

March 2023

*College of Social work
(AUTONOMOUS)
Nirmala Niketan*

NEENV

Space Beyond Gravity

Annual Students'
Magazine

2023

A space to express the unheard

Greetings from the Literary Coordinator



Neer comes out as a Students Magazine of College of Social Work (Autonomous) Nirmala Niketan every year. Behind this small venture, there is hard work put in by the committees and constant help and support by the College. We would like to remember here the support and encouragement we have received from Dr. Lidwin Dias, our Principal and thank her for all the guidance we have received for the ventures of Literary Committee. Her simplicity and humility has been an inspiration for all of us, the budding social workers. We thank all the faculty members in the students committee for their guidance and support they have extended. This year was a memorable one because of their help. A word of gratitude also to the teaching and non-teaching staff in the college for their contribution in our learning process within and beyond classrooms. Words are insufficient to express the joy of presenting Neer to all of you...

*Sharvari Bhave
Literary Committee*

Message from the Principal



We're happy to recognize the ongoing initiative of our students in producing the NEENV magazine since 2017. This platform beautifully captures student experiences, insights, and learnings through creative articles, poetry, and more, fostering academic and practical growth. In this 8th edition of NEENV, you'll find captivating articles and firsthand experiences, all thanks to the dedication of our student editors. They've encouraged every student to express themselves and build confidence in writing, regardless of academic performance, nurturing inclusivity. A big thank you to the faculty for guiding our editors in refining articles, promoting quality, and fostering intellectual and social growth among students. I urge more students to join NEENV, believing in the power of writing to overcome inhibitions and share thoughts for the benefit of others. Let's remember, writing is about sharing and empowering each other, not just impressing. To the NEENV team of students and faculty, I wish you the best. Let this magazine continue to speak for itself and guide us all. Dear readers, enjoy the NEENV magazine and inspire fellow students to contribute their work. Let's continue supporting this student initiative and look forward to many more editions in the future.

Dr. Lidwin Dias

*Principal, College of Social Work
(Autonomous) Nirmala Niketan
Mumbai*

Greetings from the convener



Albin Thomas

Assistant Professor

Students are the energy bank of every institution. Education acquires its ultimate objective when students, with their creative minds reciprocate with the institution in their learning process. Neenv is coming out this year also with the efforts and hard work of Literary Committee. I give my regards to all those who have worked and contributed to the magazine. Neenv is the manifestation of dedication, analysis and critical observation of students about the realities in and around them. I congratulate the committee for this success.

President's Note

Dear fellow reader,

As we are near to the end of another academic year, I am honored to have the opportunity to contribute to our college's annual magazine as your student council president. This past year has been full of challenges and opportunities for us all, and I am proud of the way our college has come together to support each other and overcome obstacles. From gatherings and volunteer opportunities, we have continued to build a strong and vibrant atmosphere.

As you flip through the pages of this magazine, I hope you will take a moment to reflect on all that we have accomplished together. From academic achievements to athletic victories, artistic performances to community service initiatives, our college has much to be proud of. I am grateful for the chance to serve as your student council president and to work alongside such a talented and passionate group of individuals. As we look to the future, I am excited to see what we can achieve together and how we can continue to make a positive impact on our college and our wider community.

Thank you for your dedication, hard work, and commitment to making our college a better place. I wish you all the best as you pursue your goals and dreams, and I look forward to staying connected with you as we continue on our journeys.

Chaitanya Abraham

President, Student's
Committee

*you trust the universe only
when you witness it's
miracles,*

*try closing your eyes and
having a conversation with
it, heart to heart.*

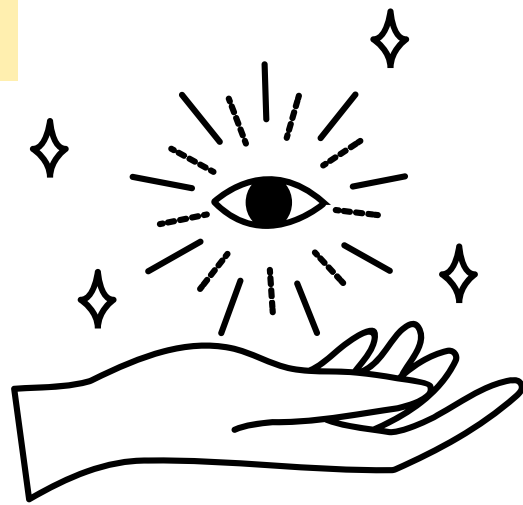
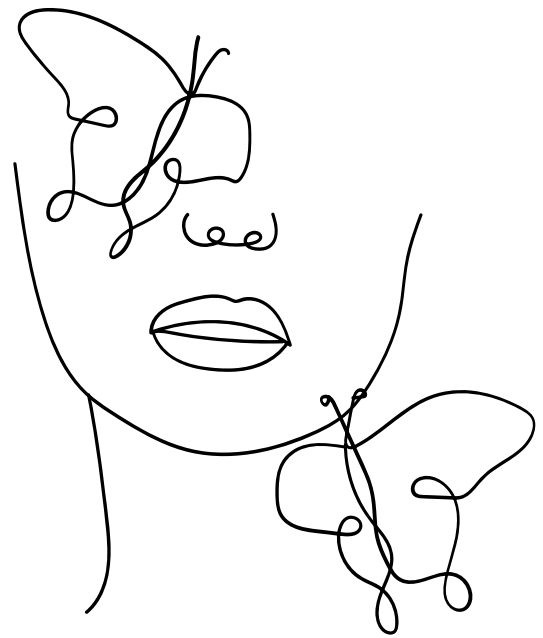
*you won't need a temple to
feel it.*

~ said faith

Aishwarya Patel

*after losing people in life, I
understood that you realize
the value of something
only when you lose it.*

*that emotions either has the
ability to create great
masterpiece or destroy one,
brush was in my hand.*



*Those infinite stars remind
me of infinite possibilities,
moon makes my belief
stronger about the law of
attraction*

*the sun reminds me to
shine even on cloudy days
and the clouds, they tell me to
empty myself when
I'm overwhelmed.*

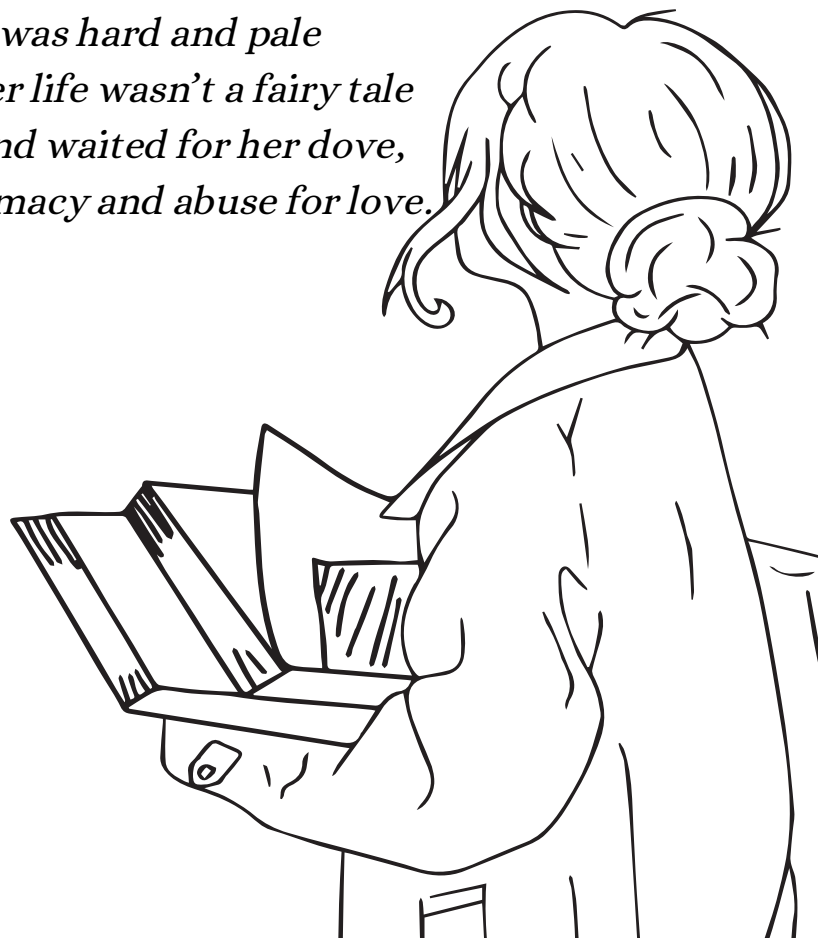
*all my life i was searching for a
mentor,
only to discover the end that it
was always with me, around me,
within me.*

Was it suppose to be that way?

*She was 10, dreaming to live and love like a princess.
Little did she knew, that life would shatter her into pieces.
It did come true, but quite not how she thought of it.
The love they always used to talk about, she couldn't see any of it.
She heard about love as giggly and beautiful.
But why for her, was it blue and painful.
He always claimed to love her,
But why was it always him who damaged her.
Or was it suppose to be that way?
Just like how it was for belle.
She was a beauty in love with a beast
And that's when all her problems ceased.*

*Belle's true love, changed the beast. She thought to herself .
So if I love hard and right, he will change too, She felt.
But her soul dissolves into broken promises and lies
The hope disappears and the heart cries.
And her journey was hard and pale
She failed to realise her life wasn't a fairy tale
She closed her eyes and waited for her dove,
She was mistaking intimacy and abuse for love.*

Twinkle Parmar



Art my way



M
U
D
R
A

Treesa Roshni

Discipline

Boring or an exciting endeavor?

My alarm struck at 6:30 am. Lying on my bed cuddled up in the chill morning of January. A part of me wants to get up to leave for college, for 6:30 am was the perfect time to wake up in order to have a smooth freshening up and breakfast before leaving. I had already come into 50% consciousness after switching off my alarm, and my subconscious had got a quick glance around the room. The cozy cute hostel room with a large window. It was cool, chill, and dark. One glance, that was it, I threw my head back again to my pillow, telling it to wake me up after 15 min.

10 min into, my alarm rang again. "Confound it!!!" I exclaimed. I realized I had forgotten to swipe up the previous alarm. "Ok, I'm up!". But I fell asleep again. The next second I opened my eyes, I didn't think twice. I knew It must have been several minutes beyond 7 am.

My mind awake 90% this time, I quickly dragged my body out of bed. The most dreadful task in the world. I had to catch the 7:33 am train, because that's the last possible train which will get me on time for the first lecture. I don't want to see Meghna ma'am's disappointed face when I walk in 15 min late.

Before long, I was anxiously glancing at the board which showed the timing of the upcoming train in the station. My heart sank. I'm late again. I got on the next train to CSMT. 'How about reading something' I thought to myself. I opened an article on my phone and started reading. The first 10 min went smoothly, then my head began to spin. "Ahh, this isn't good" I said to myself as I rested my head on my bag in pain. I decided never to read again in local trains, especially from a screen.

This wasn't new for me, I just described something that happens to me everyday. Something or the other always keeps me from sleeping early. And most of the time, I can't control it. It would be reels, social media etc. Which in turn discourages me from getting up on time, having breakfast and peacefully leaving for the day's work.

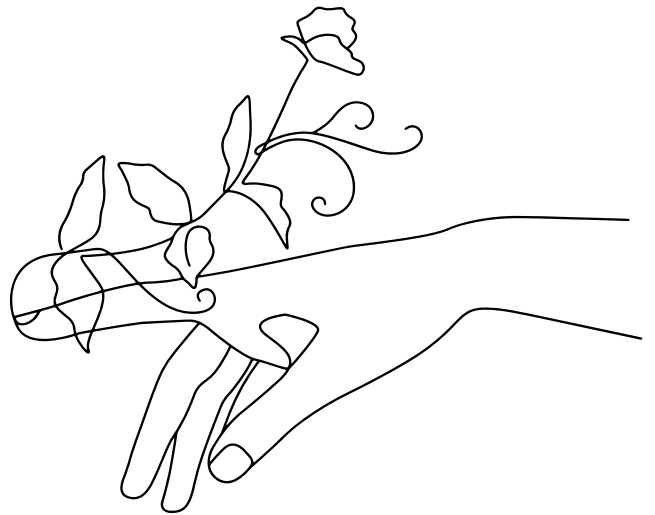
I detested the idea about the typical healthy lifestyle of 'early to bed and early to rise'. It's boring... How can life be interesting and adventurous if we confine ourselves to certain rules and regulations? I used to think, until two significant incidents happened.

One night, after a disturbed sleep schedule of more than a month, I suffered from a severe migraine headache. I later realized that it was very dangerous for me to compromise with the nature of my body. In other words, discipline is necessary and I can't control everything around me. Second, was the day when I slept for 8 hrs, woke at 6 am without any alarm and started my day. On that day, I read again on my phone, but this time with complete concentration, the whole journey, and I was still fresh. I had almost forgotten what a fresh day looked like. My mind worked happily that day. It was a lesson learnt the hard way. At the end of the day however, Genz never learns the easy way. They prefer to learn the hard way. Like I did. I knew everything, but still never implemented them or understood their importance until life proved it for me.

Hmmm... interesting isn't? Be careful though, you can experiment with some, but not all.

Neki

I wish it was less hard to be happy. I wish putting on a smile did not feel like faking. I wish I didn't have to think of moments that crashed my little nine-year-old. I wish my nine-year-old didn't act as if it returned from the mountains of blue. Because when you feel you have at last returned to the lands of peachy yellows. You laugh relentlessly as if nothing worse can happen!



Letters from those who never talk

Isn't it tiring while you live for peace knowing death is on way? And immortality is not the thing you want. Instead, a cup of coffee with them, who believed in you while you were full of chaos. When you questioned them about your confused thoughts, they answered with a pat. I wonder what things we have done to find such beautiful humans. The beautiful smiles of those humans you would never want to forget, especially when the reason of that beautiful smile is you. They choose to live their smiles with you is the reason you never feared death. And you never dreamt of immortality instead them. It is fascinating that humans love unconditionally and yet greed. Dear death I know you are on your way but I wish when you come, I will think of my human and lunatically smile at you. For you tell that life is lived for love and not greed.

*Sincerely,
Me*



लिहायला आवडत का तुला.?

लिहायला आवडतं का तुला?

गुड गुड.

तुझ्या कविता आवडतात मला तो म्हणाला

आवडत असतील कुणा कुणाला

मला काही गार्ड करशील का?

कविता काय असते तुझ्या शब्दात व्यक्त करशील का?

त्यावर त्याला मी खांदयावर हात ठेऊन पुन्हा विचारलं

लिहायला आवडतं का तुला?

गुड गुड लिहित जा पण, भरलेल्या पोटाने उपाशी मरणारांची

यातना लिहू नको बरं का.

मधे बसून दुष्काळाच्या कविता

लिहू नको बरं का

लोकांच्या मनाशी खेळून संवेदनशीलता सांगणाऱ्या

कविता लिहू नको बरं का

शरीरसुखा साठी भटकणाऱ्या डोळ्यांनी चारित्र्यावर लिहू नको बरं का.

वर्णभेद जातीवाद ठेऊन मेंदूत

समानतेवर लिहू नको बरं का.

लेखणी म्हणजे व्यक्त होण्याची कला आहे, शब्दात जिंदगी जगण्याची टेक्निक आहे,

प्रसिद्धीच्या भुकेसाठी आणि अहंकाराच्या चुकेसाठी

कविता विकाऱ्यात आणि टाळ्या मिळवाव्यात म्हणून लिहित असतील

तर मग लिहू नको बरं का.

तर चल मग.....

तुला घडायचं असेल तर उध्वस्त व्हायला तय्यार आहेस का?

पोहता येत नसेल तरी तय्यार आहेस का?

बघ हा कधी कधी उपाशी ही मरावं लागेल घर सोडायला तय्यार आहेस का?

घरून आयते पैसे मिळणार नाहीत जॉब करून जगायला तय्यार आहेस का?

पोटभर मिळणं ही कठीण होईल मुठभर मिळण्यासाठी झटायला तय्यार आहेस का?

थकलो, थोड आराम, अस म्हणायला जमणार नाही काही झाल तरी टास्क पूर्ण करावा लागेल सांग तू तय्यार आहेस का?

आपल्याना बघायला तर काय बोलायला ही मिळणार नाही हे पचवायला तय्यार आहेस का?

सांग मग तू तय्यार आहेस का?

तर चल मग.

तूच तुझा खास असायला हवा.

तूच तुझा कधीही खास असायला हवा.

सक्सेस मिळते की मिळणार नाही

हे निश्चित की कन्प्युज कळणार नाही जवळचे परके अनोळखी विरोधात असतील

कधी पाय ओडतील तर कधी आपल्यावर हसतील

टीका सहन करावी लागते शिकण्यासाठी

विचार खूप मजबूत ठेवावे लागतील इथ टिकण्यासाठी

लायकी काढली जाईल आत्मविश्वास मारला जाईल

तुला अनेक सल्ले मिळतील सल्लागार मिळतील

काही अडवणारे मिळतील काही कलाकार मिळतील

पाठीमागे बोललं जाईल, ट्रोल केलं जाईल

रडत एकूण तुझ दुखणं हसत सांगितल्या जाईल

चालू देणार नाहीत बोलू देणार नाहीत. पण अशा वेळी तू तुझा खास असायला हवा.

कोणी सोबत असो की नसो तू आणि तुझा आत्मविश्वास असायला हवा.

लिस्ट असेल तुझी नुसतीच कॉन्टॅक्ट ने भरलेली पण त्या यादीत

तूच तुझा खास असायला हवा. जगण्याच्या परीक्षेत पास असायला हवा.

हो तूच तुझा खास असायला हवा.....

Anonymous

BECOME A FREE GIFT

*Life is a gratuitous gift from God
Which we receive from above
We are here with a purpose
To become a free gift for humanity*

*Oh, what a wonderful gift I received
That was the happiest moment for me
Out of my joy, I went all around to show
And to share my joy with others
Today you and I are free gifts from God
A gift of unconditional love
Let us become a free gift to others
And render selfless service to our brothers and sisters*

*Let us become memorable present
To whomever, we come in contact with
No matter whoever will be, rich or poor
Sick or healthy, young or old men and women*

*We are called to share our life
No matter how difficult life will be
We are called to be prophets to the nations
To spread the message of hope to the universe*

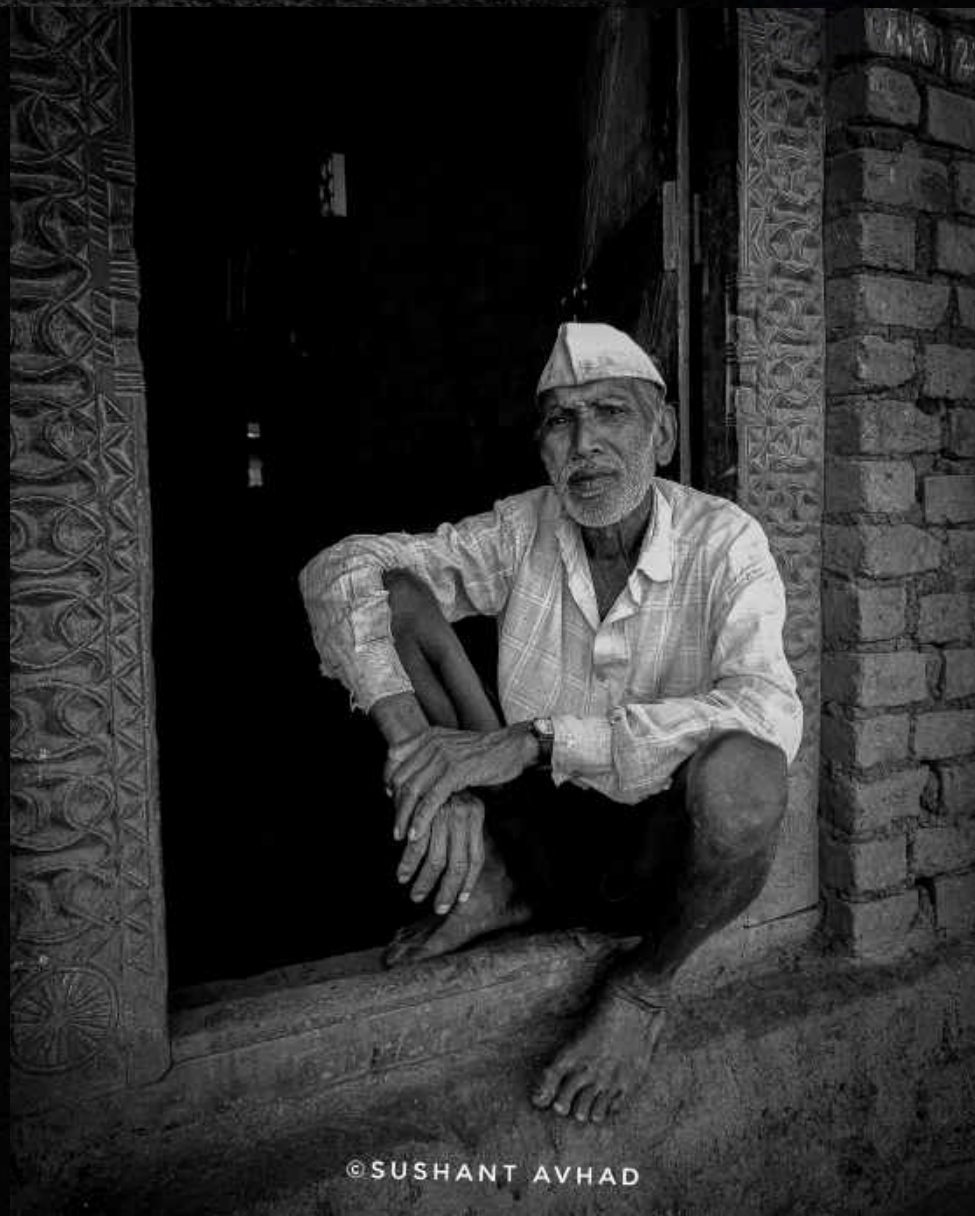
*Love your life without condition
Give your life without measure
Make your life beautiful
And live your life meaningful*





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SUSHANT



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Experience of being the Cultural Coordinator

I would like to share my experience about the college life what I got in Nirmala Niketan. As my one and half year of college was online but I enjoyed a lot. We even met some faculty by attending their lecture offline and it was very nice and fun. Got many friends and all of them became my NN family. We use to find reason to meet each other and try to come to college when COVID restrictions were slightly released. Then we got a good news that college is starting in hybrid mode and I was very happy that we all will meet each other and will get to know the teachers and also the people whom we have never talked like our seniors. Even in last year annual day we got to know the teachers and also what all things are done in annual day. It was real fun to wait and practice dance with the classmates. While prize distribution, our class didn't get anything as we never took part in any events. After seeing that we decided that in BSW 3 we will win as many prizes as we can and will show to all that hum bhi kisi se kam nhi hai. Then third year started and I was very excited that we will be going to our first and last camp and also we will be doing very nice and on scored board BSW 3 will be on first, but unfortunately as the events and session was there we were on the last at scored board and even only our class was divided into two groups and my excitement was going and I was like iss bar bhi hum kuch nhi kar payege. But then Albin sir and Sameer sir motivated our class and then we as a class decided that we will do and will come at first place at score board and we tried hard for it. We participated in every event, sessions, programs in everything and we came at second place on the score board. Even when the elections had started for student council member I tried for cultural representative but unfortunately I couldn't win and I was like let it be, I will try for cultural coordinator. And when the election started for the cultural coordinator my classmates helped me a lot by telling everyone ki Riddhi ko vote do. I was very happy and I was thinking even if I couldn't win I am very happy that so many people were there to help me. When the result came out all were very happy as I was the cultural coordinator and I got the highest point from everyone. I was very happy and decided that I will be nice and helpful cultural coordinator. Then everything started and then we also took part in University Youth Festival and we were taking part in almost every event in the youth fest. And youth fest was a very different experience that we all students got and in that we had fun, emotional breakdown, everything but at last we were happy that we did very nice.

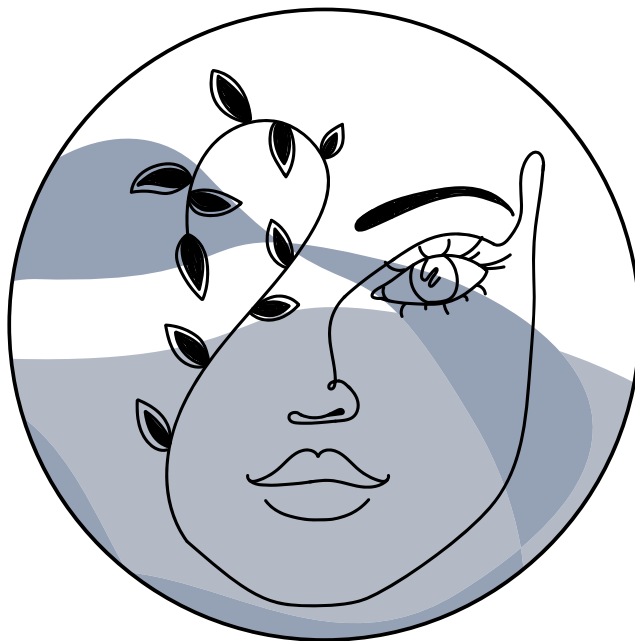
After that we had another thing to come and that was research and I was very scared that mera kya hogaya research me and I was nil battey sannata in research but Anita ma'am, Albin sir and Reny ma'am helped a lot in our research. While doing the research we all had a difficult time as you can say fights and all but at last we did nicely and properly. Then after that I told sir that we will do fest and sir told that do you think we can do and I was very excited that we will be organising fest. Then I kept meeting for fest and many people were there but at last few people were there and mostly all the work was done by a small group of students. It was difficult but it was very nice experience for all the students who were part of the fest. We all enjoyed and it was best memory for me as a cultural coordinator. I gave my best and I hope next year RIWAYAT will happen with more fun and more students will take part in it. The student council faculty and principal and the other teachers helped a lot and we had a great fest experience. Then because of fest I was able to overcome my fear and also met some amazing people. Even while fest we had a different environment and the entire student body really worked hard and because of this the fest took place. Even the annual day was fun and even my parents were very happy to see me as a very different Riddhi. In Nirmala Niketan I got a family and also a different memory with each one and I will really miss this. In this college I got people who really loved me, helped me, was there with me whenever I needed them. I really love everyone who became my family and I will really miss you. And a message for my juniors that please be there for each other and motivate each other. And I hope you guys do the fest even more better the coming years. I will really miss the fun that I had in this college and thank you guys for making me cultural coordinator and because of this I got a very different and great experience.

- Riddhi Jain
Cultural Coordinator

Daisy

*I question, I question your past experiences,
Not because I'm insecure or jealous,
Or probably because I think i'm not good enough
Maybe it could just be to understand
another You!*

*The things you went through
And how you blossomed and grew
Following the winds of change that blew
Everytime you had to start anew
You had what you had
And you say it makes you glad
To cherish the times good and bad
Coz to your life's learnings, it did add
Whatever it may have been;
good, bad or sad,
All I know is it definitely
Made you a better lad!*



Bella Bhosale

Nature heals and enhances well-being. Nature soothes and nurtures. Nature fulfills and motivates. Nature whispers and commands. The question is, are you listening? We go out and observe innumerable things in nature but do we take out a minute and think about it? Let's remember some of it.

Every fortnight a hibiscus flower blooms in the garden, big, bright and tender. Throughout the day it smiles with the sun and dances with the wind but as evening appears it starts wilting, by next morning it withers completely and by evening it falls and becomes one with the earth again. The flower comes to life only for a day yet it does so in full splendor. What if we too lived our lives, however short, to its fullest?

Water is so gentle and rocks are so hard and yet at the beach the water flows over the rocks every single day for years and the rocks have to give it. Hence we see rocks alongside the ocean carved and shaped by the water. Our problems are colossal and we are very small yet what if we persist like the water?

There's a cement water tank in front of my house which is not used for a year or so. One fine day while passing by it I saw a small grass peeping through the cracks of the concrete tank. It left me thinking that however difficult or impossible things may look there is always an opening, isn't it?

The changing weathers, the shedding of leaves, the dry land before the monsoon, and many more things in nature constantly remind us that everything shall pass. What if we too had that conviction that however difficult things are right now, it will not remain so forever.

Nature is the best teacher, so next time when you go out, remember to feel and experience the alchemy of nature....

Mukta Dharmamer

When I was in 8th standard at the age of 13, I was confused whether I was a girl (as my assigned biological sex at birth is female) as I felt like a boy trapped in the body of a girl. I had lot of questions at that point regarding my gender identity, gender expression and sexual orientation. I read about the LGBTQIAH+ community and stories of transitions that gave me a clarity on who I am. My gender identity is I am a boy, my gender expression was that which is normative to boys/men and I was attracted to girls, therefore my sexual orientation is I am gay (trans man interested in women).

Belonging to this minority is not seen as normal and free of stigma in India even in the year 2022, so obviously I did not plan on coming out about my gender identity, sexual orientation and gender expression which were opposite to what is expected of a person born as a female. For me it was all the factors like anxiety, stigma around my neighborhood and family, bullying in school and neighborhood and was eve-teased and called as “mavali”, “transgendered person” and “dandy”. It is a torture to feel like a boy but living in the body of a girl, to wanting to look, behave and dress like a boy but having to look, behave and dress as a girl and fearing to be shamed for being a homosexual in orientation, as I am born as a female. My experience being a lesbian at the beginning was very burdensome and hard because in my family I came out and wasn't accepted and I thought and gave time to my parents but I felt somewhere awareness was lacking or the societal norms which was stopping them from accepting or maybe they didn't want me as lesbian person for bringing shame to the family.

In the 1st year of pursuing the Bachelors of Social Work degree at the age of 18, I was able to gather the courage to ‘come out of the closet’. It is a preparation of days and months to write and rehearse what and how to reveal while coming out of the closet, even to my parents. It is because I always had to hear something unusual and derogatory from my parents, friends or relatives who judge and discriminate persons from LGBTQIAH+ in subtle or an open manner. I planned to first come out to my mother to whom I felt the closest, and she is social wok professional who works with LGBTQIAH+ but she reacted in a manner that I never dreamed of, she shunned me.

She was shocked, she was unhappy, she could not handle this taboo that had to be explained to many people throughout their life. She forced me to come out to my father who had a more reactive, aggressive and dismissing approach with me in the matter, to the point that I would be disowned or constantly belittled because of this aspect of me. I was asked to come out to my grandmother as an emotional blackmail by my parents as she is having health reasons and they knew I would not dare to lose her life by sharing this truth with her that would most probably unnerve her completely. My coming out to my closest family was a harrowing person for me who is yet to transform into a transman and have always felt attracted to girls/women. My parents refused to accept this information, they were mentally disturbed, were bothered about what the society will say, emotionally blackmailed me, abused me, and pressurized me to pretend what I was not. Their being my parents, educated persons and my pleas to them to show me some empathy did not help at all. While one of my female cousins accepted me as it is and stood with me, one of my male cousins found it difficult to digest, and has cut off from me, for now.

One positive thing during journey of self-discovery is that I had few of my friends and their support was instrumental in me embracing my gender identity, expression and sexual orientation. After I tried to come out and it had gone all wrong, I went into a shell and did not feel like talking of it and gaining acceptance. Instead, I worked on educating and accepting myself as a journey of self-awareness and self-compassion. Keeping up pretense for those in my life who felt disturbed by my being myself and leading a double life. I think this is a pattern observed in coming out of LGBTIQH+ in conservative countries. Patriarchy finds it difficult to give power to be a boy to a woman. Parents find it difficult to support transman's transformation from a woman to a man, and disturbed by their sexual orientation. The toughest part of my journey is of the pretense as a girl though I know I am a boy was the teasing, stares, abuse, comments, bullying, discrimination that I faced in direct and indirect ways. It has affected every single moment of my existence and at a point my mental health to the extent that I suffered reactive depression, anxiety, issues of low self-esteem and confidence. Society has to normalize gender identity, gender expression and the sexual orientation that are not heteronormative, then individuals can do that and vice versa.

I know each and every individual is different and everyone has its own perspectives and thoughts, and that is why we need to understand that the LGBTQIA+ community is a part of the society and not a single of them have to be excluded from the real world and I feel the people should me more aware about the community and listen and accept them wholeheartedly. I feel that all individuals do not move through the coming out process at the same speed in the decision or process of coming out.

The process is very personal. It happens in different ways and occurs at different ages for different people. Some become aware of their gender identity, sexual orientation or preferred gender expression at an early age, and others arrive at this awareness after many years. Coming out is continuous, sometimes even a lifelong process till one feels they are accepted by all. So, be patient and never give up your fight. My plan for my transformation is that I just want to live a dignified life without any burden and expectations and want to dress up however I want and the factors that would help me is to be confident and financially stable and start my Sex Reassignment Surgery as soon as possible. I would hope my story can do its bit in hanging the world by making it much safer and more open, accepting for the LGBTQIA+ community. What I feel is despite the constant suspicion, anger, rage, curiosity and hatred we face as the LGBTQIA+ community, we must stand united and strong in spreading our message of love, respect and of acceptance of me as I am.

This is me

TRIBAL ISSUES



Josna Adriel Sena

आमच्या पिढीला मात नाही...
अन आमच्या प्रेमाला जात नाही.

तसा

होता मज मान घरात,
आज अिमान माझा होत नाही
असा एक दिसं ही जात नाही...

घरात न कमवता,

बाहेर म्हातारा,

मुलांना अडगळ सुनेला िरूडा - बडबडा,
नातवांना पवरं गळा ,

णि

गावतला अनुभवी

मात्र

घरात आता मजला कोण काही पवचारत नाही.... ,

णि ती असतेमाझ्यासाठी,

नको बघूकोणी ती बघतेमज,

कोणी काही बोललेतर ती डोळ्यांनी कु रवाळते,

कारण तीची सोबत मजला खात नाही,

आमच्या पिढीला मात नाही.

आणि पतच्या प्रेमाला काही जात नाही

ना माझं प्रेम काही संपत नाही.

आणि म्हिन आमच्या पिढीला मात नाही

अन आमच्या प्रेमाला जात नाही.

Deepak Toppo

A LEADER IS A TEAM BUILDER

Are you a leader then lend me your attentive ear, And if not a leader even then give me

your attentive ear. And firstly, “whom do you call a leader?” A person who has muscle power?

The answer is “NO”. “Leadership is all about motivating ordinary people to achieve extraordinary results”.

What are the qualities of a leader?

- 1. A leader has a vision*
- 2. A leader is a big thinker*
- 3. A leader is sensitive and humble*
- 4. A leader is a decision maker*
- 5. A leader communicates effectively*
- 6. A leader is a giver and a helper*
- 7. A leader is brave*
- 8. Last but not the least- A leader is a ‘Team Builder’.*

A) Strong leaders are effective at bringing people together in a team. This is often the difference

between leaders and others who also get good ideas.

B) Bringing people together and helping them to overcome jealousies is the typical work of a leader.

C) Good leader often engages in conflict management with peaceful results.

D) Team leader is able to get more than one person to agree about key values or the direction of movement.

All these qualities remind me of one of the great leaders who was a team builder.

Mahatma Gandhi “The Father of our Nation”. Our country got her freedom under the dynamic leadership of Gandhiji. I read a book by Gandhiji and I also saw on television about the freedom struggle. I was so much fascinated by the manner in which Gandhiji influenced the people of India to participate in the freedom struggle. There was a great response to the call given by Gandhiji to participate in Non-Co-operation Movement.

Gandhiji wanted the Non-Co-Operation Movement to be non-violent, but the struggle

transformed into violence. And So Gandhiji called off the non-Co-operation Movement, which received a favorable response from all classes of people. so, you see dear friends, how a leader can influence and Build a team. By this, I conclude that a leader is a “Team Builder”.

Antara Saxena

Stuart Cameron, an astronaut from NASA back in 1986 made his routine journey from the earth to the moon. The journey to the moon takes approximately 3 days and the occurrence of answering nature's calls happens very naturally during the journey. Stuart, as an astronaut back in the 80's pooped in his diaper and threw it outside into space. He made a safe journey and came back to earth but the diaper continues to revolve around the sun like the earth does and will continue to do the same forever and ever. While a sole diaper doesn't pose any threat, tons of other defunct human made objects thrown by astronauts and rockets into space contributes to the problem of space debris or space junk that could rattle our universe in a few seconds.

Space debris refers to any kind of human made objects whether large or small that revolve around the sun. This could refer to broken satellites or even dust particles. There are around 30,000 pieces of junk in space that are larger than 10 cm that threaten space exploration in the future by causing damage to rockets through collisions that occur at catastrophic speeds. Even a fleck of paint was enough to break a window at the international space station back in 2016. Furthermore, the problem seems to be getting only bigger as seen by SpaceX 's plan of sending over 42,000 satellites to form a constellation that connects the earth to space. The occurrence of more satellites creates a possibility for chain reactions to occur where collisions lead to more junk around the earth that can hamper normal rocket journeys.

The problem seems to be a difficult one since direct intervention into space for cleaning is difficult. Yet, some attempts to clean space debris have been conducted. The European space agency awarded a contract to clearspace, a new startup to clear large pieces by using robotic arms to capture garbage pieces. However, these attempts can only capture large pieces and the small pieces continue to hamper space exploration.

Human intervention into space leads to catastrophic impacts and the problem of space debris tells us that human beings not only destroy environments on earth as seen by global warming but also threaten environments outside earth. Like the solution to the problem of sanitation lies in our hands, space debris can also be cleared through research and development in new technology. However, till we don't consider this a big enough problem, space debris continues to surround earth like a cage with humans dreading freedom.

Amit Jadhav

माणसाचा जन्म एकदाच झाला असला तरी,
सूर्याच्या प्रखर तेजाने चमकत रोज नव्याने जन्म होतो,
ज्या व्यक्तीला अस्तित्व स्वतःचे घडवायचे असते,
तो मोकळ्या आकाशात भरारी घेत असतो,
उडणाऱ्या पाखरांना पाहत रहा, त्यांना स्वतःच्या अस्तित्वावर
विश्वास आहे, म्हणून त्यांनी उंच आकाशात भरारी घेण्याचे
स्वप्न निवडलेले आहे. पाखरांच्या पदरात कितीही दुःख आले
तरी ते रोज नवीन संघर्ष करून स्वतःचे सामर्थ्य देत असते.
एखाद्या वेळी आपल्या life च्या पुस्तकाची पत्रिका फाटली
म्हणजे आपली life संपत नसते जिद्द हवी ती झटायची,
लढायची आणि काहीतरी नवीन बदल घडवून आणायची.
हे सर्व टप्पे आहेत life काटेकोरपणे जगण्याचे, आयुष्यात
स्पर्धा करायची असेल तर किरकोळंशी करू नका, स्पर्धा
करायची असेल तर समुद्राशी करा, समुद्रातून येणाऱ्या लाटांशी
करा, डोंगरांशी करा, हवी असेल तर वादलाशी करा, पण
स्वतःला स्वतःच्या मोकळ्या हवेत, आकाशात, भरारी घेण्यास
प्रेरित करा.

Jhimli Chattarjee

Mirror of my Soul

I am a child marriage survivor...

I could hardly remember my adolescence...

All I remember is my childhood until I got married to the person with whom I never wanted to get married.....

We, the so-called educated people, dream of becoming the saviors of child marriage victims.

In my family, I was a third generation learner... Yet, it happened to me!

I could remember all my early adolescence days when i also wanted to dress up like others, to wear jeans, to ride cycles, to study abroad and to have a simple life but I was forced to live a life where I had to fight to continue my college studies, I was not allowed to wear anything other than saris, and if I chose reading a book over making a roti, it added an extra chaos to my living...

When I chose to dress in whatever I wished to, I was only ashamed by my estranged family....

Yet, I fought hard, I fought hard to go to study at the University. I fought hard to come out of the family to go to the University.

Finally, my hard-earned M.A degree propelled me with the courage and strength to fight for a divorce.

No, I didn't get any support from my parents. Surprisingly, I got the support of a few strangers who became my family later. A family by Heart.

And, finally, I got my divorce! It didn't come without a cost. Along came lots of stigma, questioning on my character, outcasting of my family from the village.

But I didn't get scared in my journey. After all these years, it has made my wings stronger to help me fly high and higher...

Therefore, I would say, Marriage might be beautiful yet Divorce isn't ugly too... It brings life, it makes living easier.

At the end, It's all about perceptions!



Malhar Powar

ती.....

झाली ओळख पहिल्यांदा तिची व माझी
आजही होते मनी तिची बेचैनी

वाटलं नव्हतं कधी की हिच्यावरच येईल माझ्या हृदय
तिच्याच भोवती फिरते आता माझ्या आयुष्याचा वलय

नव्हते असे काही विशेष तिच्यात
तरीही मन रमे त्या मधुर स्वरात

रोज रोज पहावेसे वाटते तिला
मग मीच म्हणायचो "सावर रे मना"

माहित होते मला ती होणार नाही माझी कधी
तरीही वेडे मन लागे सारखे तिच्याच नादी

ठाऊक होते मला की जोडी कधीच नाही जुळणार
पण हे प्रेमच आहे जे सतत तिच्यावरच राहणार

स्वीकारलेले मी हे आणि चालू लागलो वाट
तिच्याबरोबर घालवले क्षण व आठवणी सोडत नाही पाठ

इंस्टाग्राम व फेसबुकच्या काळात शोधणे कठीण खरे प्रेम
पण शेवटी हेच ते प्रेम ज्याने साधला माझ्या हृदयाचा नेम



किती सुंदर होते ते बालपण
साध्या साध्या गोष्टीत रमे निर्मळ मन

खेळे- रडे- हसे विना कसली भीती
घेऊनी सोबत छोट्या-मोठ्या अपेक्षा संगती

छान किती दिवस होते ते शाळेचे व मैत्रीचे
होती मैत्री निखळ, नाही ताण अभ्यासाचे

सुटली नंतर शाळा आणि सुटले ते मित्र
वळण घेत गेले आयुष्य आणि दाखवत होते नवीन चित्र

कॉलेजमध्ये आल्यावर कळू लागले स्वातंत्र्य
हाती देखील आले "फोन" नावाचे यंत्र

मन रमायचे जेव्हा मित्रांमध्ये आणि अभ्यासाची नव्हती चिंता
तेव्हा लगेच आठवायचे आई-वडिलांकडून असण्याच्या अपेक्षा

वाढत गेले जसे वय तसे लागल्या गोष्टी कळू
वाढत गेल्या जबाबदाऱ्या स्वतःवरच्या हळूहळू

लाखोंच्या गर्दीत भरून बसलो मी स्वतःला
करून सगळ्यांची काळजी शेवटी निराशा आली वाटेला



Praniksha Pawar

मनातल्या विचरांची लाट.....

तिला न सांगताच माझ्या मनातलं दुःख कळतं
तीझ्या सोबत बसुन मला बर वाटतं,
एकटं वाटलं ना मला की मी येते तिला भेटायला,
काहीच बोलत नाही मी तिला
पण ती शांत करते माझ्या मनाला,
त्या हवेच्या वेगाणे टेन्शन माझ दूर करते,
पाण्याच्या लाटे सोबत दुःख माझं वाहून नेते,
ती आहे कुणाची मैत्रीण,
तर कधी एकटेपची सोबती,
ती आहे कोणाचा एकांत,
तर कधी दुःखाच्या वेळी आधार,
ती आहे एकत्र येणाऱ्या दोन रुद्यान मधला एकांत,
ती आहे तुटणाऱ्या दोन मनाची साक्षी,
कधी तिथूनच होते प्रेमाची सुरूवात,
तर काही होतो तिथेच शेवट.
त्या तुटलेल्या एकाकी मनांनसाठी
कधी कधी बनते ती आधार

धिर देते त्यांना शांत करते त्यांच्या मनाला
अनुभव येतो सगळ्यांना तीझ्या काठावर ,
रोज तिझ्या किनाऱ्यावर बसुन कट्टा भरून जातो,
दिवसभराचे सुख दुःख आणि टेन्शन तिथे बोलुन संपवून टाकतो.....

दिवसाचा शेवट सूर्यास्त बघून करतो
उद्या काही चांगल होईल या आशेने घरी निघून जातो....



SHIVANI

Jhimili Chatarjee

अंतराळ (कविता)

अंतराळ म्हणजे नक्की काय असत?

अंतराळ म्हणजे पृथ्वी आणि आकाश यातील सविस्तार .

अंतराळ म्हणजे ज्या मध्ये हजारो आकाशगंगा आहेत ते अंतराळ.

अंतराळ म्हणजे रात्र झाल्यावर आकाशामध्ये जी गमत पाहतो ते अंतराळ.

अंतराळ म्हणजे बालपणाची आठवण करून देणारे अंतराळ.

अंतराळ म्हणजे हजारो तारे ,

आणि ग्रहांचे एकमेव सदन म्हणजे अंतराळ होय.

Rushikesh Pote

मी नाही....

प्रणयलीलेत तुझ्या व्यतेय आणणारा मी नाही...
उपभोगाची वस्तूतुला समजणारा मी नाही...
जळी स्थळी काष्ठी पाषाणी तुझ्या ववचारात आत्महत्या करणारा मी नाही...
कमकुवत कल्पनांच्या आठवणीत आता तो मरणारा ननष्पापी मी जीव नाही...
अहांकार माझा मी सत्कमी लावतो माझा फै साला करणारा तू नाही...
व्यथा माझ्या या जीवनाची मांडतो सत्यनारायणाची कथा मांडायला तयार मी नाही...
कै क जलमोजलमीचेके लेअसेल पाप मी हहशोब ठेवणारा मी नाही...
न्यूनगांड असतील मनात माझ्या ककत्येक पण अववश्वासानेगळा कापणारा मी नाही...
पररस्थती असो कशीही कोणाचीही पररस्थती पाहून ममत्रता करणारा मी नाही...
नगरसेवकाचेआमदाराचेखासदाराचेतळवेचाटतात आजचेउद्योजक अशा तुकड्यावर जगणारा मी नाही...
वरवर नारीचा मान ठेवणारेव मनाच्या गाभाऱ्यात कामवासणा दडून ठेवणाऱ्यांच्या सोबत मी नाही...
तषूणा माझी कधीच भागली नाही घसा कोरडा ठेवणारा मी नाही...
ववचार हा मनात एवढा ववलक्षणी येतोय क्षणभर सुखाचा हव्यास घेणारा मी नाही...
नामशवांत हा देह माझा अधामोडलेला वैद्यकीय उपचार करता माझ्याकडेफी नाही...
इथेच माझेमत मी मांडूशकतो यूपीएससी क्रे क करायला तूकाय प्री आहे...
डांगा तूहाकशील दीघा काळापयंत ऐकायला तुझ्या डांगा मी काय फ्री नाही...



ती आणण बरांच काही....
नतची प्रत्येक आठवण मी जपून ठेवली आहे...
हृदयाच्या चारही कप्पप्यात मी नतला लपवून ठेवली आहे...
सांवाद हल्ली होत नाही आम्हा दोघांचा....
जणूमाझ्या प्रेतावर तीने चांगुल पणाचे शाल पांघरली आहे...
स्वच्छ , सुंदर,सुबक अशे नतचे बोलने
लोचट, हलकट, नीच, वेडसर अश्या ववषेशनाच्या गदीत मी होरपळलो आहे...
आता ती कोणाचीही असो ववस्कळीत झालेल्या माझ्या या देहात मी नतला सामावले आहे

....

चूक माझी नाही सखे माझ्या शाराररक अवस्थे ची झाली ...
मन माझे दाटून आले जेव्हा तूमजला भेटायला आली...
जाऊदे वेदेनेला आता पुन्हा वेदना नको ...
आसवांना पुन्हा तुझी कल्पना नको...
त्या इवल्याश्या चार कप्पपे वाल्या हृदयाची ओढाताण नको...
हो आता परत तेच बोलतो,
नतची प्रत्येक आठवण मी जपून ठेवली आहे...
हृदयाच्या चारही कप्पप्यात मी नतला लपवून ठेवली आहे...

Appapada Disaster Relief

A massive fire outbreak happened in Appapada community in Malad East of Mumbai on at 11.30 am. The fire destroyed the homes of more than 1500 families in the area and made them, mostly a migrant population homeless. There are inquiries and lack of clarity on the reason of the fire outbreak, however it is observed that the fire was caused due to the cylinder blasts that happened in one among the houses which led to fire in the other homes and eventually led to a series of cylinder blasts. Whatever is the reason behind the outbreak of the fire, it was clear that more than 1500 families who were from a lower economic background and mainly migrants were at loss. Fire destroyed not only the houses but also all the necessary items including the documents of the people.

College of Social Work, having a history of intervening in disaster situations immediately intervened in the situation. From 14 th March 2023, a team of 26 students and staff members were formed by the college. Students and faculty members were in the field from the very next day in the field. The team spent the initial days in understanding the needs in the field. Students under the guidance of the staff, went to the field after the class hours and did home visits and observed the field. Meetings were conducted every day to take an update from the field and plan accordingly. College circulated a brochure in order to mobilize the materials for the needy families. Lot of like-minded people and organisations donated materials such as dry ration, clothes, utensils, sanitary items, mattresses and so on.

Students also went to different parts of the city to collect the materials when people were not able to make the materials available to the community. Students also observed the need to interact with the children and a group of students mobilized children and conducted activities with them in the communities and the remaining group continued home visits and distributions. Collaborations were also done by the college by distributing the dry rations to the organisations who were running the community kitchen successfully.

College will be continuing the intervention along with Bombay Catholic Sabha in the field with extension centre being the point of contact.





Shweta Moses

Juee Sakpale

Let the stars above remind you
Of a love that is so true
When the stars wink at you
Remember God is watching over you



*Star light , star bright
Clenching my eye closed
As I wish with all my might
I release my vision , to the stars above
Watch them shine , with such passion and love
I only wish I could shine one day , just like them
Star light ,star bright wish I may ,wish I might.*

Archana Sharma

हमारी जगह की सफर
हमलोग निकले हैं स्पेस की सफर, सारे डर छोड़ कर,
सुनी है हमने कई कहानियां आसमानो या स्पेस की,
जिस से बड़ी हमारी इच्छा स्पेस में जाने की
, सुना है बड़ा मजेदार है वह पर सब कुछ,
हम सारे दोस्त निकल पड़े हैं गुपचुप...
हा... अब पाहुच गए स्पेस में हम, ना जाने घुमाने कहा-कहा,
ना है नदी ना है गार्डन, ना है झूला,
फिर भी हमने खूब खेला,
यह ना किसी को जाने हम ना पहचाने हम,
स्पेस के गढ़ या तारे चोटे और बड़े बन गए हमारे दोस्त,
धीरे धीरे घुमाए हमें सारा स्पेस,
लगाई थी सब ने एक लंबी रेस, न दौड़ में कोई हरा ना कोई जीता
, मिल कर सब ने खुशी मनाई सबने, नई-नई चीज शिकायत सब ने,
अच्छा लगा साथ रह कर उनके, अच्छा लगा उनका दोस्त बन कर.....





Amit Jadhav

माझ्या जीवनातील खडतर प्रवास
चालणाऱ्या पायांना स्पर्श तुझेच होते,
धूळ, माती अन् दगड गोटे यांचे दर्शन घडते,
टोचते जसे की मनातील विचारांचा भंग होतो,
आणि मोकळ्या श्वासाला त्रास होतो,
रस्ते जरी सरळ असले तरी एक रेषीयत कंटाळा वाणा वाटते,
पण तेच रस्ते अडचणीतील असतील जसे काय काळजातली
गाणं वाजते,
माझ्या प्रवासातील प्रसंग महासागर सारखे वाटते,
करत असताना सागराच्या उसळणाऱ्या किनाऱ्या सारखे वाटते,
दुःख भुकेचे, प्रवासातील वाहंन्याचे,
मी जेव्हा समुद्रात जाण्यास निघतो,
तेव्हा, वादळाची पर्वा करत नसतो,
घरातून बाहेर पडलो तर आई, बाबा कळतात,
जीवाला जीव देणार भावाचे प्रेम व्यक्त होते,
शहरात घेल्यावर इमारती पाहून कौलारू घरंची आठवण सारखी
येत असते

Some keepsake pictures...



BSW - II

Some keepsake pictures...



MSW -II

Outgoing Batch - 2023



BSW - III

All the best for all your ventures... You will be missed...



MSW - II

Riwayat 2022-23



Few Snaps from 2022-2023





Issues Faced By MARGINALISED COMMUNITY

