduation are what actually matters. Meeting that goal, made me wonder whether we as teachers can create an environment that helps achieve this objective through this mode of online teaching.

It was a challenge but not impossible to provide meaningful education from afar. The kind of work that we, me, and my students could achieve this year makes me feel happy that I could meet this objective in spite of this never-ending lockdown.

So, how could I achieve that, firstly by motivating them to take up and organize Nutrition-related competitions in groups? This instilled the following skills which were, designing Flyers and creative's, organizing, networking, prioritizing, adhering to timelines, time management, maintaining documentation of work, multitasking, planning effectively, and being self-motivated and resourceful, etc. Practicals were dealt through their kitchens where they showcased nutrient-rich recipes and demonstrated the entire process online. Each student presented one experiment for learning food science principles and explained it for the benefit of the class. Some part of the syllabus was given to present using a ppt which made them read and refer to the latest books and journals.

Research activity was taken up through Food product development classes where they learned how to write abstracts, introduction, methodology, results, summary, and conclusions. The students also learned how to market their products on the online mode for which they used social media platforms. They learned entrepreneurial skills which included market surveys, standardization, innovating nutrient-rich recipes, costing, nutrition labeling, and marketing aspects. This did not stop here each student wrote a research paper also tried to publish it. This year until now 13 students have published their papers in e-journals. So, this could be achieved in spite of no face-to-face interaction. I have certainly learned a lot in this period and would like to thank my TY BSC 2020-21 batch of students for making it possible.

As Mark Van Doren said "**The Art of Teaching is the Art of Assisting Discovery**", I tried my level best to mentor, stimulate, engage and provoke my students and let us see how far the students use these skills to reach their destinations.

**-MRS ANURADHA SHEKHAR,
RETIRED VICE-PRINCIPAL**

05/09/21

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Creativity Never Fades



I am Ms. Sharada Sirisilla, Assistant Professor and cultural Incharge of Dr. BMN College of Home Science. Right from my childhood, I had many hobbies like drawing sketching making creative and useful innovations from whatever was available to me. But as I grew up and with various responsibilities, I seemed to almost forget my hobbies. Last year during the lockdown I decided to take the opportunity to nurture my hobbies. I started sketching, these are 2 of my favorite sketches.



- MS. SHARADA SIRISILLA
CULTURAL INCHARGE
ASSISTANT PROFESSOR
DEPARTMENT OF BACHELORS IN COMPUTER APPLICATIONS

05/09/21

A photograph is a return ticket to a moment otherwise gone.





Hobbies are like oases in our daily chores of life. They provide you with a fresh supply of energy and enthusiasm to face assignments ahead. It all started with my friend introducing me to some vacation courses at our college itself, in mural designing, quilling, and jewelry making. It also made me realize that I may be already fond of these arts, but my hectic academic routines as a science student did not allow me to pursue them. Once I got the cue, I gained confidence and started looking for good work in the space.

Social media, especially YouTube, helped me a lot in quenching my thirst for neat specimens, to get inspired. With the world coming to standstill because of the pandemic, with more free time in hand, I could further my hobby to a new level. I started Instagram handle, intending to share my creations with like-minded people out there in the world and also to get fresh ideas from hobbyists and professionals alike. I got multiple opportunities to learn from eminent personalities and institutions in the field. A weeklong workshop by Fevicryl was also instrumental in polishing my skills. This area of hobby includes drawing, painting, and craftwork in different art forms like Madhubani, Warli, Chitrakatha, etc., and a combination thereof. It also gives immense pleasure in creating showpieces and hangings by using these art forms.

The creation of any form gives ultimate pleasure and happiness to a hobbyist.

- MS. MADHURA GHASIS
FACULTY
DEPT. OF NUTRITION & DIETETICS

inspire

5/09/21

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YOGATHON CHALLENGE

The ultimate 60 Suryanamaskars in 60 minutes



**MS. DIPALI KALAMKAR
(INSTRUCTOR)**

60 Surya Namaskars in 60 mins performed on International Day of Yoga on 21st June 2021. Practice sessions were organized to accomplish the goal for a period of 13 days for 60 mins each. Several teachers along with as many as 164 students participated enthusiastically.

Our teachers are truly an inspiration, in addition to their college and household work, they ace extracurricular activities like In-house Sports events too. You inspire us every moment, beloved Teachers!

Ms. Dipali, our instructor tirelessly boosted the morale of participants and ensured that the asanas were practiced mindfully. Ms. Rikisha Maniyath was the teacher in charge who constantly motivated the participants to be consistent. The Sports Committee deserves a round of applause for working tirelessly throughout the lockdown planning, managing, and executing innovative sports events to up our fitness and to keep our spirits high during these difficult times.



**MS. HUDA SAYYED
(BSC)**



**MS. SHARADA SIRISILLA
(BCA)**



**MS. RIKISHA R.M.
(BCA)**

PILLOW DRESSING



DR. LAKSHMI MENON
PG DIPLOMA IN SSFN / MSC CND



MS. SONU MISHRA
PG DIPLOMA IN SSFN / MSC CND



MS. CHITRAVATHI D'SOUZA
(ADMINISTRATIVE)



MS. MONIKA MHATRE (POLYTECHNIC)



DR. RUPALI SENGUPTA
(PG DIPLOMA IN SSFN / MSC CND)

Rope Skipping



MS. SONALI SHERKANE
(HUMAN DEVELOPMENT)



SONU MISHRA
(MSC CND/ PG DIPLOMA IN SSFN)



MRS. CHITRAVATHI D'SOUZA
(ADMINISTRATIVE)

Indoor Carrom



DR. RUPALI SENGUPTA
(PG DIPLOMA IN SSFN / MSC CND)

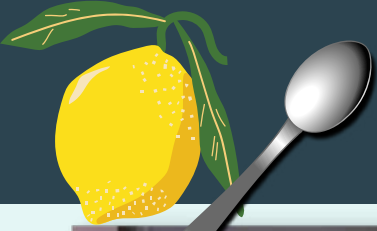
MRS. CHITRAVATHI D'SOUZA
(ADMINISTRATIVE)



SUBHASH VISHNU CHAVAN
(ADMINISTRATIVE)



**IT IS A HAPPY TALENT TO
KNOW HOW TO PLAY
- RALPH WALDO EMERSON**



Lemon and Spoon



PROF. DR. MALA PANDURANG (PRINCIPAL)



MS. SONALI SHERKANE (HD)



**DR. RUPALI SENGUPTA
(PG DIPLOMA IN SSFN / MSC CND)**



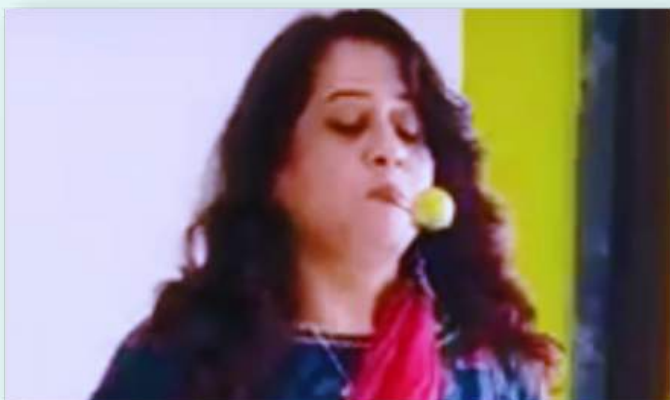
**MRS. CHITRAVATHI D'SOUZA
(ADMINISTRATIVE)**



MS. VINAYA VAISHAMPAYAN (ND)



MRS. ANURADHA SHEKAR (FSN)

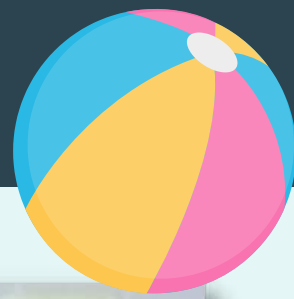


MONIKA MHATRE (POLYTECHNIC)



MRS. KAVITA KARAPURKAR (BCA)

Blow the ball



**MS. ANUJA ROY CHOWDHURY
(ENGLISH)**



**MRS. CHITRAVATHI D'SOUZA
(ADMINISTRATIVE)**



MS. VINAYA VAISHAMPAYAN (ND)



**SUBHASH VISHNU CHAVAN
(ADMINISTRATIVE)**



**DT. SAKINA RATLAMWALA
(PG DIPLOMA IN SSFN / MSC CND)**

ANNUAL DAY 2021

TEACHERS PERFORMANCES

In the history of Dr. BMN College of Home Science, this was the first virtual Annual Day Celebration. It was held on the Zoom platform on 29th June 2021. Our Professors also took part with zeal in the Annual Day and added a cherry on the cake. Enthusiastic performances were done by the teachers of all departments. Their high spirit in work and play is truly commendable. We highly appreciate and thank all our teachers for their efforts in inspiring us always.

"It is a supreme art of a teacher to awaken joy in creative expression and knowledge."

- Albert Einstein



PROF. DR MALA PANDURANG
(PRINCIPAL)



MRS. ANURADHA SHEKHAR
(FORMER VICE PRINCIPAL)



DR. JAHNVEE JOSHI
(ASST PROF. HD)



MS. MAMTA BARVE
(ASST. PROF. BCA)



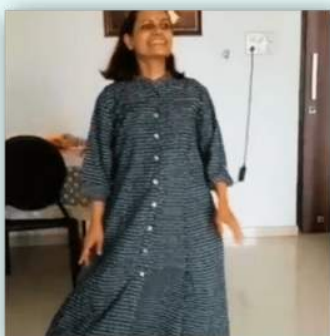
MS. SONALI SHERKANE
(ASST. PROF. HUMAN
DEVELOPMENT)



DR. KIRTI PATHAK
(HOD, HUMAN
DEVELOPMENT)



MS. BHAVISHA SANCHETI
(ASST. PROF. MSC.CND)



DR. RUPALI SENGUPTA
(HOD, PGDSSFN & MSC.CND)



DR. LAKSHMI MENON
(ASST. PROF. MSC.CND)



MS. NEETA DHURI
(NON - TEACHING
STAFF)



MS. NEETU SINGHI
(ASST. PROF. BCA)

STUDENTS' CORNER

And when I was scared to ask a doubt,
She encouraged me like a scout.

God in the new form,
Who has equality as their first norm?

For each mind, you strengthen,
To every smile, you lengthen.

Starting with wisdom and savvy,
And ending all the envy.

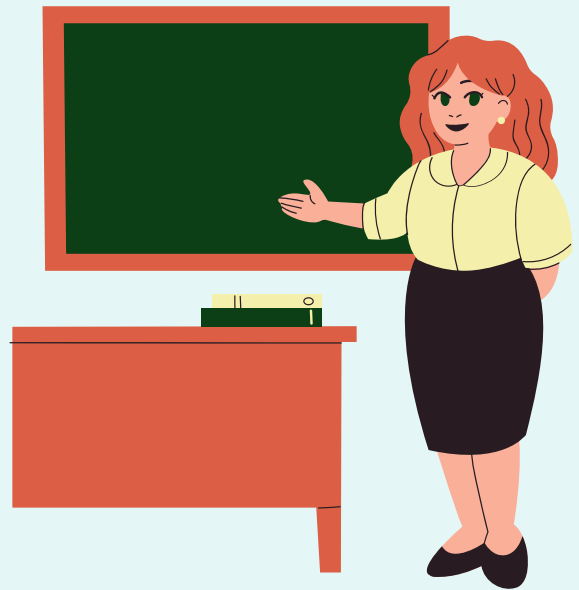
Director behind all the questions,
The answer to all the questions.

The reflection of inspiration,
The deity of education.

None other than 'a teacher',
YES, No one else, but 'a teacher'.

Happy teacher's day!!

- Gurleen Kaur Matta
TYBCA-2



A teacher, a mother, a mentor, a guide
Filling in all roles you play
For a certain child

You make us stand
In the bleeding sun
And they question you the rules of the instruction
But oh boy,
It's just the way the world works, right?

Nourishing and scolding from wrong to right
Preparing them for a never-ending fight
Cause you know that it's going to be hard
So you hold onto the child
Until they get up and run for their rights

A teacher, a mother, a mentor, a guide
Thank you for the roles you played
For a certain child

- Kirti Konka
SYBCA - 2

COMIC ARTWORK

Happy Teacher's Day

A teacher takes a hand, opens a mind and touches a heart.



Thank you for adjusting to the new normal.



Thank you for giving us your undivided attention even when you had lot of other things going on.



Thank you for giving us the best educational experience despite of all the difficulties.



And lastly, thank you for checking up on us.

- Ms. Kunika Sonkusare
SYBSc

Student's write up for teachers

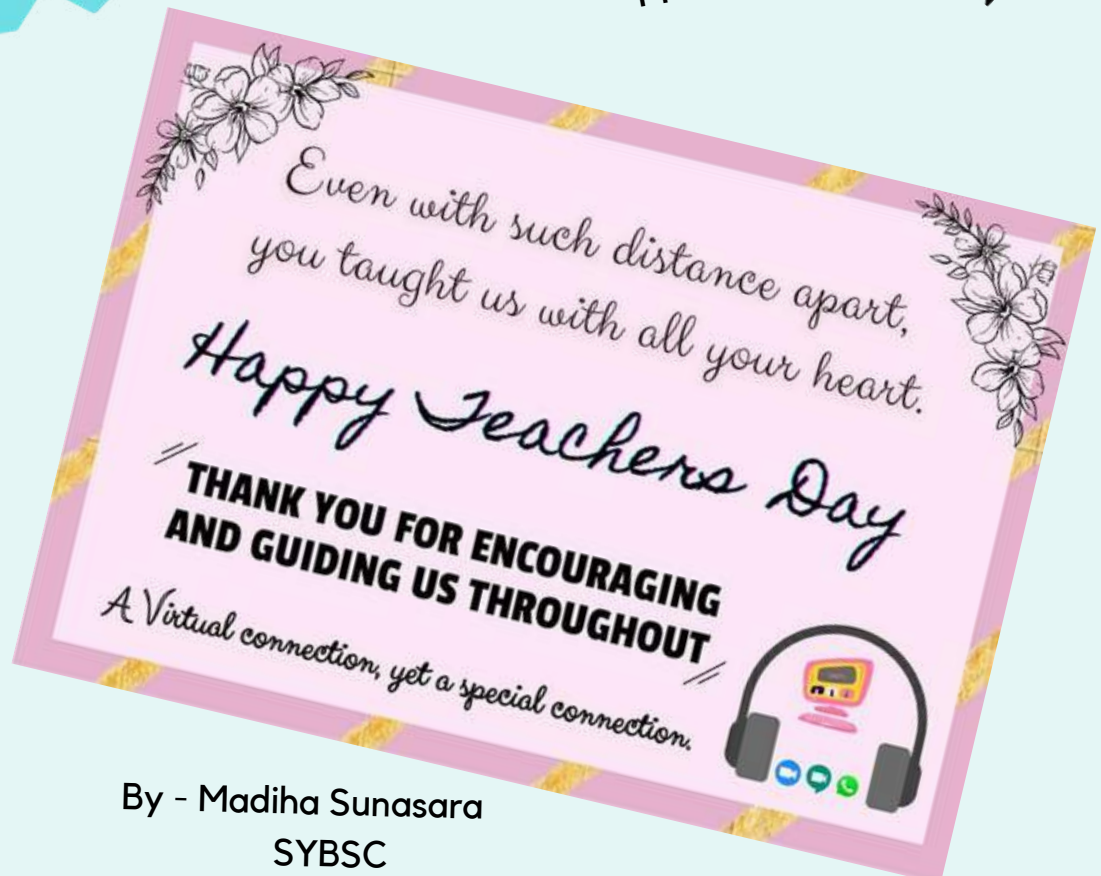
Anu ma'am has ALWAYS ALWAYS been an inspiration to all of us. She every time encourages us to do something new without fail. Her excitement, energy, and protective yet playful vibe always make the room happy.

She is the teacher who will never just give a solution to a problem rather she'll teach us how to solve it by ourselves. She will not give us direct answers to anything. Instead, she will make us read different books and search for them for ourselves which I believe is a great way to learn better.

Her way of teaching is filled with a lot of self-experiences and it makes the learning even more interesting. Not all TYs have been able to get a chance to learn from and ma'am but those who have felt very lucky because after all, we are talking about and ma'am.

We love you and miss you, ma'am.

-By Ms. Yashvi Chheda
TYFSN



By - Madiha Sunasara
SYBSC



Unsung Heroes

TEAR-JERKER
ALERT !!

Dear Teachers,

Last year you made this shift from face-to-face teaching to pandemic online teaching. Though it was unexpected, in a matter of days you found innovative solutions to huge challenges. You have worked late at night and on weekends just to design virtual lessons which helped polish us, students, into shining stars. There were no road maps or blueprints but you were there for your students every single day. You have proved that social distance doesn't mean relational distance. Despite the roadblocks, you have built a classroom on empathy and kindness. You have experimented with new approaches and have taken creative risks.

You have crafted meaningful lessons that empowered us students with voice and choice. Teaching is especially challenging right now but it can feel draining when you have a barrage of emails to answer or when you do a video conference and face a wall of black screen. But know this, You are Impacting lives. Right now, there's a student who feels known and heard " BECAUSE OF YOU. "

There's a student who is passionate about learning BECAUSE OF YOU. There are students who will remember you forever as someone who was there for them in these dark times. You are changing the world even if you can't see it. I think when we look back on this, **it was indeed a tough time but our teachers were tougher.**

"Doesn't Matter WHERE Doesn't Matter WHEN Doesn't Even Matter HOW,"

Teachers always find a way to show up. So, whatever College looks like in the future, whether it's placed in Classrooms or Chatrooms. We know you will be there to Feel our Days, Feed our Minds and Fill our Hearts. We are counting on it because we need you. And it doesn't work without you. We appreciate you for staying calm and patient. And taking this obstacle as an opportunity towards better learning. We always forget to express our gratitude towards you. We may not have been the best students but you were indeed the Best Teachers.

THANK YOU for your dedication and love towards us.

***"We never clapped for them from our balconies,
Neither did we light a candle in their appreciation,
Unlocking passion during the Lockdown
Our Teachers!
The Unsung Heroes of the Crisis"***



BY - HABIBUNNISHA DHANANI
SYBSC



The Influence of a Good Teacher Can Never be Erased

Pssst..
TRUE STORY



I want to express my sincere gratitude to our principal - Prof. Dr. Mala Pandurang madam, for restoring my forgotten passion for reading books and writing.

In our 1st semester, Mala Madam used to teach us the subject of English Communication Skills. During lectures, she used to ask questions related to general knowledge and current affairs, to each and every student individually. Initially, we used to get scared, thinking that she is our principal and she is very strict. Also, many of us did not have answers, as we did not have a habit of reading books and newspapers. Gradually, we realized that her intention behind asking many questions was to encourage us to read more and improve our speaking skills.

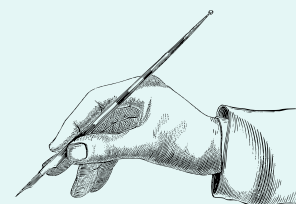
Mala madam taught us presentation skills also. In which, we had to give a presentation for a book review. She suggested the book "*Mahashweta*" by Sudha Murty to me. I enjoyed reading it and writing a review of the book. It reminded me about my school days when I used to read a lot of books in Marathi and used to write - letters, essays, articles, etc.

Mala madam is one of the best teachers in my life. She is the best principal, who always listens patiently, tries to understand student's problems, and helps students. I remember, in our first semester, we approached her about the unhygienic condition of the canteen. She immediately accompanied us to verify the facts, keeping all her work aside and she gave instructions to the canteen person for cleaning that area. I was very impressed with her immediate action. It was the first time I had ever seen a person in such a high position to act immediately for such an issue. She is not only the best teacher and principal but she is also a good human being - calm, kind, polite, helpful, caring, passionate, and enthusiastic

Thank you so much madam for your valuable guidance, inspiration, and encouragement.

A teacher is a person who surrounds her students with inspiration to learn again every day!

-By Archana Gade
TYFSN



"To teach is to learn twice over"

- Joseph Joubert



In the wake of the coronavirus pandemic Schools, colleges have been shut down for not getting exposed to the virus as well as to decrease the spread. Ever since then government-imposed radical switch in the education system in many parts of the world education is set up online. They call it *"New normal"* well people are not used to it everyone is trying to adjust so it's quite a contradiction to say *"Normal"* yet.

Technology & Social media apps played a crucial role in the interacting medium between students and teachers. Every year 5th of September we celebrate teacher's day. Teachers add value to our character and make us ideal citizens of the country. It's a huge contribution. It's an honor to talk about teachers and thank them in every way possible.

The Guru-Shishya lineage in Hinduism denotes a succession of teachers and disciples and a philosopher once said ***"There is no knowledge without a master"***.

All the holy books of Hinduism dictate the importance of Gurus and the extraordinary bond between a Guru and his Shishya. Guru is considered to be supreme and akin to God. Guru makes gold out of scratch and the teachings will prevent us to fall into any troubles by helping us control our lives by providing wisdom.

On this auspicious occasion, we show our gratitude and humility towards our teachers. To prepare a surprise for our teachers with all the decorations, flowers & speeches given by the students was a chance to make those beautiful memories. Unfortunately due to this pandemic situation going on, there is a break-in cycle of rituals so this year's teachers day is happening under the unprecedented hardships that the COVID-19 pandemic has imposed on us but as a matter of pride and regards it's commendable to thank specially to those teachers who helped students to walk on the path of hope, knowledge & earn a degree despite the overwhelming consequences of pandemic without a full stop. Teaching can be tough, complex as a matter of fact online education was a trial and error method both for students and teachers. Not just students but teachers faced the difficulty of working from home, or worse, from quarantine, which is isolating and often depressing. The panic was all perfectly understandable, they did a great job by accepting new ways of teaching, learning how to teach in new ways, weigh in on the mental approach to stay grounded in this difficult time.

Thinking from the student's point of view, trying to remain calm after facing few moments when efforts go for a toss. If patience was the key, teachers knew it well, ensuring no learner is left behind. For those who have dedicated their lives to teaching others, it's good to reflect on the vital importance of the role of teachers shaping the world.

Learning would not be possible it's time to acknowledge the dedication, hard work, passion, and extraordinary efforts of teachers and we all should be satisfied, proud to be a part of this.

Gratitude to all great teachers for teaching lessons that everyone will carry throughout life's journey and giving fond classroom memories that we will treasure forever.



Happy Teachers Day!!!

By- Sanika kale
SYBCA

Role of Teachers in Today's Society

What are teachers to you?

Educators, philosophers, facilitators, role models? all these words can describe teachers. Everyone has that one teacher from schools or colleges to whom they look up to. Being a teacher, a guru a mentor is the most respected job anyone could have, they mold a student to what they become in the future, inspire them and make them realize their dreams.

My mother always used to tell me that I am more biased towards my teachers, and I always listened to them more, and to some extent that was true because we spent half of our day with them and have some kind of connection that can't be overlooked, we have fun together share our stories with them have fun together.

In this pandemic, we might feel that we have missed out on that fun or the interactive environment we would have if we physically went to college. But one thing I know for sure is that all teachers have given their best in trying to teach us through a screen or help some students to come out of the mental issues caused by the pandemic. They tried their best so that we would not miss out on our education, not lack in skills because of the pandemic and learn as much as we can. I never felt like I was alone even after being miles away from India I did not miss any of my studies and was able to adjust with the help of all the respective teachers, therefore I feel that the physical distance was never actually felt because though I am seas away back in Kuwait I did not feel left out because involvement was always ensured, and help was always given. So, I would like to say hats off to all the teachers out there for being with us in every step.

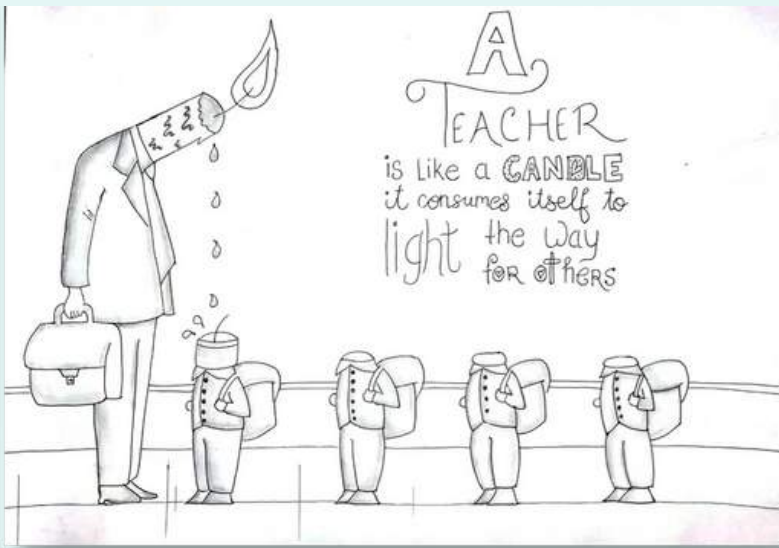
We should all be thankful to them and show them our appreciation on this occasion of teacher's day and show them their contribution to the society in training the younger generation paid off, show them how we've become an asset for the country under their guidance. They always give their students a priority, treat them with utmost care and love, so this is our contribution in showing that we also keep them first and are thankful to them from the bottom of our hearts.

- BY AMATULLAH IBRAHIM
SYBCA - 1



**Dreamer,
Teacher,
Leader!**

HAPPY TEACHER'S DAY!!!



BY MS. KAHANVI PIPALIA
SYBCA I



BY MS. AKSHATA KADAM
SYBSC

Healthy Snacks Ideas



Dear teachers,

These quick and easy snack recipes will keep you from drooping in the afternoon or munching away on junk food in between lectures. When your calendar begins to load up, preparing this nutritious snack will save you time. Although the preparation effort is minimal, it is well worth it.

MAHUA LADDOO

INGREDIENTS

- 30 gm Mahua (seeded)
- 15 gm Flaxseed (roasted)
- 15 gm Sesame seeds (roasted)
- 5 gm Lotus seeds (Makhana)(roasted)
- 10 gm Mixed Dry fruits (roasted)
- 5 gm Ghee
- 5 gm Poppy seeds

METHOD

- Roast Mahua with Ghee
- Grind Mahua, Flaxseed, Sesame seed, Lotus seed, and Dry fruits.
- Bind it in the shape of laddoo and you are ready to serve.

Serving - 2 persons



Mahua (Flower of Madhuca longifolia) is beneficial for skin disease, rheumatism, headache, constipation, piles, hemorrhoids, leucorrhea, chronic tonsillitis, heart disease and diabetes

- Ms. Nazrh Khan
SYND

Dates Smoothie



Serving size - 1 person

INGREDIENTS

- 5 Dates soaked
- Oats soaked, 2tsp
- Almonds soaked, 2-3
- Milk 150 ml
- Banana, 1 ripe

METHOD

- Soak the oats, almonds, & dates separately for 10 mins. Or you may soak them overnight.
- Blend together oats, soaked almonds, and dates until smooth.
- Then add banana, chilled milk, and blend again.
- Pour into glass and serve.



Dates are a good source of various vitamins and minerals, energy, and fiber. It also contains calcium, iron, phosphorus, potassium, magnesium, and zinc.

- Ms. Swaleha Patel
TYFSN

RAGI PANCAKES WITH FRUITS

Serving: 2 persons

INGREDIENTS

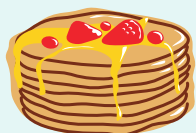
1/2 cup Ragi (Nachni) flour
1/2 cup Whole wheat flour
1/2 cup Milk
1 tbsp Jaggery powder
1 tsp fennel seeds / saunf
1 tbsp Ghee
1/4 tsp cardamom powder
1/2 tsp baking powder
1/4 tsp baking soda
1 tsp honey (optional)
Fruits for topping - Berries
/ Banana / Apple

- Women of post-menopausal age (40 - 50 years) are prone to Calcium deficiency.
- The decline in the female hormone estrogen during menopause causes a woman's bones to thin faster.
- The prevalence of Osteoporosis (Calcium deficiency) increases with advancing age.



METHOD

- In a large bowl, combine ragi flour, wholewheat flour, jaggery, fennel seeds, cardamom powder, baking powder, baking soda, milk. The batter should be of pouring consistency, not too watery nor too thick.
- Heat a pan on medium heat greased with ghee. Once heated, pour a ladle of batter onto the pan.
- Allow the pancake to cook on medium heat. You will notice the top side begins to get bubbles, and it will slowly get steamed and cooked. At this point flip to the other side and allow it to cook for 30 seconds.
- Serve Ragi Pancake immediately topped with fruits of your choice drizzled with honey.



- **Ragi** is one of the best non-dairy sources of Calcium. Calcium is essential for healthy bones, for growing children & middle-aged women.
- It is high in fiber, helps in weight loss.
- Has low GI. Helpful for diabetics.

Ms. Reena Poptani
MSc CND II (2020 - 2021)

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