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COLLEGE OF SOCIAL
WORK, NIRMALA NIKETAN

ANNUAL MAGAZINE 2021-22

NEENV

A SPACE TO CHANNELISE YOUR SOUL

ONCE I MET
LANGUAGE

Poems by Neki, a writer who writes
to let humanity within humans
grow.

YEARBOOK
2021-2022

a trip of nostalgia after many years
from now



Editor's Note

I've always believed that words are more powerful than anything else. As a little girl, I was never really interested in reading as such. But my father eventually got me into the habit of reading, slowly but surely giving me bits and pieces from the world of literature that I was so oblivious to. And once I stepped in, there was no going back. Obsessive reading gradually led to reluctant writing, another beautiful world I discovered within myself.

Life indeed is very unpredictable. I never had imagined I would eventually be studying social work, a field I've grown so passionate about, let alone editing a magazine for the very college I'm studying in. Being an editor, I've come across some beautiful thoughts that have been articulated into articles and weaved into poetries. People from different walks of life, diverse as they come with different perspectives yet the same purpose. To connect with someone through the expression of words. And I think that is what the college magazine "Neenv" is all about. To spread the feeling of belongingness among our community and feel connected in our purpose. The past two years have been nothing short of an emotional roller coaster ride for all of us, and you can see these emotions reflecting in most of the articles and poems. Yet, as we are (maybe, hopefully?) approaching to the end of this pandemic, the aftertaste still lingers in most of our minds.

The one word that maybe describes the last two years is loss. Loss of life, jobs, time, opportunities. Yet, it is beautiful how the world has powered through it all and found hope. The 2021-22 Neenv magazine is exactly about this. Right from the cover to every feeling you'll read in these pages, is about finding hope and seeking the light.

Happy reading!

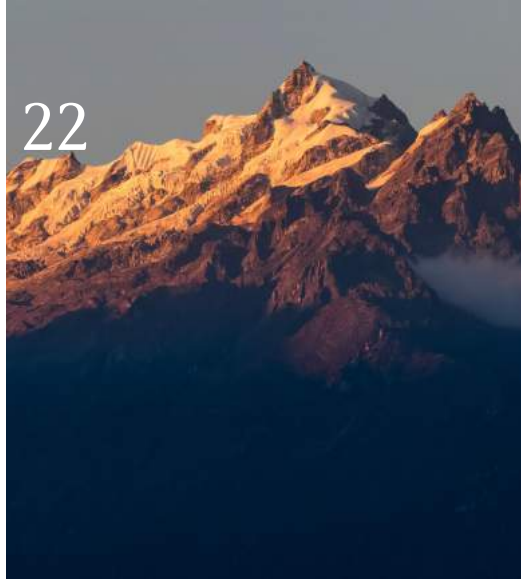
- Manjiri
Literary committee coordinator

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GREETING FROM THE CONVENER

Universities and colleges have always been the cradle of new ideas and thoughts. There is nothing more beautiful than young minds expressing their views through words and arts. Students Council of College of Social Work Autonomous, Nirmala Niketan Mumbai is very proud to present the college annual magazine Neenv 2022. Wishing all success to the work and appreciating the hard work of the students who have worked behind making the magazine a reality and all those who have contributed to the magazine with your creative expressions.

Thanks,
Albin Thomas
Faculty advisor



Once I met language

It was 24th November 2002
 And I was shedding tears
 I didn't know why these lips were moving
 And what sound it really made
 I was in a world where I was trying to express
 myself through tears
 Only my mother would understand
 The first word of mine mesmerized my mother
 It has been 18 years now
 I knew language by their culture and origin
 but none by heart
 Once I met language
 I told her
 You have made our life simpler and happier
 Expressing and learning
 It feels impossible to express myself through
 tears
 Today I speak my heart out
 I've hold you and explored you in every corner
 This is a gratitude towards you
 From a mankind who never observed you.

- neki

Power

It was in the scorching heat
 Of November.
 and I couldn't hail a taxi
 On those familiar Churchgate streets.
 A stranger passed by, took a few steps back
 And asked
 "Hi, Where do you wanna go?"
 I hesitated and then smiled
 Churchgate station, I replied
 "It's just a few minutes away, you know" he
 informed
 Our destination was the same for that
 evening
 And so, we walked. We walked through the
 busy lanes
 And traffic signals
 And monuments
 Through stalls of street food
 And the peak hour rush
 Of little people racing towards
 Their home.
 He told me about his country
 I told him about our dialect
 We discussed how the familiarities,
 The smell of books and little libraries
 Bound our worlds together.
 I gave him Elif Shafak as a souvenir
 And he promised to write me a letter.
 And though we never saw each other again
 I found a companion
 In a city which was new to him and a home
 to me, we both felt a little less scared and
 lonely.
 That was it, that evening I realised
 The power of a smile
 A gesture, a nod, or simply a "Hi"

- Heer

A hand holding a glass of rosé wine in front of a garden with pink flowers.

One day at a time

by Heer

august slipped away like a bottle of wine...

Taylor swift's new album is nothing less than a masterpiece. A poetess in her truest self and sense. The line mentioned above is one of her breezy poetic lyric from her song 'August'.

And it sure did. It slipped away like a bottle of wine, not a glass of rosé but an entire bottle rolled on the floor, staining the carpet blood red. Just like the last four months. Time hasn't felt this transient before in my life. Although I know for the fact it was and always will be, the realisation dawns only in retrospection, only after the present has gone before I could catch it and sailed beyond the horizon. But lately, I can feel the time slipping away as I'm living in the present. Each day slowly inching towards the past and I can feel it. The next day no different than the previous one, it seems like we're being played in an endless loop of a terribly long song whose record the DJ forgot to change. Or maybe he passed out. Speaking of a broken record, as monotonous as it feels it is also disturbingly surreal. Amidst a global pandemic time has, it seems, taken various disguises. It's relative, subjective and profoundly novel to all. For some of us it's just the same and for most, it's either abundant or scanty.

We're either staring at a ceiling to simply kill time or we're squeezing as many tasks as one can hoping time will extend its limbs for us. But all said and done, time has and will always be the same. A figment conjured by our imagination, a concept that comes into reality only when we've given it validation and yet it is the most important intangible element of our lives. We can neither run away from it nor play oblivious to its existence.

I, for one, had a rough time initially adjusting with this altered sense of life.

Should I optimise the use of resources at my hand and dive head first at being productive like most of my “Instagram peers” were or should I take a step back and enjoy this blessing that had come in the form of a much needed hiatus? I opted for the latter, however the line between resting and quitting it entirely “for the time being” was now seemingly blurred. Being the queen of procrastinators that I am, I pampered myself with luxuries of justifying missing deadlines, losing track of time mindlessly hopping from one platform of social media to next, sleeping like a hog and hogging like a dog! It was nothing but “fine” because this is what nature wanted, isn’t that why we were surrounded by a deadly virus now that compelled us to stay at home?

However it was only when a couple of months had gone by that I noticed the harmful ways of my pattern which chiefly included me taking time for granted. Days were rolling in and out of my lap so swiftly that I forgot to pay attention at all. I was far away from the line, it was now beyond the point of being just blurry. Before I could realise, the bottle had slipped away from my hand.

This feeling, this so-called epiphany can be quite overwhelming and shatter whatever sense of life you had for yourself. To be struck with the truth that upto this moment, time was slipping away from your fingers, like that last local that you absolutely couldn’t miss moving further away from you, like getting pulled into a vortex, like wine spilling everywhere from your hand and you did absolutely nothing. You probably weren’t even consciously aware of it.

But When I did, eventually, I was panic stricken mainly for two reasons- a) 5 months into this year and one thing that has been absolutely certain is the sheer uncertainty of it all. A roller coaster ride that none of us had signed up for. A new day came with its dose of bad news for us all, death being its central theme.

If I don't take an effort NOW to make myself feel alive, I'd definitely regret it for a lifetime. And b) I had made myself something sort of a show plant, never growing or evolving. Simply being stagnated and static. Contradicting what I should be! A potential of life within me reduced to endless leisure hours, it was unfair and preposterous. As groundbreaking as this revelation was, the number of things I should/would/could have done bullied my nights and days. The feeling can be no less than drowning, suffocating into your own pile of disappointments and regrets.

I was now constantly being pulled and pushed by the vastness of my potential and the intimidating ever-slipping-from-my-hand hours, minutes and seconds.

But a tiny ray of sunshine seeped in, a spark of hope in much needed dark times in the form of 5 simple words philosophy- one day at a time.

I am not the kind to be in close contact with my friends/relatives but I have been fortunate enough to have once in two months long deep conversations with my close friends where we both check up on each other's lives and mental state. From consoling about boy problems to ranting about being confined in our homes to helping each other navigate through our respective uncertain future and careers, we make up on all the lost days and months. In one such instance, I asked my girlfriend a standard protocol question - "how are you doing" to which she responded "taking it one day at a time, babe" Something about this phrase got my mind engaged all day, it certainly was a food for thought.

As basic as it sounds, it is also incredibly light. To have your head revolved by constant nagging of your own mind, self pity, self doubt, and bullying along with never ending anxiety of missing a train or slipping a bottle from your hand makes your existence heavier than it ought to be. And the lightness of those five words felt like a huge elephant had been lifted off my chest. The abstract nature of time can and does make it seem enormous, something that we can never hold in our palm but when put in such a way that dissects and organises it in a compact box of 24 hours, the concept suddenly doesn't seem so scary. The infinite bully is now evaporated into a day full of hope and possibilities without an overpowering burden. So instead of becoming anxious of all the achievements and tasks we assign ourselves for the next 5 years or even 5 months, we focus on the endless possibilities and potential a single day has to offer us. This little nugget of wisdom made space for optimism to grow in my mind and that for me, changed everything. From the way I perceived myself and the never-shutting-up voice of "you are not good enough" or "you're not doing enough", both of which can dismantle your mental health, brick by brick. I felt a huge shift in my own mindset which was a breath of fresh air to my soul!

I started taking baby steps, making a to-do list consisting of only a handful of activities, giving myself space to breathe in between and reminding myself that it's okay, you are enough and most importantly, not beating myself up for not finishing unrealistic productive goals.

Keeping in mind this very motto, I began to start treating my body and mind in a healthy way. I went through digital detox which I plan to maintain for years to come and eventually relinquish. I began to instead invest my hours on exercising and researching on ways to sustain a rational and nutritious diet. Although I pledged to keep the lurking eyes of likes and views and validation of hundred unknown people at bay, I knew I had to push myself out of my comfort zone as well. And for that, I started this very blog as an effort to write more frequently and test my skills. I vigorously read two novels a month, never missing a deadline which was quite easy as I'm a sucker for reading anyway. I know it's been only a few months and that doesn't give me the credibility of promoting that this is a healthy lifestyle that everyone should adapt. I'm still learning and trusting the process. But for one thing I know, I'm not flooded by toxic thoughts anymore. Every day is as fresh as a newly baked bread with its crispness and aroma and that gives me hope. Hope in the timelessness of the universe and myself. My existence. I'm no longer awakened by nightmares of shattered glass on the floor and a stained carpet (metaphorically how I was seeing my life).

Instead I remind myself to breathe and pour myself a glass of wine and simply enjoy every sip of life and its sweet sour taste that I've now acquired a taste for. I now prefer to get tipsy on the highs and lows of life rather than getting face on the floor drunk followed by a terrible hangover. And when the feeling that days have turned into months and months into a half a year already start gushing in, I loosen up the reins. I put down the bottle and simply tell myself ~ "babe, take it one glass at a time"

माझा प्रभाग, माझी जबाबदारी

आपण सर्व भारताचे नागरिक आहोत आणि आपल्या देशाची काळजी घेणे ही आपली नैतिक जबाबदारी आहे. आपण सर्व विविध विभागात राहतो. जर आपण आप-आपल्या विभागाची काळजी घेतली तरी आपला देश विकसनशील या टप्प्यातून विकसित होण्यासाठी नक्कीच मदत होईल. आपल्या देशात लोकशाही पद्धत आहे. आणि यातून आपल्याला सर्वांना जिथे चुकीचं होत आहे तिथे आवाज उठवण्याचा आणि सरकार जर चुकीचं करत असेल तर त्यांना जाब विचारण्याचा आपल्याला अधिकार आहे. आपण सर्वजण पाहत आहोत की, आपल्या विभागात पाण्याची अवस्था, पथ-दीप, रस्त्याची अवस्था, फूटपाथची अवस्था, गटारलाईनची अवस्था इ. मूलभूत गोष्टी सुद्धा आपल्याला नीट मिळतं नाही आणि याचा आपल्याला दररोज त्रास सुद्धा होत आहे. हा त्रास आपण सहन सुद्धा करत आहोत पण या विरुद्ध एकही शब्द काढत नाही. आपण ज्या विभागात राहतो त्या विभागातील या सर्व मूलभूत गोष्टीची काळजी घेणे आणि विभागातील नागरिकांना सुविधा पुरवणे ही विभागातील नगरसेवकाची जबाबदारी आहे. जर विभागातील प्रत्येक नागरिकाने ५ वर्षात नगरसेवकाला १० तरी प्रश्न विचारलेना तर खूप बदल होऊ शकतो. पण हे आपण करतच नाही. आपण आपल्या विभागाचा विकास करण्यासाठी आपण दर पाच वर्षांनी महानगरपालिकेच्या होत असलेल्या निवडणुका यांमध्ये आपण आपला मताधिकार नोंदवून आपल्या विभागासाठी नगरसेवक निवडून देतो आणि या नगरसेवकाची जबाबदारी असते की या विभागाचा विकास करण्यासाठी कामे करत राहायचे. तर त्याचप्रमाणे आपण या विभागाचे एक नागरिक म्हणून आपण निवडून दिलेल्या नगरसेवकावर लक्ष देणे खूप महत्वाचे आहे. पण ते लक्ष आपण कसे देऊ शकतो तर, आपल्याकडे असलेला माहितीचा अधिकार २००५ नुसार आपण आपला नगरसेवक करत असलेल्या कामांविषयी प्रश्न विचारू शकतो की, नगरसेवक कोणती कामे करत आहेत, वर्षभरात किती कामे झाली आणि त्यासाठी किती निधी आला व किती निधी वापरला आणि बैठकीत आपल्या विभागाच्या विकासासाठी किती प्रस्ताव किंवा प्रश्न मांडले इ. गोष्टी विचारून आपला नगरसेवक योग्यरित्या विभागाच्या विकासासाठी काम करत आहे का? याची माहिती मिळवून काही विभागाच्या विकासाच्या दृष्टीने चुकीचे वाटत असेल तर त्यावर आपण नागरिक म्हणून नगरसेवकाला त्यासंबंधीत प्रश्न विचारून विकासाच्या दिशेने काम करण्यास भाग पाडू शकतो. जर प्रत्येक नागरिकाने माहितीचा अधिकार वापरून आपल्या विभागातील नगरसेवकावर लक्ष ठेवले तर नगरसेवक सुद्धा योग्यरित्या काम करतील. यातून एक गोष्ट घडेल जसे की, विभाग - तालुका - जिल्हा - राज्य - देश अशी साखळी पूर्ण होऊन आपला देश विकसनशीलच्या फळीतून विकसित नक्कीच होईल.

मी आवर्जून युवकांना सांगेन की, देशाचे भवितव्य हे युवकांच्या हातात आहे. पण आजचा युवक हा रिल्स, टिक-टॉक, इंस्टाग्राम आणि सोशल मीडियामध्ये अडकून बसला आहे. जर आताच युवक यातच अडकून राहिला तर, देशाचा विकास होणे कठीण आहे. प्रत्येक युवकाने आपल्या विभागाचा विकास कसं होईल याकडे आणि आपला नगरसेवक करत असलेल्या कामकाजावर लक्ष दिले पाहिजे. आपण माहितीचा अधिकार वापरून आपल्या नगरसेवकावर कसे लक्ष ठेऊ शकतो. याबाबत जाणून घेण्यासाठी आपण माझ्याशी संवाद साधून त्याबाबत जाणून घेऊ शकता.

जर प्रत्येकाला बदल हवा असेल तर, त्या बदलाच्या प्रक्रियेचा भाग बनणे गरजेचे आहे. तरचं बदल होईल.

- Chetan Patil

The concept of beauty in today's world

'Beauty' is so relentlessly fascinating to us. No matter how deep we dig, the body as a spectacle is an old favourite. Don't you think? And since that's what we come housed in, looking beyond is something we allot to our wiser, unhurried moments. (Plus, attaching value to all that we are made of is work, yes, but attaching value to all that we are seen as is double the work. I guess, somewhere in between, we try and locate ourselves.)

Think of this - we're still a world that is big on beauty pageants (there's so much talk, for example, around the Miss Universe crown "coming back to India after years") - that's still hooked to an approved definition of 'beauty'. This often makes me wonder - are we going to keep messing up 'beauty' as long as we are encased in flesh and bone and everything corporeal - as long as the body keeps presenting itself to us in different shapes, sizes, and forms? Maybe not. Maybe one day we'll live in a world that doesn't define 'beauty' at all.

I remember asking a friend once if "it's possible at all for us to go completely beyond and dismiss the visual impact of the body?". I was told that it is "too real" an entity to ever overlook. And I agree.

I don't think the body can be bypassed. It is too raw a possession that we carry around to forget. As long as there are outsiders to refer to, we will keep seeing differences. I guess, how we navigate the difference is the real question.

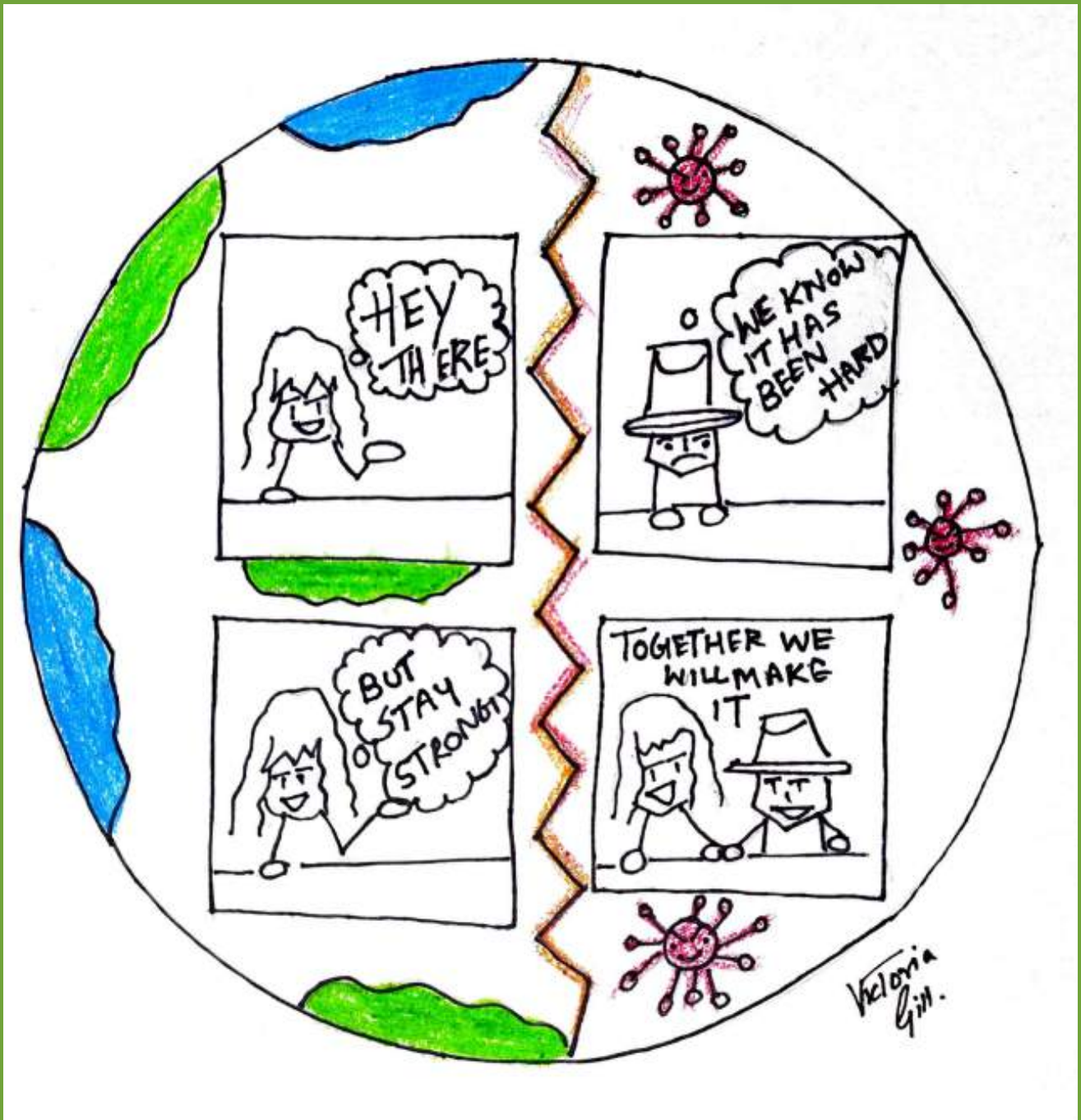
Because differences aren't grounds for comparison.

Personally, inhabiting a body feels surreal when I'm aware of myself peeking, outside-in. But attempting to be objective about the very matter that houses me is so difficult. But, I guess, dismissing our bodies as markers for comparison without dismissing them as unique keepsakes that house us day in and day out is something to think about?

Nishita Bothra

it is going to be okay

by Victoria



We made it. You and I.

We made it. You and I, we're finally done with this strange year. And what a year it has been, right? Hope was episodic (every now and then, we dared), dejection was formulaic (bad news + the realisation that things are not in our control = long spells of despondency), and everything in between was a blur. I oscillated between the two because steadying myself anywhere in between felt like digging my heels into quicksand. Looking back, I realise that this year vacuumed out of us every last dreg of an in-between – we had only extremities to hold on to – the good felt insanely good (remember when things started looking up for one hot second in January and then again in October–November?) and the bad was downright excruciating (our bodies felt loomed over, day in and day out; our spirits felt splayed open, tender and bewildered). But let's set all that aside. It is what it is. We've made it this far. And we have another 365 days to anticipate right now. Another 365 days to try and sculpt into something meaningful. Today, before I sign off, and before you usher in a brand-new year, I thought of listing down five important things I re-learnt this year – things that aren't revelatory but affirmatory. These are the things that I've always known but never really paid much attention to. I guess circumstances help you relive certain truths – that's our way of pulling through.

- I re-learnt involvement.

I relearnt that offering parts of myself to others (and not all of it) does not mean I am skimping on integrity. The argument that one needs to either be ALL in or out discounts the need to set boundaries when one has to. I found myself the happiest this year when I chose to offer others what I could and not what I "should have". This meant selective intellectual and emotional engagement – sometimes both, sometimes either, and sometimes neither. What I came to realise is that not only was I conserving an astounding amount of energy but also exhibiting a happier, sunnier side whenever around people. Honestly, who would have thought – a little bit in and a little bit out can be as miraculous as all in or all out.

- I relearnt strength.

My heart copes haphazardly. And there's strength in acknowledging that. There have been times this past year when I've bumped into forgotten pangs. Then there have also been times when I've pulled through extremely trying situations with more resilience than I thought I would. I've surprised myself with my responses to the highs and lows – I guess there's no pre-installed blueprint for coping that our minds and bodies follow – we run into strong and weak moments unsuspectingly. 'Ready' is a myth we love reiterating.

- I relearnt preferences.

I met a lot of new people this year and some of them made me realise that social effort feels the easiest when you're left wondering if you made any. 'Easy' finds meaning easily. This year reminded me how much I love surrounding myself with people who're unassuming – people who know that the world is a strange, mad, confusing place and all we can do is gently explain to each other how we're all going to stumble every now and then.

- I relearnt faith.

Hospitals and airports continue to teach me more about human beings than anyplace else. Last month, when I was standing by a hospital bed watching someone I love lying before me, I didn't think of the science of things, I didn't think of modern medicine that was quietly resuscitating their body, I didn't think of the IV flickering their cells to life, I thought of all the little nooks in me where faith in the unknowable is blindly stored.

- Last, but not least, I relearnt continuity.

This year taught me to look for continuity in things – to understand that the unpleasant eventually pass us by despite the dependency on the present to infuse meaning into perspective. Endings are difficult but we learn to get by. I started a new job, I moved to a new city, I left behind a few circumstantial intimacies, I coped with comings and goings of people, things, places... but I found continuity (sometimes with much difficulty, but I did) in it all.

Because really, it continues. We continue.

I hope there was something in today's letter that felt reassuring – that reminded you that you and I are in this together. Because, honestly, what else do we hold on to? I will see you soon, in 2022! Till then, take care of yourself. And everything yours.

Love,
Nishita

Punjabi Music = Women as Gold Diggers!

by Shagufta Shaikh

Punjabi Music Industry is 700 crore Industry. The young generation in Punjab belonging to a well-established family with conspicuous income to spend lavishly (all thanks to green revolution!) but no productive avenues to engage in, got attracted to the world of substance abuse ,wherein everything is about quick pleasure and high (remember Uda Punjab?). Hence one can say that Punjabi Music Industry has its genesis in the drug menace in Punjab, the former have acted as a productive avenue for the youth to engage and channelize their time, creativity and money too.

This Industry is partly inspired from Latin Music and Hip-Hop and partly from our mainstream Bollywood Music. Thus it does borrows themes from the mainstream Bollywood Music ,themes like objectification of women, street harassment ,sexism ,Ladki ka naa bolne ka matlab haa hota hai (if the girl says NO, it actually means a YES) and these are very well depicted in the Punjabi Music videos as well (true to their inspiration source). However this industry have managed to add another ingredient to this cocktail that is....Women being Gold Diggers! (Google definition - a person who forms relationships with others purely to extract money from them, in particular a woman who strives to marry a wealthy man. Well it looks like even Google could use some lessons on gender sensitivity).

So the basic formula for a Punjabi Music video is International location, expensive cars and...Materialistic Women. The Women portrayed here are Juvenile, dramatic and demanding .It shows that they demand brands like Gucci, Armani, Prada, Bentley as water, food and shelter. Such portrayal creates an Image of women being incapable of buying such stuff and no financial agency, hence need a man to fulfill.



To understand the above analysis, let's look at some examples. A popular song with 1.2 billion views on Youtube called "Lehnga" sung by Jass Manak, starring Mahira Sharma. The video starts with a girl (Mahira Sharma) telling (more like a bickering, of course at an international location!) her guy (Jass Manak) that she has been wearing the same heels for a year now and he should take her for shopping in a mall, since everyone is getting new looks done in a parlor (well complain), he somehow convinces her to wear the same heels and move forward, which they do only to stop when suddenly the girl sees a "Lehenga" in a store and tell her boyfriend to buy it for her (stomping her feet like a child). The lyrics goes on to asking the guy that what he will do with so much money, can't he just buy a Lehenga for her? Hence in the whole video the only thing she does is beg, bicker and throw tantrums for a Lehenga which at the end the guy gets and she is on top of the world until her next demand.

A society like India wherein cinema and music cuts across the religion, race, caste and creed. Such Music definitely have an impact on the younger generation who derive their inspiration from such videos to be a singer, artist or a lover. Sentences like girls are nautanki (dramatic), treat boys as ATM (any time money) are reflection of the effects already. Hence the artist and production houses should not just run behind numbers but also be morally conscious of the impact of the music that they make. Gender sensitization and responsible representation of women in popular should be given priority.





Marathon

BY KIA

Lata Bhagwan Kare, a sixty five year old resident of Buldhana district in Maharashtra is a true epitome of inspiration and symbol of love, devotion and courage.

She and her husband, Bhagvan Khare, live in poverty, they are peasants working on other people's farms making just enough money to fill their stomachs. They have three daughters and a son, with their hard work they managed to marry their children and live a peaceful life. One day she notices that her husband isn't keeping well so with her knowledge of herbal medicine she gave him medication. However his health didn't seem to improve. So she then decided to take him to a local hospital where the doctor did some tests and some serious infection. He suggested that she needs to take him to a multi-speciality hospital located in the city as their hospital isn't capable of providing any medication. This news broke her into pieces. Somehow she managed to take her

husband to a local hospital wherein she used up all her savings, let alone taking her husband to a multi-speciality hospital.

Keeping her ego at the door, she managed to gather some courage and begged some of her neighbours for money. Somehow she collected some money and took a bus ride to the City Hospital. As she stepped inside the hospital she could feel the palpable stares of people. She understood that she didn't belong there and didn't fit in. Nevertheless she ignored the stares and whispers and went to show her husband to the doctor. They ran some tests and told her that he needs treatment and needs to be hospitalized. This shattered her. They only money they had got used up in the bus ride and the expensive tests. How was she supposed to get such an expensive treatment for her husband? With tears in her eyes they walked out of the hospital and sat near the samosa walla. Ordered two samosas for their

bus ride back to their village. The samosa walla packed the samosas in a newspaper and gave it to her with a gentle smile.

On their way back she opened the newspaper fold to have samosa and the heading, 'Baramati Marathon: The Winner of The Marathon will get Prize Money', caught her attention. Her heart skipped a beat, she took a big gulp and with no other option on her side, she decided to run the marathon. She never in her life had ran a marathon before nor had any professional training of any sort. Her love for her husband was way greater than these trivial challenges.

On the day of the marathon many young participants lined up the track wearing jerseys and shoes. She on the other hand wore a Red Maharashtrian saree. Initially the organisers of the marathon were reluctant to accept her, however with a lot of pleading they finally let her run.

Spectators thought that she might have come to cheer for her daughter or son and we're shocked to see her on track. She stood there barefoot, with tears in her eyes, she heard the loud whistle and ran to save her husband's life. People laughed looking at a woman who seemed like their grandmother running in a saree, barefoot. These things did not matter to her. Her purpose was clearly visible in her eyes. Her aim was so strong that she didn't even notice that her feet were bleeding. Her focus was only on crossing the finish line. This shows the power of mind and heart that when both are synchronised, we humans can become unbeatable.

Many spectators were to look at an old woman

running a marathon with bleeding feet and were deeply touched when they came to know the real reason. Lata actually won the marathon which was three kilometres long. She took her husband to the hospital as soon as possible and gave him the best possible treatment.

Lata's story is truly inspiring and heart-warming. It shows the triumph of a woman over life's challenges.

It shows that we humans are limitless. It shows the power of belief and love and reinforces the idea that "If we set our mind at it, we can achieve anything."



India's obsession with fair skin

by **Shagufta Shaikh**

So let's begin from the start where and how we reach the conclusion that fair is better. It began with Mughals and Britishers who ruled India were fair skinned and due to this 100 years of conditioning, we might have started feeling that fair skinned people are powerful. Even the early Vedic times the dark skin people were referred as Dasa/Dasyus (slaves) and were usually involved in menial work, living outside/village periphery.

So fast forward to current events are we Indians still obsessed with fair skin? Let's start with the Fair and Lovely advertisement which portrays that when a dark skinned girl becomes a fair skinned girl, she automatically attracts success in every field she steps in, just due to her skin colour now being a lighter. This shows that glorification of fair skin goes far beyond than beauty; it is also associated with greater intelligence, greater status and greater privileges.

How is Bollywood faring on this parameter? with a recent song duniya sharma jaayegi from kaali peeli movie (starring Ananya panday and Ishan Khatter) having lyrics like "tujhe dekh kar goriya, beyonce sharma jaayegi", another party song chittiyaan kalaiyaan lyrics be like Chitiyaan kalaiyaan ve, white kalaiyaan ve. Character of dark skinned girl (Latika trivedi) being played by a fair skin artist (Bhumi pednekar) can be seen in movie Bala. All this above doesn't shows much progress? or is it we are become indifferent to such

problematic portrayal and perpetuation of such regressive thoughts.

Despite technological revolution (india on its way of becoming its own silicon valley) things should have improved right?. However matrimonial websites like shaadi.com, Bharat matrimony hosting advertisements for potential brides as fair skin girl, presence skin tone filter on such websites, the picture looks gloomy, after all its the culture which influences the technological usage of such technological advancement (cultural lag)

Looking at the above examples, the impression we get that all is not well however is it really? Lets look at some strides in the right direction like Fair and Lovely now becoming Glow and Lovely, brands like L'Oreal and Hindustan Liver renaming their lighter shades products, Dove running a beauty campaign on diversity and inclusion. Also prominent personalities like Kavitha Emmanuel, founder of Women of Worth running Dark is Beautiful campaign. Hence, it can be concluded that changes are happening however in a snail pace manner. So what we as a socially aware citizen can do? it's Simple -Accept-Embrace and cherish, the diversity we have and let it flourish to become a society wherein a person is known for more of its attributes other than color.

Today it isn't about "beauty lies in the eyes of beholder" but it's all about "True Beauty Lies Within us"

आमचा पहिला पाऊस...

by anonymous

सगळ्यांच्या आयुष्यात पाहिला पाऊस असतोच ,जोडी दारा सोबत, तुमच्या सोबत पण घडलं असलेच ना???

27 सप्टेंबर 2018

आमचा तास चालू होता..तास हा डिप्लोमाचा होता म्हणून संध्याकाळी 5.00pm ते 7.00pm पर्यंत असायचा ...

तेव्हा नुकतीच आमची ओळख झाली होती ..

तो दिवस माझ्यासाठी खूप special होता ...

तास चालू असताना एक-मेकांन कडे बघणं चालू होत ...

कधी संपतो तास असं झाल होत कारण दिवस भर बॉम्बे सेंट्रल ला एक आश्रमात गेलो होतो ...

तिकडे आश्रमात आजी आजोबांन ला पाहून दिवस रडण्यात गेला,डोकं जड झाल होत...

त्यात पाऊसचे दिवस,त्यात मी वेंधळी छत्री घरातच विसरले ...

7वाजत आले पाऊस पडायला लागला.जोरदार वीज चमकत होती. पाऊस थांबेना ..काय करायचं म्हणून आम्ही सगळे तिकडेच वर्गात बसून राहिलो...

का जाणे माझी नजर त्यालाच बघत होती.....

आम्ही एमकमेकांच्या डोळ्यात बघू लागलो आणि त्यातच रमून गेलो...

कसा तो !तास गेला कळलचं नाही..पावसाचा जोर वाढू लागला मला भिती वाटत होती कारण लहानपणापासून वीजेच्या आवाजाने मला भीती वाटायची..घरी ही जायच होत...

सगळे आम्ही मित्र मंडळी बसून राहिलो...

अचानक तो माझ्या समोर येऊन बोला "घाबरू नको मी आहे"...

मी मनातल्या मनात हसले."अरे ह्याला कस कळलं मी घाबरते करून"..मला ते जरा फिल्मी वाटलं कारण फिल्म सारख घडत होत...

मी हसत होते कसा अस होऊ शकत.माझ्या मनातलं त्याला कसं समजलं...

त्या नंतर पाऊस चालूच होता.मित्र मंडळींनी ठरवल चला आता बाहेर पडू नाही तर अजून उशीर होईल घरी जायला..

मी छत्री आणली नव्हती म्हणून त्या निमित्ताने मी त्याझ्या छत्री मध्ये गेले...

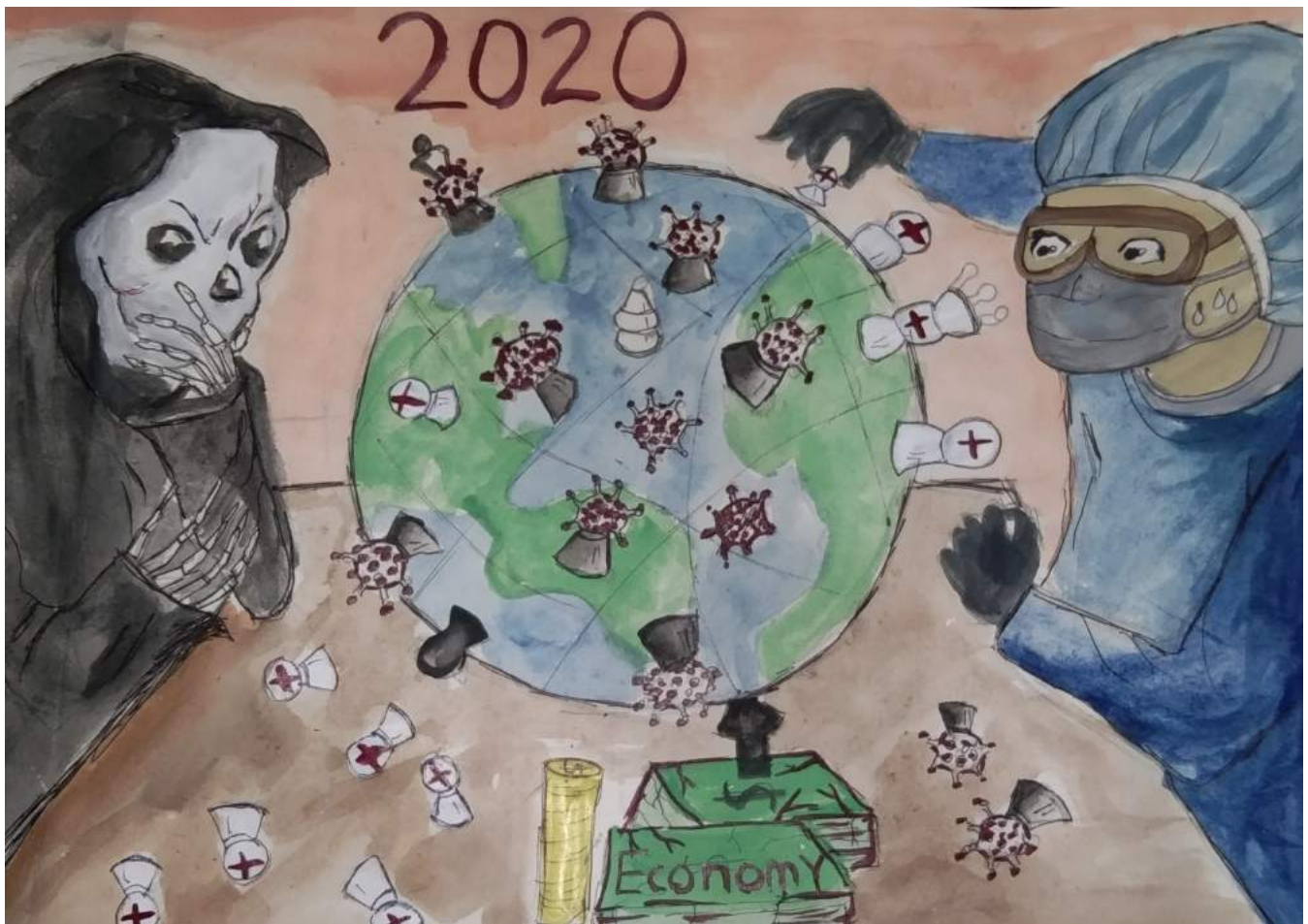
खूप काय भावना वाहात होत्या.काय बोलावं सुचेना..

वीज जोरात चमकली आणि जोरात आवाज आला म्हणून मी ओरडले तर त्याने पटकन माझा हात हातात घेतला आणि म्हणाला "घाबरू नकोस मी आहे"..मी त्याझ्या कडे पूर्ण csmt स्टेशन येई पर्यंत पाहात बसले ..मला न भिजवता तो पूर्ण एका बाजूने भिजला होता...स्टेशन आल सगळे बोले चला आता आपली आपली ट्रेन आली..थोड्या वेळा साठी वाटलं हे स्वप्नं होत का?अस फक्त आपण movie मध्येच पाहिले पण अस प्रत्येकशात घडलं, ह्याचा आनंदा मावेना...तो बोला "घरी जाऊन msg कर पोचल्यावर" मी म्हणले "हो"...

आणि तो पाहिला पाऊस "प्रेमाच्या प्रवासाचा सुरुवातीचा" नाही येणार विसरता!!

The Pandemic

by Rohit Jadhav



Human rights: a choice and a responsibility

by **Benedict Antony**

Every human being has the potency to choose to safeguard or violate their own and others' human rights. It is up to us to decide whether we want to make a better place for ourselves and for others to live in. If there is a collective, a majority, that arises, who go against human rights or violate their own and the rights of others, there can never be a good opposition to it unless the number of those who choose to safeguard human rights do not decrease so much as to not have a strong out cry against the violation of human rights.

Human rights is a choice and a responsibility for us to safeguard and uphold. The baton is in our hands whether or not we choose to build a world around us that safeguards human rights. Laws could be made, education could be given, services rendered, but in the end all these efforts are in vain unless they serve the purpose of impacting more minds to strive towards safeguarding their own rights and the rights of others. What the world needs is more people who are not just aware of their human rights but also own their rights and are hence ready to risk their lives in raising their voices when being faced with violence and oppression

themselves and joining hands with those exploited to if not fight at least stay oriented towards ensuring that human rights of those exploited, marginalized, overlooked be safeguarded and not violated even if the opposition, who wish to stay ignorant of or indifferent towards the rights of those whom they have overlooked, seems to be brewing stronger, gaining in number on the other side with each passing day.

Knowing our rights, each one of us is also responsible for safeguarding them as well, for our sake and for the sake of others whose rights are being violated. Let's never lose hope, stay firm to value our rights and keep striving to protect the rights of ourselves and of others.



The Mountain, Solitude and Silence

by Anto Thomas

I knew for once the power of silence,
The silence of the pastures and crags
A place where you find yourself refreshed
Where the mind open to see the newness of creation

There was this stillness, this dead silence
No birds chirped and no creatures moved
No leaves danced no breeze passed by
As if the earth had stood still for a moment

O I felt like an alarm coming upon me,
The attack of the silence, like an assassin.
I then knew what silent really is,
Perceived in my mind like a spiritual awakening.

I heard the dazzling rhythm of my heart,
Beating against my chest in that silence.
Passing of blood in my veins, to the head
I heard, in my years with a pale, gentle feel.

O, I listened the momentum of my life as I am
With thoughts so deep, I probed my heart and soul
Learned a thing or two about who is me
Not without profound silence and peace

I long for that peace and calmness
Since so long, which I lost for a while...

The Need for a ‘Student’s Voluntary Group’

by **Manisha Shah**

We observe and learn many things from our field work. Once during my field work in slum community when we were doing a survey and mobilization, based on our lectures I thought of improving my observation skills. Even though we were interacting with the respondent in one house, I was curious and attracted to the adjacent house which seemed to be a ramshackle house closed since several years as it was dusty and crumbled. Out of curiosity when I enquired, its neighbours informed me that it was the house of an old lady who was residing alone whose husband had expired and had no children. She expired before around 10 years and there was no one to help her and since then her house is lying closed for several years. It is difficult to imagine the struggles which an elderly lonely woman must have gone through. Questions like who must be giving food to her, who must be helping and taking care of her, who must have accompanied her to the hospital etc. comes to my mind.

Hence to lead a meaningful life, it is important for us that as much as we learn about social work, we should also put into practice by helping others. If we expect help from others then we should also be ready to help others. It is rightly said that ‘treat others in the same way as we ourselves want to be treated’. Also, as social workers, ‘helpfulness’ should become a part of our life.

For this a ‘Student’s Voluntary Group’ (SVG) can be formed by students who are interested in giving self-less service to the needy as a group. This idea can help us get blessings of the marginalized people like the elderly or end-of-life patients suffering from terminal illness or so. At the same time this idea of forming a ‘Students Voluntary Group’ (SVG) can also enable us to keep in touch with our classmates, collegemates and colleagues. This idea can bring like-minded people together to work for a particular cause of interest which will be loaded with live experiences and add to our learnings which can further navigate us to search the meaning of life. It can help us to imbibe qualities like empathy, compassion and self-less service towards humanity in us. Today we have got this opportunity as a student to expand our social network while pursuing our academics which others hardly get after bidding a farewell to the college and classmates. As we have learnt that the effect of working together as a group is immense, let us take a step forward towards forming such a group!!

Institute for Exceptional Children- Nurturing minds Building lives.

by **Vidya Londhe**

“What mental health needs is more sunlight, more candor, more unashamed conversation” Glenn close.

God is the greatest healer but he makes humans as an instrument of that healing, these instruments like physicians, doctor’s counselors, and clinical psychologists in their own way tried to bring the healing to the sick and suffering people.

Corona Pandemic 2019 has taught a lot to humanity. It was the time to experience who is for you, who is not. In the time of joy all do love come closer and party all the night but the time of crises and sickness teaches you who are your real friends. Due to the pandemic the whole of the universe was locked behind closed doors. There was no physical gathering, meetings, parties, visits to friends and family members. A kind of stress and tension. Thousands of people experienced pain and suffering. The physical suffering was visible but what about the mental health of humanity? The Corona Virus Disease 2019 (COVID-19) pandemic has led to a rise in fear, anxiety, stress, and depression among the people. The COVID-19 pandemic has uniquely affected children and families by disrupting routines, changing relationships and roles, and altering usual child care, school and recreational activities.

During the pandemic very many NON Government and governmental organisations mushroomed to grant helping hand to the people. Institute for exceptional children (IEC) has made difference in the lives of the thousands of people during the pandemic and pre pandemic situation. IEC the INSTITUTE FOR EXCEPTIONAL CHILDREN was established in the year 1979 a nonprofit organization which provides counselling, psychiatric consultation, psychological evaluation and remedial education services to the children and adolescents dealing with emotional, behavioral and learning difficulties. Working to uplift all the sections of the society. Enhancing psycho-social wellbeing and mental health of all children, adolescents and families across all genders, socio-economic and cultural backgrounds through mental health promotion, prevention and intervention, capacity building and collaboration.

It was a golden opportunity to be placed in IEC which strives to bring mental healing to people. The main tasks initiated by four of us, the students of Nirmala Niketan as a part of a multidisciplinary team, developed the modules on teachers training on Covid -19 and its impact, the professional way of the documentations of the reports.

Being the observer of the session, preparing posters for the community mental health pupose.CBo mapping of the new organizations. Conducted sessions for the school children on an online platform. Observing the counselling session in an offline mode. Doing the review of the case. Conducted career guidance sessions for the school children. Working on developing modules on spousal violence and modules for para councilors on self, relationship and others.

Institute for exceptional children has made difference in the lives of uncountable people of the society. It's a fragrance of love and affection to the people who experience rejection and negligence from their own people. Change is possible through the self-knowledge the introspect within. The ripples of love the Institute for exceptional Children is the ripples of empowerment and sustainable life for the many people from marginalized sections of the society building lives and nurturing the minds. On the whole this field work gave me foundation as professional social worker keeping in mind helping people to help themselves to get equipped with current knowledge of the world.so that I could be more fruitful in the field to reach out to the people on the fringes of the society.

"Healing takes time and asking for help is a courageous step." Mariska Hargitay.



POEMS

Pinch of reality

with a pinch of reality
 may thou live
 for it could change roads
 not as in correct
 but close to your world

with a pinch of reality
 thou may hurt
 and cry
 for it could make change in
 decision
 not as in right
 but close not to regret

with a pinch of reality
 may thou remember
 the dream
 for that you think you are incapable
 of
 not as in to win
 but close to smile on way while you
 try

with a pinch of reality
 thou may experience heart break
 and break yourself
 not as in to be glued again
 but to love in addition to yourself

just with a pinch of reality
 thou would be in your world
 thou would not regret
 thou would smile
 thou would love thy
 indeed thou would experience LIFE

— neki

Sahavas!

by Ismail

बहरलेल्या ऋतूंचा सहवास नको,
 विखुरलेल्या अंतराळात ला एकही अवकाश नको
 गुदमरलेल्या मरगळलेल्या हवेत मोकळा श्वास नको
 तुझ्या पारस सौंदर्याचा अधुर आभास नको

साथ असावी क्षणिक थोडी
 सोहबत असावी गफलत वेळेची.
 विश्वास असावा बंध शब्दांचा,
 हट्ट असावा तो निर्भेळ आनंदाचा.

स्पर्श हवा बस्स साथ हवी
 बंधन वेळेचे ती शिस्त नको.
 नको ते बदलणारे वारे दृश्यं ही ती वेगळी नको
 हवी ती आकृत बंधने वेगळी ती स्वप्न नको
 आधार हवा भावनांना वाऱ्याला दिशांची साथ हवी,
 हळव्या धडपडत्या मनाला
 ओलसर शब्दांची आस हवी .

HOPE

When you feel cold and low
Unable to raise above your bow
Remember you'll have a better tomorrow
Remember you'll have a better tomorrow.

When you feel buried beneath your thoughts
Feeling lost within yourself
Remember to spark the light of hope
Remember you'll have a better tomorrow

When you feel everything is stagnant
without any progress
Remember how far you've come.
Remember the pain,suffering,joy and sorrow of your
journey.
Remember you'll have a better tomorrow.

Remember that life hides gifts in the darkest of
places.

So while you're at it, experience it totally.
I'm sure you won't regret it.
I'm sure you won't regret it.

- Kia (Aishwarya Patel)



Bsw I

Batch of 2021-22



Soo far soo good.. -
Subrata Krishnamai
Santosh



"By helping others, you
help yourself." -
Aishwarya Patel



Do what is right, not
what is easy! - Gatha
Garud



Have patience but with
sense of where to have
it. - Pratham Jadhav



Small steps in the right
direction can turn out to
be the biggest step of
your life. - Anjali Pandey



Continuity in good
work / project in life -
Sanskruiti Dalavi



I live in the Moment,
and try to make the
best out of my day. -
Sahil



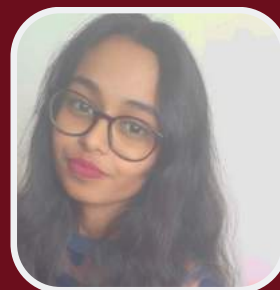
Shraddha Chaudhari



Honesty - Rohini
Diwakar



Alone we can do so
little; together we can
do so much. — Helen
Keller - Myron Varkey



"Catching every challenge
that life throws at me and
turning them into
opportunities" - Twinkle
Parmar



I follow Non
Judgementality: I like to
take a person and a
problem separately -
Treesa Roshni



Do the right thing, even when on one is watching. - Prachi Takle



Punctuality, and try to reach everywhere beforehand. - Merwyn Lobo



Positive, I try to make people positive and good thinkers. - Meghnesh Hadal



Only hardworking and determination will lead to a better future. - Joel Joseph



"Be true to yourself, be you for you". - Shalini Xalxo



Your future is created by what you do today not tomorrow. - Urmila Pujari



Dedication - Venissa Sambrea



Thinking and aiming higher makes our life beautiful. - Jovina D'costa.



I approach every situation with sensitivity and think from all aspects. - Sanvia Sunny



Acceptance - Jidnyasa Bagkar



Work until you no longer have to introduce yourself. - Naomi Dias



Happiness comes from none other than u. - Sanika More



Be there for others - Alen Biju



I am very out going person and love to help others. - Sr Prerna Bhosale



I believe how I am I always accept myself never ever habit to judge anyone - Neha Sheikh.



Always stay positive and motivate others - Elee Kahar



Rupali Adsul



I live by the wisdom, kindness, patience, generosity and compassion that I have acquired till date. - Tikshala Gaikwad



Helping Mentality' helping others makes me happy and it help me to make good relations. - Divya Kumar



1. I am a straightforward person and I take time to reflect. And the best way is own up to what you really want to do. - Vaishali Karpaiya



1. Success is getting what you want, happiness is wanting what you get." - Bhagyashali Mogha



Listen more,try, learn and help everyone - Ritika Gaikwad



Treat others as you would like them to treat you!! - Jyotsna Gawli



Every moment is memorable to me - Mamta Dadode



I follow the principle of
Non Judgemental Attitude
- Soham Joshi



I follow the principal
where everyone is my
friend 😊 - Sankita
Shinde



Punctuality - Sr Sarita
Figredo



Punctuality - Sr Shyna
Fernandes



Kindness - Moses
Dennis



Love more not just
people or thing but
yourself - Siddhi Nirmal



Stay fit and healthy -
Shashank Mohite



Creativity it is Make
Things a Grand Attractive.
- Reehan Baig



I accept people as
they are with their good
and bad qualities
because I feel no one
is perfect. - Anisha
Toraskar



Truth - Aniket Nikam



I follow the principal
of nonjudgemental
attitude before I use to
Judge a person while
talking and now I don't
judge a person and I
feel we all are one -
Purva surve



कोणत्याहीमाणसालाअडचणी
तजपातोतुम्हालाआयुष्यभरज
पेल. - Chintu Medha



Spend your time and energy on things that bring you fulfilment and happiness. - Sejal Athait



Live in the moment - Isha Gonsalves



Self love & peaceful nature - Suchita



I'm working hard to bring the best version of myself - Anushka Kundu



Forgiveness - Siddhant Jadhav



"Laughter is good for the soul" - Yahya Khan



Love yourself and believe in yourself or else no one - Nirali Domadia



Practical - Prathamesh Gawand

Bsw-2

Batch of 2021-22



Neha Yadav



Wrighten Pinto



Rohit Jadhav



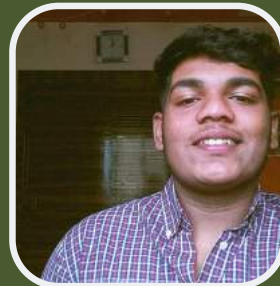
Noeme Henriques



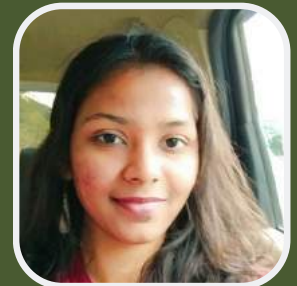
Akshada Jadhav



Shivani Surve



Hanok Shinde



Sonali Kandare



Suvarna Rayat



Ayesha Mevish



Saie Waingade



Mayuri Thakur



Tanushree Kadam



Violet Siddi



Kalpesh Masmr



Mohak Pavale



Swarali Mahale



Stany Macwan



Fiona Buthello



Sahil Shaikh



Sharvari Bhav



Sanjana Ekka



Riddhi Jain



Shweta Moses



Sushant Avhad



Shefali Kirtavde



Chaitanya Abraham



Bhavika Malya



Arpina Mallya



Rahul Gharat



Godwin Baby

Bsw3

Batch of 2021-22



"Be your own definition of perfection." - Jayati Sinha



"Turning every wound into wisdom"- Rhea D'cruz



"No pen or paper, but I still draw attention"- Alisha Khilare



Sakshi Wadhonkar



Priti Vangad



Altamash Mulani



Yogesh Bhurkud



"Be yourself, there's no one better" -Deepa Kurhade



Shubangi Waghalkar



Harshali Baisane



Shilpa Mishra



Shyamrao Jadhav



Vivek Gandhari



Anita Chaudhary



Poonam Mhase



Sachin Shendage



Regal Munis



Priti Dodhade



Archana Borde



Ritesh Naiknaware



Pranali Munis



"Simplicity is also fashion"- Varsha Zine



Deepashree Joshi



Rutuja Dhok



Victoria Gill



Tanishka Thokle



Suhaj Shid



Sharean Sansare



Seema Rose



Firdous Shaikh



Sujit Kharpade



Nikita Gawli



"The more you give happiness to others the more you will be happy"
- Tanvi Rane



Enrica Alappat



Snehal Pawar



Annette Zacharia



Sindhuja Tiwari



Shruti Rokde



Sarika D'souza



Nimisha Jadhav



Kavita Agarwal



Teena Karneloo



Sakshi Bhavsar



Mayur Nilange



Babita Yadhav



Jestin Mathews



"Soul full of
Sunshine"- Sweta
Bhanushali



Simran Bharti



Shirley Walter



Dhruv Goenka



Vidya Kamble

Msw I

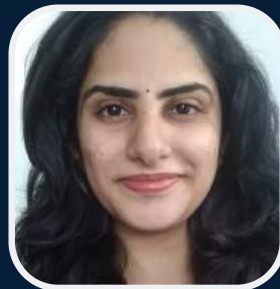
BATCH OF 2021-22



A Girl who wants to
Conquer the world
-Shaikh Shagufta



Be Happy
-Akshay Chavant



Nolite te bastardes
carborundorum
-Ashwati Menon



Throw pawstivity like
confetti.
-Sejal Sawant



That's what I do. I drink
Tea and I know things
-Abhishek Khilari



Kindness is like snow - it
beautifies everything it
covers.
-Khushbu Gairola



Curious, Friendly and
Being realistic- Kiran
Mahajan



" In the end they'll all
judge me anyway, so
Whatever."- Shivani
Bhosale



Hard work will beat
talent when talent fails
to work hard- Nelita
Gonsalves



Its Best to live as if it
were the first and last
day of my life.-Paulo
Coelho - Francisco
Rodrigues



Strong, Independent,
Kind Woman- Manisha
Shah



Music is Love!- Bella
Bhosale



Positivity always wins...
Always- Keerthana
Ramesh



Sunshine- Suryakant
Patil



We can't always choose the
music that life plays in the
background, but can choose
how we groove to it.- Sanjana
Noronha



"It is in the darkness of
adversities that we
discover the bright light
that lies within us."- Forum
Dalal



I Spread Sunshine-
Beracah Thakor



Wayne on the streets,
Batman in the Sheets-
Wayne Farel



एकाच ह्या जन्मी जणू, फिरुनी
नवी जन्मेन मी! - Vaibhavi
Kulkarni



Enjoy Every Moment of
Your Life- Maria Dabre



Trust the process!!!-
Bhavesh Vetam



"I enjoy meeting new
people every day."-
Mudra Ekanwar



In the process of being
the best version of
myself- Shivani Jadhav



मला झाडे लावायला खूप
आवडते- Lata Bhavar



Sweet Simi- Simran
Alvares



"Courage is knowing
what not to fear."
Plato- Enoshya Jacob



Life is full of choices-
Priti Itur



"Believe You Can and
You are Half Way
There!!!" -Anjana
Sebastian



जन्मापासून मृत्यूपर्यंत चा प्रवास
किती केला यापेक्षा कसा केला
यातच आयुष्याचं कोड लपलंय...-
Nikita Tatugade



Life is all about
Priorities- Shreyash
Sawant



Just let it go!- Sapna
Aakireddy



"तुळशीच्या वृंदावनात
उगवलेल गांजाच झाड आहे
मी"- Ashok Londhe



Fun loving- Sajan
Gaikwad



Temere verba
componuntu- Anirudh
Narayan



One Change at a Time-
Naman Jain



Run, jump, Play but do
not Sin- Lorina Bandy



"My identity is my
smile"- Crissele
Rodrigues



It's never too late for a
new beginning in your
life- Biviyana Lepcha



Geniusly stupid- Ismail
Gorikhan



If you wish to reach the
highest, begin at the
lowest- Carmeline
Fernandes



"Exploring!"- Suraj Shid



LAZY OTAKU- Ankit
Anthony



I am me, nothing more,
nothing less, and that is
enough.- Princellia
D'souza



Best happiness strikes
when you make your
loved ones proud!-
Kirtika Sagar



"all that we have to decide is what to do with the time that is given to " - the fellowship of the ring.
- Blossom Rodrigues



" I can fit into the person in front of me and accept in all ways and loves to make positive changes" - A Change Is Needed - Anusha Kappatta



Res Non Verba- Baiju R



ज़िन्दगी का सफ़र है ये कैसा सफ़र, कोई समझा नहीं कोई जाना नहीं, है ये कैसी डगर चलते हैं सब मगर, कोई समझा नहीं कोई जाना नहीं- Ankit Jangid



तुम्ही महान, आम्ही लहान-
Shreekant Kate



We should indeed keep calm in the face of difference, and live our lives in a state of inclusion and wonder at the diversity of humanity.- Mukta Dharmamer



'If you find it hard to laugh at yourself, I would be happy to do it for you.'-Alisha John



She knows how to bloom and fly..-
Sairanjana Mahajan



"You give a poor man a fish and you feed him for a day. You teach him to fish and you give him an occupation that will feed him for a lifetime."-Ashwini Malkari



Never stop learning because life never stops teaching- Kamla Lakra



Let's cross over - Manjiri

Msw2

BATCH OF 2021-22



Agnel Cherapparamben
Do good avoid evil.



Agnes Anne
Enjoy each moment,
learn from mistakes
and keep moving



Akshay Gawali
आजचा संघर्ष उद्याचे
सामर्थ्य निर्माण करतो
विचार बदला आयुष्य
बदलेल.



Anto Thomas
Plant trees, save the
Earth, Say No to
Plastic.



Anwasha Chowdhury
Love yourself and
love others.



Arshak Babu
Be kind wherever
possible and spread
Love.



Ashish Kumar
And the life goes on.



Benedict Antony
Be yourself, self
motivated and self
determined.



Cecil Baraik
The comeback is
always stronger than
the setback.



Chetan Patil
माणसानं राजहंसासारखं
असावं. आपल्याला जे पटेल
तेच घ्यावं, नाही ते सोडून द्यावं.



Chionia Dsouza
For humanity to
prevail, we need to
be more human,



Clody Dmonte
If the sky is the
limit, go there.



Deeksha Sharma
A hopeful lover of sunset and the moon, chasing shooting stars in my life.



Devika Singh
Having a big heart is greater than having a big house.



Frankline Colaco
Bloom where you're planted.



Gayatri Dhargalkar
No one, great or obscure, is untouched by genuine kindness.



Hemangi Sawant
Being fair, honest and truthful is the first aim of my existence.



Hinga Lucy
Be the model that you always wanted to be.



Josna Joy
Everything happens for a reason.



Joyce Thekkumthala
Live and let live.



Ketaki Patil
Be the change you wish to see in the world.



Ketaki Jadhav
Be grateful of everything you have in your life.



Komal Watambale
Believe you can and you are half way there.



Leo Joseph
Look for magic in every moment.



Leslie Dsouza
Build your own dream or someone else will hire you to build theirs.



Mayuri Jadhav
Explore the world and share digital literacy with the less privileged.



Melvisha Mendonsa
Darling you are magic.



Nicole Coutinho
Life is all about balance.



Nilesch Rathod
क्षणो क्षणी मा णसं जो डत
गेलो , सहवा सा तून त्यां
च्या मा त्र स्वतः घडत गेलो.



Ninad Pandya
You can only help
others as far as
you've come.



Nishita Bothra
This too shall pass.



Om Hase
आयुष्यात कोणती गोष्ट
अशक्य नाही फक्त विचार
पॉसिटीव्ह पाहिजे.



Paavani Asthana
Inspire people to be
kind to themselves
and others.



Piers Lopes
Your life does not get
better by chance, it gets
better by change.



Prajakta Hardas
Wish it, dream it, do it:
Turn the life you're
living into the life you
want.



Pranoti Dharankar
Be silent at times,
it is the loudest
voice.



Rakhee Borade
Count your
blessings daily.



Rini Panenkaden
Spread the light
wherever you are.



Rohini Rathod
I turn my dreams true,
liberate energy and
inspires others.



Rohit Mane
Be cool, be happy.



Roshni Lakra
Make your mother
smile and live an
ideal life for others
to imitate.



Sandra Pinto
The future belongs to
the competent. Get
good, get better and be
the best.



Savio Ponnachan
Do not loose the
little things, while
focusing on the
bigger things.



Sayali Kadam
Shine
Dream
Smile



Shanti V
Life isn't about finding yourself. Life is all about creating yourself.



Shinoj KJ
Work for society with commitment and passion.



Shruti Monde
Small simple steps.



Shruti Kulkarni
Live life with Meraki (leave an essence of yourself in your work).



Smita Patil
Your life does not get better by chance, it gets better by change.



Suprita Dutta
Life has no limit except the one you create for your self!



Supriya Surywanshi
Self love may not save you but, heal you.



Tanaya Wagh
One person can make a change and everyone should try.



Tanvi Ravrani
Starving for progress not perfection.



Vidya Londhe
Live for love.



Vijay Donke
Live life with purpose and passion everyday.



Vincent Vijayan
Thirst for justice, equality and dignity.



Zohra Shah
Think positive, keep smiling.

ANNUAL DAY 2022



Respected principal Dr. Lidwin Dias welcoming the audience for the annual day



Setting the mood right- Interclass jamming session by students from all the classes



Msw 1 class proud of their decor



Bsw 3 setting the stage on fire with their powerful performance



A beautiful welcome dance to commemorate the annual day after two years

A soulful musical performance
by Saie Waingade,
student from Bsw 2



A very lit performance by the non
teaching staff

Beauty doesn't have color. A
play on the unfair association
between beauty and color.
Directed and written by
Sameer Mohite and Albin
Thomas





Dance performance by the most beloved teaching staff

A play directed by Sapna Aakireddy "There is something I have to tell you" Every person has a story and each story is as important as the other. The play explores varied relationships and quirky characters. The power dynamics between a pair of siblings and the affectionate yet edgy relationship between a mother and son come together to make an interesting, humorous and thought-provoking piece.



Cast- Vaibhavi Kulkarni, Pratham Jadhav, Sapna Aakireddy, Anirudh Narayan, Abhishek Khilari



Performance by MSW 2 depicting their happy-sad reality of life.

Acknowledgment

First things first, this magazine would not have been possible without the valuable contributions of students of Nirmala Niketan, College of Social Work. Our deepest gratitude goes to them. We would like to pay our special regards to our principal Dr. Lidwin Diaz for giving us the courage and support to be creative. We're extremely grateful to Mr Albin Thomas, the Convener of the students council, who had faith in this magazine and the literary committee through all the ups and downs of this journey. We'd like to extend our deepest gratitude to Miss Pallavi Xalxo, who have contributed her innovative ideas in shaping the magazine. We'd also like to acknowledge the help of all the class representatives and students for cooperating and providing help whenever needed. Last but not the least, We cannot begin to express our thanks to Vikas Pandey, without whom the magazine wouldn't have been what it is.

Love,
The Literary Committee 2021-22



About the cover

“What if we’re in the painting before we’re born? What if we’re in the painting after we die? And these colors that we keep adding, what if they keep getting added on top of one another until eventually we’re not even different colors anymore, we’re just one thing? One painting.

People will die in our lives, people that we love, in the future, maybe tomorrow, maybe years from now. It’s kind of beautiful if you think about it, the fact that just because someone dies, just because you can’t see them or talk to them anymore, it doesn’t mean they’re not still in the painting.

I think maybe that’s the point of the whole thing. There’s no dying. There’s no you, or me, or them...it’s just us. And this sloppy, wild, colorful, magical thing that has no beginning, no end...that’s right here. I think it’s us.”

~ This is us, NBC