



# ST. XAVIER'S COLLEGE

(AUTONOMOUS)

5, Mahapalika Marg, Mumbai - 400 001,  
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## 7.1.11: COMMEMORATIVE DAYS

### ❖ 2019 - 2020

- Republic Day
- National Mathematics Day
- Constitution Day
- International Day of Peace
- Mahatma- A Legacy Exhibition
- World Indigenous Day
- National Statistics Day
- International Yoga Day

### ❖ 2018 - 2019

- Eat Right India Movement
- Celebrating Mahatma
- Gandhi and the Environment
- Martyr's Day
- Republic Day
- World Peace Day
- Suicide Prevention Day
- Independence Day
- National Statistics Day
- International Yoga Day



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❖ **2017 - 2018**

- Income Tax Day
- International Day of Peace
- National Statistics Day

❖ **2016 - 2017**

- World Tourism Day
- National Statistics Day

❖ **2015 - 2016**

- National Mathematics Day
- Eat Right India Movement
- International Yoga Day



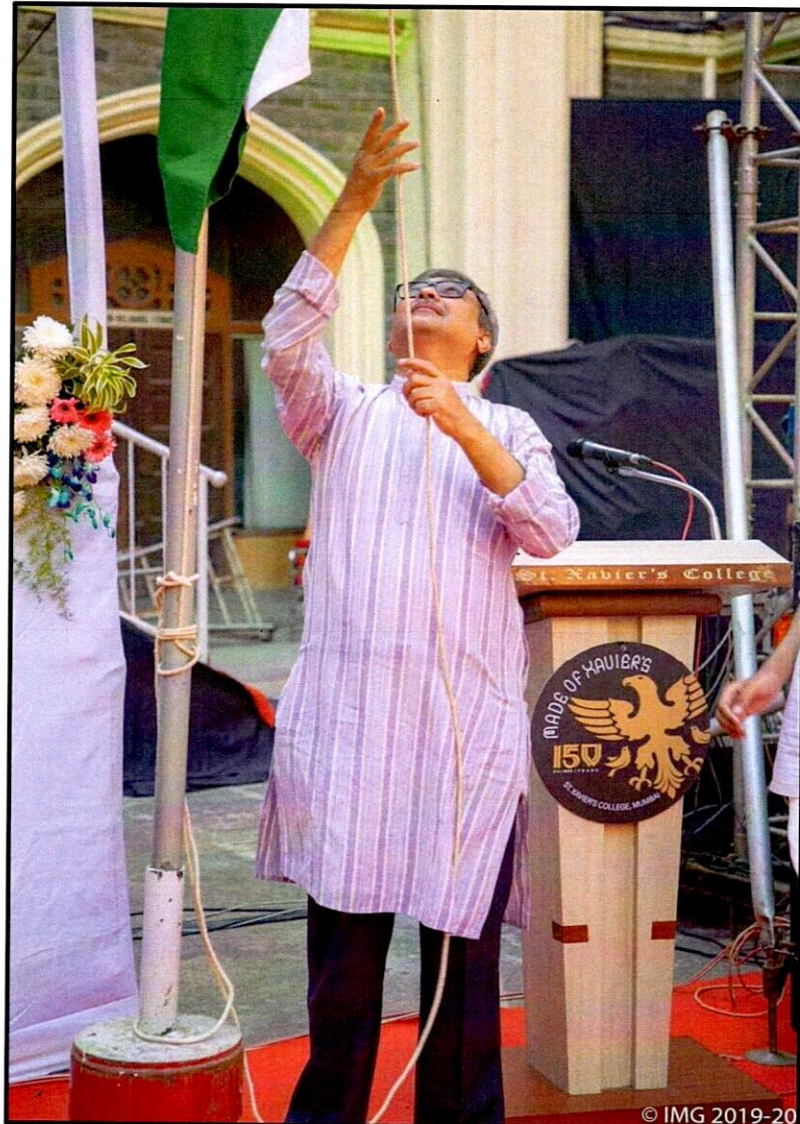
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**2019 - 2020**



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## Republic Day



Republic Day Flag Hoisting  
January 26<sup>th</sup>, 2020



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## National Mathematics Day



National Mathematics day: On December 22<sup>nd</sup>, 2019 the Mathematics department had organized an intercollegiate Exhibition and Quiz competition. For the exhibition competition, students were expected to present a mathematical topic using charts and models. The best 3 exhibits received cash prizes. In total, 20 teams participated in the exhibition competition, of which 5 were from other colleges. The quiz competition consisted of various rounds, of which some were written and some were interactive. The top 2 teams received cash prizes. 15 teams participated in the quiz of which 9 were from other colleges. Prof. Akshay Rane and Dr. Dhvanita Rao judged the exhibition competition.



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## Constitution Day



Constitution Day, November 26<sup>th</sup>, 2019



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## Constitution Day



26th November 2019 was the **70th Constitution Day**, hence Political Science Department organised an 'Awareness on Preamble Campaign'. Dr. Hrishikesh Samant (Vice-Principal, Science) read out the Preamble and Dr. Pratiba Naitthani (Head of Department of Political Science) explained the its relevance to the students gathered in the Multi Media Room. Dr. Naitthani brought the copy of original constitution to show the students the most valuable document of our nation.

The TYBA students form Political Science dept made placards on each of the nine Principles enshrined in the Preamble to the Constitution of India and displayed them in the lobby at the college gate, MMR and the Foyer. Near the canteen the students stood with the placards during all the breaks and one of them explained the meaning and significance of each Principle. This activity was conducted throughout the day so that students from all the streams could read the placards and understand them.



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### **International Day of Peace, September 21<sup>st</sup>, 2019**

On the occasion of the International Day of Peace, the DIRS conducted an exercise called 'Listening Cafe', acknowledging and celebrating the differences among us. The exercise involved partners in a pair who took turns to listen to one another non-judgmentally, sharing their own lived experiences. It conveyed that in order to create a culture of peace we must learn to slow down and listen to one another. This exercise was beneficial to those who participated.



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**Mahatma- A Legacy Exhibition; September 14<sup>th</sup>- 18<sup>th</sup>, 2019**



Dr. Pheroza J. Godrej: Chairperson- Museum Society of Mumbai, Chief Guest



Staff and Students



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## World Indigenous Peoples' Day

World Indigenous Peoples' Day was celebrated by the DIRS in collaboration with the Department of Sociology and Anthropology. The following three events took place:

**Tribal Painting Workshop:** As a precursor to the World Indigenous People's Day celebrations, a tribal painting ECC workshop was held on 6th August at 2:00 PM. The participants were taught a few tribal art styles by a TYBA student. The significance of these techniques were also discussed. The workshop received an overwhelming number of participants.

**Tribal Art Exhibition:** A Warli art exhibition was held in the MMR corridor from 9:00 AM to 12:00 PM. It was facilitated by a team of twelve trained volunteers, explaining the paintings on display to passers-by on a one-to-one basis. Great emphasis was laid on tribal folktales, values, and philosophies.

**Panel Discussion:** At 2:00 PM the DIRS organised a panel discussion about tribal people and their plight, which took place in the MMR. The panelists included Mr Pradip Prabhu and Dr Indra Munshi, who offered insights into the social injustice faced by the tribal community, and the importance of their culture.

DEPT. OF INTER-RELIGIOUS STUDIES  
(in collaboration with Socio-Anthro Dept.).  
*presents*  
**WORLD INDIGENOUS PEOPLE'S DAY**  
*9th August 2019*

9TH AUGUST : TRIBAL ART EXHIBITION  
OUTSIDE MMR : TIME : 9.40 AM - 12.10 PM

9TH AUGUST : PANEL DISCUSSION  
THEME : 'CELEBRATING WISDOM FROM THE WILDERNESS'  
MMR : TIME : 2 PM - 4 PM



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## National Statistics Day




National Statistics Day (29<sup>th</sup> June) was celebrated by our students in college as well as at Khandala. For the students in college Prof Pooja Ochaney organised sessions on: 'Demystifying Exit Opinion Polls – A statistical perspective' and 'Surveys – Creation, Implementation and Analysis'.

These programmes were conducted by Ms. Geeta Zankar (VP – Karvy Insights Ltd).



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## International Yoga Day



International Yoga day was celebrated in St Xavier's College on 21<sup>st</sup> June, 2019, organized by Extra Curricular Committee under the guidance of Prof Piyali Unnikrishnan. It was attended by the principal Dr. Rajendra Shinde, faculty members and students of our college. The session commenced by reciting the Gayatri Mantra to bring a state of calmness, followed by Surya Namaskar or Sun Salutations. The students and the faculty performed the following yogic postures- Padmasana or Lotus posture, Vajrasana, Gomukhasana, Ustraasana, Parvatasana, Janushirasana, Tadasana, Padhastasana, Bhadra-asana and Vrikshasaana. The session ended with a few calming pranayams.



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### International Yoga day



Participants at the Yoga day celebration



Participants at the Yoga day celebration



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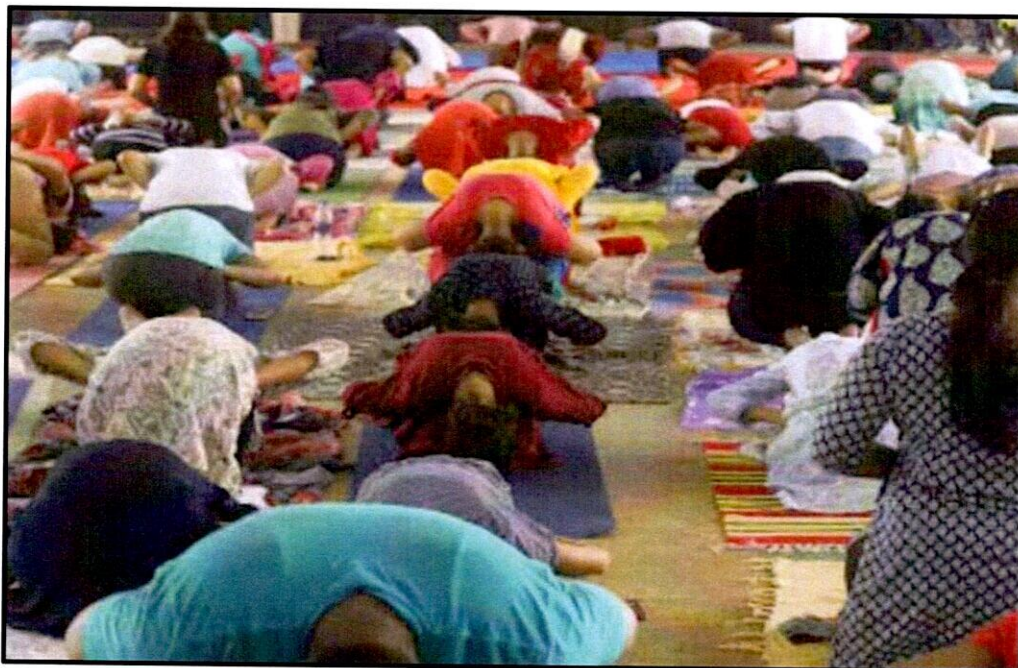


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### International Yoga day



Participants at the Yoga day celebration



Participants at the Yoga day celebration



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**2018 - 2019**



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## Eat Right India




Commemorating the Sesquicentennial Birth Anniversary Of Mahatma Gandhi

The Eat Right India movement is an initiative of the Government of India and the Food Safety and Standards Authority of India (FSSAI) to transform the country's food system in order to ensure safe, healthy and sustainable food for all Indians.



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## Eat Right India



55 students (SYBA/BMM/BMS) of the cross faculty course on Nutrition and Reproductive Health (NRH) conducted a poster presentation on 13th Feb. 2019. This was done to create awareness among College students on relevant issues pertaining to balanced eating, a healthy lifestyle and on different aspects of reproductive health. It was done in accordance with UGC notice to support FSSAI's 'Eat Right India' Movement launched to commemorate 150 years of Mahatma Gandhi's birth anniversary.



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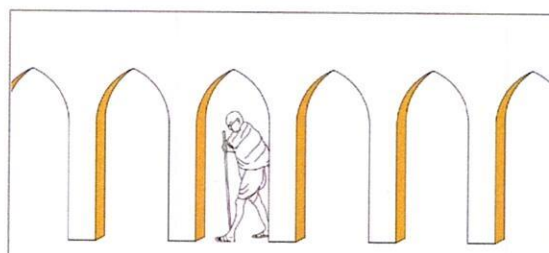
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## Celebrating Mahatma Gandhi



ST. XAVIER'S CELEBRATING MAHATMA GANDHI 150

A SEMINAR AT ST. XAVIER'S COLLEGE  
(AUTONOMOUS), MUMBAI

15-16 FEBRUARY, 2019  
VENUE: COLLEGE HALL

5, Mahapalika Marg, Mumbai, Maharashtra 400001  
Contact:  
awanish.kumar@xaviers.edu / 9167482238  
rashmilee.george@xaviers.edu / 9820445628

### PROGRAM SCHEDULE Day 1 February 15, 2019

|                 |   |
|-----------------|---|
| 9.30- 9.50 AM   | REGISTRATION AND TEA  |
| 9:50 AM         | SINGING OF BHAJANS  |
| 10.00- 10.30 AM | WELCOME ADDRESS<br>DR. RAJENDRA SHINDE (PRINCIPAL)<br>DR.(FR.) KEITH DSOUZA SJ (RECTOR)<br>ST. XAVIER'S COLLEGE |
| 10.30- 10.45 AM | SINGING OF BHAJANS  |
| 10.45- 11.15 AM | VIDEO MESSAGE: LORD BHIKHU PAF-ZKH  |
| 11.15- 12.00 PM | KEYNOTE ADDRESS: GANDHI IN BOMBAY   |
| SPEAKERS: -     | DR. USHA THAKKAR (PRESIDENT)<br>MS. SANDHYA MEHTA (RESEARCHER)<br>MANI BHAVAN GANDHI SANGRAHALAYA, MUMBAI       |
| 12.30- 1.30 PM  | LUNCH BREAK   |
| 1.30- 2.30 PM   | IN CONVERSATION WITH FR. CEDRIC PRAKASH SJ<br>(HUMAN RIGHTS ACTIVIST)   |
| 2.30- 4.00 PM   | LEARNING ABOUT LEADERSHIP FROM THE MAHATMA  |
| SPEAKER:        | ASHUTOSH SHIRKE, YUVAK BIRADARI, MUMBAI   |
| 4.00- 4.30 PM   | HIGH TEA  |
| 4.30- 5.30 PM   | PERFORMANCE BY THE NATURAL STREETS FOR<br>PERFORMING ARTS, NSPA, MUMBAI   |

### PROGRAM SCHEDULE Day 2 February 16, 2019

|                 |   |
|-----------------|---|
| 10.30- 11.30 AM | LET'S TALK ABOUT GANDHI   |
| SPEAKER:        | DR. PRABODH PARIKH (SENIOR POET AND ARTIST)<br>RETIRED HEAD OF DEPARTMENT<br>DEPARTMENT OF PHILOSOPHY<br>MITHIBAI COLLEGE, MUMBAI |
| 11.30- 12.00 PM | TEA BREAK   |
| 12.00-12.45 PM  | GANDHI IN THE 21ST CENTURY  |
| SPEAKER:        | DR. NISHIKANT KOLGE<br>AUTHOR OF GANDHI AGAINST CASTE<br>CENTRE FOR THE STUDY OF DEVELOPING<br>SOCIETIES, DELHI                   |
| 12.45- 1.45 PM  | LUNCH BREAK   |
| 1.45- 2.15 PM   | IN CONVERSATION WITH: DR G G PARIKH<br>VETERAN GANDHIAN, MUMBAI   |
| 2.15- 5.15 PM   | SCREENING: THE MAKING OF A MAHATMA<br>DISCUSSION WITH SHYAM BENEGAL (DIRECTOR)  |



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## Celebrating Mahatma Gandhi

In our struggle for independence against the British, Mahatma Gandhi utilized what in Hind Swaraj he called the "soul force" which stood in stark opposition to "brute force" - a feature of western modernity. Soul force manifested in the form of truth and non-violence or, in other words, Satyagraha. Gandhi's Satyagraha and its offshoots: non-cooperation and civil disobedience privileged citizens' right to dissent against injustice. In his worldview, a democracy thrives when we offer the freedom to disagree.

Gandhi's messages of Swaraj, simplicity and service to humankind foregrounded dignity of labour and most importantly unified the Indian masses against the common threat of colonialism. During the partition riots in 1947, Gandhi spoke of, "that ideal which makes us all, Hindus, Sikhs, Moslems, Christians, the sons and daughters of a common Mother India". The following remarks by Gandhi in Harijan are a testimony to his vision of India: "The spinning-wheel rules out exclusiveness. It stands for all-inclusiveness. It stands for all including the poorest. It, therefore, requires us to be humble and to cast away pride completely."

Gandhi's message of ahimsa continues to inspire and challenge people of all races across continents. During the period from 1915 until his assassination on 30th January 1948 he worked unceasingly for India. Gandhi's leadership of the freedom struggle spanned over twenty-five years within a country where diversity was intense. To spearhead a movement, unfalteringly, and to believe in one's conviction of ahimsa in the face of doubts and suspicion was one of the many hallmarks of Gandhi. Taking on the mantle of a country that has myriads of languages and had bare minimum communication technologies, Gandhi led from the front. Frequent imprisonments, house arrests and occasional misunderstanding by one's own were the consequences of being a leader. Leaders across the world such as Martin Luther King Jr and Nelson Mandela, have acknowledged Gandhi's legacy on their work. Gandhi has emerged as an institution to reckon with. St. Xavier's and Gandhi began their independent journeys in 1869. Since then, both in their own way have had a tremendous impact in terms of positively influencing human and social development. St. Xavier's places on record its admiration for a towering personality such as Gandhi because he reflects the values of St. Xavier's: innovation, integration and inclusion [professional innovation, personal integration and social inclusion]. Efforts to empower movements related to social justice and peace-making are common to both Gandhi and St. Xavier's. Therefore, in the 150th year of Xavier's, there could not have been a better personality to discuss than the soon-to-be-150 years Mohandas Karamchand Gandhi.

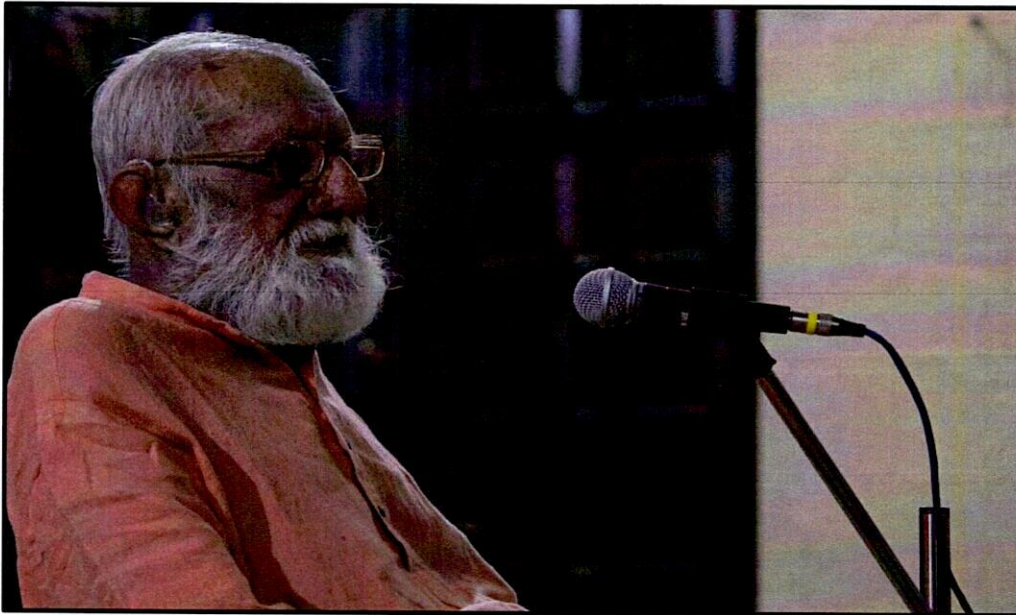


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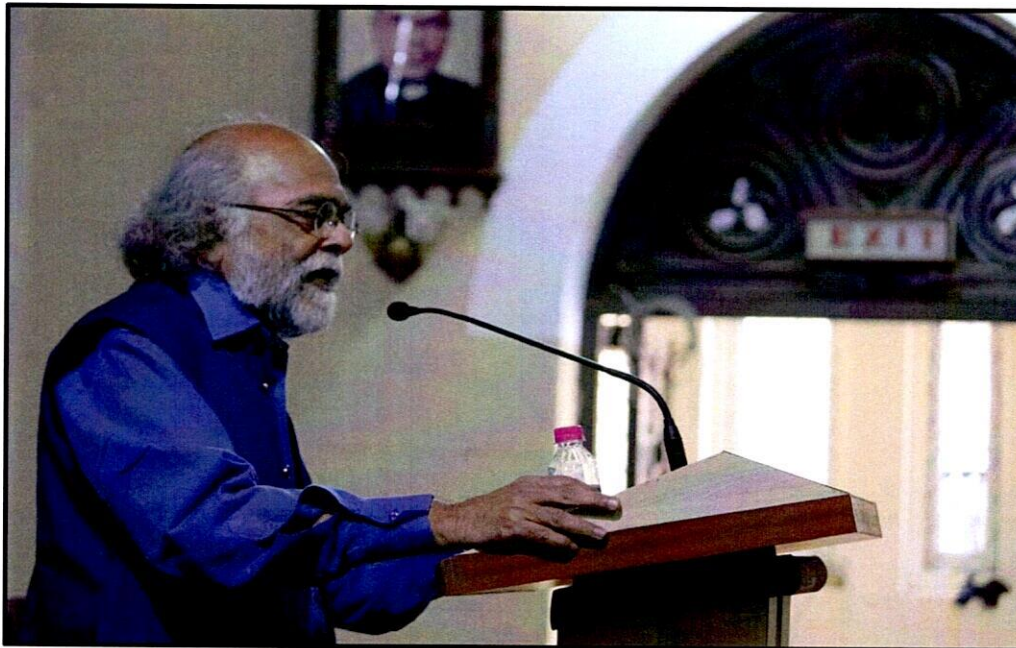
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Alumnus, Mr. G.C Parekh



Prof. Prabodh Parikh



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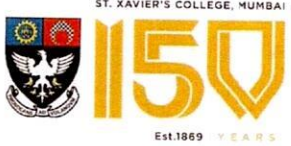
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

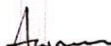

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## Sample Certificate

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**Celebrating Mahatma Gandhi**  
Certificate of Appreciation  
This is to certify that  
Sruthi Venkateswaran  
from the department of \_\_\_\_\_  
was a part of the organizing committee for the event of  
'Celebrating Mahatma Gandhi' on 15 - 16th February, 2019  
at St. Xavier's (Autonomous) College, Mumbai.

|   |   |   |  |  |
|---|---|---|--|--|
| <br>Fr. Keith D'souza SJ<br>Rector<br>St. Xavier's College<br>(Autonomous) | <br>Dr. Rajendra Shinde<br>Principal<br>St. Xavier's College<br>(Autonomous) | <br>Dr. Joan Dias<br>Director<br>Heras Institute | <br>Dr. Awanish Kumar<br>Asst. Prof.- Dpt. of Public Policy<br>St. Xavier's College<br>(Autonomous) | <br>Dr. Rashmi George<br>Asst. Prof. Dept. of English<br>St. Xavier's College<br>(Autonomous) |
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ST. XAVIER'S CELEBRATING MAHATMA GANDHI 150

St. Xavier's Celebrating  
Mahatma Gandhi

**A SEMINAR AT ST. XAVIER'S COLLEGE  
(AUTONOMOUS), MUMBAI**

**15-16 FEBRUARY, 2019 | VENUE: COLLEGE HALL**

**REGISTRATION IS FREE. ALL ARE WELCOME.**

**RSVP AT**  
**[gandhiconference.2019@gmail.com](mailto:gandhiconference.2019@gmail.com)**

**GUEST SPEAKERS:**  
**Lord Bhiku Parekh | Dr. Usha Thakkar**  
**Ms. Sandhya Mehta | Fr. Cedric Prakash SJ**  
**Ashutosh Shirke | Dr. Prabodh Parikh**  
**Dr. Nishikant Kolge | Shyam Benegal**  
**Performance by NSPA**

The year 2019 was the sesquicentennial year of the birth of Mahatma Gandhi and St. Xavier's College (Autonomous), Mumbai. As part of the sesquicentennial year celebrations of the College, and to place on record its admiration for a towering personality such as Gandhi, a two-day seminar titled, "Celebrating Mahatma Gandhi" was organised on 15-16 February, 2019. The seminar witnessed excellent participation of students from St Xavier's and other Mumbai Colleges. Over 100 students and members of the ordinary public attended the seminar on both days. The inaugural keynote address was delivered on video by the world-renowned Gandhian scholar Lord Bhikhu Parekh who couldn't make it to the program at the last minute due to an injury. The next session titled, "Gandhi in Bombay" was addressed by Dr Usha Thakkar (President, Mani Bhavan Gandhi Sangrahalaya, Mumbai) with Ms Sandhya Mehta (Researcher, Mani Bhavan Gandhi Sangrahalaya, Mumbai)



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## **Gandhi and the Environment**

### **Lecture by Shabnam Hashmi**

Shabnam Hashmi spoke on Gandhi's leadership quality in being a chief promoter of hygiene. She spoke about his focus on the rural areas. Although Gandhi did not talk directly about environmental awareness his lifestyle was conscious of practices to protect the environment. This talk was held on 29th January, 2019.

## **Martyrs' Day**

### **Lecture by Dr. Awanish Kumar**

Dr. Awanish Kumar highlighted Gandhi's use of "soul force" which was in direct contrast to the notion of "brute force" a facet of western modernity. In other words, soul force was recognizable in the form of truth and Ahimsa - in other words, Satyagraha. He highlighted how Gandhi's satyagraha privileged the citizens' right to raise their voice against oppression. He proved that a democracy flourishes when there is an environment to disagree. His message of Swaraj, and service to humankind stressed on dignity of labour and most significantly unified Indians against colonialism. This talk was held on 30th January, 2019.



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## Republic Day



Musical Recital at Indan Music Group's Janfest concert preceding  
Republic Day Flag Hoisting January 26<sup>th</sup>, 2019



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## **World Peace Day**

The DIRS in collaboration with the AICUF, Samanvaya, SSL and XIC organized the World Peace Day programme on 21 Sept. After a prayer dance by Radha and her assistant there was a panel discussion on 'My Stand for Peace.' The panel consisted of Dr. Irfan Engineer and Dr. Sanjeevani Jain who are part of the Core Team of Samanvaya, whose anniversary was also being celebrated. Fr. Keith D'Souza, the Rector, was the chairperson. After the panel discussion all participated in an action song "Who will Speak if we don't?" and then joined the Peace March around the college which concluded in the first quadrangle with the rousing song: Hum Honge Kamyab.

## **Suicide Prevention Day**

For the first time International Suicide Prevention Day was celebrated by the DIRS in the college. We began with sharing how stress can easily lead to depression resulting even in suicide. Major reasons mentioned for the rising stress levels were the high pressure to perform, the cut throat competition and the variety of activities offered which students feel compelled to take up without having an interest in them.

Jahnvi Pandya, a former Xavierite, enlightened us on issues regarding suicide, related statistics, preventive steps, the 24/7 helpline etc. She was ably assisted by Fr Prashant who led a guided

meditation that had a calming effect. Action songs, serene music, breathing exercises, meditative movement helped to provide a wholesome healing experience.



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## Independence Day



Flag Hoisting by Rector Fr Keith D'Souza, SJ



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## National Statistics Day



The National Statistics Day was held on the 29<sup>th</sup> June 2018, celebrating the 125<sup>th</sup> birth anniversary of India's noted statistician P.C. Mahalanobis. The Statistics Society arranged games in the foyer and had also put up charts to showcase statistical information in a creative manner. These festivities were attended by most students in the foyer during their respective lunch breaks. The basic idea was to introduce statistics to everyone across the various streams, especially the non-statistics students of our college to emphasize the importance of this subject in our day to day life.



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## Yoga Day



St. Xavier's College (Autonomous), Mumbai

**4<sup>th</sup> INTERNATIONAL YOGA DAY - 2018**

Experience the Union of Body, Mind and Soul  
**Experience Yog!**



Yoga for Harmony & Peace

**ALL STAFF & STUDENTS ARE WELCOME!**

**Day: Thursday, 21<sup>st</sup> June 2018**  
**Time: 10:30 – 11:30 AM**  
**Venue: Fell Gymkhana**

Session conducted by:  
Ms. Linda Dhakul  
Dr. Maya Murdeshwar

- ❖ Mats will be provided at the venue
- ❖ Wear loose-fitting comfortable clothes
- ❖ Eat only a light meal atleast 2 hours prior to the session



Participants at Yoga Day



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*Linda*

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## Yoga Day



Ms. Linda Dhakul (RSY 500) (Dept of Psychology) and Dr Maya Murdeshwar (RSY 200) (Department of Life Science & Biochemistry) conducted a 1 hour Yoga session between 10:30 – 11:30 AM in the Fell Gymkhana for over 40 students and staff members of St. Xavier's College (Autonomous), Mumbai on 21<sup>st</sup> June 2018 on occasion of the 4<sup>th</sup> International Yoga Day. Principal Dr Agnelo Menezes participated in the session.

The session began with warm-up exercises followed by sitting and standing yoga asanas and concluded with relaxation and meditation. Participating students gave a positive feedback and mentioned that they felt calm and relaxed after the session and wished that such sessions be held on a regular basis.



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*Agnelo Menezes*  
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**2017 - 2018**



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## Income Tax Day

# INCOME TAX DAY

17th July, 2017

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|   |   |
|---|---|
| <b>Essay and Slogan<br/>Writing</b><br>Time : 2 - 3 pm<br>Venue : XIMR Assembly<br>Room | <b>Debate</b><br>Time : 3- 3:30 pm<br>Venue : Scavi |
|---|---|

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**Contact**  
Sheena Oberoi : oberoishheena@yahoo.com  
Shaun Fernandes : 9930640619

**\*Cash prizes for winners**  
**\*\*Participation Certificates**

# INCOME TAX DAY WINNERS


|                  | ESSAY         | SLOGAN           | DEBATE      |
|------------------|---------------|------------------|-------------|
| <b>1st Place</b> | Abraham Raju  | Riya Chavan      | Rohit James |
| <b>2nd Place</b> | Sheba Richard | Shruti Mukherjee | Subin Mitra |

**CONGRATULATIONS!!**

☎ Shaun - 9930640619



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Certificate of participation



Staff and students



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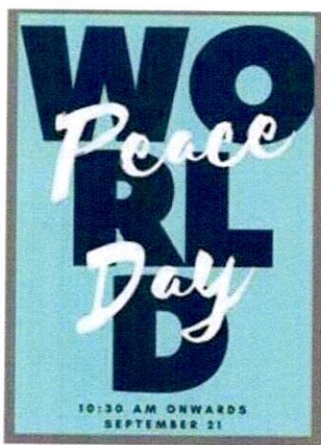
## International Day of Peace

### Giving peace a chance

Some of us might feel like we live in troubled times, given the state of geopolitics as it stands today. But there was some success to be derived from an event that students of St Xavier's College held on Thursday to mark World Peace Day. It involved a mime, an experimental theatre production and a procession that the students took out to spread the message of global harmony. Sameera Khan (in pic), an independent journalist, also gave a talk on how significant the occasion is.



**PICLITFUL KAMBLE**  
given that conflict resolution — as always — remains the order of the day.



**College Hall: 10:30 am**  
**Peace Procession: 11:45 am**

Dress Code for all Xavierites  
**WHITE!**



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## International Day of Peace, September 21<sup>st</sup> 2017

The URI (United Religions Initiative), AICUF, DIRS, SSL, Heras, XIC collaborated for the first time to organise the International Day of Peace programme on 21 September. After an evocative mime 'The Unsocial Truth' by the AICUF, the chief guest, Sameera Khan, courageous and writer and journalist shared on the role of media for peace. The XIC then presented an interactive experimental skit 'Web of Conflict Resolution'. The main highlight was a Silent Peace March throughout the campus to express solidarity with those who are being silenced. The white dress code was an eloquent voice for peace to counter the culture of violence.



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### **National Statistics Day, June 29<sup>th</sup> 2017**

A day commemorating the birth anniversary of the great statistician P. C. Mahalanobis. On this occasion Ms. Abigail Mukherjee, Manager at the Center of Excellence, Analytics Units, Kotak Mahindra delivered a talk on 'Use of Analytics in the Banking Sector'. Attractive charts conveying interesting facts were displayed and a few Statistics related games were organized in the canteen foyer to spread awareness of the subject to students with a non Stats background.



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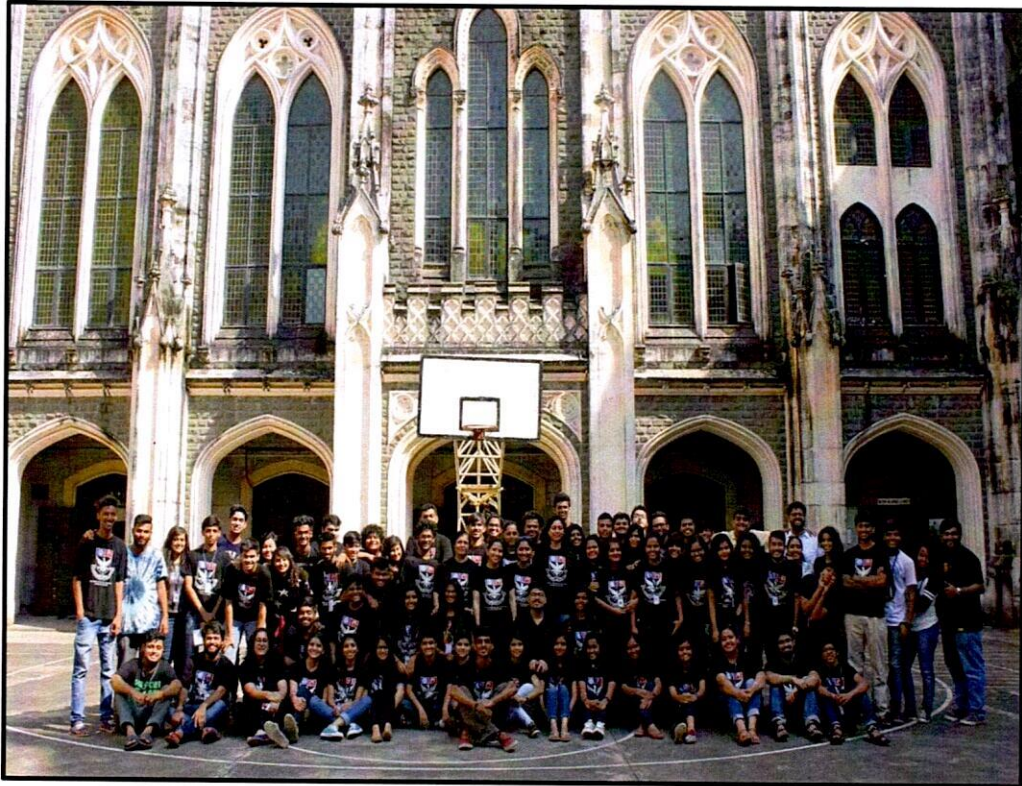
**2016 - 2017**



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## World Tourism Day

World Tourism Day was celebrated on 27th September 2016. As part of the celebration students had conducted a small awareness campaign in the college foyer by exhibiting information about Tourism and arranging games for students and teachers from all other streams.



Staff and students



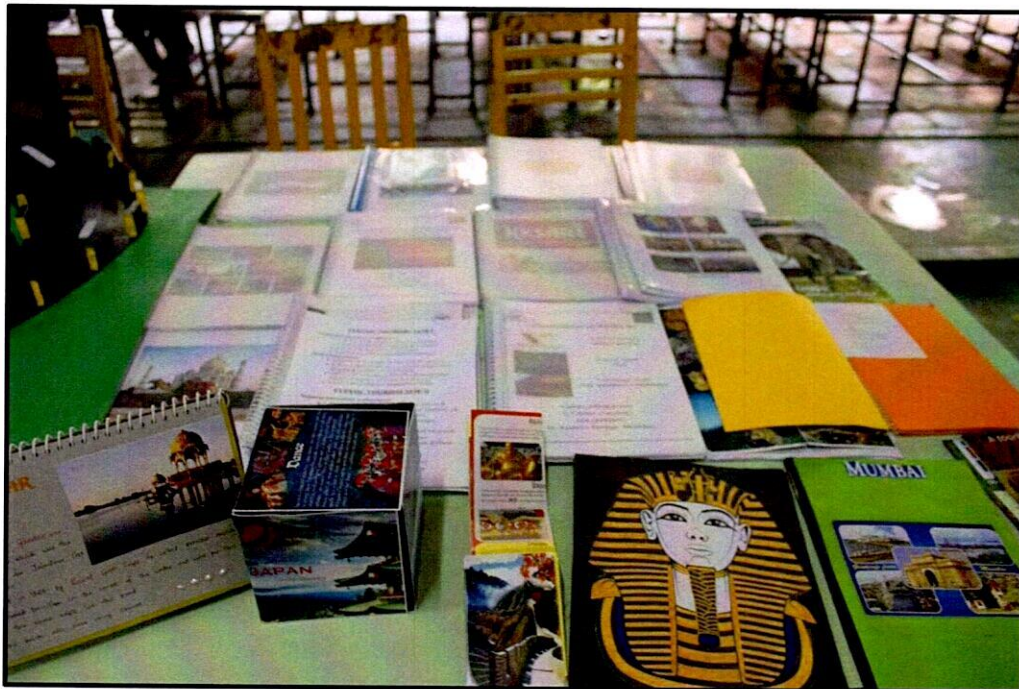
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## World Tourism Day



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## **National Statistics Day, June 29<sup>th</sup> 2016**

Spot surveys were conducted on topics as varied as superstitious beliefs and preference of food counters among students of our college.

The survey results were displayed on all college screens along with graphs/diagrams on current topics like Brexit, Trumpomania as well.

Interactive games were used to introduce all students to the wonderful world of probability.



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**2015 - 2016**



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## National Mathematics day

On the occasion of 'National Mathematics Day' on 22<sup>nd</sup> Dec. 2015, a one day workshop on 'Mathematics for Biologists' was organized for post-graduate students of the biology departments of the College. Dr. Shailesh Goregaonkar conducted the workshop. Dr. Maya Murdeshwar was the staff-in-charge. Students from the Biochemistry Dept. of Sophia College for women also attended the workshop.

**“ MATHEMATICS FOR BIOLOGISTS ”**





**Srinivasa Ramanujan Iyengar**  
(Best known as S. Ramanujan)  
(22 Dec 1887 - 26 April 1920)

128<sup>th</sup> Birth Anniversary

1-Day Workshop on occasion of  
**NATIONAL MATHEMATICS DAY 2015**  
22<sup>nd</sup> Dec. 2015

Organized by  
Dept. of Life Science & Biochemistry  
St. Xavier's College (Autonomous), Mumbai






Staff and Students



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## International Yoga Day

The DIRS organised the International Yoga Day celebration for the college on Wednesday 24 June from 3 to 5 pm. A sizeable number of staff and students thoroughly enjoyed this session led by Frs. Roy and Prashant.



Participants at the Yoga Day celebration



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*Hinde.*

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