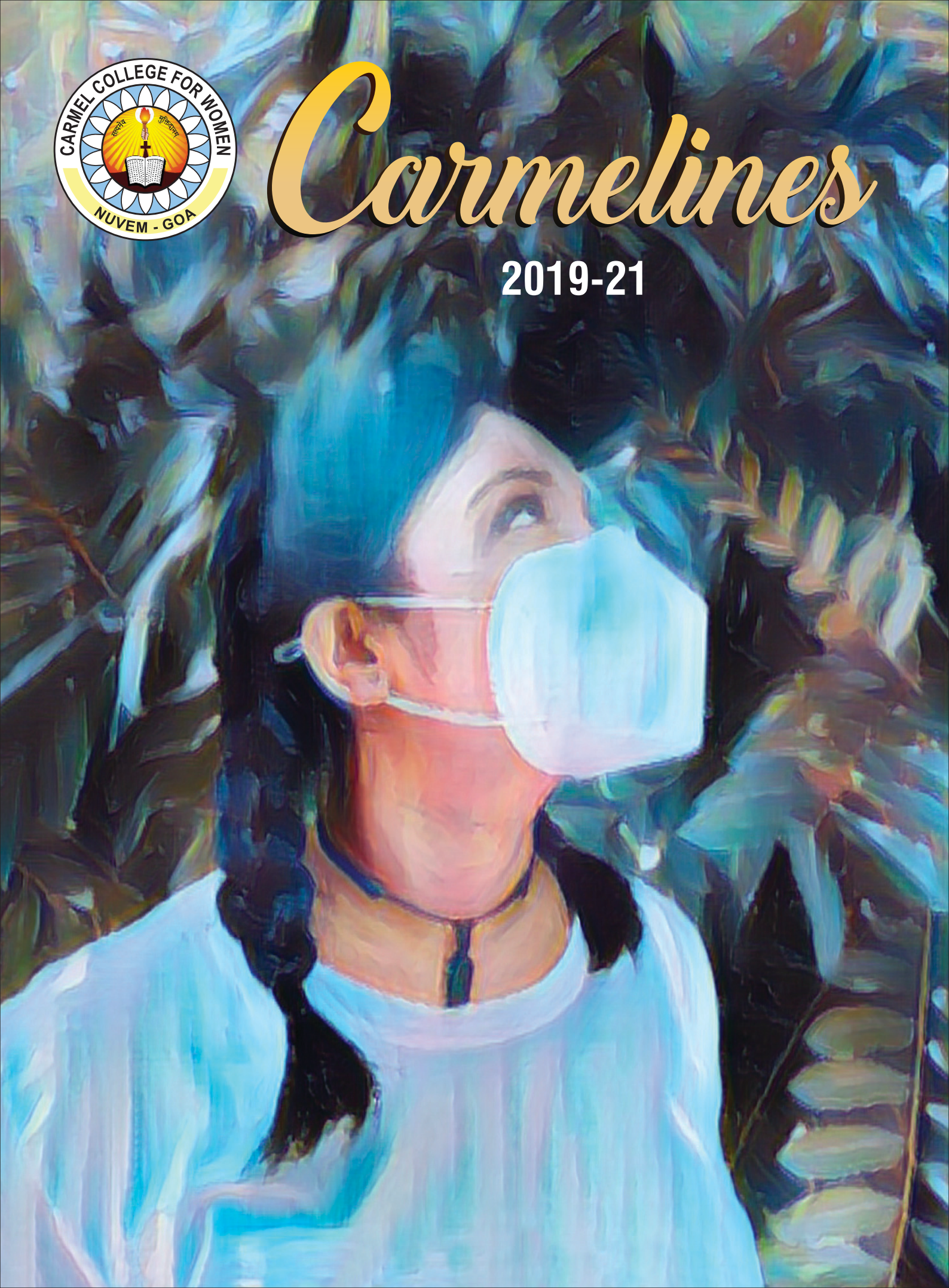




Carmelines

2019-21





VOICE OF CARMEL 2019-2021

OUR MOTTO



'SATYAMEVA MUKTI DANAM'
'TRUTH IS THE GIFT AND THE GIVER OF FREEDOM'

We uphold Truth in our thoughts, words and actions under all circumstances.
With the advance of Science and Technology and progress in every field,
our motto is an incentive to choose the Right, the Noble and the True.

THE APOSTOLIC CARMEL VISION STATEMENT

OUR VISION

'Holistic development of youth through education, amidst a changing, challenging and developing society'

OUR MISSION

To educate youth for altruistic leadership by integrating academic excellence and human ethics

OUR CORE VALUES

Values that will guide us in fulfilling our vision are:

- *Faith, hope and trust in God.*
- *Love of fellow beings and concern for other living creatures.*
- *Moral and ethical uprightness and social consciousness.*
- *Conservation of environment and natural resources.*
- *Pursuit of knowledge and excellence.*

OUR OBJECTIVES

- *To provide value-based and quality-oriented education with a secular, democratic and syncretic spirit.*
- *To inculcate in students the value of generous service and pursuit of integrity.*
- *To work for the deepening of faith of all our students.*
- *To provide a higher education platform for first generation learners.*
- *To prepare youth for a dynamic role in a multi-cultural society and global community, through the use of modern technology and effective learning.*
- *To impart knowledge and skills in order to make students gainfully employable and face bravely the challenges of the future.*





The lotus petals symbolize Indian Womanhood

The hill of Carmel surmounted by a cross stands for prayer, sacrifice and love.

The open book is symbol of knowledge

The torch stands for the liberating light of truth.

Motto: Satyam Evam Mukti Danam

Truth is the gift and the giver of freedom

We uphold the truth at all costs and under all circumstances.

In a rapidly changing and developing society,

our motto is an incentive to choose the right, the noble and the true.

Editorial



The last two years have been turbulent and eventful. The year 2019 was the last time we all held hands, gave bear hugs, wore lipstick and enjoyed social events like weddings, parties, mall-shopping and religious gatherings. 2020 was a historic year which left indelible imprints in our memory. Covid-19 brought an untold metamorphosis in our lifestyle. Masks, sanitizers, thermal guns, PPE kits, oximeters and liquid soaps became the new necessities which were added to our list of essentials. The real physical life took a back seat only to be replaced by the virtual. From online classes to virtual masses, from Google meets to WhatsApp greets, from Swiggying meals to G-paying---- the pandemic pushed our limits to explore the impossible and made it happen. College students bravely braced and faced the challenges of the pandemic times. Teachers too left no stone unturned to give their best to meet the hardships of the times. The switch to online from offline mode brought alongside its own joys and woes. And, the pandemic seemed to be endemic!

Nature has been beautiful and bountiful during these times. The lock-down gave mother Nature the much needed respite to breathe and blossom. This issue of Carmelines which strings together the two challenge-filled pandemic years 2019-21 which created history for Carmels, is worthy of being presented to the readers as a 'Special Issue'. Dr. Sr. M. Aradhana A.C. retired as Principal in 2020 and soon took charge as the General Secretary of the Apostolic Carmel Congregation at Bengaluru. Her article is an eclectic articulation of how human nature shows its myriad hues in the crisis of a pandemic. Dr. Aldina Braganza e Gomes took over the reins of the institution as Officiating Principal (2020-21) and captained the Carmel sails with confidence. She will be remembered as the only lay person to be sitting in this prestigious seat in the Carmel timeline.

This issue of Carmelines is dedicated to our ex-Principal Sr. M. Jacinthe A.C. who left for her heavenly abode on 20th January, 2021. She was the Principal of our institution from 1984-89. Sr. Florence Mary A.C. has penned a solemn tribute to her which is featured in this issue. The several articles and poems in English, Hindi, Marathi and Konkani are the creative outpourings of the Carmel staff and students who have seen the themes of 'Nature' and 'Pandemic' from their own unique perspectives. Surely, it has brought us to realise the value of human life and be thankful for little blessings. It has left bitter-sweet memories of a 'pande-monium' we never ever imagined. As you read this special issue of Carmelines 2019-21, we hope that you carry along positive vibes of a 'new normal' which made us accept that in this transient life, stoic human nature and priceless relations do make a mark. Happy reading!

Warm wishes,

Dr. Glenis Maria Mendonca

Coordinator, Editorial Board,
Carmelines 2019-21.



Convener : Principal
Carmel College of Arts, Science and
Commerce for Women
Nuvem, Goa.

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Ms. Leila Ribeiro
Ms. Pooja Sangodkar
Ms. Sweta Sattarkar
Ms. Jolainne De Souza

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Principal's Message

LESSONS FROM THE PANDEMIC (Contending with COVID 19)

It stares at you in the face as you look at the news - the numbers, the calculations... It follows you wherever you go, in the faces of the poor who do not know from where the next meal will come; in the tangible pain of those who have lost loved ones – parents, spouses, siblings, children, and the list goes on. Last year since March 2020, the onslaught has been almost continuous, wearing down the hope we had, that things would return to normal. But now even the word 'normal' seems to have changed its meaning. It looks like masks, sanitizers, social distancing, online classes, webinars and of course, building up immunity as you take care of your health. While in the past mobile phones were strictly banned, today teaching – learning just cannot happen without them.

One of the best messages I received recently was, “‘Teacher of the Year’ Award goes to COVID-19 – it taught us what life is about – simplicity and spirituality plus uncertainty”. Though it was a bogey-word in the first wave, where even a sneeze from someone would set off a panic reaction, it helped us treasure the simple joys of life, like a smile, a hug, a long walk with someone you love, or even just sitting on the sofa and having a chat with a friend. We only realized their preciousness when these joys were banned from our daily routine and we had to take care of ourselves and also our loved ones by not being in close proximity, lest we be carriers of the deadly virus. In the first wave, we took the precautions seriously and soon it appeared that we were gaining control of the situation and light seemed to be seen at the end of the dark tunnel as we hoped we could be out in the bright sunshine once more as before. But that was not to be. We let down our guard too soon and participation in festivals with gay abandon brought us into the second wave which was much more lethal than the first. Before our eyes we saw friends, family members, acquaintances succumbing and leaving behind sorrowing family members bereft of hope.

With the vaccine being administered to around 28% of the population, the silver lining behind the dark clouds now seems to be appearing. In his new book, “Healing the World: Life after the Pandemic”, Pope Francis confronts us with an invitation to journey together along the path of healing a COVID-19 stricken world. He says, “The global pandemic lays bare the fragility of human existence. It evokes our sense of inter-dependence and being-in-it together”



Now we realize that just as the pandemic affected all of us together, the way out of it is also through caring for one another. “The exit path from the crisis”, the Pope says, “lies in healthier societies with a common venture”. We need to continue Christ's work of healing and salvation beginning with ourselves, our homes, our neighbourhoods and in this way reaching out to the world, transforming it even as He did when He walked upon this earth.

What needs our attention now? What will we return to? The world had been hurtling at a breakneck speed, with hardly any time or space to care for others. In our insatiable greed to acquire more, there was just no time to care for another. When life came to a standstill, we had time to go deep within and get in touch with our true selves – learning to see the good and appreciate it while also looking at the not-so-good and improving upon it. There was time now to pray, to widen our understanding of God as one who is still in control of the whole universe. The pandemic gave us space to look after our health which we had neglected in our endless pursuit of wealth. We came to realize that a healthy body is a greater treasure than the riches that the world has to offer. We came to understand the preciousness of human life when we lost our dear ones or when we saw our loved ones return from the brink of being swallowed up by death. We learnt to give thanks for life, for breath, for family, for food on the table, for water, for sleep, for little joys and to count our numerous blessings which the poor are not able to enjoy.

We now need to be alert and sensitive to the needs of others... to ask sincerely: do I really need that extra comfort? Can I give up something so that someone may have a decent meal for the day? We need to make space for grief – our own and that of others. Can I speak a comforting word, send an uplifting message, do a little something for a sick neighbour, show my affection for a child who has lost one or both parents to the pandemic... We will realize that we can never take things for granted again.

Pope Francis reminds us of an often-forgotten dimension of our humanity, namely that “We are created for a fulfilment that can only be found in love” (Fratelli Tutti, 68). As we laud the COVID warriors in hospitals and in public service, we know that we too need to do our bit to live out our thanks to the Almighty in reaching out to others in whichever way we can, to heal and bless, to comfort and help and finally come to that place where “the Lord will wipe away every tear” and “sorrow and sighing will flee away” (Isaiah 35:10)

Dr. Sr. M. Aradhana A.C.
Principal (2019-20)
A. C. Generalate, Bangalore





Officiating Principal's Message

I am pleased to see that the magazine committee of Carmel College has put in a lot of effort to come out with this issue of Carmelines.

The COVID 19 pandemic has presented many challenges to students and educators. A host of unforeseen expectations from students trying to learn from home on a mobile to teachers trying to teach with a screen, social distancing and isolation from friends, a shuttle between the offline and online modes, has turned the world of academics topsy-turvy. In this new normal, the Magazine Committee members are trying to give an opportunity to staff and students to express their opinions and creativity. I congratulate the dedicated efforts of the team members, comprising of an editorial board of staff and students.

The theme is carefully chosen. It reflects the silver lining which elusively shimmers in the gloomy world we presently live in, lessons that could have come about only through a 'lockdown' of human interaction. "Pandemic and Nature", is such an apt theme. The planet earth and all its other inhabitants minus humans, being possibly the beneficiaries of the COVID-19 pandemic.

My plea to all readers is to pay close attention to what nature is trying to teach us and possibly do their bit to protect and conserve nature to avoid future calamities.

As we scale up to a digital version of this issue, I wish the magazine committee all the best as they attempt to meet the needs of all the students who are learning from home and also others who might be interested in the topic.

Finally I pray that those who pursue these pages stay safe, live healthy and get vaccinated.

Dr. Aldina Braganza e Gomes.
Officiating Principal (2020-21)





Manager's Message

PANDEMIC AND ITS IMPACT ON NATURE

Our problems have been as big as a ship but God has given us a solution as wide as the ocean!

Humanity retreated indoors and the non-human natural world rumbled out, liberated. Notoriously dirtied, the waterways and rivers in the world now look cleaner, the air fresher, the smog is gone, the haze has dispersed and wildlife has claimed its rightful place in many parts of the world. What is nature telling us?

Nature (or Mother Earth) is telling us that we will weather this Covid-19 storm together, but we must learn the right lessons. The outbreak has forced us to keep a respectful distance from others. This isolation, self-imposed or medically mandated, can be taken as an ideal opportunity to ponder on our journey so far and the future path. Respect for nature is the lesson this pandemic has taught us. “Man wrapped nature with plastic; Nature hit back by wrapping man in plastic”- Newton's third law of motion!

Man has overpowered all other animals, taken control of the whole planet, and even set foot on other planets. Now human beings stand humbled by a microorganism. We would do well to keep in mind the fact that at the end of the day we are merely biological organisms, dependant on other organisms for survival. Humankind's craving to control nature and exploit all its resources for profit can be wiped out in a stroke by an organism we cannot even see with the naked eye.

Equality may be a factor less apparent, but nature tells us that we all are equal. This new virus strikes beyond manmade distinctions of religion, race and region. The world makes distinctions between rich and poor, influential and insignificant. But we suddenly realise that in the face of a grave mortal threat like the present one, we have but one identity – we are all human beings. Let us evolve ourselves and become fully human.

Sr. Matilda Madtha A.C.
Manager (2019-21)



CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN
NUVEM
ACADEMIC YEAR : 2019-2021

Principal
Principal (Officiating)
Vice Principal

Dr . Sr. Maria Aradhana A.C. (2019-20)
Dr . (Ms.) Aldina Gomes (2020-21)
Dr. Sr. Maria Lizanne A.C.

Psychology Faculty

Dr . (Ms.) Aldina Gomes
Ms. Lynette Angela Da Silva
Dr. (Mrs.) Michelle Fernandes (HOD)
Ms. Faye V. Pinto
Ms. Priyanka Rodrigues
Ms. Sweta Matonkar
Ms. Sibyl Fernandes

Political Science :

Ms. Louise Ann Sequeira
Ms. Nazrana Banu Shaikh
Ms. Chris Electra Antao
Ms. Hegel C. Da Costa

Economics :

Dr. (Ms).Ana Rovina Ferrao e Fernandes
Ms. Glancy Borges
Ms. Rivya Dias
Ms. Pooja Yadav
Ms. Zuzeth D. Cardozo

History :

Ms. Leila Riberio
Mr. Sanford Pereira
Mr. Agnelo Dias
Ms. Anette Gomes

English :

Ms. Roxana A.Singh
Dr. Ms.Glenis Mendonca
Dr. (Mr.) Brian Mark Mendonca
Ms. Jolainne De Souza
Ms. Ayesha Mary Antao
Ms. Ashwini Kumar
Ms. Lorraine Correa e Fernandes

Konkani :

Ms. Queenie Viegas
Ms. Pooja Ratnaker Sangodkar
Ms. Cialini J. Fernandes
Ms. Reshma Parwar

Hindi :

Dr. (Ms.) Lata G. Shirodkar
Ms. Vishakha V. Harmalkar
Ms. Sweta R. Sattarkar
Ms. Vijayshri T. Satpalkar

Botany

Ms.Meena Miranda e Verdes
Dr. (Mr.) Divakar K. Mesta
Dr. (Ms.) Puja Gawas Sakhalkar
Dr.(Ms) Kim Maria Rodrigues
Ms. Freda L. A. Pereira

Ms. Marsha Rodrigues
Ms. Dorraine M. Ferrao
Dr. Janet F. Vaz e Mascarenhas

Chemistry :

Mrs. Cheryl Alvares
Ms. Fatima Fernandes
Ms. Sneha A. Nageshkar
Mr. Daniel M. Coutinho
Mr. Jeffrey L. Viegas
Dr. Celia Fatima Braganza
Dr. Madhavi Zilba Naik
Ms. Pearl Dos Santos
Ms. Vilma LoboLecture Basis
Ms. Tanisha V. D'CostaLecture Basis

Zoology :

Dr. Sr. Maria Lizanne A.C.
Dr. (Mr.) Manoj Borkar
Ms. Vinita D'Sa
Ms. Andrea Runasia Menezes D'Souza
Ms. Karen Maria Braganza
Ms. Swizzle Furtado
Ms. Preeti Pereira
Ms. Soniya Dessai
Ms. Fahiza Jambolkar
Ms. Sushma Jaiswal

Physics :

Mr. Rajendra
Dr. Efrem D'Sa
Mr. Virroy Vallan Dias
Ms. Pearl D'Silva

Maths :

Mr. Mrunal A. Parsekar
Ms. Ranisha Fernandes
Ms. Jacqueline Do Rosario e Souza
Mr. Meetal Raikar

B.Com

Dr. Sr. Aradhana A.C.
Ms. Gladys D'Souza
Ms. Sumathi Satardekar
Mrs. Sajani D'Costa
Mr. Audhoot Satardekar
Sr. M. Janet A.C.
Ms. Manju T.K
Dr. Anson L. Albequerque
Ms. Nicole Coutinho
Ms. Jovelle Furtado
Ms. Sharwari K. Prabhudesai

Computer Application :

Mrs. Solley Thomas
Ms. Akshaya Lotlikar

Director of Physical Education :

Mr. Olavo Menezes Gama

STUDENTS' COUNCIL 2019-20

Staff Advisors: Dr. Sr. Maria Lizanne A.C
Ms. Cheryl Alvares
Ms. Roxana Singh
Ms. Gladys D'Souza

Class	Post	Name
T.Y.B.A.	General Secretary	Ms. Moraes Inoshka
S.Y.B.A.	Cultural Secretary	Ms. Naik Mansi Mahanand
S.Y.B.Com.	Discipline Sec.	Ms. Andria Fernandes
S.Y.B.A.	Sports Secretary	Ms. Simran Khan
S.Y.B.A.	E.P.C. Secretary	Ms. Madhura Biswas
F.Y.B.A.	N.C.C. Rep.	Ms. Alvina Almeida
S.Y.B.Sc.	C W Cell Rep.	Ms. Serafina Pereira
T.Y.B.Com.	N.S.S. Rep.	Ms. Rochelle Braganza
T.Y.B.A.	Women Cell Rep.	Ms. Jesney Carvalho

CLASS COORDINATORS FOR 2020-21

(B.Sc.)

T.Y.B.Sc.

NAME OF COORDINATORS

Ms. Renita Godinho

(Head Coordinator)

S.Y.B.Sc. (A)

Ms Lizanne Rodrigues

S.Y.B.Sc. (B)

Ms Sakshi Rao

F.Y.B.Sc. (A)

Ms Manali Sawant

F.Y.B.Sc. (B)

Ms Sita Khatri

(B.Com.)

T.Y.B.Com. (A)

Ms Ujwala Pawaskar

T.Y.B.Com. (B)

Ms Afreen Shaikh

(Head Coordinator)

S.Y.B.Com. (A)

Ms Aneza Fernandes

S.Y.B.Com. (B)

Ms Marushka Afonso

F.Y.B.Com. (A)

Ms Shweta Kumari

F.Y.B.Com. (B)

Ms Reenal Suthar

(B.A.)

T.Y.B.A.

Ms Rochelle Braganca

(Head Coordinator)

S.Y.B.A. (A)

Ms Meenaba Gohil

S.Y.B.A. (B)

Ms Amanda Thankachan

S.Y.B.A. (C)

Ms Sheevona Dabholkar

F.Y.B.A. (A)

Ms Lianne D'Souza

F.Y.B.A. (B)

Ms Uzma Javed

F.Y.B.A. (C)

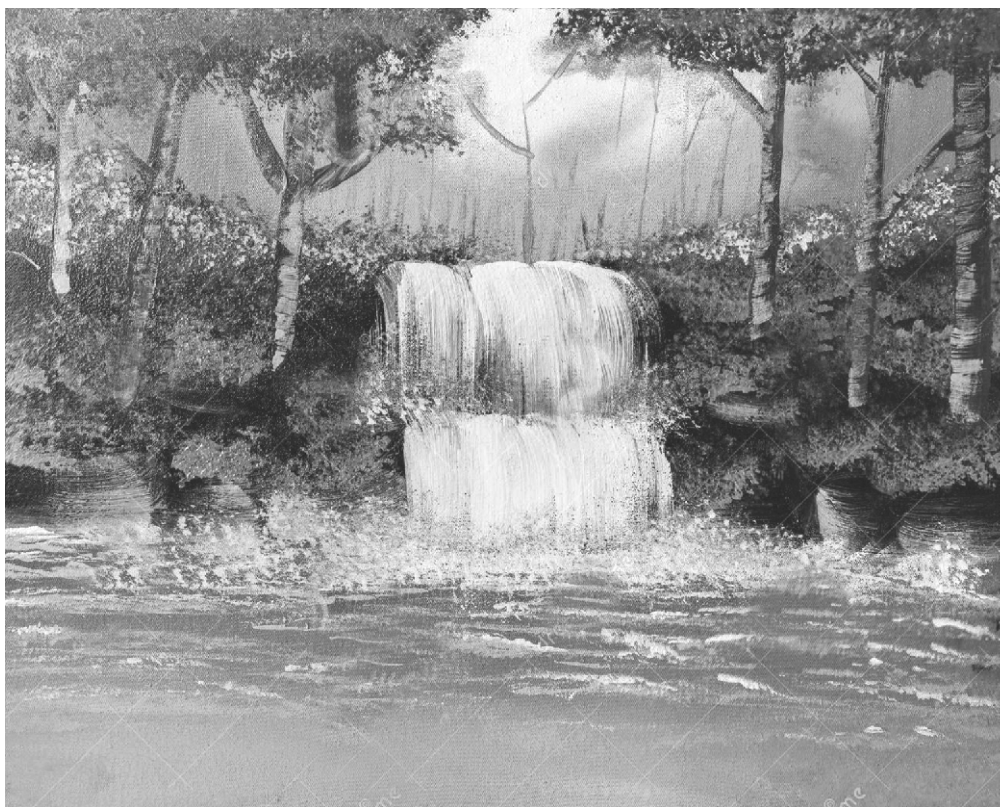
Ms Dhvani Sahal



RESULTS

2019-20

Class	Appeared	Passed	Percentage
T.Y.B.A.	98	96	98%
T.Y.B.Sc.	86	86	100%
T.Y.B.Com.	65	65	100%
M.A.	23	23	100%
M.Com.	19	19	100%
M.Sc.	28	28	100%



“Water flows free and wild, not aware of any boundaries or rules or traditions. Not bothered about anything gone or left behind, she eagerly rushes to new dimensions in her life knowing the best is yet to come. Learn to be like the soul of water; clean, compassionate, loving yet strong enough to endure anything.”

- Harshada Pathare

CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE FOR WOMEN
 NUVEM - GOA
FOUNDED PRIZES 2019-20

		Name of the student
1.	Carmel College Silver Jubilee for the best all round sports woman.	Ms. Karen Costa
2.	Sr. Rosanne's State Award prize for: i) taking up responsibility ii) ready availability iii) the best NSS student iv) for the most promising sport woman.	Ms. Inoshka Moraes Ms. Simran Khan Ms. Rochelle Braganza Ms. Daphina Costa
3.	Sr. Rosanne's prize founded by the Staff 1994-'95 for: i) the best NCC Cadet ii) the most regular sports woman iii) the most dedicated sports woman	Ms. Alvina Almeida Ms. Agiema Borges Ms. Mansi Naik
4.	Sr. Margaret Angela D'Souza Prize by the staff 1999-2000 for taking part in highest number of sports events.	Ms. Simran Khan
5.	Prize awarded by Sr. Emma Maria's brother Mr. Victor Noronha to an all-round student of Arts stream.	Ms. Inoshka Moraes
6.	Sr. Emma Maria A.C. Prize by Mr. Niel Francis Noronha to an all-round student of Science stream.	Ms. Janaya Picardo
7.	Ms. Alice Monteiro Memorial Prize by Ms. Gladys Monteiro to an all-round student of Commerce stream.	Ms. Jesma Fernandes
8.	Sr. Florence Mary A.C. Prize founded by the staff 2002-2003 for "Youth of the Year"	Ms. Andrea Fernandes
9.	Sr. Florence Mary A.C. Prize founded by the staff 2002-2003 for "Selfless Service"	Ms. Mansi M. Naik
10.	Lt. Col. Denis Noronha Memorial prize by Ms Dina De Silva to an NCC Cadet who distinguishes herself at the national level.	Ms. Uma Tiwari
11.	Asha Dalvi Memorial Prize founded by Dr.(Ms) Shobha Verenker for Hindi Essay writing competition	Niband Lekhan competition i. Ms. Barreto Eden Angel ii. Ms. Gohil Riddhi Keshubhai
12.	Smt. Hemavati Puraskar founded by Dr. Shobha Verenker for excellence in Hindi Language and Literature	<u>Kavita Lekhan</u> i) Ms. Priya Kumari -1 st Place ii) Ms. Sakshi Borkar -2 nd Place



13.	Founded by Dept. of Hindi for Inter-class competition	Bhaashan(Elocution) Competition i) Ms. Sanjana Gawas – 1 st Place ii) Ms. Riddhi Gohil – 2 nd Place Naara Lekhan(Slogan Writing) Competition i) First Place- Ms. Prajakta Pole ii) Second Place- Ms. Pradnya Nair ii) Third Place- Ms. Akshada Gaonkar
14.	Prize awarded by Ms. Sajani D'Costa for : i) General Proficiency, participation in campus activities and holistic personality Development. ii) Team Management spirit in sports	Ms. Mansi M. Naik Ms. Mansi M. Naik
15.	Sr. Genevieve prize for highest marks at B.A. (Sem. III and IV)	De Souza Ashweta Ellreda
16.	Sr. Genevieve prize for highest marks at B.Sc. (Sem. III and IV)	Prabhu Velguenkar Minal Purshottam
17.	Shri Shivram Arjun Bicholkar Memorial Prize by Mr. Audhoot K. Satardekar for highest marks at B.Com. (Sem. III & IV)	Nouhad Shaikh
18.	Carmelex prize for highest marks at B.A. (Sem. I and II)	Fernandes Preity Azelia
19.	Carmelex prize for highest marks at B.Com. (Sem. I & II)	Muriel Fernandes Golias
20.	Prize awarded by Sr. Margaret Angela's brother Mr. Harry D'Souza for highest marks at B.Sc. (Sem. I & II)	Gomes Alivia Fatima
21.	C.P. Govil prize by Ms. Nora Govil for highest marks in the subject of Child Psychology at B.A. (G.E. Sem. I)	Pereira Andrea Donna
22.	Siddharth S. Naik prize by Dr. (Ms) Radhika Nayak for highest marks in Economics at B.COM. (Sem. III & IV)	Jesma Fernandes
23.	Dennis Noronha Memorial prize by Ms Dina D'Silva for highest marks in Political Science at B.A. (Sem. I & II)	Fernandes Preity



24.	K.N. Mallya prize by Dr. Ms Meenakshi Mallya for highest marks in Zoology at B.Sc. (Sem. I and II)	Costa Valanni
25.	Ms. Lucrecia Pereira Prize for highest marks in Chemistry at B.Sc. (Sem. III & IV)	Prabhu Velguenkar Minal Purshottam
26.	Prize awarded by Sr. Florence Mary's cousin Mr. Herald Rebello for highest marks in Chemistry at B.SC. (Sem. I & II)	Gomes Alivia Fatima
27.	Shri. V. N.Kanekar Memorial prize by Dr. Ms. Shobha S. Verenkar for highest marks in Hindi at BA. (Semester III and IV)	Barreto Eden Angel
28.	Octaviano Merlyn Moreno Prize by Ms. Damiana Moreno for highest marks in Physics at B.SC. (Sem. I & II)	Vaz Milosha
29.	Sr. Margaret Angela A.C. Prize for highest marks in Mathematics at B.SC. (Sem.III & IV)	Prabhu Velguenkar Minal Purshottam
30.	Dr.(Sr.) Emma Maria A.C. prize by Mr. & Ms. Carlos Conceição for highest marks in Mathematics at B.COM. (Semester I and II)	De Souza Lizendra Christa
31.	Mr. & Ms Dominic D'Silva Prize for highest marks in History at BA (Semester I and II)	Gomes Queenela
32.	Mr. & Ms Dominic D'Silva Prize for highest marks in History at BA (Semester III & IV)	Vaz Neychelle
33	Dr.(Sr.)Emma Maria A.C. Prize for securing highest marks in Konkani (Elect.) at BA Examination.(Sem. I & II)	Polle Prajakta Premanath
34	Shri. Sethuram Acharya Memorial Prize for highest marks in Physics at Sem.III & IV of B.Sc. founded by Mr. Rajendra	Prabhu Velguenkar Minal Purshottam



35	Shri. Sethuram Acharya Memorial Prize for highest marks in Physics at Sem.I & II of B.Sc. founded by Mr. Rajendra	Vaz Milosha
36	Shri Eknath alias Das Mahadev Shenvi Varde Borkar Memorial prize by Dr. Manoj Borkar for securing highest marks in the subject of Environmental Studies at Semester I and II of B.A.	Semester I Fernandes Preity Azelia Semester II Fernandes Andria
37	Shri Eknath alias Das Mahadev Shenvi Varde Borkar Memorial prize by Dr. Manoj Borkar for securing highest marks in the subject of Environmental Studies at Sem I and II of B.Sc.	<u>Semester I</u> i) Antao Merle Amelia E. ii) Souza Andria Quency <u>Semester II</u> i) Gomes Alivia Fatima ii) Pereira Aleta
38	Shri Eknath alias Das Mahadev Shenvi Varde Borkar Memorial prize by Dr. Manoj Borkar for securing highest marks in the subject of Environmental Studies at Sem I and II of B.Com..	Semester I Ms. Fernandes Chrystal Judy Semester II Ms. Shaikh Sayeda
39	Dr.(Sr.) Emma Maria A.C. prize founded by Mr. & Ms Esteve Mascarenhas for highest marks in English Elective at Sem. III and IV of B.A.	Miranda Do Carmo Katienne Amrita Maria
40	Dr.(Sr.) Emma Maria A.C. prize founded by Mr. & Ms Esteve Mascarenhas for highest marks in Statistical Techniques at Sem. III and IV of B.Com.	Nouhad Shaikh
41	Dr.(Sr.) Emma Maria A.C. prize founded by Mr. & Ms Esteve Mascarenhas for highest marks in Botany at Sem. III and IV of B.Sc.	Shaikh Jahoora
42	Dr.(Sr.) Emma Maria A.C. prize founded by Mr. & Ms Esteve Mascarenhas for highest marks in Botany at Semester I and II of B.Sc.	Souza Andria Quency

43	Dr.(Sr.) Emma Maria A.C. prize founded by Mr. & Ms. Esteve Mascarenhas for highest marks in Zoology at Semester III and IV of B.Sc.	Manjrekar Srushti
44	Dr.(Sr.) Emma Maria A.C. prize founded by Mr. & Ms. Esteve Mascarenhas for highest marks in Mathematics at Semester I and II of B.Sc	i) Vaz Milosha ii) Gomes Alivia Fatima
45	Mr. Agostinho Ferrao Memorial Prize founded by Dr. Ms Anna Rovina Ferrao e Fernandes for highest marks in Economics at Semester III and IV of B.A.	Ihuda Iqbal
46	Mr. Agostinho Ferrao Memorial Prize founded by Dr. Ms Anna Rovina Ferrao e Fernandes for highest marks in Economics at Semester I and II of B.A.	Fernandes Priety
47	Ms Mariana Dias Memorial prize founded by Mr. Agnelo Dias, for highest marks in the subject of History at Semester III and IV of B.A.	Vaz Neychelle
48	Prize by Ms Louise Ann Sequeira for highest marks in Political Science at Semester III and IV of B.A.	De Souza Ashweta
49	Jose Cleofa Viegas Memorial Prize by Ms. Queenie Viegas for highest marks in Konkani at Semester III and IV of B.A.	Cardozo Swizel Petra
50	Prize instituted by Ms. Lynette Fortes for highest marks in Psychology at Sem. II of B.A.	Fernandes Elvina
51	Prize instituted by Ms Maria Luiza Valladares for a student with highest marks in English Elective at Sem I and II of B.A.	Barreto Edrie

52	Prize instituted by Ms Maria Luiza Valladares for a student who has opted for English at TYBA and who has scored highest marks in English Elective at Sem III and IV of B.A .	Miranda Do Carmo Katienne Amrita Maria
53	Prize instituted by Ms. Lynette Fortes for highest marks in the subject of Social Psychology at Sem. III of B.A.	Barreto Earle
54	Dombell prize for highest marks at Sem.V and VI of B.A	Mandekar Sanjana
55	Dombell Prize for highest marks at Sem.V and VI of B.Com.	Camelo Aislinn M.
56	Ms Flora Vaz Memorial Prize founded by Dr. Janet Mascarenhas for highest marks at Sem.V and VI of B.Sc.	D'Souza Limora Nionyka
57	Prize by Sr. Emma Maria's parents Mr. & Ms Casimiro Noronha for highest marks in History at Semester V and VI of B.A.(6 Units)	De Souza Hansie A.
58	Agrawal prize for highest marks in History at Semester V and VI of B.A.(6 Units)	De Souza Hansie A.
59	Mira Antonio Mascarenhas Memorial prize by Ms Layla Mascarenhas for highest marks in History at Semester V and VI of B.A.(6 Units)	De Souza Hansie A.
60	Sri. Lakshmi Gadi prize by Dr.(Ms) Subhadra D. Gadi for highest marks in Economics at Sem. V and VI of B.A. (6 Units)	Farzana
61	Rajya Lakshmi Gadi prize by Dr.(Ms) Subhadra D.Gadi for highest marks in Zoology at Sem. V and VI of B.Sc.	De Melo Aurea Cleophas
62	Francis D'Sa prize by Dr.(Mr.) Efrem D'Sa for highest marks in Physics at Sem. V and VI of B.Sc.	Panicker Athira Santosh
63	J.A.Afonso prize by Ms Nora Govil for highest marks in Psychology at Sem. V and VI of B.A	Gonsalves Jofira



64	Sr. Rosanne's T.A. Mathias AIACHE award for a deserving student of Sem. V and VI of B.A History (3 units).	Mandekar Sanjana
65	Mrs. Muriel Faleiro prize by Shri. Eduardo Faleiro for highest marks in Konkani at Sem. V and VI of B.A.	Fernandes Melisa
66	Prize awarded by Sr. Margaret Angela's brother Mr. Percy D'Souza for highest marks in Physical Chemistry at Sem. V and VI of B.Sc.	D'Souza Limora Nionyka
67	Prize awarded by Sr. Margaret Angela's brother Mr. Richard D'Souza for highest marks in Analytical Chemistry at Sem. V and VI of B.Sc	D'Souza Limora Nionyka
68	Mr. & Ms Dulcidonio Noronha Prize by Ms Sapiencia Noronha & fly. for highest marks in English at Sem. V and VI of B.A. (55% & above)	Novais e Barca Melissa Ines
69	Smt. Anandibai Dhondi Satardekar Prize by Mr. Audhoot K. Satardekar for highest marks in Accounts at Sem. V and VI of B.Com.	Camelo Aislinn M.
70	Prize awarded by Sr. Margaret Angela's brother Mr. Harry D'Souza for highest marks in Inorganic Chemistry at Sem. V and VI of B.Sc	Pillai Kavya Gopinath
71	Jack Conny Fernandes Memorial Prize by Ms Fatima Fernandes for highest marks in Chemistry at Sem. V and VI of B.Sc.	D'Souza Limora Nionyka
72	Marie Noronha Memorial Prize by Ms. Dina De Silva for highest marks in Political Science at Sem. V and VI of B.A.	Gaonkar Balika
73	Dr.(Sr.)Emma Maria's Yashadamini Puraskar Award for highest marks at Sem. V and VI of B.A	Mandekar Sanjana
74	Dr. (Sr.) Emma Maria's Yashadamini Puraskar Award for highest marks at Sem. V and VI of B.Com.	Camelo Aislinn M.
75	Dr. Shobha Verenker Prize for highest marks in Hindi at Sem. V and VI of B.A. (3 Units)	Chari Laxvi Dattaram



71	Jack Conny Fernandes Memorial Prize by Ms Fatima Fernandes for highest marks in Chemistry at Sem. V and VI of B.Sc.	D'Souza Limora Nionyka
72	Marie Noronha Memorial Prize by Ms. Dina De Silva for highest marks in Political Science at Sem. V and VI of B.A.	Gaonkar Balika
73	Dr.(Sr.)Emma Maria's Yashadamini Puraskar Award for highest marks at Sem. V and VI of B.A	Mandekar Sanjana
74	Dr. (Sr.) Emma Maria's Yashadamini Puraskar Award for highest marks at Sem. V and VI of B.Com.	Camelo Aislinn M.
75	Dr. Shobha Verenker Prize for highest marks in Hindi at Sem. V and VI of B.A. (3 Units)	Chari Laxvi Dattaram
76	Ms. Mariana Dias prize founded by Mr. Agnelo Dias, for highest marks in History Paper XIV at Semester V of B.A examination.	D'Souza Hansie
77	Prize instituted by Ms. Marykutty Augustine for highest marks in Botany at TYBSC(Sem. V & VI)	Monteiro Alifa
78	Prize instituted by Ms Louise Ann Sequeira for highest marks at Semester V and VI for Pol.Science Paper Government and Politics of Goa	Gaonkar Balika
79	Prize instituted by Mr. K.J. Augustine for highest marks in Economics at TYBA(Sem. V & VI)	Farzana
80	Shri. Ranjit Bhupal prize by Ms Chandra Prabhu Bhupal for highest marks in Zoology at Sem V and VI of B.Sc.	De Melo Aurea Cleophas
81	Octaviano Moreno and Merlyn Moreno prize founded by Ms Damiana Moreno for highest marks in Physics at Sem V and VI of B.Sc.	Panicker Athira Santosh
82	Pereira Andrade prize by Ms Lucrecia Pereira for highest marks in Organic Chemistry at Semester V and VI of B.Sc.	Pillai Kavya Gopinath

83	Prize instituted by Ms Lynette Fortes for highest marks in Statistics at Sem. V of B.A	Dourado Joylen
84	Prize instituted by Ms Lynette Fortes for highest marks in Positive Psychology at Sem. VI of B.A.	Fernandes Sweety Pamla
85	Mr. Francisco Mascarenhas prize founded by Ms. Leila Ribeiro, for highest marks in History at Semester V & VI of B.A. (6 Units)	De Souza Hansie
86	Mr. Cyprian Viegas Memorial Prize by Sr. Maria Aradhana A.C.for highest marks in Financial Accounting at Sem. III and IV of B.Com.	Nouhad Shaikh



“The clearest way into the Universe is through a forest wilderness.”
— John Muir

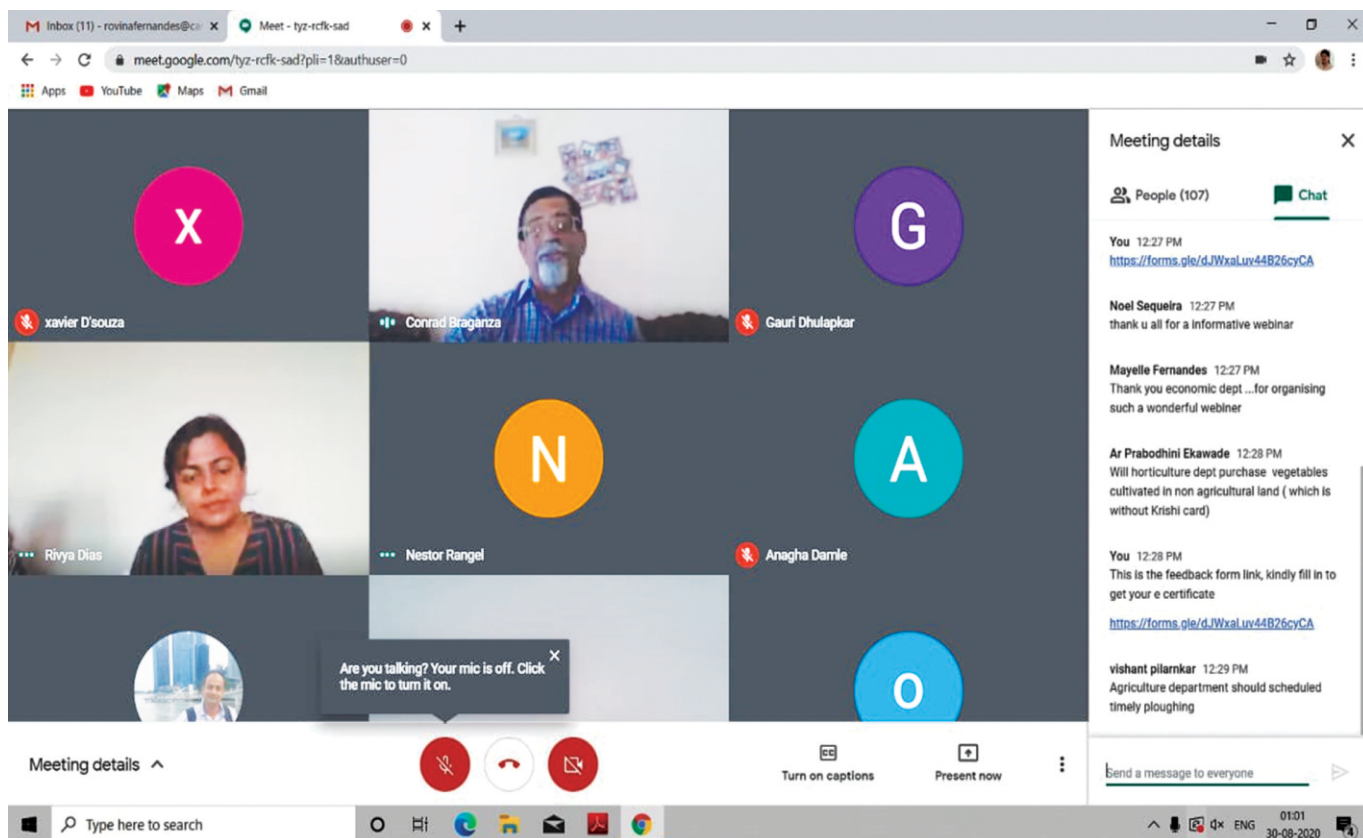


EVENTS AND ACTIVITIES RELATED TO PANDEMIC AND NATURE

DEPARTMENT OF ECONOMICS WEBINAR SERIES TO ANALYSE THE IMPACT OF THE PANDEMIC ON GOAN ECONOMY

I - Reviving Agriculture in Goa: Need, Opportunities and Roadblocks

The Department initiated a Webinar Series to analyze the impact of the pandemic on the Goan economy. The first of the series titled, 'Reviving Agriculture in Goa: Need, Opportunities and Roadblocks', was held on 29th August, 2020.



▲ A GLIMPSE OF THE WEBINAR PROCEEDINGS

I - Online Demonstration Workshop on “Vegetable Gardening - How to Get Started in any Space”

As a follow-up of the webinar on Revival of Agriculture, the Department of Economics organized an online demonstration workshop on vegetable gardening on 1st October 2020 for students under lockdown on account of the pandemic as well as for faculty and others interested in gardening.



Miss Lisa Pinheiro demonstrating techniques of Vegetable Gardening.

II - Webinar on “The Possibilities and Challenges of Revival of Responsible Tourism in Goa”

The Department of Economics, organised a webinar titled, ‘Revival of Responsible Tourism in Goa- Possibilities and Challenges’ on 17th December, 2020 conducted via Google Meet. The Resource Persons were Mr. Ralph de Sousa, Chairman, The de Souza Group and Architect, Dean D'Cruz, Co-Founder, Mosaic.

CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE FOR WOMEN, NUVEM -GOA
DEPARTMENT OF ECONOMICS
WEBINAR
ANALYSIS OF THE PANDEMIC EFFECT ON THE GOAN ECONOMY
Series 2: Revival of Responsible Tourism in Goa - Possibilities and Challenges

Issues

- How badly has the pandemic hit the tourism sector?
- Are we headed in the right direction for a strong revival of what is considered as the backbone of the Goan economy?
- What strategies need to be adopted now for a bright future for tourism?
- Are the development measures supportive or destructive to the tourism potential of Goa?

Google Meet Joining Link:
<https://meet.google.com/uwnhps-pft>

For Registration, click: <https://forms.gle/Wt1uQxctxZrFpe04A>
E-certificate to registered participant only.

Mr. Ralph de Sousa
Chairman, The de Souza Group

Architect Dean D'Cruz
Co-Founder, Mosaic

Date: 17th December 2020
Time : 10:30 am – 11:45 am

Coordinated by:
Ms. Riva Dias
Assistant Professor, Department of Economics
Contact : 9657896965

Dr. Anna Rovina Fernandes
Assistant Professor,
Head, Department of Economics
Carmel College for Women.

III - NEP 2020 - Can it Bridge the Missing links between Higher Education and Employability? – National Webinar

The Department of Economics, hosted a National Webinar on the theme, 'NEP 2020-Can it bridge the missing link between Higher Education and Employability?' on 15th April, 2021. The participants were faculty and students from colleges in Goa and other parts of the country.

The aim of the Webinar was to involve the stakeholders of higher education in a discussion on the opportunities provided by the National Education Policy 2020 to foster employability and to assess whether it can fill the missing links between higher education and employability, particularly in the context of educated unemployment and unemployability in the State of Goa.

SPEAKERS



Dr. Shripathi Kalluraya
Rtd. Professor of Economics
Mangalore University



Dr. Renji George Amballoor
Deputy Director (Academics)
DHE, Government of Goa



**Carmel College of Arts, Science and Commerce for Women
Nuvem Goa**

DEPARTMENT OF ECONOMICS National Webinar on "NEP 2020– CAN IT BRIDGE THE MISSING LINK BETWEEN HIGHER EDUCATION AND EMPLOYABILITY?"

SESSION CHAIR AND MODERATOR

Prof. Manoj S. Kamat
Principal
Dnyan Prabhodini Mandal's
Shree Mallikarjun & Shri Chetan Manju Desai College
Canacona

**15th April 2021
10.30 am**

COVID 19 - AWARENESS PROGRAM

The Department of Economics organised various competitions for the students on “Awareness of COVID 19” on 25th October 2020. A total of 27 entries were received for the same. The competitions included were “Lockdown Blues” an essay competition, “Doodle Art” and “Jingle”.

The winners were as follows:

Lockdown Blues

1st place: Rachael Rodrigues (TYBA)

2nd Place: Simran Miranda (MA-II) and Gina Lobo (MA-II)

3rd Place: Sybal Rego (FYBCom)

Doodle Art Competition

1st place: Lizanne Rodrigues (SYBsc) and Cleffa Pereira (SyBCom)

2nd Place: Varshitaa Naik

3rd Place: Neha Tresa (FYBCom)

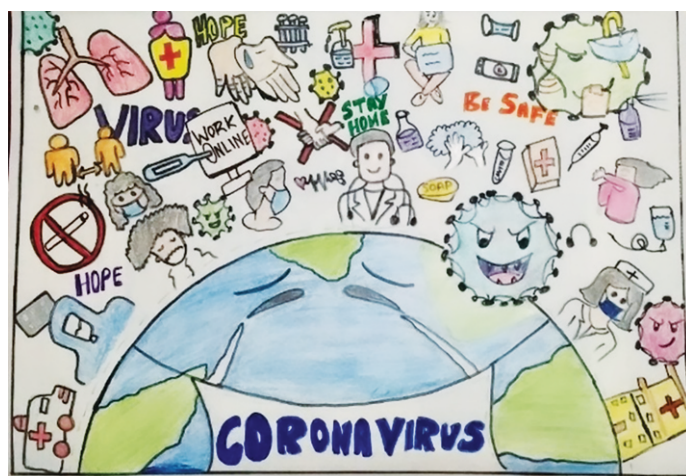
Jingle

1st place: Sybal Rego (FYBCom)

2nd Place: Lizanne Rodrigues (SYBsc)

3rd Place: Amisha Haldankar (TYBsc)

The winners and the participants were awarded certificates.



ACTIVITIES BY DEPARTMENT OF ZOOLOGY 2020-21

POSTER COMPETITION

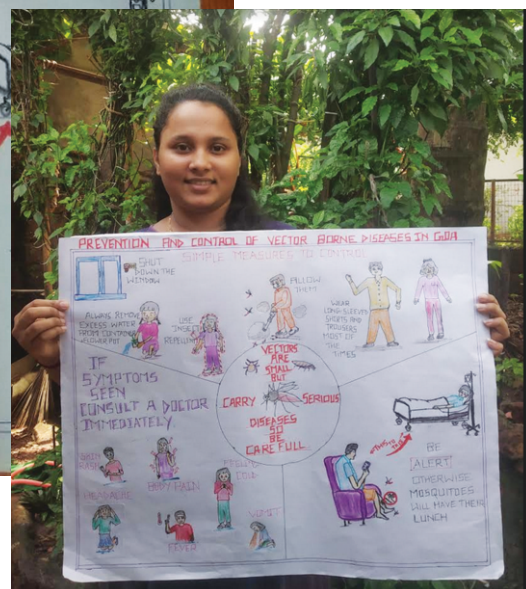
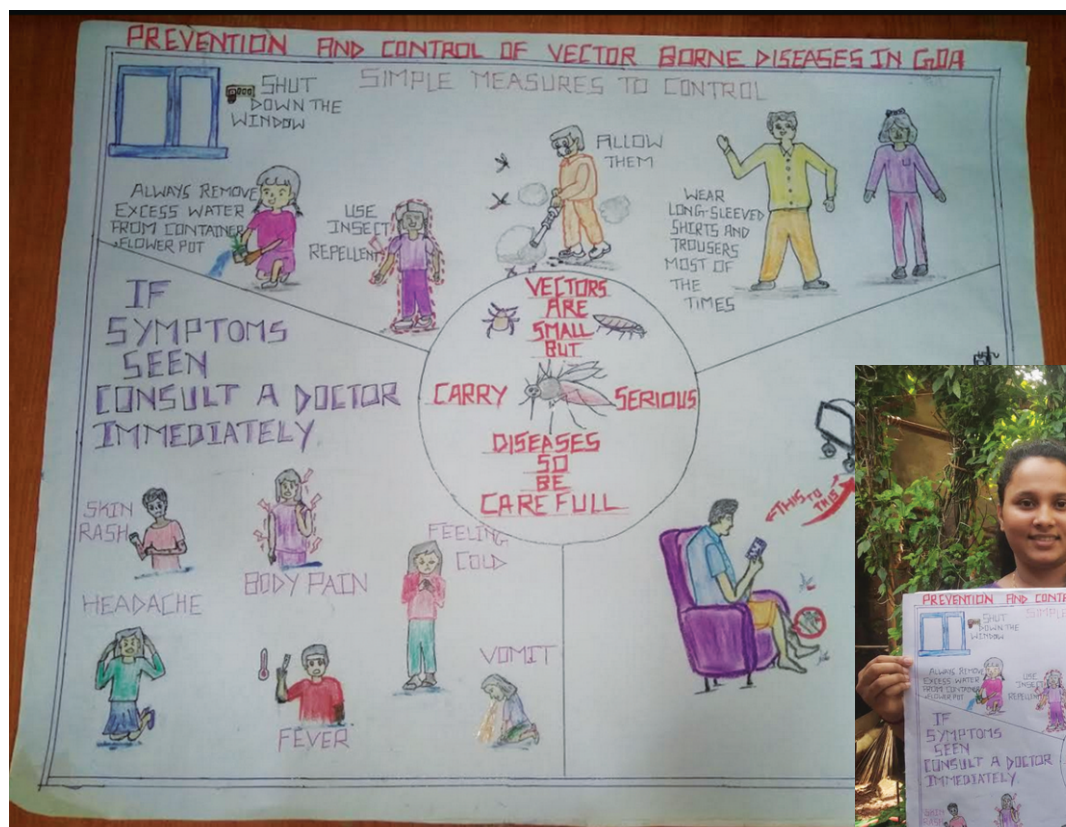
In view of the onset of monsoon and increase in vector borne diseases, Department of Zoology organized a Poster Competition, supported by National Vector Borne Diseases Control Programme (NVBDCP), for students of Carmel college. The purpose of the event was to create awareness among the students towards prevalence of vector borne diseases during monsoon.

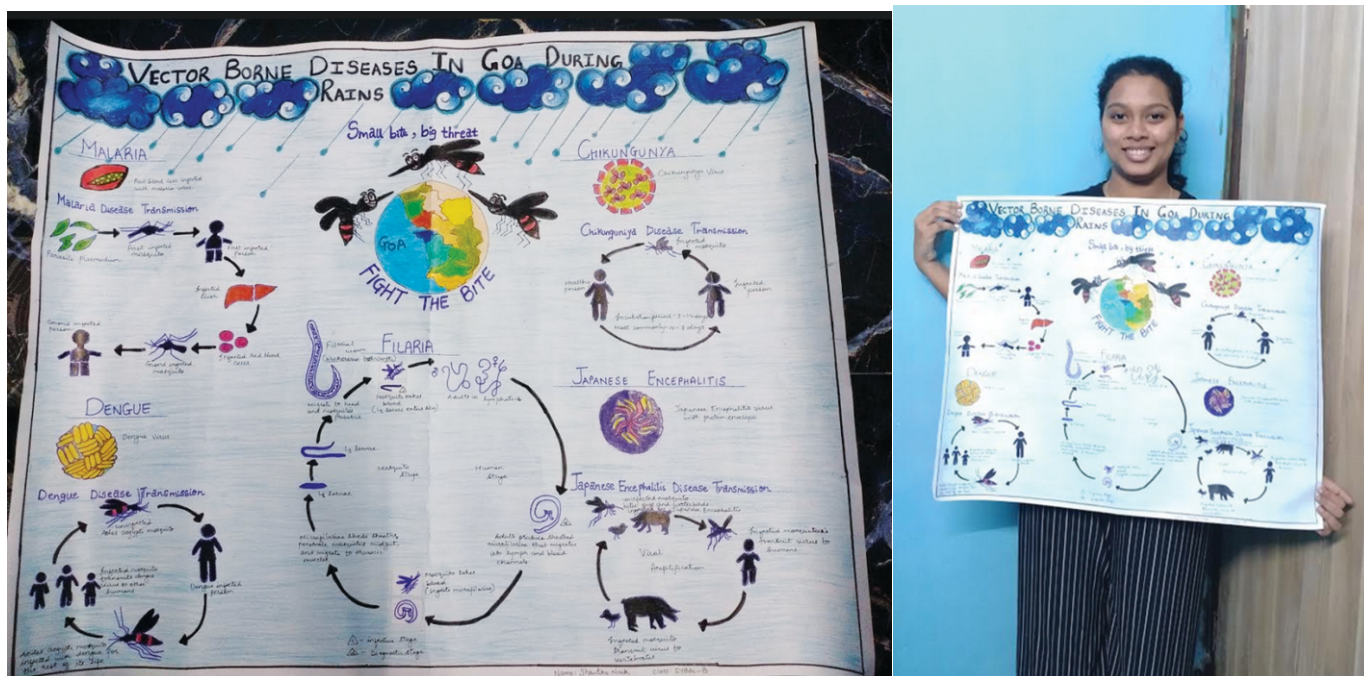
The themes for the competition were:

- Vector Borne diseases in Goa during Rains.
- Prevention and Control of Vector Borne Diseases in Goa.

Posters on any one of the above themes were posted online by 24th June 2020

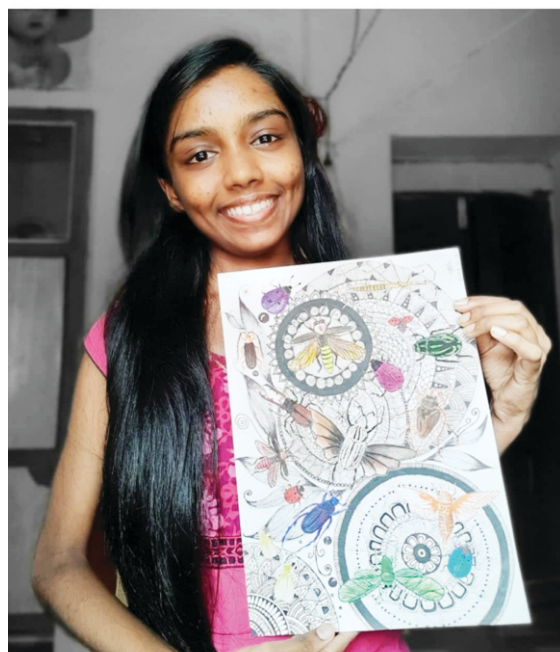
The winners of the competition were Ms. Shrutika Naik and Ms. Anisha Naik from SYBsc.B





ONLINE EVENT 'A WALK ON THE WILDSIDE'

Department of Zoology organized online event 'A walk on the Wildside' on the occasion of the wild life week 2020(13th October-16th October 2020) Competitions for wildlife week included wildlife quiz, 'caption the photograph' competition, Wildlife photography competition on the theme-Untamed, Mandala art competition and Birdhouse/bird feeder competition using biodegradable/recyclable materials. Under graduate and post graduate students actively participated in the event. The entries were uploaded on the departmental Instagram profile. E-certificates were given to the participants.



'COMPREHENSIVE IDEA OF EIA, WITH SPECIAL REFERENCE TO CATEGORY A PROJECTS'

Interactive session on 'Comprehensive Idea of EIA, with special reference to Category A projects'. Resource person Mr. Vipul Khandelwal, MD of Gaurang Environmental Solutions, a NABET approved and ISO 9001:2015 Environmental/Legal Consulting Firm from Jaipur, Rajasthan on 14th April 2021 at 11.30 am.

All the students and faculty of the department of Zoology attended the event. Head of the department, Dr. Manoj Borkar introduced the speaker to the audience.

Mr. Vipul Khandelwal spoke about the different stages of EIA with examples and explained the changes to be brought under EIA 2020 notification. Mr. Khandelwal also spoke about the scope and career opportunities in the field of EIA. This was followed by an interactive session.

WORLD CROCODILE DAY CELEBRATIONS 2021

Regional Webinar on 'Conservation Concerns of Mugger Crocodiles'

On the occasion of World Crocodile Day, 17th June 2021, the Biodiversity Research Cell of Dept. of Zoology, Carmel College in partnership with Goa State Biodiversity Board organized a Regional Webinar on 'Conservation Concerns of Mugger Crocodile'.

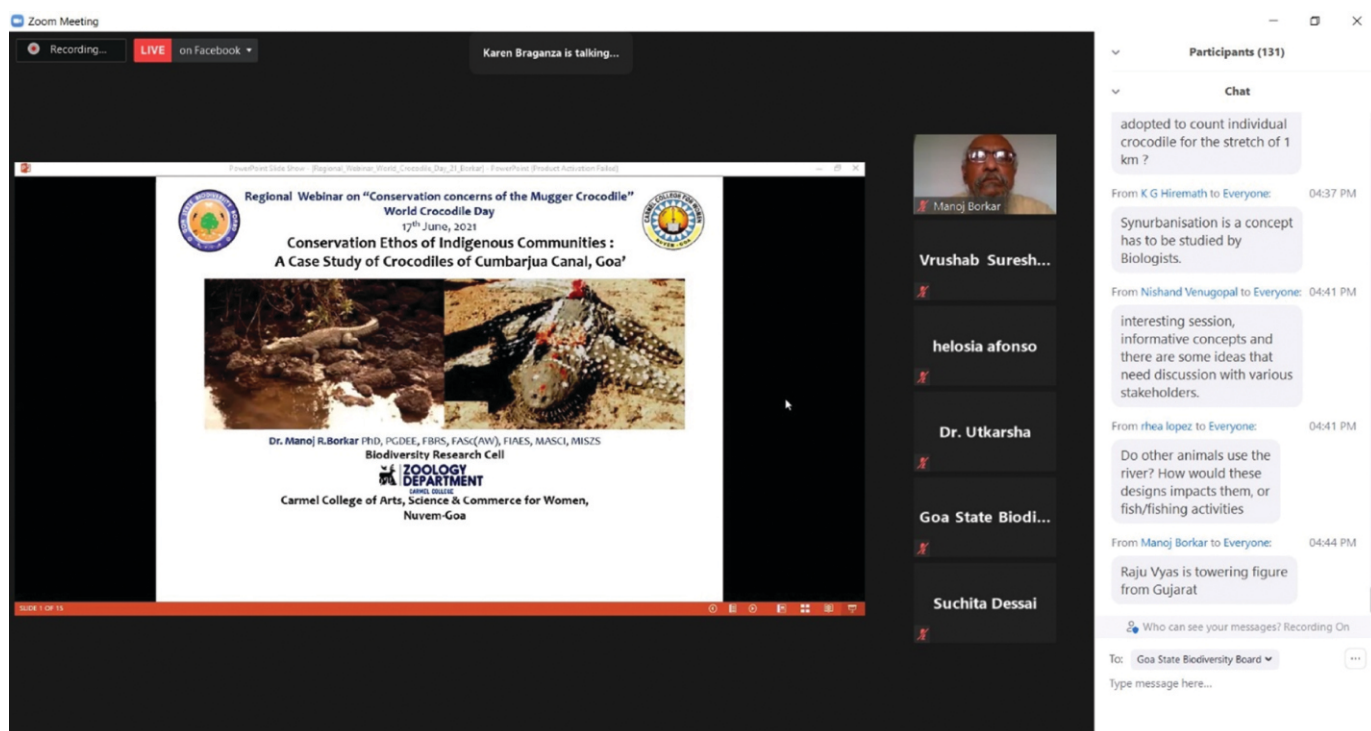
Goa, along with Maharashtra and Gujarat holds a natural population of Mugger Crocodiles in its jurisdiction. To create interest and bring attention back to conservation efforts to protect these charismatic animals, crocodilian researchers were invited to share their research work. In keeping with our institutional mandate of fostering ecofeminist leadership, women researchers who have made valuable contributions in the field of crocodile conservation were invited.

The event was attended by 173 participants from various academic and research institutions of repute such as ZSI Andaman and Nicobar Regional center, Fergusson College Pune, Kishinchand Chellaram College Mumbai, Goa university, Gujarat University, Guru Ghasidas University and University of Turin, Italy. Several participants from the eco-tourism and industrial sectors all the way from Rajasthan to Kerala, along with many wildlife enthusiasts attended as well.

Ms. Karen Braganza, welcomed the participants. Organizing secretary of the event, Ms. Andrea D'Souza spoke about the significance of the day. Officiating Principal of Carmel college Dr Aldina Braganza addressed the participants. Our keynote speaker for the event was Dr. Pradip Sarmokadam, Member Secretary, Goa State Biodiversity Board.

Dr. Utkarsha Chavan, faculty at the Dept. of Zoology of Bhavan's Hazarimal Somani College of Arts and Science, Mumbai was the first speaker of the webinar and discussed the human-mugger conflict situation in Savitri River of Mahad, Maharashtra. Following this, Mumbai based architect Kareena Kochery, who specializes in landscape architecture and cultural geography, spoke about co-existing with urban crocodiles: lessons from Vishvamitri River, Gujarat. Our last speaker for the event was Dr. Manoj R. Borkar, Associate Professor and Head of the Department of Zoology Carmel College for Women, who discussed conservation ethos of indigenous communities with respect to crocodiles of Cumbarjua canal, Goa.

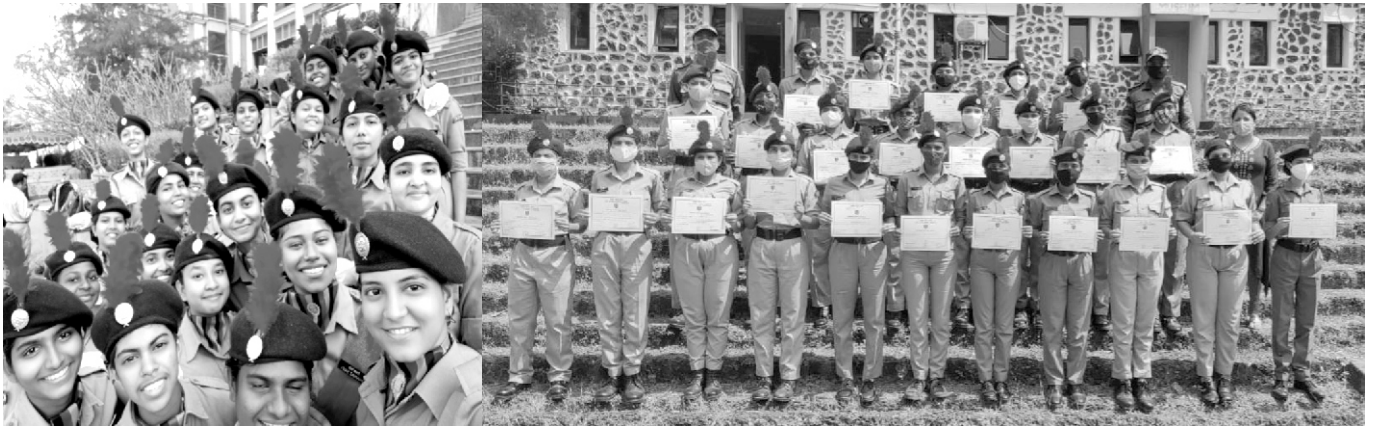
The event was concluded by Ms. Vinita D'Sa, Assistant Professor, Department of Zoology Carmel College for Women who proposed the vote of thanks.



*“There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is society, where none intrudes,
By the deep sea, and music in its roar:
I love not man the less, but Nature more”*

– Lord Byron

NCC BRAVES THE CHALLENGES OF PANDEMIC TIMES



Before

After

The above pictures show how our lives were before and after Covid- 19. Our lives have completely pivoted in the past two years, forcing us to adapt and adopt to a totally different lifestyle. For the first time, Nature had put us on 'pause'. Roads were empty, schools and colleges shut, offices isolated, and everyone was locked up at home, hoping to be safe. We then slowly adapted to the “new normal”, the “new world” where masks, sanitizers, and personal protective equipment were the new essentials. We switched to a virtual/ online mode for almost everything; be it education, industry, entertainment, shopping and e- commerce.

As we forged forward bracing this new normal, let me share my experience on how we brought about many changes to the way we trained for NCC in the past two years. All the activities shifted to learn-from-home and online mode. The activities which we used to perform in groups had to be done individually this time. While performing the activities, we had to click a lot of pictures of ourselves showing that we were following all the SOPs and taking all the necessary precautions; we then had to upload them on the digital forum launched by the Government of India for the NCC cadets.

The previous year, there were a lot of activities held to keep us engaged in NCC and to also be able to contribute something towards our nation. We had plantation drives, cleanliness drives, statue cleaning, e- poster and e-slogan making activities related to various social and patriotic topics such as Save Plants, Electricity and Water, Constitution day, Republic day, Independence day, Swachha Bharat Abiyaan, blood donation, BetiPadhao- BetiBachao, etc, among others.

But unfortunately, our training had come to a dead end due to the covid crisis. Then along came the DG NCC app, helping us to continue our NCC related studies and training. We could learn our common and special subjects again, with an added bonus of it being from the safety of our homes. We could watch videos and learn drill, yoga, basics of weapon training and much more!

Regular online webinars were also held by the 1 Goa Girls Battalion NCC Unit, Mapusa to prepare us for our written examination. We could also take part in them by preparing presentations on important topics. We were lucky to have gotten a chance to gain some hands-on experience in rifle training and drill training towards the end of the year via the five day Annual Training Camp, before we went on to give our certificate exams. Rifle training, drill and other activities along with the exams, were held following all the Covid related safety guidelines.

After facing all these challenges, we finally passed our certificate exams and came out with flying colours!



Obviously, we are not moving back to the old normal days any time soon, so the online world caused by the pandemic, seems endemic. This new world permits no time for complacency or nostalgia. There is no going back to what used to pass as “normal”. This is how it is, and to give this whole pandemic a positive spin, we should be glad that we are advancing in terms of technology at a rapid rate. If it wasn't for the pandemic, we would never have thought of switching to a virtual life. The reach that technology has provided us is immense. We are able to reach and engage with cadets and students from anywhere in the country. Thus, we must make the best of every situation and grab this opportunity to grow as individuals by meeting the challenges of these turbulent time, thus learning valuable lessons of Unity and Discipline in a novel manner.

Jai Hind!

----- JUO Pankhuri Kumari and LCPL Sakshi Rao P.



*“We do not see nature with our eyes,
but with our understandings and our hearts.”*
William Hazlett



CARMEL NSS VOLUNTEERS AS NATURE AMBASSADORS (2019-2021)

The NSS volunteers of Carmel College organized and participated in several activities which were oriented to protect and conserve nature and met the challenges of the pandemic.

Tree Plantation

NSS volunteers in association with Nuvem Citizen's Forum members participated in tree plantation outside the college campus on 28th July, 2019.



Tree Plantation

Celebration of Independence Day with Waste Management Awareness and Collection of Litter

On 15th August, 2019, over 400 volunteers braved the rains and took part in an awareness rally on waste management which was organized by the NSS Unit in association with Nuvem Panchayat. They carried placards and shouted slogans along the route from Carmel College to Nuvem Panchayat grounds. Along the way, they collected the litter and segregated in 3 separate bags for plastic, paper and bottles. These bags were then deposited at the Nuvem Panchayat waste disposal unit.

Door to Door Campaign



Door to Door Campaign

NSS volunteers also went on a door-to-door campaign in Nuvem village creating awareness on the need to reduce waste and the use of plastic and the need for waste segregation and safe disposal techniques.

Waste to Knowledge Program

The NSS Unit supported the W2K (Waste to Knowledge) program of Indian Development Association by organizing an old newspapers/magazines collection drive. The amount that was collected from the sale of newspapers was towards establishing Bal Gurukuls through the W2K program of India Development Fund.

FIT INDIA PLOGGING EVENT

The NSS Unit organized the Fit India Plogging March on 2nd October, 2019 as one of the activities to commemorate the 150th Birth Anniversary of Mahatma Gandhi. Over 150 NSS volunteers participated in this fitness and cleanliness drive. The students prepared special banners and shouted slogans carrying messages on health, hygiene and waste management. The starting point was the entrance gate of Carmel College and they went till Holy Rosary Convent, Nuvem, picking plastic litter too, on the way. The volunteers also cleaned the side road garden stretch from the college gate to the Nuvem Cemetery, clearing the weeds and shrubs and planted saplings along the entire stretch.

Street Play on Garbage Menace

20 Volunteers performed a street play on 2nd October, 2019 highlighting the garbage menace. The plays were at the SPDA market, Margao and at the Nuvem Church area, spreading the message on the need to curb the menace.



Street Play



Green Mitti Program (Preparation of Seed Balls)

Mr. Aditya Madhav, Green Entrepreneur and Environmentalist, was the resource person for the Green Mitti activity organized at the college campus on 10th October, 2019. Mr. Madhav explained and demonstrated the preparation of seed balls using seeds, soil, compost and water. The volunteers were divided into batches and provided the material to prepare seed balls. The students learnt the technique of mixing the soil and compost while preparing the seed balls. The seed balls were then kept to dry in the sun to be stored and used for seed bombing, thus contributing towards a greener planet.



Seed Ball Experiment

Health and Fitness Fair

The NSS Unit of Carmel College for Women organized Health and Fitness Fair, a unique event to promote healthy lifestyles, especially among the youth, on 21st January, 2020. The event was marked by inter-collegiate competitions, guest



Fitness Challenge

talks, exhibition of local organic produce and plants, kitchen gardening tools, games and food stalls as well outdoor fitness challenges. Students from different colleges took part in on-stage competitions that included presentations on Grandma's home remedies for common ailments and fitness dance. In the off-stage activities, students prepared delightful plates filled with fruits, vegetables and other natural ingredients while others took part in a poster competition on the theme 'Mental Health'.

The event also gave a platform to local farmers and stalls selling organic farm produce, plants and kitchen gardening items were put up at the campus. Earthen pots displayed authentic Goan fish, curry and rice which were served for

lunch along with 'Vonn' a local delicacy with coconut jaggery. Game stalls and physical challenge exercises, besides a cyclathon added to the fun and excitement.

Fitness & Beach Cleanup Drive

On, 16th November, 2020 14 NSS volunteers from class SYBCOM and SYBA held a fitness beach walk cum beach cleanup drive. They picked up plastic litter from the Majorda-Utorda beach stretch.



FITNESS AMIDST NATURE

Carmel College NSS volunteers participated in FIT INDIA Program by going on fitness walks, cycling, running and plogging. They participated individually and also in small groups on account of the COVID 19 situation.

52 volunteers in all reported about their activities. Many of them picked litter along the streets and along the beach stretches.

Here are a few pictorial glimpses of the participation of our NSS students in the FIT INDIA program in the month of December 2020.



SR. JACINTHE- A VISIONARY

Sister Florence Mary A. C.

Ex- Principal, Carmel College

Sr. Jacinthe was appointed as Principal of Carmel College in 1985. According to my experience with her as my Principal, Superior and Companion in the Apostolic Carmel, I can truly say that she was a person with a Vision and a Mission in mind and heart. She was a person of determined determination.

She made an impact on the staff and students when she took up the First Assembly as Principal of Carmel College. In her introductory talk she made known to the staff and students the goal of Education and what is expected from each and everyone as Carmelites.

She found the College Hall quite congested and she decided for an alternative. She shifted the existing College hall to the bigger Physics laboratory and the laboratory was shifted to the previous College hall. Sr. Jacinthe felt that the College urgently needed a bigger hall with a built in stage.

She managed to put up the stage with the extra Physics laboratory tables as there was no other go since College was facing monetary constrain.

Sr. Jacinthe was a daring person. She took the initiative to build the College Hostel without sufficient funds but saw to its completion facing many challenges.

When Xerox machines appeared in the show rooms in Margao, Sr. Jacinthe was the first person to purchase one for the College and she herself started operating it showing a great mechanical and technical mind.

She proved to be a person of wonderful planning and organizing ability. We admired her daring spirit in starting new ventures. She took courage to start a Cooperative Stores in Carmel College, which is functioning smoothly and successfully even today. She organized a Peace March of Women in the city of Margao, starting from Holy Spirit Church, culminating with speeches on empowerment of women on Lohia Maidan.

She succeeded in getting a plot from the Landowner and built a home for homeless at Betalbatim, Goa, as part of N.S.S. project of the College. She encouraged the N.S.S. in charge, to organize a camp at Cotigao, and she managed to get the then MLA Sardinia to inaugurate the N.S.S. camp. The people of Cotigao were very happy and delighted to see a MLA in their village for the first time. They said, "Till now no MLA has stepped into our village. This is the first time."

She saw that some members of Higher Secondary staff were promoted to College staff. This was possible at that time as College and Higher Secondary had one Principal and the rules were different.

Sr. Jacinthe was a loving and successful hostel warden and the students loved her and cooperated with her. The staff and students have grown under her leadership, love and encouragement. They could approach her easily without any fear or formality. She had a motherly heart and had a sweet smile which spoke volume.

We pray that God may grant her rich reward in heaven for her loving, committed service to humanity through education.



(This article is a special tribute to our Ex-Principal Sr. Jacinthe to whom we dedicate this issue of Carmelines)



NURTURE NATURE TO SECURE A BETTER FUTURE

Dr. Sr. Maria Lizanne A.C.

Associate Prof., Vice Principal, Carmel College

Since time immemorial, nature has nurtured us. Now, it is our turn to nurture nature in order to secure a better future for us and for the generations to come. Nature provides us with clean water, healthy soil, pure air, and food/fibre/medicines that are essential for human health, well-being and livelihood. It also plays important roles in reducing the effects of natural disasters and mitigating climate change. As degradation, damage and destruction diminish the extent of ecosystems and biological diversity, nature's function and ability to respond to disturbance are also reduced. Although protecting and conserving our remaining natural and cultural heritage is important, that alone is not sufficient. It is high time that we do more than that and act swiftly.



I developed a love for nature right from my childhood. I remember waking up early in the morning, making a dash to collect 'onvllam' even without my mother's knowledge. I loved the fragrance of these flowers. At the back of my house, there is a hill; in fact, the name of my ward is 'Colleamdongor' in Konkani. I would be often found on the hill collecting, 'kandam', 'chunna', 'pirkollam' etc. and running wild. I would love to spend my time on the hill collecting wild flowers and fruit. I would observe the trail of ants; watch them collecting their food, run after butterflies. Most of my time would be spent outdoors rather than indoors. I love to be in the open – especially amidst flora and fauna.

At home as a teenager, my responsibility was to take care of our flower garden and surrounding area that had a variety of fruit-bearing trees. I enjoyed tending to these plants and trees – watering, pruning, weeding, cleaning and also arranging flowers and making garlands. I loved to climb trees and in fact would study sitting on the branches of the trees. Wherever I am I make sure that there is a flower garden, if not, I start one. I love flowers no matter wild or garden as long as they are flowers. I can spend any amount of time in the garden. I never grow tired of being with nature. I feel very close to the Creator and can relate myself extremely well to the One who created me and the whole universe. I also know that nature responds to my presence, my touch and my care. I am one with nature and nature is one with me. We understand each other's language well. Every blade of grass, every grain of soil, every tiny animal and every drop of water speaks of the creativity and uniqueness of the Creator. The beauty of nature tells the fascinating story of God's love. God the Creator still loves the world and His creation is the message proclaimed by every new life. Let us also love nature and so nurture it for our better future.



*“Live in each season as it passes; breathe the air,
drink the drink, taste the fruit, and resign yourself to the influence of the earth.”
– Henry David Thoreau, Walden*

PANDEMIC PONDERINGS

- Ms. Gladys D'Souza

Associate Prof. Dept. of Commerce



When I was first told that I would have to make a shift from teaching in the offline mode (tried and tested for 25 years) to the online mode – just because a measly pathogen, invisible to the human eye threatened the existence of the entire human race – my world stopped spinning. I was convinced that this was God's call for me to end my career. Little did I know then, how far this uphill path would take me. From nervous to confident, panicky to calm, my academic journey this year has been unlike other.

This tedious journey began officially for me in the month of June 2020 when I was back to college after a long and relaxed leave. All I saw was chaos and confusion. The Principal had announced that those teachers who were unable to keep up with the online mode of teaching had no other option but to accept voluntary retirement. My mind was swirling in a whirlpool of doubts. Too many questions floated into my head. Will I be able to do this? Will I be able to impart the same knowledge to my students, that I was doing for more than two decades or was it time to bid adieu to my profession? But my heart was unwilling to give up. How could I say goodbye to my passion that has supported me and helped me grow as a wonderful teacher? How could I leave my beautiful students stranded when they too were under so much stress? No, I said to myself: 'I will never give up.' I will do everything within my capacity to

fulfill my duties as a teacher and as a mentor. With this firm resolve in my mind, I did the first thing that my fellow autumn aged colleagues did. Pestered the young and tech savvy population of the college.

It was such a role reversal. The younger colleagues who referred to me as 'Ma'am' were now my mentors! All the technological information that they bestowed upon me was too much for my old brain to handle. So, I began jotting down all the wisdom imparted with regards to technology on a hardcover diary. I christened it as my 'computer Bible'. I always kept it with me when I had to do anything even remotely related to computers.

I am now proud to announce that my computer Bible is full with all the basic tips and tricks from how to share links and join Google Meet, how to make PowerPoint presentations more interactive, to creating Google Classrooms on my laptop. I learnt more technology in this one year than I did in my entire teaching career.

Now when I ponder on the thoughts that I had in June 2020, I am proud to say that I did not let a few negative thoughts discourage me. Instead of doubting my own abilities, I helped my students to identify and develop their own abilities and fulfill their potential. All those youngsters who taught me for countless hours (with no fees!) and didn't give up on me as a lost cause, I owe a lot to them. Without them, I would not have been able to move further from the chalk and duster. I have enhanced my digital literacy without doubting the effectiveness of machine-based technology. This pandemic has taught me a lesson: 'no matter how tough the situation, if you motivate yourself that you can do it, then you can do it.'

GREEN-ACADEMIA

Ms. Ashwini Kumar

Assistant Professor, Department of English



The paranoia of the pandemic is eventually taking a back seat, while humans have slowly begun taking refuge in the green lap of nature. Every time we've ventured far off from the laws of nature, a catastrophe befalls us and pushes us back to its green embrace. It is instinctive to take to mother nature to rejuvenate and heal from the effects of a demonic fast paced life, clubbed with the trauma of multitudes racing for survival and success. This is one such time, where the threat to survival has locked us in, leaving us to stare at walls, to relax drowsy eyes with excessive screen staring. Technology has no doubt, aided socio-economic conditions survive the major epidemic hit, but it also has hurled at us, its poor effects. Education has managed to survive with empty classrooms and duster-less boards, but whether learning of similar standard is really being facilitated through online means, is something that requires serious pondering.

While the pandemic put everything at halt, education was forced back on its feet with the help of technology, i.e. via 'online education'. Everybody vehemently prophesised online education, expecting teachers of all ages to jump to upgradation at the blink of an eye. Academic institutions hurled technically equipped education mode at teachers, and teachers willingly embraced it to protect and uphold academic years of students. While teachers managed technical upgradation with high tech connections, many students continue to face poor area-wise network connections and other technical issues.

Online mode of education encounters numerous physical, psychological, technical issues and one can never equalise learning facilitated via physical classrooms to that enabled via education through online education. Online education has its own advantages, no doubt, but one cannot overlook the shortcomings, like distorted forms of communications caused due to the absence of non-verbal/body-language cues. Virtual screen does not allow a wider picture of the class to the facilitator thus, teaching cannot be modified on the basis of learner's response, as availability of response is limited. Absence of physical social interactions deforms healthy learner-facilitator bonding and rapport. Disturbed learner-facilitator rapport disrupts facilitator's impact which influences learners to



perform better. Online classes allow learners to occupy passive spaces thus affecting practical components which require active participation from students' end, and this passive stance disturbs learner's growth, which is otherwise easily facilitated in a physical class, and also negatively alters facilitator's approach to these components. Academicians continue to perform varied experiments to ensure effective learning via online mode, but the relevance and outcome of these experiments is subject to the factor of time.

Although high level vaccination drives are conducted, one still jitters at the thought of putting fifty odd learners in a classroom at close proximity. At such cross-roads, one needs to think of alternatives to combat such issues. Nature-based education is one alternative that should be explored. First off, open air classrooms allow positive ventilation. They accommodate large numbers in keeping with the social distancing protocol. It allows both learner and facilitator the much needed time outside of concrete world. It connects them to nature and keeps them rooted in nature, as they take the virtual leap. It allows them to club traditional form of education, i.e. the Indian Gurukul system of education with the advanced modern day education.

It is only fair that we take a detour to the past, where gurus perched under large green canopies, enlightened minds. One could also relate this with reliving the English Romantic Age, where man escaped to nature, seeking shelter from the monstrous repercussions brought in with the age of enlightenment. The 'Take-it-outside' should become the new normal. We need to feel one with nature, at least then we will learn to treasure and preserve nature, as we cannot destroy that which we feel is part of us.

Nature is therapeutic. It doubles up as a natural healer. Nature's fresh clean air of moderate temperature sufficiently stimulates brain, while its green cover soothes eyes and reduces mental strain. Natural sunlight allows sturdy concentration, vis-à-vis artificially generated lights of A/V monitors. Nature is the best muse and inspiration for all subjects, as everything can be taught using nature as an example. We've to take a step back from the modern day's progress and learn to sit back with nature and learn ways of accommodating it into our day-to-day life. If education does not teach us to preserve and co-exist with nature around us, then it fails to qualify as qualitative education. Every step taken, with disregard to nature is like paving a pathway towards a catastrophe.



“Adopt the pace of nature: her secret is patience.”

— **Ralph Waldo Emerson**

THE PANDEMIC INTERNSHIP



The pandemic whilst being frustrating and endlessly lethargic, has marked the beginning of many a journey. While an internship isn't one of the most challenging jobs ever, it does seem formidable to a bunch of college students with not much of work experience.

What began in May 2021 under the banner of *Susegad Goa*, many months later has culminated in the formation of Goa's very own youth magazine—YOUTH OF GOA, with its tag line, *Together We Inspire*. From design and cover to content and puzzles, this bunch of interns have done it all.

A full-fledged questionnaire was e-mailed to us at the very beginning wherein we were to rate ourselves out of ten for each category. We gave ourselves some amazing scores and headed off, but with each day we realized that there was copious learning to be done. Meeting deadlines, upskilling writing, coordinating with team members and being open to criticism – this internship has taught us a lot over three months.



The consistent 3 pm meetings ensured that everyone had a chance to share ideas, read their writings and aid others . There was always something valuable to take away at the end of every session. "I had to give up my beloved afternoon siesta but, after a point I eagerly looked forward to these meetings with the team," smiles Carmen Miranda.

Towards the launch of the magazine everybody pitched in to design and compile their section, learning diverse skills from editing, video creation, critical analysis and design analysis.

Bursting with immense knowledge the magazine, **Youth of Goa**, caters to the fashionistas and adventurers, fitness freaks and foodies and promises to educate and entertain in a wholesome manner. It is custom designed to suit the taste-buds of youth with puzzles, games and recipes to fill your hours and snippets to keep you up with the times. The aim was to educate, entertain and inspire.

Under the able guidance of Sir Agostinho (our advisor cum editor par excellence), and a core team of fellow interns, we learnt persistence, patience and accountability. We dove into the process excited and anxious but the launch and support for the magazine has led to a brilliant sense of fulfillment.

Sir Agostinho's mentoring has pushed us to explore the art of magazine making. His constant guidance and motivation with vivid perspectives made the magazine what it is today.

Coupled with an exceptionally talented bunch of workmates from St. Xavier's College, out collaboration and comraderies have really made this an experience of a lifetime, providing us with a diligent work ethic and skills for life. Check out our magazine on the link: <https://madmagz.com/magazine/1933293>

Alexandra Esteibeiro, Sheevona Dabholkar
Carmen Miranda, Khushi Powar, Tabitha Fernandes
S.Y.B.A.



It's going to disappear... have faith !
- Anonymous

REACHING OUT DURING PANDEMIC TIMES

- Janice Sanerly Fernandes



Helping others is an action of kindness and humanity that spreads happiness to everyone in the world. I consider myself lucky that I got to help people during the Covid-19 pandemic.

When the pandemic first began, many needy people and migrants found themselves stranded with nowhere to go and no job to sustain themselves. Many of them took to sleeping at the Margao Railway Station, waiting for the next train out of Goa. It was heart-breaking to see many migrants hungry and homeless waiting for public transportation to start in order to meet their families.

I decided to help them. Thanks to the support from my family and locality I was able to

arrange food items which included Vegetable Biryani, Boiled Eggs, Pickle & Bananas. I distributed it to around 300 migrants who were affected by the pandemic near Margao Railway Station. On another day we managed to prepare and distribute packets of bhaji, roti and water.

As a part of the NSS unit my classmates and I have distributed chocolates, biscuits, Vada bread, masks, sanitisers and sweets to street children in Margao and kids of daily wage workers in Fatorda.

I believe that helping others without expecting anything in return from them will bring lots of joy into our hearts.



If you stay positive in a negative situation, you win.

- Anonymous



NATURE VS NURTURE : LESSONS IN LEADERSHIP

- Ms. Sumathi Satardekar

Associate Prof. Dept. of Commerce



Dr. Sr. Maria Aradhana A.C.,

In a world where leadership has traditionally been male dominated, Carmel College for Women, Nuvem, Goa, has always had female leadership since its inception. In my 25 years of service as an employee I have seen many Principals of the Apostolic Carmel congregation, each with a different nature and leadership style, doing an efficient job as women leaders in our organisation (precisely 5 during my tenure from the time I joined), Sr. Rosanne, Sr. Margaret, Sr. Florence Mary, Sr. Emma Maria and Sr. Aradhana.

Sr. Aradhana retired and slipped away quietly during the pandemic in a small low key send off in the college due to the social distancing norms of the pandemic. This article is a tribute to her as she has made a permanent indelible mark on the life of each and every employee in the organisation and truly deserves a more grand exit.

My memories of Sr. Aradhana are as fresh as ever from the day I joined as a lecturer, in June 1994, in the Commerce Department of the college. At that time, she was a colleague and within a few months, the department leader. Her warm, gentle nature was striking, her radiating smile very reassuring and her nurturing nature, evident from the support

and encouragement she gave to all the department colleagues.

Years later when she took over as Principal, her nurturing nature remained consistent, untouched and unaffected by the influence of power.

Sr. Aradhana has many useful leadership traits and mantras, many of them innate and some honed over a period of time and from her wider exposure to the world and to life. These valuable qualities include her confidence, relentless optimism, infectious positivity, persuasiveness, rationality and a can-do approach that play a vital role in creating a positive work environment and ensuring organisational growth and productivity. Her leadership style is an optimum combination of multiple effective leadership styles fused into one.

Role Model

Sr. Aradhana A.C., is a perfect role model of a woman leader. Her leadership style is engaging and collaborative, busting long standing, harmful biases against women such as, "women are their own worst enemies". She gave her team wings to fly and rooted for them. She inspired each and every person at all levels not only at the workplace but also in life, particularly the young aspiring nuns studying in the college. She shows how a boss can be a good friend too, thus becoming a stimulating role model for leadership.

My respect and admiration for her is not based on her gender but on her leadership style and traits. Yet, she embodies a lovely feminine energy that is incredibly charming. She is a feminine brand of leadership, a powerful combination of simplicity and substance.

Stand apart, stand alone

She carved her own destiny and led without being affected or conditioned by stereotypical ideas of Corporate or Organisational leadership. She demonstrated how you could be yourself and yet get work done, not bothering to fit into the expected standardized mould of leadership.

Empowering leader

A person who wants to control and is insecure does not like to empower others. Sr. Aradhana practiced delegation of power and authority. She gave plenty of opportunities and platforms for all to shine. Many have been fortunate enough to grow in their professional and personal life, especially the young nuns. The grateful remember her with infinite love.

People's leader

Being a democratic leader, she has distinct people skills. She is gentle, caring, gives people freedom to choose and is supportive of the decisions made by her team, even if some of them went terribly wrong. Her faith in people is a great confidence booster.

It is this attitude that creates a learning culture necessary for innovation where failures are shared and show the way forward. Sr. Aradhana accepts people the way they are, instead of pushing them to be unrealistic and unsustainable versions of themselves.

Progressive leader

She has the stark distinction of being a progressive leader with progressive thinking in contrast to many of her kind. She campaigned for progressive policies in the institution, having many firsts in the industry to her credit, including starting a Consumer Welfare Cell, ISO certification for the educational institution, a research journal, to

mention a few. She encourages diversity, leading to a break in stagnated thinking, and an influx of new ideas.

It is perhaps this quality that made her popular even among the youth. Many students called her a, "Rockstar Nun", a title so appropriate and so apt!

Professional North Star

For any religious order, there can be no better person who can touch and inspire people like Sr. Aradhana. Every year she takes a soul-sabbatical, gets a deep soul cleansing that can be felt by all, gets recharged and infuses enthusiasm in her team. Her trust and faith in God gives optimism and the strength to her smile. She teaches people never to trade kindness for success. She is a person who has reached the Zen of her life. She has absolutely no attachments to material things and has given away whatever gifts she has received to the young aspiring leaders in her religious order and also to needy students. This aspect of her nature is evidence of her genuineness as a religious leader and the totality of all these as well as other aspects make her a professional North Star.

She rose, supported by people who spoke for her and stood by her irrespective of those who didn't. She did not succumb to pressures even in the most difficult circumstances. With bare resources, she made the workplace positive and productive. Her entire tenure was a daily demonstration of grit, on-the-job learning, perseverance and a 'never-say-die' attitude. Anyone who interacts with her can constantly draw many lessons in leadership, that are useful for both personal and professional life.

Her absence post retirement has left a wide gap, something people are learning to cope with.

CARTE BLANCHE

- Xena Bal, T.Y.B.A.

With total lock down, due to the melodramatic ushering of the troublesome Corona, life has now become a roller coaster ride. Nobody was even prepared for this eventuality.

Mankind has been duped. However, I guess this global crisis has also given us an opportunity to break free from the humdrum of life. It has stirred us and given us the chance to reawaken and even rediscover ourselves. It has turned us into famished human beings, longing to quench the thirst of our long-lost freedom. Once again, we get the privilege of rediscovering our true self. Amidst this hullabaloo, let's spare a moment to salute those selfless front-line warriors who have already sacrificed their freedom for the sake of others.

This lock down has given me the perfect opportunity to spend more time with my family, be at their aid; however big or small it may seem and listen to stories of the bygone era, something that I cherish. This long unexpected vacation enabled me to complete my unfinished piece of work, jog my brain down the memory lane of how I lived my life in the past years and even how to create a new demeanor to it too. It has allowed me to connect with my teachers, friends from school, as well as high school, who either live in town or oceans apart. Long exciting conversations with them either via zoom or a simple phone call makes me lose track

of the time spent talking about those days full of joy, laughter and mirth. This present is not wrapped in a shiny or a fancy paper but the contents of it have enabled me to crack the mystery behind "Torith Sengupta's murder", and even to return back to the grandeur of Mussoorie's much famed, "Landour Hill", and relive the tales of a man who recollects the time of fun and frolic he had with his grandfather and friends when he was a young lad. This present has allowed me to feast my eyes on the lush green and dense vegetation overlooking my room. I can once again hear the psithurism in the air, soak in petrichor in a complete sense of bliss. My ears can intercept the chirps of unseen species of aves accompanied by the tapping orchestra of the crickets.

Even though I'm making the most of this *joie de vivre* which I have got, I still long and wait in anticipation to appreciate and even moon-wake once again, after this global pandemic comes to a halt.



CORONAVIRUS: A 'CROWN' OF TEARS AND SMILES

- Sr. Evona D'Silva,
F.Y.B.Com



The year 2019 has been the most unforgettable, painful and unimaginable yet significant year. The Coronavirus pandemic has been one of the deadliest crises the world has ever faced.

The dreadful virus was first identified in Wuhan, China and later spread across the world. Life stopped, no movement was found, the pandemic left the world in sadness, grief, fear and tears. This invisible virus has taken numerous innocent lives. People lost their fathers, mothers, brothers, sisters and children. Many doctors and medical staff lost their lives while trying to save the lives of others. It was hard to see a child desperately waiting to embrace her mother. Students longed to get back to their schools and colleges. It was strange to see people scared to even look or smile at anyone. People had to force themselves to give up their jobs. According to a study by the International Labour Organization (ILO), people lost almost 25 million jobs due to COVID-19. Due to the pandemic human life has been disrupted, both on social and economic grounds. For some young people, the pandemic took away their dreams envisioned for the future.

During this time of trial people were on their knees to ask for God's mercy. A loud

cry resounded from every corner of the world. Among one of the cries was mine. In this pandemic, my loved ones too were affected. It was terrifying! This virus did not spare my 5 year old nephew either. I was devastated at the thought of possibly losing them in no time. I didn't stop praying with tears, because God was my only hope. This hope turned into a miracle and they all were saved. At this point of time, I felt the pain of all those who had lost their loved ones and were still battling between life and death due to this pandemic. In spite of taking many precautions given by the government, so many lives have been lost and tears continue to roll down the faces of loved ones. In today's world science and technology are highly advanced but we are unable to save lives. This is proof that our lives are in God's hand.

With the spread of the coronavirus, the environment has been affected as well. Due to an increase in health concerns, food retailers have resumed using single-use plastic bags at checkout points instead of reusable paper bags, which was slowly becoming a norm before the pandemic.



With increasing home deliveries during the lockdown, meals and online shopping has surged because of which a lot of plastic is used for packaging. Environmental protection workers at national parks, land and marine conservation zones, were forced to stay at home during the lockdown, resulting in these areas being left unmonitored. The decline in ecotourism activity has led to an increase in unemployment in the areas frequented by tourists. In order to earn an income, some indulge in illegal deforestation, fishing, and wildlife hunting. Production and disposal of surgical masks, gloves, protective equipment, and body bags have increased due to the COVID-19 crisis but all the waste generated, ends up adding to landfills and the environment.

The Coronavirus pandemic is a time to learn many things in our life. We need to take this as an opportunity to regain the lost

ground of humanity. Prolonged lockdowns and quarantine brought in a sense of belongingness in people towards their home and family. It was a time to be together, sharing and encouraging one another to be more creative and innovative in work especially with modern technology. Many took advantage of this time to discover their talents and skills in art, reading books, intellectual games, etc. It has also taught humans how to be more resilient. It made everyone realize that life is not a race. The lockdown also was a chance for everyone to rejuvenate themselves and take a break from routine. It has encouraged many to utilise their time effectively and follow their dreams.

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” -Socrates

So let us unite with one another and fight against the Coronavirus.



*Say and do something positive
that will help the situation;
it doesn't take any brains to complain.*
- Anonymous



THE COVID STORY

WHAT'S POSITIVE IN COVID- POSITIVE!?

- Natasha Palha, S.Y.B.A.

The Chinese calendar claims 2020 as the 'Year of the Rat' let me change it to 'Year of the Bat'. The world will nod with me in unison because that bat changed our lives!

CHAPTER 1

God said, let there be a pandemic, and there was a pandemic.

Could this pandemic be God's wrath against sinful humanity or can we blame it on science as just another virus transmitted from animal to man? Was it created in a lab in Wuhan? You decide! My mind cannot fathom it anymore! What I do understand, however, is that that bat and whoever lived in its proximity (or ate it?) changed 2020 for the worse.

Now you might want to come at me with your reasons why the pandemic was not too bad. After all, we did get our happy holidays during the lockdown. We got time to spend exclusively with our families. Not just us, Mother Earth too breathed easier than otherwise, along with her flora and fauna! However, after losing my favourite uncle to this deadly virus I'm unable to console myself about this pandemic anymore. What makes it all the more disheartening is as soon as the virus is gone we are going to head right back to where we started and continue to destroy our planet. I'm really hoping that this time at least we spare the bat.

CHAPTER 2

And Modi said, let there be a lockdown and there was a lockdown.

Lockdown 1.0 was that time of the year when I thought we'd have to resort to farming again for survival. The silence of my wake- up- for - college alarm awakened my inner Kumbhakarna. The economy crashed, but

Dalgona wasn't complaining. Words like quarantine, social distance, community spread, self-isolation became as frequently used as hello and hi. News channels bombarded us with images of rebellious, s h a m e l e s s (sometimes helpless) men on their bikes

being hammered by the police at every street corner. Thousands and thousands of poor innocent migrant labourers walked home with no bus or train to rest their tired limbs on. During this time of misery what called for a good laugh was the chucklesome idea of applauding essential workers by banging vessels!!

CHAPTER 3

CoronaVirus Comes to Goa.

What a wonderful time it was when the newspapers read 'Zero cases in Goa'. 0 cases! Seemed like the virus joined in our beautiful sussegado lifestyle and gave itself a break too! But come April 2020 and Goa had her first Covid case. Panic set in. The names of those infected began to spread as quickly as the virus itself. And since it is a small world in Goa, many were known names. So our Avoi's and grand avois brought out their YouTube and listened to online masses. As months went by many converted their kitchens to restaurants catering all kinds of delicious food. Some exhausted their Netflix series! With salons shut down we all felt a little handicapped but our politicians had different thoughts altogether. So they did what they do best; sleaze! While we were locked down they



virtually cleared Environmental Impact Assessments (EIA) and felled tens of thousands of trees ruthlessly through Bhagwan Mahaveer Sanctuary – a protected area. Too bad that we have to fight our own government to save our environment, isn't it? And once they got a pocketful (pockets full) they did not stop. They came up with a grand new idea to open Goa's borders and bars without any Covid testing. Welcome dear ignorant tourists, happily come to our state with cartons of corona beer and coronavirus!

CHAPTER 4

Covid: A Globetrotter

This virus has seen more countries in a year than most of us have dreamt of being to. Let's find out how some countries dealt with it. As a man who doesn't care about the freedom of coloured people, immigrants, transgender people or women, Donald Trump, the President of the United States of America wanted a 'certain freedom' for Americans from MASKS!!? How outrageous! Now, we might think what difference can one man's views on a mask make to the world? But, the aftermath was that while most Democrats (opposing party) supported wearing masks most Republicans did not! Thanks to this, America was number 1 in a ranking they wouldn't have wanted their name on in the first place; 'The most number of Covid Cases in the world.'

I wish we could all take a leaf from New Zealand's Prime Minister Jacinda Ardern's pages on dealing with the virus. She controlled the outbreak calmly and smoothly and then there's North Korea! No cases at all? Nice joke. Or it might be possible considering not many dare to step in the forbidden land? And did you hear about the President of Belarus? This is what he has to say "There are no viruses here. You haven't seen them flying around, have you? I don't see them either!" Sometimes it's hard to decipher between idiocy and ignorance I must say. Colombia

allowed its citizens to roam their cities based on the last digit of their National ID numbers. So numbers ending in 0, 4 or 7 are allowed to leave the house on Monday, while 1, 8 or 5 can go outside on Tuesday. While Panama has chosen separating people by gender. Men are allowed to leave their homes for only two hours at a time, and women could do the same but on a different day. At least we can say they are trying.

CHAPTER 5

The Hope

We are tired of this virus that has left many of us breathless, figuratively and literally. It has been a year since we heard of Covid 19 and if there should be one thing this contagious virus would/should have taught us it is 'altruism'. Caring about others. Unfortunately, we still see so many walking around without a mask, even right outside Goa Medical College which is buzzing with Covid patients! Worse still, people are even travelling to other states for vacation! Does this virus seem like a joke? Where is the urgency? We are in the midst of a pandemic and our pubs and bars are open?!! Drink and dance at home for heaven's sake! Tomorrow it might be us waiting for a bed at the hospital, pleading for plasma donors with our families hoping and praying that God will save us. We need to get our act together now! Until then I'm going to sit at home and pray that Covid 19 leaves us as quickly as Donald Trump will have to leave the White House!



*"Study nature, love nature,
stay close to nature.
It will never fail you."*

- Frank Lloyd Wright

RAINDROPS AND PEACOCKS

- Xena Bal, T.Y.B.A.



Writers will agree that the first line of an essay is the hardest! It has been many minutes now of speculating on what I should type. I'm sitting at my desk listening to the wonderful tunes playing from my phone via a speaker and admiring the forest being shampooed by the much-awaited rain. This feast to my eyes has compelled me to forget the ticking of the clock.

The gale is a strong one and I can see the curtains of my room lashing against the wardrobe. The view outside is phenomenal. Swaying trees, grey clouds looming over the sky and birds spreading their wings and savouring the moment. Some birds fluff themselves up and perch themselves on a shady branch while the peacocks call joyfully as they welcome the rain.

Upon hearing its call, I rushed to try my luck in spotting a peacock. To my displeasure I couldn't spot any. I can sense they're pretty close, amidst the bushes. I'll be over the moon if I see them train-rattle their feathers. What a splendid sight that will be!

Now the atmosphere is calm and there's a cool gale blowing outside. Wherever I set my eyes all I see is freshness and greenery. It reminds me of a few lines from my favourite poem by Henry Wardsworth Longfellow:

*"How beautiful is the rain!
After the dust and the heat
In the broad and fiery street,
In the narrow lane
How beautiful is the rain!"*

Little children in rainbow coloured raincoats splash in muddy puddles. White paper boats float down the stream. The air is breezy and inviting. It tempts me to head out to where the flowers bloom and trees bleed green, where the birds chirp and sun rays meet little droplets of rain. These elements lift and elevate my inclination and the unbreakable bond I have with nature.



*"The goal is to make your heartbeat match the beat of the universe,
to match your nature with Nature."*

- Joseph Campbell



COCKTAIL HOUR

- Xena Bal, T.Y.B.A.

from the hassles of life. Wisps of cotton from the silk cotton trees sail about in the air. The sky is adorned with a combination of pure white and foxy grey clouds. There is a vibe of immense peace and if one gazes at the sky, all the sorrows and pains clasped in oneself are sure to float away.

The balmy breeze outside is the "Pied Piper of Hamelin" who has hypnotised all the leaves among the branches to dance to its melody. The fauna seems to be enjoying the cool tranquility, and the cuckoo bird and the cricket elevate the atmosphere with their melody.

Just like the birds I wish to be anonymous, allowing my eyes to feast on the beauty of enthralling nature.

No stir in the air, no stir in the jungle, just as lush as it should be. The rain has cooled the heated atmosphere slightly, with beautiful spectrums of light dawning the night sky. It has given a fresh hue of green to the dry tanned jungle.

It is now noon, people are locked down in their homes due to the troublesome microbe Corona. Phones are buzzing, broadband connectivity strained, as people have resorted to a trend known as work from home.

One might wonder what the younger generation is doing at this hour. Well, what else would they be doing other than keeping a couple of checks on the number of likes received on social media. However, among this group there are a few who are glued to finishing a pile of selective books, perhaps learning to cook some of mom or even dad's signature recipes. Some proud owners of musical instruments are trying their hand to work up fresh tunes or find the perfect melody.

With all the quadrupled polluting resources nestled in their garages the air is in its purest form. Jungle life is now bustling with chirping of unique species of aves and the usual cawing of peacocks, as the non-tarred road is free



*"Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay."*

— Robert Frost



THE GAME OF A CROWN

- Xena Bal, T.Y.B.A.

Soft, spongy creature sporting a crown, WHY you have descended on our planet is my worry. If you have been created to fulfill a purpose or secretly paved your way out from a research center to promote the trend of bio terrorism is not my worry!

I'm pretty sure you are well versed with the pandemic so I shall spare you and not ruin your mood by reiterating the same narrative again. This soft spongy crown has totally compelled us to revert back to our ancient customs and traditions. Every young child's enemy; a glass of milk infused with turmeric has in today's day and age become our best friend as it boosts our immunity. The beneficial ayurvedic mixes which were made by our grandparents have now become the good Samaritans in this hullabaloo. Yoga should not just be a trend anymore but a daily routine in our lives. Work from home has now become the new normal. The broadband providers are touching upon great feats of profit as this has become a necessity. Immense offers are being curated and launched to attract customers like magnets but in reality, how many of them actually provide the essential service is my concern. Do these providers really do what they preach? People like us become prey to these providers and end up paying extravagant amounts just for good connectivity to stay connected with family and friends who are miles apart.

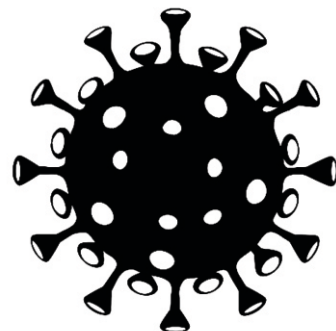
I often think about the mind of the classrooms at this point. Even though they are inanimate and are nothing other than a lump of wood they do feel the emptiness. At one point in time, they were filled with the exuberance of childlike innocence, powerful debates and never-ending discussions. But now I ponder upon the fate of this classroom which is devoid of such exuberance and is compelled to be amidst a musty atmosphere. The

benches too will tarnish and age with time. We as individuals take multiple oaths and make endless promises. But let's ponder about how many of us actually adhere to the promise once made by us. All of us are well aware of the trending tagline दो गज की दूरी, मास्क है जरूरी (A distance of two feet and mask is important). This is for our own safety and protection to keep the tormenting crown at bay.

However, in our society there are a few muggins who think that wearing a mask is not essential and not cool but to goof around with no face mask is acceptable. In this same community there are a few sensible people who understand the seriousness of this pandemic. I feel content when I see people wear masks.

Wearing an enclosed suit can be a style statement or even a tool of mockery for some but to think of our health workers who are tirelessly for hours enclosed in these suits just gives me jitters. They apply all the possible methods of treatment to bring some respite to those innocent souls who have fallen prey to the spongy crown. It is our utmost duty to respect these warriors and also ensure that our folly doesn't become their worry.

All of us are praying for things to become normal once again and are anticipating a not so distant miracle to take place. Till then we have to adhere to the guidelines and safety precautions to keep everyone safe and even help people in need in our own thoughtful way and ensuring nothing other than positivity flows in our veins.



EFFECTS OF COVID-19 ON THE EDUCATION OF COLLEGE STUDENTS

- Lizanne Rodrigues, S.Y.B.Sc.

The novel coronavirus 2019, known as Covid-19, began in December 2019, as an epidemic in the Chinese city of Wuhan. It gradually erupted beyond proportion and emerged out of the careful wrap that engulfed it and breached the Chinese boundaries. It established its footprint in newer countries and territories. Its intensity, lack of effective treatment options and the fear-inspiring death trail prompted the World Health Organisation to ring alarm bells and declare this severe and fatal respiratory illness as a pandemic. Its highly contagious character, that quickly manifests into a community spread, sent Governments all over the world scurrying to push back the marauding intruder, declaring lockdowns to keep it at bay or slow its spread, despite the debilitating economic consequences of these actions.

It seems ludicrous that an invisible organism, unseen to the naked eye could push all the powerful nations into submission and a total standstill, throwing into reverse gear every sphere of life, causing socio-economic distress with severe restrictions to socialising, education, entertainment, hospitality and various service sectors, encompassing the entire gamut of trade and commerce, thus affecting the world economies.

For us students, the impact was immediate, surmounting our daily routine. The conduct of classes became a victim of social distancing norms brought about by this pandemic. Most

educational institutions around the world were forced to close for physical, in-classroom teaching, forcing the educational institutions to postpone or cancel all campus examinations and events. A recourse to distance education seemed a reactionary solution to the immediate need to maintain continuity in order to achieve the desired learning outcomes. With all the stakeholders in the education sphere backing the switch to use digital technology in order to catapult into the online education domain, the teaching process and student engagement modes like webinars, workshops and online teaching ensured at least a semblance of learning continuity, while at the same time keeping the students and staff away from the reach of this pandemic.

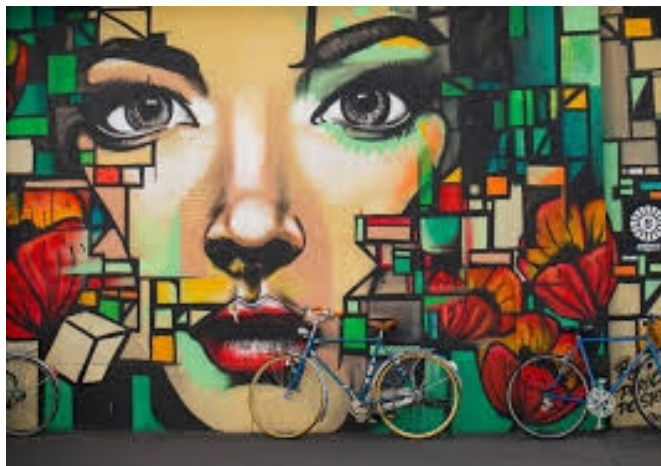
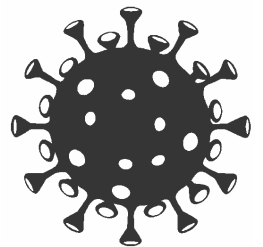
This digital leap has not been smooth sailing though. The sudden outbreak of the pandemic coupled with less than adequate technology adoption in the educational institutions and the education system in general has not helped much. Aligning with the new technological demands seemed a daunting task and coupled with the internet



infrastructure deficiencies all around, put a spoke in the wheel of smooth transition to online learning, especially in rural areas. In technologically advanced areas where online teaching took off, this new system that prevented physical connection among students and the teaching community, in the way they were used to, triggered emotional and psychological stress making it a herculean task to the teaching and learning process. The digital home classes are also seen as intrusive, curbing the freedom and privacy of the home environment.

While digital interfaces for theory teaching exist or could be built quickly, for courses needing practical training, online teaching seems a dream for now. The online class system precludes the teachers from ascertaining and judging the level of student comprehension, and without classroom interaction, there is lack of student and teacher connect, healthy competition and group discussions. This along with the uncertainties to complete mandatory curricular and co-curricular activities, internships etc. has created a lot of confusion and apprehension in the minds of the student community and their parents at large.

It could be argued that online education is not without its benefits. A lot of classroom content has suddenly surfaced on the internet, various educationists have developed online educational resources (OER's) providing depth, diversity and convenience to the learning process. A lot of foreign universities have started offering courses which give diplomas and e-certifications, at negligible rate or a fraction of the cost, allowing you to educate yourself from the comforts of your home. A lot of tools for online engagement – Google Meet, Google Classroom, Zoom etc. have helped in bringing physical classroom-like experience to homes. However, all said and done, this pandemic has definitely altered the education sector permanently. Even when we come out of this pandemic, while physical classroom teaching would hold a sway, digital online methods would still stay around, get better and may be, one day, compete strongly with traditional education delivery systems thus bringing an e-revolution in the educational scenario.



TESTED - LOCKDOWN POSITIVE

- Meenaba Gohil, S.Y.B.A.

It has been eight months.

Eight months inside the boundaries of my house, eight months of several highs and lows, eight months in the company of none, but myself.

Eight months of lockdown.

I still remember the day when the arrival of Covid-19, was finally being felt across the state. Each passing day, stillness draped itself over the streets, that once were full of life. The enthusiastic smiles on peoples face, were now hiding behind different shades of face masks. It was as if, in a blink of an eye, life came to a halt. And this sudden break, indeed, like most of you, left me wandering around in a state of confusion. The clear picture of my future that I had painted on the back of my mind, was now turning blue.

For the beginning first month, my life was as ruffled as my wardrobe. My schedule was all scattered around. I had no fixed time to go to bed, and would wake up super late the next day, and of course, I was all caught up binge watching k- dramas on Netflix. And for the first time in forever, my parents didn't scold me for staying up late, and for using up my dad's data pack. However, every good thing has its bad side sneaking round the corner. It didn't take long before I got tired of my

unsettled schedule. I wasn't feeling lonely, but it was as if a part of me was empty.

But now that I look back, I realized that those eight months were not a complete waste at all. In fact, I learned so much that I'm unable to put everything down on a piece of paper. For me, the biggest take away during this pandemic was this little, a message of not more than three words, yet the most weighted one: 'Life Goes On.' And indeed this is true! When I pondered enough on things around me, I noticed that it wasn't life that had come to an halt, but me! It was true that everything around me was still, yet flourishing within. The ones with broken hearts were now healing. The talents, and the skills, that were buried deep down within ourselves, came back to life. The ones who had parted ways from their true selves, are now reconnecting with themselves. This pandemic was indeed a set-back, but not strong enough to set me back. Life did take a pause for some time, but will be back sooner than we'd imagine. It wouldn't take long when you'll see crowded streets again. When you'll be hanging out with your friends. What matters the most right now, is that you enjoy every day of your life. Take things easy, go easy on yourself and then you'll finally realise that indeed, Life Goes on.



*We think we are done with the pandemic,
but the pandemic is not done with us.*

- Gitanjali Pai



I TALKED TO A TREE FROM MOLLEM

- Meenaba Gohil, S.Y.B.A.

"Please save me!"

I heard a fading voice, while I was taking a trip down a National Park. Since I was all alone, I was startled a bit.

"Who is it?" I questioned.

"I'm someone who keeps you alive. " There came a reply in a husky tone.

I looked around in all directions to track down the voice, but I failed. "Where are you? " I asked again.

"I am right next to you. On your left."

I turned to my left only to see no one standing there. All of a sudden, my eyes fell on a tree, with its roots out. I took a good look at it.

"Please save me!"

Once again, I heard the same husky voice. I stood there dumbfounded. I couldn't believe my ears.

"Was it real? Did a tree really talk to me just now? Or am I hallucinating?" Clouds of several such questions blurred my nervous system.

I bent over, and sat down next to it.

"Is it you?" I kept my hand on its rough skin and asked.

"Yes, it's me." The tree replied in a low tone.

"It's strange, I find this so hard to believe! I mean, you – a tree, is actually talking to me?"

All this was just so impossible to believe.

"I talk to everyone who passes through here, but due to their ignorance, they fail to hear me."

The poor tree was struggling to speak.

"But what happened to you, why are you lying on the ground, with your roots out?"

"Take a seat dear little boy, it's a long story."

The tree replied with a smile.

"I've been here for a long time, I was born and brought up here. My childhood was really awesome. I had many other tree friends, and I enjoyed how the squirrels would chase each other. When I grew up, I became a home to many other animals. They all were now a really important part of my life. Everything was fine, I was happy, my friends were happy, life was going well. Until, one day.... " The tree paused and looked at me with a pained expression.

"What happened next?" I questioned.

"One day, a group of middle-aged gentlemen visited us. I was happy seeing them, I loved it when people came to visit us. They were here for quite long, measuring the land and inspecting it. After a while they took some rest, and I heard one of the officers say:

"This is the best place for highway expansion, we'll have to begin clearing out this place at the earliest."

"At that moment, I felt as if the ground shifted beneath my roots! It was as if my whole world came crashing down. I felt paralyzed. But then I was hit with the thought of all my friends, what will happen to them? Where would they go if this land gets snatched away from them?

To save all of us, I screamed. I screamed on the top of my voice, but nobody heard me. I continued to scream, but they were already heading their way back. I couldn't sleep the whole night. I talked to my friends and told them what I had heard, and the whole forest was still, as if it got covered with a dull blanket of silence and sorrow."

"The next day, the officers were back again. This time they were accompanied by a huge evil looking lumberjack. And one by one they

started to clear us out. My friends and I continued to scream for help, but again our voice didn't reach their ears. And now here I am, down on the ground, awaiting death. I wish I could ask you for help, but you are so little, I feel bad to do that, I feel as if it's being selfish."

The tree looked me in my eyes, with a smiling face, and at that moment, my heart was filled with terrible ache. I hugged the tree and sat there, crying my eyes out. I could have saved that tree, WE ALL COULD HAVE.

But no, we care more about expansion, development and modernisation. And if you say you don't...then why is our National Park destroyed? What if each and every one of us lent our voice, our support? Who is willing to take the responsibility of saving this planet?

Who's REALLY bothered about this planet? Only few, who really care more about this planet than anything else.

"Why should I care, that's none of my business! " "Eh, what can we do about it from our homes."

"Why should we bother re, someone else will."

These are the kinds of reactions that most of us give. Is it really none of our business, to look after our planet?

If we're no longer going to be on this planet, who's going to use the so-called 'High- tech' technology? Robots? Well better then. At least they'll look after this planet way better than we EVER did.

Remember this, we are torturing a mother. We are taking the motherhood of our planet for granted. And get this inside your head, everything has a limit for tolerance.

The moment this planet decides to fight back, there'll be nothing else in sight, but destruction. People like Greta Thunberg aren't fools to keep raising their voice to save the planet. The signs of destruction are visible and pretty obvious. If we continue to treat the planet so brutally, remember, a day will surely come when we all will be wearing the shoes of that helpless tree. So let's change things back, before everything goes out of our hands.



BEATING THE SUMMER HEAT!

- Riva Noronha

Summer is the most highly-anticipated season by school/college students. Just as a mother eagerly waits for her child to return from school/college. One can see the sun smiling during the summer , which brings enjoyment as well as tiredness.

Summer season is always accompanied by high temperature (heat) but during the recent years this heat is just unbearable . According to me , I feel the main reasons of increasing temperature during the summer is not alien to us because we ourselves (humans)are the inventors of many problems which cause heat . As we know the humans are constantly becoming blind by GREED and in the name of development people are recklessly cutting trees (deforestation), because of which there is less rainfall and more of carbon dioxide in the air, which all of us exhale. The green house gases are trapping the heat of the sun , and thus increasing the temperature on the Earth . The air conditions , refrigerators . etc. which we use release Chloro Fluoro Carbons , which facilitate the Ozone layer depletion .I strongly agree that the overuse of fossil fuel and pollution also increase the temperature on the Earth.

The increasing temperature in summer is always accompanied by many adverse effects such as health problems , droughts ,famine ,water shortage , floods .etc. Human beings fall prey to many health problems such as high BP(blood



pressure),skin diseases and cancers , stroke and people become angry soon . Due to rising heat on the Earth many animals ,plants and birds are unable to survive because of which some of their population may become extinct. There is chance of failure of crops due to less availability of our precious resource 'WATER' , and also because of dry wells , which gives rise to a problem called food shortage. Because of food shortage the price of food grains increase . In some rural as well as urban areas people have to walk long distances to get water , in doing so , sometimes their health is affected . Floods occur due to melting of the glaciers in the polar regions because of excess temperature. And because of this many polar bears have to lose their life due to the heat and habitat destruction, which may reduce their population on the Earth. People tend to lose their energy soon during summer as a result they feel dizzy .

Increasing temperature in the summer on the Earth needs to be dealt in the correct way an using the correct methods to solve

this problem we need to do whatever little we can to reduce this unbearable temperature and use solutions and remedies which we are aware of. If we don't tackle with this problem at the right time then we cannot blame others for our death or the death of the other creatures , instead we should consider ourselves the murderers of those who lost their life because of this problem. As we know "Prevention is better than cure" in case of a disease ; in the same way , we should stop giving birth (reproducing) to the sources which causes the problem . If we don't stop 'reproducing' the sources which causes the problem of high temperature on the Earth then our future on this planet will be bleak.

I would like to suggest some steps to tackle the problem of increasing temperature in summer, these are the following :

1. **DRINK A LOT OF WATER** - As we know , water hydrates our body and keeps our body's temperature cool.
2. **DON'T EAT FOOD WHICH CAUSES HEAT** - One should minimize the consumption of heat causing food such as garlic, ginger, dates, peanuts .etc. as these foods increase the temperature of your body.
3. **WEAR SUNGLASSES AND LIGHT COLOURED COTTON CLOTHES** – You should wear sunglasses before exposing your eyes to the hot sun in summer in order to protect your eyes and you should wear light coloured cotton clothes as light coloured cotton clothes reflect the sun's heat back and keep our body cool unlike the dark coloured cotton clothes which trap the sun's heat and increase the temperature of our body.

4. **VISIT COOL PLACES** – One should save money and plan a trip with their family during the summer vacation , to a hillstation in order to beat the heat during summer.

5. **PLANT TREES** – Every human being should plant as many trees as possible as we know trees keep the temperature cool and attract rain on the Earth.

6. **MINIMIZE USING AIR CONDITIONS / REFRIGERATORS** – As the AC's and refrigerators which we use release Chloro Fluoro Carbon which facilitate the ozone layer depletion and cause global warming ,so the use of these appliances should be reduced.

7. **COLD WATER BATH** – During summer you should have cold water bath to reduce the excessive heat of your body.

8. **EAT FOODS THAT REFRESH YOU** – You should consume watermelons, cucumbers, green salad .etc. which will refresh your body.

9. **CREATE AWARENESS** - Awareness should be created using the media so that the people may know the ways by which we can contribute to reduce the increasing temperature in summer.

10. **PRAYER** – We should pray to God to change our minds and help us to find better solutions which will keep us as well as his creation safe and sound on the Earth . And help us reduce the increasing temperature to normal temperature during summer, so that we all can survive in a healthy environment.

I hope our prayers will work miracles , only if we use our mind wisely and work towards achieving our goal.

Poets' Pasture ...



THE WOODS

I need moments of peace ,
A stream flowing of ecstasy,
And some fresh soothing breeze.

I want to feel the wind,
To break off dry twigs,
And move through long elongated
weeds.

I want to smell the wetness of the soil,
And advance through the vivid rigidity
of the forest.

I want to feel the stream,
Rushing through the valley
Sensing my anxiety heal.

I want to swing from the branches
Climb up the hill,
And slide through the mushy steep
slope.

I want to make it through the lush green
woods,
Sensing peace and bliss.

- **Fedora Cardozo,**
T.Y.B.A.

A GAPING HOLE

I saw a gaping hole,
Deep within your soul.
"They ripped my core,
Stripped me like a whore.
Why have you come now?
To take pictures and say,
'See, I care! Don't you dare!'"
I guess that's correct.
I have lost my right.
Where was I, at night!
When trucks threaded,
Tree trunks were uploaded.
They chopped you in half.
Just to reach faster?
To transport that coal,
They kept digging a hole ?
Your magnificent beauty,
Was surrounded by beasts.
Your glorious splendour,
Was a motive of their desire.
For the life you provide,
Is this how we abide ?

*When will we realise the consequences of our actions?
When? Is it enough to increase the AC temperature when it
gets hot, is it enough to post pictures, and say "nature lover ",
is it enough ?*

*What have we done? How far is this massacre spreading?
How much time do we have left? Where are we headed ?
Why are we digging our graves ? When will we get it ?
When!?*

- **Gina Lobo**

WITH YOU I CAN

How nice I feel to look at you
It is because of you!
Yes, you welcome me
With your hands wide open
And allow me to possess you wholly.

I feel secure in your protecting embrace
In the morning I smile at the glorious
sunshine
At night I rest peacefully in the splendor
Of the moonbeams
And greet sweet singing birds,
Every morning and evening.

Though heavy showers fall
Or strong wind blow
I am safe in your affectionate clasp
Delighted, I sing and dance
And my song never ceases
As long as I am in your intimate cuddle
Speechless though you are,
You teach us a great lesson
To love without measure
- Mamita Surin, S.Y.B.A.

GRAVE

How hard is it to put your mask?
To stay at home, and sleep long hours
To skip the parties, skip the trips
Just stay inside, how hard is it?

Do you not see the lives we've lost?
Old breathless men, young fathers gone
The day they died you weren't there
To rescue them, to offer help

You say you went to meet your friend
You did not know how it would end
Cause all you had was a mild flu
an itchy throat, oh nothing new!

But as you'll chattered in the room
The virus crept, the virus flew
So silently, you didn't see
How it would numb her family

You'll talked and talked, your mask was
off
Ate and drank merrily
Left her home in about an hour and half
And went home happily

In a few days she texted you
"My father is unwell, he's got the flu
And it's so bad, he cannot breathe
They got him tested -it's Covid"

You asked her, "how did he get it
though?
What did he do, where did he go?
Did he go out without his mask?
I hope he gets well soon, recovers fast"

But you don't know that it was you
That was the reason behind this news
And on the night you read the text
The next morning her father was dead

How hard was it to put your mask
To stay at home, sleep in, long hours
To skip the party, skip the trip
Just stay inside, how hard was it?

- Natasha Palha,
S.Y.B.A.

SUN WARM

On a September day
The light oozing in
like a lover

Mild in the morn
Capricious in the afternoon
Lambent at twilight.

You sustain me
through the livelong day
as I type away
my poems on the globe

Sun - *Surya* - Inti
Orb of energy infinite
You meld our moods
into sweet September.

Now, at 7
thy shaft of light recedes
as you transit to Virgo.

Rain wets us all

I grope in darkness
but not for long
till you embrace me
in your warmth

mais uma vez.

Dr. Brian Mendonça,
Assistant Prof. Department of English.



Look deep into nature,
and you will find
everything better
- Albert Einstein

LOCKDOWN LESSONS

And suddenly, we stood as one, the
world together.
Creating a reality that went further,
Than anything we could think or
wonder.
A change that was inevitable,
Locking every man within four walls,
Bizarre and unpredictable.
Though many storms surpassed us all,
We stood hand in hand,
Standing united, dare not we fall.
The winds knocked us down several
times,
Every gale felt weaker now.
At the end we learnt lessons of course
at any cost we would never bow.
Kindness spread around the globe,
We lifted up humanity.
All while not getting weaker
But also boosting our immunity.
At a time like this we realized,
Who our true heroes are
Not the one's that dazzle like stars but
The ones who risk lives to save ours.
With continued turmoil shaking up our
world.
We learnt our power,
To lend helping hands to those in need
Not to fear and cower
The greatest lesson we could learn
To not be divided.
As the old saying goes,
We would only fall, unless we stand
united.

-Zenia Silva,
S.Y.B.COM.



VIRTUAL

Wake up in the morning like Sleepy the dwarf.
Roll over to find my grinning dog beside me!
A caffeine boost later, it's time for the first lecture,
Through the bedroom doors, into the class I go!

The long, wooden desks and benches are gone,
Just a table and chair now.
The laptop screen, my black board,
Lecturers and college mates, faces on a screen.

No chalk dust to trigger the sneezing,
No rush of footfalls on the ground,
No chitter-chatter engulfing my ears,
The sound of the bell, a distant ringing,
Oh wait, that's my phone ring-a-ling!

The background score-
Voices, blaring of horns, sirens of ambulances,
Like horrid shrieks that pierce a calm cool night.
Oh Lord! My head, an airplane through turbulence!

Come time for lectures to end,
My eyes begin a protest, "Your Eyes Matter".
My head is throbbing,
A hundred elephants doing the "Harlem Shake".

The long online hours,
Drain every last ounce of my energy,
By the end of the day,
I feel like "The Walking Dead",
But don't you worry, I won't eat your head!

Now, now, I know there is no use complaining,
I'll hold on tight and just keep waiting.
For a time will come, when,
I'll return to the hallowed college campus.

Let's not burn in rage and curse the times,
We'll learn to breathe and value our lives.
You and me and the entire human race,
Until we've lost Covid's embrace.

- *Lauren Fernandes,*
SYBA



COV-WORD-LOAD

Sneeze, cough, cold, fever,
2019, December,
Covid-19 in China-air,
Not in your backyard, did you care?

WHO says no worry,
Just a China story,
But virus is boss,
Sends WHO declaration for a toss,
Does a global criss-cross.

Lock down, shut down,
Migrants on walk down,
From city to town,
Many to be mowed down,
Obliterated, forgotten.

Day in, day out,
Positive, negative, mortality, morbidity,
Symptomatic, asymptomatic,
Assaulted by Statistics.

Masks, face cover,
Cloth, N95, single use, 3-Ply
Many a fool,
Still asks, "Why?"

Movie says, "Five Feet Apart",
Guidelines state six feet apart.
Liquor shops reopen,
Social distancing goes for a hick!

Cops nationwide,
At every gully and traffic light,
Sing and dance,
"This is the way we wash our hands!"

Stay home, work from home,
Google meet, google classroom,
Zoom in, zoom out,
Virtual or real,
Surely surreal!

Plague, Black death, Spanish flu,
Countless epidemics, pandemics,
A history of what, how, why's,
Similarities to eras gone by,
Man has learnt nothing? Why?

- *Lauren Fernandes*
SYBA C

THE ONLINE CLASSROOM

It was my 'Intra Semester Assessment'
Oh what are terrifying word
For all; backbenchers, front benchers
And even for the nerds

The fear of failure, the will to excel
The hope that I'd be heard
Yes! heard! Who would've thought?
That the greatest stress would be my
phone's network

The strangest thing about the day
was that there was no one near
No book, no pen, no Professor, no friend
Just me and an app! Quite weird?

Yes, they could hear me through my
phone
But was I clear? Who knows!
I said my part as best as I could
Leaving behind my fears



The debate assigned went smooth;
Mine and my group
You'll wonder how I knew?
Cause as we finished one by one we
texted on our WhatsApp group

My words and my face;
Could I be seen? Hey, could I be heard?
Yeah you were great, nice and clear..
Came the text back from the girls

I loved the experience, the unity we
showed
It was great right to the last word
But nothing can replace answering an
ISA

In the classroom with the girls!

- *Natasha Palha,*
S.Y.B.A.

A TUESDAY

It was Tuesday,
The sun was out as usual,
The sky, clear and blue,
Birds on the tree were sleeping,
Leaves fell one by one.
Flowers in the garden,
Dancing with insects.

There was silence all around,
No vehicles on the road,
No plane in the sky.
But,
People in their houses,
With doors closed.

Malls, shops, gyms, were shut down,
Only grocery stores were open.
But,
No hugging,
No talking,
Simply keeping a distance.

Living like this was difficult,
But,
We found time to spend with
Family at home, understanding the
meaning,
Of nature and love for each other.

- *Naizil Cruz,*
S.Y.B.Sc.

CATASTROPHE

I see it coming, I can feel it,
I can hear the weeping sound of our
mother earth, I can see her letting out, all
the torture,
and all the hurt that she's been piling up.
Who's to be blamed?
Who is to be held accountable? Not you,
not me,
It's ALL of us.
Together we have hurt our planet, Way
beyond what it can tolerate.
We had enough chances to turn things
back, But what did we do?
We focused more on,
Increasing the amount in our banks.
And perhaps now is the time,
We pay for all our sins.
Because we're too stubborn and ignorant
to let our planet heal.

- *Meenaba Gohil,*
S.Y.B.A.

GIFTS FROM NATURE

Come walk with me into nature's blessed abode,

To see the wondrous beauty the earth has bestowed.

Birds fly , soaring higher,
And on the trees bearing fruits, I hear the buzz of bees.

Rivers rushing over silver stones,
A breath of fresh air, as felt by my heart
A blessing on earth, that comes as a sign.

The moon is aware of its gracefulness
and the sun is warmed by its own light,
The clouds floating like smokey blessings
The flowers dancing in crystal beauty,
Dew upon them, glistening like pearls.
Nature offers profound delight, a peace,
a happiness, a serenity,
And no wealth could be upright more scenic,
Than precious gifts from nature.

- *Avisha Baptista*,
F.Y.B.Com

BEAUTY LIES IN CARMEL

Beauty is seen around,
Fertility in its ground,
Birds' chirping sound,
Is here that is found.

There are thousands of collections,
That bring together diversification,
You'll get complete satisfaction,
During the time of relaxation.

It's location on a mount,
Trees in its compound,
Beauty is seen around,
Because peace it surrounds.

There's no pollution,
And so, no commotion,
There never will be deforestation,
Cause of the guardians of God's creation.

- *Edrie Barreto*,
T.Y.B.A

IT'S HER NATURE...

They say,
A Mother's Nature,
Is to Nurture her child
Even before we come into this world
Our Mother cares and loves us
When we see this world
With our little eyes
She holds our tiny hands
And comforts us
She carries us close to her heart
She cries,
Out of happiness
On seeing us smile
It's because
It's her nature

As we grow
We learn to walk
By holding our hands
She guides our step
So that we don't stumble
At every stage
She is always there



Right besides us
It's because
It's her nature

In every exam
In every problem
In loneliness
In confusion
In depression
When life hits you hard
In every tough situation
She is always there
It's because
It's her nature

From waking up early
To sleeping late
Just for us
Cooking food for us
With all love and passion
Waiting for us till
We return back home
Making sure that
We are safe and sound
All of this love and concern
Just for us
It's because
It's her nature

She continues
To understand
To care
To help
To lead
To sacrifice
To guide
To love
It's because
It's her nature

Have we done enough?
Isn't it our duty?
To serve
To care
To protect
To love
Because our Mothers
Deserve the Best!

- *Jewlancy T. A. Fernandes,*
S.Y.B.A.

FINDING HAPPINESS

The world stands
Behind a word,
The sky stands for
Limitless flights,
The bird symbolizes
Survival of the fittest,
And the baby doesn't know anything
But cries

We grow up in a beautiful
World of lies
And stand behind the
Happiness in line,
Sometimes we don't know
Where is the joy
But it is near you
In the little things you have to employ

Let's be jolly for
Every Moment we have,
Because life is too short
To dwell on the moments we don't have.

- *Nimisha Patil,*
S.Y.B.A.

THE ENDEMIC PANDEMIC

Covid Curfews
Dalgona coffee brews
Smell of funeral pyres
Pandemic news

Jobs lost
108 sirens beep
Rationed rice-dal
Price of the pandemic

Rosary resumes
Webinars and Zoom
Spirit and intellect grow
In the lock-down boom

The poor pine for a morsel
The rich swipe Amazon deals
Whether rice in kichri or biryani
Drooling o'er family meals

Fever burns the guts
Oximeter sulks a low
Rushed to the Covid Care
Revived with a blow

Pray for us O Holy Saints
As we breathlessly die for air
I had gone for a condolence visit
Where I caught the virus scare

Whimpers of an ailing aunt
Litany recitations for longevity
The death toll soars mercilessly
The pandemic seems endemic

- *Dr. Glenis Maria Mendonça*

Associate Professor, Dept. of English

BE AWARE AND BE SAFE

We may be young or old,
But we must be bold,
Against the enemy untold.
We can't go to malls,
Nor can we go to waterfalls,
Because this virus is a-scaring,
Sending our spines into a shivering.
If you have to go out, think twice,
Wear your mask, be wise.
Wash your hands with some soap
symptoms Fever like can make you weak
Will fight corona it's our hope
Our life has become meaningless
It has made people hopeless
It has made people lifeless
Doctors help we need to seek
COVID-19 is the name,
It is playing a hide-and-seek game.
By following the rules, we can ensure
endgame.

- *Seelam Aruna,*
F.Y.B.Sc.



SHE LIVES

Spending yet another day
 In toil
 Living it for someone
 Neglecting away herself
 She lives yet another day
 She lives
 Striking off yet another day
 With sorrow
 In sorrow
 Ignorant that her fortunate days will
 soon arrive
 She lives yet another day
 She lives
 Yet another day
 In an immortal cracked shelter,
 Her soul
 With desperate eyes seeking eternal joy
 Thus she lives yet another day.
 Thus she lives every day.

- *Deial Johnson,*
 T.Y.B.A.



THE FOREST OF ARDEN

Oscar*
 Thou shouldst be among us
 At this hour
 As September
 Creeps into October.
 Why had you
 To go whither?
 Across the road
 To the forest of Arden?
 On the highway
 Yesterday's lamps
 Burn still
 Why could not
 Your dreams endure?
 Arise, shine out
 Your light has come.
 The harvest is plentiful
 But the labourers are few.
 The children look for you
 But find you not
 Your face is etched
 On those that remain
 As we transit, *sans* you
 Through the sign of Libra.

Dr. Brian Mendonça,
 Assistant Prof. Department of English.

*Oscar Mascarenhas was an active parishioner and catechist of Holy Family church, Porvorim. He lost his life to Covid-19 in 2020. This poem (symbolically) offers homage to all those who succumbed to the deadly virus.

Forest of Arden: In Shakespeare's play *As You Like It* Orlando goes to live in the forest of Arden.
Arise, shine out: from Isaiah 60:1
Harvest is plentiful: from Mathew 9:37



पृथ्वी की व्यथा

देखो मेरी ओर, देखो गौर से
क्या बना दिया है तुमने मुझे
क्या से क्या बन गयी हूँ मैं

तुम्हारी विलासिता की चाहत में
मिटा रहे हो तुम अंग मेरे
मार रहे हो तुम
अन्य संतानों को मेरे

उनके चमड़े, दाँत, सींग के लिए
अपने जूते, कोट, सजावट के लिए
अपनी खोखली शान बढ़ाने
दूसरों के सामने झूठा दिखावा करने

ध्वस्त कर रहे हो सारे घर उनके
अपना डेरा जमाने
मिटा रहे हो अस्तित्व उनका
जमा रहे हो वहाँ हक अपना

रास्तों से समुद्र तट तक पड़ा है कचरों का ढेर
तालाब से महासागर तक विषैला फ़ैक्टरी का
तेल
न जल, न जमीन, न आकाश रहा स्वच्छ
न तुममें रही है मेरे प्रति कर्तव्य को निभाने की
कोई इच्छा

जरूरत मेरी हमेशा होगी तुम्हें
पर साथ मैं तब नहीं रहूँगी तुम्हारे
फिर न कहना, तुम्हें आगाह नहीं किया
जब आते रहेंगे अनिष्ट सदा

- ईडन एंजल बर्रेटो
तृतीय वर्ष कला शाखा हिंदी (२०१९-२०२०)



चलो जीते है वह पल...

चलो जीते है वह पल,
जहाँ हरी भरी पत्तियाँ,
मुस्कुराते हुए पेड़ हो।

चलो जीते है वह पल...

जहाँ लंबे-लंबे रास्ते,
दूर तक नजर, जो इन पर जाती हो।

चलो जीते है वह पल...

मुस्कुराता हुआ आसमान
जो कर रहा है आगमन।

चलो जीते है वह पल

झर-झर बहता झरना,
टप-टप गिरती बुंदें।

चलो जीते हैं वह पल

नहीं रहीं अब यह हरी पत्तियाँ,
न ही मुस्कराते हुए पेड़।

चलो जीते हैं वह पल

यह नष्ट हो रहे हैं,
जीना है हमें वह पल
तो हम सब मिल कर
एक नयी शुरुआत करते हैं,
इनके संग।

चलो जीते हैं वह पल...

- आयशा बंदुकरा
तृतीय वर्ष कला शाखा हिंदी (२०१९-२०२०)



दानी प्रकृति

नदी तालाब पेड़ पौधे हरी-भरी हरियाली
इन सब के होने से ही दुनिया लगती है निराली
मानव स्वयं के लिये करता है प्रकृति
का इस्तेमाल
पेड़ पौधे काट कर उजाड़ते हैं अपनी खुशहाली

बीमारियों से बचने के लिये लेते हैं प्रकृति
का सहारा

गर्मी हो या बारिश जो देती है छाँव किनारा
अपना घर सजाने के लिए उजाड़ते हैं पक्षियों
का घर
प्रकृति दिखती है एकरूपता भले ही मानव
अमीर हो या आवारा

नदी से बुझती है मानव की प्यास
पेड़ के फलों से मिटती है भूख की आग
प्रकृति प्रदान करती है यह सब
फिर क्यों इसके प्रति मानव का बरताव बन गया
है प्राणी सा आज ?

- मालन मुल्ला
तृतीय वर्ष कला शाखा हिंदी (२०१९-२०२०)



प्रकृति

रुको, थमो, साँस लो जरा
शहर की चकाचौंध में
खो रहे हो खुद को
तुम मनुष्य हो
इस बात का संज्ञान लो भला
अपार सौंदर्य संजोए है प्रकृति
अलौकिक है इसकी कला।

क्या देखा है तुमने....
फूल खिलते हुए
चिड़ियों को आशियाना बुनते हुए
बादलों से निकलकर बूंदों को
मिट्टी में मिलते हुए

सुबह धूप को पत्तों से छनकर
तपती दोपहरी में छाँव बनकर
प्रकृति के वात्सल्य को
महसूस किया है जी भर

धुंध के घने चादर में
लिपटे गाँवों को
थके बुझे चेहरों पर
सुकून देते सर्द हवाओं को

रंग कितने है इसके
मनमोहक, अद्भुत
स्वार्थ भुलाकर सबके
फलदायक हर ऋतु

संरक्षक है प्राण की
पर पीड़ा अति जब हो जाए
हो शोर से सब सुनसान
विध्वंसक रूप जब दिखलाए।

- प्रिया कुमारी
प्रथम वर्ष विज्ञान



जिंदगी और प्रकृति

धूप चमक दिखाती है,
जिंदगी में आगे बढ़ने की
और छाँव कीमत दिखाती है,
कभी – कभी हारने की

जिंदगी में जीत ही सब कुछ नहीं,
बारिश भी आँसू छिपा देती है
पतझड़ और सर्दी
नई शुरुआत का पैगाम लाती है।

बसंत ऋतु खुशी को दर्शाता है,
और यह खुशी बरकरार रखना हमारा काम बन
जाता है।

पेड़ की तरह बढ़ो
रहो पत्थर की तरह मजबूत
एक दिन तुम्हारे जीवन में भी
खिलेंगे सफलता के फूल!



- निमिषा पाटील
द्वितीय वर्ष कला शाखा हिंदी

बेंदूर

श्रावण का महीना हिंदुओं के लिए बहुत खास होता है। इस महीने में त्यौहारों की एक लड़ी सी लग जाती है। अनेक त्यौहार इस महीने में मनाए जाते हैं। बारिश के दिन होने के कारण सृष्टि हरी-भरी चुनरी सी ओढ़ लेती है और सारा वातावरण आनंदमय लगने लगाता है, जिसमें मानव का मन भी तरोताजा हो जाता है। श्रावण के इस महीने में, हिंदू नागपंचमी, नारली पुर्णिमा, रक्षा बंधन, गोकुलाष्टमी जैसे त्योहार मनाते हैं। इस महीने के आखिर में यानी श्रावणी अमावस्या को 'बेंदूर' यह त्योहार मनाया जाता है।

'बैल पोळा' को महाराष्ट्र में 'बेंदूर' के नाम से भी जाना जाता है। इस त्योहार को हमारे किसान बंधु बड़े हर्षोल्लास और उत्साह के साथ मनाते देखे जाते हैं। इस समय तक खेती के सारे काम खत्म हो चुके होते हैं और अब समय आता है उनका धन्यवाद करने की जिनके बंदौलत खेती होती है। यह दिन सिर्फ किसान के मित्र बैलों का ही होता है। इस दिन बैलों की पूजा की जाती है। इस दिन किसान अपने बैलों के प्रति अपना आदर - सम्मान दिखते हैं, एक तरह से उनका धन्यवाद करते हैं।

हम अपने गाँव में भी बेंदूर मनाते हैं। हमारे यहाँ बेंदूर के पहले दिन 'खांद मळनी' होती है। 'खांद मळनी' का मतलब होता है कंधों की मालिश करना। हल्दी और तेल उबालकर उससे बैलों के कंधों और पैरों की मालिश की जाती है, ताकि साल में एक बार ही सही पर उनको जरा-सी राहत मिल सके। इस दिन एक खास प्रकार के लड्डू बनाए जाते हैं। यह लड्डू मकई के आटे से बनते हैं और आकार में बहुत बड़े होते हैं। इन लड्डूओं को पहले बैलों को खिलाया जाता है और उसके बाद ही घर के बाकी सदस्य खा सकते हैं। बेंदूर वाले दिन सब लोग अपने बैलों को अपने - अपने ढंग से सजाते हैं। हम भी अपने बैलों को सजाते हैं। उनके सींगों को तराशकर उस पर रंग-बिरंगे फीते लगाते हैं, पैरों में घुंघरू बांधते हैं, गले में अलग - अलग प्रकार की घंटियाँ और मालाएँ डालते हैं, पीट पर रेशमी शौल डालते हैं। फिर ढोल बजाते हुए, पटाखे जलाते हुए बैलों को गाँव के मंदिर में भगवान के आशीर्वाद के लिए ले जाते हैं। वहाँ पर भगवान का आशीर्वाद लेने के बाद बैलों की आरती की जाती है, उनको तिलक लगाया जाता है।

इस दिन घर की औरतें पुरणपोळी का नैवेद्य बनाती हैं। जैसे ही बैल मंदिर से वापस लौटते हैं, घर की स्त्री उनकी आरती उतारती है और उन्हें पुरणपोळी का नैवेद्य खिलाती है। फिर बाकी के लोग पुरणपोळी खाकर अपना मुँह मीठा करते हैं और इस प्रकार यह शुभ दिन बीत जाता है। साल भर किसान के साथ मेहनत करने वाले बैलों के प्रति कृतज्ञता दिखाने का मौका इस त्योहार के जरिए मिलता है।



जीजाबाई चव्हाण
तृतीय वर्ष कला शाखा हिंदी

एहसास

प्रकृति है एक चमत्कार,
भगवान का एक सुंदर आविष्कार
कहीं पहाड़ों में, तो कहीं खेतों की हरियाली में,
कहीं मौसमों में तो कहीं मैदानों की हरी घास में
है यह उपस्थित हर जगह अपनी खूबी को दर्शाने में

प्रकृति का महत्व जानते हुए भी
खत्म करने इसे तुले हुए,
दिया हर युग को अपना बलिदान
परन्तु उसी के प्रति अब है
युग एक दुर्लभ दृष्टिकोण दिखाते हुए

प्रकृति जहाँ खुशियों की लाती है बहार,
वहीं अपना क्रोध व्यक्त करते हुए लाती है प्रलय,
सुंदरता की कितनी करे इसकी खूबी बयान
यह है तो है दुनिया के हर प्राणी की पहचान

मत पहुँचा ऐ मनुष्य प्रकृति को नुकसान
यह देती है इसलिए तू लेता है,
तू ही इसका सदुपयोग करता है,
फिर खत्म होते देख समाज में नारों का सहारा लेता
है,
केवल नारों से नहीं चलती यह प्रकृति
कदम आगे बढ़ाने और सोचने का दृष्टिकोण बदलना
है।

- जबीन मुजावर
तृतीय वर्ष कला शाखा हिंदी (२०१९-२०२०)



प्रकृति के अनेक रूप

हे प्रकृति कैसे बताऊँ तू कितनी प्यारी
कहीं धूप तो कहीं छाँव लाती
हर दिन आशा की नयी किरण लाती
हे प्रकृति तू कितनी प्यारी !

कभी गर्मी तो कभी ठंडी
कभी चलती तेज हवा तो
कहीं रुठ कर बैठ जाती
हे प्रकृति कैसे बताऊँ तू कितनी प्यारी !

हम सब को तू जीवन देती
जल और ऊर्जा का तू भंडार देती
कहीं धूप तो कहीं छाँव लाती
हे प्रकृति तू कितनी प्यारी !

कितनों ने किया तेरा अपमान,
कितनों ने किया तेरा बुरा हाल
नदियों के बहाव को रोक उन पर बांध बनवाए
जहाँ थे निर्मल झरने, बन गए अब गंदे नाले ।

चारों तरफ है कोंक्रीट के जंगल
पशु-पक्षी है बिसराए
बंद हवा और धूप देखकर
मन ही मन पछताएँ

कुदरत को जो छेड़ा है तुमने
सजा इसकी भयानक पाओगे
ना दौलत काम आएगी ना किस्मत की चलेगी
सजा सबको बराबर मिलेगी।

प्रकृति के शान को है मिटाया
ना रहे पड़े, पौधे, ना रही बड़ी चट्टानें
सबका किया विनाश, किया सब कुछ नाश
कितने स्वार्थी बन गए इंसान

जिससे सब कुछ है पाया
उसका ही गला घोटा तुमने
ना खेल तू कुदरत से

प्रकृति का रूप जब बिगड़ जाएगा,
कहीं बेहिसाब बारिश तो सूखा पड़ जाएगा
तरसेगा कहीं बूंद बूंद के लिए
तो कहीं पानी में डूब इंसान जाएगा

प्रकृति के रंगों को देख हम भी अचंभित हो जाते
प्रकृति के इस रूप, को देख
मनुष्य अब कैसे छुटकारा पाए
दिखेगा जब उसे विनाश सामने।

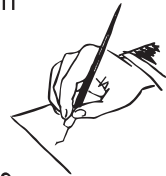
क्यों नहीं समझते प्रकृति के मूल्य को
ना कर तू कुदरत से खिलवाड़
इसके कण कण में बसा है छंद हजार
नदियाँ, झरने वृक्ष पहाड़ सब है इस में समाये।

- पिकी भारती
तृतीय वर्ष कला शाखा हिंदी (२०१९ - २०२०)



निस्वार्थ भाव से जिसने हमारी सेवा की
उस प्रकृति को हमने क्या दिया?

इससे हम हैं
हमसे ये है
इसके बिना न जीवन अपना
इसकी रक्षा कर्म है अपना



- संजना गावस
तृतीय वर्ष कला शाखा हिंदी (२०१९-२०२०)

निस्वार्थ प्रकृति

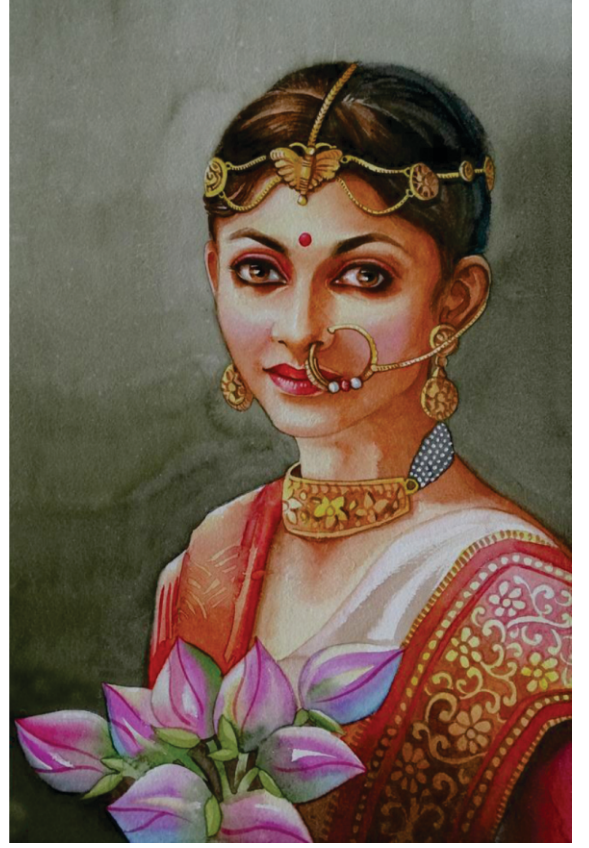
तुम हो रंग – बिरंगी
फल फूलों से भरी - भरी
प्रकृति ने हमें सब कुछ दिया
हमने बदले में क्या दिया?

स्वच्छ वायु का उपहार दिया
मनुष्य को जीवन दान दिया
प्रकृति ने हमें सब कुछ दिया
उसी का शोषण हमने क्यों किया?



स्त्री की यह कैसी प्रकृति?

जैसे प्रकृति के अलग-अलग प्रकार उसी तरह मानव प्रकृति के भी कई प्रकार हैं। अब आप सोचेंगे मानव प्रकृति क्या है? मानव प्रकृति और कुछ नहीं पर किसी मनुष्य का स्वभाव है। वह कैसे सोचता है, कैसे कठिनाइयों का सामना करता है, जीवन को देखने का उसका नजरिया क्या है आदि सब कुछ मानव प्रकृति के अंतर्गत आ जाता है। जैसे कुछ मनुष्यों का स्वभाव होता है कि वे विषम परिस्थितियों में भी अपना हौसला न खोकर हँसते हुए उनका सामना करते हैं। तो कुछ ऐसे होते हैं जो हमेशा दूसरों से दबकर अन्याय को चुपचाप सहन करते रहते हैं। ऐसे व्यक्ति जीवन में सब कुछ चुपचाप सहते रहते हैं, कभी किसी को नहीं बताते और ना ही खुद कभी उसके खिलाफ आवाज उठाते हैं। अंत में वे इतना हताश, निराश और इतना अकेले पड़ जाते हैं कि अपनी जान तक दे देते हैं। यह स्वभाव दोनों पुरुष और स्त्री में पाया जाता है। पर स्त्रियाँ, पुरुषों की तुलना में ज्यादा सहती रहती हैं और उसके खिलाफ आवाज उठाने की हिम्मत नहीं कर पाती हैं।



बचपन से लेकर अपने अंतिम समय तक स्त्री बस सहन करती जाती है चाहे वह एक लड़की, बेटी, माँ, पत्नी, बहन, दादी, सहेली या कोई भी उसका अन्य रूप हो वह सब कुछ सहन करती रहती है। इसके कई कारण हैं जैसे हमारा परिवार, हमारा समाज, धर्म और धर्म ग्रंथ आदि। एक लड़की को बचपन से ही यह सिखाया जाता है कि तुम लड़की हो और तुम्हें सब कुछ मौन रहकर सहन करना है और उसके खिलाफ आवाज नहीं उठानी है। उसे हमेशा से यह सिखाया जाता है कि तुमसे जो जैसे कहा जाए वैसे करना है बिना कोई प्रश्न किए। तुम लड़की हो, अपनी आवाज तेज कर बात मत करो, उलटे जबाब मत दो, बड़ों की हर बात मानो वगैरह। शादी कराकर जब लड़की को ससुराल भेजा जाता है तब माता-पिता यह कहकर उसकी बिदाई करते हैं कि, “बेटी की डोली मायके से और अस्थि ससुराल से ही उठती है।” इसका अर्थ यही निकलता है कि ससुराल से शिकायत हो तो भी हमारे पास वापस मत आना। शादी के बाद एक लड़की क्या कुछ सहन नहीं करती ? सास-ससुर के ताने, पति की मार, जबरदस्ती, बेइज्जती आदि। ऐसे में एक स्त्री किसके पास जाए, किसपर भरोसा करें। वह अपने माता-पिता के पास नहीं जा सकती क्योंकि उस घर के दरवाजे उसके लिए बंद कर दिए गए हैं। वह कानून के पास नहीं जा सकती क्योंकि हमारा कानून भी एक औरत के लिए सुरक्षित नहीं है। उसके जीवन में यह सब सहना और भुगतना ही लिखा है। वह इतनी बेसहारा और अकेला महसूस करती है कि कई बार हार कर अपना जीवन तक खत्म कर देती है।

हमने अपनी इस सोच के नीचे अपनी बहनों और बेटियों को इतना अकेला और बेसहारा कर दिया है कि आज वह अपने माँ-बाप से भी कुछ कहने से डरती हैं। जैसे आलिया भट की फिल्म 'हाइवे' में दिखाया गया है कि एक नौ साल की

छोटी सी बच्ची पीरा शारीरिक शोषण का शिकार होती है और वह यह बात अपने माता-पिता से नहीं कह पाती क्योंकि वह इंसान जिसने उसका शोषण किया था उसके अपने परिवार का ही था। पीरा की तरह ऐसी लाखों लड़कियाँ हमारे देश में हैं जो हर रोज अपने खुद के भाई, चाचा, मामा आदि के हाथों शारीरिक शोषण की शिकार होती हैं और वह कुछ नहीं कर पाती सिवाय चुपचाप सहन करने के। अगर वह आवाज उठाती भी हैं तो उसकी आवाज दबा दी जाती है क्योंकि एक बेटी की इज्जत और उसके सम्मान से ज्यादा हमारे समाज के लिए अपने परिवार की इज्जत ज्यादा प्यारी है। पीरा की तरह कई लड़कियाँ हैं जो केवल शारीरिक नहीं बल्कि जबरदस्ती, घरेलू हिंसा आदि की शिकार होती हैं और उनको सहारा देने के लिए, उनका साथ देने के लिए कोई आगे नहीं आता। यहाँ तक की उसके माँ-बाप भी नहीं।

हमारे समाज की सोच इतनी छोटी है कि हम बस बचपन से अपनी बेटियों को इतना ही सीखा पाते हैं कि तुम्हें बस सब कुछ चुपचाप सहना है। इसके बजाय हम उन्हें यह क्यों नहीं सीखा पाते की तुम भी एक इंसान हो, तुम्हारी अपनी एक पहचान है, अपने विचार हैं, अपना जीवन है तो उसे खुलकर जियो, दूसरों के लिए उसे तबाह मत करो, दूसरों के लिए खुद जीना मत छोड़ो। जो तुम्हें सही लगे वह करो। हम हमारे बेटों को यह क्यों नहीं सीखा सकते कि एक औरत की भी अपनी निजी जिंदगी है और तुम अपनी सोच और मर्जी उस पर नहीं थोप सकते। वह जैसा चाहे वैसे जी सकती है। उसमें दखल देने का हक तुम्हें नहीं। उसके शरीर पर भी तुमसे पहले उसका हक है। तुम उसकी मर्जी के बिना उसे नहीं छू सकते। क्यों नहीं हम अपनी बेटियों को यह सीखा सकते कि चाहे कुछ भी हो, कितनी भी छोटी सी ही बात क्यों न हो कभी अन्याय मत सहना, उसके खिलाफ आवाज उठाना। उसका डटकर सामना करना चाहे फिर क्यों न पूरी दुनिया तुम्हारी खिलाफ हो जाए। अगर हमें समाज में बदलाव देखना है, अगर हमें अपने देश को सही मायने में आजाद करना है, अगर हमें एक सुरक्षित समाज का निर्माण करना है तो अपने घर से ही सही शुरुवात करनी होगी। अपने बेटे - बेटियों में भेद भाव न करके। बेटियों की ऐसी प्रकृति मत बनाइए। उन्हें उनकी खुद की प्रकृति का निर्माण करने दीजिए।

- रिद्धी गोहिल

तृतीय वर्ष कला शाखा हिंदी



हवा के झोंके सा

हवा के झोंके सा
पल में बदल देता है जिंदगी।
बहते पानी सा
धो जाता है सारे जख्म
पल-पल के बदलते संसार में
इंसान भी तो बदल जाता है।
हवा के झोंके सा
छोटी सी चीज में बड़ी सीख देता है।
हवा के झोंके सा
गम में मुस्कुराने की वजह दे जाता।
हवा के झोंके सा
हर एक को जीने की वजह दे जाता है।
हवा के झोंके सा
कमजोर को लड़ना सीखा जाता है।
हवा के झोंके सा
अपनों को पराया, परायों को अपना
बना जाता है।
हवा के झोंके सा
जिंदगी भी पल में बदल देता है।
हवा के झोंके सा
पल में अच्छा, पल में बुरा।
ऐसा ही है यह वक्त हवा के झोंके सा

- रिद्धि गोहील
तृतीय वर्ष कला शाखा हिंदी

कोई अनजान फरिश्ता

किसी अनजान दिशा से
अनजान फरिश्ते का
अनजान संदेश लिये
आती हो तुम।

बलखाती इतराती हुई
मेरे इस उथल-पुथल मचे
मन को स्थिर करने।
छू जाती है
मेरे जिस्म-जहन को
आशा से भरा एक
स्पर्श लिये।

किसी अनजान दिशा से
आती हो तुम।
एक अनजान फरिश्ता बन
अपने साथ यादों की बारात
मेरे गाँव की सौँधी महक लिये।

किसी अनजान दिशा से
आती हो तुम
एक अनजान फरिश्ता बन
मुझे इन सारे बंधनों से मुक्त कर
आज़ाद कर जाती हो।
किसी अनजान दिशा से
आती हो तुम
मेरे इस टूटे दिल को
होले से सहला जाती हो तुम।

किसी अनजान दिशा से
आती हो तुम
पल भर रुक
कहीं अनजान दिशा में चली जाती हो
जीवन भर का पाठ पढ़ा कर।

- रिद्धि गोहील
तृतीय वर्ष कला शाखा हिंदी



तुही ही है देश, तू ही है समाज

तुही है देश, तुही है समाज।
तुझको रखना है खुद को आजाद।

मन से डर को निकाल कर,
सच की राह पर चलना है।
जागृत रखकर विचारों को,
क्रांति का भूचाल लाना है।

मानवता की कितनी जाति मानवता के कितने धर्म!
इसी असली महामारी को मिलकर हमें मिटाना है।

गंदी राजनीति वालों के आँखों में आँख डाल कहना है।
बदन में जो बहता है वो खून नहीं, हमारी आँखों में वो
रहता है।

आजाद हैं हम बैठेंगे, नाचेंगे, गायेंगे हमें किसी का डर
नहीं। मगर याद रहे रीढ़ बदन की सीधी रहे और
अभिमान की गर्दन झुके नहीं।

गांधी, तिलक, सावरकर, भगत सिंह हमने बहुत पढ़े।
अब मदर टेरेसा, बाबा आमटे, अल्वारिस को भी
पढ़ना है।

अच्छे विचारों की डगर पर समाज को आगे बढ़ाना है,
दमन चक्र की इस आजादी में बदलाव जरूर लाना है।

पंख हमारे पास हैं और उड़ना भी हमें आता है,
अगर उड़ान में आई बाधाएँ, तो टकराना हमें आता
है।

- साक्षी बोरकर
द्वितीय वर्ष कला शाखा हिंदी



सरहदें

मैं सोचती हूँ कि....
बड़ी बेरहम होती हैं ये सरहदें
दूर कर देती हैं ये
लोगों को जज्बातों से
परिवारों को नातों से
ज़मीन को ज़मीन से
प्यासे को नमी से
बड़ी बेरहम होती हैं ये सरहदें
छीन लेती हैं ये
खुले आसमा को
नहर नदी बागबा को
सभ्यता को जमाने से
अमन चैन को बहाने से
बड़ी बेरहम होती हैं ये सरहदें
बदल देती हैं ये
शान्ति को सन्नाटे में
इंसान को हैवान में
जन्नत को शमशान में
माटी को मशान में
बड़ी बेरहम होती हैं ये सरहदें
बाँटना ही इनका मकसद है
दो देशों में एक वतन को
दो हिस्सों में एक घर आंगन को
गाँव को शहर से
पिछड़े को विकास डगर से
बड़ी बेरहम होती हैं ये सरहदें
ये अदृश्य होती हैं तो
मनमुटाव पैदा करती हैं
ये प्रकट होती हैं तो
गुस्सा भरती हैं
ये सारी सरहदें ऐसी ही होती हैं.....
बेरहम।

- प्रिया कुमारी
द्वितीय वर्ष विज्ञान शाखा



कोरोना से बदला जीवन

आज कोरोना ने महामारी का रूप धरण कर लिया है। कोरोना वायरस के कारण हमारी आदतें और हमारी दिनचर्या काफी हद तक बदल गई है। हमारी जीवनशैली में हो रहे इन बदलावों को हम हर दिन अनुभव भी कर रहे हैं। कई बड़ी आपदाओं के बाद सामाजिक, आर्थिक समझ और जीवनशैली में बदलाव देखे गए हैं। कोरोना संकट के दौर में भी देश दुनिया में सामाजिक जीवन काफी हद तक प्रभावित हो रहा है।

हमारे खान-पान और तौर-तरीकों से लेकर हमारी कार्यशैली बदल रही है। सड़के सुनी हो गई हैं। जहाँ लोग स्वच्छंद होकर चलते थे। एक दूसरे से मिलते थे। अपनी आवश्यकता के लिए दिन-रात मेहनत करते थे। प्रति-पल अपनी प्रगति के सोचा करते थे। लोग कहते हुए थकते नहीं थे कि क्या करूँ मेरे पास समय नहीं है और आज? अधिकांश लोगों के पास समय ही समय है परंतु कोई काम नहीं है।

प्रतिदिन कमा कर खाने वालों के तो और बुरा हाल है। आज उनकी स्थिति तो और खराब हो चुकी है। एक ओर महामारी तो दूसरी ओर रहने एवं भोजन पानी की समस्या। मेहनती होने के बावजूद भी रोटी के लाले पड़ गए हैं।

कोरोना से लोगों में सोशल डिस्टन्स, सामाजिक दूरी शब्द का अधिक से अधिक उपयोग किया जा रहा है और हो भी क्यों नहीं? कोरोना में सामाजिक दूरी एकमात्र उपचार तो नहीं बल्कि बीमारी से सतर्क रहने का कारगर इलाज जरूर है। समाज में ईश्वर के बाद दूसरा स्थान डॉक्टरों को दिया जाता है। कोरोना ने उनकी जिम्मेदारियाँ और बढ़ा दी। उसके साथ ही साथ पुलिस, नर्सिंग होम, सफाई मजदूरों का स्तर लोगों की नजरों में बढ़ गया।

कोरोना के कारण देश-दुनिया में घोषित लॉकडाउन के दौरान हमारे पहनावे और रहन-सहन में बड़ा बदलाव आया है। ऑफिस, बैंक या अन्य कार्यस्थल जाना नहीं हैं, इसलिए शर्ट, पैंट, जींस, कोर्ट या अन्य किसी प्रोफेशनल आउटफिट की जगह टीशर्ट, पैजामा जैसे कम्फर्ट कपड़े पहन रहे हैं।

भारतीय संस्कृति में हाथ जोड़कर 'नमस्ते' से अभिवादन करने की परंपरा रही है। कोरोना महामारी जब फैली तो स्वास्थ्य विशेषज्ञों ने हाथ मिलाने की आदत से परहेज करने की सलाह दी और सोशल मीडिया में Don't shake hands और नमस्ते ऐसे हैशटैग वायरल हुए। हमारी साफ-सफाई की आदतों में भी काफी सुधार आया है। विश्व स्वास्थ्य संगठन ने कोरोना से बचने के लिए दिनभर समय-समय पर हाथ धोते रहने की सलाह दी। पास रखे जाने वाले अन्य जरूरी सामानों में एल्कोहोल युक्त सेनिटाइजर भी शामिल हुआ। घर के सामानों से लेकर छूने वाली सतहों के सेनिटाइजेशन के प्रति हम जागरूक हुए।

लॉकडाउन के दौरान हम सभी को अपने परिवार और रिश्तेदारों के साथ समय व्यतीत करने का अवसर मिला। ऑनलाइन कई सारे चीजें सीखने को मिली। अपने अंदर की कला को उभारने का मौका मिला, कला में निखार आया। इन दिनों लोगों का होटल जाना बंद सा हो गया है। गलियों और चौराहों पर चटपटे चाट, भेलपूरी, पानीपूरी और अन्य चटखारों का आनंद लेना संभव नहीं है। ऐसी स्थिति में घर के किचन में ही लगातार प्रयोग हो रहे हैं। कुछ प्रयासों के बाद लोग सफल भी हो रहे हैं। इन्टरनेट पर ऑनलाइन रेसिपी खूब सर्च की जा रही है। किचन से दूरी बनाकर रखने वाले लोग भी अब शेफ बनकर उभर रहे हैं।

सबसे ज्यादा अगर इस कोरोना काल में किसी को फायदा हुआ है तो वह है प्रकृति को। प्रदूषण काफी हद तक कम हुआ है और पर्यावरण साफ और सुरक्षित। नदियों का पानी साफ हो गया है। दिल्ली से हिमालय की चोटियाँ स्पष्ट दिखाई देती हैं। पशु-पक्षी सड़कों पर दिखाई देने लगे हैं। ग्लोबल वॉर्मिंग का स्तर काफी कम हो गया है। हवा भी काफी हद तक स्वच्छ हो गई है और फिर से पर्यावरण खिल उठा है।

बैंकों में भीड़ कम हो गई है; थाने में आपराधिक मामले दर्ज नहीं हो रहे हैं, नहीं तो हर छोटी-छोटी बात लेकर एक दूसरे से लड़ते और थाने पहुँच जाते थे। पहले शादी एवं जन्म दिवस के समारोह में बहुत सारे लोग एकत्रित होते थे और फिजूल खर्च भी होता था। वह सब इस कोरोना काल में बंद हो गया है। बंदी के बाद देश में प्रदूषण में भारी गिरावट आई है, जो मानव को कुछ संदेश देती है कि, हे मानव! यदि अभी भी तुमने प्रकृति से कुछ सीख नहीं ली तो प्रलय आना निश्चित है।

बंधन के अनुभवों से नई जागरूकता और जीवनशैली में परिवर्तन होना ही व्यावहारिक जीवन का आधार है। सबका जीवन सादगी पूर्ण हो गया है। नौकर प्रथा भी समाप्त होती नजर आ रही है। आज लोग परस्पर एक-दूसरे की मदद कर रहे हैं, लोगों में दान धर्म करने की प्रवृत्ति बढ़ी है। अब बस भगवान से यही दुआ है कि यह महामारी जल्द से जल्द खत्म हो जाए। सारे इस रोग से पीड़ित स्वस्थ हो जाए और जल्द ही सब पहले जैसे हो जाए। तब तक के लिए हँसते रहिए, गुनगुनाते रहें और सबसे आवश्यक 'मास्क पहनकर सामाजिक दूरी बनाए रखें।' घर पर रहें, सुरक्षित रहें! धन्यवाद।

- निकिता तिवारी
प्रथम वर्ष कला शाखा हिंदी



हमारी प्यारी बेटियाँ

देवी सरस्वती की पुस्तक है बेटियाँ
देवी पार्वती की त्रिशूल है बेटियाँ
देवी लक्ष्मी की अमूल्य धन है बेटियाँ
सारी देवियों का स्वरूप है बेटियाँ

बचपन से होशियार होती हैं बेटियाँ
माँ की बहादुर शिष्या होती है बेटियाँ
हर माह खून से लतपत होती बेटियाँ
दुख - दर्द छुपाए रहती हैं बेटियाँ

देश की आन पर जब बात आती
जान देने के लिए तत्पर रहती हैं बेटियाँ
चाहे जहाँ बुलाए माटी
वहाँ मर मिटने के लिए "आतुर" रहती हैं बेटियाँ

झाँसी की रानी बनती बेटियाँ
दुश्मनों का सर्वनाश करती बेटियाँ
मंदर टेरेसा बन लोगों की सेवा करती बेटियाँ
अनाथों को खाना खिलाती बेटियाँ
रानी पद्मावती बन पति की रक्षा करती बेटियाँ
मान सम्मान के लिए "जोहर" करती बेटियाँ

आंगन की तुलसी होती है बेटियाँ
सबकी परेशानी का हल होती हैं बेटियाँ
जहाँ पर दुखों का बादल हो
वहाँ पर खुशियों की रोशनी करती हैं बेटियाँ
जिंदगी में खूबसूरत दुआ होती है बेटियाँ

खुशकिस्मत होते वह जिनको ईश्वर देते बेटियाँ
रोशन करता बेटा बस एक ही कुल को
दो दो कुलों की लाज होती हैं बेटियाँ

माँ पापा को उदास देख रोती हैं बेटियाँ
खुद से पहले अपनों के लिए जीती हैं
हमारी देश की बेटियाँ....

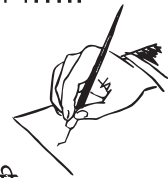
- तारा लमाणी
तृतीय वर्ष कला शाखा हिंदी



हिंदी हिंदुस्तानी की पहचान

ख्वाहिशों की डगर में हम खो से गए
हम अपनी मातृभाषा हिंदी को ही भूल गए
गर्वित महसूस करते अंग्रेजी में बात करके
भूल गए इसी अंग्रेजी ने किया था
जुल्म और आक्रमण हम पर
सिर्फ १४ सितम्बर को ही याद आता हमें हिंदी
बचाओ अभियान
वरना करते हम सिर्फ अंग्रेजी का ही गुणगान
भूल जाते हम हिंदी को अपमानित करते
खुद हम हिंदुस्तानी इंसान
आत्मनिर्भर देश बनने की कोशिश है जारी
स्वदेशी चीजों के संग स्वदेशी भाषा भी
जरूरी
अनेकता में एकता का प्रतीक है हिंदी
आजाद भारत का स्वाभिमान है हिंदी
जन जन की भाषा है हिंदी
भारत की आशा है हिंदी
सरल शब्दों में कहा जाये तो जीवन की परिभाषा है
हिंदी
हिंदी से है हिन्दुस्तानियों का मान
हिंदी को मेरा शत शत प्रणाम.....
जय हिंद जय हिंदुस्तान

- तारा लमाणी
तृतीय वर्ष कला शाखा हिंदी



कोरोना का कहर

पहले ही समय बहुत कठिन चल रहा था
इंसान के अंदर ही शैतान पल रहा था
करुणा का स्थान घेर रही थी हैवानियत
नर्क के समान यह ग्रह जल रहा था

तभी उत्पन्न हुआ एक शत्रु अज्ञात
दूरियां बढ़ने की हो गयी शुरुआत
अपनों को अपनों से दूर कर दिया
मरते हुए को भी बेसहारा छोड़ दिया

देश से विदेश में यह फैलता चला गया
पैरों तले जिंदगियाँ मसलता चला गया
जानवरों को मिल गई आजाद प्रकृति मगर
मनुष्य को घरों में कैद करता चला गया

मुश्किल में थी सब की जान बड़ी
सब चिकित्सकों पर आन आ पड़ी
अस्पतालों में भीड़ बढ़ने लगी
सड़कें थी सब सुनसान पड़ी

सब पैतरे आजमा कर देख लिए
सरकारों ने घुटने टेक दिए
कुछ गलत फैसलों ने मासूमों को
मौत के मुंह में फेंक दिया
वही कुछ ने कितनों की जान बक्श दी

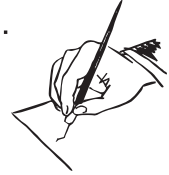
लॉकडाउन की वजह से
जिंदगियाँ बच गयी
मास्क और हैंडवॉश से
हमारी जिंदगी चल पड़ी

धर्म और जाति में बँटने वाले हम मनुष्य
आज एक होकर इसका सामना कर रहे हैं
भगवान के सहारे ना सही
हमारे चिकित्सकों की वजह से ही जी रहे हैं

प्रकृति भी अपना घाव भर रही है
एक नई दुनिया की शुरुआत कर रही है।
जीतनी है हमें यह जंग मिलकर
दो गज की दूरी बनाकर
हातों को अच्छे से धोकर
और बाहर जाते समय मास्क पहनकर

बस इन्ही बातों का रखकर ख्याल
हमें कोरोना को करना है बेहाल..

- तारा लमाणी
तृतीय वर्ष कला शाखा हिंदी



आँसुओं का सैलाब

हवा की तेज रफ्तार में
उड़ गया छप्पर मेरे घर का
जो दीवारें बनाई थी खून पसीना एक कर,
बह गई पानी में
अपने अरमानों के आशियाने को
बहते देख पानी में
आँसुओं का सैलाब आ गया आँखों में
दो प्यारे बैल थे मेरे
एक बह गया बाढ़ में
दूसरा डर से कांप उठा
यह देख
आँसुओं का सैलाब आ गया मेरी आँखों में
हरे-भरे खेत जिन्हें मैंने प्यार से सींचा था
वह भी पानी के अंदर समा गए
देखते ही देखते पूरा गांव जल समाधि ले चुका
देखते ही देखते पल भर में हमारा आशियाना उजड़
चुका
बारिश हो तो भी, ना हो तो भी
हम किसानों के फूटी किस्मत में तो
आँसुओं का सैलाब ही लिखा है।

- जीजाबाई चव्हाण
तृतीय वर्ष कला शाखा हिंदी



मैं तो नन्ही सी जान

माँ क्या गलती थी मेरी
क्या इस दुनिया में आना?

मैं तो नन्ही जान थी
इस सब से अनजान थी।
पर तू तो नहीं थी
और ना ही वह ईश्वर था।
तो क्यों भेजा उसने मुझे यहाँ?

मैं तो नन्ही जान थी
इस सब से अनजान थी।
मैं खुद को नहीं संभाल सकती थी
मुझे क्या पता अच्छा बुरा
ना जानती मैं अपना-पराया।

मैं तो नन्ही जान थी
इस सब से अनजान थी
मैंने अब तक जीना नहीं सीखा
माँ - पापा बोलना नहीं सीखा
मैं तो नन्ही सी जान थी
किसी की वासना का भोग बन बैठी।

मैं तो नन्ही सी जान थी
इस सब से अनजान थी
मैंने तो प्यार का मतलब नहीं जाना
माँ के मुख से गुड़िया नहीं सुना
पापा के मुख से बेटा नहीं सुना
उजाड़ दी किसी दरिंदे ने
मेरी प्यारी दुनिया।

मैं तो नन्ही ही जान थी
इस सब से अनजान थी
क्या बीती होगी उस माँ पर
खोई जिसने अपनी लाडो
क्या बीती होगी उस बाप पर
खोया जिसने दिल का टुकड़ा

क्या बीती होगी..
मैं तो सोच ही नहीं सकती।

मैं तो नन्ही सी जान थी
इस सब से अनजान थी
देख ही नहीं सकती
मेरी माँ को रोते हुए
अपने पापा को टूटे हुए।

मैं तो नन्ही ही जान थी
इस सब से अनजान थी
दर्द क्या मैं क्या जानूं
नहीं सह पाई मैं
नहीं चिल्ला के बुला पाई मैं
नहीं चीख सकी मैं।

मैं तो नन्ही सी जान थी
इस सब से अनजान थी
सब चुप चाप सहती रही मैं
माँ मुझे पता होता
तो नहीं जाती खेलने मैं।
पता होता वह इंसानी राक्षस है
तो नहीं जाती।

मैं तो नन्ही सी जान थी
इस सब से अनजान थी
पर वो भी मेरी तरह नासमझ था
के कभी उसकी माँ ने
उस के कान नहीं खींचे
क्या कभी उसके पापा ने
उसको डाटा नहीं
क्या कभी उसे किसी ने
संस्कार नहीं दिए
क्या कभी किसी ने
उसे सही गलत नहीं बताया।

मैं तो नन्ही सी जान थी
इस सब से अनजान थी।



- रिद्धि गोहील
तृतीय वर्ष कला शाखा हिंदी

बारिश

मंद- मंद सी
बेरंग बूंदें
नीले अंबर
से उतावली बन
धरती की प्यास
बुझाने आई हैं।

कई घरों को खुशियों से
कई को उजाड़ने आई हैं।
धरती को नवजीवन से भरती
कई जीवन नष्ट कर जाती हैं।

कभी शांत सी
तो कभी तूफान
बन जाती हैं
जगह- जगह
गिरगिट सी रंग
रूप बदलती
खुद को हर आकार में
ढालती जाती हैं।

अन्नदाता की उम्मीद
जो वक्त पर आती वो
बे वक्त की बारिश तो
बना - बनाया खेत
उजाड़ जाती।

प्रकृति की सज़ा
सिर्फ एक को ही मिलती
हर इंसान की करनी की
भरपाई उसके सिर जो आई

- रिद्धि गोहील
तृतीय वर्ष कला शाखा हिंदी





हे धर्तरे माये आमच्या

हे धर्तरे माये आमच्या,
त्रासांत गे तुका घालून
जीण आमी जगता
प्रदुशण गे आमी तुज्या भुयेंर करून
स्वास तुजोच घेता
उद्योगार्चे गे कारण दिवन
झाडां-भुरग्यांक तुज्या मारता
परतून रोपे लावपाच्या विचारान
मान गे आमची न्हयकारता

शारिरीकरणांत तुजी हजारानीं भुरगीं गे
ना जावन वतात
त्या शारांत मनशां जरी रावलीं तरीय गे
जनावरांच्यान पाश्ट वागतात
खिणा-खिणा गे कचऱ्याचे डबे उबे
ओंततसर भरलेले आसता
ते खाली करपाक गे सरकार जाय
पूण स्वता खंय कोण करता?

मानता गे आमकां कितलेंय सांग
उमत्यां कळश्या उदक जाता
शंबरांच्या धांक जरी मत गे आसा
तरीय समजतना अनाडीच उरता
हे धर्तरे माये आमच्या
मागता गे चूक आमची
तुज्या पाचव्याचाराच्या यादीन
हय, तेन्ना दुकां व्हावतलीं आमचीं

- निधी नायक
बी.ए. निमणें वर्स



शिंयाळ्यांतलो सांतोण

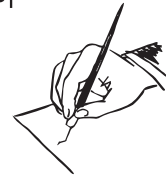
रुख तूं इतलो व्हड
लांब लांब परसिल्ल्यो तुज्यो खांदयो-पानां
तुज्यासरीं पावतनाच कळटा
कारण तुजो परमळ फांकता पुराय रानां

मान वळटसर, दोळे लिखलिखतसर,
वयर पळोवचो पडटा तुका
मळबाच्या आंगणांत तुजीं फुलां खेळचीं
म्हूण देवान दिसता रचला तुका

येवन सांवळेंत तुज्या
म्हजें शेणिल्लें, थकिल्लें मन जाता मुक्त
तुज्या फुलांच्या परमळानच
हें सगळें सैम जाता तूत

रानांतलो तूं राजा कसो
तुज्यासारको प्रचंड आसा तरी कोण?
म्हजो सदैव सुखा-दुखाचो सांगाती
हय, तूंच रे सांतोण

निधी नायक
बी.ए. निमणें वर्स



नितळसाण आमकां कित्याक गरजेची ?

नातें

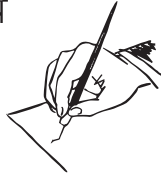
जितलो भुंयेचेर आमीं कोयक करतात
तितलींच दुयेसां आमीं मागून घेतात
तर सुरु करुया आमची नितळसाण
करुन ह्या सगळ्या कोयराक फाट

नितळसाण करात सुरु तुमच्या घरांतसून
ज्या आस-या खाली तुमी रावतात
करात ताका सोबीत फूल
निवळ नितळ घर करुन
रावात कोयरा मुक्त

बरी दवरुया भलायकी आमची
रावून बुरशेपणा सावन पयस
कूड आमची नितळ सांबाळून
दवरुया भलायकी घट्ट
करुन सगळ्या रोगांक पयस
नितळ दवरुया सैम आमचें
करुन सैमाची राखण
अजिवीक कोयर उणो करुन
सैमाचें चक्र चालू दवरुन
दिवंया सैमाक सांगांत

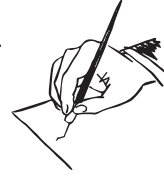
सगळ्यांत पयलीं गरजेची म्हणल्यार
नितळसाण आमच्या मनाची
वायट चिंतनां पयस दवरुन
दुस-याचें सदांच चिंतून बरें
जावुंया आमीं मनीस नवे

असीमा कोलासो
बी.ए. पयले वर्स



पावसा विणें
रखरखत्या वतांत
सैम सुकून रे गल्लो
अश्याच वेळार अकस्मात सुर्य लिपलो,
सर भोंवतणीं पानांचो सळसळ रे सुटलो,
मोत्यां झडयत पावस
पुराय सैमांत मातयेचो
परमळ पातळायत रे चल्लो
सैम चिप्प-चिप्प भिजलो पावसाच्या स्पर्शान
सैम फुलून रे उठलो
त्याच घडयेक ताचे मदीं
सोबीत इंद्रधनुश्य रे घडलो
आनी असोच एक दीस पावस सैमाक
सुको सांडून रे पळ्ळो
सैम नकळत दोळ्यांत तेल घालून
पावसाची वाट पळयतूच रे उरलो

- एन्ड्रिया फर्नांडीस
बी.ए. निमणें वर्स



तवश्यांचें फेस्त 1st August 2021

तालावलीं गांवचें मूळ नांव तळावी आसलें. तळावी हें उतर तळ ह्या उतरांतल्यान तयार जालां. कोंकणींत तळ म्हणल्यार दोंगुल्ले वटेनची सकयल्या भागांतली जमीन. ह्या जमनीच्या एके वाटेन दोंगर जाल्यार एके वाटेन ल्हान न्हंय आसा. १५७७ ह्या वर्सा कांय भक्तांनी हांगाचे जमनीचो एक ल्हान भाग घेतलो आनी ताका 'किंवता दे सांत आना' हें नांव दवरलें. हो जमनीचो भाग तांणी जेजुइत मिशनऱ्यांक आपलें धर्मस्थान बांदून हाडपा खातीर भेटयलो. तेन्ना सावन ह्या गांवाक सांतानां ह्या नांवान वळखुपाक लागले, पूण आयज सांतानांचें फक्त 'सांतान' इतलेंच मर्यादीत जावन उरलां. सांत आनांचें पयलें कोपेल १५७७ ह्या वर्सा बांदून काडलें. उपरांत ताची पुनर्रचणूक करून ताका इगर्जेचो दर्जो दिलो. मोंसिन्होर फ्रांसिस्को रेगो, जो तेन्नाचो पाद विगार आशिल्लो ताणें सांत आनाची, लोकांनी केल्ली वाडटी भक्ती पळोवन परत ह्या इगर्जेचो पोरणो रुपकार बदलून तिका नवें रूप दिवपाचें येवजिलें. पूण इगर्जेचो हो वावर चलतना तो संवसाराक अंतरलो आनी ताचे उपरांतचो उरिल्लो वावर पाद्री आंतोन्यो फ्रांसिस्को दा कुन्हा हाच्या हातांतल्यान पूर्ण जालो. इगर्ज १६९५ वर्सा बांदून तयार जाल्ल्यान हें वर्स इगर्जेच्या मुखेल फुडल्या दारार कोरांतिल्लें आसा. इगर्जेची बांदावळ भारतीय बारोक वास्तुशिल्पशास्त्र पद्धतिचेर आदारिल्ली आसा.

दर वर्सा जुलाय म्हयन्याचे २६ तारखेक, क्रिस्तांव पवित्र सभा सांत आना आनी सांत ज्योर्कीची परब मनयता. तीं, आंकवार मारयेचीं आवय-बापूय आसलीं, तशेंच जेजू क्रिस्ताचीं शेपाय-शेमाय आसलीं. देखून ह्या दिसाक शेपाय-शेमायचो दिसूय मनोवप जाता.

ज्योर्की जेरुझाल्यांतलो एक सादारण राखणो आसलो, ताचें लग्न आना हिचे लागीं जालें. तांच्या लग्नीक जिविताक खूब वर्सां जाल्लीं पूण तांकां भुरगें नासलें. एक दीस ज्योर्की आपल्या वावराक म्हणून शेतांत गेल्लो आसतना थंय देवाचो दूत प्रकट जालो आनी



तांकां चली जल्मतली, अशें दुतान ताका कळयलें. आनाकूय असलेंच दर्शन घडलें. कांय काळा भितर तांकां एक चली जल्मली, जाचें नांव तांणी 'मॅरी' दवरलें. जाचो अर्थ, 'देवान अपुरबाय केल्ली'. मागीर तीं जेरुझाल्यासावन नाझारेथच्या गांवांत आयलीं. थंय 'मॅरीचें' शिक्षण जालें आनी देव भिरांतेन ती वाडली.

हे खातीर गर्भेस्त बायलांची राखणदार म्हणून सांत आनाक पाचारतात. अशें मानतात की तिचे लागीं विनंती करपी गर्भेस्त बायलांक तिचे ३ उपकार फावो जातात.

१. सुरक्षीत बाळंटेर
२. घटमूट भुरगें आनी
३. आवयक समर्थ दुदाची धार.

गोंयच्या तालावले(सांतान) गांवांत, जो गोवा वेल्ला मजगतीं पडटा, थंय व्हडा भक्तिपणान सांत आनाचें फेस्त मनयतात. जुलायाची २६ तारीख जर

आयताराक येना जाल्यार म्हयन्याच्या निमाण्या आयताराक हें फेस्त गांवचो लोक मनयतात. वेग-वेगळ्या धर्मांतलो लोक आपल्यो आंगवण्यो तश्योच गरजो घेवन सांत आनाचे पांयां लागीं येतात. तशेंच, ज्या भक्तांच्यो आंगवण्यो पूर्ण जाल्यात ते भक्त आपल्यो आंगवण्यो फेस्ता दिसा फारीक करतात.

उपरांत गांवांतल्या एका गांवकाराक तशेंच आनीक एके पिडेस्त बायलेक, एक जाणटी बायल प्रगट जावन "इगर्जेर आपलो हक्क आसा आनी आपणाक इगर्जेत जागो जाय" अशें सांगून नाच्च जाताली, अशी काणी पुर्वजांकडल्यान आयल्या आनी थंयच्या गांवच्या लोकांच्या ओंटांचेर ती आयजूय घोळटा देखून घडयेक सांत आना हिकाच थंयचे इगर्जेची पात्रोन(धनी) म्हणून तेन्ना मानून घेतिल्ली असो समज आसा.

परबे दिसा हजारांनी भक्त मिसाक वतात. वतना आपल्या वांगडा दोन तवशीं व्हरतात. एक तवशें सांत आनांच्या पांयांकडेन दवरतात आनी दुसऱ्याचेर तिचो आशिर्वाद मागून तें घरा हाडटात. तें मागीर खावपाक शकतात.

काजारी जोडपीं जांकां भुरगें जावपाक त्रास जाता, तीं सांत आनाक तवशें भेटयतात तेन्ना, "सेन्होरा, तोमाय पेपिनो, दाय-मा मिनिनो" अशें म्हणटा. पुर्तुगेज भाशेंतलें पेपिनो म्हळ्यार कोंकणींत तवशें आनी मिनिनो म्हळ्यार भुरगें. कोंकणींत "गे तवशें आनी दी भोपशें" अशेंय म्हणपाची चाल आसा. कांय नव्यो

काजार जाल्ल्यो व्हंकलो सांत आनाक आपल्या काजाराचो चुडो भेटोवन भुरग्याच्या देण्या खातीर प्रार्थना करतात.

फक्त काजारीच न्हय तर आंकवार चले/चलयो लेगीत मोठे श्रध्देन तिचे लागीं आपणाक बरें/बरो सांगाती मेळपा खातीर विनवणी करतात. आंकवार चले तिका कुलेर भेटयतात आनी तें भेटयतना "सेन्होरा, तोमाय कुलेर, दाय-मा मुल्हेर" म्हणटात, कोंकणींत "गे कुलेर आनी दी मुलेर". पुर्तुगेज भाशेंतलें मुल्हेर म्हळ्यार कोंकणींत बायल.

आंकवार चलयो तिका उरीद(lentils) भेटयतात आनी भेटयतना "सेन्होरा, तोमाय उरिदो, दाय-मा मुरिदो" म्हणटात, कोंकणींत "गे उरीद आनी दी मुरीद". पुर्तुगेज भाशेंतलें मुरिदो म्हळ्यार कोंकणींत घोव.

अशे रितीन भक्तांची आंगवण पूर्ण जाता तेन्ना फुडल्या वर्सा थंय फेस्ताक वचून तिचे उपकार भक्त आटयतात तर कांय जाण तिका तवशीं, भेटेंत ओंपतात. परबेच्या दिसा इगर्जे भायर पुरसांव काडटात. मीस सोंपल्या उपरांत सांत आनाक भक्तांनी भेटयिल्लीं तवशीं पडटात तीं परबेच्या मिसाक वांटो घेतिल्ल्या पाद्रींक तशेंच गांवच्या लोकांक वांटतात.

पुर्तुगेज गोंयचेर राज्य चलयताले तेन्नाच्या काळासावन आयज मेरेन सांत आनाक तवशीं भेटोवपाची चाल थंयच्या गांवच्या लोकांमदीं चालू आसा. पूण ह्या वर्सा कोरोना विशाणूक लागून नवेनां तशेंच फेस्ताचें मीस टी.व्ही ह्या प्रसार माध्यमांवेल्यान भक्तांमेरेन पावोवपाचो वावर इगर्जेच्या पाद्रींनी तशेंच गांवच्या लोकांनी केला.

- सियालीनी फेर्नादीस
कोंकणी प्राध्यापिका



कोविड महामारींत सैम



आमीं सगळीं आमच्या जिवीतांत गुल्ल आसलीं. सुखती वा भरती आसून लेगीत आमीं आमच्या जिवीताचें व्हडें हांसत खेळत तांडतालीं आनी ल्हान-व्हड वादळ मोडांक फुडो करीत मुखार वतालीं. सगळें वेवस्थीत चलता आसतना अकस्मात आमच्या सगळ्यांच्या जिवीतांत “कोविड महामारीचें” तुफान उप्रासलें. ह्या तुफानांत खुबश्या लोकांनी आपलो जीव वगडायलो, काम धंदो ना जावून कितलेशेच लोक अन्नाक वळवळल्ले. ह्या महामारीक लागून लोकांचेर जायतोच वायट परिणाम जालो तशेंच ह्या काळांत कांय ब-योय गजाली घडल्यो. कोविड महामारीची पसरणी चड जांवची न्हय म्हण थोड्या दिसांखातीर लॉकडाउन आशिल्लें. कामाक वचपी आवय-बापायक आपल्या भुरग्यां सांगता वेळ सारपाक मेळ्ळो. घरांत रावून खूबशा लोकांनी पुस्तकां बरयलीं, कांतारांचे व्हिडियो काडले, नवीं-नवीं पक्वांनां रांदूंक शिकलीं आदी. फाटल्या १० वर्सांनी आमीं सैमाचेर धांवती नदर मारली जाल्यार आमकां सगलेंच नश्ट जाल्लें दिसता. “मनीसजात खूब स्वार्थी. आमीं सगळ्यांनी सृश्टीचो दुरुपयोग केला. पयशांचे आशेक लागून झाडां कापून व्हडलीं-व्हडलीं रानां नश्ट केल्यांत. आमचें स्वताचें घर निवळ करून भायर उडोवपाचें सामान वा कोयर उदकांत नाजाल्यार रस्त्यार हांगा थंय उडोवन आमीं उदकाचें आनी धर्तरेचेर प्रदूषण केलां. देशाची उदरगत जायत गेल्या पूण सैमाची दुर्दशा जाल्या. दिसान-दीस रस्त्यांचेर गाडयो वाडत आसात आनी ह्याच कारणाक

लागून वायुचें प्रदूषण चड जालां. लॉकडाउनांत काम-धंदो, सगळेंच बंद आशिल्ल्यान आमीं घरांतूच आशिल्लीं. सकाळचो वेळ खूब शांत आसतालो, सुकण्यांची मधूर गितां आमच्या कानार साद घालतालीं, हरशीं भशेन मोटारींचो आवाज नाशिल्लो. रस्त्यार मोटारी नाशिल्ल्यान वारें शुद्ध आसलें. व्हडलीं-व्हडलीं रानां नाच्च जाल्ल्यान जनावरांची घरां नश्ट जालीं. आमकां सगळ्यांक कसलींच बंदना नासतना मेकळीकायेन जिवीत जियेवपाक जाय पूण जनावरांय आमचेच समान म्हण आमीं समजनात. आमकां इतलें शिकप आसा तरीपूण आमीं अशिक्षीत जाल्लेवरी वागतात. मनीस आपले खोशयेखातीर वा एक छंद म्हण जनावरांक पांदर्यांत बंदी करून दवरता. लॉकडाउनांत १५ दीस आमी घरांत आशिल्ल्यान आमकां उबगण आयली पूण मोनजात आनी सुकणीं बाबडीं कितलेशेच दीस, म्हयने आकाशांत उडनास्तना त्या पांदर्यांत, बंदखणेंत आशिल्लेवरीं आसतात. थोड्या दिसांखातीर आमीं सगळीं घरांत बंद आशिल्ली देखून शेंवणीं तशेंच हेर जनावरांक मेकळेपणान भोंवपाक संद मेळ्ळी. घरांत बसून हें सगळें आमकां बातमीचेर दिश्टी पडटालें. आमचो आसपाव नासतना सगळें बरें जाल्लें आमकां दिसता. हे घडणुकेवेल्यान आमींच आमच्या करण्या वरवीं सैम इबाडलां म्हण आमच्या दोळ्यांमुखार येता. सैमा विशीं “उलोवप वा बरोवप” हें खूब सोंपें पूण तें आमच्या जिवितांत पाळप वा वेव्हारांत हाडप खूब अवघड. तरी आसतना आमचें सैम सांबाळपाखातीर संद मेळटा तेन्ना चड न्ही जाल्यार थोड्या प्रमाणात तरी योगदान दिवप हें दर एकल्याचें कर्तव्य जावन आसा. तर आमीं आमची चूक वळखून घेवूया, हे कोविड महामारीच्या परिणामांतल्यान कितें तरी शिकूया आनी आमच्या जिवितांत ताचो वापर करूया. देव बरें करूं.

- एन्ड्रिया फर्नांडीस
बी.ए.दुसरें वर्स

सैम

सैम हें उतर आयकले उपरांत मनांत एक वेगळोच विचार तयार जाता. सैमाक एकूच अशें खाशेलें नांव ना, तर ताका वेग-वेगळ्या तरेच्या नांवान आमी सैमाक वळखतात. धर्तरेर रावपी दर एकलो खूब भाग्यवान म्हणपाचें कारण, देवान सैमा सारकी मोलादीक भेट जण एकल्याच्या आयुश्यांत दिल्या. ज्या तरेन एक आवय दीस-रात कश्ट करुन आपल्या भुरग्याची काळजी घेता तेच तरेन, आमी सैमाची काळजी घेवपाक जाय. सैमाची सोबीतकाय वाडोवपाक जाय. सैमाची सुंदरताय हीच आमची व्हडवीकताय. अशें म्हणटात की सैमामदीं आनी मनशां मदीं घट्ट नातें आसता. जेन्ना-जेन्ना मनीस कठीण परिस्थितीन आसता, त्या-त्या वेळार सैम मनशाचो सांगात दिता. सैमाची सुंदरताय, निरागसताय, सोबीतकाय पळयले उपरांत मनीस कांय खीण आपली सगळी चिंता विसरता. साहित्यकारांनी सैमाचेर कथा, कविता, लेख, निबंद बरयल्यात आनी हें सगळें आमकां साहित्याच्या रूपांत वाचपाक मेळटा.

सैम हो शब्द विवीध संदर्भाखातीर वापरतात. सगळ्यांत म्हत्वाचे संदर्भ म्हळ्यार झाडां, जनावरां, रानवटी जिवीत आनी धर्तरी वयली रचना म्हळ्यार पर्वत, दर्या, रान, समुद्र आदी. सरभोंवतणीचें निसर्गाचें सौंदर्य म्हळ्यार देवाचो सगळ्यांत व्हड आशीर्वाद.

आमी जण एकल्यान सैमाची काळजी घेवपाक जाय. सैमाची सोबीतकाय इबाडपाक दिवपाक जायना. आमकां सैमा पासून खूब कितें कितें मेळटा. सैमातल्या एक-एक घटकांत खाशेलपण आसा. झाडां पासून आमकां प्राणवाय मेळटा. तशेंच सैमान अशीं कांय झाडां आसात, जांचो वैजकी उपचाराखातीर वापर जाता. थोड्या-थोड्या झाडाचीं पाळां, पानां, कात आदी हांचो चडान चड वापर जाता. सैमान आशिल्ली जनावरां, सवणीं, झाडां सैमाचें सौंदर्य वाडयतात. सैम आमच्या जिणेतलो एक म्हत्वाचो भाग आसा. सैमा कडल्यान आमकां खूब कितें-कितें शिकपाक मेळटा.

जशी-जशी उदरगत वाडत गेली, तसो सैमान बदल घडत गेलो. एक खिणाक सगळेंच बदल्लें. सैमाची सगळी सोबीतकाय शेणली. उदरगतीच्या नांवांन मनशान झाडां, दोंगर कातरले. खणकाम सुरू जालें. जो पांचवोचार सैम आशिल्लो तो सगळो रगता सारको तांबडो आनी बोडको जावपाक लागलो. जनावरां मारपाक लागले, रान कापपाक लागले. रानान जीं जनावरां, सवणीं आशिल्लीं तीं गांवांनी, लोकांच्या घरांनी, शेतांनी रिगपाक लागलीं. पिकां इबाडोवंक लागलीं. जी शिक्षा मनशांनी तांकां दिल्ली तीच शिक्षा जनावरांनी, सवण्यांनी मनशांक दिली. ज्या तरेन मनशांक आपले घर मोडतकीर जाता, तशेंच जनावरां, सवण्याक जाता. जनावरां मनशांक दुसमान मानपाक लागलीं. आयज आमी मेळटा थंय प्रदुशन करतात, मेळटा थंय कचरो उडयतात. आमी हें विसरतात की जर आमी सैमाक दुखयलो जाल्यार आमकांच त्रास भोगचे पडटले

आमी सैमाची काळजी घेवपाक जाय. सैम आनी सैमाचें सौंदर्य म्हूण आमी मनशां आसात. सैमाक दुखोवपाक जायना, सैम नश्ट करपाक जायना. झाडां, जनावरां मारपाक जायना. सैमाची सोबीतकाय इबाडपाक दिवपाक जायना. सैम हो आमच्या जिवितातलो एक खूब म्हत्वाचो भाग. आमी सैमाची राखण करपाक जाय. सैम पांचवो आनी नितळ दवरपाचो जण एकल्याचें कर्तव्य. आमी सैमाचो सांबाळ करपाक जाय.



- प्राज्कता पोळे
बी.ए.निमणे वर्स

सैम आनी ताचो इबाड



सैम म्हणटकच मनाक एके तरेची खुशालकाय आनी शांती मेळटा. जर एकाद्र्या मनशाच्या जिवितांत दुख्ख आसा आनी मनांत जायते प्रस्न आसात जाल्यार सैमाच्या सांगांतात मनीस आपल्या जिणेंतलें दुख थोड्या वेळाखातीर तरी विसरता आनी ह्या शांततायेंत मनशाक ताच्या मनांतल्या प्रस्नांच्यो जापो मेळटात. सैमांत फक्त झाडां-पेडांच न्हय तर सवणीं आनी जनावरां लेगीत सैमाचोच एक भाग आसता. सैमाक लागून आमच्या धर्तरेची सोबीतकाय वाडटा.

सैम आमकां जायत्या तरांनीं आदार दितां. जशें आमकां झाडां पासून शितळ वारें मेळटा. वतांत थकलीं जाल्यार झाडां मुळांत सावळी घेवंक मेळटा. झाडां कार्बनडायोक्सायड आपूण घेवन आमकां प्राणवाय दितात. झाडां पाल्याच्या वखदान आमीं दुयेंसांतल्यान बरीं जातात.

सैमांतल्यान आमकां फुलां, फळां, भाजी मेळटा. न्हंयो आमकां शीतळ उदक दितात.

सैमांतल्यान आमकां जायतें शिकूंक मेळटा. जशे ऋतू प्रमाण बदल घडटात. ते बदल सैम आपणायता. तेच तरेन आमच्या जिवितांत घडपी बदल आमीं आपणावंक जाय. सैम ज्या तरेन आमकां दीत रावता तिच सैमाची प्रवृत्ती आपणावन मनशान हेरांक आदार करूंक जाय. आदल्या तेंपार सैमाक देव मानून ताची पुजा करताले. जर एक झाड कापलें जाल्यार त्या जाग्यार नवें झाड रोयताले आनी अशे तरेन सैमाची राखण जाताली. पूण आयच्या काळार आमीं सैमाक मात लेगीत लेखीनात. प्लास्टीक पोतयांचो वड प्रमाणांत वापर करतात आनी त्यो पोतयो, प्लास्टीक बाटल्यो हांगां थंय वडयतात. सैमाचो विध्वंस मनशान केला ताचे वायट परिणाम आमकांच न्हय तर आमच्या फुडल्या पिळगेक लेगीत भोगचे पडटले. ते परिणाम अशे आसात.

१. रानां कातरल्यांत ताका लागून रानवटीं सावजां गांवांनीं येवपाक लागल्यांत.

२. रानां कमीं जाल्ल्या कारणान पावस उणो पडपाक लागला.

३. प्लास्टीक पोतयो ज्यो आमीं मातयेंत वडयतात त्यो कुसपाक शंबरेक वर्सां वतात तेमेरेन जमनीची सुपीकताय कमी जाता.

४. फॅक्टरी तशेंच मोटारींतल्यान वचपी धुंवराक लागून मनशाक वेगवेगळीं दुयेंसां जावपाक लागल्यांत.

म्हजी सगळ्यांक इतलीच विनवणी आसा की आमीं आमचें सैम सांबाळूया. एक झाड कापलें जाल्यार चार पांच झाडां आनी लावया. पयशाचे आशेक लागून भाटां, दोंगर विकचे न्हय.

- कार्मन वाज

बी.ए निमणें वर्स



निसर्गाचे स्वरूप

निसर्ग राजा सारखा आहे
रुबाबात येतो अन् रुबाबात जातो

निसर्ग राणी सारखा आहे
हिरवळीने नटलेला असतो

निसर्ग शिपायासारखा आहे
लोकांचं कायम रक्षण करतो

पण निसर्ग शत्रू सारखाही आहे
आपले कधीही प्राण घेऊ शकतो



- निमिषा पाटील
द्वितीय वर्ष कला शाखा



*“Adopt the pace of Nature.
Her secret is patience.”*
- **Ralph Waldo Emerson**



Rauwolfia serpentina
(Indian Snakeroot)



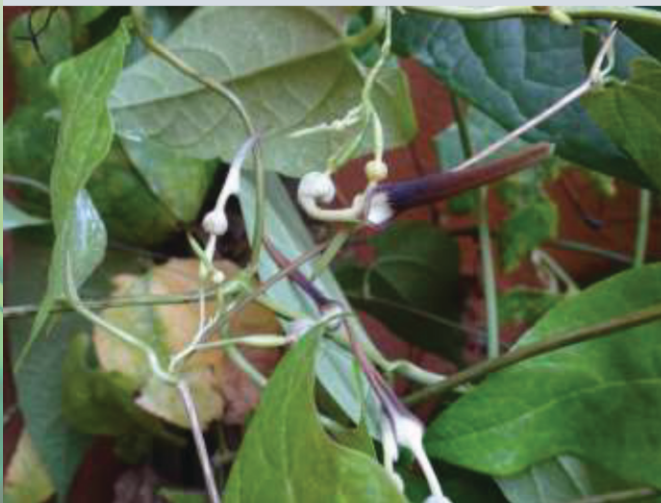
Saraca asoca
(Ashoka)



Holarrhena antidysenterica
(Kudo)



Ichnocarpus frutescens
(Black Creeper)



Aristolochia tagala
(Indian Birthwort)



Qusiqualis indica
(Rangoon Creeper)



Averrhoa bilimbi
(Bimbala)



Lepidagathis lutea
(Yellow Lepidagathis- An endemic herb)



Gloriosa superba
(Tiger's Claw)



Abrus precatorius
(Crow's Eye)



Carissa congesta
(Kanda)



Buchanania lanzan
(Chara)



Common Emigrant
Catopsilia pomona



Plain Tiger
Danaus chrysippus



Commander
Moduza procris



Blue rock Pigeon
Columba livia



Common Bluebottle
Graphium salpedon



Indian Palm Squirrel
Funambulus palmarum



Garden Lizard
Calotes versicolor



Tortoise Beetle/Cassididae



Oriental Magpie Robin
Copsychus saularis



Lady bug
Coccinellidae



Spotted Dove
Streptopelia chinensis



Teaching Staff



Non Teaching Staff



Management Team



IQAC (2019-20)



Post Graduation Staff

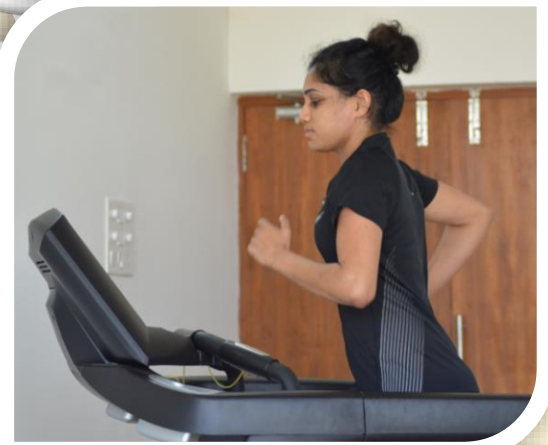


Editorial Team





Grooming the Carmel Women in Sports



Carmelines

2019-21

Carmelines 2019-21 is a tribute to Sr. M. Jacinthe A.C. (1929-2021).

She served as the Principal of Carmel College from 1984-1989. She passed away on 20th January 2021 at Holy Rosary Convent, Nuvem-Goa after ninety-two years of fruitful service in the vineyard of the Lord. We salute the indomitable spirit of Sr. M. Jacinthe A.C. and pray that her soul rests in peace.

