

2024



NEENV

OUR PRESENT THROUGH YOUR EYES

ANNUAL
STUDENTS'
MAGAZINE
2024

SPACE TO
PRESENT YOUR
THOUGHTS

COLLEGE OF SOCIAL WORK
(AUTONOMOUS) NIRMALA NIKETAN

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WHAT IS NEENV?

Neenv is a magazine initiated by students since 2017, aimed at reflecting students' experiences, learning, and insights through articles, poetry, and other creative forms of expression. It serves as a platform for students to share their thoughts and ideas, promoting academic and fieldwork practices. The significance of Neenv in fostering an inclusive atmosphere by encouraging all students, regardless of their academic performance, to participate and gain confidence in their writing skills.



Fostering an inclusive atmosphere by encouraging all students to participate and gain confidence in their writing skills

The magazine is edited by student editors under the guidance of faculty members who assist in selecting and refining articles to ensure quality and promote intellectual growth and critical thinking among students. Furthermore, it emphasizes the importance of writing not just to impress others but to share thoughts that can benefit fellow students and help them become more expressive and confident. The content of the Neenv magazine and inspire more students to contribute their articles, poems, and stories, thus keeping the initiative alive and thriving in the future.

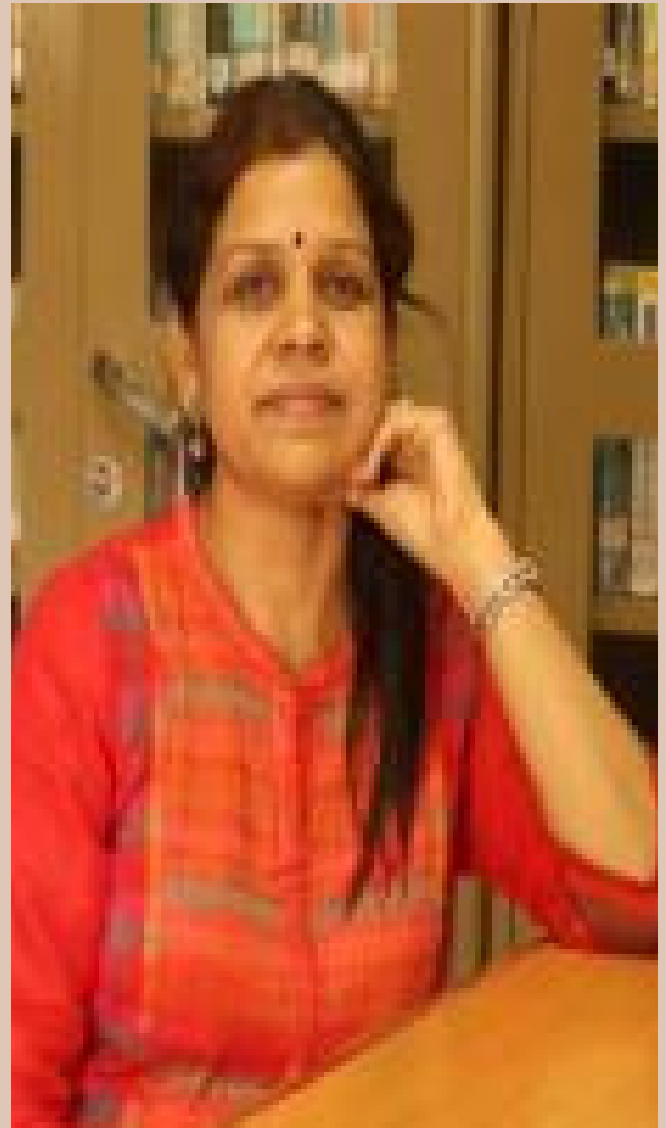
PRINCIPAL'S NOTE

We are happy to acknowledge the student's initiative of coming up with the NEENV magazine since 2017 which reflects students' experiences, learning and insights in a creative manner of articles, poetry etc which helps them to express and share their self, ideas and thoughts in promoting academic and fieldwork practice. This edition of NEENV which is the 8th edition showcases interesting articles, live experiences and learning of students which is the hard work of student editors who have encouraged students to express and gain confidence in writing skills for all students irrespective of their academic performances and thus promote inclusive atmosphere. I also thank the faculty in-charge for guiding student editors in editing and sharpening their skills of envisaging and selecting the articles, retaining quality, fostering intellectual growth, critical thinking and promoting social awareness among students. I encourage more and more students to participate in NEENV and believe that they can express themselves through writing and overcome their inhibitions. It is not so much to impress others that we write but to share the thoughts which can help other students, be more expressive and gain confidence. I wish the NEENV team of students and faculty members best of luck and place on record the hard work and creativity. Let this magazine speak for itself and continue to guide all. Dear readers, enjoy reading this NEENV magazine and encourage more students to share their articles, poems, stories. Let us together keep this initiative of students and encourage them to come with many more articles and magazines in the future.



Dr. Lidwin Dias

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



Faculty Advisor's Note

It is with great pleasure and pride that we introduce to you the 8th edition of our college magazine Neenv, curated and crafted with meticulous dedication of the literary committee of the College of Social Work, Nirmala Niketan. As student committee faculty representatives, we are delighted to witness the culmination of our students' literary talents and efforts in the form of this publication.

This magazine serves as a testament to the vibrant intellectual atmosphere and creative energy that permeates through our campus. Within its pages, you will find a diverse array of articles, essays, poems, artwork, and more, showcasing the multifaceted talents of our student body. Through this publication, we aim to foster a sense of community, spark meaningful conversations, and celebrate the achievements and contributions of our students. It is a reflection of our collective commitment to academic excellence, artistic expression, and personal growth.

We extend our heartfelt gratitude to the members of the literary committee for their hard work and dedication in bringing this magazine to fruition. Their passion and enthusiasm have truly made this endeavour possible. We encourage all members of our college community to immerse themselves in the pages of this magazine, to engage with its content, and to continue supporting the creative endeavours of our students.

Dr Renu Shah & Dr Saman Afroz



LITERARY COMMITTEE'S NOTE

It is with great pleasure and enthusiasm that we present to you the latest edition of our college magazine. This year, the theme we have chosen is "Our Present Through Your Eyes." This theme encapsulates our desire to explore the diverse perspectives and experiences that shape our present reality.

In a world characterized by rapid change and evolving societal norms, it becomes increasingly crucial to reflect upon the myriad ways in which our present is understood and interpreted by individuals from different backgrounds and walks of life. Through this theme, we aim to provide a platform for our contributors to share their unique insights, observations, and reflections on the world around us.

As members of the Literary Committee, we have been privileged to witness the creativity and talent that our fellow students possess. We have seen firsthand how their words have the power to inspire, provoke thought, and evoke emotion. It is our hope that the pieces featured in this magazine will not only entertain and inform but also encourage you, our readers, to see the world through new eyes.

We extend our heartfelt gratitude to all the contributors who have shared their work with us. Your voices enrich our community and contribute to the vibrant tapestry of our college experience. We would also like to express our appreciation to the editorial team for their dedication and hard work in bringing this magazine to fruition.

As you peruse the pages of this magazine, we invite you to immerse yourself in the stories, poems, essays, and artwork that capture the essence of our present moment. May you find inspiration, connection, and a deeper understanding of the world we inhabit.

Thank you for your continued support and participation in our literary endeavors.

Warm regards,
Literary Committee

STUDENT COMMITTEE 2023 - 2024



EMBRACING HUMANITY IN RADICAL TIMES.

In the realm of radicalism, where fervor
burns bright,
Where ideals clash fiercely in the depths
of the night,
Amidst the fervent cries for change and
reform,
There exists a beacon, a shelter in the
storm.

It's found in the hearts of those who dare
to believe,
Those through acts of kindness, we can
truly achieve.
For in the midst of chaos, where
ideologies collide,
It's the work of social souls that serves as
our guide.

They see beyond the barriers, the lines
that divide,
And reach out with compassion, to heal
and provide.
They understand the struggles, the pain
that we endure,
And with unwavering dedication, they
seek a cure.

Through empathy and action, they bridge
the great divide,
And in their tireless efforts, hope begins to
reside.
For in the face of radicalism's fervent call,
It's the quiet strength of social work that
stands tall.

So let us honor those who choose to take
a stand,
Who fight for justice with a helping hand.
For in the clash of ideologies, it's love that
prevails,
And through the work of social hearts,
humanity never fails.

-Anonymous MSW-II



MIND'S SYMPHONY

Do it and you're worth it
Having a calm mind is not easy,
When life is never easy.
It's hard to take a deep breath,
While there is so much pressure on
my mental strength.
There's a lot of stress
That causes a lot of problems.
How to chill out?
There's no way out.

Is there a possibility to accomplish,
While there is no peace of mind?
Struggling for life, I'm not able to get
up from negativity.
When I need positivity to accomplish
my peace,
Will there be a chance?
Can I do it?
I will try to do it.

Just take a deep breath,
Until everything is alright.
Give your mind a rest,
To finish life's tests,
To accomplish a work done.
Calm your mind and cool down,
Then start the day afresh.
A test, challenge, and a task need to
be taken,
When your mind is calm.
Do it,
And you're worth it.

Lorraine Xavier
BSW I

♥ तु एक सोनेरी ♥

कोण म्हणतं की पहिले जोतिबा हवेत मग ते सावित्री घडवतील,
कोण म्हणत पहिले भीमराव यावे मग रमाई मिळतील,
कोण म्हणत जिजाऊ हव्या मग शिवबा घडेलच।। ?
अरे, असे असत तर मग रमाई ने का बरं स्वतः च्या बांगड्या दिल्या मुलांच्या जेवणासाठी ??
शिवबा का वेगवेगळ्या जातीच्या माणसांमध्ये धर्मा मध्ये तफावत नव्हते करत ?
का अशा सावित्री जिने फातिमा सोबत प्रवास केला अन् शाळा उभारली शिक्षिका झाल्या..?

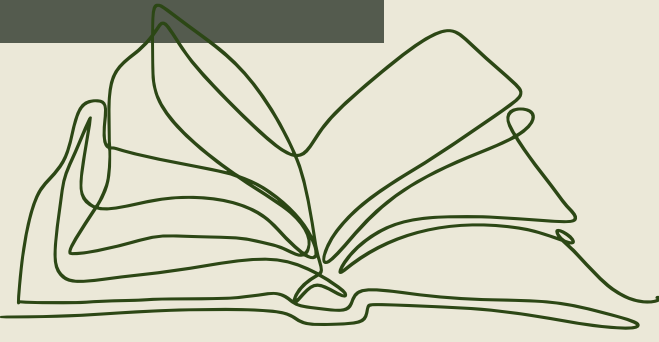
तसंच आपल्यातही असे काही माणसं आहेत जी घडत आहेत घडतील अगदी महामानवांच्या सावली सारखे शेवटी सोबत महामानवांची बर्याच जणांना लाभली मात्र सर्वांच सोन नाही झालं.... शेवटी २४ कॅरेट शुद्ध सानं होणसायाठी अशुद्ध असा समाजातून - परिस्थितीतून सामोरे जावे लागतेच थोडे चटके सोसावेच लागतात आणि म्हणून संघर्ष करत रहा परिस्थितीशी आणि समाजाशी लढत क्रांती करत रहा....

♥ तु एक सोनेरी ♥

Tejas Pawar (MSW II)

हो त्यांच्या आयुष्यात आलेल्या या महान आणि कधीही न पुनरावृत्ती घडू शकणार्या मनुष्यांमुळे.
जेव्हा तुम्ही व्यक्ती म्हणून उत्तम घडता तुमच्या आयुष्यात येणार्या सर्वांना तुम्ही उत्तम होण्यास समर्थन करता, विश्वास देता सोबत निभावता, शिवाय
काही मनुष्यांमध्ये काही अविभाज्य असे सामर्थ्य जन्मजातच पेरलेल्या असते.
जेव्हा महान मनुष्यांचा सहवास लाभतो, त्यांच्या विचारांचा, सोबतीचा सहवास भेटतो नंतर मात्र हळूहळू अद्वितीय अशा महामानवांच्या सावली सारखी सुरेखता उगवत जाते आणि मग हे उगवलेलं - तयार झालेल पिक मग सावित्री तर कधी फातिमा तर कधी शिवबा म्हणून जोमाने उभारी घेतं, अगदी नितळ २४ कारेट सोन्यागत समाजसुधारकांसारखं कणखनित.





अवकाश

ये बावरा मन मेरा
मानता संविधान को
कहेता इस जहाँसे ,
“मुझे आज़ाद कर दो। “

हा रखूंगी अपनी बात
पूरे जजबानों के साथ
पर इस पगली को क्या पता...

गुरुत्वाकर्षण शक्ति में रहता है वो ,
जो तय करती चाल सब की
हावी है हम सब पर वे जो,
सत्ता जो इस ग्रह ने ही दिथी

सत्ताधारी कहता कैसा,

ओय छोरीss,
पंछी महसूस करके,
पंछी नहीं बनोगी .
जितनी कोशिश कर
इंसान ही रहोगी

गुरुत्वाकर्षण कि सत्ता काबिज कर
फिर जितना चाहे बेफिकर अकेले फडफडया कर

ओssss अंतराल खा ले मुझे,
घोल ले, निगलकर डकार दे मुझे
मिल जाने दे मुझको तुझमे
बहुंरंगी मिश्रित काले रंगमें

काँश बन जाती में तेरी वो अधर
जो सृजनता को जन्म दे,
या बनाती अंधायुग का धर्मवीर
जो अस्तित्व ही विस्तृत कर दे.

-भूमिका (MSW-II)

Breath of Unity

In the air we share, a truth profound,
The breath we inhale, a common sound,
For every soul that breathes this day,
Shall exhale the same, in a mysterious way.

From distant lands and varied faces,
Different lives, diverse embraces,
We breathe the air of ancient ties,
Connecting hearts beneath the skies.

Inclusion found in each breath we take,
No matter the path that one may make,
A reminder that we all belong,
To a tapestry woven strong.

Yet, in this unity, a question arises,
Of exclusion's face that oft disguises,
When fear and prejudice cloud our sight,
And divide us with imaginary might.

Why build walls to separate hearts,
When unity's strength can mend the parts?
The air unites, and so should we,
Embracing all in this world's decree.

Let us breathe in compassion's embrace,
Erasing lines that cause a chase,
For in each exhale, a hope resounds,
To break down barriers, to heal the bounds.

With every breath, a chance to redefine,
What it means to be human, intertwined,
To bridge the gaps, to build a home,
Where no one feels they walk alone.

So, as we breathe this shared air,
Let kindness bloom, let love repair,
Inclusion's song, let it resound,
A harmonious melody, profound.

- Harshali (MSW-II)

Harmony Across Horizons

In a world where borders fade,
And cultures blend in a cascade,
We find ourselves intertwined,
In the fabric of humankind.

From distant lands, voices rise,
Echoing beneath the same skies,
Seeking justice, seeking peace,
As our global bonds increase.
Yet amidst this shared plight,
Injustice casts a daunting blight,
Inequality, a pervasive stain,
That mars our collective terrain.

From poverty's relentless grip,
To discrimination's toxic whip,
We confront these social ills,
With empathy, and iron will.

In our global quest,
We find strength in our unrest,
To stand as one, hand in hand,
Building bridges across the land.
Let compassion be our guide,
As we navigate this worldwide tide,
Uniting hearts, bridging divides,
A future where hope resides.

So let us strive, let us aspire,
To ignite a transformative fire,
And with a global perspective true,
Create a world more just and due.

-Anonymous MSW-II

Echoes of Empathy: A Social Work Student's Symphony:

The heart is alive and the mind's juggling,
A student who is barely thriving.
The day begins with a research quest,
Countless problems with assignments and tests.

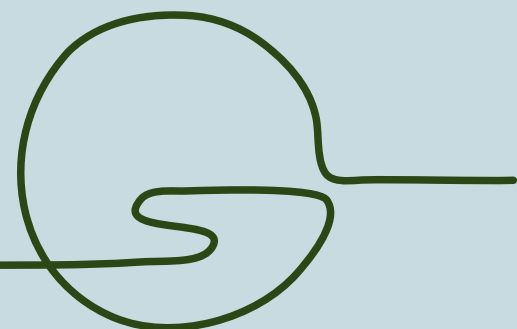
Deadlines are looming near,
Sleepless nights with coffee and fear.
Fieldwork stories in everyone's soul,
Struggle after struggle taking their toll.

In this darkness, the stars are the light,
Kudos to the friends who guided me through every night.
Through stress and trauma, spirits remain,
Adjusting to life and dealing with the pain.

A course expected to relieve the trauma, day by day, students getting in new drama.

Here's the poem for all the social work students, life's a process, have smiles abundant.

- Malhar Powar. MSW-II



THE JOURNEY

It's strange how one's actions
creates ripple effect around the
fabric of life.

It's strange how everything
around depends on our perception
From viewing a simple stone as stone
to witnessing divinity,
it's all in the mind.

We start somewhere,
we walk another way,
sometimes getting off track in between
in the attempt to pull ourselves back on track,
we fall,

we see people getting ahead,
we stay there, covered in sweat and mud,
then again we lift ourselves,
our efforts never goes in vein.

On the process of recovery,
we realise people's contribution
in the healing process.

As we continue on this journey,
we witness, storms and droughts,
we experience unimaginable misfortunes,
only to realise,
each one's role in building our strength.

The Journey

Life's threads makes us strong and resilient,
hopeful in the face of despair,
faithful in the grips of darkness
mindful in the world of distraction.

Our journey isn't over yet,
keep crawling if you can't walk
keep walking if you can't run
keep running if you can't sprint

We all are in our paths
leading us in different directions,
but towards the same destination.

~ the journey isn't over yet.

तु शोध घे स्वतःचा.....

मनातल्या गुंत्यात, विचारांची झंझावात
फिल्टर लावलेल्या जगात, बनतोय भावनांचा थर

Instagram, Facebook ह्यांचा चमकणारा झगझगात
पण आतल्या वेदनांचे मोल मात्र कुणीच समजेना ...

Generation z च्या रेटात धावतंय मन
Like,share, subscribe च वेगळंच वादळ

एकटेपणाची शून्यता , अपेक्षांची झंझावात
तरी ही Perfection च भूत घेऊन फिरतोय
त्यात तुझ खरं स्वरूप मात्र राहतं लपूनच

ताण तणावाचं डोंगर आहेत उभे
अपेक्षा, स्पर्धा, दडपण हे यायचचं
परिणामाची भिती, भविष्याची अनिश्चितता
उदासीनतेच्या खाईत मन मात्र गुंतते

पण थांब आता थोड
श्वास घे..... आणि ओळख स्वतःला

फिल्टर नसलेल्या जगात शोध मार्ग सुखाचा
समजनाऱ्याशी मैत्री कर,
आत्म्यतेचा बंध मजबूत कर,
तेव्हाच समजेल खरं सुख हे स्वताः मध्येच असत
खरं सुख हे मात्र स्वताः मध्येच असत...

Ritika (BSW III)



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 saviours 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!

JHIMLI
CHATTERJEE (MSW II)

Art: Josna Adriel

Navigating Ethical Dilemmas:

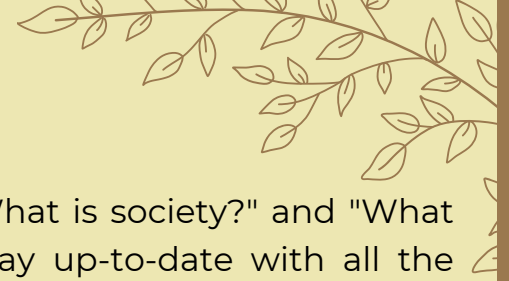
Making Tough Choices in Everyday Life

Navigating the intricate tapestry of ethical dilemmas often resembles a journey through a labyrinth, where the path to righteousness is obscured by a myriad of conflicting values and moral imperatives. Consider, for instance, the perennial conundrum: Should one uphold the truth even if it risks causing emotional distress to another? Envision yourself at a cherished friend's birthday celebration, graciously presented with a gift that fails to resonate with your taste. As your friend eagerly seeks validation of their choice, you find yourself at the juncture of honesty and compassion. Do you risk shattering their joy by revealing your true sentiments, or do you cloak your honesty in the guise of benevolent falsehoods to shield their feelings? These ethical quandaries demand meticulous examination, necessitating a multifaceted approach to untangle their complexity:

First and foremost, acknowledge the intricate dilemma at hand—a clash between the principle of unvarnished honesty and the compassionate desire to safeguard emotional well-being. Deliberate thoughtfully on the potential ramifications of your actions. While honesty may sow seeds of discord, deception could, albeit temporarily, preserve harmony at the expense of moral integrity. Engage in profound introspection regarding your core values. Is unadulterated truthfulness an inviolable principle, or do you prioritize preserving interpersonal relationships over candid disclosure? Pursue alternative avenues of resolution with creativity and empathy. Perhaps you can express genuine gratitude for the thoughtfulness behind the gift while artfully sidestepping the need for outright falsehoods.

Ultimately, armed with introspection and foresight, make a decision that resonates deeply with your conscience and faithfully reflects your guiding principles. In this nuanced scenario, the moral terrain appears nebulous, devoid of clear demarcations between right and wrong. Rather, it is sculpted by the contours of individual convictions and contextual subtleties. Ethical dilemmas extend far beyond the realm of personal interactions, permeating into professional domains where moral fortitude is equally tested. Consider the plight of an employee who uncovers corporate malfeasance but grapples with the looming specter of reprisal—should they prioritize ethical rectitude, even at the peril of jeopardizing their livelihood? In navigating such perilous waters, ethical frameworks, organizational codes of conduct, and communal values may serve as guiding stars. However, it ultimately falls upon individuals to traverse the labyrinth of ethical ambiguity, guided by their internal compass of integrity and empathy. Embrace these ethical quandaries not as insurmountable obstacles, but as crucibles for moral growth and self-discovery. Through steadfast resolve and an unwavering commitment to ethical excellence, we cultivate a culture of integrity and accountability, both in our personal lives and within the broader fabric of human interactions.

-Hrishita Sharma



Media and Politics

We are social beings, and therefore, topics such as "What is society?" and "What happens in our society?" call us to be aware and stay up-to-date with all the happenings around us. Questions about who rules society and other related matters highlight the importance of being actively involved in the political process. In our democratic country, the principle of 'government for the people, of the people, and by the people' underscores the significance of politics and government. With the advancement in science and technology, there has been a paradigm shift in the realm of media, giving rise to Media Culture. Media plays a crucial role in politics, acting as a watchdog for political activities. In today's world, media and politics are two essential spheres of our lives.

The term 'Media' is the plural form of 'medium,' referring to communication channels through various means. There are four major types of media: Traditional media, Print media, Electronic media, and Social media. Presently, Social and Electronic media take center stage in our society. A key function of media is to surveil everything happening around us. However, as media is widely used by political parties, they attempt to manipulate it to convey their desired messages. Media is expected to scrutinize politics and its workings, but unfortunately, political parties often manipulate media to suit their needs. Another function of media is to act as a bridge between people and government, making everything 'crystal clear' between these two realms. Unfortunately, media often becomes partial in delivering messages from the government to the people. Media is also used to inform people, shape public opinion, circulate government policies, and promote political ideologies. However, these functions should aim to reveal the complete truth. Politicians nowadays use media as a means to project themselves, gain fame, and conceal their wrongdoings. The original aim of democracy, 'Government for the people, of the people, and by the people,' seems to be forgotten, replaced by 'government for the parties, of the parties, and by the parties.' The rise in fake news is also a concerning trend, requiring individuals to approach news critically and discern between genuine and false information.

Each news channel and newspaper projects certain ideas, reflecting the agenda of its owner. Without awareness of this reality, we may end up with half-truths that serve as 'THE TRUTH' for us. Despite the misuse of media by politicians, some journalists have raised their voices against it. However, they often face silencing tactics, and in extreme cases, violence, as seen in the cases of Gauri Lankesh, Barkha Dutt, and Prashant Kanojia. It is the duty of all citizens to be vigilant, speak up against wrongdoing, and actively contribute to positive change. While we may have freedom of speech, the lack of freedom after speech is a reality. Nevertheless, we should stand up for what is right. If the interplay between media and politics is harnessed properly, it can be advantageous for our society, serving as a means for growth and progress toward becoming an ideal society.

Gaurav Sansare (MSW I)

The moment when I saw my God...

It was not a normal day; everywhere was a sprinkle of happiness and enthusiasm. It was the start of September, and if you know about Mumbai, you can guess the festival – the joy of Ganpati festival. The festival was marked by worship, togetherness, sweets, and decoration. I stepped out of my house to submit my college application. Initially, it was just a normal drizzle, but soon it gained pace. By the time my friend and I reached the station, water had accumulated everywhere. Despite the challenges, we managed to reach college, only to be told that we could go home due to the heavy rain. When we returned to the railway station, train services had stopped due to the downpour. Desperate to reach home, we approached a taxi driver and asked, "Bhaiya, Mankhurd chodoge kya?" He replied, "Madam, pani bhar chukka har jagah nahi ja sakate," leaving us disheartened. In our moment of despair, two gentlemen appeared. I refer to them as gentlemen because of their actions during this crisis. They were discussing the same route with the taxi driver, and when we approached them, they assured us, saying, "Don't worry beta, we will do something." Looking back, it's remarkable how easily we trusted them, but in the midst of crisis, humanity took precedence, and we placed our trust in them without a second thought.

We started walking, joining the countless others navigating the waterlogged streets. On our way, we spotted many Ganpati mandaps, but I never bowed my head to Bappa because I couldn't understand how he could let people suffer so much, especially when he was supposed to be there. The water had risen to waist level, and the rain showed no signs of letting up. I made sure to keep my phone alive to stay in contact with my father and mother, father had left home with me that morning, and mother was in village for festival. As we walked, the water level continued to rise, reaching almost neck-deep.

We needed to cross the road, and with a handicapped uncle in tow, it seemed like a daunting task. However, a group of boys at the roadside, often known for misbehaviour, were enjoying the water. Initially judgmental, I was proven wrong when they quickly came to our aid, offering their hands for us to cross safely. Continuing our journey, I remained in touch with my father via phone. He was on the same road, somewhere in the middle. Around 2 pm, the rain started to subside, but the waterlogging persisted. I walked with hope, eager to see my father before anything untoward happened.

Finally I spotted him, and my world turned down side up in the best way possible. Seeing his face, I felt I have everything I ever wanted. The thought crossed my mind, "If God wanted to give me death, I could die peacefully now." I rushed to my father, introduced him to the gentlemen, and he thanked them wholeheartedly. With my friend, I walked alongside my father. The rain had stopped, vehicles were moving again, and we caught a bus at 5 pm, finally reaching home. It was a truly unforgettable day; gripped by fear, I witnessed the extraordinary display of humanity, dared to trust the unknown with the slimmest hope of survival, and yet, miraculously found myself back home, surrounded by the warmth of my family.

Hope you are able to catch my moment.

NILAM DHONDIRAM SHEDGE
MSW 2

TELL THEM I'LL BE THERE

Be the hand that will pull them out of the dark
Be the one who will bring back their life's spark
Be the firefly that brings the light of hope in
their dark room

Be the reason for their flower's bloom

Be the shoulder to cry on

Be the reason to smile upon

Be there so they sleep well that night

Be there and save a life

And its easy to be there

Its easy to be a part of the share.

You just got to smile

Tell them there's more to come, this is just life.

Tell them you are not alone

Tell them you are not on your own.

Its going to be okay

And its not always grey

I'll be here while you walk your path

Ill support you, while you solve your life's math

Tell them I'll be there.

Tell them I'll be there.

-Twinkle Parmar, Bsw III

आज-कल

किसी किताब में पढ़ा था

"शरीर नष्ट होता है आत्मा नहीं

फिरसे जनमते है

और वही चीज़े दोहराते हैं"

तभी एक खयाल आया

पिछले जनम की मै आज खुद

को क्या केहती?

शायद ये केहती कि

"ये गलती ना कर

इसे ये जवाब दे,

उससे जाकर माफी मांग,

ये मत पूछ,

वो मत कर, ये वो..तू

पर इन सब खयालो के भीतर की मै,

मुझसे बोली

"ज़िन्दगी है क्यों ना इसबार भी पूरी जी लू..?"

- Harshali (Msw-

II)



Beacon of Hope

The act or an instance of taking one's own life voluntarily and intentionally is called suicide.

Between 2000 and 2021, suicide rates increased 36%, resulting in 48,183 deaths. In 2021, 12.3 million people seriously considered suicide, 3.5 million planned suicide, and 1.7 million attempted it. Suicide affects all ages and is the second leading cause of death.

So, on this suicide prevention day let's stand together to shed light on battles that must be won, showing deep care for those in despair. Call for unity and love to break the chains and show the hurting that there is much to gain. We will be a beacon of hope and guiding sight guiding lost souls through their darkest night. In unity, we will break the chains, dispelling sorrow, and erasing pains, and reach out to those in anguish, trembling in fear, with empathy and compassion.

In the darkest depths, we will help those who have lost their way find their home.

Strive to restore, and pledge our hearts, love, and defence for suicide prevention. Together, let's cherish each life, embrace the race, save a soul, heal the heart, and make a brand-new start.

On this gloomy day, let us help each other to bloom our way,

Though life is rough and steep hold your guts and don't lean away,

Fight till the light of day becomes the beacon that leads you through,

Though the wind may blow you away and water engulf you never forget there is always a tunnel through,

Run or run and never look back never look back never look back because suicide is not the solution to the problem it is the giving up attitude.

On this Suicide prevention day let's be a beacon of hope to one another

Moses Harish(MSW II)

Is it just me?

Is it just me who feels abandoned, betrayed, and forgotten?

The true me has never been seen by the world.

I am aware of who I am and how I behave.

Knowing that I'm not alone,

There will always be someone by my side who won't leave.

There is a chance for a fresh chapter to begin my journey.

Despite the many obstacles I face, I will assert that there is hope.

Despite feeling stuck, I won't give up.

Despite my frustration, I do my best.

Despite hearing a voice of hatred, I know that I love myself.

Is it just me who is thinking about hope, never giving up, and doing my absolute best?

The true me has never been seen by the world.

Love yourself the most.

-MSW 2

PHOENIX FIX

I was here but I had nowhere to be,
Bottomless hunger didn't seem to bother me,
I stood but only alone,

I was here but why would I have been born?
I was here but I had nowhere to be,
I found myself waiting for therapy,

My mind must have brought me here because my heart was long forlorn,

I was here but why would I have been born?
You are here, why wouldn't you be?
She said, everybody deserves to be healthy,
From your body, mind, heart and soul.
Come, why don't we go for a stroll?
Dear me, I might finally have somewhere to be,
I might sing to myself today with much awaited glee.
The ache in my heart that lured me from the start,
Has been replaced with a chocolate truffle lemon tart.

-Ramita Mehta
MSW I

LETTER TO NEGATIVITY

आज पहि ल्यांदाच मी तुला पत्र लि हीत आह.े पहि ल्यांदाच तुझ्याशी बोलत आह.े तुला माहीत आहेका ? आज 10 सप्टेंबर म्हणचे'आत्महत्या प्रति बंध' दि वस. आता तूम्हणशील "ह्याचा आणि माझा काय संबंध ?" हचे संबंध सांगण्यासाठी आणि त्या पेक्षा जास्त काही share करण्यासाठी आज मी हेपत्र तुला लि हत आह.े आपल्या प्रत्येकाच्या आयुष्यात सतत बदल होत असतात. हेबदल सामाजिक, आर्थिक, लैंगिक, वैचारिक तर कधी कधी मानसिक असतात. आम्हा प्रत्येकामध्येतूतुझेएक अदृश्य स्थान निर्माण केलेआहसे. कोणतीही वाईट घटना घडली, काही मना विरुद्ध झालेतर तूकोणाचीही वाट न पाहता लगेचच येते. खरं सांगू... सगळ्यात जास्त त्रास तुझ्या येण्याचाच होतो.

नैराश्या मुळेमाणूस खचून जातो. सकारात्मक विचार करणेवि सरून जातो. काही जण तर इतकेखचून जातात की तेकशाचाही विचार न करता स्वतःचेआयुष्य संपवण्याचेप्रयत्न करतात. मला माहीत आहे तुला ही हेआवडत नसेल.

म्हणून मी विचार करत आहे,े चल आपण दोघेमिळून (आपण स्वतः आणि आपल्यातील नैराश्य) प्रत्येक खचलेल्या मनात सकारात्मकतेची ज्योत पेटवू, जी निरंतर, आजीवन पेटत राहिल, आपल्याला प्रकाश देत राहिल आणि प्रत्येक यशाचा, अपयशाचा स्वीकार करून पुढेजात राहिल. माणसानेजगावेस्वतः साठी, आपल्या जवळील व्यक्ती साठी.

माणूस तेव्हाच अर्थपूर्ण जगेल जेव्हा तू(नैराश्य) नसशील. तुला तुझ्यात परिवर्तन आणणेजरजेचेआह.े तुला बदलावेलागेल. प्रत्येकासाठी..... माझ्या नजरेत हाच एक उपाय आहे.े आत्महत्या प्रति बंधा साठी! कारण बुद्ध म्हणतो ना

"One positive thought can change your whole day. So the positive attitude can change your whole life." अशा पुढेभेट झालीच तर ती भेट असतील तुझ्यातल्या Positive बदला सोबत....

- Pooja Kamble (MSW 1)

Creating Hope through Action

“We must accept finite disappointment, but never lose infinite hope.”

— Martin Luther King, Jr.

India's suicide rates have been increasing every year and needless to say every year it rises by a mind bending percentage. According to the National Crime Records Bureau (NCRB) data, suicide rates among young adults are the highest. If this does not highlight the vulnerability of this age group I do not know what will. Globally as well, suicide rates are increasing at an alarming level.

Today, the world has become a place which permits only the survival of the fittest, putting immense pressure on the youth and young adults to prove themselves to the world. 'Suicide is the greatest act of cowardice' so it is said. But have you ever tried putting yourself in THAT person's shoe? Have you ever tried to understand the pressure THAT person is undergoing? Are you aware of the mental state of THAT person at that moment? No. Ending one's life is not as easy an escape route as it may seem. For those of you who have loved ones, you will understand the piercing pain a person experiences at the very thought of losing them. For those of you who have people dependent on you, you will understand the sadness and guilt of seeing them suffer and struggle to make ends meet without you. So no, suicide is not an act of cowardice, but, an act done after a person has long tried to be strong for themselves as well as their loved ones. Suffering through feelings of hopelessness, despair, fear, guilt, shame and so many other negative vibes can really destroy a person. What goes on inside the mind of a person about to commit suicide is beyond what our mind can perceive. They muster up all the courage they have left to take that one step to finally end the suffering they have been going through. No one likes death. People shudder at the very thought of dying. The reason why people choose such a drastic step is because they have lost hope.

As social workers, we can help these people to help themselves. We can give them a Ray of Hope to hold onto, to fight through and to overcome whatever it is that is bothering them. We can support these people not only through education and awareness but also by our actions. How can you help a person who has lost hope? We can be there for them not by just saying it but actually proving it. Making them believe that HOPE still exists, making them feel they are not alone can help in getting them back. Being kind goes a long way. It is our responsibility to make every individual we come across feel loved, cared for and important. This can be done through small but meaningful gestures. Even a small spark of hope lit within these people will make a drastic change in their lives. We may not always be able to identify a suicidal person but, we can always choose to show love and concern, and be kind to the people around us. You and I should never cease to do our bit. Never know we just may save a valuable life one day.

“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.”

— Thich Nhat Hanh

Echoes of Conscience

In shadows deep, the conscience cries,
Betwixt two paths, where truth denies.

To lie or not, a moral maze,
Where virtue's light casts eerie haze.

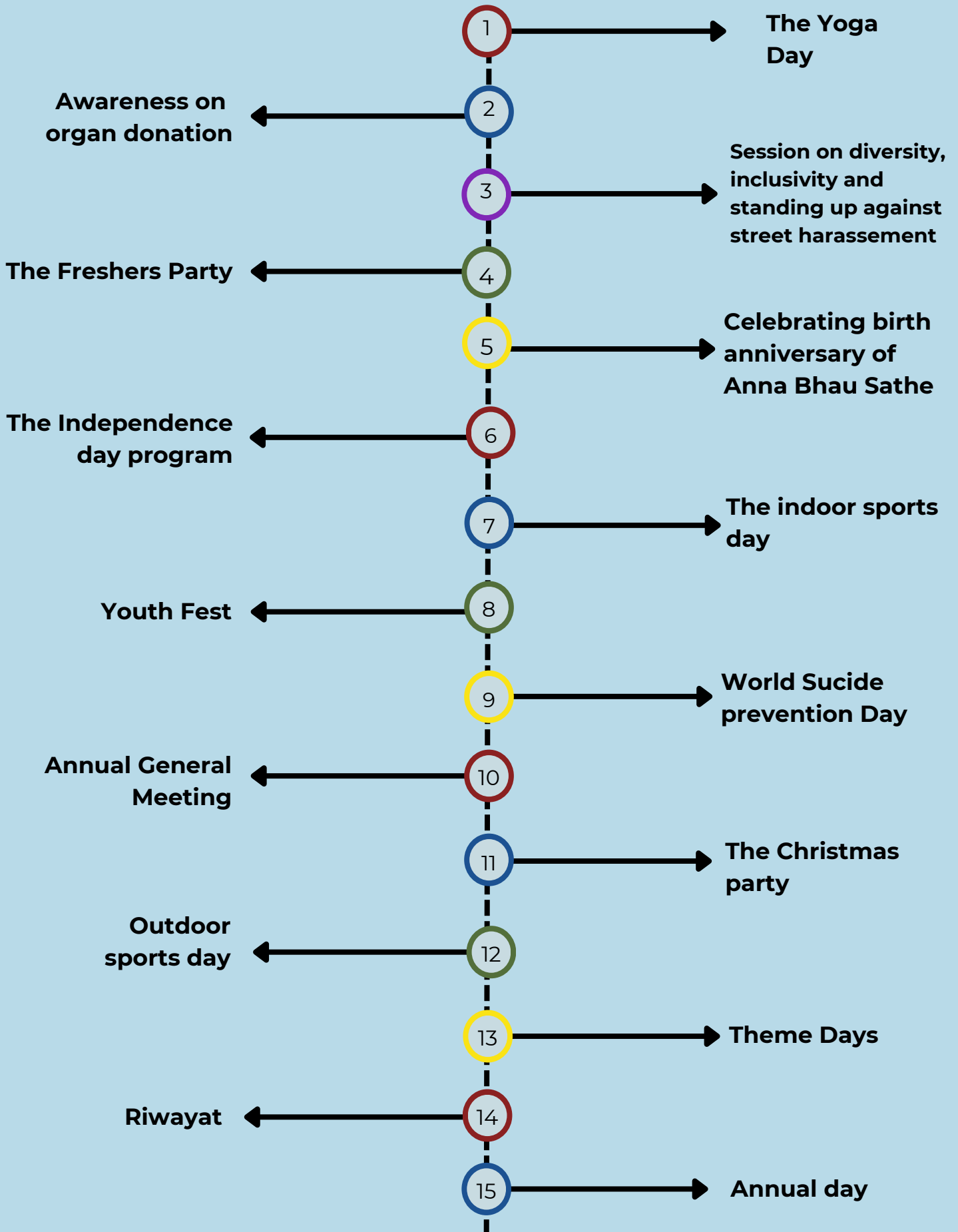
To steal a glance, or turn away?
Injustice thrives where silence sways.
A whisper soft, a deafening shout,
Inaction's echo, a piercing doubt.

Do we embrace the thorns of truth,
Or cloak ourselves in falsehood's sleuth?
Ethical threads, a tangled skein,
In every heart, a silent pain.

Yet still we strive, with hope to find,
The path that leads to peace of mind.
In choices made, our souls define,
The measure of our life's design.

Jermy Joseph
BSW 1

TIME LINE OF STUDENT COMMITTEE, 2023-2024



ACHIEVEMENTS

This Year, The Students participated in Mumbai City Zone, Inter-Collegiate tournament 2023-24.



Amatullah - Mumbai University team which Placed third in the South-West Zone among 128 universities. They have qualified for the All India University Games.



Youth Competition winner



Riwayat
Debate competition
2nd place - Zainab Shaikh & Vyom Karia



RIWAYAT 2024



RIWAYAT 2024



“

**BEST COLLEGE AWARD
RIWAYAT'24
T.S CHANAKYA**

Riwayat 2024, under the dynamic leadership of Ms. Sneha Suryawanshi and Ms. Sienna Joshi, proved to be an extraordinary socio-cultural fest, leaving an indelible mark on everyone involved. Spearheaded by the Riwayat team and bolstered by the unwavering support of Principal Dr. Lidwin Dias, Ms. Sabeena Gonsalves, the student committee faculty representatives, as well as the dedicated teaching and non-teaching staff, this event was a resounding success.

Drawing participation from 18 different colleges, Riwayat 2024 hosted a diverse array of competitions, totalling seven in number. From captivating dance performances to fiery debates and melodious singing renditions, the fest showcased the multifaceted talents of the participants. The collaborative efforts of all involved ensured seamless coordination and execution, creating an atmosphere brimming with energy and enthusiasm. As the curtains closed on Riwayat 2024, it left behind memories of camaraderie, creativity, and cultural exchange. It served not only as a platform for showcasing talent but also as a catalyst for fostering bonds and forging lifelong connections among students from various academic institutions. With its success echoing far and wide, Riwayat 2024 stands as a testament to the power of collaboration and the spirit of unity in diversity.

SPORTS DAY 2024

WINNERS



Running Race

Male

Gaurav Sansare
MSW I

Female

sienna Joshi BSW

II

3 legged Race

Male

Ramchandra Dhuri -
Yash Gamare BSW I

Female

Sienna Joshi -
Sharavane Raut BSW II

Javelin Throw

Male

Sanjeevan MSW II

Female

Mary Munda BSW I

Shot put

Male

Agnel Benni
Joseph BSW I

Female

Gauri Damset
MSW I

Sack Race

Male

Gaurav S MSW II

Female

Amatullah

Harnesswala

MA SIE

Kabbadi

Female

MSW I

Male

MSW I

Tug of War:

BSW I

Football:

MSW II

FACULTY CONTRIBUTION

I have been a social work educator for more than three decades. I always saw my role as multidimensional. I bring in theory linkages to the students so that they are able to approach their role with scientific rigor and a robust theoretical framework. Simultaneously I am also a mentor guiding them in grasping the reality of the society and learning the skills to make a difference. I also owe it to the profession of social work to set up models of intervention to bring in authenticity in my teaching and practice. I have had experience of developing two field action projects during these teaching years. One of them was 'Nirman' a field action project later registered as an NGO. The mandate was to work with the migrant labour employed in the informal sector.



The intervention model involved working on the construction sites, Nakas and the slum communities like Dharavi. The students placed for the field work every year formed a strong back bone of this initiative. I remember my mentorship as a being in the field and developing innovative intervention models along with the students. The learning was immense. I can proudly say that this initiative went a long way in contributing to the building of syllabus and literature on informal sector. The second field action project was 'Pravas' a community based initiative for safeguarding the rights of the senior citizen. It was a very insightful journey with students in setting up self-support groups of senior citizens in a slum community with diverse population. The highlight of this project was the way the community and the youth took care of the senior citizens during COVID times.

I have witnessed generations of students and seen the changing trends. Every decade I have seen the youth bringing in different character and aptitude to the college. The present generation after COVID is at crucial juncture. I am witnessing a restlessness, sense of loss, dejection and frustration but also what comes out is the ability to cope and bring out the best in them to respond to the vulnerable communities seen in the society. They smile through sadness, uncertainty and deep concern for the future. I am touched by their camaraderie and support for each other. Sometimes I wonder, time spent with students in this college has made me older, wiser and mature? Or has it made me younger, youthful with a sense of daring? What is important is, be it in the class, or field or in my cabin, students usher in compassion, affection and zest for life which is what keeps the teacher going on, being everything a college like ours need. I sign off with a salute and a hug to all the students past and present who have made this college a brand to reckon with.

“Bridging the gap: A Teacher’s Journey Through Wisdom and Compassion”

In the classroom, where minds convene,
A sage of years, a mentor keen,
With wisdom vast and passion bright,
Guiding students toward the light.

But in the midst of lectures grand,
A subtle gap, hard to understand,
Between the heart of youth’s embrace,
And lessons taught with seasoned grace.

The years of grassroots, NGO lore,
Fill your soul with boundless store,
Of knowledge deep, and skills refined,
In social work, a noble kind.

Yet still, the connection seems to fade,
As if a veil between is laid,
Is it the method, stern façade,
Or how your words are often sawed?

Compassion flows, organized and true,
In every task you set to do,
But still, the gap remains unbridged,
Your teachings oft seem unbesieged.



A philosopher, reflective mind,
Seeking answers, still to find,
In the hearts of those you teach,
The truths that lie beyond your reach.

Your energy, your zeal, they see,
In every word, in every plea,
Yet doubts persist, if truly felt,
If in their hearts, your wisdom dwelt.

But fear not, dear sage, for in your quest,
To bridge the gap, to be the best,
Lies the key, the path to find,
A connection pure, of heart and mind.

Perhaps ‘tis not the method taught,
But how it’s shared, in lessons wrought,
With empathy, and openness,
Your words may find their true address.

So ponder on, with heart, mind and soul,
The missing piece to make them whole,
For in your search, you’ll surely find,
The bond that links, heart to mind

~ Cletus Zuzarte, Feb 2024

अलग चलने वालों के खातिर

ठीक हैं कभी खामोश रहना
कभी कम बोलना भी ठीक हैं
तुम्हारे इशारों से जो ना समझें,
कभी उनको ना समझाना भी ठीक है।

मालूम हैं दुनिया बोलने वालों की है,
दोस्ती, प्यार और ना जाने जितने रिश्ते हैं सब
ज़बान की बोली समझती हैं,
लेकिन दिल की आवाज़ को समझने वाले कम सही, वो
गिने चुने तेरे दोस्ती भी ठीक है,
कम लब्ज़ सही, मगर तुम्हारे हाथ थामे ना कुछ बोलने वाली
मोहब्बत भी ठीक हैं।

तो क्या हुआ अगर तुम्हे एक चाय पे गहरी बातें पसंद है,
भीड़ से नहीं लेकिन पहाड़, नदी और समुन्दर से यारी पसंद
हैं,
उनको तुम लगे अकेले लेकिन, तुम्हारे दिल में जो दरिया है
उससे तुम्हारी शरारती नखरे भी ठीक हैं,
उस नखरो में तुम्हारी होठों पे झलकती मुस्कान भी ठीक है।

माना तुम अलग हो उनसे बहुत, शायद तुम्हारी ताल में
उनके संगीत को जगह नहीं,
वो जिन मेहलो को अपने सपनों में सजाते है माना तुम्हे
उसकी कोई शौक नहीं,
छोटी हीं सही तुम्हारे, अपने रंगीन सपने भी ठीक हैं,
उन सपनों की तरफ रफ़्तार जो भी हो तुम्हारि, वो रफ़्तार
भी ठीक हैं।

Mr. Albin Thomas



CREATIVE SECTION



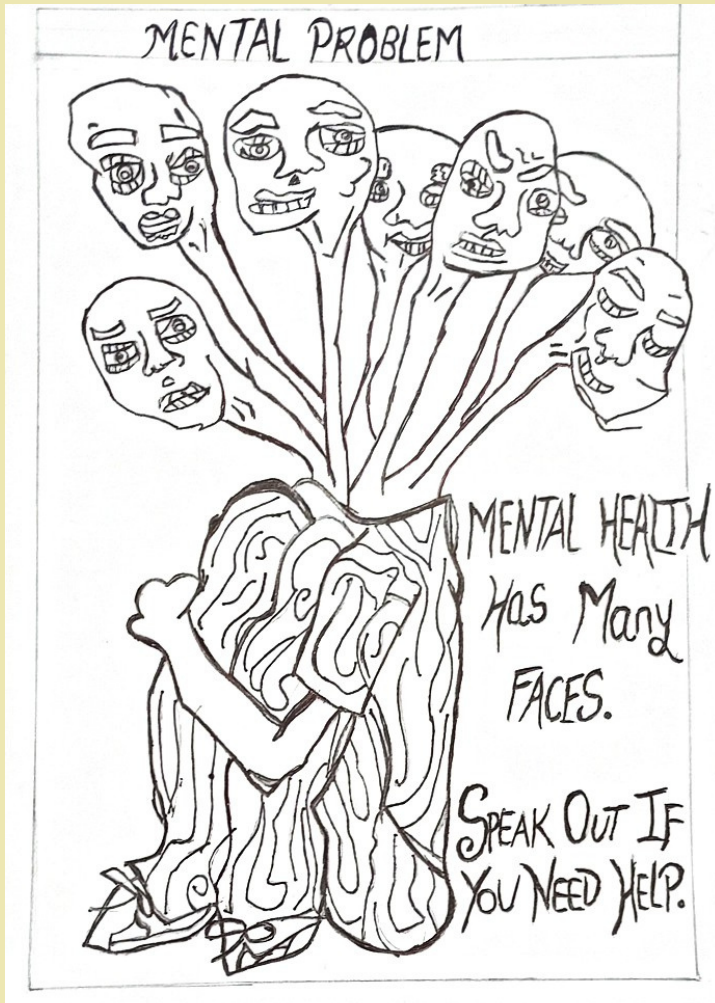
Mr. Priyadarshan

CREATIVE SECTION



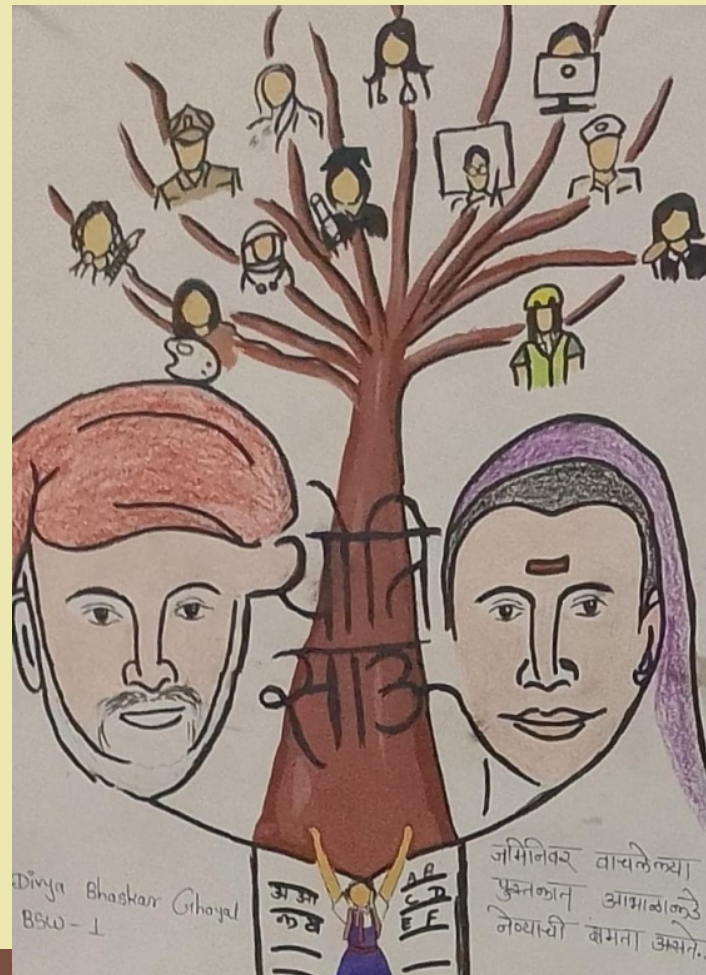
Subodh Johare (BSW-I)

Shweta Moses (MSW-I)
3D Clay Art



Muskan -(BSW-I)

Divya Ghayal -(BSW-I)



CREATIVE SECTION



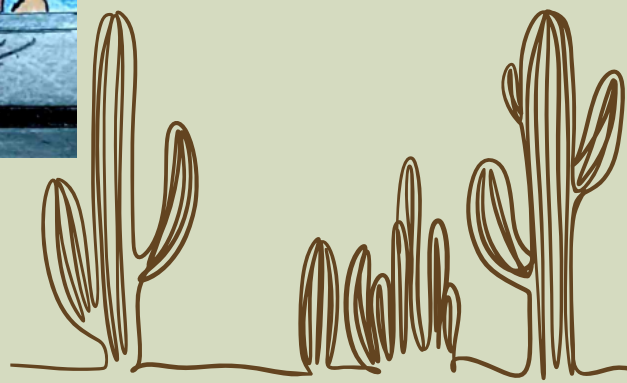
Neha Yadav



Sankita, BSW III



Eshaan Pinto -(BSW-I)



CLASS OF 2023 - 2024



BSW 1

BSW 2



CLASS OF 2023 - 2024



BSW 3

CLASS OF 2023 - 2024



MSW 1

MSW 2



