

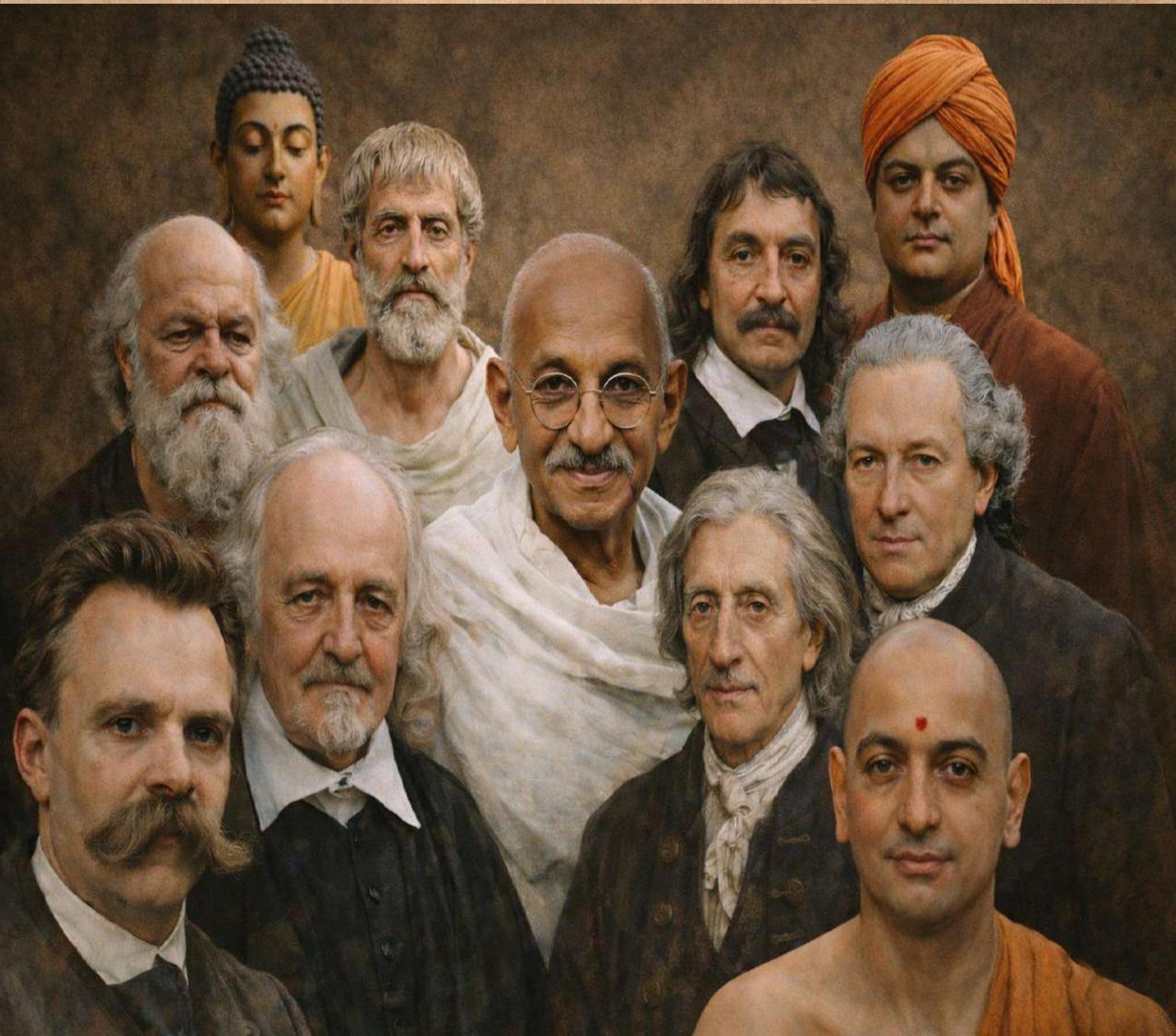
VERITAS

Newsletter Volume - 1

Department of Philosophy

St. Xavier's College, Mapusa - Goa

2025-2026





OUR FACULTY 2025-2026



OUR FINALISTS 2025-2026

VERITAS

Newsletter

Department of Philosophy

St. Xavier's College, Mapusa - Goa

2025-2026



Editorial Team:

Ms. Aletthra C. Vieira

Ms. Alisha Rodrigues

Ms. Shaina Dias

Members Of The Department:

Ms. Aletthra C. Vieira (HOD)

Dr. Shefali Kale

Ms. Chanda Acharya

Administrator's Message



The Department of Philosophy is bringing out its first departmental letter that is scheduled for release on the 20th Feb, 2026. I am very happy at the launch of this newsletter, as it will give to the department an opportunity to disseminate the information about the importance and advantages of learning Philosophy. This should arouse the curiosity of the students.

Philosophy has a wide reach. It is one of the most enriching and intellectually stimulating subjects in higher education. It encourages students to think deeply, question assumptions, and examine life's fundamental questions about truth, knowledge, morality, existence, and human purpose. Studying philosophy in college sharpens critical thinking, logical reasoning, and analytical skills, enabling students to construct sound arguments and evaluate ideas with clarity and fairness.

I congratulate the faculty and students of the Department on the launch of the very first edition of their newsletter, hoping that it will generate a greater interest in the study of philosophy.

Fr. Tony Salema,

Administrator

Principal's Message



I extend my warmest congratulations to the Department of Philosophy on the release of its very first newsletter! The newsletter is a beautiful compilation showcasing the department's excellence in academics and cocurricular activities. The hard work and dedication of the staff and students in putting together this edition is appreciated. Congratulations to the Editor and HOD Ms. Aletthra Vieira and the entire editorial team for a job well done! I wish

the Department continued success in its future endeavors and look forward to seeing this newsletter flourish with a positive impact on all it's readers. With best wishes,

Ms. Ursula Barreto

Officiating Principal

NOTE FROM THE EDITOR

The Department of Philosophy undertakes this maiden venture into publication of a Newsletter.

It has truly been a path breaking year for us; with the multiple challenges that have come our way. It is crucial that a newsletter such as this, be an honest and thought provoking read and keeps you informed and inspired.

Christened '*VERITAS*', I will be honest enough to admit that this edition was a long time coming, and hence I am appreciative of the subtle nudge given to me by our beloved Principal Ms. Ursula Barreto, which ultimately set the ball rolling.

Logically, one would expect a gamut of articles and that's exactly what this newsletter contains; glimpses of departmental activities in living colour, a mind-bending puzzle, thoughtful musings, and some rather insightful poetry from our highly talented contributors, all these interspersed with dollops of humour.

I wish to express my gratitude to Alisha and Shaina for the graphic designing of the interior as well as the cover pages, of what has turned out to be an eye catching and aesthetic delight.

This semester was highlighted by remarkable academic achievements of our students and I wish all of them the very best in the forthcoming examinations.

I sincerely hope this newsletter makes for a fascinating and enjoyable read and pray that it sets the tone for future issues in the years to follow.



Editor

Ms. Aletthra C. Vieira

(Department Of Philosophy)

ACADEMIC PROGRAMMES ORGANISED

1. Screening of Documentaries

Ms. Aletthra C. Vieira, Associate Professor, conducted a screening of a series of Documentaries for 03 students of the TYBA course. The aim of showing these video documentaries was to educate the students on basic manners and etiquette in various spheres of life. The session consisted of lively and articulately presented videos on good manners in public spaces and at the work place, Classroom etiquette with a focus on the appropriate way of communicating with colleagues and the teacher, Hand shake manners and how to introduce oneself, the art of complimenting people and receiving the same, to name a few. Ms. Aletthra also conducted a demonstration on good habits and manners by involving the students in a practical demonstration.



2. Educational Talk

The Department of Philosophy organized a talk on 11/9/2025, the resource person being Ms. Dakshata Zambaulikar (College Librarian). The Talk was conducted for the SEC students of FYBA Philosophy and the Topic was “E-Resources in Library settings”. Ms. Dakshata covered multiple aspects on the above topic, which included the types of resources, it’s advantages and the library facilities offered. She spoke on library Holdings which included library sections, collections and services, the latter characterized by WIFI/E-library, DELNET, Digital library, Night references to name a few. The library information services are enhanced in terms of multiaccess, speed, storage capability, not to forget quality content as well as functionality. The types of E resources such as Online and Electronic ones were touched upon. She highlighted the pros of introducing E -resources, at low cost and affording a few advantages. She also



“No one is more hated than he who speaks the truth.” - Plato

enumerated on Government role especially on the ability of NISSAT to introduce DELNET. She also spoke of the National Digital Library of India (NDLI) project, through the Ministry of Education, Government of India.

The number of participants present was 27 and the activity was coordinated by Ms. Aletthra C. Vieira of The Department of Philosophy.



3. Seed Bomb Activity

The Department of Philosophy of St. Xavier's College in collaboration with the Department of Botany conducted a session on making of seed bombs. The session was conducted on 9th August, 2025 from 9:30am to 10:30am. The aim of the session was to teach students how to make and use seed bombs for reforestation and for creating green-spaces. The resource person was Dr. Maria A D'Souza. It was attended by 56 students from various streams of the college.



Dr. Maria demonstrated two techniques of making the seed bombs. The students present for the session made their own seed bombs with great enthusiasm. The co-ordinator of this activity was Dr Shefali Kale.

4. Field Trip

The Dept. of Philosophy organized a field trip on 5th October, 2025. The places visited were Goa Chitra Museum, Benaulim and Selaulim Dam. Goa Chitra Museum is an ethnographic museum curated by Mr. Victor Hugo Gomes. Its mission statement is, 'Preserving the past to enrich the future'. The museum showcases objects as tillage implements, sowing tools, interculture operation tools, harvesting, cutting, pruning and marking implements, besides others. The Selaulim dam is located on the Guleli River, a tributary of the Zuari River in Goa, India. The students appreciated the natural beauty of the surroundings. 28 students attended the field trip and they were accompanied by teachers, Dr Shefali Kale

"If the truth shall kill them, let them die." - Immanuel Kant

and Ms. Chanda Acharya. The co-ordinator of this activity was Dr Shefali Kale.



5. Session on Mental Well-being



The Dept. of Philosophy in collaboration with the counsellors of the college, Ms. Beverly Monteiro and Ms. Sandra D'Mello for the students of First and Third year of Arts organised two sessions on mental well-being. The session for First year was held on 27th September, 2025. The theme was, 'Connecting in Relationships.' The session for Third year was held on 1st October, 2025. The topic was "Multitasking and Time Management.' The co-ordinator of this activity was Dr Shefali Kale.



6. Visit to the College Library

On 17th December, 2025, The Dept. of Philosophy conducted a visit to the college library for the students of FYBA.

The session was conducted by the college librarian, Ms. Dakshata Zambulkar. She introduced the students to the numbering system of books on Philosophy. She explained the placing of books by prominent authors of Philosophy.

The students perused through the books and selected books for reading. The objective of this activity was to inculcate and promote the habit of reading amongst the students. The session was attended by 25 students of FYBA Philosophy.



"Hell is truth seen too late." – Thomas Hobbes

7. Session with the Counselor

The college counsellor, Ms. Beverley Monteiro conducted a session titled, 'Understanding Psychological Counselling', for the TYBA students of Philosophy on 22nd January, 2026.

The session aimed at bringing out the difference between psychological and philosophical counselling.

Ms. Monteiro began the session by defining psychological counselling as a professional helping practice aimed at addressing emotional distress, behavioral difficulties, and challenges in personal functioning through structured psychological understanding and intervention.

She next explained the difference between philosophical and psychological counselling. Psychological counselling focuses on psychological processes, emotional patterns, and mental health, rather than primarily on conceptual analysis or non-empirical examination of world views. Whereas philosophical counselling focuses on the meaning of life-issues, psychological counselling focuses on the experience and impact of those issues on emotional and mental functioning.

The session was attended by three students of TYBA.



8. Poster making Competition

The Department of Philosophy, St. Xaviers College Mapusa conducted a Poster Making competition to commemorate Human Rights Day, the event was held on 27th January 2026. The competition commenced at 9.30am sharp.

11 students from various streams participated in the event, showcasing their talent and expressing their multidimensional views in various hues on poster, in accordance with the Human Rights Theme of 2025, "Our Everyday Essentials". The event was coordinated by Ms. Aletthra C. Vieira.

The creative work on display impressed the judges Prof. Afonso Botelho, Ms. Tricia Vaz e Borges, Ms. Sayed Rizwana.P and Ms. Ana Sousa who decided the prize winners based on originality, creativity, presentation and conveyance of message.

“Even if you are a minority of one, the truth is the truth.” – Mahatma Gandhi

The winners of the event were 1st place: Ms. Poonam Palyekar TYBA 2nd place: Ms. Alisha Rodrigues TYBA 3rd place: Ms. Valisha Coelho and Ms. Miloshka Fernandes of FYBA (Group Poster) Certificates of Merit and Participation certificates were awarded accordingly after the event which concluded eventually at 1.30 pm.



9. Guest Lecture

The Dept. of Philosophy facilitated a lecture by Dr Yogita Chhatre-Kelkar, Programme Director, School of Sanskrit, Philosophy & Indic Studies, Goa University for the students of TYBA Philosophy on 6th February, 2026.

Dr Chhatre began the session by introducing students to the importance of Indian Knowledge Systems promoted by the NEP programme. She underscored the relevance of Sanskrit and Philosophy in promoting the spirit of IKS.

She explicated various papers taught under Sanskrit and discussed various career options of Philosophy and Sanskrit.

The session was attended by 4 students of TYBA Philosophy.



“Truth can be stated in a thousand different ways, yet each one can be true.” – Swami Vivekananda

10. A Talk by an Alumnus

Department of Philosophy organised a talk by an alumnus of St. Xavier's College, the speaker being Rev. Fr. John Alban Fernandes. The talk was held on 12th February 2026, the topic; " Heart and Mind: A Philosophical Inquiry "

The session was conducted in Lecture Hall 327 at 11.45 am and was attended by F.Y BA, S.YBA and T.Y BA students of Philosophy.

Fr. John Alban, who is known to connect easily with the youth held a practical and interactive session with his audience. He explained the connect between the mind and heart and how these two entities are responsible for conditioning our actions.

He injected humour into the session whilst illustrating his points with examples.

His presentation dealt with how reasoning and emotion guide us in taking judgemental calls. Fr. John Alban was very inspiring and informative in his delivery and his talk gave all a fresh perspective on the matters of the mind and heart and how to balance the two.

After a rather engaging session, the event was brought to a close following the Vote of Thanks given by Ms. Aletthra C. Vieira, HOD, Department of Philosophy.



“Comfort is no test of truth. Truth is often far from being comfortable.” – Swami Vivekananda

ARTICLES

From The Philosopher's Desk

CONCEPT OF ETHICS AND MORALITY

Both Ethics and Morality deal with the principle of right and wrong.

Ethics are rules of conducting oneself in a particular external group or source recognized by an external source or social system; whereas Morality is based on the concept of maintaining principles or habits revolving around one's beliefs of right or wrong.

How are the above perceived and applied to in a world setting?

Virtues such as charity, honesty, generosity and justice are applied at various levels and forums, be they religious, political or philosophical. These form the guiding principles to create codes for implementation of ethical conduct.

We humans being rational beings, need to respect others and our duty to conserve such a relationship is based on the concept of responsibility being central to morality.

Basically, Ethics is perceived as to how our society applies our values and principled beliefs over creating short term and long-term decisions.

Ethics and Morality are interwoven concepts and due thought has to be given before applying such principles in day-to-day activities whilst maintaining an image of professionalism, integrity and accountability.

People think of morality as something personal whereas ethics is the standard of "good and bad" distinguished by a certain groups or community of individuals. So basically, in certain cases, ethical beliefs of a community can influence one's sense of morality. One has to also note that the concept of "Morals" has changed and expanded to values such as Bravery, Affection for family, Respect of property and maintenance of Civic Sense, Respect for authority etc.

In conclusion, we can claim to be ethical in our actions, but if there is no morality attached in our dealings of everyday situations, it implies a lack of personal conviction. Likewise, emphasizing the usage of moral values without ethics may lead to situations that lack consistency in the application of the values.

Together they form a dynamic system which will allow us, as rational beings to wade through complicated situations. Our own individual value system will guide us whilst making choices and enhance our character, and along the parallel line, an ethical system will ensure that the overall well-being of the society around us is benefitted.

This should help human beings to conduct themselves in a GOOD and RIGHT manner.

Ms. Aletthra C. Vieira

HOD

Department of Philosophy

How does pressure help in revealing character?

Charlene Alisha Desouza (FYBA)



William James, an influential American Philosopher and Psychologist once famously wrote, "Sow an action, and you reap a habit; sow a habit, and you reap a character;

sow a character, and you reap a destiny". A person's character plays a huge role and affects not only how they carry themselves but also affects their relationships, work prospects and so on. Unlike personality which is one's outward demeanor, character refers to one's inner core of ethical and moral strengths, like integrity, honesty, courage and loyalty. Character is not innate but is shaped by upbringing, experiences and conscious choice. And since it is learnt from our environment it usually alters as we go through different stages of life. It is like a "moral compass" which refers to a person's internal sense of right and wrong and aids in guiding one's actions.

An Author and Lecturer, Robert McKee rightly said that "true character is revealed in the choices a human being makes under pressure – the greater the pressure, the deeper the revelation, the truer the choice to the character's essential nature". This reveals to us that the true character of someone can be found in the midst of chaos, pressure and deadlines. It is interesting because most of us try to judge the character of others in the exact opposite situations. A perfect example

of induced pressure in order to reveal character is when job recruiters give candidates stress tests. These tests are a specific type of interview technique that are designed to put the candidate under significant psychological pressure and to observe how they can perform in high-pressure environments. Such kind of pressure reveals a person's characteristics that otherwise may not be noticeable such as resilience, composure, emotional intelligence (EI), adaptability, integrity, honesty and so on.

We all like to portray the best versions of ourselves to the world and with the increasing influence of social media most users feel the need to always appear 'perfect'. But all that glitters isn't gold and pressure is inevitable in life. There is no successful person in life that has not been pressurized but ironically it is this same pressure that we despise that leads to the unraveling of some of the most unexpected characteristics in people. Often such pressure may also lead to a person discovering certain characteristics that they had no idea they possessed. So henceforth, let us stop viewing pressure as a hurdle but rather as an opportunity for us to display those ethical and moral strengths that are otherwise hidden from the human eye, for the very reason that it reveals and helps us understand our true character.

“Let us follow the truth whither so ever it leads.” – Socrates

My Journey Through Philosophy: A Reflection

Shaina Dias (TYBA)



Even as a Third-Year student, I find that providing a single, definitive answer to "What is philosophy?" remains a challenge. This is because philosophy is vast, encompassing an incredible range of human thought. Etymologically, it stems from the Greek *philosophia*—the **love of wisdom**. It is the rigorous investigation of our assumptions, beliefs, and value systems. It seeks to understand the nature of reality, the limits of knowledge, and the purpose of human existence. Historically, it was the foundation for nearly every academic field, from physics and biology to psychology and art. Philosophy is the "mother of all disciplines"—it originally birthed the sciences and arts we study today.

My encounter with philosophy began in my first year. I chose it as a major out of pure curiosity, wanting to see what the "big deal" was. By second year, that curiosity had turned into a commitment, and I choose it as 60 percent major subject. Philosophy has offered me more opportunities for growth than any other discipline—not just academically, but in my practical, everyday life.

Through the study of logic, I have learned how to construct sound arguments and

dismantle weak ones by identifying fallacies. It has sharpened my capacity for critical thinking and analysis. It has helped in the aspects of critical thinking and analysis. It taught me to question the things rather than accepting things as they are. I've realized that our personal experiences along with reason are vital in order to attain knowledge. Paradoxically, the more I learn, the more I realize how little I actually know. This humility allows me to see every small event as a learning opportunity.

Philosophy has fundamentally reshaped how I interact with the world in several key ways. It has opened my mind to diverse perspectives. I have learned to respect the opinions of others without immediate judgment. By studying different religions and cultures, I have been able to diversify my own worldview. Philosophy has deepened my understanding of ethics. I now better understand the subjectivity of moral frameworks—how what is "right" for one may be "wrong" for another—while simultaneously building a stronger, more reasoned ethical foundation for my own life.

Philosophy is far more than an academic major to me; it is a lens through which I view the world. While I may not have a single, simple definition for the subject, my three years of study have given me something better: the ability to navigate life with a clear mind and an open heart. Philosophy has prepared me not just for a career, but for the lifelong journey of understanding what it means to be human. I have learned that while I may know very little, the pursuit of wisdom is, in itself, the most fulfilling way to live."

"Lies are the greatest murder. They kill the truth." – Socrates

Life: A Journey Between Birth, Becoming, and Beyond

Riya Chodankar (SYBA)



Life is not merely the act of breathing between birth and death; it is a continuous process of becoming. From the moment a child enters the world to the final moment of departure, life unfolds as a complex blend of joy and suffering, effort and reward, action and consequence. Philosophers across cultures have tried to understand this journey by questioning its purpose, its pain, and its ultimate end. Life is both a test and a teacher.

Life begins without consent or choice. According to Jean-Paul Sartre, humans are “thrown” into existence and must create meaning through their actions. At birth, a person carries no identity, no moral burden only potential. Society, family, and culture slowly shape the individual by introducing values, expectations, and responsibilities.

Indian philosophy views birth differently. In Hindu thought, birth is not the beginning but a continuation. The concept of *samsara* suggests that life is part of an endless cycle of birth and rebirth, shaped by one’s past karma. Thus, the circumstances of birth that are wealth, poverty, health are believed to be outcomes of previous actions.

Struggle is central to life. No human journey is free from pain, failure, or uncertainty. Friedrich Nietzsche believed that struggle is

not a curse but a necessity. His idea, “*What does not kill me makes me stronger,*” reflects how suffering shapes character and strength.

In everyday life, struggles appear in different forms: a student facing academic pressure, a worker fighting unemployment, a poor fighting to get basic survival needs or a parent sacrificing personal dreams for family. These struggles test patience, morality, and resilience. According to the Buddha, suffering (*dukkha*) is an unavoidable truth of life, but understanding its causes, desire and attachment can lead to liberation.

Life is deeply influenced by human actions. Aristotle viewed life as a pursuit of *eudaimonia*—a fulfilled and virtuous life achieved through moral actions. Good deeds cultivate inner peace and social harmony, while bad deeds disturb both self and society.

Indian philosophy strongly emphasizes *karma*. Every action, whether good or bad, leaves an imprint. For example, a person who lives honestly may face hardships initially but gains long-term respect and peace of mind. On the other hand, someone who chooses dishonesty may enjoy temporary success but often lives with fear, guilt, or downfall.

A real-life example can be seen in whistleblowers who expose injustice. Though they suffer socially or professionally, their moral courage eventually brings societal change and inner satisfaction.

The rewards of life are not always material. While society often measures success through wealth and status, but true reward lies in self-awareness and contentment.

“The high-minded man must care more for the truth than for what people think.” – Aristotle

Epictetus, a Stoic philosopher, taught that happiness depends not on external possessions but on control over one's thoughts and reactions.

In Indian thought, the highest reward is not pleasure or power but liberation from suffering. Material achievements are temporary, but spiritual growth leads to lasting peace.

Moksha represents the ultimate goal of life in Indian philosophy where the liberation of the soul from the cycle of birth and death. The Bhagavad Gita emphasizes *karma yoga*, performing one's duty without attachment to results. Lord Krishna teaches that selfless action, devotion, and knowledge together lead to moksha.

This idea suggests that death is not an end but a transition. A life lived with compassion,

discipline, and awareness prepares the soul for freedom beyond physical existence.

Life is a journey that begins in uncertainty and ends in mystery. Between birth and death lies a field of choices, each shaping who we become. We should know that life gains meaning not through avoidance of suffering but through conscious engagement with it.

Whether one believes in rebirth or a single lifetime, life demands responsibility, reflection, and purpose. Struggles refine us, deeds define us, and awareness frees us. Ultimately, life is not about reaching a destination but about understanding the journey, and in that understanding, perhaps, lies true liberation.

“There is courage involved if you want to become Truth.” – Rumi

We live in an era where reading is a luxury; this time by choice.

Iqbal Singh (SYBA)



Historical records dating as early as 3000 BCE suggest that literature has preserved all the thoughts that their authors thought were worth documenting, transcending time almost as if it were in a standstill. While reading is quite literally the act of comprehending the meaning of literary works, it can be distinguished as a separate art in its own right.

Historically, reading was never meant for the masses. It was more about withholding knowledge than enlightening as many people as possible. The struggles of the people who were barred from literature are not unknown to us. Reading in marginalized communities was not only labelled as treacherous and seditious, but even learning to read would be considered an act of courage. This order was often also extended to women, who were often forced into the routines of domesticity. Yet, generations of individuals and communities taught themselves to read and write. They understood that access to these invaluable ideas and the knowledge of the world was the only way they could counter oppression. Even when they knew the backlash that they would face whilst exploring the literary world; they persisted. Rebellious revolutions throughout history arose as a consequence.

The current state of affairs is disappointing. To think that we have access to all these historical records, thoughts, ideas, and works of fiction and non-fiction at our disposal, but choose to overlook them, is disappointing. It is not just a

dire situation but a dystopian reality. A reality where we rely on “machines” to source, compile, and investigate information rather than seeking that knowledge ourselves. This concept is called “automation,” and rightfully so; it is a series of thoughtless actions guided by little or no creative input, often without having any idea as to what the output would be.

Despite being blessed with an ability to dissect and decipher ideas and thoughts upon such endeavours. Thinking is what is at stake right now. Our worldview has been narrowed by the same things our algorithms feed us repeatedly to trigger instant gratification. We’re not seeking new ideas, nor do we come across conflicting ideas as often, because we only see what we want to see. We’re not far from the concept of “The Matrix”; one could say we’re in the early stages and slowly edging towards that reality. People would spend hours, even days, reviewing literature or dissecting the copious volumes of human experiences; portrayed in literary works; this all seems unimaginable now.

In retrospect, the early digital age seems less of a formidable concept than it was perceived to be. Even when books were downloaded on computers rather than being read in libraries, they were still read. Wikipedia pages were the more thoughtful and thought-provoking compeers of generative AI summaries, which are now considered more legitimate and acceptable tools for sourcing information. They were the knowledge systems that were mainly recognized for their convenience, but they never made their users devoid of their ability to think. The fact remains that people still read. They searched and researched when they were not satisfied because they read enough to know what is right or wrong, unlike the thoughtless, one-time inquiries through AI chatbots that have plagued us. There was an inherent hunger for knowledge.

“Three things cannot hide for long; the Moon, the Sun and the Truth.” – Buddha

The Internet was a resource and a gateway to an unfathomable amount of information, which we still have but choose not to look for.

One could argue that there has been a resurgence in reading due to social media's impact, but that is merely chasing trends. Again, we are reading what algorithms suggest we should, completely defeating the point of exploring and carefully selecting what we read. Even when we take this kind of reading into account, it still makes up for a very small population of dedicated readers. More importantly, our attention spans have severely declined. Most people can't sit with books for hours at a stretch. This is because we are no longer stimulated by literature. We wish to be gratified instantly instead of letting the subjects of the literature sink in and unravel at their own pace. That is the art of reading, something we will no longer inherit, given the state of our world.

This depletion in our ability to think is not only dangerous for our society, but it is more importantly going to impact our critical and creative thinking abilities, leaving us vulnerable to political propaganda and rhetoric. Thinking is the substratum of human civilizations, without which we are no more than mere dust particles suspended in the air. It is for this reason that it has been regarded as the most important resource that exists in the world. Whether we are the victims or perpetrators cannot be established because it is separated by a very thin line. But we could soon even lose our ability to even consider such possibilities, drifting to where the wind guides us.

“An honest man is always a child.” – Socrates

POEMS

A beacon

Astrid D Mello (TYBA)

How different am I to you?
If only you could see
We're just variations of a special species
Yearning for the same things
Striving for common grounds
Thriving under similar skies

Yet your words, your actions
Your thoughts, your deeds
Slice through me like shards of steel
You build walls around me
Leaving me cold and breathless

But alas! A golden bar has been left for me
An instrument to shatter these walls
The wings to soar high above
The wind beneath my weary feet
A beacon to my battered soul

A cry for humanity

Alisha Rodrigues (TYBA)

Awake, people, look at what
we have made this world
become today.
So many differences that
cannot be ignored.

We cannot tolerate people
who are around us.
The rights of the humans
are no more to be seen.
Killing innocent people
for our human ego and greed.

Life has become like
there's no tomorrow for
the young, for the coming
generation.

It's hard to breathe,
and we don't know
what will happen next.
Lives filled with fear,
terror, sorrow in the
hearts of the people.

A little hope left
to rise up and fight
for our rights.

Let us all awake and fight.
for peace, for ourselves,
for those innocent children,
for the people around us
struggling to survive,
and for the generations to come.

If not now, then never.

“There is no God higher than Truth.” – Mahatma Gandhi

आमचो हक्क

काजल वेर्णेकर(SYBA)

आमच्या सुसंस्कृत भुयेंत,
काय व्हड , कांय ल्हान
नागरिकांक आसता हक्क
आसता मानवी हक्क म्हत्वाचे

पूण पयशे , गिरेस्तकायेचो
आनी राजनितीचो बळ
घेवन, हे मानवी हक्क
दुबळ्यांकडल्यान ओडून घेता

घरात शुद्धां
करता अन्याय ,
शिकयता तांका
कशें चिडून रावचे ते

तू चड उलो नाका !
तू चड चितू नाका !
तू चड शिको नाका !
तू मोग करू नाका! !

तू आमी सांगता तेच उलय !
तू आमी सांगता तेच चिंत!
तू आमी सांगता तेच शिक!
तू आमी सांगता ताचेच कडे कर मोग !

ना !! हक्क म्हजो उलोवपाचो!
हक्क म्हजो मेकळे चिंतपाचो!
हक्क म्हजो उच्च शिकपाचो!
हक्क म्हजो मोग करपाचो!

आमच्या दुखेंत
आशिल्ल्या समाजाक
मानवी हक्क
जाणा जावप गरजेचे

जावक व्हड वा ल्हान लोकांक
जावक संत वा पापी लोकांक
मानवी हक्क सगळ्यां लोकांक
भेदभाव ना खंयच्याच लोकांक

My Right, My Freedom
Sharmat Goltekar (SYBA)

Human, he can fight,
He can light, because he has the right.
Right to speech, right to freedom,
He has everything right.

The Constitution, strong and wise,
Gives every soul a chance to rise.
A human, a guide, with heart so bright,
Living with rights and doing what's right.

The right is to stand, the right to dream,
To grow. A fair world we strive to show.
A human strong and kind, with justice and
peace in mind.
Together we can make it bright,
Living with rights and doing what's right.
Doing what's right.

*“All truth passes through three stages. First it is ridiculed. Second it is violently opposed.
Third it is accepted as being self - evident.” - Arthur Schopenhauer*

रोक के दिखाओ

Linnes Rodrigues (TYBA)

सुनो सुनो एक मुहबोलिबानी
कतल ए आम की दास्तान तुम्हे है सुनानी।
है यह कहानी वही पुरानी,
हर रोज़ का पहलू, रोजमर्रा की कुर्बानी।

रोक सको तो रोक के दिखाओ,
कशिश करके थक जाओगे।
एक रुकोगे तो सौ पाओगे,
मानव अधिकार के खून से लतपत है यह दुनिया
कैसे इसे साफ करोगे?

आज भी कई घरों में, एक नन्ही चिरिया है मारी
जाती,
आज भी दहेज के लिए, कई कुसुम है फना होती।
बेटी पढ़ाओ, बेटी बढ़ाओ,
नारे यह तो सब अटकेले है।

मुंह सील दिए जाते बात बात पर,
बोलो तो है डरा धमकाते।
बोलने जाए तो एतबार करे भी किसपर?
जनाब , सब आंख मिचकर दूध जो पीते।

कहने को यह आधुनिक दौर है,
पर सब जाति और रंगो की बंदिशों में है उलझे हुए।
बस एक चिंगारी ही काफी है,
और मानव ही मानव को भस्म करे।

बस कागज के शब्दों में हूं मैं सिमटा हुआ,
मार मार के हर रोज कितना मारोगे?
यह तो बस कुछ नमूने है मेरी दुर्दशा का,
और बताने पर तुम सह न पाओगे।

रोज कतल होते हैं मानव अधिकार के,
चीख चीखकर भी तुम कह न पाओगे।
रोक सको तो रोक के दिखाओ,
चीख चीखकर भी तुम कह न पाओगे!

The Power of Rights

Abner Fernandes (TY-BA)

In every heart, a light is born,
A spark of freedom, softly sworn.
Human rights, our sacred creed,
The strength we share, the hope we need.

They lift the weak, they guide the lost,
A bridge of peace, no matter the cost.
Through every voice, through every stand,
They bind the world, hand in hand.

The right to speak, to dream, to grow,
A better world, their seeds will sow.
They guard the soul, protect the mind,
A gift for all, for all mankind.

So cherish them, let justice thrive,
For rights keep every hope alive.
Through dark and storm, they shine so bright,
A guiding star, our human right.

“Gaze into what is not ashamed or afraid of any truth.” - Rumi

The Last Lemon

Charlene Alisha Desouza (FYBA)

The brownish lemon hid in the corner of a wall,

It's eyes hoping for someone else's on it to fall.

But today to its lifeless heart was filled with a new beat,

As its wrinkled surface the elite's fingers meet.

Hollow hands lifting the lemon, put it in a daze,

Its now decaying heart delighted to be in someone's gaze.

Waiting all its life to heal the scars between both of them,

Eagerly wanting to finally be someone's gem.

Cursing its fate, as to it's calls the elite had paid no heed,

Not picking the lemon out of want but out of need.

She cuts with her pointed knife as it's rich juice trickles down,

Making the homemaker in its amazement drown.

The last lemon held within it unimaginable power,

But its true nature was only discovered in a much delayed hour.

Measure the Cost

Savia D'cruz (TY-BA)

One day alive, one day gone

One day honoured, one day forgotten One dayloved, one day hated— Such is our world; what a shame, we say.

We live with fear instead of faith,
Believing all gain comes without loss.
And so, dear people, do you realise the cost?

Life is too short to dwell in sorrow, too costly to borrow pain from tomorrow. So, choose your joy, hold close what truly matters, for much of what we fear simply shatters.

The clock keeps ticking without a sound,
The ground is shaking beneath the mound.
It's high time, people—do not be bound.

There is something that exists beyond our sight; Not seeing it leaves us unable to fight, and slowly, we begin to lose our might.

Learn from the sky its vastness, learn from the water its depth, learn from the land its endurance, so every soul may finish its race well.

Mental storms are far harsher than real ones, they bring destruction to the calmest mind. Sostay vigilant, attentive to what you see, be wise in thought—let truth be your key.

Gain knowledge, sharpen vision, rise above the swirl— For those who walk in truth are the ones who change the world.

“Truth is that which makes a people certain, clear and strong.” – Martin Heidegger

ACHIEVEMENTS

- On 10th September 2025, Ms. Aletthra C Vieira was awarded the Rotary Excellence Award for her dedicated service and invaluable contribution in the field of education. The award was presented to her by the Rotary Club of Margao Sunrise.



Ms. Aletthra C. Vieira

- Paper titled. “A Philosophical Study of the Protector Deity Sri Ajoba” was published in the proceedings of the seminar. The paper was presented at the Two-Day National Seminar on, ‘Deciphering Indian Folk Heritage: Revisiting the Past and Reevaluating the Present to Rethink the Future’, 11th January, 2025. It was organised by Department of English, DMC College, in collaboration with Directorate of Higher Education, Govt. of Goa, Indira Gandhi National Centre for the Arts & Centre for Folklore Studies and Research, Kolkata.



Dr. Shefali Kale

“The essence of truth reveals itself as freedom.” – Martin Heidegger

- **University Results of the students of Philosophy**

In the recent TYBA Semester V End Examination held in November 2025, conducted by Goa University, our students fared exceptionally well recording 100% pass results. Ms. Shaina Dias scored 93/100 in Heterodox System of Indian Philosophy and 93 /100 in Competitive Logic.

Ms. Alisha Rodrigues scored 91 /100 in Heterodox System of Indian Philosophy and 93 /100 in Competitive Logic. These reflect an outstanding performance by these students in their individual capacity.

The Department of Philosophy is proud of these achievements.



Ms. Shaina Dias



Ms. Alisha Rodrigues

“One who knows the truth never laments or desires anything in this world. He is equal to all, always happy and united with God.” – Bhagavad Gita

TEST YOUR KNOWLEDGE IN PHILOSOPHY!!!



P _____

CLUE: Things as they appear in our experience

H _____

CLUE: Theory of well-being in relation to pleasure

I _____

CLUE: His theodicy on the goodness of God

L _____

CLUE: Wittgenstein

O _____

CLUE: Argument on the existence of God

S _____

CLUE: Train of Thought

O _____

CLUE: All Powerful

P _____

CLUE: Philosophical and Religious belief that regards the Universe as a manifestation of God

H _____

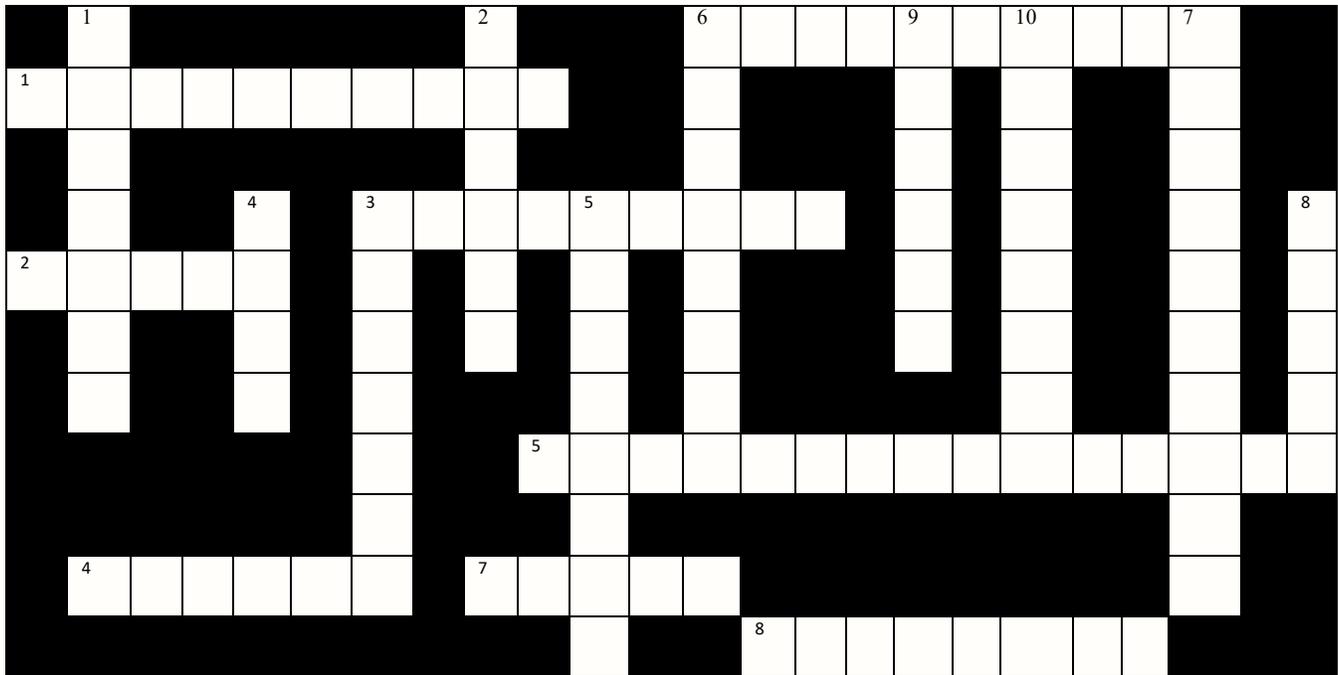
CLUE: The study of Being.

Y _____

CLUE: Active male principle of the Universe.

“Justice and Truth are the common ties of Society.” – John Locke.

CROSSWORD



ACROSS

- 1) Locke's sources of our ideas, sensation and _____.
- 2) Theory of Ideas was given by _____
- 3) Pluralistic realism
- 4) Purushartha
- 5) Thomas Aquinas
- 6) Theory that certain knowledge is impossible
- 7) Conscious monads for Leibniz
- 8) Theory of Value

DOWN

- 1) 'Esse est percipii' this maxim was given by _____
- 2) Earliest Greek philosophers
- 3) Shankara's concept of Maya
- 4) Aristotle recognises _____ causes
- 5) Refined egoistic hedonism
- 6) Zeno is associated with _____
- 7) Descartes work- _____
- 8) Rejection of innate ideas was done by _____
- 9) Belief in God
- 10) A method of systematic questioning, analysis and evaluation of beliefs, knowledge claims and limitations of human reason itself is called _____ thinking.

"Those who know the truth are not equal to those who love it." - Confucius

LAUGH-ALL-OGY



Upon waking, a woman said to her husband, "I just dreamt that you gave me a necklace of pearls. What do you think it means?"

The man smiled and kissed his wife. "You'll know tonight," he softly whispered.

That evening, the man came home with a small package which he gave to his wife. She jumped up and embraced him, and then settled on the couch to slowly and delicately unwrap the package. It contained a book entitled, *The Meaning of Dreams*.

An English professor, a physicist and a philosopher are arguing about who's research is more important.

The English professor says "My research is clearly the most important, it allows us to get inside the minds of people from hundreds of years ago and gives insight into the human condition! And it's all based on four lines of text from 1532!"

The physicist says "Rubbish! My work is clearly more important; it gives us insight into the nature of matter and what we're made of! And it's all based on an equation two inches long!"

The philosopher grins broadly. "That's so cute. I'll have you know that my work is truly comprehensive. I have developed a complete and comprehensive framework that solves all problems in ethics, metaphysics and epistemology, essentially solving every conceptual problem faced by the human race! And it's all based on nothing at all!"



An angel appears to the head of a Philosophy Department and says, "I'll grant you whichever of three blessings you choose. Wisdom, beauty, or ten million dollars."

Immediately, the professor chooses wisdom. There is a flash of lightning, the professor is transformed, but then he just sits there, staring down at the table.

One of his colleague's whispers, "You have great wisdom. Say something!" The professor says, "I should have taken the money!"



"Ego never accepts the Truth." – Buddha

A philosophy professor walks in to give his class their final. Placing his chair on his desk the professor instructs the class, “Using every applicable thing you've learned in this course, prove to me that this chair DOES NOT EXIST.”

So, pencils are writing and erasers are erasing, students are preparing to embark on novels proving that this chair doesn't exist, except for one student. He spends thirty seconds writing his answer, then turns his final in to the astonishment of his peers.

Time goes by, and the day comes when all the students get their final grades...and to the amazement of the class, the student who wrote for thirty seconds gets the highest grade in the class. His answer to the question: “What chair?”



A Buddhist monk walks up to a hot dog vendor and says “Make me one with everything”.

The hot dog vendor hands over the sausage and bun with all the trimmings, and the Buddhist hands over a twenty. The vendor pockets it. The Buddhist asks “Where’s my change?” and the vendor replies “change must come from within”.

A gun then extends from the Buddhist’s chest and he asks again. The vendor says “Whoa, man, where did that come from?” The Buddhist replies “This is my inner piece”.



Courtesy – The Internet

“Be a free thinker and don’t accept everything you hear as truth. Be critical and evaluate what you believe in.”

– Aristotle



Poster Making Competition

