

MAHATMA EDUCATION SOCIETY'S



PILLAI COLLEGE OF EDUCATION & RESEARCH

Sector-8, Khanda Colony, New Panvel (W) - 410206

NAAC Accredited 'A' Grade



Annual Magazine 2019-20



2019-20

Class Photograph – F.Y. B.Ed. 2019-21 PILLAI COLLEGE OF EDUCATION & RESEARCH, **NEW PANVEL**





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"To foster positive attitudes and ideals to be socially responsible and competent teacher with individual identities in order to enable the student teachers to translate great ideas into good actions"

"To promote purposive
education through
globalization of mind and
society and using
education for value
transmission in order to
enable the student teacher
to perform effectively
different roles as a teacher
in the present society."





OBJECTIVES

- To prepare humane professionals by enhancement of the heart and soul.
- To prepare the Student teachers to perform effectively different roles expected in changing global Scenario.
- To empower Student teachers with competencies required for professional growth.
- To develop attitude of Professionalism by inculcating Dedication, Commitment, Accountability and Professional Ethics.
- To foster virtues like Sincerity, Sympathy, Gentleness, Modesty, Humility, Compassion, Courtesy, Co-Operation, Fair play, Self Esteem Self-Control and Truthfulness.
- To develop Sensitivity towards Society related issues and concerns.
- To encourage student teachers to apply the knowledge creatively to relevant situation.
- To develop Leadership Competencies to plan, organize and conduct various Educational activities.
- To prepare humane professionals by enhancement of the heart and soul.
- To develop an appreciation of the role of the teachers in the prevailing socio cultural and political context in educational system.
- To provide avenues to the Student teachers for exchanging ideas, raising issues and discussing themes and problems.
- To create environmental consciousness and concern among the student teachers.



- . Social commitment
- . Global mindedness
- . Value transmission
- . Environmental consciousness
- . Reflective Approach
- . Integrating Technology
- Professionalism



Mahatma Education Society's

Pillai College of Education and Research

Our Patrons



Dr. K. M. Vasudevan Pillai (Chairman & CEO Mahatma Education Society



Dr. Daphne Pillai (Secretary - MES)



Dr. Priam Pillai (COO, Mahatma Education Society)



Mr. Franav Pillai (Deputy. CEO, Mahatma Education Society)

Chairperson and Editor



Dr. Sally Enos

Graphics and Design **Dr. Geeta Thakur**

Editor



DR. Geeta Thakur

Student Editors



Ms Pooja Talreja S.Y. B.Ed.



Ms. Anna Susan F.Y. B.Ed.

OUR SPECIAL THANKS TO MS. NIKETA KAWALE FOR THE COVER PAGE DESIGN

ABOUT MAHATMA EDUCATION SOCIETY

The Mahatma Education Society embarked upon its mission of "Education for all" with the Chembur English High School in the year 1970. The vision, dedication, global outlook, tenacious struggle and undaunted spirit of the Chairman and C.E.O., Dr. K. M. Vasudevan Pillai and the forward looking, untiring energy of the Secretary, Dr. (Mrs.) Daphne Pillai have now transformed the Mahatma Education Society in to a vast educational organization, spread over six elegant campuses across Mumbai and Navi Mumbai

The Society now manages a total of 50 educational institutions providing quality education from kindergarten to Post-graduate professional courses in the faculties of Engineering, Architecture, Management, Teachers Training, Arts, Science and Commerce to more than 35,000 students with 2,000 Teachers and 1,500 members of Non-Teaching Staff. All institutions managed by Mahatma Education Society have excellent Professional Faculty, World Class Infrastructure, State-of-the art laboratories, well stocked libraries, computer centres with internet connectivity, separate hostels for boys and girls, cafeteria, gymkhana and playgrounds. Excellent results, 100% placement, interaction with the corporate world and global exposure are some of the special features of the institutions run by Mahatma Education Society. Popularly known as the Pillai Group of Institutions, this education major has its own teacher training institutes, which allow it to define its own standards and to achieve 100% results unfailingly.

Institutions managed by Mahatma Education Society are affiliated to the University of Mumbai, approved by AICTE/COA/NCTE and recognized by the DTE, Government of Maharashtra and accredited/graded by NAAC/NBA/DTE.

In 1970 at Chembur, with a mere 48 students and 3 classrooms, the society started the Chembur English High School, in a shed like structure.

❖ Now we have the Chembur English Pre-primary and Primary School,



- Chembur English High School,
- Chembur Marathi Madhyamik Shala,
- Chembur Junior college,
- Chembur Night Degree college of Arts and Commerce,
- ❖ Mahatma Junior College of Education (D.Ed.),
- ❖ Pillai College of Education and Research (B.Ed.) Chembur.

In the year 1990, Mahatma School of Academics and Sports was established in Khanda Colony, New Panvel (West).

- ❖ The school houses English medium and Marathi Medium from KG to Std. X.
- ❖ Mahatma Junior college of Arts, Science & Commerce.
- ❖ Mahatma International School from 2009 with the C.B.S.E. programme.



The adjacent building caters to the education colleges:

- ❖ Vidyadhiraja college of Physical Education and Research offers the B. P. Ed. course.
- ❖ Pillai College of Education & Research which provides the B.Ed. & M.Ed. courses. It is also a

recognized Ph.D. centre.

❖ It is a PCP centre for M. A. (Education) - affiliated to Mumbai University.

The society has taken a giant leap forward with the setting up of Dr. K.M Vasudevan Pillai's Campus in 1992 presently housing:

- Pillai centre for Software Technology
- Pillai college of Arts, Commerce and Science
- Pillai college of Engineering
- ❖ Pillai college of Architecture
- ❖ Pillai Institute Management Studies and Research.



In the serene environment at Rasayani, Mahatma Education Society runs:

- HOC International School, English and Marathi Media, SSC:
- * HOC International School CBSE
- HOC Junior College of Arts, Commerce and Science with vocation



- ❖ Pillai HOC College of Engineering and Technology
- Pillai HOC Polytechnique
- ❖ Pillai HOC Institute of Management Studies and Research.
- ❖ Pillai HOC College of Education and Research (B. Ed.)
- ❖ Dr. Pillai Global Academy located at Gorai, New Panvel & Rasayani are international schools that deliver:
- ❖ At the pre-primary and primary stage the academy offers CIPP (Cambridge International Primary Program)
- ❖ At the secondary level, the students can choose between ICSE and the IGCSE Program.
- ❖ In the Higher Secondary stage they have three options to choose from, ISC, IGCSE 'A' level and IBDP.

Thus, Mahatma Education Society has been successful in its endeavour to provide holistic and comprehensive education to the new generation. The institution relentlessly strives towards empowering the students to become key contributors to the community and the environment in which they live. The objective is to achieve nation building through character building which is ensured by bringing about a paradigm shift in the role of teachers from teaching to *mentoring*.





OUR FOUNDERS



Inspired by the Gandhian precept "strength through knowledge and knowledge to all", Dr. K.M. Vasudevan Pillai founded the Mahatma Education Society in 1970. What followed was a journey of trials and tribulations, of old ideas challenged and new ideas explored and implemented. In this venture he was ably and synergistically supported by Dr. Daphne Pillai co-founder of the Pillai Group of Institutions.

He is a social entrepreneur, educationalist, has the heart of a crusader and a charismatic leader while she is a vibrant woman who sees herself as both, a custodian of old-world values and an initiator of new-generation change. DR. Daphne Pillai is the recipient of the ASSOCHAM WOMAN ACHIEVER OF THE YEAR AWARD at the 'Women's Leadership and Empowerment Summit' held in New Delhi on 13th November,



2019 while DR. Vasudevan Pillai's much acclaimed book 'EduNation: The Dream of an India Empowered' narrates his tumultuous journey in the field of education and inspires thousands around him.

The dynamic duo is responsible for many collaborative programs with reputed universities in the US and other countries. They both complement each other perfectly and work effortlessly towards achievement of one common goal – "to deliver holistic education that makes for responsible citizenship".

Today, the Mahatma Education Society employs over 2000 teachers and 1500 support staff who impart education to more than 35,000 students every year in various disciplines like Arts, Commerce and Science, Engineering, Architecture, Management Studies, Education, Physical Education, Research and Doctoral programmes. The Mahatma Education Society runs several schools including International schools that boast world class amenities and affiliation to Cambridge and International Baccalaureate Boards spread over four locations (Borivali, Chembur, Panvel, and Rasayani).

DR. Pillai ensures that his teachers function more as mentors and that community development is integrated into the learning curriculum. He firmly believes that education is as much about character building as it is about career building. And at a deeper level it results in true nation building.

The years gone by have been truly momentous with DR. Pillai having carved a niche for itself amongst the top line institutions affiliated to the University of Mumbai. This bears testimony to the unstinted efforts of the dedicated teachers who have ignited the passion in students to excel. With talented student pool, dedicated teaching staff and world class infrastructure the Pillai Group of Institutions can set its sights high for the coming years.

"Great leaders don't set out to be a leader they set out to make a difference. It's never about the role it's always about the goal."

DR. Daphne Pillai and DR. K.M. Vasudevan Pillai are committed to providing a holistic education based on new generation academics that create not just powerful global career options for the students, but which empowers them to become key contributors to the community and the environment in which they live. In this fiercely competitive world, success has several dimensions far widespread than the vortex of academia, spreading its tentacles into diverse fields on which one has to be adept in and this view is endorsed well by both of them. All round development of the child who transforms into a global citizen, is their vision.

The educational initiatives taken by them from time to time have always borne fruits. The needs of the students and society are always a top priority whenever a new course is designed. Our founders endeavour to take all the efforts to make sure that all those who graduate from Pillai's have become successful professional in corporate world, excellent researcher, dedicated teacher or an entrepreneur with vision of creating a business empire.

DR. K.M Vasudevan Pillai and DR. Daphne Pillai have together ignited the passion to excel among teachers and students alike and in the process carved a niche wherein the Pillai Group of Institutions has become synonymous with excellent education delivered through their institutions that are equipped with infrastructure on par with the best.

OUR INSTITUTION

MES' Pillai College of Education and Research, New Panvel was established in the year 2007. It is affiliated to the University of Mumbai and is approved by the NCTE (National Council of Teacher Education). The NAAC Peer team visited our institution on 25th to 27th August 2016 and the result declared our institution being accredited with a CGPA of 3.31 on a seven point scale at 'A' grade valid for a period of five years from 16th September, 2016. The grade reflects the able leadership of our Principal DR. (Ms.) Sally Enos and the efforts put in by the staff and students of PCER. As per the new guidelines of NAAC, the Internal Quality Assurance Cell of MES' Pillai College of Education and Research, New Panvel was established formally on 20th October, 2016 to make quality the defining element of the B.Ed. and M.Ed. course run by the institution.

The college has an intake capacity of 100 students for the B.Ed. programme and 35 students for the M. Ed. programme. It is also a PCP centre for M.A. (Edu.) of IDOL, Mumbai University and a recognized Ph.D. centre for research studies in the field of education. Pillai College of Education and Research has shown consistent results at the B.Ed. /M.Ed. University examination with 100% results.

The institution is situated amidst tranquil residential housing societies and provides a sound, conducive learning environment to the student teachers. Green environment and proximity of the institution to the nearest road and rail services serves as an added advantage. The institution is designed with a futuristic outlook and boasts of well-equipped state – of - the - art technology. All the classrooms are spacious and have a provision for AV devices i.e. computers having LCD monitors and WIFI connectivity, Over Head Projectors, Tape recorders and Television. The computer laboratory has sixty computers connected through LAN while the library is well equipped to meet the needs of the intellectual minds. Additionally there is a spacious multipurpose hall, psychology laboratory, teaching aids room, boys' and girls' common room, a conference room, playground and a recreational arena.

A perfect blend of talented teaching and non-teaching staff relentlessly strive towards providing the best to the stakeholders. Our aim is the enhancement of heart and soul which is reflected through the various activities organized in the institution. Responsible, creative, sincere, enthusiastic, energetic and highly motivated human resources harmonize the material resources. Our actions speak larger than words! They resonate to the tunes of global concerns, emphasizing and encouraging sustainable eco-friendly behaviour. We constantly work towards fostering concern towards environmental issues by making all its members environmentally conscious and accountable.

PRINCIPAL'S MESSAGE

DR. Sally Enos



Greetings to all,

This is our thirteenth annual college magazine 'SPARK'. I thank God almighty for sailing us through the past 13 years of successful academic achievements and accomplishments. Congratulations to all staff and students who have been part of this success story.

My message especially to the current batch of students is 'recovery- road to fruitful living'. We learned a lot from this lockdown pandemic situation and experienced the importance of recognizing the essentials of fruitful life. It has taught us how very little we truly need, how much we already have, and the value of human connection. Although this situation made us socially distanced, it also made us realize the importance of emotional connect with nature and man.

These experiences have taught us to create a new balancing life style, minimalism, work from home culture, importance of effective communication in social distancing, team work, new methods of teaching and above all enabled man and nature to recover. Nature recovered most of its lost grandeur on its own without human help, likewise look at the present situation as opportunities for recovery.

Recovery from negativity, anger, envy, jealousy, pessimism, diffidence, lack of direction and purpose in life. We do have the potential and strength to survive all odds and emerge out successful in the new normal. When we believe in ourselves, we start believing in our opportunities. Sometimes we must be hurt in order to grow, sometimes we need to experience failure to know success, sometimes we need to lose in order to gain. Because some lessons in life are learned through pain. Life follows the principle of No pain No gain, Some pain Some gain.

Remember 'The comeback is always stronger than the setback'

Trusting in God's plan, leave room for God to send you through valleys and terrains, because the blessings may come on the paths that you didn't expect to take.

God Bless you all.

MESSAGE FROM THE EDITOR

DR. Geeta Thakur Asst. Prof, PCER



"Life is what you celebrate. All of it! Even its end"

~ Joanne Harris

Dear All.

The 2019-20 academic year, has been a roller coaster; full of apprehensions and uncertainty but we at Mahatma Education Society have held firm and the commemoration of the 50th year of our organization speaks volumes of our resolve and will to move forward, even in these testing times. Congratulations to all the founding members of Mahatma Education Society!

It is an absolute pride and delight for all of us to partake in the Golden Jubilee celebration at MES. It's been a privilege to be associated with the journey of such an esteemed organisation which, through its last 50 years, has moulded the lives and careers of thousands of its students, teachers and staff members. We have grown together as one big MES family.

Though the year took off smoothly, the latter half has thrown enormous challenges for the entire human race. We are hit hard by the COVID-19 pandemic and though our backs are to the walls, we have found ways to adapt.

With day-to-day life in disarray, it is all about soaking in the situation and finding ways to get life back on track. We, at MES, have done so by upgrading our skills overnight. Our classrooms have moved to virtual space and so have our assessment process.

And we can't applaud enough for each one of us for having adapted to this pandemic switch. Our teamwork and team spirit is, and will always be, the key to overcoming the difficult times that lay ahead of us.

The pandemic has thrust upon us a realisation that change is inevitable and even in the face of adversity, life goes on. We need to cherish every moment of life and have to sort our priorities. Family will always come first, and the time spent with them is invaluable. These are trying times and shall pass; there is always light at the end of the tunnel and a way out of every obstacle life throws at us.

The key to a good life is to live in the present and not dwell on the past or worry about the future. Take these months as a perfect opportunity to sit back and reflect upon our thoughts and actions. The solutions to all our problems lie in coexisting with nature. The more we take the earth for granted, the more our time on this beautiful planet looks blurring.

I would like to convey a message to all the students: "own up and act".

- -responsible for your actions
- -accountable for your deeds
- -a part of the system that conserves and preserves nature
- -empathetic towards the other living being
- -the change at work



- -satisfied and content; understand the difference between need and greed
- -sensitive towards others' needs
- -a good global citizen
- -the reason for someone's smile
- -a believer in self
- -true to yourself
- -positive and have an optimistic approach towards all

Celebrate life – it is beautiful in every sense!

Respect life – it is the best teacher!

Cherish togetherness - it is the only fulfilling memory!

STUDENT'S EDITORIAL

Anna Susan George Magazine Editor



"Every moment of your life is either a test or a celebration."

-David Deida

Everybody waits for an occasion to celebrate and enjoy; ultimately spreading joy and laughter. However it is such a blessing to have people around you to make life a celebration or worth celebrating. This is what helps people to be cheerful all year long and ultimately results in a better living.

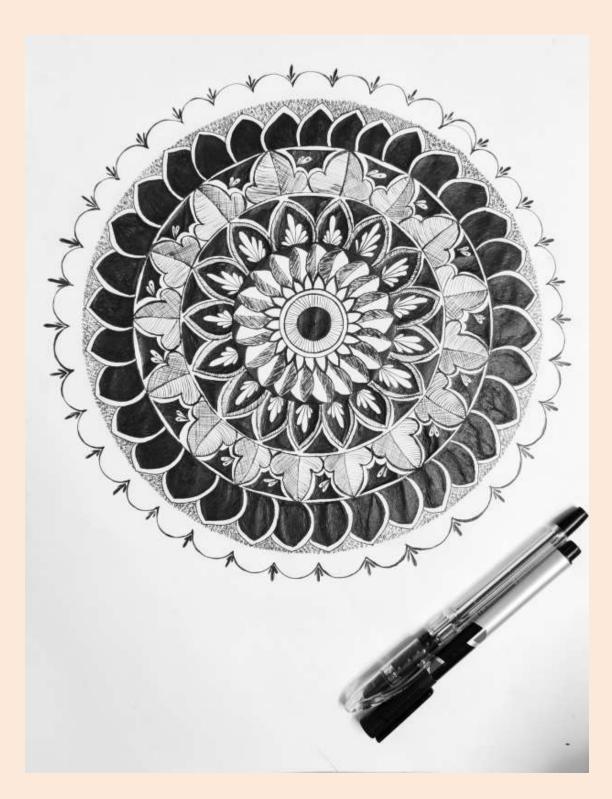
It gives me immense pleasure to present before you the long awaited magazine of PCER for the year 2019-20. This year we commemorate the 50 years of the illustrious journey of our organization, **Mahatma Education Society.**

I believe that our success depends on our power to perceive, our power to observe and our power to explore. It is a fine thing to have ability but the ability to discover ability in others is the true test. Our student teachers have put forth their ideas that are too deep to be expressed and too strong to be suppressed.

Since, publishing the magazine is a long drawn process and more importantly we have had the support of many. I express my deep gratitude towards our magazine editor DR. Geeta Thakur, our teacher for being an unending source of inspiration. I also thank our principal Ma'am, DR. Sally Enos for her constant motivation and support.

Talking of being capable, this magazine would not be before you today, had the team not pulled together and stuck it out through some rough and tough journey. My dear writers, thank you, be it your story, poem or anything you wrote, it inspired us! Everyone who helped us in rolling this stone up the hill, we are blessed with your touch, a massive thank you!

"Sometimes you will never know the true value of a moment until it becomes a memory"



Art by Riya Mathew F.Y. B.Ed. (2019-21)

PROFESSIONAL DEVELOPMENT OF TEACHERS

DR Sally Enos

University of Mumbai

- Member of the Co-ordination Committee for checking and moderating the internal marks and grades for F.Y. B.Ed. and S.Y. B.Ed. 2019- 2020
- Paper setter, examiner and moderator for F.Y and S.Y. M.Ed. program.
- Member of the M.Phil. Syllabus committee 2019, University of Mumbai

Resource Person:

- Resource person for the sessions on Understanding Learner Dynamics, on the following dates:
- Orientation Program under RUSA, UGC-HRDC, University of Mumbai on 1st June' 2019.
- Orientation Program under UGC-HRDC, University of Mumbai on 12th November 2019.
- Orientation Program under RUSA, UGC-HRDC, University of Mumbai on 3rd December 2019.
- Orientation Program under RUSA, UGC-HRDC, University of Mumbai on 21st January 2020.
- Capacity Building Program for teachers of Model Degree College, Ratnagiri under RUSA UGC-HRDC University of Mumbai on 6th November and 7th November 2019.
- Workshop on 'Learner Dynamics' for the Faculty Development Program at Clara's College of Commerce, Versova-Mumbai, on Saturday, 29th June 2019.
- Workshops on Learner and Learning with reference to Examination for Std. X and XII students of St Peters Mar Thoma Church New Panvel and Immanuel Church, Nerul from August to December 2019.
- Workshop on 'Qualitative Research- Focus Group Discussion and Indepth Interview" under the Faculty Development Program organized by School of Education, Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha and Thane sub centre, University of Mumbai on 14th February 2020

- Conducted a short Term Course as a Coordinator in Collaboration with UGC-HRDC, University of Mumbai on "Contemporary Strategies for Teaching and Assessment" from 6th February to 12th February 2020.
- Member of the selection committee as Vice Chancellors nominee for the selection of Assistant professor at Ponda Education Society's College of Education, Farmagudi- Goa on 22nd October 2019.
- Part of the Scientific Advisory committee to review approx. 50 research proposals of faculties and students of MGM College of Nursing, Kamothe on 31st January 2020.
- Member of the Scientific Advisory committee of MGM New Bombay College of Nursing, Navi Mumbai to review and provide recommendations on the research proposals of faculties, UG and PG students.
- Member of the School Management Committee of Gregorian Public School, Roha.

Professional Development:

- Paper Published: 'Nature our Teacher' in PCERP Symposium proceedings on Education in Universal Human values ISBN 978-93-82626-50-3
- Attended Webinar on "MOOC –elearning the road ahead" by Prof Bhanushe Mandar IDOL, University of Mumbai on 18th April 2020
- Attended Webinar on "Online teaching and Learning Using Google Classroom and Google meet" on 22nd May 2020, Organized by Pillai College of Engineering, Panvel.
- Attended webinar on Virtual Fireside Chat with renowned speakers on the topic "Global Business Perspectives in Post Covid Recovery" organized by IWFCI, India national chapter on 23rd May 2020.
- Attended Webinar talk by DR V Sirugiri Centre Director UGC-DAE Centre for Scientific research, Mumbai on "What is required for successful Research Proposal" organized by Pillai College of Engineering, Panvel on 23rd May 2020.
- Attended webinar on "Turn the challenges to opportunities: Covid 19
 Pandemic and measures to combat it" Speaker Shri Ramesh Pokhriyal
 Education Minister HRD, organized by NAAC on 28th May 2020.

- Successfully completed Online refresher Course under Annual Refresher Program in Teaching (ARPIT) - Ministry of Human Resource Development, Government of India and scored 81% in the examination conducted by NTA on 16th February 2020.
- Successfully completed an online certificate course of ten days with an A grade on 'e-content development' Phase 1, organized by Universal Teacher Academy, Puducherry-Tamil Nadu from 3rd April to 12th April 2020.
- Successfully completed an online certificate course of ten days on 'e-content development' Phase 2 organized by Universal Teacher Academy, Puducherry-Tamil Nadu from 21st April to 30th April 2020.
- Successfully completed an e-certificate course of 10 weeks from Coursera on 29th May 2020, on "Science of Well Being" offered by Yale University.
- Successfully completed an e-certificate course of four weeks from Coursera on 31st May 2020, on "Learning How to Learn: Powerful mental tools to help you master tough subjects" offered by McMaster University, University of California San Diego.

DR Pratima Pradhan

- Presented a research based paper entitled "Impact of Video Assisted Instructions on the Awareness of Environmental Pollution", Research Forum, Mahatma Education Society, 26/09/2019
- Organized a National level seminar on Environmental Re-engineering Series-10: People and Nature: A Livable and Sustainable Future On 21/12/2019, Pillai College of Education & Research, New Panvel
- Attended One day Workshop on 'Computerized onscreen marking system (OSM) at Pillai College of Engineering on 17/02/2020, organized by University of Mumbai, Mumbai.
- Successfully completed Online refresher course in education, ARPIT, Enrollment Date: 15/11/2019
- Published a paper entitled 'Attitude of Higher Secondary School Students towards Universal Human Values' in the 'Proceedings of the Workshop &

- Symposium on Education in Universal Human Values' with ISBN 978-93-82626-50-3
- Acted as Paper Setter, Moderator & Examiner and Translator for various papers in M.Ed. Examinations of University of Mumbai.

DR Latha Venkatraman

Research Papers presented and published at International Conference:

 Research Paper entitled "The Spirituality of Mahatma Gandhi" published in conference proceedings of UGC sponsored Interdisciplinary International Conference on 'Exploration of Mahatma @ 150' organized by Gandhi Study Centre, New Arts, Commerce & Science College at Wardha on 29th February, 2020. (ISSN: 2319-9318)

Research Papers presented and published at National Conferences:

- Presented research paper entitled "Challenges in Imparting IB Education in India" published in conference proceedings of Multidisciplinary National Seminar on "Challenges of Education in 21st Century" organised by Thakur Shyamnarayan College of Education & Research in collaboration with Thane Sub-Campus, University of Mumbai on 21st December, 2019. (ISBN: 978-81-932809-7-3)
- Published research paper as Chapter in Reference book (ISBN: 978-81-943484-1-2) entitled "Mahatma Gandhi: Life, Work, Vision & Mission" published by Department of History, Yashoda Girls' Arts & Commerce College, Nagpur on 31st January, 2020.

Chairperson for International Conference:

 Functioned as Chairperson of Paper Presentation Session at UGC sponsored Interdisciplinary International Conference on 'Exploration of Mahatma @ 150' organized by Gandhi Study Centre, New Arts, Commerce & Science College at Wardha on 29th February, 2020.

Participation in webinars:

- Participated in the Online workshop on "Assessment Tools" for teachers on 25th and 26th June, 2020, conducted by Pillai College of Engineering and Pillai College of Research and Education in association with Centre of Excellence in Science, Mathematics and Education (CoESME), Indian Institute of Science Education and Research (IISER) Pune.
- Participated in the webinar of "The Golden Jubilee Talk Series" on "Focus In and Get Problems Out with a Self Coaching Toolkit" on 20th May, 2020.
- Participated in the webinar on "Making VC Engaging" by Quillionz on 13th May, 2020.
- Participated in the Online Webinar on "Effective Leadership SKILLS post COVID-19 pandemic" organized by University of Mumbai, Thane subcampus in association with MES's Pillai College of Education and Research, Chembur, conducted live on YouTube from 27th to 29th April, 2020.
- Completed 7 modules "Google for Educators" training conducted by Google for Education from March, 2020 to April, 2020.

Articles written and posted on my Blog:

- "Power of Prayer" posted on 15th June, 2020. (https://lathateacher.wordpress.com/2020/06/15/power-of-prayer/)
- "Thinking and Thinking Skills" on 17th May, 2020. (https://lathateacher.wordpress.com/2020/05/17/thinking-and-thinking-skills-2/)
- "Impact of Globalisation on Higher Education (Part 2): Need for a New Regulatory Framework in Higher Education" posted on 16th April, 2020. (https://lathateacher.wordpress.com/2020/04/16/impact-of-globalisation-on-higher-education-part-2-need-for-a-new-regulatory-framework-in-higher-education/)
- "Staying Upbeat in the Face of Adversity" posted on 6th April, 2020.
 (https://lathateacher.wordpress.com/2020/04/06/staying-upbeat-in-the-face-of-adversity/)

- "Success is Inspirational 2" posted on 9th March, 2020. (https://lathateacherblog.wordpress.com/2020/03/09/success-is-inspirational-2/)
- "Celebrating Success!" posted on 15th February, 2020. (https://lathateacherblog.wordpress.com/2020/02/15/celebrating-success/)
- "Lighting the lamp" posted on 22nd January, 2020. (https://lathateacherblog.wordpress.com/2020/01/22/lighting-the-lamp/)

DR. Bhavna Dave

- Participated in the discussion of betterment and enhancement of Assessment work for Examinations in the capacity of Paper setter of Subjects in Education, organized by CAP section, University of Mumbai on 22nd May, 2019
- Participated in the First Term Training Programme for Extension Work
 Teachers & Student Managers as College In-Charge of Extension work at
 Janardan Bhagat Shikshan Prasarak Sanstha's Ramsheth Thakur College of
 Commerce & Science, Kharghar, Navi Mumbai on 24th June 2019.
- Participated in the one-day Orientation Workshop on "Nai Talim Lesson Plans" organized by University of Mumbai, Thane Sub-campus, Thane, on 28th June, 2019.
- Invited as a Resource Person to conduct a session on "Promoting Rectitude of Conduct" at the Faculty Development Program on the theme 'Professional Skills and Moral Capabilities: Abilities, Skills and Healthy Attitudes' organized by UGC-HRDC-Savitribai Phule, Pune University in collaboration with the Baha'i Academy, Panchagani on 4th July 2019.
- Presented a paper titled "Effectiveness of Jigsaw as a Co-operative Strategy on Academic Achievement in Social Studies among School Students" in MES faculty Seminar, organized by the Mahatma Education Society's Research Forum at DR. K.M. Vasudevan Pillai Campus, New Panvel on 27th September, 2019.

- Published a paper entitled 'Right Living-The Path to Happiness' in the 'Proceedings of the Workshop & Symposium on Education in Universal Human Values' with ISBN 978-93-82626-50-3
- Invited as a resource person to conduct a session on "Student Counselling" for the RUSA Capacity Building Program for Teachers of Model Degree College held at R.P. Gogte College of Arts & Science and R. V. Joglekar College of Commerce, Ratnagiri on 7th November, 2019.
- Member of the organizing committee of the One-day National level seminar on "Environmental Re-engineering Series 10: People & Nature-A Livable and Sustainable Future" on 23rd December, 2019 at Pillai College of Education and Research, New Panvel.
- Published a paper titled "Encashing Waste-Need of the Hour!" in the PCERP Seminar Proceedings with ISBN 978-93-82626-51-0.
- Attended the session on "Literature Review" by DR. Priam Pillai, organized by the Research Cell of MES' Pillai College of Education & Research, New Panvel on 1st February, 2020.
- Part of the organizing committee of the Short-term Course on "Contemporary Strategies For Teaching and Assessment" for Teaching Faculty from different disciplines, conducted by PCER-Panvel in association with UGC HRDC-University of Mumbai from 6th to 12th February, 2020 and also a resource person for sessions on 'Speechnotes- to convert speech to text' & 'Creating a Spoken Tutorial using Screen-Cast-o-Matic'.
- Participated in a webinar on "Effective Leadership Skills –Post COVId-19 Pandemic" organized by University of Mumbai, Thane Sub-Campus, in collaboration with MES' Pillai College of Education & Research, Chembur, from 27th to 29th April, 2020.
- Participated in a webinar on "NAAC Revised Accreditation Framework 2020" organized by Rubrics Softcon Private Limited, Pune on 30th April, 2020.
- Successfully completed a 4-week online course authorized by Mc Master University and University of California San Diego offered through Coursera

- on 'Learning How to Learn: Powerful Mental Tools to help you master tough subjects' in the month of May, 2020.
- Attended and completed three phases of the workshop on use of ICT tools conducted by Universal Teachers Academy, Puducherry, during the Covid-19 lockdown period.
 - The 10-day online workshop from 3rd April to 12th April, 2020 included Mind mapping, creating interactive e-content, Google forms, creating digital brochures and certificates.
 - The 10-day online workshop from 21st to 30th April, 2020 included Creation of basic e-content, animated e-content, stop-motion animation, creation of e-content and uploading the content on the web.
 - The 5-day workshop from 14th to 18th May, 2020 included Introduction to animation, creation of animated objects and characters, creative of interactive animation and Evaluation.
- Participated in a two-day national level basic workshop on "Writing and Publication" on May 2nd and 3rd, 2020 organized by Pinnacle Educare, Pune registered under the Ministry of MSME, Govt. of India.
- Participated in a webinar on Mendeley-A Reference Management tool on 2nd May, 2020, organized by the IQAC of Bombay Teachers' Training College, HSNC University, Mumbai.
- Participated in a live session on "Online Examination & Internal Assessment Tools- A Platform for Teachers" held on 8th May, 2020 organized by Edfly Learn and GSB's Smt. Surajba College of Education, Mumbai.
- Conducted an online workshop as Resource Person on "Know thy Intelligences" for students organized by Departments of Biotechnology & Microbiology, Kishinchand Chellaram College, Mumbai on 15th May, 2020.
- Participated in a webinar on Cyber Awareness & Security for Academicians in the New Normal on 19th May, 2020, organized by Sophia College, Mumbai.
- Participated in a webinar on "Stress Management during & Post Covid-19" held on 19th May, 2020 organized by Inner Wheel Club, Mumbai Film City in

- association with Wholistic Care Centre, Mumbai and the Thane Sub-campus of University of Mumbai.
- Participated in a webinar on "Online Teaching and Learning using Google Classroom and Google Meet" held on 22nd May, 2020 organized by Pillai College of Engineering, Panvel.

DR. Geeta S. Thakur

- Was awarded the doctorate degree in the field of Education from the University of Mumbai on 26th November 2019.
- Published a paper entitled 'Value Education in India: Vedic and Historical View' in the 'Proceedings of the Workshop & Symposium on Education in Universal Human Values' with ISBN 978-93-82626-50-3
- Presented a paper titled "Correlation between Emotional Intelligence and Problem Solving Ability of Students" in MES faculty Seminar, organized by the Mahatma Education Society's Research Forum at Dr. K.M. Vasudevan Pillai Campus, New Panvel on 27th September, 2019.
- Member of the organizing committee of the One-day National level seminar on "Environmental Re-engineering Series 10: People & December, Nature-A Livable and Sustainable Future" on 23rd December, 2019 at Pillai College of Education and Research, New Panvel.
- Attended the session on "Literature Review" by DR. Priam Pillai, organized by the Research Cell of MES' Pillai College of Education & DR. Priam Pillai, organized by the Research Cell of MES' Pillai College of Education & DR. Priam Pillai, organized by Panvel on 1st February, 2020.
- Attended one-day workshop on "Computerized On-Screen Marking System (OSM)" under the aegis of University of Mumbai and organized by IQAC, Pillai College of Engineering, New Panvel, on 7th February, 2020.
- Successfully completed an online certificate course of ten days on 'e-content development' Phase 1, organized by Universal Teacher Academy, Puducherry-Tamil Nadu from 3rd April to 12th April 2020. The sessions included Mind mapping, creating interactive e-content, Google forms, creating

- digital brochures and certificates. The workshop was from 3^{rd} April to 12^{th} April, 2020.
- Attended a two-week faculty development programme on "Managing Online Classes and Co-creating MOOCs" organized by MHRD, PMMMNMTT Teaching Learning Centre Ramanujan College from 20th April to 6th May, 2020.
- Attended a webinar Series on "Effective Leadership SKILLS post COVID-19 pandemic" held between 27th April to 29th April 2020, organized by University of Mumbai, Thane Sub Campus In association with MES's Pillai College of Education and Research, Chembur.
- Successfully completed an online certificate course of ten days on 'e-content development' Phase 2 organized by Universal Teacher Academy, Puducherry-Tamil Nadu from 21st April to 30th April 2020. The workshop included Creation of basic e-content, animated e-content, stop-motion animation, creation of e-content and uploading the content on the web.
- Attended a National Webinar Series on 'Knowledge Generation in Education during Covid-19 Pandemic" held between 12th May to 16th ay 2020, organized by Bombay Teacher's Training College, Mumbai; HSNC University, Mumbai along with the Department of Education, University of Mumbai.
- Successfully completed a 5-day free Online Workshop for Teachers from 14th to 18th May, 2020 organized by Universal Teachers Academy, Puducherry.
 The workshop included Introduction to animation, creation of animated objects and characters, creative of interactive animation and Evaluation.
- Successfully completed an e-certificate course of six weeks from Coursera starting from 25th May 2020, on "Introduction to Psychology" offered by Yale University.

Mrs. Namrata Saxena

 Participated in a National Webinar Series on 'Knowledge Generation in Education during Covid-19 Pandemic" held between 12th May to 16th May 2020, organized by Bombay Teacher's Training College, Mumbai; HSNC

- University, Mumbai along with the Department of Education, University of Mumbai.
- Participated in 'Square Tales Teacher Training Program' organized by Square
 Panda from April 30 to May 8, 2020
- Attended National Webinar has participated in National Webinar / Online Seminar on Dr. Ambedkar: Education and Social Justice organized by School of Education, Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha, Maharashtra under the scheme of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT), MHRD, Govt. of India during 13th -14th April, 2020.
- Paper published on 'Analogy for higher order thinking and learning' in seminar proceedings of 'National level seminar cum workshop on Academic writing-enhancing education competencies' with ISBN 978-81-92428-6-3 in March 2020.
- Undertaken National level Faculty development programme on E-content development (audio-video) organized by Department of Chemistry and Commerce in association with IQAC, K. J. Somaiya College of Science and Commerce, Mumbai in February 2020.
- Attended State level seminar on Re-adjusting the inclusion lens-transcending the exclusion mindset by Smt. Kapila Khandawala College of education, Santacruz, Mumbai in January 2020.
- Presented paper on 'Mastery learning- a strategy for facilitating inclusion' in State level seminar on Readjusting the Inclusion Lens- Transcending the Exclusion Mindset' organized by Smt. Kapila Khandvala College of Education and Research, Santacruz, Mumbai in January 2020.
- Attended National Level Seminar on ENVIRONMENTAL RE-ENGINEERING: SERIES-10 on People and Nature: A Livable and Sustainable Future by Pillai College of Education and Research, New Panvel in December 2019.
- Participated in consultation meeting conducted by Tata Institute of Social
 Sciences in September 2019 for taking suggestions about structuring their

- course on teacher education at their center, Centre for Education Innovation and Action Research (CEIAR)
- Resource person for panel discussion on 'Reflective practices for teachers' conducted in August 2019 by Pillai College of Education and Research, Chembur.
- Participated in 'Two days' Training Session' on 'Concept based teachers' training in Physics' in July 2019, organized by Pillai College of Engineering in association with Homi Bhabha Centre for Science Education, (TIFR, Mumbai)
- Participated in EDUFEST- Teachers Training Festival in July 2019, organized by EDUFEST, ECA and Petals with Zoommer.
- Participated in one day Orientation workshop on Nai Talim Lesson Plans held in June 2019, organized by University of Mumbai, Thane Sub Campus, Thane.
- Paper Setter/Examiner/Moderator for K. J. Somaiya Comprehensive College of Education, Training & Research, Mumbai for the course/subjects for the Two year B.Ed. Program (CBCS).
- Conducted Parent Orientation Programmes for Early Years at edukidz INTERNATIONAL, Tilak Nagar, Powai and Kharghar on the curriculum structure for academic design and functioning for Year 2019 -20 in the month of June 2019.
- Continued curriculum and educational consultancy for curriculum transaction, teacher training and academic management for edukidz INTERNATIONAL Pre-school at Tilak Nagar, Powai and Kharghar, Mumbai and Navi Mumbai for the year 2019 -20.
- Designed the school design for a new branch of edukidz INTERNATIONAL,
 Preschool at Khanda colony and provided curriculum and education consultancy for the same in the year 2019-2020 and continue the same.

Workshops conducted:

- Workshop on '21st Century Education' conducted for teachers of JES Junior College of Commerce and Science, Jogeshwari, Mumbai in October 2019.
- Workshop on 'Entrepreneurship' for B.Sc. IT students of Somaiya College, Mumbai in September 2019.

- Workshop on 'Time and Stress management' taken for students of SNEHA
 Nursing as part of the Soroptimist International Welfare Association in
 September 2019.
- Workshop on 'Integration of Technology in Education' conducted for teachers of Billabong International School, Thane in July 2019.
- Workshop on Flipped classrooms and Emotional Intelligence conducted in June 2019 at Pillai HOCL CBSE School, Rasayani.
- Workshop on 'Integration of Technology in Education' conducted for teachers of Podar International School, Nerul in June 2019.

Mrs. Bindu S Tambe

- Participated in the discussion of betterment and enhancement of Assessment work for Examinations in the capacity of Paper setter of Subjects in Education, organized by CAP section, University of Mumbai on 22nd May, 2019
- Participated in the one-day Orientation Workshop on "Nai Talim Lesson Plans" organized by University of Mumbai, Thane Sub-campus, Thane, on 28th June, 2019.
- Published two papers entitled 'A study of Moral Values among School students' and 'Universal Human Values in the Teaching of Science' in the 'Proceedings of the Workshop & Symposium on Education in Universal Human Values' with ISBN 978-93-82626-50-3
- Attended a One-day zonal training workshop for Internal Complaints
 Committee and Women's Development Cell jointly organized by University
 of Mumbai Women's Development Cell and Mumbai Pradesh Arya Vidya
 Sabha's Gurukul College of Commerce on 27th September, 2019.
- Reviewer of the Syllabus Committee for the course titled Environmental Education for Bombay Teachers' Training College which has been declared as a constituent college of the newly formed HSNC University, Mumbai, vide notification No. Rusayo-2019/CR-186/UE-3 dated 30th October, 2019.

- Appointed as paper setter-examiner-moderator for University of Mumbai B.Ed. (2- year course) CBCS programme for Core Course 2 – Knowledge and Curriculum.
- Appointed as paper setter-examiner-moderator -translator for University of Mumbai B.Ed. (2- year course) CBCS programme for Interdisciplinary Course- Gender, School and Society.
- Participated in the Second Term Training Programme for Extension Work
 Teachers & Student Managers as College In-Charge of Extension work at
 SIES College of Arts, Science and Commerce, Nerul, Navi Mumbai on 21st
 December, 2019.
- Member of the organizing committee of the One-day National level seminar on "Environmental Re-engineering Series 10: People & Nature-A Liveable and Sustainable Future" on 23rd December, 2019 at Pillai College of Education and Research, New Panvel.
- Appointed as paper setter-examiner-moderator for University of Mumbai B.Ed. (2- year course) CBCS programme for Elective Course – Environmental Education.
- Appointed as paper setter-examiner-moderator for University of Mumbai M.Ed. (2- year course) CBCS programme for Core Course 1 – Philosophy of Education.
- Attended a session on "Literature Review" by DR. Priam Pillai, organized by the Research Cell of MES' Pillai College of Education & Research, New Panvel on 1st February, 2020.
- Successfully completed an Online Refresher Course in Education titled "Concerns in Educational Research & Assessment" approved by AICTE, conducted by Prof. Kaushal Kishore, Central University of South Bihar, Gaya under ARPIT courses of SWAYAM, a programme initiated by the MHRD, Government of India. The course duration was 15 weeks from 1st October, 2019 to 15th January, 2020.

- Attended one-day workshop on "Computerized On-Screen Marking System (OSM)" under the aegis of University of Mumbai and organized by IQAC, Pillai College of Engineering, New Panvel, on 7th February, 2020.
- Attended the extension festival, "Udaan" organized by University of Mumbai,
 Department of Lifelong Learning and Extension on 26th February, 2020 at
 Kalsekar Technical Campus, New Panvel. Trained students for the skit
 competition on the topic of 'Career and Women'.
- Attended and completed a 10-day online workshop on use of ICT tools conducted by Universal Teachers Academy, Puducherry, during the Covid-19 lockdown period. The sessions included Mind mapping, creating interactive e-content, Google forms, creating digital brochures and certificates. The workshop was from 3rd April to 12th April, 2020.
- Attended and successfully completed a two-week faculty development programme on "Managing Online Classes and Co-creating MOOCs" organized by MHRD, PMMMNMTT Teaching Learning Centre Ramanujan College from 20th April to 6th May, 2020.
- Successfully completed a 10-day free Online Workshop for Teachers from 21st to 30th April, 2020 organized by Universal Teachers Academy, Puducherry.
 The workshop included Creation of basic e-content, animated e-content, stopmotion animation, creation of e-content and uploading the content on the web.
- Attended a webinar titled, "Reshaping Education in the New World: Pandemic Effect" organized by MIT Art, Design and Technology University, Pune in association with MES' Pillai College of Education and Research, Mumbai on 1st May, 2020.
- Participated in a two-day national level basic workshop on "Writing and Publication" on May 2nd and 3rd, 2020 organized by Pinnacle Educare, Pune registered under the Ministry of MSME, Govt. of India.
- Attended a webinar on "Application of Gandhian Philosophy post Covid-19" on 13th May, 2020 organized by TEACH US under the series of "Let's talk Education".

- Successfully completed a 5-day free Online Workshop for Teachers from 14th to 18th May, 2020 organized by Universal Teachers Academy, Puducherry.
 The workshop included Introduction to animation, creation of animated objects and characters, creative of interactive animation and Evaluation.
- Participated in a webinar on "Online Teaching and Learning using Google Classroom and Google Meet" held on 22nd May, 2020 organized by Pillai College of Engineering, Panvel.
- Attended a two-day national webinar on "Environmental Impact of Covid-19: Right to Sustainable Living held on 26th and 27th May, 2020 organized by Gujarat Education Society's Hansraj Jivandas College of Education (Autonomous) under the aegis of RUSA.

Mrs. Pradnya Jadhav

- Published a paper entitled 'Human Values for a Sustainable World' in the 'Proceedings of the Workshop & Symposium on Education in Universal Human Values' with ISBN 978-93-82626-50-3.
- Member of the organizing committee of the One-day National level seminar on "Environmental Re-engineering Series 10: People & Nature-A Liveable and Sustainable Future" on 23rd December, 2019 at Pillai College of Education and Research, New Panvel.

Mr. Gyanendrapratap Singh

- Participated in a webinar on New IB Diploma Mathematics by Mr. Ibrahim Wazir, member of IB curriculum team & Author, Pearson Publishing House on June 13, 2019.
- Participated in a webinar on ATL skills and Approaches to Teaching-Fostering a symbiotic relationship by Callido learning on October 9, 2019.
- Participated in a webinar by Khan Academy titled 'Learn Storm 2019' on October 19, 2019.
- Invited as a member of judging panel for T-ward Science Exhibition organised by Education Department, Government of Maharashtra at St. Pius high School, Mulund (W), Mumbai on December 4, 2019.

- Participated in SAIBSA: IBDP Job Alike session at Mount Litera School International, Mumbai on January 18, 2020.
- Participated in a virtual meet organised by FICCI ARISE in collaboration with Google for Education and Khan Academy on March 14, 2020.
- Participated in a webinar by FICCI ARISE iDreamCareer.com on topic 'How can schools be effective while managing COVID-19 crisis' delivered by Mr. Anil Swarup (Former Secretary, MHRD, Government of India) on April 8, 2020.
- Participated in a webinar on Nanotechnology: Current trends and its application by Dr. Rupesh Kumar Mishra on April 14, 2020.
- Participated in a webinar on 'Guiding the extended essay as virtual process:
 Make a breakthrough in Research question' by Callido learning on April 16, 2020.
- Participated in a webinar on 'Taking the IB Diploma Foundation online' by Callido learning on April 21, 2020.
- Participated in One Week Online Faculty Development Programme on 'Applications of GeoGebra' organised by Hansraj Jivandas College of Education, Khar in association with Spoken Tutorials, IIT Bombay's Pandit Madan Mohan Malaviya National Mission for teachers and teaching (PMMMNMTT), MHRD. Government of India from April 28, 2020 to May 4, 2020.
- Participated in a webinar on 'How to write a research paper' organised by KLE Society's College of Science and Commerce of Mathematics and Physics Department delivered by Dr. M. Veerakrishna, Rayalaseema University, Andhra Pradesh, India on May 14, 2020.
- Participated in a National webinar series on Knowledge generation in Education during COVID -19 Pandemic organised by Bombay Teacher's Training College, HSNC University with the Department of Education, University of Mumbai from May 12 to May 16, 2020.

MES 2020

Inaugural of the Golden Jubilee Celebrations of Mahatma Education Society



Mahatma Education Society's Pillai Group of Institutions is celebrating its golden jubilee this year. It's been an eventful journey of 50 years since the first seed of this Society was planted by the visionary Dr. K M Vasudevan Pillai in 1970 in a small school in Chembur. Today, it is a multi-institution group housing more than 30,000 students in its 48 institutions spread over six elegant campuses in Mumbai and Navi Mumbai. MES

is the beacon of light, bearing the torch of knowledge, giving wings to dreams and shaping the tomorrow!! To celebrate this milestone year, a series of yearlong programmes have been planned. To commemorate a humble beginning to these events, the MES 50 years LOGO was unveiled! The Heads of schools and colleges of MES' Khanda Colony Campus, came together to wish 'Congratulations' for many illustrious enterprises of MES on this golden anniversary beginning. The Founder, Chairman & CEO of Mahatma Education Society, DR. K.M. Vasudevan Pillai, the Secretary and Chairperson of Management Board, DR. Daphne Pillai, COOMES, DR. Priam Pillai with Mrs. Mabel Pillai and Dep. CEO of MES-Mr. Franav Pillai were all a part of the glorious function. Mr Fabio Dias, a trustee of Mahatma Education Society had also come all the way from USA to be a part of this event. Principals of the various institutions of the campus, every student and faculty member shared the enthusiasm with a variety of songs and dances to make this event a grand success. The alumni who had successfully walked through the hallways of the institutions were also invited to share their unique experiences.





ACTIVITIES FOR MES 2020

Mahatma Education society celebrates Golden Jubilee year 2020 in remembrance of its unforgettable journey which started 50 years ago. As a part of a yearlong tribute to the organization, a series of talks by prominent alumni of the college was planned for the B.Ed. students. Each guests for the sessions were received with enthusiasm as their words of wisdom kept our students enthralled.

• On 22nd January, 2020 Mr. Rajesh Kumar shared his journey of life with us through his talk 'A just world begins with you'. He sensitized the students on self-development, building integrity and how it helps in reaching the ultimate life goals and acquiring a just character. Only when it starts with you then it flows into the outer world.



• On 7th February, Ms. Shaily Shah spoke on the topic 'Career options in Education beyond teaching'. She shared her journey in the field of education and provided the student teachers with information on various fields beyond teaching. Educational entrepreneurs, textbook designers, school cinema, app designing digital learning are some of the fields she mentioned in her talk. She asked the students to be lifelong learners and keep high visionary goals.



• On 15th February, 2020 a session on "Dance and Yoga" was conducted by our alumnus Ms. Bharti Iyer. It was an enriching session which consisted of different asanas, laughter therapy and some catchy dance moves. She highlighted the physical



and mental health benefits of merging dance steps and Yoga together.

HONOURED MOMENTS

"In order to succeed we must first believe that we can"

~Nikos Kazantzakis

H earty Congratulations!!!

... to all those students who believed in themselves and participated and succeeded in various national and intercollegiate competitions.

- ♣ Ms. Radhika Dave and Ms. Divya participated in debate and essay writing competition organized by SIES Institute of Comprehensive Education, Sion on 7th February 2020. The event was organized as a part of the Ruby Jubilee Celebration of the Institute.
 - Ms. Divya secured the first prise in the debate competition. She was a part of the team and expressed her strong views on the topic "Today's school are not ready for learners of 2039"
 - Ms. Radhika Dave secured the third prize in essay writing competition. The topic of her essay was "How ready are we for learners of 2030"



Foundation at Mahatma Phule college of Arts, Science and Commerce, Panvel. The examination was conducted in the month October of 2019 and the felicitation was carried on 24th January 2020.



SPARK Annual Magazine



STUDENT REPRESENTATION



Top row From Left to Right

FY.B.Ed. - Extention manager-Ms. Purnima Shetty, Council Member-Ms. Deepali Chaudhari, Student Editor-Ms. Anna George, General Secretary-Ms. Larissa Periera, Council Member-Ms. Suchitra Pillai.

S.Y.B.Ed. – Student Editor-Ms. Archana Jha, General Secretary-Ms. Harvinder Kaur, Student Editor-Ms. Pooja Talreja, Council member-Ms. Enpreet Arora, Extension Managers-Ms. Ambika Jha, Ms. Pooja Joshi and Ms. Kalyani Kir

Seated From Left to Right

Mr. Gyanendrapratap Singh, DR. Latha Venkatraman, Mrs. Namrata Saxena, Principal DR. Sally Enos, DR. Bhavna Dave, DR. Geeta Thakur and Mrs .Bindu Tambe SPARK Annual Magazine

STUDENT COUNCIL

At PCER-Panvel, students are at the centre of all college activities and programmes.

To promote the overall wellbeing of the students there is a student council and the

council members are elected through a ballot by the students themselves. Students are

given an opportunity to volunteer for elections, campaign and build good

interpersonal relationships with their classmates. The entire process of voting,

counting of votes and declaration of results is transparent and carried out in the

presence of all students and teachers in a democratic manner. At the investiture

ceremony, elected members pledge to carry out their duties effectively and work for

the welfare of all students and the institution.

The elected council members hold a meeting once a month and discuss tasks related

to their assigned responsibilities with respect to the various portfolios. The council

looks into the planning and implementation of academic activities, various co-

curricular and extra-curricular activities, sports and indoor games.

The student council posts all important messages and information related to

academics, examinations, workshops, activities and programmes on common

platforms like Google groups, WhatsApp and Facebook. They complement the

teacher's role in maintaining discipline and ensure the smooth functioning of various

activities.

The Council for the academic year 2019-20:

Principal: Dr. Sally Enos

Teacher-Educator: DR. Bhavna Dave

F.Y. B.Ed.

General Secretary: Ms. Larissa Periera

Council Members: Ms. Deepali Chaudhari, Ms. Suchitra Pillai

S.Y. B. Ed.

General Secretary: Ms. Harvinder Kaur

Council members: Ms. Enpreet Arora, Ms. Deepali Indalkar, Ms. Kalyani Kiri,

Ms. Pooja Joshi

Annual Reports



Painting By Ms Pooja Nai F.Y. B.Ed. (2019-20)

GENERAL SECRETARY REPORT

S.Y. B.Ed. AY - 2019-20

By – Mrs. Harvinder Kaur Bhamrah



As we are about to end our two years of B.Ed. program, we are filled with mixed emotions, sweet memories of days filled with laughter, dancing and singing with friends, a chat in canteen, morning assemblies, lessons of our teachers, their guidance and motivation, anxiety during assignment submissions and the satisfaction of successfully completing first year of B.Ed. and ardour for our future.

The efforts put in by our teachers to mentor and train us for our future cannot be expressed in words. Words of inspiration and encouragement from our Principal, DR. Sally Enos and by our teachers were blessings to us. We entered as amateur but are replete with values and skills.

ORIENTATION TO SECOND YEAR: Orientation to second year was given by Principal, Dr. Sally Enos for upcoming internship, evaluation workshop, simulated lessons workshop, essay test and class test. She motivated us to be focused and extract as much as possible from upcoming internship.

YOGA WEEK: Nothing else could be the start of the next part of our journey with an aim towards a healthy mind in a healthy body. We started with yoga week, thanks to Mrs. Bindu Tambe, we learned various asana and exercises that could be done at home as well and helped us rejuvenate and lower stress level. Yoga week brought a positive start for our coming year.

EVALUATION WORKSHOP: Evaluation workshop was carried out in a well-planned and systematic manner. It included year plan, unit plan, weightage table, blueprint, question wise analysis, scoring key and marking scheme explained to us by Dr. Sally Enos, Mrs. Bindu Tambe, Dr. Bhavna Dave, Dr. Geeta Thakur, Mrs. Pradnya Jadhav and Dr. Pratima Pradhan. The workshop was conducted briefing its importance as a teacher in whole academic year and doubts cleared.

SIMULATED LESSON WORKSHOP: Training was given to us before our internship to learn methods and models that will motivate students to learn and sustain

their interest in classroom. The workshop included Inquiry Training Model (ITM), Concept Attainment Model (CAM) and Theme Based Lessons by Mrs. Bindu Tambe and Dr. Bhavna Dave, Dr. Pratima Pradhan and Dr. Geeta Thakur and Dr. Bhavna Dave respectively. Each detail of the models was explained in a systematic manner.

NAI TALIM EXPERIENTIAL LEARNING: Gandhiji said, "By education I mean an all-round drawing out of the best in the child and man-body, mind and spirit". He truly believed in learning by doing. With this aim Nai Talim Experiential Learning was introduced. A detailed explanation of Nai Talim Experiential Learning Lesson Plan was given, and doubts were cleared.

ORIENTATION TO INTERNSHIP: Orientation to internship was given by Mrs. Pradhnya Jadhav. We were given instructions on the distribution of lessons with respect to general lessons, theme based lessons, co-teaching with schoolteachers and experiential learning lessons. The internship was for eleven weeks.

HINDI BHASHA DIVAS: We celebrated Hindi Bhasha Diwas with great zeal. The group performance was based on the internship school we attended. Everyone put up a great show including poetries, skit, hasya-kavi sammelan, songs and thoughts on Hindi Bhasha Divas the day. We had a wonderful day appreciating the importance this day.

FRESHERS WELCOME & TALENT HUNT: On 23rd October 2019, we welcomed our freshers with gusto. Dance, songs, group songs and jokes were a highlight of the day. The freshers too magnificently exhibited their talents in dance and singing with great enthusiasm.

COMMUNITY SERVICE: One of the most important things you can do on this Earth is to let people know they are not alone – Shannon L. Alder.

As a part of our contribution towards the society, we extended our services to the children of 'Bhartiya Manav Vikas Trust' and 'Rotary Special School for Hearing Impaired Children' lead by our teacher Mrs. Bindu Tambe. We interacted among children with special needs; children with physical, developmental and behavioural abnormalities. This experience made us wise and taught us to be patient and understanding towards others, not to make assumptions, be encouraging independent

and look out for strengths in others. This is surely going to help us in future; we will be able to look at each child as a unique individual without judging their abilities.

SEMINAR: On 23rd December 2019, National Level Seminar was held at our college on Environmental Re-Engineering Series-10, People and Nature: A Livable and Sustainable Future. The seminar was very informative and our fellow classmate Ms. Archana Jha also presented a paper on '*Prakiriti ke Upar Soch ka Prabhav*'.

RECYCLING PLASTIC: Plastic is one of the biggest problems that we are facing in the present era. The best that we can do is Reduce, Reuse and Recycle. Instead of putting it to trash we contributed towards a better environment by recycling plastic. Students took initiative to collect plastic bottles from nearby areas. These plastic bottles were then taken to the recycling machine at Pillai's College of Arts, Commerce and Science, Panvel under the observation of DR Geeta S. Thakur.

WALKATHON: Walkathon, a Government of Maharashtra initiative, to create awareness on traffic rules was held on 30th December 2019. Students participated in the 2km walk and conveyed the message of 'No honking', 'Road safety' and 'Responsible driving' in a peaceful manner in the neighbourhood.

ACTION RESEARCH WORKSHOP: We were given brief introduction to Action Research, identification of tools, selection of problem, research methodology, collection of data, data analysis, writing findings, suggestions and conclusion was explained in detail and doubts cleared.

COMPETITIONS:

- HINDI VAD-VIVAD SPARDHA: Ms. Deepika Yadav and Ms. Nirupama Kumari participated in Hindi Vad - Vivad Spardha, intercollegiate competition on 'IS SOCIAL MEDIA BENEFICIAL FOR THE SOCIETY?' held on 28th September 2019.
- **PAINT-A-THEME:** Ms. Archana Jha and M. Prerna Nair participated in PAINT-A-THEME organized by SIES Institute of Comprehensive Education.
- **FELIZIA:** Ms. Pooja Mishra, Ms. Prerna Nair, Pinky participated in FELIZIA-Intercollegiate Event in Nail Art, Poster Making and Mehendi respectively on 22nd November 2019.

- ANTI DOWRY MOVEMENT, BOMBAY: Anti Dowry Movement, Bombay organized Intercollegiate Elocution Competition for B.Ed. Colleges on 3rd October 2019, Ms. Harvinder Kaur and Archana Jha had participated.
- **POSTER COMPETITION:** We had poster competition at our college with theme 'Issues related to women' Or 'Women empowerment' dedicated to International Women's Day. We had great participation with colourful alluring posters from each group.

WORKSHOP

• **BULLETIN BOARDS:** We had an interesting session on **Innovative ways to Design Bulletin Boards** on 11th November 2019 by our alumnus Ms. Reshma

Nair. The workshop highlighted the importance of bulletin boards, designing a

bulletin board, various themes that can be a part of the bulletin board. The

session was informative for students to understand the importance of bulletin

boards not only aesthetically but also as a means of providing information by

putting up literary corner, math/numeracy corner, hygiene maintenance corner,

birthday corner, classroom rules, for lower grades- weather charts, like rainy

season with cartoons, conversation between characters. Students participated

with abundant excitement to make a bulletin board on ecosystem for the class.

CLUB ACTIVITIES

WELLBEING CLUB

• DISASTER MANAGEMENT: It was an honour to have Commander Smt. Rajeshwari Kori, Deputy Controller and Civil Defense and Asst. Deputy Controller K.R Kurkute at our college to show various techniques for DISASTER MANAGEMENT (First aid, Fire and Rescue operations). Smt. Rajeshwari Kori an inspiration to other woman worked with the Indian Navy and was the first Indian woman to have sailed on-board a warship in uniform. She students were enthused by the efforts she put in to bring about gender equality in the Indian Navy.

Mr. K.R Kurkute a highly knowledgeable person shared with us various techniques in disaster management. He demonstrated different ways of handling people with fracture, bleeding and snake bite. Simple techniques like using

sling, cuff and collar bandage, head bandage, etc. were new to us and interesting. He also introduced different types of tying knots on rope to help in different situations. Students participated to learn Rescue operations with the help of rope. We also learned Emergency Rescue Method to help in situations where stretchers are not available, and people generally do not know how to lift and carry such patients. Students volunteered themselves for the demonstration of the same.

• ART OF LIVING: We had a session by Mr. Santee and Ms. Mohave who filled us with positivity and understanding the importance of a balanced state of mind that is linked to energy. Mind oscillates between past and future, when we think about past it is filled with regrets, guilt and we are filled with fear and anxiety when we think about future. The session focused on linking brain and mind to positive energy level and was concluded with few breathing exercises.

NATURE CLUB

• PLASTIC AND THE ENVIORNMENT: Awareness programme on "Plastic and the Environment" sponsored by The Shakti Plastic Industries - Turning water to value. Mrs. Kalpana Andhare conducted several trainings and workshops on solid waste management and reached to more than one lakh students, visited cities with government officials. The session put light on carelessness in disposing waste such as blade or broken glass exposing serious damage to rag pickers, littered plastics consumed by animals and its serious consequences. Rightly said "My waste my responsibility". As teachers of tomorrow the session was worth for it to be seeded into the young minds and ultimately society to form a better and cleaner environment.

WOMEN DEVVELOPMENT CELL

• GENDER SENSITIZATION: We had a talk on 'GENDER SENSITZATION' by Mrs. Dolly James. With 30 years of experience in social work and work experience with NGOs at grass root level, it was an honour to have her at our college. The talk included gender equality, problems faced by LGBTQ and transgenders; discrimination, abuse, mental health, government policies and the bills guaranteeing rights to the group. All humans are equal and as a teacher it is

important to have a positive attitude towards everyone in the society if we aim to bring about a change in society.

GOLDEN JUBILLE YEAR: 11th January 2020 was a big day for all of us at MES as the organization enters its 50th year from the day of its conception. MES 50 years LOGO was unveiled followed by a cultural presentation by the students of the Khanda Colony campus. The eminent alumni of the institutions at Khanda colony campus shared their memories on the culture and values they acquired as a student of MES. The energy and excitement during the unveiling of the banner marked a proud day for each one of us.

TALK ON "A JUST WORLD BEGINS WITH YOU": On 22nd January 2020 we had an interesting talk by Mr. Rajesh Kumar (Alumnus). Ex. Serviceman, MA in Psychology and CEO of ASHA Handcrafts. He stressed on the title of his session "A just world begins with you" by sharing his life's journey with us. He expressed his gratitude towards our college which proved to be a turning point in his life. He believed having a good trusted mentor in life is important as they can see beyond what you can see. He motivated us with the power of a teacher, getting inspired and inspiring others. He showered us with inspiring quotes and two questions that one must ask himself/ herself, "Why I am doing this?" & "Why I am doing what I am doing?"

TALK ON "CAREER OPTIONS IN EDUCATION BEYOND TEACHING": On 7th March 2020 we had a talk on – "Career Options in Education Beyond Teaching" by Ms. Shaily Shah (Alumna). She took us through her journey, working with slow learners, motivating teachers and a want to do more for teachers. The talk helped us know different career options beyond teaching such as App designing, school cinema reading program, educational entrepreneur, research and development. She motivated us to be a learner, to keep participating and to keep learning.

PLACEMENTS: Placement drive for second year students started from 4th January 2020. We were well groomed by Dr. Geeta S. Thakur to face interviews, to make resume, dress for interview and face with confidence. Reputed institutions approached our college and selected students. Mam kept students in full enthusiasm and updated us with various opportunities and openings for students to approach.

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We thank our Principal, Teachers and all other Employees for all the love and care and making us better people of tomorrow and being indispensable part of our life. Teaching and training us such that every time we leave a classroom, we are confident to say, "I gave them my all, because I really do care about them".



Art by Mrs. Harvinder Kaur Bhamrah S.Y. B.Ed. (2018-20)

GENERAL SECRETARY REPORT

(F.Y. B.Ed.) 2019-2020

By - Ms. Larissa Periera



Mahatma Gandhi once said "Live as if you were to die tomorrow. Learn as if you were to live forever" - This quote certainly describes our journey that we began with MES' Pillai College of Education and Research. Each student that has come into this college has learned the essence and the qualities of an effective teacher. Above all, each and every student has learned to serve the society with humility and empathy. We began our journey of F.Y. B.Ed. on 1st October 2019.

Orientation to the B.Ed. program: An orientation was held in the seminar room to acquaint students regarding the activities both academic and co-curricular that would be organized throughout the semester. Our faculty in charge spoke to us about the vision and mission of our institution. They also spoke about the humble beginnings that MES' had. Today it is like a tree with different branches and continuously evolving and educating young minds. At MES' PCER, our belief is of transparency and dedicated work among teachers and student-teachers as well.

We were clearly told about our behaviour and discipline that each one had to follow, as now we were part of such a heritage institution. DR. Sally Ma'am, our principal, spoke a few words of encouragement. She emphasized on controlling our mind-sets as once the mind is controlled we can value our time and work accordingly. She also mentioned that we must not measure our work and do our work wholeheartedly. She further mentioned that we must be stewards of our task and do everything with passion. MES' PCER holds distinguished activities for the intellectual, social and cultural development of its students. Let's take a tour through the academic year 2019-2020.

Workshop on Dyslexia awareness- On 4th October, 2019 a workshop on Dyslexia was held at CKT college, Panvel. The workshop was organized by Bharatiya Manav Vikas Sanstha in association with the Maharashtra Dyslexia association. Ms. Priyanka Pandit and Ms. Sai Gharpure were the speakers. They spoke about specific learning disorders. They also mentioned that dyslexia, dysgraphia and dyscalculia coexisted

together. As teachers we need to be very patient with students with specific learning disorders and understand that these students are equally capable of doing great things. We need to be aware about the different provisions that the government has made so as to engage them and encourage them in their own fields. It was a wonderful experience being part of this workshop as it enriched our knowledge and also helped us to understand the various difficulties that differently- abled students face.

<u>Garba Day-</u> The student council of S.Y. B.Ed. organized the Garba afternoon for all students on 5th October, 2019. All students were dressed up traditionally and attended this event. It was an afternoon filled with fun, laughter and endless dance. The first year students grooved to music and showcased their dance talent.

Community Work- On 11th October, 2019 all F.Y. B.Ed. students attended community work in Shantivan, Nere. Mr. Neelkanth Jaganaath Koli welcomed us and addressed us about the Leprosy Eradication and Rehabilitation Trust. He shared the struggles of patients with leprosy and how the society treated them in those days. He told us about Shantivan and the various activities that it carries out like farming and carpet weaving. We attended two days of community work. On the second day, we visited a tribal school. They welcomed us with different claps and told us about their institution and their schedule for the entire day. We played games with the students and it was a great experience.

<u>Cultural activities-</u> On 18th October 2019, we had a cultural display of Jharkhand and Tamil Nadu and represented their state and their culture. On 22nd and 24th October; Gujarat and Maharashtra were presented respectively. Students also presented states like Punjab and West Bengal. All students participated with great enthusiasm.

<u>Talent hunt-</u> On 25th October, 2019 a talent hunt cum freshers' party was hosted by our seniors. All first years were invited for this event. The event consisted of spectacular dance performances, melodious songs and a fashion show.

Workshop on designing Bulletin Boards- On 11th November, 2019 a session on Innovative ways to design bulletin boards was organized by Mrs. Reshma Nair an alumnus of our college. She explained about bulletin boards and how we can design them in a 3D way. She also emphasized the use of environmental friendly resources

during the course. She mentioned that weatherboards, birthday boards, hygiene and vocabulary boards can be made.

<u>Awareness Programme-</u> On 13th November, 2019 an awareness programme on plastics and the environment was organized. The speaker was Mrs. Kalpana Andhare. She presented a short film to help us understand the crisis situation due to the drastic wet wastes that we produce. She mentioned the importance of segregation wastes into dry and wet. Also, sharp objects should not be disposed of in dustbins as these can prove fatal to rag pickers who earn their livelihood from these wastes.

The session was very useful and helped us understand how we should minimize the use of plastics and also segregate the wastes at our home.

Disaster Management Workshop- From 14th November 2019, there was a 3 day disaster management workshop. Mr. K.R. Kurkute was the speaker throughout the workshop. He spoke about civil defence organization and the work done by them. He also demonstrated various first aid modules like bandages and explained their uses.

<u>Felizia- An inter-collegiate event-</u> On 23rd November, 2019 Felizia an inter-collegiate event was organized by the University of Mumbai in association with MES Pillai College of Education, Chembur at the University sub-campus Thane. The second year students along with a first year student represented our college in competitions such as nail art, extempore and poster making.

Student Council Elections- On 25th November, 2019 the elections were held in a democratic process. Each student voted and all their votes were collected in a ballot box. Ms. Suchitra, Dipali, Anna and Larissa contested for the elections. The campaigning was done well before and each student was aware about the candidates. On 29th November, 2019 the student council was elected. Ms. Larissa Pereira was elected as General Secretary. Ms. Dipali was the academic secretary. Anna Susan George was elected as the college magazine head. Suchitra Pillai was elected as the cultural secretary.

<u>Walkathon-</u> After the council was elected, on 30th November, 2019 a walkathon was organized around Khanda colony. The first year and second year students participated. It was a silent walk for Road Safety awareness. Our entire faculty along with our principal Dr. Sally Enos participated in this event.

<u>Poster-making Competition-</u> On 14th December, 2019 a poster- making competition was held for all first year students on the topic "*Our duties as a good citizen*". All the students participated with great enthusiasm. The posters were meaningful and colourful. On 16th December, 2019 an essay writing competition was held for all first year students. All students were asked to write about two National Holidays and ways to celebrate it. Everyone participated with great zeal.

<u>National Level Seminar</u>- On 23rd December, 2019 a national level seminar on "People and Nature: A Livable and Sustainable Future" was organized. Ms. Anna George, Supriya Francis and Larissa Pereira from the F.Y. B.Ed. presented their papers at the seminar. The seminar saw many personalities both young and experienced sharing their insights and presenting their research.

<u>University Examinations</u>- From 6th January 2020 onwards the University Examinations began and concluded on 10th January 2020.

Golden Jubilee Celebrations- On 11th January, 2020 MES' Pillai College of Education & Research celebrated its Golden Jubilee. It was a significant moment in the legacy of our institution. DR. K.M Vasudevan Pillai, the Chairman and COO and his entire family graced this occasion. It was a moment of pride and honour for all teachers and students at MES. Students were part of these celebrations with great fervour.

Internship- The micro skills session was done by our professors so that all students are equipped with the skills required for a teacher. On 27th January, 2020 our internship began. Students were distributed evenly in different schools. Each student had to complete 5 lessons as part of the practical work. All lessons were observed by the faculty in charge and had to be completed with a fair lesson plan and using various teaching aids. Students enjoyed their first internship and their dedicated work was appreciated by all the teachers. The internship concluded on 15th February, 2020.

<u>Session on Yoga-</u> On 15th February, 2020 a session on Yoga was conducted by our alumnus for all students by Ms. Bharti Iyer. It was an enriching session which consisted of different asanas and laughter therapy.

<u>National Science Day-</u> On 28th February, 2020 on the occasion of National Science day, a visit to Homi Bhabha Science Center, Mankhurd was organized. Dr. Geeta

Thakur accompanied all first year students. It was a memorable experience to attend this event. Students could observe different exhibits and could understand the science behind many things.

<u>Talk on Transgender issues</u>. On 6th March, 2020 a talk was held on the topic Transgender issues. The speaker for the same was Mrs. Dolly James. She spoke on the plight the transgenders face. She also expected us teachers to be empathetic towards these people. Acceptance and inclusion of these communities can ensure their struggles being reduced to some extent.

<u>Women's Day Celebration-</u> March is indeed a month where we honour and show our gratitude to women everywhere. In view of this, a women's day quiz was conducted on the same day by Prof. Bindu Tambe. A pre-test was conducted to finalise the quiz teams. The quiz was based on Indian women achievements in various fields. There were visual and audio rounds. It was an enthralling experience to be a part of it.

<u>Talk on Career Opportunities</u> On 7th March, 2020 a talk on "Career Opportunities in Education" beyond teaching was held by Mrs. Shelly Shah. It was organized for both first year as well as second year students. The session was very informative and helped understand the different avenues we would have as teachers. It also instilled in us motivation and taught us to be passionate in everything that we do.

<u>Traditional Day-</u> On 11th March, 2020 a traditional day was organized by the student council members. Students were asked to dress cross culturally. Also, pot luck was organized on that day. Students prepared various dishes. All students shared their sumptuous food and enjoyed the day.

<u>Class photo-</u> On 12th March, 2020, a class photograph was clicked with all the students and faculty members along with our principal Dr. Sally Enos.

Henry Adams said "A teacher affects eternity; one can never tell where their influence stops." We wish to imbibe all the qualities taught to us and walk towards our destination of touching lives and carving futures of our students

NATIONAL LEVEL SEMINAR

ON ENVIRONMENTAL RE-ENGINEERING: SERIES 10

A LIVABLE AND SUSTAINABLE FUTURE

Pillai College of Education and Research, New Panvel, organized a one-day National Level Seminar on "ENVIRONMENTAL RE-ENGINEERING: SERIES-10 People and Nature: A Livable and Sustainable Future" on 23rd December 2019.

The inauguration session was graced by the presence of dignitaries of various institutions of MES and intellectuals from different organizations. Organizing Secretary, DR. Pratima Pradhan in her welcome address elaborated the concept and rationale behind the theme of the seminar. In her address she posed some significant questions which were going to be discussed and pondered over during the course of the day.

The first session of the day was on sub theme 1: 'A Livable Earth for Present Generation'. Mrs. Meera Shah also known as the City's Zero Waste Woman gave us some hard hitting facts on the present



situation of waste generated in Mumbai and the amount of money invested in getting the waste sorted. She stuck a cord with the audience by her simple and minimalistic approach towards life. She expressed her reasons to start with a low waste lifestyle and strictly follows the 5 R's of sustainability: Reduce, Reuse, Refuse, Recycle and Rot. In her session she also gave information on the organization which works effortlessly for improving living environmental conditions. Her approach towards the environment is mindful, she has influenced people around her; bringing about a change in their attitude and approach towards life.

The second sub theme was on 'Mindful Consumption for a Sustainable Gen-Next'. The speaker DR. Ketna Matkar is an educationist and hard core environmentalist - working tirelessly and extensively in projects towards building a sustainable living world. She emphasized that being mindful is the only way out of our crisis. She effectively brought to our notice the two patterns of consumption – mindful and mindless and took us through and figures related to our consumption pattern. She led us all to a broader perspective of sustainability and elaborated the 3 pillars of sustainability:

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Planet, People and Profitability. She emphasized that making reasonable choices forms the backbone of sustainable practices. She elaborated on the United Nations: Sustainable Development Goals and took us through all its parts. Her talk was supported with many inspiring videos. She concluded with the quotes by Mahatma

Gandhi and John Sawhill.

The second session was followed by diverse paper presentations. The paper presenters were students from school, junior college and teacher training institution, degree college teachers and teacher educators. Ideas and viewpoints on different aspects of environment were shared and made available to all.

Overall the seminar triggered new ideas to help us become mindful consumers and more sustainable in our approach towards life. The participants expressed their views and appreciated the efforts taken by the institution to bring presenters from different organization under a single roof.



SHORT TERM COURSE CONTEMPORARY STRATEGIES FOR TEACHING AND ASSESSMENT

-Report by: Dr. Bhavna Dave

Asst. Prof. PCER Panvel

Day 1: The Short term course on "contemporary strategies in teaching and assessment" organised by UGC HRDC University of Mumbai in collaboration with Mahatma Education Society's Pillai College of Education and Research New Panvel, began on 6th February, 2020. The inaugural session began at 10:00 a.m. in the presence of DR K Shanti, Director, UGC Human Resource Development University of Centre, Mumbai, Dr. Sally Enos, Principal, Mahatma Education Society's Pillai College of Education and Research, New Panvel and the guest of honour DR. Sugra Chunawala, dean and professor, Homi Bhabha Centre for Science Education, Mumbai.



DR. K. Shanti and DR. Sally welcomed the participants to the Course. In her

inaugural address DR. Sugra highlighted the theme of the short term course. She explained the meaning of assessment and threw light on large scale assessment and narrow scale assessment with the help of think pair share activity. She participants thinking on various misconceptions that students have in their subjects. She explained to the participants concepts like disruptive technology, cognitive conflict and diagnostic testing. She also shared how PISA- program for international student assessment conducts tests. She told the participants that teachers must use a wide variety of methods for assessing the students. The inaugural session ended with the vote of thanks the guest speaker and the other dignitaries.



next session Coordinator, Principal Dr. Sally Enos assigned and responsibilities to duties participants to be carried out in the six days short term program. She briefed the participants on the rules and ethics to be followed in this course. She told the participants that on the last day they would have presentations on creating a Spoken Tutorial. Along with faculty member, DR. Bhavna Dave, the three tasks making PowerPoint presentation, script writing and voice recording to create a Spoken Tutorial was explained to all the participants. The do's and don'ts were clearly highlighted.

Post lunch session was on "Responsive Pedagogies" by Dr. Deepa Chari, Homi Bhabha Centre for Science Education. DR. Deepa Chari explained about differentiated instruction. understanding what mindsets are and how a growth mindset is different from a fixed mindset. She also highlighted techniques such as interactions with clicker questions, using white board student-led discussions and instruction help responsiveness. She mentioned how quiz, presentations and newspaper clippings

can be made interesting tools of assessing the students in the classroom.

Session was on contemporary strategies in classroom assessment by Ms. Reema Mani from Homi Bhabha Centre for Science Education. She began the session with the story by Leo Lionni's 'Fish is Fish' beautifully connected to her topic saying we need to know whom we are addressing or teaching because every child constructs knowledge based on his learning. She further explained that teachers can use strategies like one minute papers, poster making, chain notes, weekly papers, summary writing, concept inventories and Google forms for assessment.



<u>Day-2</u> of the short term course began with a session on "Cyber Security-Growing up digital" which was conducted by the resource person DR. Prakash Lokhande from MES Pillai College of Engineering, New Panvel. He informed the participants that the

age group 10 to 18 and the age group 35 to 60 are the two target groups for Cyber criminals. He explained how cyber criminals target the common people. He stressed on how teachers need to know to protect themselves and their students. He mentioned the use of technology to help teachers to make the students' online-time productive in the classroom and at home. He revealed the shocking fact of how selfies and photographs that are uploaded on social media give complete information about the phone, place, etc. He also showed how emails, passwords and home CCTV can be hacked and how mobiles can be made more secure. He also highlighted frauds related to ATM cards, credit cards card cloning, etc.

Next session was titled "Selfassessment and self-regulation for Joyful Teaching". It was conducted by Dr. Sybil Thomas. Madam explained the meaning of reflection with an activity. She urged that as teachers we must make an appointment with ourselves, every teacher must make time to reflect and learn from her experiences. She emphasized that only if we discover ourselves then we can go towards others-"Myself is my only and true companion". She said that when I

understand myself, define myself, and know that I am imperfect trying to achieve perfection, I am not fearful. I know what I can give. I have a capability 'to be' and 'to do'. With this explanation to the participants she carried out the activity of 'Johari Window' for self-assessment. She also explained that assessment is a process to remove objects, behaviour, thoughts that are hurdles and not necessary and keeping the right and important things and moving ahead. Self-regulation is a process which helps to monitor set goals, regulate and control cognition, motivation and behaviour in order to reach those goals. As teachers we are in an advantageous position of giving joy to others. Therefore, joyful teaching will give us a lasting happiness. We have to change our behaviour to bring about a change in the students and empower them. The entire session was fun filled and joyful indeed as the participants learnt through various activities.

Session 1 and 2 on <u>day 3</u> were titled "Digital Immigrants versus Digital Natives" conducted by DR. Agnes D'costa, Associate Professor at Pushpanjali College, Vasai. Madam said that teachers are the digital

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immigrants and students are the digital natives. She used an analogy with Dinosaurs and told the participants that Dinosaurs did not adapt and therefore they became extinct. She termed the students as "Prosumers" i.e. producers and consumers. Teachers must use technology to communicate, connect and collaborate with the learners. She explained about various avenues like OER's- Open Education Resources, Website blogs, discussion boards, Learning Management System, MOOC-Massive Open Online Resources and Virtual Laboratories. She explained their uses, highlighted how SWAYAM enables teachers to learn through and also create e-tutorials, e-content, and access web resources and develops selfassessment techniques.



The sessions were exciting for the participants as she gave the participants hands on experience by enabling them to create an account and open their class on Edmodo and Google Classroom and explore their features.

Post lunch sessions 3 and 4 were on flipped classroom and the resource person was Dr. Madhavi Dharankar from SNDT University's department of Educational Technology. She interacted with the participants on the problems faced in the classrooms in higher education. She explained that flipped classroom means combining classroom traditional teaching-learning digital instruction however success can be achieved if there is a perfect blend of both together. After discussing the objectives of flipped classroom, she threw light on- 'rotation, flex, self-blend and enriched virtual' as the four models of blended learning. She also explained the face to face mode and online mode activities. The of conducting participants also planned a Blended learning course structure with in-class activities and out-of-class activities.

Day 4: On 10th February session 1 and 2 were on "Moodle as a tool for Teaching Learning and Evaluation". The resource person was Mr. Mandar Bhanushe from IDOL- University of Mumbai. He told the participants that Moodle is FOSS- i.e. free and open source software and it stands for 'Modular Object Oriented Dynamic Learning Environment'. He shared the

benefits of using this platform. In a systematic manner, he showed the participants what we as teachers can do with Moodle. In the hands-on-session he enabled the participants to create a website, a multimedia page, create a book, add a new chapter, etc. He gave the participants many useful links too. He insisted that every college should install MOODLE to create a holistic and continuous learning environment.

Post-lunch-Session 3 & 4 were on "Progressive Pedagogy Constructivism". The resource person Dr. Geeta Shetty, Associate Professor from St. Xavier's Institute of Education & Research, introduced progressive pedagogy as adding a new dimension with respect to students, society and self. She said we make meaning of the world around us based on our mindsets, perception and experience. conducted an activity which depicted that we are very comfortable with natural or existing structures but it is important to update, upgrade and be progressive. She explained the concepts of cognitive dissonance, knowledge dimension and process dimension and the use of schema in teaching learning. She described the neuropsychological aspects of learners. The session showed how one learns from the "More the Knowledgeable One" (MKO). She highlighted the role of a teacher as a scaffolder, motivator and a facilitator. The participants learnt the 7 E's of Constructivism with the help of an activity.

Day 5: On 11th February, the morning session was titled "Creative ways of teaching" and the resource person DR. Anna Fernandes, Principal, Shree Narayan Guru College of Education, Chembur, began with Spot jogging an activity to make the participants realize their potential. She told the participants that "The best teachers are those who show you where to look but don't tell you what to see." She emphasized on student-centred of the approach teaching to overcome the problems we face in our classrooms. She explained in detail the Service based learning method to the participants- its meaning, need and its steps with the help of a Snow-Ball Game. She also highlighted the Team-based learning method and



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Student-preparation, readiness assurance and application as its steps.

The next session was scheduled as group work for the participants wherein they worked in pairs and created mp-4 videos using the Screencast-o-matic software online. They were helped to create the spoken tutorials and upload them onto the Edmodo class.

Post-lunch. the session was "Differentiated Instruction and Techbased Assessment" by Dr. Anusha Ramanathan from Tata Institute of Social Science. She emphasized on the fact that One size does not fit allsimilarly every student is unique and therefore how differentiated instruction is very much required. She explained how teachers can differentiate on the basis ofcontent. assessment, performance tasks, and instructional strategies. She gave details on how a

differentiated classroom looks like, feel like and sound like; how learners differ and as teachers what and how we can differentiate.





LINKAGES WITH OTHER INSTITUTIONS

Mahatma Education Society's (MES) Pillai Group of Institutions, on Monday, 27th January 2020, Pillai College of Education & Research signed an MoU with Taloja Industries Association (TIA), which embodies multiple Industries in Taloja- MIDC Industrial belt comprising of over 987 Industries and employing over 3 lakh people. The MoU was signed by Principal Dr. Sally Enos, at a function held at the V' Pillai Campus at New Panvel, under the stewardship of Mr. Satish Shetty (Anna), Hon. President, TIA, and Dr. K. M. Vasudevan Pillai, Founder-Chairman and CEO of Mahatma Education Society. Other eminent personalities of both parties were present too. This significant step was taken to enable closer industry-academia working career.







Mahatma Education Society's Pillai Group of Institutions has collaborated with

Coursera and is allowing free registration of Coursera courses through their mes.ac.in email IDs. Students, faculty, alumni and staff are all eligible to improve their skills and abilities. Coursera offers thousands of courses taught by some of the best Universities in the world and upto September 2020 official certificates are completely free for all MES affiliates.



MES' Pillai Group of Institutions has tied up with HP to provide HP Google Chrome books at discounted rates for all faculty & students of MES. Everyone with an MES email ID can create an account and access the HP store online to view and purchase the chrome books.



COMMUNITY WORK INITIATIVES

-Report by Ms. Bindu S Tambe

Asst. Prof. PCER Panvel

M. Williamson says, "In every community there is work to be done. In every nation, there are wounds to heal. In every heart there is the power to do it".

Thinking of and doing work for the community must be inculcated in our students right from school days. The students of Mahatma Education Society's Pillai College of Education and Research, Panvel are future teachers and we believe the best way to multiply the message of serving the community is by making our student teachers understand the need for it.

Help at the Bhartiya Manav Vikas Trust's Special School, New Panvel

Beth Foraker of national Catholic Board ion Full Inclusion says, "Inclusion requires the teacher to believe that all students have something important to offer in the classroom and that we really are better off learning



together".

Inclusive education is going to be



reality in Indian school system in the years to come and in order to develop sensitivity, awareness and understanding among our teachers to the need and importance of inclusive education; we had our community service initiative at Manav Vikas Sanstha, a school for special children at New Panvel. This school has students with mild to moderate to severe disability that are taken care of by a wonder team of well-trained and sensitive teachers led by their Principal, Ms. Shreya Jadhav. They also have an in-house psychologist, who designs activities and tests for these students. Each of the student stays in one class under one teacher for about 3 years before they move on to the next class. There are games and activities planned in such a manner that everyone



participates in Yoga, games as per their ability. Students above 18 years of age are taught vocational courses, like diva making, incense stick making, etc. They hold exhibitions of these items before Diwali. Our students and teachers were at this school for nearly 3 months beginning from October. Each batch of students spent two hours every day with the children and their teachers in understanding the need s of the students and ways to help them. Our student teachers also prepared teaching aids for the center as per the instructions of the teachers. The objective of taking our student to this school was to make them sensitive to the society we live in; the people who are part of the society and also make them realize the amount of patience and sensitivity required by the teachers to handle special children.

Community service at Rotary Club of Panvel Industrial Town Charitable Trust's Rotary Special School for Hearing Impaired Children at New Panvel Our institution has been involved in community service right from its inception time but did not realize the presence of a school for hearing impaired children. This school is headed by Principal, Mrs. Shaila Bandsode and is managed by the Rotary Club members. It was not easy to seek permission to this school but we



explained the nature of student training and the need for them to understand and see the children learn in an environment most conducive for their development, we got the permission. Our student teachers and teachers attended the school in small batches and assisted the teachers in their daily activities of teaching learning and other co-curricular activities for nearly two hours daily. We were at this center for a month. Our students were sensitized to



need for early testing of children to understand impairment and the course of action to be taken after diagnosis. It was understood that early diagnosis leads to almost recovery and near normal speech and hearing. Our students also learnt some basic sign language to communicate with them. They came back with a sense of satisfaction and a new appreciation for life as we know it.

Community Service at Shantivan, Nere

As Woodrow Wilson said, "There is no higher religion than human service. To work for the common good is the greatest creed."



This year one of our community service initiative has been with Shantivan, Nere, Panvel which is primarily a center for Leprosy eradication and rehabilitation. This center also has an old age home, a naturopathy clinic, home for dependents, a school for Adivasi children and many more aspects. Our students and teachers had a three-day visit to Shantivan to clean up

the place after the rainy season. Our students are involved in 'Shramdaan',



which actually involves hard labour. We pulled weeds and overgrown grass from different sections of the center as per the instructions of the staff. This was also a preparation for Diwali. Our students and teachers completed all the work as given. They also spent time at the old age home with the senior citizens and were moved by the tales they heard from them. This also sensitized them to the need to look after our parents in their time of need.

Our students also paid visits to the weaving center to see how rehabilitated patients earn their livelihood by weaving most colourful and beautiful bags, dhurries and such items. These inmates are all financially independent and the pride in their work could be



seen as they explained the process of their work in great details.

Community day

As Mahatma Education Society celebrates its 50th year, our Community day on 24th January, 2020 had a slight difference. This year, we were asked to invite our alumni to participate as volunteers for the day. As in the past



year, this year also we had children from Immanuel Mercy Ashram, Chiple, Panvel as the NGO we connected with. For community day, we obtained permission to take children to V Pillai Campus and on the day of the event, 20 children from the ashram were brought to the campus. After a wonderful lunch, we took the children to the designated



room where we had organized games for them. Our alumni immediately took

over the activities and games and involved all the children. Most of the games were group games but we also played Housie. The children had a wonderful time participating in these games and everyone went home with prizes. The prizes chosen this year were of utility value depending on the age of the students. After receiving snacks and gifts sponsored by Mahatma Education Society, the children were dropped off at Immanuel Mercy Ashram.



CLUB AND CELL ACTIVITIES

CLUB ACTIVITIES

LITERARY CLUB

Report By Dr. Bhavna Dave

Asst. Prof. PCER Panvel

- The literary club of PCER-Panvel encourages students to organize the daily assembly on all working days. A team of students takes their turns to begin the day with an apt prayer, discuss a beautiful thought for the day, read aloud the news headlines and share a short poem or story.
- The members of the literary club organized the 'Hindi Bhasha Diwas' celebrations with great zeal. The students were divided in different groups and every group had put up a great show including poetries, skit, *hasya-kavi-sammelan*, songs and thoughts on Hindi Bhasha Divas.
- Students were motivated to participate in competitions such as essay writing, extempore and poster making and showcase their literary skills in Felizia an inter-collegiate event was organized by the University of Mumbai in association with MES Pillai College of Education, Chembur at the University sub-campus Thane, on 23rd November, 2019.
- Ms. Deepika Yadav and Ms. Nirupama Kumari participated in Hindi Vad- Vivad Spardha, intercollegiate competition on 'Is social media beneficial for the society?' held on 28th September 2019.
- An essay writing competition was held in the college for all first year students on 16th December, 2019. All students were asked to write about two National Holidays and ways to celebrate it.
- Poster presentations by students were done on the International days celebrated worldwide related to literature. The student highlighted the significance of the day and why it is celebrated.

HINDI BHASHA DIVAS



















NATURE CLUB

Report By Dr. Geeta Thakur Asst. Prof. PCER Panvel

❖ Plastic bottle recycling: As an environmentally institution, we are always looking to make the environment more sustainable. In this effort, we found that V. Pillai Campus, Sector 15, New Panvel has two plastic bottle recycling units sponsored by Reliance Industries. Our students and teachers started collecting the plastic bottles for this purpose. We asked neighbours, friends, people in our neighbourhood and collected lot of these bottles. Few of our students had



been to a Rotary Club for a competition and they collected the plastic bottles used there back to our college. Taking these bottles, few of our students and teachers reached our main campus and crushed the bottles. These bottles are reduced to fine pieces and they are then recycled to make stoles, bags, etc. We hope to continue this initiative for years to come.



❖ Paper bag making: David Attenborough says, "The truth is: The natural world is changing and we are totally dependent on that world. It provides our food, water and air. It is the most precious thing we have and we need to defend it". It has been nearly 5 years since we started the

paper bag making community work. Paper bags are made out of old newspapers and magazines and then stamped with an environment -friendly message along with our college logo. These bags are then given to our designated vendors who use them to sell small items, like sprouts, dried fish, etc.

❖ Planters using recycled bottle: The students of S.Y. B.Ed. took the initiate to make planters for the window sills. The planters were made of using recycled plastic bottles.



❖ POSTER PRESENTATION: Poster presentations by students were done on the International days celebrated worldwide related to literature. The student highlighted the significance of the day; why and in whose commemoration it is celebrated.







Painting By
Ms Pooja Nair
F.Y. B.Ed. (2019-20)

WELL-BEING CLUB

-By Mrs. Bindu S. Tambe Asst. Prof, PCER Panvel

"To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear." – Buddha

Pillai College of Education and Research, New Panvel being a teacher-training college needs to keep its students and staff healthy and fit as we continue to imbibe training with well-being, both physical as well as mental. Hence, as part of our continuing efforts, this year too we have tried to incorporate few activities. Due to the pandemic, we had to cut down some of our programmes which we hope to take up in the next year through the online mode.

To celebrate the 5th **International Day of Yoga** on 21st June, 2019, we started taking sessions on breathing exercises, pranayama and simple yogasanas as prescribed by the Government of India. A special slot was provided in the time table for the activity. Students were eager to be part of this morning ritual.

The Yoga expert for the International Day of Yoga was Mrs. Rajalakshmi, a yoga practitioner for many years. She also conducts yoga classes. On 21st June, we began our session with a prayer and breathing exercises. Rajalakshmi ma'am introduced us to various yoga asanas along with their importance and the correct way of doing. She continued with various breathing exercises to bring peace and calm to the mind and body and achieve the balance that is required in our lives.

The benefits of Yoga for the mind and the body are not limited to few weeks or any special day but have long term effects. We have tried to continue with the pranayams, breathing exercises and stretching exercises for the students.

On November 30th, 2019 a **MahaWalkathon** was organized by University of Mumbai, Same day – Same time, Government of Maharashtra CASI initiative, Maharashtra Walkathon 2019, a group of 30 students and teachers of MES' Pillai College of Education and Research, Panvel participated in this walkathon which began and ended at Khandeshwar Police Station. Special permission was sought from the Khanda Colony Police station as well as Kalamboli Traffic Station. We began the walk at 8am and ended it by 9:30am. This walkathon is to create awareness about

road safety and traffic rules as well as to create awareness of the health benefits of walking.



On 15th February, 2020, an alumnus of Pillai College of Education and Research, Panvel, Ms. Bharti Iyer who is a yoga exponent conducted a session of **dance and Yoga** for our students. Ms. Iyer explained how these dance steps and Yoga helps in keeping us healthy and fit. Not only are these beneficial for our physical health but also for our mental well-being.



As part of our continuing efforts to maintain physical and mental well-being of our students, they also have regular interactions with our counsellor, Ms. Yvette Lee. She conducts group sessions as well as individual session where students meet with Ms. Lee to share any issues they may have as far as their personal life is concerned.



Well Being Club Activity

Poster Making Competition



Women Development Cell Activity

CELL ACTIVITIES

WOMEN'S DEVELOPMENT CELL

Academic year 2019-2020

Report By Dr. Bhavna Dave

Asst. Prof. PCER Panvel

The following is a report of various activities conducted by the college for women empowerment:

- The WDC members helped to organize Gallery Walk to learn about Preconception and Pre-natal Diagnostic Techniques (Prohibition of Sex Selection)

 Act 2003 & Domestic Violence Act-2005- To make the students aware about the laws for women safety and protection, cooperative learning strategies like the Gallery walk and Jigsaw were used to learn these topics from the course 'Gender School & Society. Every student realized that to ensure a healthy sex ratio a change in the mindset is needed. Similarly they also thoroughly understood how they could combat against any sort of domestic violence.
- Anti-Dowry Movement, Bombay organized Intercollegiate Elocution Competition for B.Ed. Colleges on 3rd October 2019. The Women's Development Cell encouraged and trained students- Ms. Harvinder Kaur and Archana Jha to participate in the event.
- The Women Development Cell along with the Well Being Club of PCER-Panvel organized a **3 day workshop on Disaster Management** on 14th November 2019. It was an honour to have Commander Smt. Rajeshwari Kori, Deputy Controller and Civil Defense and Asst. Deputy Controller K.R. Kurkute at our college to show various techniques for Disaster Management (First aid, Fire and Rescue operations). Smt. Rajeshwari Kori, an inspiring woman, has worked with Indian Navy and the first Indian women pioneer to have sailed on-board a warship in uniform. She took step to bring gender equality in Indian Navy. Students were truly inspired by her journey.
- Pillai Group of Institutions in association with Soroptomist International Bombay Chembur marked the 16 days of activism against **Gender-Based Violence** from

25th November to 10th December, 2019. Various talks were organized as a part of this programme. Ms. Yvette Lee conducted a session on the theme- 'Generation Equality' for the B.Ed. students.

• On 6th March, 2020, Session on Gender Sensitization: A talk on 'Gender Sensitzation' by Mrs. Dolly James was organized by the WDC. With 30 years of

experience in social work with NGOs at grass root level, it was an honour to have her at our college. The talk included gender equality, problems faced by LGBTQ; discrimination, abuse, mental health, government policies, bill



guaranteeing rights to the group. As a teacher it is important to have a positive attitude as they bring about a change in society.

- Quiz Competition on the theme "Women who made India Proud"- On 6th March, 2020, a quiz competition was held for the students of F.Y. B.Ed. This competition helped to encourage students to read books, surf the internet and gather information on women who have made an identity for themselves and also made India proud. Along with enjoyment this activity helped to inspire students to be more confident and strive to accomplish their goals in life.
- A poster competition for the S.Y. B.Ed. students
 was organized in the college with the theme 'Issues
 related to women' Or 'Women empowerment'
 dedicated to International Women's Day. We had
 great participation with colourful alluring posters
 from each group.



• International Women's Day- Pillai Group of Institutions along with the Soroptomist Welfare Association had planned to celebrate International Women's Day. The Soroptomist Excellence Award-was going to be presented to Ms. Nidhi Goyal, an activist, trainer and researcher- Disability, Rights & Gender Justice on 5th March, 2020. However due to the circular received from the Government for avoiding gatherings due to the Pandemic- Covid 19, the huge programme could not take place.

RESEARCH CELL

Academic year 2019-2020

Report By Dr. Bhavna Dave

Asst. Prof. PCER Panvel

- Participation in the Research Forum: The research cell encourages teachers and students to conduct research and write research papers. On 27th September, 2019, three faculty members DR. Pratima Pradhan, DR. Bhavna Dave & DR. Geeta S. Thakur presented research based papers in the Faculty Seminar Series under the aegis of MES Research Forum at DR. K. M. Vasudevan Pillai's Campus.
- Workshop on Action Research: In January, the S.Y. B.Ed. students were given brief introduction to Action Research, identification of tools, selection of problem, method of action research, collection of data, data analysis, writing findings, suggestions and conclusion was explained in detail and doubts cleared.
 - Session on Review of Literature for Research: On 1st February, 2020, a session on 'Literature Review Tips' was organized by the Research Cell for all the research scholars pursuing their Ph. D, M.Ed. degrees and for all the faculty members. The COO of Mahatma Education Society, Dr. Priam Pillai, an expert in the field of research, was invited as the resource person. Dr. Priam Pillai gave meaningful insights as to why we do a literature review, what literature should be reviewed, where do we need literature review, how to find good papers in our field and how to organize a literature review. He also showed software that helps to download seminal papers in our field of research and maintain a database. He urged the researchers to analyze the papers that they download and not simply summarize them. He said analyzing research papers would help in finding the major accomplishments of that particular research, identify the unanswered questions & limitations of the study and also to find missing information if any. He also stressed the point that as a researcher, one must think critically and find out whether you agree or disagree with the findings, whether the methodology used was appropriate, discuss its strengths and weaknesses and not be afraid of finding flaws if any. The session gave clear

- guidelines to all the research scholars and teachers with respect to review of literature in their field of study.
- The research cell in its meetings discussed and finalized the **M.Ed. dissertation topics** selected by the students (A.Y. 2019-21) for approval. Students were allotted to the guides for Research Guidance in February, 2020.
- To promote and encourage Research Culture among teachers the research cell motivates the teachers to take up **Minor Research projects** sponsored by the University of Mumbai. For the academic year 2019-2020, three teachers had submitted their research proposals for approval and all them have got selected for the same. The amount sanctioned for equipping teachers conduct the research is as follows Dr. Pratima Pradhan- Rs. 40,000/-, Dr. Bhavna Dave-Rs. 50,000/- & Mrs. Pradnya Jadhav- Rs. 20,000/-
- The Research Cell organized the **Research-Presentation session for the Ph.D. Research Scholars** registered with PCER-Panvel on 29th February, 2020. The scholars presented the work done by them in the last three months and their future plans in front of the panelists and the research guides.
- The Research Cell scrutinized the applications received by candidates for Ph.D. and invited them for **Panel interviews** for selection to Ph.D. in Education, held on 9th March, 2020. The list of names for seats to be filled in for Ph.D. was finalized based the results of the panel interview and the candidates were notified via email.
- During the lockdown period, the M.Ed. students and faculty members were encouraged to attend the **Webinar Series on Quantitative Research** titled "Knowledge Generation in Education during Covid-19 Pandemic" organized by Bombay Teachers Training College in collaboration with Department of Education, University of Mumbai, from 12th May to 16th May 2020.





PLACEMENT CELL

PCER-Panvel has a very active Placement cell. At the local level, we have schools like the Empyrean High School, Vishwajyot School, Vibgyor International School and Orchid International School at Kharghar, Lokmanya Tilak International School at Koparkhairne, Ryan Group of schools, New Horizon School, Karnala Sports Academy's Barns High School & Junior College, Changu Kana Thakur School, Vasudev Balwant Phadke School and our in-house schools who approach the college to send our student-teachers.

On 13th July 2019, we participated in the "Orientation to International Employment Opportunities for teachers." The session was conducted by MES' Pillai College of Education and Research (PCER), Chembur in collaboration with Global Education Management Systems (GEMS), Dubai. The main objective of the session was to create awareness among the student teachers on the job opportunities available outside India. Mr Michael Guzder, Executive Principal/CEO of The Millennium School, Dubai and Vice President Indian Schools and Ms Nargish Khambatta, Principal and CEO of GEMS Modern Academy and Vice President and Cluster Lead for GEMS enthralled the student teachers with the new avenues outside the country in the field of teaching available.



The process of Placement which is followed at PCER:

Information on Job openings is received from schools and advertisements

The information is disseminated to the students via Googlegroups, Whatapp or displayed on the bulletin boards

Student teachers are guided to prepare application letters, encouraged to apply and face interviews by conducting workshops

The interviews are either organized in the campus or at their schools

Follow up with the schools are ensured to track the number of student teachers selected for the job

When the interviews are scheduled to be held in the college premises, the institution takes responsibility for hospitality, arrangement of the human and ICT resources. Students are encouraged to apply for jobs and try interviews. The institution maintains a separate notice board for display of placement related information and also informs the students about various vacancies. The placement cell also takes care of the alumni which are in need of jobs by keeping them updated on the job openings. Information is disseminated to them too via WhatsApp and Google groups and invites them to take interviews on the scheduled dates.

Every year all our students get placed in the various institutions and we are proud that 'Pillaites' are preferred as prospective teachers even before they get their results.

ANTI-RAGGING CELL

REPORT 2019-20

-By Mrs. Bindu S. Tambe Asst. Prof, PCER Panvel

Ragging refers to an act that violates the dignity of an individual. Most of the time ragging means playing tricks on somebody. But ragging in today's times has become a menace, a human right violation.

In India, under the guise of welcoming new students into college, the senior students adopt damaging forms of interaction which leads to serious psychological issues. In 2009, University Grants Commission (UGC) has passed the "UGC regulation on curbing the menace of ragging in higher educational institutions, 2009".

Ragging is still given a serious approach in our institution. We have various means to communicate to students about the seriousness of ragging and our attitude towards ragging. The anti- ragging pledge is displayed prominently in our college and students are required to read it. We do not stop at the physical aspects of ragging; we also check for psychological issues arising from student behaviour or teacher behaviour.

Our students go on to become teachers and it is the college responsibility to make sure that along with other aspects of teacher training, we also train them to handle such problems as bullying and ragging.

We provide a disciplined and safe environment to our students and keep a continuous watch and vigil over ragging to prevent any untoward incident in our college. We have a very active Anti-ragging Cell.

Activities undertaken by the Anti-ragging Cell:

Once the cell is formed, we conduct various activities throughout the academic sessions to highlight the purpose of the cell.

- Orientation to ragging as a serious issue: All our students are introduced to the concept of ragging and anti-ragging. An awareness is created regarding what constitutes as ragging is done through presentation, small video clips, case studies are discussed in the class to highlight our stand on the issue.
- **Completion of anti-ragging pledge:** Our students complete the online anti-ragging pledge and submit the same online as well as a hard copy is maintained by the college in our files. It is mandatory activity for all our students.
- Counselling: Apart from the counselling done by the Principal and the teachers, we also have our in-house counsellor Ms. Yvette Lee who conducts where sessions with the students as a group and also on an individual basis. She Conducts sessions

on topics like handling stress in professional and personal life, stress due to the course at hand. She is available to the students to discuss matters on a personal level, either face to face or through telephonic conversations and emails.

- Training: Our students are oriented to deal with school students. As part of their two-year course, they have to complete an internship period of 5 months in various schools and colleges. During this time, they are in direct contact with the students. We train them to detect student behaviour and also how to handle different types of behaviours. They are educated to notice signs among children which may show symptoms of ragging and the proper procedure for handling such issues, if and when they arise. During subject teaching, our students are encouraged to give positive reinforcements as well as positive teaching to the students.
- Yoga sessions: In order to remove any stress in our lives, Yoga is a very good
 medium and we give our students an opportunity to participate in Yoga and
 meditation in our college. We invite experts from the field and as well as in-house
 teachers conduct Yoga and meditation for our students. Sessions are also organized
 on brain training exercises which allow our students to develop alertness in campus
 and outside of it.
- **Self- development modules:** We also conduct self-development activities for our students which teach them about self-esteem, self-confidence, resilience self-compassion, etc. through various activities which helps students develop a positive self-image of the students.
- Movies and videos: As per the UGC requirement, our students are given opportunities to watch various movies and videos on ragging and its ill effects. The web links are forwarded to the students and later these videos and movies are discussed in class.

Reflections:

As so many varieties of activities were conducted by the anti-ragging cell, the entire academic year did not present any incidences of ragging in our institution. But as mentioned earlier, ragging may not always be physically visible but happen at a micro level. Some students mentioned that they feel isolated in the class due to their regional diversity or linguistic diversity. The anti-ragging cell discussed the issue with the class and it was stressed that a diverse class should be appreciated and understand the variety of cultures that come together.

EDUCTIONAL VISITS

National Science Day is celebrated in India on 28th February each year to mark the discovery of the **Raman Effect** by Indian physicist Sir C.V. Raman on 28th February 1928. Sri C.V. Raman was awarded the Nobel Prize for his discovery in Physics in 1930. Homi Bhabha Center for Science Education (HBCSE) in Mankhurd organizes a science exhibition on 28th February 2020 every year to showcase the advancements in Science and Technology. The exhibition is open for all and students from various schools and colleges visit the exhibition which serves as an excellent exposure to the various dimensions in Science. Every year the student teachers of first year and second year B.Ed. of our college, Pillai College of Education and Research, New Panvel, visit this exhibition.

This year about 40 students along with teachers made the trip to HBCSE. The special feature of this year's exhibition were the exciting demonstrations in 'Science and Mathematics', Exhibitions on 'History of Science, Gender and Science', Hands-on-minds-on-'Mathematics', Exhibits in Design and Technology, Physics, Chemistry, Biology 'Olympiad Experiments' Glass Blowing Techniques, Liquid Nitrogen Experiments, Video shows, Book Exhibition, Sale of Books, Scientific toys & Garden Walk.

It was a wonderful experience for all and we came back enriched with the exciting and dynamic knowledge that Science has to offer.

Report By DR Geeta Thakur

Asst. Prof. PCER Panvel





EXTENTION ACTIVITY

Academic year 2019-20

Report By Mrs. Bindu S. TambeAsst. Prof. PCER Panyel

Ralph Waldo Emerson II said, "The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well".

When we use our knowledge and expertise to help others, we gain a new perspective, a new-found purpose. The Department of Lifelong Learning and Extension (DLLE), University of Mumbai which is carrying out extension work under the mission, "Reach to Unreach" tries to imbibe the values of helping all to reach a certain level, give everyone an opportunity to come up in life. At Pillai College of Education and Research, Panvel there is lot of enthusiasm about joining the extension service projects of DLLE to reach out and create awareness in the society.

As future teachers the students of our college have to develop the necessary skills and values needed to reach out to the people in the society/community we are a part of. Hence, enrolling for the extension work project is a step in that direction. The extension work project of the Department of Lifelong Learning and Extension, University of Mumbai for the academic year 2019-20 began with orientation to the S.Y. B. Ed students by Asst. Prof. Mrs. Bindu S. Tambe. About 75 students enrolled for the extension service project and three students were selected as student managers with the guidance from Principal Dr. Sally Enos. The criteria for selection of student manager were- prior experience in extension activity, outstanding organizational ability, taking a task to completion with efficiency & sincerity and distance of residence from the college.

The extension work in-charge teachers briefed the other students about the various projects offered under this programme. The Principal, teachers & the students decided to take up only one programme. For the current academic year, we decided to opt for Career Project. This project involved creating awareness among school students about the various interesting careers that are available them to consider as they complete their schooling.

All our students were instructed to start their work in the respective areas. They were oriented to the needs of the project.

The 1st term training programme was organized by the Department of Lifelong Learning and Extension (DLLE), University of Mumbai, at Janardhan Bhagat Shikshan Prasarak Sanstha's Ramsheth Thakur College of Commerce and Science, Kharghar on 24th June, 2019 from 10:00 am to 2:00 pm. The extension teacher and the selected student manager attended the training programme. The training programme was conducted to bring us up to date with various aspects of DLLE for the academic year. Many programmes like marathon, poster making and other activities were planned to carry on this theme. The participants were encouraged to consider this take up this theme for their annual skit competition too.

Our new batch of F.Y. B.Ed. students joined us in November 2019. These students were also briefed about the extension programme by the teacher in-charge. About 45 students were registered by paying the required fee at the University. The students were also trained regarding the extension work project and the work to be completed so far. They all joined in enthusiastically.

For Career Project, our students were asked to select two upcoming careers and collect information regarding the same. They were asked to prepare posters to be presented to school students of Class 8th, 9th and 10th. The information included the qualifications necessary, colleges to study, job opportunities, salary and also the growth in the careers. Our students presented this information in various internship schools. Lot of new and upcoming careers were discussed which created lot of interest among school students.

The 2nd term training was held on 21st December, 2018 at SIES College of Arts, Science and Commerce, Nerul This session included briefing on writing of extension activity reports and details regarding the annual extension festival 'UDAAN'.

The field coordinator of extension activity in charge for the college was Ms. Vani Achari from MES' Pillai College of Education and Research, Chembur. She was invited for the field visit on 15th January, 2020 at the college from 2:00 pm to 4:00 pm. The 2nd term training report was prepared and sent to the department duly signed by the field coordinator, Principal & the extension teachers.

Next interesting activity for the extension group is the UDAAN festival. Unfortunately, our first- year students could not participate as they had to appear for their Semester I University examinations. So, our second- year students were ready. One student for poster competition and a group of 15 students were selected for the street play competition to be held at the UDAAN festival. We chose the theme of career for women. Students put in sincere efforts to write the script and practice for the street play. 21 students and the extension teacher attended the annual extension festival titled "UDAAN – the Flight of Extension" at Anjuman -I- Islam's Kalsekar Technical Campus, New Panvel on 26th February, 2020 from 9:00 am to 5:00 pm. 20 students participated in the street play competition and one student was selected for the poster making competition. Our students put up a wonderful performance with fluid dialogue delivery and proper voice modulation. The students who did not participate in the festival were assigned to write an essay in 1500 words on the various topics provided by DLLE. These essays were checked by the extension teacher & signed by the field coordinator.

The students were given detailed information about the report writing at every stage. All the students completed their work and submitted on time.

Due to the pandemic and the lockdown, the reports have not been scrutinized so far. The extension activity helps the students not only to upgrade their B.Ed. results with the additional ten grace marks given by the University of Mumbai on completing the extension work successfully but also developed in them talents like public relations, self- confidence, sensitivity to social issues, understanding of socio-economic status as well as understand the needs of the society. The Career Project taken up this year was an eye-opener for many of our students too as they understood about lot of aspects of guidance. It gave them confidence to guide their students in the future.





REPORT ON DISASTER MANAGEMENT

By *Sweety Gupta and **Larissa Periera

*S.Y. B.Ed. (2018-20), **F.Y. B.Ed. (2019-21)

Introduction: The perception about disaster and its management has undergone a change following the enactment of Disaster Management Act, 2005. Disaster means a catastrophe, calamity, etc. arising out of manmade and natural causes which result in substantial loss or human suffering. Keeping this in mind, Pillai College of education and Research organised a 3 day workshop from 14th to 16th November 2019 on disaster management for the student teachers of B.Ed. and M.Ed. The session was headed by Deputy Controller Smt. Rajeshwari Kori and Assistant Deputy Controller Mr. K.R. Kurkute from the Civil Defence Organization. The delegators of the session have been working with Civil Defence Organisation appointed by the Government of each state. Civil Defence Organisation works at global level; it began in England during World War II and has its presence in countries like the United States, France, Russia and Pakistan. It works all over India at three levels, which is Central, State and District. At the central level, it consists of the Advisory Committee which advises the Indian government. At the state level the members include Home Secretary, associate members, deputy secretary. It carries out various projects and foresees their implementation on the state level. The organization includes Civil Defence Joint Planning Staff headed by the senior most IPS. At the state level, Mr. Sanjay Pandey is the Director. In the state of Maharashtra the organisation is present only in 5 districts towns because of the risk factors present there. These include Mumbai, Tarapur, Raigad, Nasik and Thane.

<u>Sessions</u>: The faculty at PCER welcomed the guest speakers for the workshop and expressed gratitude for taking over such an important topic. Smt. Rajeshwari Kori shared with us her journey in the Indian Navy and the challenges she faced as a woman. Our honourable guest Mr. Kurkute then took over the session and provided us with a brief idea of civil defence organisation and the areas it covers in the state of Maharashtra. He mentioned the need for Disaster Management was felt due to large scale devastation that takes place frequently in our country. Raigad, Mumbai and Sindhudurg were identified as calamity prone regions due to extreme floods.

Mr Kurkute gave us a brief idea of disaster, explained the definition and classified them as Natural and Man-made. He stressed that specifically man-made disaster that arises out of human negligence have the deadliest consequences. Hence there is a need for people to play a larger role during such difficult times. If the people are trained, lot of lives can be saved.

He spoke about First- Aid and brought to our notice how in foreign countries almost every person knows how to perform a CPR. But in India, the importance of First- Aid is neglected by the people. He spoke at length about bleeding and how it can be controlled using direct pressure as well as indirect pressure. He taught us about the different use of tourniquet in case of bleeding or snake bites. He gave us knowledge on the proper use of various types of bandages roller, triangular, many tail, crape bandages to name a few. Head bandage, Jaw and Palm bandage were also explained to us and their importance was mentioned. He trained us to make 4-handed and 3-handed seat which can act like a stretcher for any patient, which can be used in rescue operations using ropes and knots. He taught us how to make slings and its uses viz. large arm sling, triangular sling and cuff-collar sling.

Another important part of the sessions was to learn about fire fighting. He provided us with valuable information on fire extinguishers and how it can be used to control small fires in emergency situation. He also educated the audience on the techniques to use fire extinguishers which are present in almost all places such as buildings, shops, car, auto, etc. in controlling small fire before the arrival of fire brigade.

Conclusion: It is always good to be updated. With the 3 day session on Disaster Management, a lot of knowledge, information, training was provided with respect to management of man-made disasters like road injury, fire fighting, accidents, etc. The sessions were dominated by demonstrations hence students were truly engrossed in the activity. It was a great opportunity provided by the college for all the student-teachers to learn the various skills related to handling emergency situations. We as teachers can pass on this information to the younger generation to safeguard each other. All the sessions were very informative and the students got the opportunities to learn something new that could be applied in life in future.























B.ED. SECTION



Painting by Riya Mathew F.Y. B.Ed. (2019-21)

Meet the dancing tigers

By Poornima S Shetty *F.Y. B.Ed.* (2019-21)

A Manglorean by birth but born and brought up in Mumbai, I was completely unaware of my own culture. It was only after I shifted to Mangalore after my marriage and I saw Pili (Tiger) dance in the verandah



of our own house that I realized my cultural ignorance. It was as fascinating as scary watching those young boys and even kids performing such difficult stunts. This troupe of around 15 to 20 young boys and kids accompanied by the band then moved

from house to house performing the dance for around 10 minutes.

Tiger Dance or locally known as Pili (Tiger) Vesha (Costume) is a unique form of folk dance in Dakshina Kannada that fascinates everyone irrespective of their age. In this dance, the young boys and kids have their entire body and face painted with yellow, orange, black and brown stripes resembling a Tiger and dance to the beats of thaase (drums). It is performed during Dussera as Tiger is the vahana (vehicle) of goddess Sharada (Durga) and also during Krishna Janmastami Ganesh and Chaturthi.

As enthralling as it looks, these young boys endure a lot while trying to keep the tradition alive. It takes 6 to 8 hours to paint the face and whole body. The paint causes a burning sensation on the skin. Once painted they sleep on a plantain leaf so that the paint does not peel off. It also keeps their body cool. Intake of coconut water also helps in keeping their body cool.

During Dussera, the troupes perform till the 10th day and dance along on the tableaus with the processions of Goddess Sharada. In the ancient tradition, young boys participated in the dance as a religious vow to fulfill their wishes. A few years earlier, Pili Vesha was a dying art form but lately the young generation has been actively performing to keep this art alive. Nowadays, many competitions are held where various famous troupes are invited to perform and awarded with cash prizes.

It is art forms like these that makes India rich in its cultural diversity and makes me proud to say that I am an Indian.



Celebrating womanhood

By Dipti Jha

S.Y. B.Ed. (2018-20)

This year on International Women's day which is celebrated on March 8, 2020, I saw social media platform flooded with message about Women's day celebration.

Well wishes and eulogy about women from every corner make us feel happy. But after a moment mind gathers some harsh realities about real life of woman which compels to compare with this day of celebration.

Before inception of baby girl on cradle, major source of concern in India is female foeticide and its consequence of having abnormally skewed sex ratio at birth at 91 girls for every 100 boys. This practice though closely monitored is still going on in the villages. "The Beti Bachao, Beti Padhao" campaign seems to have some impact however; it is yet to reach the level of expectation. Being born as a woman is a blessing. Women are termed to be the representatives of the 'Creator'. This is a gift we should love and cherish every moment of life and not just a day.



To uplift the condition of women in whole world, at first women have to come forward in its support at every challenging stage. Owing to illiteracy, some steps of women in family becomes bane for existence of other women. In general, when you keep keen observation, it is noticed discrimination against women/girl in home in the aspect of diet food, cloth, decision making, health, better education and many more facets.

I've seen time and again, be it celebrities or just the next door neighbour. The woman is often considered as playing multiple roles – She is a daughter, a sister, a girlfriend, a lover, a wife, a daughter-in-law, a sister-in-law, a mother, an aunt, a granny. And with these multitudes of roles you might want to add her function-based roles, she is a friend, philosopher, teacher, nanny, nurse, housemaid, entrepreneur, manager, business executive and many more.

Recently I watched a movie "MISSION MANGAL" it was a great movie showing a group of scientists at ISRO battle in their personal and professional lives and work tirelessly towards their only motive, the Mars Obiter Mission.. But what I noticed that it was basically a story of group of women who struggled so much to achieve their dream. Every woman out their there had own problems, disrespect and history behind whereas it was not the case for men.

It made me feel while today's woman is juggling between various roles, she is still struggling to find her footing.

On one side you will see a Sudha Murthy who chose subtler professions over a fulfilling IT career and on the other hand Indira Nooyi running giant corporations. On one side you will see Sonia Gandhi in a pivotal position of power and the other a Nirbhaya, oppressed and violated.

The average woman is still juggling housework, motherhood with that of corporate positions. The average woman still gets off a bus where she is manhandled rather than raise voice for her rights. The average woman still gets left out of crucial decisions as

well. Even after years of independence every now and then we come across the cases like physical abuse, Domestic Violence, Rape, acid attack, Dowry deaths etc. Women out here are not safe enough to walk alone on streets of city. There are varied forms of physical abuses that a woman still tolerates. And on the other hand we worship women in the form of Goddess like Durga, Saraswati etc.

Oppressio
n still
continues
and as
long as it
continues,
women
will
continue
to suffer.

Today's woman is walking the path in equally strong strides alongside a man.

She is equally smart, equally educated, equally confident, equally capable, equally skilled, equally poised. Yet when a man listens to a woman at home or values her opinion, he is henpecked. When a woman asks her man's

opinion, she is doing the right thing by seeking advice. Yet the other way around does not hold water.

Being a female is a matter of birth, being a woman is a matter of age, being a lady is a matter of choice.

What exactly are we celebrating on March 8th again? Are we celebrating progress? Are we celebrating the roles of a woman? Are we celebrating the various functions? Time to think about

the true essence of a woman.

She is just that — A Woman — A sweet little child who loves pink.

The day that men start to think of women in their entirety, we will not need a day to celebrate womanhood. Are you that man who can view women in the right spirit? Are you that woman who can demand to be viewed in that spirit?

Cricket- A game of inches and moments

By Larrisa Pereira

F.Y. B.Ed. (2019-21)

Sports are the best medium to entertain people with no drama, no theatre and no scripts involved. Cricket is certainly one of those sports. I distinctively remember watching cricket in my growing years. Though there were always enough sports going on television like Formula 1, tennis and soccer. Cricket was always my thing and I still genuinely love the game.

Cricket does have lot of emotions like victory, intrigue, passion, defeat. The 2019 World Cup hosted by England and Wales is one among them. England was crowned champions based on the boundary hits throughout the match. New Zealand had tied during the super over. Never had anyone watched a game with such ebbs and flows; a match that would be remembered for years. Kane Williamson, the captain of the Black Caps won the Player of the series award. His constant motivation and resilience instilled lot of encouragement in his side.



Sports can teach you many values. There are significant moments in cricket which inspire you. The most historic one was the 5th ODI played between South Africa and Australia. Both the teams had constant rivalry between them. South Africa had faced Australia in 1999 World Cup they had drawn the game which led Australia progressing to the finals. South Africans were also irritated by the tag of "chokers" which the Australians used against them.

On 12th March 2006, Australia faced South Africa in Johannesburg. South Africa had won the first two ODIs comfortably. The Australians were phenomenal in the next two games. So it was down to the decider, Australia won the toss and elected to bat and put up a score of 433-4; the highest score at that time and something which wasn't attainable.

Graeme Smith, then captain after a four hour agony on the field was battered and bruised. The team was in utter shock and wondered how they could chase such a huge score. Jacques Kallis, South African all-rounder walked in the dressing room and

praised the efforts of the bowlers. South Africa opened the partnership with Graeme Smith and Herschelle Gibbs. They build a partnership of 187 in 20 overs. They still needed 245 to win. No one in the stadium had expected South Africa to put up such a good show not even the South Africans themselves. By the midpoint of the innings, South Africans believed that they could win that match.

The equation came down to 7 off last six balls with two wickets in hand. Makhaya Ntini scored single levelling the match. With 1 run to win and two balls to go, Mark Boucher smashed a boundary over Brett Lee's head. South Africa won that match by 1 wicket.

Cricket has a lot more common in life. We ought to believe in ourselves. Every time we fall, it is time to get up and try again. Disappointments, defeats are a part of our journey. The resilience that the South African team depicted reminds us that each of us has a unique potential. We must always believe in our efforts. Fear and doubt will hinder our efforts. Confidence and self-belief will help us in the long run.

पानी बचाने के तरीके

विपाशा अद्धलखा

पीने के पानी की किल्लत दुनिया में एक गंभीर समस्या बन चुकी है, ये तो हम सब जानते हैं। पर क्या हम घर में जल संरक्षण करने के बारे में गंभीरता से सोचते हैं? अगर नहीं तो सोचना शुरू करिये क्योंकि स्वच्छ पानी के बिना जीवन जीना कठिन ही नहीं असंभव है।

मैं आपको पानी बचाने के कुछ सरल तरीके बताऊंगी जिन्हें मैं अपनी जीवनशैली में अपनाने की कोशिश कर रही हूँ।

- अपने घर के सभी नलों पे 'वॉटर-सेविंग
 - नॉज़ल' लगवाएं जिससे की पानी का बहाव 50% के करीब कम हो जाए। लेकिन यह ध्यान रखिये की नॉज़ल अच्छी क्वॉलिटी का हो जो लम्बे समय तक चले।
- 2. कई सारे ऐसे काम जैसे बर्तन धोने, गाडी, बालकोनी, बाथरूम साफ़ करने के लिए या तो बीच-बीच में नलके को बंद करते रहें या फिर एक-दो बाल्टी पानी से ही काम चलाएं।

- 3. स्नान करने के लिए १ छोटी बाल्टी से अधिक पानी न लें। है। अगर शावर से नहाते हैं तो बीच-बीच में उसे बंद कर दें जैसे कि साबुन मलते वक़्त या बालों में शैम्पू लगते वक़्त। आजकल तो शावर भी 'वाटर-सेविंग' आ रहे हैं तो यदि नया शावर ले रहे हैं तो दुकानदार से उसक बारे मैं अवश्य पूछें।
- 4. रसोई में एक बड़े बर्तन में सब्ज़ी धोने
 - के बाद का पानी, पके चावल का पानी इत्यादि इक्कट्ठा करते रहिये और उसे पौधों के लिए इस्तेमाल कीजिये।
 - कभी-कभी सब्ज़ियों में मिटटी लगी होती है, ये मिटटी वाला पानी बजाये नाली में बहाने के आप उसे पौधों में डालें।
- 5. 'आर.ओ. वॉटर-प्यूरीफायर' से निकलने वाले अशुद्ध पानी को यूँही बहने न दें, बिल्क बाल्टी मैं इक्कट्ठा करके फर्श पोछने या गाडी, बालकोनी, बाथरूम वगैरह धोने के लिए काम में लाएं।
 - 6. एक छोटा एवम सरल सा उपाय ये है की जब भी फ्रिज के बर्तन जिन में



दूध, दही या थोड़ी सब्ज़ी, दाल बच गई हो जो ख़राब न हुई हो उन्हें फेंकने या धोने में डालने से अच्छा उन में आटा गूंध ले या चावल पका लें। इससे बर्तन भी कम होंगे, आपका टाइम भी बचेगा और पानी की बचत होगी।

7. कई लोग घर में या गाडी में टिश्यू पेपर रखते हैं, पर क्या आप जानते हैं कि टिश्यू पेपर पर्यावरण के लिए कितना खतरनाक है? ये अधिकतर 'बायो-डिग्रेडेबल' नहीं होते और इसके उत्पादन में बहुत पानी की आवश्यकता होती है। इनका इस्तेमाल करने के बजाए रुमाल या

- तौलिया रखिये और पानी से हाथ धोइये।
- 8. घर की सफाई के लिए हानिकारक रासायनिक पदार्थों का इस्तेमाल करके हम अपने आप को और पर्यावरण को बहुत नुक्सान पहुंचा रहे हैं। इसीलिए 'केमिकल-फ्री लिविंग' की तरफ बढ़ना ज़रूरी हो गया है। साफ़-सफाई करने के लिए आप 'नेचुरल क्लीनिंग प्रोडक्ट्स' का इस्तेमाल कर सकते हैं जैसे रीठा-पाउडर, बेकिंग-सोडा, विनेगर और ' बायो-एंजाइमस'। ऐसा करने से न केवल प्रदुषण कम होगा बल्कि पानी भी बचेगा।

Laughter is the best MEDICINE

By Anna Susan George

1. Why doesn't anybody talk to circles?

Because there's no point!

2. Teacher: Why are you late?

Student: Because of the sign madam.

Teacher: What is that sign?

Student: The one which says, "School ahead, Go slow".



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Konark Sun Temple, Odisha – A Travel experience

By Poornima S Shetty *F.Y. B.Ed.* (2019-21)

On my first visit to Odisha, I visited one of the famous monuments situated about 35 km northeast from Puri on the coastline of India that is the 13th - century Sun Temple attributed to king Narasimhadeva I of the Eastern Ganga Dynasty. It is a classic illustration of the Odisha style of architecture or Kalinga Architecture, much of which is now in ruins. Declared as the UNESCO world heritage site in 1984, it served as the important landmark for sailors in the Bay of Bengal.



The Konark Temple, built entirely in stone, is in the form of a colossal chariot with twelve pairs of lavishly-ornamented wheels, drawn by seven galloping horses. It has already lost its main temple and Natya Mandap and only the Jagamohana remains.



The Jagamohana i.e. the assembly hall of the temple was filled with sand in 1903 by the British, and has remained sealed since then to preserve its structural stability. The monument's Jagamohana is closed for the tourists.

The Archaeological Survey of India (ASI) in 2019 has accepted the proposal to remove the sand from inside Jagamohana and soon tourists can walk through interiors of the temple.

The wall depicts images of girls playing musical instruments.

A stone wheel engraved in the walls of the temple. The temple is designed as a chariot consisting of 24 such wheels. Each wheel has a diameter of 9 feet, 9 inches, with 8 spokes. The 12 pairs of the wheels represent the 12 months of the year.

A visit to this historical monument in 2018, made me realize that the temple even in its ruined state stands majestically and bears witness to the architectural and artistic skills of the period as it stood in the medieval Odisha.

References: Wikipedia



Nirbhaya Case Live News: All 4 Convicts Finally Hanged To Death

By Farida Phirphiray S.Y. B.Ed. (2018-20)

All four convicts, after their counsel's seven years of legal manoeuvre and delay tactics, were hanged to death in Delhi's Tihar Jail sharp at 5:30 am today.

Waking up to this early morning....



I'm not really happy and content to read this. Yes you read it right... not

satisfied...still in agony, disheartened, furious and enraged to read this...because my question still remains the same... Is justice really served in its right sense? No it isn't. Has 7 long years of tortuous, inhumane battle ended peacefully bringing and giving joy or real justice to everyone? No it is not for me so. Because "justice delayed is justice denied" Yes! Yes! It has been denied. Wow! Judiciary took 7 long years to execute this decision of hanging the rapists of such a heinous crime. Amazing rather this should have happened at the earliest to manifest the true justice served to the victim and her

family. I am furious and highly enraged over the fact that the convicts were given opportunities to file mercy pleas or curative pleas...pleading and seeking help from various authorities to forgive and save them. Do these devils, beasts, bastards really demand forgiveness and be saved from the punishment? All these years of theirs in the prison did really affect them in any good way? No... These evildoers neither deserve forgiveness nor saved. Nothing has affected them in any good sense during their imprisonment because they still believe that whatever they did or committed was not wrong.....Really?

This is their mentality, thinking, perceptions and ideologies which has originated from delayed = denied justice or call it injustice. This delayed justice/injustice has severely hampered their character, morals, their purpose of being, their beliefs by assuming that they can easily get away or escape having committed 'not so enormous crime' as per them.. Does this punishment really serve any reflections or lessons for other such criminals? No, because they know that Indian judicial system takes more than sufficient time, years and years

altogether...may be decades to serve justice to the victim or punish the rapists/convicts which not encourages them but also other such people too severely because of the and delayed prolonged procedures/formalities...this is indeed a never ending vicious circle affecting the society badly. Why can't we have instant justice for such cases and crimes like how it is in Islamic Shariah?...Hanging the beasts instantly and immediately after the crime comes into light without wasting much time...which is how other sisters and daughters can be saved from these evildoers efficiently...Unless we bring this system and get this into practice in our society and lives...we cannot really our sisters and daughters. save These bastards do not deserve to live after having spoiled, destroyed not just girl's life...her dreams, her family...the society at large. I really do not cite today's morning as 'morning of justice's because I do not hold it in that sense at all. I really appreciate Nirbhaya's mother for the constant fight which she fought, the pain, her determination and perseverance...not losing and giving up the fight despite such a long and hectic journey of 7 mothers, years...All our sisters,

daughters should be like her strong, determinate and focused. She has really emerged as a winner today...Hats off to her! To conclude for me the 'morning of justice' will be only when these crimes be addressed and dealt

without any delay and at fast pace for really discouraging other such people of even thinking of committing crimes if any such sort..

#Celebration20MarchNirbhayaday.

MATH IS COOL TOO!

By Samar Parkar S.Y. B.Ed. (2018-20)

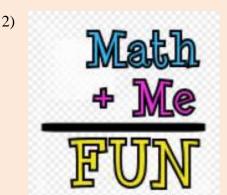
"Pure mathematics is, in its way, the poetry of logical ideas." - Albert Einstein

The more one studies mathematics, the more mysterious it becomes, with powers that seem quite 'spooky' and almost magical at times.

But for many of us, mathematics as a subject seems no less than a nightmare. The calculation which includes alphabets, let alone numbers, is no less than a herculean task to complete.

Even though numbers can be scary sometimes, but if learned properly and with fun, they can be pretty amazing and cool. Let's see few interesting facts about mathematics.

1) "Forty" is the only number that is spelt with letters arranged in alphabetical order.



Conversely, "one" is the only number that is spelt with letters arranged in descending order.

- 3) From 0 to 1000, the only number that has the letter "a" in it is "one thousand".
- 4) 'Four' is the only number in the English language that is spelt with the same number of letters as the number itself.
- 5) Every odd number has an "e" in it.
- 6) The symbol for division (i.e.÷) is called an obelus.

- 7) What comes after a million, billion and trillion? A quadrillion, quintillion, sextillion, sextillion, octillion, nonillion, decillion and undecillion.
- 8) Among all shapes with the same perimeter a circle has the largest area.
- 9) Among all shapes with the same area circle has the shortest perimeter.
- 10) 12,345,678,987,654,321 is the product of 111,111,111 x 111,111,111. Notice the sequence of the numbers 1 to 9 and back to 1.
- 11) The number 9 is believed to be a magical number with certain very interesting properties. This is because if you multiply a number with 9, and add all the digits of the resulting number, the sum would always come out to be 9.
- 12) A 'jiffy' is an actual unit of time for 1/100th of a second.
- 13) The square root of 2 (i.e. 1.41) is known as Pythagoras' Constant. It's also the very first irrational number ever to be discovered.
- 14) 6174 is Kaprekar's constant. If you have a 4 digit number with at least 2 distinct digits, order the numbers within it in ascending and descending order, subtract the smaller number from the larger, and repeat with the

result, you'll eventually always end up with 6174.

An illustration:

Take a 4-digit number like 3215. Rearranging these digits in descending and ascending order, we get 5321 and 1235. Now, subtract them: 5321-1235 = 4086. Continue with the process of rearranging and subtracting:

$$8640 - 0468 = 8172$$

$$7443 - 3447 = 3996$$

$$7641 - 1467 = 6174$$

We stop here since we will only get into a loop and keep getting 6174.

15. The line between the 2 numbers in a fraction is called the Vinculum.

ROLF

-By Anna Susan

Why is it sad that parallel lines have so

much in common?

Because they'll never meet

"खुद को कर बुलंद इतना की खुदा बन्दे से खुद पूछे की बता तेरी रज़ा क्या है"

<u>"एक साधारण गृहणी से अध्यापिका बनने तक का सफर"</u>

By Archana Jha S.Y. B.Ed. (2018-20)

मैंने जब सेट की परीक्षा दी थी तभी से मेरा सपना था कि मेरा नामांकन इस कॉलेज में हो और सच्चे मन से कि गई कामना जरूर पूरी होती है। मेरी भी इच्छा पूरी हुई। मुझे सबसे पहले प्रभावित किया प्रमिला मैडम ने, क्योंकि मैं सबसे पहले उनसे ही मिली थी,

उनसे ही मिली थी,
बहुत ही प्यारा सा सहयोग भरा व्यहार है
उनका। उन्होंने मुझे कॉलेज से संबंधित
सारी बातें बतायी और मेरा नामांकन इस
महाविद्यालय में हो गया। मेरा पहला दिन ही
बहुत ही रोमांचक बिता, सारे शिक्षिकाओं से
मिलकर, और कॉलेज के बारे में जानकर
बहुत ही गर्व महसूस हुआ। और सबसे ज्यादा
मुझे मेरी सारी शिक्षिकाओं से बहुत ही प्यार
मिला और मुझे तराश कर एक कोहिनुर हिरा
बना दिया। मैंने अपनी गन्दी लिखावट से
बहुत परेशान किया अपनी प्यारी
अध्यापिकाओं को। और हमसब को हमेशा
सकारात्म बातों से प्रेरित करते रहे। मुझे नित



दिन कि प्रार्थना बहुत ही अच्छी लगती थी, सारी थकान मिट जाती थी कक्षा के अंदर जाते ही। और सबसे ज्यादा तो हमारे सहपाठियों ने मुझे कभी महसूस ही नहीं होने दिया कि मैं उनसब से बड़ी हूँ। हर समय मुझे सहयोग दिया सबने और बहुत प्यार दिया। मुझे कभी लगा ही नहीं कि मैं इधर

अकेली हूँ| आज मैं जब अपने आपको देखती हूं तो बहुत ही खुशी होती है छोटी छोटी बातें मुझे आकर्षित करती है हर दिन कुछ ना कुछ नई बातें सीखने के लिए मिलती गई और जो मैंने सीखी वह काम को पूरा करने का तरीका एवं अपने अंदर हमेशा एक जिज्ञासा रखना हर काम एक व्यवस्थित ढंग से करना चाहिए और जब कोई काम हाथों में ले उसे तुरंत पूरा करना है| मेरी प्राचार्या(डॉ सैली एनोस) कि वह सारी बातें मुझे आज भी याद है कि, "किसी भी काम को टालो मत और रोज थोड़ा थोड़ा करने से कोई भी काम बोझ नहीं लगता है।" और "हमेशा अपने अंदर सीखने

की इच्छा रख सबको धन्यवाद कहो।" वैसे मेरी सारी शिक्षिकाओं ने मुझे बहुत कुछ सिखाया है| मेरी लिखावट ने तो सबको बहुत परेशान किया मगर फिर भी उन्होंने मेरी इस कमी के साथ मुझे स्वीकार किया और मुझे सिखाते रहे| मुझे अपने कॉलेज से इतना प्यार हो गया है कि मुझे छुट्टियाँ पसंद नहीं आती है। मेरे विषय को लेकर मेरे मन में जो आत्मविश्वास भरा है, जिंदगी भर नहीं भूलूंगी। मेरे पास शब्दों के संग्रह कम पड़ेंगे तारीफ करने में,बस मैं तो हर किसी से यही कहती रहती हूं कि अगर हरफनमौला बनना है तो इसी कॉलेज में नामांकन लेना है| हमें सिर्फ पढ़ाया नहीं जाता बल्कि हमारा मानसिक, नैतिक, सामाजिक रूप से विकास किया जाता है। हर किसी को सम्मान देना सिखाया जाता है| कोई भेदभाव नहीं, और हमारी शिक्षिकाएं अच्छा पढ़ाती है बल्कि साथ भी हर पल देते हैं। ना ही समय का बंधन और ना ही अपने पद का घमंड, सबको एक बराबर प्यार, बेफिक्र होकर आप कोई भी बात बोल सकते हो, कोई भी परेशानी का इलाज पा सकते हो| हमेशा प्रकृति की तरह देना ही सीखा है| हमारी शिक्षिकाओं ने हर कदम में साथ दिया है मेरा, मैंने तो बस अपने आप को इन को सौंप दिया। मुझे एक तरह से चमकता हुआ कोहिनूर हीरा बना दिया। सांस्कृतिक कार्यक्रम से लेकर

सामाजिक कार्यक्रम, चित्रकला से लेकर योगा के आसन तक सिखाया जाता है| पूरे विद्यालय का संचालन किस तरह से करना होता है, व्यवस्था से लेकर व्यस्थापन तक सब कुछ सिखाया जाता है| और सबसे ज्यादा अच्छी बात है कि हर एक की परेशानियों को समझकर उनका साथ देना। जैसे कि प्रिया को अपनी पढ़ाई बीच में छोड़नी नहीं पड़ी। उसे हमारी अध्यापिकाओं से इतना सहयोग मिला, उसके बच्चे को इतना प्यार दिया, आंखों में आंसू आ गए थे जब पहली बार गीता मैडम ने उसके बच्चे को गोद में लेकर एग्जाम हॉल में क्वेश्चन पेपर सबको दे रही थी| उसके बच्चे का ध्यान रख रही थी कि प्रिया अपने पेपर अच्छे से दे सके| यह तो एक छोटा सा उदाहरण है ऐसी कई सारे अच्छे अच्छे उदाहरण है| हमारा 2 वर्ष बीत गया हमें पता ही नहीं चला। "फूल के विकास में अच्छा वातावरण, तापमान, खाद, पानी, सूर्य की रोशनी, की आवश्यकता होती है और जब यह सारी चीजे मिलती है तो एक खुशब् से भरा फूल बनता है, वैसे ही हमारी अध्यापिकाओं ने हमसब को एक मुस्कुराता हुआ फूल बना दिया| तकनिकी शिक्षा से लेकर सामाजिक सेवा तक करना हमें सिखाया गया और सिर्फ एक साधारण शिक्षक नहीं बल्कि समाज को विकसित करने वाला, एक नई सोच के साथ अपने छात्रों को नई दिशा देने वाली प्रभावी शिक्षिका बना दिया हमें|

"नहीं हैं शब्द कैसे करूँ धन्यवाद, बस चाहिए हर पल आपसब का आशीर्वाद"| "हूँ जहाँ आज मैं उसमे हैं बड़ा योगदान, आपसबका जिन्होंने दिया मुझे इतना ज्ञान"।

I kuij esyk, difjp;

मंजू कुमारी



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l pep ; g esyk i k§kf.kd ∨k[; kuks ls tMdj ∨kt dh l kekftdrk es ?ky&fey x; k है। शायद यह हमारी जड़ों की चुम्बकीय शक्ति है।

My first solo trip

By Vipasha Adlakha S.Y. B.Ed. (2018-20)

Travelling is one of the things that make me happy. Not frivolous shopping trips or luxury stays; just simple, no-frills, low-waste travel. Last year, I planned a solo backpacking trip after having harboured the desire to do so for some time. I chose Lansdowne, a lesser known but scenic hill station, and Rishikesh - both in Uttarakhand as my destinations because of their proximity to Delhi, where I was to celebrate Diwali at my in-law's place and then leave the next day for Uttarakhand.

My plan met with some amount of resistance from my family. They were all sceptical about

how I would manage on my own, safety being a big concern too. Frankly I was a little scared myself. I didn't breathe a word about my trip to my father till the last day and when I finally did, I had to coax him to let me go.

The day finally arrived, and I found myself armed with a backpack and excitement in my heart at Old Delhi railway station from where I was to catch Mussoorie Express to Kotdwar - a small town about 40 kilometres away from Lansdowne. Platform number 16 where my train was supposed to come was at the opposite end of the station. A railway employee driving an electric car that plies on station platforms offered to drop me there for a sum of 100 Rs. It was a good 5-minute ride and at one point we crossed the railway

tracks under
the starry sky
in the cool
night breeze. I
relished the
mini adventure
with childlike

enthusiasm.

The overnight train journey was short but sweet with me making acquaintance with some co-passengers hailing from Kotdwar who shared their experiences about growing up in the small town. The next morning on arrival, I took a shared jeep to Lansdowne and reached my place of stay which was a campsite that I hadn't realised while booking was in a valley a little away from the main town. I was expecting a good crowd of guests, it being Diwali time, but it turned out that there were hardly any people around except for a group of men, the owner's family and me. That was not a very comfortable feeling, being practically alone in the middle of nowhere. The tent also didn't offer much assurance of security; fear that anyone could break in easily tormented me. I decided that I would cut short the plan and head to Rishikesh via Haridwar, where I wanted to see the

Ganga Aarti, after some sightseeing in Lansdowne.

The next morning, I left for the main

town of Lansdowne in a shared jeep again; my eyes closed the whole time as I struggled to not throw up as we negotiated narrow winding roads in the mountains. After visiting a few tourist spots in Lansdowne, I left for Haridwar and reached by late afternoon. At 'Har ki Pauri', I waited for a full hour but

there was no sign of the priests who did the famous Aarti. Apparently, there was a change in the venue which all tourists sitting there were unaware of. Dejectedly I left for Rishikesh where I checked into a popular hostel on the banks of the Ganges. The place had a very cool hip vibe. There were people from various places, mostly foreigners, on a yoga holiday of course! I shared my dormitory with 3 other girls who were all foreigners too. I only had enough time on my hands the next morning to check out famous attractions like Laxman Jhula and Ram Jhula. I regretted not being able to witness the Ganga Aarti at Rishikesh

either as I had
to leave that
same evening
for Delhi for
my return
journey.

Nonetheless

whatever little

time I had, was spent roaming around on the streets. That was the high point of the whole trip!

I had planned a five-day trip but came back in three days on an emergency ticket I had booked as a backup. Funnily, I have a fear of sleeping alone



in the dark and I knew that that might be the biggest hindrance for me from enjoying my trip to the fullest. This being a maiden attempt of mine to travel alone, I was a little nervous as could be expected. At the same time, it was a liberating feeling being on my own, chatting with strangers, sharing anecdotes and having fun. There is a thirst in me to indulge in more travel in the future which satiates the soul and energizes the mind and body, albeit keeping in mind traveling responsibly and generating least amount of waste in the process.



Painting By Ms Pooja Nair F.Y. B.Ed. (2019-20)

Shakti

By Darshika *F.Y. B.Ed.* (2019-21)



तुम नारी हो कमजोर नहीं तुम वाणी हो कोई शोर नहीं खुद को तुच्छ मत समझ लेना तुम पर किसी का जोर नहीं

अनन्त काल से भक्ति है नारी का रूप ही शक्ति है रिश्तों को बांधे रखता जो तुम मधुर बंधन की डोर वहीं

फिर क्या हुआ जो अब नारी संकट तुमपे अत्यंत भारी हैवानों की धरती पे तुम फिरती हो दर दर मारी मारी जिसने चाहा नोच दिया तुमको जिसने चाहा चोट दिया तुमको करके इज्ज़त तो तार तार अग्नि में झोक दिया तुमको

शिव की अर्ध जानो खुदको शक्ति रूप पहचानो खुद को नहीं हनुमान इस दुनिया में सीता संकटमोचन मानो खुद को

अब शमशीर उठा लो तुम इज्जत को आप बचालो तुम उठे जो नजर गंदी तुमपे उन आंखों को नोच डालो तुम

समय है ऐसा आ गया शक्ति को बाहर निकालो तुम इज्जत को आप बचालो तुम



#priyankareddy #RIP

PHILIP JOEL HUGHES - "DEATH AT PLAY"

By Larrisa Pereira.

F.Y. B.Ed. (2019-21)



"I don't know about you, but I keep looking for him.

I know it is crazy but I expect any minute to take a call from him

Or to see his face pop around the corner." - Michael Clarke's eulogy

There goes no doubt

Forever you remain 'Not out'

Wished, God called that ball a 'No-ball'

Helped you lift from that fall

Saw your career take a great start

Millions made a place in their heart

Built a platform for a long relay

Alas! Premature death stuck at play

When the going was never at fault
Yet the delivery had to default
Your skill, awards and rewards
Will stay rich in the sports world

The game of cricket, that was going so well

Ended up leaving tearful farewell

And so I asked God 'Why'

Untimely, little Philip had to die

विलगीकरण कथन (Quarantine Days)

By Mukta Prashant *F.Y. B.Ed.* (2019-21)

मदमस्त होऊन जगतय सार विश्व सेना करतेय रक्षण सीमेच अर्पुनी सर्वस्व थैमान पसरलं अचानक चहूबाजूंनी मोठ्या संकटाच ते संकट वाचकहो कोरोनाच

ध्यानी नाही मनी नाही जग कोंडलेय आपापल्या घरातच ना झाली चोरी ना कोणताही हिंसाचार सगळे लोकं जणू भोगतोय तुरुंगवास

मजुरांची परिस्थिती दयनीय झाली बघता बघता उपासमारीची वेळ आली मुलाबाळांसह मजूर निघाले हताश होऊन कधी पोहोचू दूरस्थ आपल्या घरकुलात

आम्ही मात्र शोधतोय रोज विरंगुळा मुलांची फरमाईश ऐकताच पोटी येतो गोळा कामवाली नाही घरवालीच झाली मोलकरीन नवरा म्हणतो नको करू कष्ट मी तुला मदत करीन

आता लागलीय ओढ गावाकडली आठवतय झाड फुलं रम्य निसर्ग शिखरावरची बंद झाली सर्व वाहतूक माहेरी जाण्याची सुखरूप असू दे प्रकृती आईवडिलांची हीच ईश्वराला विनंती



आता कळतय महत्व संयुक्त परिवाराचं पण आता समजून हो झालाय फार उशीर सर्व नातलग राहतात दूरस्थ गावात संवाद साधतो झूम ॲप च्या ओघात

मुलांचे मात्र हालच हाल कसे काय करावे विचारांनी बेहाल कधी ऑनलाईन शाळा तर ऑनलाइन संस्कार वर्ग पालकांनी केलाय त्यांना फार व्यस्त

बायकांचा विरंगुळा मात्र वेगळाच युट्युब चे पारणे फिटले दोन महिन्याच्या आत करतात प्रयोग खान-पान चे नवरया वर वेगवेगळे पकवान खाऊन फरक पडतोय पचनावर

कोरोनानी लावलाय आमच्या जीवाला घोर पण मोदीजीच कार्य कौशल्य फारच थोर पोलीस डॉक्टर परिचारिकांना आमचा सलाम न डगमगता प्राण जोखीमीत घालून करताय काम

सांगायची आहे एक गोष्ट महत्वाची सर्वांना नका निघू मास्क शिवाय बाहेर जाताना आपला जीव बळकट ठेवा आपल्या हातात तेव्हाच पुढचं आयुष्य जगता येईल नव्या युगात

The universe and I



Whenever I go for walking, I look up at the sky. I look up while walking so much that people can't help but ask me why?

I don't know what to say. So I just smile. I just love watching it.

The sun, it makes me feel powerful. I feel free whenever I see birds fly.

The cumulus clouds which make me want to catch them or jump on them.

Every shape and size of the moon is so satisfying to the eye.

The twinkling of all the stars, helps me in reminiscing the past. The space to me, it represents stability, unfathomable secrets and infinity.

All of this stirs my yearning for being creative and reminds me of myself.

Why?

Because they all are imperishable part of the creator and so am I.

-Shree Amrita

F.Y. B.Ed. (2019-21)

सिलसिला

By Supriya Das *F.Y. B.Ed.* (2019-21)

रात यादों का एक खूबसूरत सा कारवां चलाता रहा चाँदनी साथ चली हवाओं के हिलोरों पे , ओढ़नी के रेलों पे लहरें भी मचलती रहीं पानी के हर रूप में डूबने उबरने में चाँदनी मस्कुराती रही जिन्दगी जैसे उभारती रही





ऐसा ही एक सिलसिला सा सूरज ने भी खेला है सनुहरी तारों का दोपहर की बेला में पानी पर कुछ मचला है झिलमिलाते तारों सा भरी दोपहरी में जो टिमटिमाते हैं

लहरों पे जिन्दगी को कुछ सुनहरा सा करने का भ्रम देते हैं एक एक पल कुछ ऐसे ही गुजार देते हैं एक पल ऐसा लगे कायनात सारी ही साथ है

कुछ पल ऐसा लगे ये तो <u>मामूली</u> सी बात है यही तो भ्रम है भ्रम का भी क्या कोई ठिकाना ह यही तो जिन्दगी है इसे बस जिए जाना है।

CELEBRATE OR BLATE

By Neenu Varghese *S.Y. B.Ed.* (2018-20)

How well you know your lifespan?
The exact years you're going to live!
Damn!

Live with laughter, peace and joy

Or with sorrows turn life into a savoy

Celebrate or blate, the choice is yours.



What is to happen will happen
Accept life, what it returns
Dancing to the beats of fun
Or bed ridden, a life rotten
Celebrate or blate, the choice is yours.

Passing on joy and love

Dancing onto the rhythm like a dove

Cheers with peers or cry and never fly

Celebrate or blate, the choice is yours



YOU ARE THE VIRUS

By Pooja Nair *F.Y. B.Ed.* (2019-21)

A world without you
Is everyone's wish
A way to overcome this flu
And all the suffering to finish

Imagine a time when we all were free Could go anyplace with no fear of detention

That was life before you came like a black bee

And took our freedom without any consideration

But as much angry we are with you
That much happy our planet is
You are letting it heal itself by you
And ease the destruction we caused to it

You made us realize the importance of our nature

And what we have been doing to it

If we are gone, this planet will have a
radiant future

Also all other beings will be relieved a bit

Now we know how cruel it is to be caged

And we were doing wrong for our own selfishness

We treated all the animals with rage

SPARK Annual Magazine

And made them feel that we have no kindness

Sometimes I think a world without humans

Might be the desire of all other beings That's the sad reality of their creation They can't think like human beings

It's funny to notice that you made us understand

How necessary it is to stay healthy and fit

If just a microbe like u takes a stand
We could see ourselves either burned or
in a pit

You forced us to live in a confined environment

Helped us rejuvenate our relation with family

Unknowingly you gave us that enlighten

Which was lost due to lack of time and working anomaly

I know this is nature's way to take back its control

And in this process we have lost many souls

It's time we start changing our habits as whole

Coexistence is the key and we have to achieve that goal

आत्मविश्वास

कोमल वाद्ये

आया तू इस दुनिया में लेके खुशियाँ साथ कई उम्मीदों से थामे सबने तेरे हाथ। नन्हे-नन्हे कदमों से चलना सीखा तुझ में सबने अपना बचपन देखा। स्कूल कॉलेज जाकर पढ़े कई किताब देखे ज़िंदगी में कुछ बनने के ख़्वाब। ज़िन्दगी की चुनौतियों से होकर हताश टूटी तेर हिम्मत, हुआ तू निराश। ऐसे न हो तू ज़िंदगी से नाराज़ ज़िंदगी जीने का कुछ अलग है अंदाज़। तू ख़ुद पर रख विशवास तेरे हर सवाल का है जवाब तेरा आत्मविशवास।।



Painting By Ms Pooja Nair F.Y. B.Ed. (2019-20)

Irony

Poet - Anonymous

Contributed by Vaishnavi Salve

F.Y. B.Ed. (2019-21)



Never have I seen such a mess in life.

The air is pure but wearing a mask is mandatory.

Roads are empty but it is impossible to go on long drive.

People have clean hands but there is a ban on shaking hands.

Friends have time to sit together but they cannot get together.

The cook inside you is crazy, but you cannot call anyone for lunch or dinner.

Every Sunday, the heart longs to go out, but the weekend does not seem to end.

Those who have money have little ways to spend it.

Those who don't have money have no way to earn it.

There is enough time on hand but you can't fulfill your dreams.

The culprit is all around but cannot be seen.

A world full of irony! Be positive but test negative."



मंजू कुमारी

माँ तेरी क्या यही कहानी, आँचल में प्यार और ममता, आँखों में है पानी।

सुबह जगाना, तेरे हाथ का खाना सबने मुझे कर दिया दिवाना।

दिन-रात तू कामों में व्यस्त है, लोग कहते हैं तू इसके लिए अभ्यस्त है।

कभी भी पूरे नहीं होते तेरे अरमान, फिर भी तू कहती है,तेरे पर हैं भगवान मेहरबान।

> तेरे जैसा न कोई दूजा होगा, तेरे चरणों में ही मेरा जन्नत होगा।

तेरी हर सीख मुझे याद आती है जो हर वक्त मुझे सफल बनाती है।

मेरे हर सपने पूरे, होते तूझसे साकार तेरे बिन,मेरी दुनिया है बेकार।

मैं जाऊँ, तुझसे कितनी भी दूर, मेरे आँखों में, बनकर रहें तू नूर।

माँ तेरी क्या यही कहानी, आँचल में प्यार और ममता, आँखों में है पानी।



Painting By Ms Pooja Nair F.Y. B.Ed. (2019-20)

Class Photograph – F.Y. M.Ed. 2019-21
PILLAI COLLEGE OF EDUCATION & RESEARCH, NEW PANYEL



M.Ed. Students and Staff S.Y. B.Ed. 2018-20











How ready are we for learners of 2023?

Ms. Radhika Dave *F.Y. M.Ed.* (2019-21)

The image of earth on the page 57 is not as real as compared to the simulation of earth on the AI screen. Welcome to the Digital age. **This is what refining**

education defines. How Shraddha designs a rocket with plain cardboards is a highlight rather than what she plainly observes in her book and

forgets when she returns back home.

This is the real scenario of our current education system. India being

a developing country has to do a lot in the education sector. And this does not mean that it's not progressing. India has come a long way and still has to come up to the rest of the world. Education is the main aspect of a country's growth. It is the basic foundation that every individual needs to have.

For any child, the process of learning begins from the day he/she was born. Children begin by learning things from their parents and their social ambiance,



and it is clearly evident with the instances of children mimicking certain unique lifestyle practices they get attracted to. This is why the information we need to

provide has to inherently trigger their curiosity to explore. It's time we put an end to the systematic process of studying, and pave the way for a much

more efficient process of learning.

These were theoretical aspects...
When we talk about learners of 2030.



really need to think about technological, moral and ethical aspects. Currently if we look at the curriculum it is all about a great emphasis that is specified on general knowledge by organizing quizzes and other activities of similar kind. This build ups the overall individuality of a character which is the chief obligation. Focusing mainly on the academic aspect and neglecting the experience is just a waste of time. Emphasis should be given on experiencing rather than learning.

We need to question ourselves, have we truly included the STEM AND STEAM into our curriculum? When we talk about the learners of 2030, it is very important to look at the current learner and the learning system. Though we talk about technology in education, have hardly we implemented the same in our education system. There is no direct learning directly based on ICT which helps students to be at par with the present and the future. We have introduced inclusive education but we have not prepared our schools with proper equipment and teacher training.

Education system in 2030 may come up with the robot system, a 360 degree smart education aided by tools such as smart boards, laptops, tabs and smart notes and school apps. A student may not have to carry books and pens to schools anymore, just a tab would do. But the question is- Are we preparing our current generation learners, teachers and the school system for the same?

Indian education system has accepted many new advances and technological upgradation with our values and social

We have with ethics. started compulsory education in the field of computer & technology. There are so many courses available in various schools and colleges which give the learner a fundamental and detailed knowledge about technological advancement. Our government has also come up with online courses which again provide liberty on what you want to learn, at what time and where you want to learn.

It's 2020 already, and school going millennial have already mastered the application of the current technology with ease. We could see kids open up 'YouTube' apps on smartphones, and look for cartoons and other such media of their interest. This penetration of technology is flooding the next generation with infinite data and information unlike the past centuries. We have access to anything and everything now, and we all know someone who is curious to learn has a number of avenues open and inviting.

Over the past few years we have introduced virtual reality classrooms and 3D dimensional apps in schools especially for subjects like science and mathematics. It has helped our students to feel the actual reality and connect to

the real world. Technology is an important aspect but students need to have command over their language and memory power. But is it really going to help our coming generation in 2030?

While the information is readily available on various sites, it's worrisome that there is no regularized body to authenticate it. Students are using virtual reality but are they trained enough to face the actual reality? Will teaching students about historical perspective helps to sustain in the society. 2030 learners will be more towards technology but they will have to be holding their values from our culture. Future will be coming with equality and equity for individual learner with respect

As the Montessori system of education guides us on how impactful the visual learning for a child would be, we can also relate to the truth behind it. Employing all the senses to perceive the worldly knowledge has to be brought into the regularized system of education to make it more effective than ever. We need to get the learners of 2030 to be more responsible than ever, as the world needs people who can think, innovate, take charge, and bring about the change that's necessary. We need to guide them to make decisions that are for the welfare of themselves and all others, and make them understand there is no race between them, and they can all win when worked together.

As Gandhi quotes, "Be the change you wish to see", it is in our hands today to make sure we see all the changes in the education system to come into play by 2030 to make the world a better place for everyone.



Art by Riya Mathew F. Y. B.Ed. (2019-20)

How Sharing Economy is Transforming Travel and Hospitality Industry?

By Ms. Radhika Dave F.Y. M.Ed. (2019-21)

The pervasive presence of mobile technology in our lives is changing businesses industries. across Empowered with smartphones in their hands, consumers search the web, find products and engage with brands differently now, giving rise to new growth and business opportunities for companies. Let us look at how innovations in peer-to-peer mobile applications and the birth of sharing economy have revolutionized the travel and hospitality industry. We'll focus on Airbnb - the newest wonder kid of the Silicon Valley.



The sharing economy (also called peer-to-peer economy) is built around the sharing of human and physical resources. It includes the shared creation, production, distribution, trade and consumption of goods and services

by different people and organisations. Airbnb is one of the biggest sharing economy success stories.

Airbnb, like other niche marketplaces has cleverly integrated web, mobile, and social to create a product that allows people to find places to stay with a never-before-experienced ease. It has effectively transformed how one person can rent their home to another and created a revenue model around profit-sharing.

Some of the key ways in which Airbnb has helped make stays in new cities better are indicative of the general features of emerging niche marketplaces. These include:

Secure Transactions: Airbnb users are given a level of comfort and security by being able to pay for transactions with credit cards, having amounts set aside until the trip is complete, and being able to dispute charges or request refunds.

Transparent Feedback: Airbnb guests can rate and review the hosts/places they stayed at without fear. Hosts can

also review back, helping call out bad guests. This is a leap in transparency, when compared to vacation rental sites of yester year.

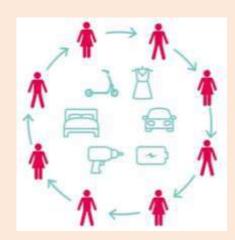
Simplified Search: Working like any other search engine, Airbnb lets you see rooms, locations, prices, amenities, and so on upfront. Guests can read about hosts and see previous guest reviews to determine if they're staying at an appropriate place.

Safer Rentals: While there may have been a few bad experiences, the frequency of such instances is too low to question the model. The two-way review approach helps filter out bad hosts and shady guests.

The growing popularity and world-wide acceptance of Airbnb is evident if you look at the stats – Airbnb has over 800,000 listings in 33,000 cities and 192 countries. In April 2014, the company closed on an investment of

\$450 million by TPG Capital at a valuation of approximately \$10 billion.

How does this affect the travel and



hospitality industry?

We believe this is having a huge impact on the traditional business models and its players. This new and undiscovered inventory is eating into the hotel inventory. Hotels initially underestimated the potential of these marketplaces and tried to ward it off by offering price discounts. They are now forced to innovate and provide unique services. The customer is getting more for less.

WHY YOUR **ATTITUDE** IS EVERYTHING?

By Renu Sharma *S.Y. M.Ed.* (2018-20)

Many of us have behaviour patterns today that were programmed into our brains at a very tender age. The information that was recorded by our brains could have been completely inaccurate or cruel. The sad reality of life is that we will continue to hear negative information, but we don't have to program it into our brains.

The loudest and most influential voice you hear is your own inner voice, your self-critic. It can work for or against you, depending on the messages you allow. It can be optimistic or pessimistic. It can wear you down or cheer you on. You control the sender and the receiver, but only if you consciously take responsibility for and control over your inner conversation.

Habitual bad attitudes are often the product of past experiences and events. Common causes include low self-esteem, stress, fear, resentment, anger and an inability to handle change. It takes serious work to examine the roots of a harmful attitude, but the rewards of ridding ourselves of this heavy baggage can last a lifetime.

10 Strategies to improve Attitude:

1. Self-Coaching through Affirmations.

Affirmations repeated several times each day, every day, serve to reprogram your subconscious with positive thinking. An affirmation is made up of words charged with power, conviction and faith. You send a

positive response to your subconscious, which accepts whatever you tell it. When done properly, this triggers positive feelings that, in turn, drive action.

2. Self-Motivation through Discovering your Motives.

Discover what motivates you; what incites you to take action to change your life. Basic motives include love, self-preservation, anger, financial gain and fear. Self-motivation requires enthusiasm, a positive outlook, a positive physiology (walk faster, smile, sit up), and a belief in yourself and your God-given potential.

3. The Power of Visualization.

Studies of the psychology of peak performance have found that most great athletes, surgeons, engineers and artists use affirmations visualizations either consciously or subconsciously to enhance and focus their skills. Nelson Mandela has written extensively how on visualization helped him maintain a attitude positive while being imprisoned for 27 years. "I thought continually of the day when I would walk free. I fantasized about what I would like to do," he wrote in his autobiography. Visualization works well to improve attitude.

4. Attitude talks for Positive Internal Dialogue.

Attitude talk is a way to override your past negative programming by erasing or replacing it with a conscious, positive internal voice that helps you face new directions. Your internal conversation, that little voice you listen to all day long acts like a seed in that it programs your brain and affects your behaviour. Take a closer look at what you are saying to yourself.



Painting By Ms Pooja Nair F.Y. B.Ed. (2019-20)

5. The Power of Words – WOW.

Once released to the universe, our words cannot be taken back. Learn the

concept of WOW watch our words. What we speak reflects what is already in our hearts based upon all the things we have come to believe about ourselves. If we find ourselves speaking judgmental and disparaging things about our circumstances or those around us, we know the condition of our hearts needs to change. You can create a direct path to success by what you say.

6. The Power in a Positive Greeting.

When people ask you, how are you doing, you should say, "Superfantastic!" Most people enjoy working and living with others who try to live life for what it is a beautiful gift.

7. Enthusiasm: Vital tool for staying Motivated.

Enthusiasm is to attitude what breathing is to life. Enthusiasm enables you to apply your gifts more effectively. It's the burning desire that communicates commitment, determination and spirit. Enthusiasm means putting yourself in motion. It's an internal spirit that speaks through your actions from your commitment and your belief in what you are doing. It is one of the most empowering and attractive characteristics you can have.

8. Connecting to your Spiritual Empowerment.

The ultimate level of human need extends into the spiritual realm. Just as we feed our bodies in response to our primary need to survive physically, we need to feed our spirit because we are spiritual beings. Many people find powerful and positive motivation in their faith.

9. Lighten up your Life with Humour.

Humour is a powerful motivator. The more humour and laughter in your life,

the less stress you'll have, which means more positive energy to help you put your attitude into action. There are also health benefits to lightening up.

10. Exercising will help keep you Motivated.

One of the best ways to move to a more positive and motivated frame of mind is to exercise. A regular exercise routine can provide relatively quick positive feedback in the form of weight loss, muscle development and a sense of doing something positive for yourself.

इंसानियत

अस्मिता

इन दिनों में फ्री टाईम में फेसबुक पर उँगलियाँ नचाना सभी की आदत हो गई है, और मैं भी तो इसी समाज का हिस्सा हूँ, तो यह काम मेरी भी आदतों में शुमार है।



यूँही फेसबुक पर घूमते हुए मेरी आँखें 'श्रीनिवासन' नाम और एक जानी पहचानी तस्वीर पर रुकीं; अरे यह तो अपना 'श्री' है! आँखों ने दिमाग से इजाज़त ली और उँगलियों ने वहाँ क्लिक किया।

श्री निवासन का प्रोफाइल मेरे सामने था। कुछ पाँच-छ: तस्वीरों के बाद कुछ और तस्वीरें सामने आने लगीं। अरे! यह श्री और शिवा ऐसे पोज़ क्यों दे रहें हैं इन तस्वीरों में। ओह माई गाँड! ये क्या हो रहा है, वो भी मेरे घर में! काफी सारे भाव एक साथ मेरे मन मस्तिष्क पर छाए।

'श्री' मेरा मूँह-लगा नौकर है या यह कहिए मेरा दाहिना हाथ और उसी की वजह से आज मैं घर और बाहर दोनो जगह सफलता के झंडे गाड़ रही हूँ।

श्री मेरी बेटी का 'श्री' मामा और उसका घर-घर खेलने वाला सबसे अच्छा साथी है, जिस में 'श्री' मम्मी होता है और उस वक्त वह साड़ी पहनकर और लिपस्टिक लगाकर मम्मी का रोल अदा करता है। कभी-कभी श्री का दोस्त 'शिवा' भी उनके खेल में शामिल होता है।

'श्री' मेरा एक अच्छा शॉपिंग पार्टनर भी है। साड़ियों की शॉपिंग के लिए श्री से अच्छा पार्टनर और कोई नहीं, कितना ख़ुश होता है न उस वक्त वो!

श्री से पहले जाने कितनी नौकर-नौकरानियाँ और आया आके गईं पर कोई भी मेरे हिडन सी.सी.टी.वी कॅमरे की परीक्षा में पास नहीं हो पाई। एक 'श्री' ही है जो पिछले चार साल से हर परीक्षा में खरा उतर रहा है, और साथ ही अच्छे इंसान वाली परिभाषा में भी!

मेरे दिल-दिमाग मुझसे सवाल कर रहे हैं कि क्या मेल और फीमेल का टैग बड़ा है इंसानियत के टैग केआगे? ज़िंदगी नाचती थी छत भर। अस्मिता

बहुत याद आता है, वो घर जहाँ ज़िंदगी नाचती थी छत भर। दादी बड़ी,पापड़, चिप्स सुखाती थी छत भर, गौरैया गेहूँ, मक्का, बाजरा चुगने आती थी छत भर।

बिछावन होती थी गर्मियों में, छत भर। तारों में भालू, पेड़, हाथी तराशे जाते थे रात भर। बहुत याद आता है, वो घर जहाँ ज़िंदगी नाचती थी छत भर।

करवा चौथ का चाँद देखने, मोहल्ले भर की औरतें जमा होती थी छत भर। गुड़िया की शादी में दावतें होती थी, छत भर।

पतंगों के माँझे भी उलझते थे छत भर। बहुत याद आता है, वो घर जहाँ ज़िंदगी नाचती थी छत भर।।



Find Your Thankful Self

By Renu Sharma S.Y. M.Ed. (2018-20)



Sometimes you feel you're nothing at all,

And that's all you'll ever be.

You study all your defects;

An empty life is all you see.

Instead of looking at what you haven't

got,

Seeing only what you lack,

Focus on your blessings,

And get right back on track.

There are many good things about being you;

Count them one by one.

Your life has lots of comforts,
While others, they have none.

Many people have it much, much
worse

Yet they have happiness.

They take joy in little things

They're thankful, though they have less.

Lift your spirits up right now;
Get out of that depression.
Find your thankful self,
And give it full expression.
Find the joy in little things;
Focus on fun and laughter.
See life's blessings all around,
And live happily ever after!

Always find a reason to laugh

-By Anna Susan

Teacher: Jack, How old is your father?

Jack: As old as I am.

Teacher: How is that possible Jack?

Jack: He became a father only after I was born..!



Miser- Please take some more peanut from me.

Friend: No, I am done, I already eaten 20 peanuts.

Miser: No, you have eaten 25 pieces, but don't worry - who is counting...come on

have more...:)

Self-empowering

By Divya Wadhwa *F.Y. M.Ed.* (2019-20)

Self-empowering means 'Be yourself'
Believe in self.

Accept yourself the way you are.

Loving self and doing what you like. Educate yourself.

Seek advice; accept the feedback in a positive way.

Strengthen your strengths and work on your weakness.

Learn what you don't know.

Stand for yourself.

Take control of your life, set your goals to make a positive choice.

Nourish thoughts with affirmative sentences.

Develop your skills.

Increase self-awareness.

Increase your knowledge.

Motivate yourself to give and do best.

Set higher values and beliefs.

Recognize and acknowledge your powers.

Having willingness to grow and expand.

Embrace the gifts, talents you possess.

Relaxing in free time, meditating, setting quiet hour

Be truthful, independent and responsible.

Build self-confidence and self-esteem.

Laugh, spread smile, listen to others, show empathy, be healthy and eat healthy.

Enrich the power within you.

Forget and forgive which is difficult to follow.

Being grateful to all what you have will make you shine.

Empower to shine, to raise self.

मेरे प्यारे पापा

By Renu Sharma *S.Y. M.Ed.* (2018-20)

माँ की कोमल ममता को तो सब ने ही स्वीकार है पर पिता की परवरिश को कब किसने ललकारा है

मुश्किलो की घड़ियों में अक्सर मेरे साथ खड़े थे वो मेरी गलतियाँ थी फिर भी मेरे खातिर लड़े थे वो

किमयों की अहसास मुझको कभी तो हो ना पाई कपकपा के सोते थे वो मेरे ऊपर थी रजाई

माँ की गोद की गर्माहट के बराबर उनकी थपकी कन्धा उनका बिस्तर मेरी आंख हल्की सी जो झपकी



उनके होसलों ने कभी न आँख नम होने दिया है जितनी थी मेरी जरुरत सबको तो पूरा किया

उनकी लाड में जो पाया थोडा कडवापन सही मेरी खातिर मुझको डाटा था वही बचपन सही

जिन्दगी की दौड़ में अब अपने पैरो पर खड़े[,] उनके जज्बों की बदौलत मुश्किलों से हम लड़े

सर पे उनका साया जब तक चिंता न डर है कोई उनके कंधो की बदौलत बढ़ रही है जिन्दगी

Alumni Section



Painting By Ms Pooja Nair

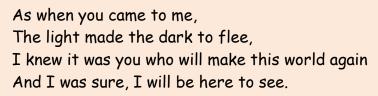
A NOTE TO LILLY

Far away in time when we meet,
I may forget to share this word with you,
I may be old to remember it by then,
I will make a note for you, Lilly.

It was a beautiful place to live before, Now it has turned dark and sore, Brothers of soil have made their choice, Now they hate each other to core.

The sun shined bright before that day, As the blood spilled on mother's face, She cried loud yet no one heard, For the dead, her eyes chase.

The dark celebrated like never before, They bought tears and grief in galore, For the one who stood against the odds, It was the trouble deep and more.



Far away in time when we meet,
I may forget to share this word with you,
I may be old to remember it by then,
I will make a note for you, Lilly.



By Sreejith Nair.

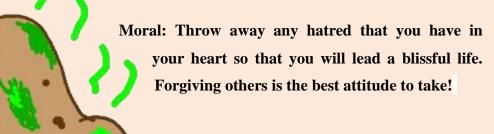
Rotten Potatoes

By Khyati Raja,

One day a kindergarten teacher told each child in her class to bring a plastic bag containing a few potatoes. Each potato will be given the name of a person that the child dislikes. The next day every child brought some potatoes representing the people he/she hated. Some had 2 potatoes; some 3 while some up to 5 potatoes. The teacher then told the kids that they have to carry their respective plastic bags with them for a week wherever they go.

As the days passed, the children started complaining about the foul smell being let out by the rotten potatoes. Also, those who had 5 potatoes had to carry a heavier bag compared to those having 2 or 3 potatoes. At the end of the week the children were relieved when the game finally ended. The teacher then asked them: "How did you feel while carrying the potatoes with you for 1 week?" The kids let out their frustrations and complained of the various troubles that had faced while carrying the heavy and smelly potatoes.

The teacher then told them: "This is exactly the situation when you carry hatred for somebody inside your heart. The stench of hatred will contaminate your mind and you will carry it with you wherever you go. If you cannot tolerate the smell of rotten potatoes for just 1 week, can you imagine what is it like to have hatred in your heart for a lifetime?"



माँ

कंचन शर्मा द्वारा संकलित

माँ उत्तम कृति है, नाथ की। माँ प्रेम, माँ स्नेह, माँ कुंजी, माँ संवेदना, माँ अभिव्यक्ति है,संसार की। माँ भावना, माँ कर्तव्य, माँ तृप्ति है। माँ त्याग, माँ प्राण, माँ सुंदर चित्त। माँ उपवन है, रचनाकार की।।

> माँ चेतना, माँ वेदना,माँ चिंतन। माँ वृद्धि है, आत्मविश्वास की।। माँ मनन, माँ सिसकी। बच्चों के घायल गात की।।

माँ क्षुधातुर, माँ निवाला। माँ विभूषित है, उत्तम जगत नाथ की।। माँ अंबर प्रसाद, माँ धरा धैर्य। माँ सिंधु हृदय है, शिखर ब्रह्मांड की।। माँ अर्पण, माँ समपर्ण। माँ ममता है, दुलार की।।

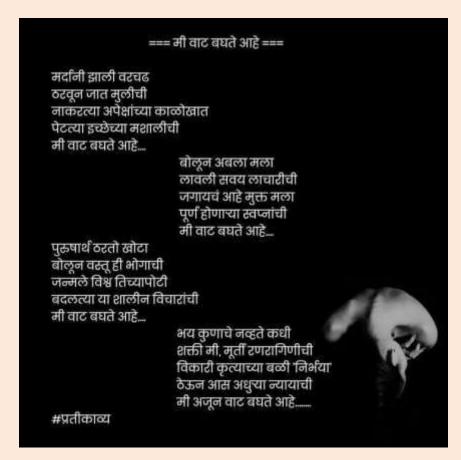
माँ अमृत आंचल, माँ पवित्र गंगा। माँ जगत जननी है संसार की। माँ सुंदरी, माँ सुरदेवी। माँ सौन्दर्य, माँ सहृदय। माँ आसन, माँ करूणा। माँ अश्रु धारा है, परिवार की।।

माँ आकृति, माँ समृद्धि। माँ प्यारी, माँ न्यारी। माँ अनुभूति, माँ विभूति। माँ संवरती, माँ सजती। पवित्र देवी है, सुहाग की। माँ कृति है, अनुपम भगवान की।।

माँ भारती, माँ स्वर्ण धरा। माँ विश्व पटल, माँ व्याख्या है, संसार की। माँ नमन तुम्हें, माँ वंदन तुम्हें। माँ स्तुति है, श्रष्टि दयाल की।।

=== स्त्री === नसतीस तू मग कसा घडला असता शिवाजी लढलीस तू झांशी घेऊन पोर उराशी अनेक रूप तुझी अन अनेक भावना नात्यांच्या गोड बंधनात एकजूट करते सर्वाना वात्सल्याची मूर्ती तू नवं चैतन्याची स्फुर्तीं तू शूर रणरागिणी हि तू माझ्या असण्याचं कारणही त् उच्चारिता शब्द 'स्त्री' जरी एकेरी हा वाटे समस्त विश्वाला व्यापण्याची शक्ती मात्र त्यातच दाटे #प्रतीकाव्य

Contributed By
Sujan Sing Patil



रिश्ते नाते

मंजू ढिल्लों

रिश्ते नाते नहीं होते ऐसे , कि लिख कर चॉक से मिटा दें इनको

कितना भी था जतन किया, अपनों ने फिर भी दर्द दिया, रह गया धरा - धराया सब कुछ, टूटा रिश्ता न गया सिया।

फिर से कोशिश कर दे जारी, न हारे कभी भी हिम्मत हमारी, सदा उनकी भी जय हो, छल प्रपंच ही भाये जिनको।

रिश्ते नाते नहीं होते ऐसे , कि लिख कर चॉक से मिटा दें इनको.......

क्या लिखूं औ क्या मैं बता दूँ, दिल की बातें भी मैं सुना दूँ, बाँट कर प्यार इस जहाँ में, सबको अपना मीत बना दूँ।

सूखे से नीरस मन में भी मैं, प्रीत की प्यारी अलख जगा दूँ,

रिश्ते नाते नहीं होते ऐसे ,
कि लिख कर चॉक से मिटा दें इनको

विश्वास नाम की स्याही से, दिल पर लिखना पड़ता इनको, समय देने पर गहरे होते, प्यार में बीते वो पल सुनहरे होते, किस्मत वाले माने हम उन्हें, मिलते प्यारे रिश्ते जिनको।

रिश्ते नाते नहीं होते ऐसे , कि लिख कर चॉक से मिटा दें इनको

वैसे चलता रहे जीवन बेशक, समय की मार से बने मनुज होशियार, कैसे - कैसे तू दिन दिखलाये, भगवन तेरी महिमा अपरंपार।

समय के आगे घुटने टिक गये, चाहे कोई कितना तेज़ - तर्रार, लेकिन वो चूमे हर ख़ुशी को, ईश्वर दे अपना प्यार है जिनको।

रिश्ते नाते नहीं होते ऐसे , कि लिख कर चॉक से मिटा दें इनको



How to start your day?

By Kanchan Sharma

Mark twain had said once: "The way to get ahead is to get start". I believe the way to get ahead is to get start right. Our life is made or destroyed by our everyday actions or inactions. Setting a morning routine is a great way of living a purposeful life.

Start or plan your day a night before: Make your to do list before going to sleep, affirm that tomorrow is going to be a beautiful day before you go to bed.

1. Start your day with a big smile.



- **2.** Have a glass of **hot water**, **lemon and honey** right after waking up.
- **3.** Wake up every day at the same time: Don't have different waking hours on your holidays or off days.
- **4. Take time for yourself:** Do 20 minutes of stretching/yoga/meditation. Then 10 minutes of breathing exercise and 10 minutes of journaling.
- While sipping your morning drink, go through the to-do list.
- **6.** Habits are essential but once in a while **move out of our comfort zone**. Every day do something different it can be as small as switching your morning drink or using a new route to work.



Just for the laugh!!!

-By Anna Susan



"What did one math book say to the other?

Don't bother me. I've got my own problems!"

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अपन बचपन क एक रोचक कहानी सनाता । बचपन की एक रोचक कहानी

By Ramesh Thapar

अपने बचपन की एक रोचक कहानी सुनाता हूँ। १९६५ या ६६ का साल था। दिल्ली शहर में एक पुरानी हवेली जिसमें हमारा करीब ८-१० सदस्यों का संयुक्त परिवार रहता था। अंदर पक्की ईटों का आंगन था और हवेली के बाहर चरों तरफ से ऊँची दिवार से घिरे, छोटे से खुले मैदान में एक बरगद का वृक्ष था। घरेलु चिड़ियाँ जैसे गौरैया, मैना, कबूतर और कौए, हवेली में निर्भय विचरण करते थे। उन दिनों पिक्षयों के साथ इंसानो का समन्वय आज से कई गुणा बेहतर था।

घरों में पिक्षियों के लिए मिटटी के बर्तन में पानी रखना सामान्य दृश्य था। गौरैया का हवेली में यहाँ वहां, यहाँ तक कि ड्राइंग रूम में घोसला बना लेना आम बात थी। पक्षी हमारे घरों में पूरे हक़ से घूमते फिरते रहते थे, निर्भय और बेफिक्रएक दिन की बात है, मेरी दादी के कमरे की छत में लकड़ी

की कड़ियों के बीच छोटी सी जगह में एक नर - मादा गौरैये के जोड़े ने अपना घोंसला बना लिया

दादी ने घोसले पर ध्यान जाते ही तुरंत घोसला हटाने की आज्ञा दी। जैसे ही हमारा नौकर टेबल के ऊपर टेबल रख कर घोंसले तक पहुंचा उसे गौरिये के नन्हें बच्चों के चहचहाने की बारीक़ आवाज़ सुनाई दी। दादी ने उसे तुरंत नीचे आने को कहा। जब तक बच्चे उड़ नहीं जाते घोंसले को हाथ मत लगाना। दादी ने फरमान जारी कर दिया। फिर तो वह घोंसला सभी बच्चों के आकर्षण का केंद्र बन गया....... दिन भर सबकी निगाहें वहीँ रहती थीं।

बारी बारी से नर और मादा चिड़िया अपने नन्हें चूजों के लिए खाने को लाते सुबह से शाम तक अनवरत यही प्रक्रिया चलती रहती थी। लेकिन एक दिन अचानक एक दुर्घटना हो गयी। सुबह सुबह की बात है, मादा गौरैया कमरे में रोज़ की तरह दाखिल होते ही चलते हुए पंखे से टकरा गयी और छिटक कर कोने में जा गिरी। दादी उसी कमरे में आराम कर रहीं थीं। जोर से चिल्लाईं - अरे कोई जल्दी आओ रे......हम सब बच्चे और बड़े कमरे की तरफ भागे - नन्ही गौरैया बुरी तरह घायल थी और चोंच खोल कर कराह रही थी। हमने उसकी चोंच में पानी की बूँदें डाल कर उसे बचाने का प्रयास किया, लेकिन नन्ही गौरैया ने कुछ ही पलों में दम तोड़ दिया।

हमारे सारे परिवार में उदासी छा गई। दूसरी तरफ चिड़े का कोई अता पता था। उधर घोंसले में बच्चों ने भूख के मारे चीं चीं करके आसमान सिर पे उठा लिया था। एक बार सोचा गया कि नन्हें बच्चों को घोसले से उतार कर कुछ दाना पानी देकर बचा लिया जाये। मगर हमें बताया गया कि एक बार बच्चों को हाथ लगाया तो फिर नर गौरैया उन्हें छोर देगी। इधर हम सब बच्चों ने मिल कर नन्हीं गौरैया को पूरे सम्मान से बाहर वाले मैदान में दफनाया और उसके ऊपर होली में बचे गुलाल से GOOD BYE लिखा। पूजा घर से भगवान के गले से माला चुराकर सजाया गया, उसकी कब्र पर एक पुरानी लाल पतंग से एक झंडा बना कर भी लगा दिया गया।

हम सभी बच्चों ने उस नन्ही चिड़ियां के देहविलय का वास्तव में सोक मनाया। मेरी दो छोटी बहनों ने तो उस दिन दोपहर का खाना भी नहीं खाया। उधर मेरी दादी भी चिड़ियाँ के भूखे नन्हें बच्चों को लेकर परेशांन थीं और सुबह से उस चिड़े के गायब होने पर कलप रहीं थी। दादी बर्तन मांजते हुए बारबरा रही थीं........निगोड़ा छोटे छोटे बच्चों को छोर कर न जाने कहाँ भाग गया, कैसा निर्मोही है रे! इसकी जगह चिरैया होती तो ऐसे मुंह छुपा भाग जाती क्या?

कभी न जाती।

घोर कलयुग आ गया ये मरद की जात ऐसी ही होवे है

उनका गुस्सा चिड़े से शुरू होकर सम्पूर्ण पुरुष जाती पर आ गया। धीरे धीरे शाम होने को आयी -उस चिड़े महाशय अता पता नहीं था। नन्हे बच्चों कि आवाजों में कमज़ोरी साफ़ नज़र आने लगी थी। सबकी बेचैनी बढ़ती जा रही थी कि चिड़ियां के नन्हें बच्चों का क्या होगा?

लेकिन शाम होने के पहले ही कुछ ऐसा हुआ जिसकी हमने कल्पना भी नहीं की थी......अचानक चिड़े महाशय न जाने कहाँ से एक मादा चिड़िया को साथ ले आये और आते ही दोनों ने पहले की तरह बच्चों को भोजन लाकर खिलाना प्रारंभ कर दिया।

हम सभी कुदरत का यह खेल देखकर विस्मय से भर गए। दादी के चेहरे पर भी मुस्कराहट आ गई।

दादी कमरे में आयी और घोंसले की तरफ देखते हुए मुस्कुरा कर बोलीं - "मुए से एक दिन भी सबर न हुई, जाने कहाँ से पाकर लाया नई चिरैया" मुआ बहुत चतुर है रे!! दुपट्टे में मुँह छुपा कर बोलीं - मरद की जात ऐसी ही होवे है

उनका गुस्सा चिड़े से शुरू होकर सम्पूर्ण पुरुष जाती पर आ गया। धीरे धीरे शाम होने को आयी -उस चिड़े महाशय अता पता नहीं था। नन्हे बच्चों कि आवाजों में कमज़ोरी साफ़ नज़र आने लगी थी। सबकी बेचैनी बढ़ती जा रही थी कि चिड़ियां के नन्हें बच्चों का क्या होगा? लेकिन शाम होने के पहले ही कुछ ऐसा हुआ जिसकी हमने कल्पना भी नहीं की थी....... अचानक चिड़े महाशय न जाने कहाँ से एक मादा चिड़िया को साथ ले आये और आते ही दोनों ने पहले की तरह बच्चों को भोजन लाकर खिलाना प्रारंभ कर दिया।

हम सभी कुदरत का यह खेल देखकर विस्मय से भर गए। दादी के चेहरे पर भी मुस्कराहट आ गई। दादी कमरे में आयी और घोंसले की तरफ देखते हुए मुस्कुरा कर बोलीं - "मुए से एक दिन भी सबर न हुई, जाने कहाँ से पाकर लाया नई चिरैया" मुआ बहुत चतुर है रे! दुपट्टे में मुँह छुपा कर बोलीं मरद की जात ऐसी ही होवे है

मैं आज भी इस घटना से उठे सवालों पर सोचते हुए हैरान हो जाता हूँ। उस नर चिड़े ने कौन सी भाषा में अपनी व्यथा उस नई चिड़िया को समझायी होगी? कैसे उसे मनाया होगा? वो चिड़िया भी क्या सुनकर तैयार हो गयी होगी? ये सोच कर आज भी मन आश्चर्य से भर जाता है।

इस किस्से में दादी के व्यंग पूर्ण वाक्यों को बोल्ड अक्षरों में लिखने का आशय इसे "मसालेदार" बनाना नहीं है बल्कि उस ज़माने में पुरुष प्रधान समाज द्वारा बनाये गए खोखले नैतिक मूल्यों के प्रति "दादी के अचेतन मन में छुपी भड़ास" है। दूसरा - पिक्षयों की संवेदनाएं "नैतिक मूल्यों के बोझ के बिना" भी निश्छल, निःस्वार्थ और निर्मल होती हैं।

Just for the gag

-By Anna Susan

A family of mice were surprised by a big cat.

Father Mouse jumped and said, "Bow-wow!" The cat ran away.

"What was that, Father?" asked Baby Mouse. "Well, son, that's why it's important to learn a second language."



A man goes to the doctor and says, "Doctor, wherever I touch, it hurts."

The doctor asks, "What do you mean?"

The man says, "When I touch my shoulder, it really hurts. If I touch my knee – OUCH! When I touch my forehead, it really, really hurts."

The doctor says, "I know what's wrong with you – you've broken your finger!"

A FAREWELL RAP

By Mehjabeen Bagasrawala St Mary's High School SSC, Mazagaon

A good good morning to my students and teachers and all the stakeholders

we now see the ones whom we moulded the last 8 to 10 years

This may surprise you for a teacher and a rap don't go together

But the only way to reach you is to do it the way you may remember

Well your kindergarten and primary years I may not remember

But it's your secondary that I can emphasise and choose to adhere

Class 5 and 6 were the early years of your knowing one another

We noticed you in standard 7 when you were all very shy and full of exuberant cheer

Then came the eighth when you started getting assertive

STD 9 saw you emerging like young leaders

Smiling and bubbling like energetic believers

And now you sit here at the end of your school years

Not knowing what lies ahead in your future

We have a mix of all kinds of talents sitting shoulder to shoulder

Many of you aspire to be doctors chartered accountants and engineers

But there are the rare gems too as rappers, mimic artists and beat boxers

Our Nekzad is the gentlemanly bawa

Leading the school with his charm and enduring endeavour

Chaitanya is watchful and sees that nothing goes haywire

Nirvik is the quiet leader always ready to help his teachers

Yashasvi is the brainy debater never losing an argument in his instant demeanour

The lanky Daniyal shows his skills on the football ground

Running around school with his partner Craig Dsouza

We also have Joshua Chu who comes an hour later to give his papers and

Aadhithyaan, the absent minded professor confused most of the time what does school desire

I may have not named the most of you

But do rest assured you are locked in our heart for ever and ever

Also remember, it's not that once you are out you will be forgotten

Just shout out to us in your unforeseen moments

You are now vivacious young adults waiting to prove your mettle

We have groomed you in endless ways for you to zoom in to your future

Now go into this world with super zealous power

Failures should not be your blocks but rather boost you on forever

My last words as a teacher would be 'Do what your heart desires' and 'Follow your Dreams'

Lead not into temptation and 'Always Strive till you reach Perfection'



LET'S MAKE THIS WORLD A BETTER PLACE TO LIVE IN!

Ms. Deepa Ghiya

We are all born sinners

Corruption, duplicity, dishonesty, bribery, misbehaviour or a small act of wrong doing are some acts in which we all get involved into, knowingly or unknowingly, at some point of our lives.

Even a slight alteration of word or expression while speaking or writing done with the wrong intention to manipulate or falsify someone or something is also considered wrong when we talk about moral conduct of behaviour.

Sometimes the acts of generosity and altruism are also called egoist acts in disguise by people when done by wrong intention.

Total depravity is the fallen state of human beings as a result of original sin. It is explicitly given in 'The Holy Bible' as,

The Lord saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his heart was only evil continually. And the Lord regretted that he had made

man on the earth, and it grieved him to his heart. ~ (Genesis 6:5-6)

The act of God grieving over his creation in this bible verse, which he first saw as very good but now filled with sin shows the wickedness of the man and woman from the start when they were created.

The story of the fall started when inspite of clear instructions and commands given by God to Adam and Eve, they didn't listen to God, but instead listened to the crafty serpent and committed sin.

So this is how the story of fall and SIN started and is continuing till date. The credit for it to be continued till date goes to the sinful nature of depraved human beings.

Lust, greed, power, position, possession, loneliness are some of the reasons due to which we all get involved into all such depraved acts of falsification, adultery, criminality, delinquency and irresponsibility which ultimately leads to negligence of many things in our lives.

'SIN' is suffering in non-sensical acts which people love committing. The non-sensical acts of pleasure are like sweet poison which give us temporary relief from our painful state and temporary pleasure to soothe it but its impacts are harmful, killing, long-lasting and many a times incurable.

So what does a man require to do to save himself?

If we, human beings, are able to win and overcome the situations of loneliness, lust, infidelity, greed, addictions etc. in our lives, we will be successful in purifying the environment for ourselves and the next generation as well. Adam and Eve will not commit sin anymore.... Somewhere there will a start of goodness on this earth after this.

Total depravity doesn't mean that people have lost part of their humanity or are ontologically deteriorated.

Lord knows our sinful hearts and the depth of it in which we are totally immersed in. We become successful in hiding it from human beings in this materialistic world but unable to hide it from Lord who loves us in our sinful condition too.

What we all need is God's grace in our lives, no matter how outwardly pious we are.

So knowing our limits, controlling our ourselves, sticking to the God's love, following HIS commandments, when we lead a life designed by HIM for us, we can ask to the Lord Almighty for HIS grace and mercy on us.

What we require is self-control and a true realisation of HIS presence and grace in our lives.

All good, consequently, is derived from God alone, and in no way through humanity.

LET'S JOIN OUR HANDS TOGETHER AND MAKE THIS WORLD A BETTER PLACE TO LIVE IN!



An Aesthetic Bend





Lens of the Eye

Beauty lies in the eyes of the beholder!!

Nature

Photography by Shree Amrita F.Y. B. Ed. (2019-21)

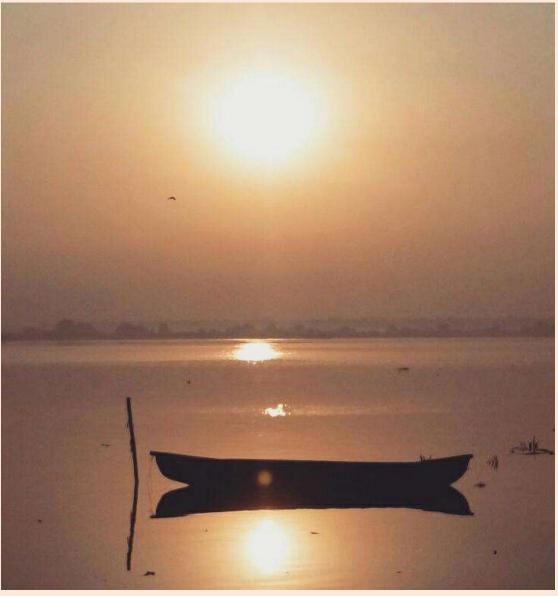












Elements from nature Photography By Poornima Shetty F.Y. B.Ed. (2019-21)



RARE SIGHTING. MAJESTIC, FREE and UNBOUND......
Kabini National Park, Karnataka,



NATURE AT ITS BEST!!!
Ullal Beach, Mangalore



Captured a rare moment. Priceless!!!

Chicks of a Red Whiskered Bulbul inside a nest,



COLOURS OF LIFE.

Lantern festival celebrated every year during Diwali at Kudroli Sri Gokarnatheshwara

Temple, Mangalore





Keeping our tradition alive....

Celebrating Cultural Diversity

A Report

Pillai college of Education and research conducted a cultural activity for the students of F.Y B.Ed. This cultural activity was organized with the objective to help student teachers learn about different states in India. The student teachers were divided into different groups and assigned different states. The states selected were Jharkhand, Tamil Nadu, West Bengal, Kerala, Maharashtra, Punjab and Gujarat. Each of these groups was allotted 30 minutes to showcase the unique cultural aspect of their state.

Jharkhand: On 18th October 2019 the first group presented the different cultures and traditions of the state Jharkhand. The programme started with a tribal song (jhor jhor bidhu) of Jharkhand state, followed by a small presentation to showcase the natural beauty of the state, its history, culture, dance form, dress code and famous personalities of the state. A skit was also performed on Birsa Munda, freedom fighter from the state followed by a dance performance on the tribal song, Santali. The programme concluded with a quiz competition wherein all teachers and students participated. Each member of the team equally participated to highlight the beauty of the state.



Tamil Nadu: The second presentation of the day on 18th October 2019 was by the student teachers of group Tamil Nadu. The student teachers representing this state were from different southern states such as Andhra Pradesh, Telangana, Tamil Nadu, Kerala and Karnataka. The title of their performance was "Tamil Nadu – The land of temples". The group had prepared a PowerPoint presentation, highlighting the famous temples, traditional food, dress, festival, sports and art of the state. The presentation started with a prayer followed, by an introduction to the state, highlighting its geographical location. A brief, on the state's flora and fauna and its history was stressed. They explained how the temples, built by the rulers, such as Pallavas, Cholas and the Pandyas, gave the state the name as the "Land of Temples". These Great Living Chola Temples have been designated as "UNESCO World Heritage Sites" today. They presented a song of the state, titled "Singapennaey" that describes the 'strength of women'.

The presentation included a 'Fashion Show' to exhibit the beautiful Kanchipuram sarees and a peep into the state's traditional food, dress, sports, art forms and famous personalities from the state Dr. A.P.J Abdul Kalam, A. R. Rahman, Kamal Hassan, Vishwanathan Anand, to name a few. The students performed a folk dance "Kummi attam" and concluded their presentation with a dance performance on the very famous songs "Apdi Podi" with which, we concluded our entire act.



Bengal: On 19th October 2019, the group representing the state of West Bengal presented before us the beauty of the state. Each of the group members was dressed in traditional white sarees. Their activity started with a prayer, followed by an introduction speech about the state, highlighting its geographical location, the importance of the state in terms of population. They also used a slide presentation to give information about the tourist places, traditional food, dress, festival, sports and art of the state. Their dance performance on the song "Dhak baja kashor baja" was a worship song to goddess Durga. Their presentation came to an end with a dance performance named as 'Dhunachi Naach'.

The concept, of representing one state, and highlighting all the important aspects, helped each one of us to get connected, not only to the state that we represented, but to all the performances. It helped us realize how every state has contributed in its own way, to the talent and culture of the country.



Kerala: on 22nd October 2019, the group representing the state of Kerala put forth a lively and enteric performance before the students. They showcased the different culture and tradition of the state of Kerala- God's own country. Activities were done along with the presentation to show the natural beauty of the state. The program started with a welcome dance defining the beauty of Kerala, continuing with the famous martial art of Kerala, that is, *Kalaripayttu*. Further a folk song was sung by the whole team and they also enacted a play on the main festivals of Kerala that is, Onam and Vishu. The group also performed the traditional dance of Kerala, *Thiruvathira* beautifully and gracefully. The powerful steps of *Chenda Melam* were also enacted in two pairs. Finally a famous song, *Vanchipattu* was presented by the team, which is usually sung during the boat race. Each member of the group participated equally to give more beauty to the state. The mind blowing performance of the group took everyone to the state of Kerala.



<u>Punjab</u>: The <u>Punjab</u>i <u>Culture</u> is the <u>culture</u> of the <u>Punjab</u>i people who are now distributed throughout the world. Some of the main areas include, <u>Punjab</u>i Philosophy, poetry, spirituality, education, artistry, music, cuisine, science, technology, military warfare, architecture, traditions, values and history.

On 23rd October 2019, the students representing the state of Punjab put forth a power packed performance highlighting the Punjabi Culture. The presentation started with a devotional prayer song "Ek Omkar Satnam". The song was taken from the movie "Rang De Basanti" and was followed by the welcome speech.

The slide presentation followed the welcome speech which gave a glance on the geographical location of the state of Punjab. The origin of word 'Punjab' was well presented. The joining of five rivers Satlaj, Ravi, Tapti, Vyas and Jhelam was shown through their slide presentation. Then there was a group dance on Giddha song "Hulle Hullare Hulle". They concluded their performance with a skit dedicating to all martyred soldiers from the state. All members in their group participated sincerely which helped the, to bring this performance to a great success.



<u>Maharashtra</u>: On 24th October 2019, a group of students represented the state of Maharashtra and their performance was named Garja Maharashtra Maza. In the given time slot, the students efficiently brought forth the must know facts and information about the state of Maharashtra.

Their program started with a prayer followed with the introduction to the state. The introduction covered the geographical and historical features of the state. They were beaming with proud when they spoke about the financial capital of the nation, Mumbai. Mumbai is the capital city of the state as well as the largest metropolitan city in India. They urged us remember the sacrifice and the bravery of the great Indian king and warrior Chhatrapati Shivaji Maharaj and about the forts he conquered during his Reign.

Great celebrities like Sachin Tendulkar, Savitri Bai Phule are from this state. Powada, a folk dance which represents the greatness of Maratha ruler Shivaji Maharaj, was performed by their group. Agricultural dance of Maharashtra state, the famous Lavani was also performed. Efforts and dedication of the group members made their performance a great success.



Gujarat: The last performance of the series was by the group of students showcasing the beauty and vibrancy of the state of Gujarat. Gujarat is a land of legends and lions. They began our performance with a slide presentation. The presentation was all about the geographical location of this state, its unique culture and festivals. It also gave a glimpse of traditional dance forms like Garba and Garbi as well as popular dance forms.

The Gujarati culture and its cuisine are loved all over the world. Information about a variety of Gujarati cuisines, famous historical and architectural sites, well known personalities from this state who contributed a significant part to our nation were also included in their presentation. They concluded our presentation with Garba and Gujarati folk dance.



To conclude: The main objective behind the cultural activity was to emphasize on the understanding that there is "Unity in Diversity" in our culture. Each culture is unique and adds on to the beauty of our nation India. We should respect and preserve the values imbibed by the culture of each state. All the students participated with lot of zeal and zest in the planning and presentation of their state. The process was a learning experience for everyone and gave us an opportunity to learn so many things which we were previously unaware of.



Garba Dandiya Celebration







Student Council Elections



Teaching Aid Making
Workshop









Soaking in the Sun and Sand - Picnic





















2019-20

Class Photograph – S.Y. B.Ed. 2018-20 PILLAI COLLEGE OF EDUCATION & RESEARCH NEW PANVEL





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- Powai Mahatma School of Academics and Sports Khanda Colony, New Panyai (Pre-Primary, Primary & Secondary, English & Marathi Media)
- HOC International School *Rasayani* (English & Marathi Media)
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 & Sports, Junior College of Arts,
 Science & Commerce
 Khanda Colony, New Panvel
 HOC Junior College Rasayani
 (Junior College of Arts, Commerce,
 Science with Vocational)

TEACHERS' TRAINING INSTITUTIONS

B.Ed. B B.P.Ed. M.Ed.

Approved by National Council for Teacher Education (NCTE) (Affiliated to the University of Mumbal & Recognised by Goyt. of Maharashtra.) Mahatma Junior College of Education (D.T.Ed.)- Chembur (English & Marathi Media)

- Pillai College of Education & Research (B.Ed.), Chembur Re-Accredited 'A' Grade by NAAC
- Re-Accredited 'A' Grade by NAAC Pillai College of Education & Research (B.Ed.), Accredited 'A' Grade by NAAC Khanda Colony, New Panival Pillai HOC College of Education & Research (B. Ed.), Rasayani Vidyadhiraja College of Physical Education & Research (B.P.Ed.).
- (B.P.Ed).

Khanda Colony, New Panvel

- Pillai College of Education & Research (M.Ed.), Chembur
- & Research (M.Ed.), Chembu Pillai College of Education & Research (M.Ed.), Accredited 'A' Grade by NAAC Khande Colony, New Parwel Pillai College of Education & Research (Ph.D Centre), Khanda Colony, New Parwel

INTERNATIONAL SCHOOLS

INTERNATIONAL JUNIOR COLLEGES

(CIPP / IGCSE/ICSE/IB SCHOOLS)

AS' / 'A' level and 'IB' Programme

-DR. PILLAI GLOBAL ACADEMY - Gorai

-New Panvel

POLYTECHNIC (3-Year Diploma Programme)

AICTE Approved, Recognized by Govt. of Maharashtra & Affiliated to MSBTE Pillai HOC Polytechnic -

Rasayani

Diploma in Computer Engineering Diploma in Electronics Engineering Diploma in Electronics Stagineering Tele-communication Engineering Diploma in Mechanical Engineering Diploma in Civil Engineering

DEGREE COLLEGES

Bachelor and Master

- (Affiliated to the University of Mumbai & Recognised by Goyt. of Maharashtra.)
 Mahatma Night Degree College of Arts & Commerce-Chembur
 Pillai College of Arts, Commerce & Science New Panvel
 Accredited 'A' Grade by NAAC (3" Cycle) B.Com.
 - B.Com. (Accounting & Finance) B.Com. (Financial Markets)
- B.M.M.

- B. Sc. (I. T.) B. Sc. (Computer Science)
- B.Sc. (Biotechnology) M.Sc. (I.T.) M.Sc. (Biotechnology)

- M.Com.(Business Management)
 M.Com. (Accounting & Finance)
 Pillal HOC College of Arts, Science & Commerce - Rasayani

NAAC Accredited

- B.Com B.M.S.
- B.Sc. (I.T.) B.Sc. (Computer Science)
- B. Com. (Accounting & Finance)
- B.Sc. (Maths, Chemistry, Biology & Physics) B.A. (English Ancillary, History & Economics)

ARCHITECTURE

Bachelor and Master

(Approved by the Council of Architecture and AICTE) (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.)
Pillai College of Architecture

- New Panvel Pillai HOC College of Architecture-
- Rasayani (B.Arch.5-year degree course)
- M.ARCH. (Urban Design)
 Pillai College of Architecture New Panvel
- Ph.D.

MANAGEMENT COURSE

MMS

(Approved by AICTE) (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.) NBA Accredited A' Grade by DTE. Govt. of Maharashtra

Pillai Institute Of Management Studies & Research - New Panvel

- (MMS: 2-year Post-Graduate Course) Executive MBA Pillai HOC Institute Of Management Studies & Research - Rasayani

(MMS: 2-year Post-Graduate Course)

ENGINEERING COURSE

Bachelor, Master & PhD

(Approved by AICTE) (Affiliated to the University of Mumbai & Recognised by

Govt. of Maharashtra.) NBA Accredited

Pillai College of Engineering-New Panyel Accredited 'A+' by NAAC

B. E. in Information Technology

- B. E. in Computer Engineering
- B. E. in Electronics Engineering
- B. E. in Mechanical Engineering
- B. E. in Electronics
- & Tele-communication Engineering
- B. E. in Automobile Engineering
- M. E. in Information Technology
- M. E. In Computer Engineering
- M. E. in Electronics Engineering
- M. E. in Mechanical Engineering (CAD/CAM, Robotics) M. E. in Mechanical Engineering
- (Thermal)

PhD (Technology)

Computer Engineering Mechanical Engineering Information Technology

- Pillai HOC College of Engineering
- & Technology, Rasayani Accredited 'A' Grade by NAAC

B.E. in Mechanical Engineering B.E. in Electronics &

Telecommunication Engineering

- B.E. in Automobile Engineering B.E. in Information Technology
- B.E. in Computer Engineering
- B.E. in Civil Engineering
- B.E. in Electrical Engineering
- M.E. in Mechanical Engineering (Machine Design)

M.E. in Electronics &

Telecommunication Engineering

M.E. in Computer Engineering

M.E. in Civil Engineering (Construction & Management)

PhD (Technology) Civil Engineering

Computer Engineering

EXECUTIVE SPORTS MANAGEMENT

- PILLAI / FIFA / CIES
- EXECUTIVE PROGRAMME IN SPORTS MANAGEMENT

Read

Dr. K. M. Vasudevan Pillai Founder: Mahatma Education Society

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