



MAHATMA EDUCATION SOCIETY'S
PILLAI COLLEGE OF EDUCATION & RESEARCH

DR. PILLAI TEACHER TRAINING CENTRE, SECTOR 8, KHANDA COLONY, NEW PANVEL - 410 206.

ANNUAL MAGAZINE 2020 - 21

spark

**‘MES’ Pillai College of Education and Research, New Panvel.
Class of S.Y. M.Ed. 2019-21’’**





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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.*



CORE PRACTICES

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

Spark



Mahatma Education Society's
Education and Research

Pillai College of

Our Patrons



DR. K. M. Vasudevan Pillai
Chairman & CEO
Mahatma Education Society



DR. Daphne Pillai
Secretary
Mahatma Education Society)



DR. Priam Pillai
(COO,
Mahatma Education Society)



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

Chairperson and Editor



DR. Sally Enos

Editor



DR. Geeta Thakur

Student Editor



Ms. Anna Susan
S.Y. B.Ed.

Graphics and Design

DR. Geeta Thakur

OUR SPECIAL THANKS TO MR. SANJAY SINGH FOR THE COVER PAGE
DESIGN AND COLLAGE OF THE CLASS PHOTOGRAPHS

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.



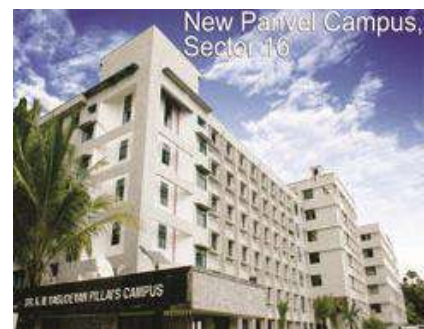
The adjacent building caters to the education colleges:

- ❖ 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:

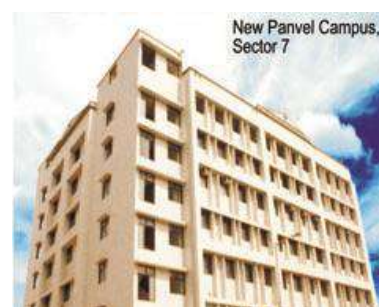
- ❖ HOC International School, English and Marathi Media, SSC:
- ❖ HOC International School CBSE
- ❖ HOC Junior College of Arts, Commerce and Science with vocation
- ❖ Pillai HOC College of Engineering and Technology
- ❖ Pillai HOC Polytechnique
- ❖ Pillai HOC Institute of Management Studies and Research.
- ❖ 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!

Let us begin each day by being grateful to God for all that we have.

We have all been taken aback by the sudden call for a lockdown from midnight of 22nd/ 23rd March 2020 due to COVID 19 and its implications. The uncertainty prevailed during the complete lockdown period followed by gradual relaxations on the lockdown restrictions. Then came another lockdown, the second wave, however, the hope came in the form of vaccinations. Many lives were lost, employments affected, income reduced and the going became tough and challenging. There were various challenges the educational system faced with the closure of the educational institutions and start of online mode online teaching and learning.

Yet, in such situations it comes to our conscious mind the saying, when the going is tough, the tough gets going. This ability to adapt to adversity is called resilience. Resilience is our ability to adapt and recover when things don't go as planned. Our resilient mindset depends on how we perceive adversity and stress and this in turn helps us to overcome and succeed. A Resilient mindset helps us to develop mechanisms to guard against experiences that could be overpowering and to maintain a balance in our lives during difficult or stressful periods. In short it helps us to adapt to life's misfortunes and setbacks in a positive manner.

Resilience can be developed by strengthening self-awareness, mindfulness, self-care, positive relationships & purpose in life. Resilient people also experience stress, setbacks, and difficult emotions, but they tap into their strengths and seek help from support systems to overcome challenges and work through problems.

This pandemic has taught us to move on with a smile, in spite of the challenges. It is for us to make each day a meaningful day by connecting with people and doing things that give us satisfaction, setting goals and achieving the same, getting involved physically and mentally with daily activities and reflecting on the day's work. We must be alert to give service to the needy with patience and humility. Finally what counts most in life is what we do for others, and you'll be rewarded many folds. Let us gather the strength to learn the lessons we need to learn and move on to bigger and better things.

"We will either find a way, or make one." – Anibal Barca

The master Weaver's Plan

Author unknown

**MY LIFE IS BUT A WEAVING
BETWEEN MY GOD AND ME.
I CANNOT CHOOSE THE COLOURS
HE WEAVETH STEADILY.
OFT' TIMES HE WEAVETH SORROW;
AND I IN FOOLISH PRIDE
FORGET HE SEES THE UPPER
AND I THE UNDERSIDE.
NOT TILL THE LOOM IS SILENT
AND THE SHUTTLES CEASE TO FLY
WILL GOD UNROLL THE CANVAS
AND REVEAL THE REASON WHY.
THE DARK THREADS ARE AS NEEDFUL
IN THE WEAVERS SKILLFUL HAND
AS THE THREADS OF GOLD AND SILVER
IN THE PATTERN HE HAS PLANNED.
HE KNOWS, HE LOVES, HE CARES;
NOTHING THIS TRUTH CAN DIM.
HE GIVES THE VERY BEST TO THOSE
WHO LEAVE THE CHOICE TO HIM**

MESSAGE FROM THE EDITOR

DR. Geeta Thakur

Asst. Prof, PCER



Learn from Yesterday, Live for today, Hope for tomorrow.

-Albert Einstein

Dear All,

As the pandemic threatens our mere existence and the humanity is seeking answers, our uncanny knack of pulling ourselves out of the rut is what we bank on. Human race is all about possibilities and we have always faced and withstood the tests of times. But for that, we all need to support one and all like never before.

The world needs to unite and fight in unison. Each individual needs to understand 'life respects those who face its googlies with the right attitude'.

Life is all about ups & downs and highs & lows...even a straight line on an ECG monitor means the end of life. Just like the crooked lines, the crest and trough in life makes us feel alive and fill our lives with the much-needed masala. Remember these are phases in our lives and are momentary.

To attain the seemingly impossible mission of overcoming these testing times, one may need to travel through untraversed paths - taking everything that is hurled at us with a pinch of salt.

As the world right now tries to emerge from the caverns of the pandemic effects, HOPE is the one feeling that keeps everyone moving forward. Though what may seem to be a Herculean challenge to imbibe, acknowledging that there is hope and that this phase shall pass, will help you weather the storm.

It is ok to feel hopelessness at times but remember, situations change only if you are willing to take small steps towards bettering your present.

Stick around with people who are an inspiration to you in terms of hope. Try drawing positives from your past experiences that saw you achieve something substantial.

Helping other people can help you find joy within and make you feel more hopeful.

Accept the change in work-life, explore your strengths and weaknesses, and try understanding your loved ones better.

And while you mould your ring of hope with your choices, ALWAYS remember that like the virus, HOPE too is contagious!

Hope sustains life

Hope is force.
Hope is energy.
Hope is strength.
Hope is life.

Hope for equality.
Hope for empathy.
Hope for justice.
Hope for life.

Hope for serenity.
Hope for tolerance.
Hope for harmony.
Hope for life.

Hope for peaceful world.
Hope for promising world.
Hope for forgiving world.
Hope for lively, lovely and loveable world.

STUDENT'S EDITORIAL

Anna George
Magazine Editor



“However bad life may seem, there is always something you can do and succeed at. Where there is life, there is HOPE. “

- Stephan Hawking

Dear readers,

We feel highly elated and privileged in bringing forth our college magazine SPARK for the year 2020-21. The theme selected for magazine is HOPE. Our magazine is designed to present to its readers various events that have gone by throughout this year. 2020 hasn't been like we expected. We faced lots of challenges with quite a lot of uncertainties. The outbreak of Covid-19 and its consequences had explicitly made its impact on everyone on this planet. Amidst the pain that we continue to endure, we found comfort in hope and saw the values in new things and we learned. The pandemic has changed how we work, learn and interact. It has now become more virtual existence both personally and professionally. Cultivating hope is essential not only for our mental and physical health but for the survival of the communities and our species as a whole. We can get through anything if we have hope. It comforts, supports, inspires and motivates.

Let us look this pandemic situation from a positive side:

- ❖ We have learned to work differently.
- ❖ Found new ways to stay connected.
- ❖ Learned new skills that we thought we never could.
- ❖ We had tried to exercise and strengthen our immunity.

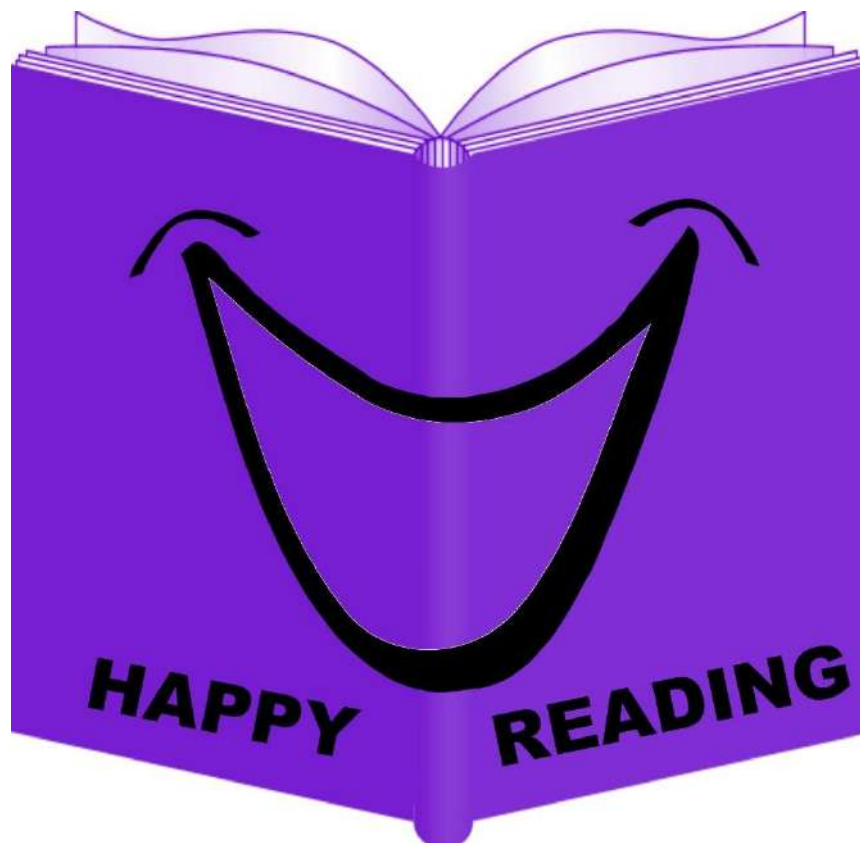
With sense of pride and satisfaction I would like to say that it was only through active cooperation of faculty and student teachers, our magazine SPARK has come to existence. I would like to express my sincere gratitude to our principal Dr. Sally Enos for being so understanding and a great source of inspiration. I take this opportunity to

thank our magazine coordinator Dr. Geeta Thakur. She is extremely thoughtful and well planned in organizing the contents.

With all efforts and contributions put in by our student teachers I truly hope that the following pages will make some interesting reading. By the time you reach the last page I assure that you will have a smile on your face coupled with a surge of positivity and hope.

Thus I would like to conclude with a small positive note:

- *Things will get better because they usually do;*
- *Enjoy what you love and learn something new;*
- *Don't forget to pray and always be kind;*
- *Try to stay positive and learn to unwind.*



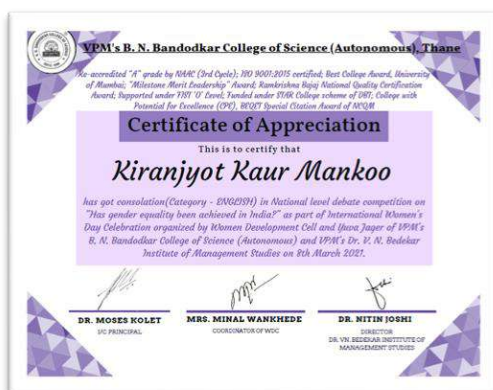
HONOURED MOMENTS



Ms. Mankoo Kiranjyot Kaur

Ms. Priyanka Singh

On the occasion of International Women's Day, Bandodkar College has organized a National-level debate competition. The topic of the debate was **“Has Gender equality been achieved in India?”**. Two of our students Ms. Mankoo Kiranjyot Kaur and Ms. Priyanka Singh made efforts to search for information, write their views in opposition and proposition of the topic mentioned, prepared a video and sent as participation in the above debate competition. They came back with a consolation prize! We are really proud of both of them and appreciate their sincere, hard work in representing our college.



PROFESSIONAL GROWTH OF TEACHERS**Dr. Sally Enos**

University of Mumbai

- Appointed as the lead college to conduct the University level examination for B.Ed. and M.Ed. for 10 cluster colleges in Navi Mumbai and Raigad area in August 2020.
- Successfully conducted the semester end examinations for the cluster colleges of B.Ed. and M.Ed. in September 2020, October 2020, December 2020 and May 2021.
- Paper setter, examiner and moderator for M.Ed. program.

Resource Person:

- Resource person for the sessions on Understanding Learner Dynamics, on the following dates:
 - Online Refresher course Program on e-Learning and e-Governance under UGC-HRDC, University of Mumbai and Bombay Teacher's Training College on 18th September 2020.
 - Online Faculty Induction Program under UGC-HRDC, University of Mumbai on 19th December 2020 organized by B.K. Birla College.
 - Orientation Program under RUSA, UGC-HRDC, University of Mumbai on 29th December 2020.
 - Orientation Program under RUSA, UGC-HRDC, University of Mumbai on 23rd January 2021.
- 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- 30th July 2020.
- Member of Board of Studies of School of Education and Research MIT Art Design and Technology University, Pune from June 2020.

- Member of the Syllabus approval committee (18th January 2021) for MA in Education and B.Ed. program, School of Education and Research, MIT Art Design and Technology University, Pune.

Professional Development:

- Participated in the Online National FDP on “Statistical Analysis of Quantitative Data Using Advance Excel for Research Scholars” organized by Rizvi College of Arts, Science and Commerce held on 3rd and 4th June 2020.
- Participated in an online workshop Organized on “Assessment Tools” by PCE and PCER Panvel in association with Center of Excellence in Science and Mathematics Education (CoESME), Indian Institute of Science Education and Research, Pune, on 25th and 26th June 2020.
- Attended a webinar on Ethical Teacher Modifications for Enhancing Professionalism’ by the Guest Speaker Dr. Anuradha Jaiswal Academic Director, Gems group of schools, Nasik on 24th July 2020.
- Attended a webinar on “Integrating Soft skills in Online Teaching” by the Guest Speaker Dr. Vandana Mahajani Nagar Pramukh, Vivekananda Kendra, Kanyakumari, Navi Mumbai Branch on 31st July 2020.
- Organized and attended a webinar on “Creating and Editing Video” by the Guest Speaker Ms Nitu Venugopal Faculty PHCE, Rasayani, on 1st August 2020.
- Attended a webinar on “Intellectual Property Rights” by the Guest Speaker Mr Preeyesh Keekan Faculty, PHASC, Rasayani on 13th August 2020.
- Organized and participated in a webinar on Teaching for Perspective Change- Embracing Transformational Learning Practices by the Guest Speaker: Dr. Anne Grey Professor, Faculty Chair, Concordia University, Wisconsin on September 2020.
- Participated in a webinar on Developing Critical Thinking Skills in Students: Tools and Techniques for Teachers by the Guest Speaker Dr. Chetan Date President, Business Quality Systems on 26th September 2020.

- Attended the webinar organized by the IQAC of PCER, PCER Nature Club and PHCER in collaboration with Soroptimist Welfare association on One Step at a Time: Making the Switch with a One Minute Habit by the Guest Speaker: Mrs. Sonia D'Souza Bhavsar Founder of Dropledge on 15th October 2020.
- Participated in NAAC sponsored webinar organized by IQAC of PCER Panvel from 3rd February to 5th February 2021 on Qualitative and Quantitative Metrics in Assessment of TEI's as per NAAC guidelines 2019.

Courses completed:

- Successfully completed an online non credit course of 4 weeks offered through Coursera on 16th July 2020, on "Grammar and Punctuation" authorized by University of California, Irvine.
- Successfully completed on 29th July 2020 an online non credit course of 5 weeks offered through Coursera, on "Getting started with Essay Writing" authorized by University of California, Irvine.
- Successfully completed on 9th August 2020 an online non credit course of 4 weeks, offered through Coursera, on "Introduction to Research for Essay Writing" authorized by University of California, Irvine.
- Successfully completed on 14th August 2020 an online non credit course of 4 weeks offered through Coursera, on "Advanced Writing" authorized by University of California, Irvine.
- Successfully completed on 8th September 2020 an online non credit course of 7 weeks offered through Coursera, on "Successful Negotiation: Essential Strategies and Skills" authorized by University of Michigan.
- Successfully completed on 28th September 2020 an online non-credit course of 5 weeks offered through Coursera, on "Act on Climate: Steps to Individual, Community and Political Action" authorized by University of Michigan.

Dr. Latha Venkataraman

- Presented research paper entitled "Innovative Digital Tools for Learner Engagement in the Virtual Environment" in the one-day International Virtual Conference on 'Innovative and Sustainable Educational Practices in Higher

Education’ organized by Pillai College of Education and Research, Chembur in collaboration with International Science Community Association, Indore on 3rd December 2020.

- Published Research chapter entitled “**Mahakavi Subramania Bharati – Champion of Women’s Emancipation**” in book entitled “Indian Social Reformers” published by Kapshikar Publications, Nagpur, Maharashtra. (ISBN number: 978-81-943484-7-4)
- Resource person for Webinar on “Helping Students Learn in Online Classes’ conducted live on Facebook by a reputed library – ‘Joy of Books’, Chennai.
- Resource Person in the Mentored Internship Program “Right Approach to Understanding Student Higher Education” organized by Manav Rachna University, Delhi.
- Innovative processes adopted in Teaching and Learning:
 - Posted on my blog – ‘**Lathateacher.wordpress.com**’ with **52,870 views** from June 2020 to May 2021 – **viewers from 124 countries** of the world.
 - Created concept-based video lessons for analysis by students of Business Studies.
 - Developed self-knowledge by reading **230 e-books** and **74 print books** from June 2020 to May 2021.
 - Created podcasts on different topics broadcast on Google Podcast, Spotify and 4 other world-wide platforms.
- Participated in 3-day webinar conducted live on YouTube by University of Mumbai, Thane sub-campus and Pillai College of Education and Research, Chembur on “Effective Leadership Skills Post Covid-19 Pandemic” conducted from 27 - 29 April 2020.
- Participated in national webinar conducted by Pillai Institute of Management Studies and Research, New Panvel on “Focus in and Get Problems out with a Self-Coaching Toolkit,” on 20th May 2020.

- Participated in 2-day workshop on ‘Assessment Tools for Undergraduate College Teachers’ jointly organised by Pillai College of Engineering, New Panvel, Pillai College of Education and Research, New Panvel and Indian Institute of Science Education and Research, Pune on 25th and 26th June 2020.
- Participated in world-wide webinar on “Theory of Knowledge conducted by ‘Managebac’ on July 30, 2020.
- Participated in one day National Seminar on “Dr. Babasaheb Ambedkar’s Views on Indian History” conducted by Yashoda Girls’ Arts & Commerce College, Nagpur on 28th April 2021.
- Published a book entitled **A Glimpse into Political Perspectives of Education**” co-authored with Ms. Nirupama PRV and published as e-book on Amazon.in (ASIN: B08YMW5CG4; Publication date: March 10, 2021) and Amazon.com (ASIN: B08YMW5CG4; Publication date: March 10, 2021)

Dr. Bhavna Dave

- Editor of the biannual peer-reviewed ‘Pillai Journal of Educational Research & Technology’ with ISSN-2249-4367 since July 2019 till date.
- Attended the webinar on ‘Ethical Teacher Behaviour Modifications for Enhancing Professionalism’ on 24th July 2020, organized by PCERP.
- Attended the webinar on ‘Integrating Soft Skills in Online Teaching’ on 31st July 2020, organized by PCERP.
- Published a paper titled “Teacher’s views on Value Degradation among Students and Means of Inculcation of Values” in the biannual peer reviewed Pillai Journal of Educational Research & Technology (Volume 09- Number 02- July-December 2020) with ISSN 2249-4367.
- Member of the syllabus framing committee of ‘Childhood and Growing Up’ Course for the 4-Year Integrated B. Com B. Ed. Program, University of Mumbai (September-2020).
- Attended the online workshop on “Online Assessment Techniques” organized by the Internal Quality Assurance Cell of PCERP on 3rd September 2020.

- Conducted three sessions of 1 hour duration on English Language Competency Test (ELCT) & conducted ELCT practice test for Prospective students (A.Y. 2020-2022) of PCERP in Sept- October-2020.
- Attended the Webinar on “Teaching for Perspective Change- Embracing Transformational Learning Practices” on 12th September 2020, organized by PCERP.
- Attended the Webinar on “Critical Thinking: Tools and Techniques for Teachers” held on Saturday, 26th September 2020 organized by PCERP.
- Attended the webinar on “World Habitat Day: 1 Minute Habit Formation” on 15th October 2020, organized by PCERP in collaboration with Soroptimist Welfare Association, Chembur.
- Conducted a session as Resource Person on ‘Developing Critical Thinking Skills’ on Tuesday, 3rd November 2020 during the 2nd Phase of the 15th In-service Teachers’ Training Program conducted by Anjuman –I- Islam’s Akbar Peerbhoy College of Education, Vashi.
- Participated in the webinar on “Preparing Teachers for Diverse, Equitable and Inclusive Classroom” held on Saturday, 21st November 2020 & organized by Pillai HOC College of Education & Research, Rasayani.
- In January 2021, compiled & edited the Proceedings of the National Level Seminar on Environmental Re-engineering: People & Nature- A livable & Sustainable Future.
- As IQAC Coordinator of PCER-Panvel was the organizing Secretary of the NAAC Sponsored Webinar on “Qualitative & Quantitative Metrics in Assessment of TEIs as per NAAC Guidelines 2019” from 3rd to 5th February 2021. Compiled the Webinar proceedings, completed the required documentation & received funding for the college- Rs. 33875/- on 25th March 2021 from NAAC.
- Participated in the International Webinar on Education for Social Cohesion on 13th & 14th February 2021 organized by Baha’i Academy in collaboration with various institutions.

- Successfully completed the workshop on “Understanding Integration of Art and Drama as an Integral part of School Subjects” from 3rd March to 9th March 2021 organized by School of Education of Guru Nanak Dev University, Amritsar under the aegis of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, MoE, Govt. of India.
- Conducted online sessions (8 hrs.) on four units of ‘Paper-2: Advanced Educational Psychology’ from 7th March to 14th April 2021, for M.A. Education-Part-1 students of IDOL- University of Mumbai as PCP lectures.
- As paper setter of Advanced Educational Psychology Paper-2 of M.A. Education-Part-1 of IDOL- University of Mumbai submitted a multiple-choice question bank in the month of April 2021.
- As Ph.D. guide attended the interview session for selection of new Ph.D. Candidates on 15th May 2021 & the half yearly presentation session by the registered Ph.D. candidates on 22nd May 2021 organized by the PCERP- Ph.D. Center.

Dr. Geeta Thakur

Paper Publications

- Published a paper titled ‘Correlation between Emotional Intelligence and Problem-Solving Ability of Students’ in biannual Pillai Journal of Educational Research and Technology (PJERT) in Volume 09, January – June 2020 issue with ISSN 2249-4367.

Refresher courses

- Successfully completed Refresher Course in ‘Teacher Educators: Learning Outcomes and Educational Reform - Pedagogy, Assessment and Quality Assurance’ (Online Mode) from 14th August 2020 to 27th August 2020 and obtained grade (A) [UGC-SPONSORED (Core) 2020-2021]

Short term courses

- Successfully Completed Seven Days Short Term Program on “Human Rights” conducted through MOOC platform, organized by IQAC and IIC of Sree

Ayyappa College for Women, Chunkankadai in collaboration with UGC-HRDC, Kannur University, Kerala from 3rd to 9th October 2020.

University Syllabus Framing

- Was a part of the syllabus framing committee for Mumbai University's 4-year Integrated B.Com., B.Ed. for the subject "Environmental Education"

Paper setting

- University of Mumbai examination B.Ed. Semester 3, 2019-21 Pedagogy of School Subject – Mathematics.
- University of Mumbai examination B.Ed. Semester 4, 2018-20 and Semester 4, 2019-21, 'Creating an Inclusive School'.
- University of Mumbai examination B.Ed. Semester 1, 2020-22, 'Gender School and Society'.

Examination

- Was the examination coordinator of the lead college, PCER Panvel among a cluster of 9 colleges. Conducted Semester 3 and Semester 4 for B.Ed. 2019-21 batch and Semester 1 examination for B.Ed. 2020-22 batch.
- As paper setter of 'Paper-2: Advanced Educational Psychology' for M.A. Education-Part-1 of IDOL- University of Mumbai submitted multiple choice question bank in the month of April 2021.

Courses completed

- Successfully completed "Introduction to Psychology" course offered by YALE University through Coursera on July 7, 2020.

Workshops/Webinars conducted/presented as a resource person

- Attended the webinar on 'Ethical Teacher Behaviour Modifications for Enhancing Professionalism' on 24th July 2020, organized by IQAC of PCER, Panvel.
- Attended the webinar on 'Integrating Soft Skills in Online Teaching' on 31st July 2020, organized by IQAC of PCER, Panvel.

- Attended a workshop on ‘Creating and Editing Video Lessons’ organized by IQAC, PCER PANVEL and PHCER, RASAYANI on 1st August 2020.
- Attended a webinar on “Intellectual Property Rights” by the Guest Speaker Mr Preeyesh Keekan Faculty, PHASC, Rasayani on 13th August 2020.
- Attended the online workshop on “Online Assessment Techniques” organized by the Internal Quality Assurance Cell of MES’ Pillai College of Education and Research, Panvel along with & Pillai HOC College of Education & Research, Rasayani on 3rd September 2020.
- Attended the Webinar on “Teaching for Perspective Change- Embracing Transformational Learning Practices” on 12th September 2020, organized by PCERP.
- Attended the Webinar on “Critical Thinking: Tools and Techniques for Teachers” held on Saturday, 26th September 2020 organized by IQAC of PCER, Panvel.
- Attended the webinar on “World Habitat Day: 1 Minute Habit Formation” on 15th October 2020, organized by IQAC of PCER Panvel in collaboration with Soroptimist Welfare Association, Chembur.
- Participated in the webinar on “Preparing Teachers for Diverse, Equitable and Inclusive Classroom” held on Saturday, 21st November 2020 & organized by Pillai HOC College of Education & Research, Rasayani.
- Attended NAAC sponsored webinar on ‘Qualitative and quantitative metrics in assessment of TEIs as per the NAAC guidelines of 2019’ organized by IQAC PCER, Panvel from 3rd – 5th February 2021.
- Conducted a session as Resource Person on “Journey to the Inner Self” on Monday, March 15th, 2021, as a part of ‘An Interactive Lecture Series - Beyond the Curriculum’ conducted by Anjuman –I- Islam’s Akbar Peerbhoy College of Education, Vashi.
- Conducted online sessions (8 hrs.) on four units of ‘Paper-2: Advanced Educational Psychology’ from 7th March to 14th April 2021, for M.A. Education-Part-1 students of IDOL- University of Mumbai as PCP lectures.

Mrs. Namrata Saxena

Paper Publications

- Presented a paper titled ‘Analogies as a “means of knowing” and device of teaching in the epistemological “ways of knowing” across all disciplines and millennia– A study of literature’ at the International Webinar on “Exploring the Transformative Potential of Education: The Choices We Make” on 2nd and 3rd March 2021 by Smt. Kapila Khandwala College of Education

Refresher courses

- Participated in Refresher Course in ‘Teacher Educators: Learning Outcomes and Educational Reform -Pedagogy, Assessment and Quality Assurance’ (Online Mode) from 14th August 2020 to 27th August 2020 and obtained grade (A) [UGC-SPONSORED (Core) 2020-2021]

Short term courses

- Completed online short-term course on “Inclusive Learning Environment” conducted through MOOC platform, organized by Inter University Centre for Disability Studies, Mahatma Gandhi University, Kottayam, Kerala in collaboration with MES’s Pillai College Of Education And Research, Chembur, Mumbai from 10th June, 2020 to 18th June, 2020

University Syllabus Framing

- Contributed as syllabus framing committee for Mumbai University’s Integrated B.com, B.Ed. for the subject ‘CRITICAL UNDERSTANDING OF ICT’.

Paper setting

- University of Mumbai examination B.Ed. Semester 3, Pedagogy of School Subject – Science, December 2020.
- University of Mumbai examination B.Ed. Semester 3, Pedagogy of School Subject – Geography, December 2020.
- University of Mumbai examination B.Ed. Semester 4, 2018-20, ‘Creating an Inclusive School’.

Projects

- Water management faculty in-charge for PCER, Panvel being a RECOGNISED SAP (SWACHHTA ACTION PLAN) INSTITUTION, under the Ministry of Human Resource Development, Government of India - 7th August 2020.

Courses completed

- Successfully completed 'Learning to Teach Online' course offered by UNSW Sydney (The University of New South Wales) and Coursera on October 1, 2020.
- Successfully completed McMaster University, University of California San Diego and Coursera's 'Learning How to Learn: Powerful mental tools' course on July 13, 2020.

Workshops/Webinars conducted/presented as a resource person

- Invited as a Resource Person to speak for the Live Webinar on 'NEP- 2020 – Vision for a prospective Nation' organized by Center of Education, Indian Institute of Teacher Education, Gandhinagar, Gujarat, in collaboration with MES's Pillai College of Education and Research, Chembur, Mumbai, on 8th September 2020.
- Conducted a workshop as a resource on 'Creating An Online Test' the WORKSHOP SERIES ON "Online Teaching-Learning & Formative Assessment Techniques" organized by IQAC, PCER, PANVEL from 5th June to 10th June 2020.

Curriculum consultancy and training

- Curriculum consultancy and teacher training at Early Years section at Mahatma Education Society and edukidz INTERNATIONAL chain of preschools for the year 2020-21.

Workshops/Webinars attended

- Participated in International Webinar on 'Exploring the Transformative Potential of Education: The Choices We Make' held on 2nd and 3rd March 2021 by Smt. Kapila Khandwala College of Education.

- Attended NAAC sponsored webinar on ‘Qualitative and quantitative metrics in assessment of TEIs as per the NAAC guidelines of 2019’ organized by IQAC PCER, Panvel from 3rd - 5th February 2021.
- Attended Workshop via online mode by Makeshift on ‘21st century teaching, education leadership and beyond’ on 19th December 2020.
- Attended Webinar on "Preparing Teachers for Diverse, Equitable and Inclusive Classroom" organized by PHCER on 21st November 2020.
- Attended Webinar on “World Habitat Day: Habit Formation” organized by IQAC, PCER, Panvel on 15th October 2020.
- Attended A Webinar on “Critical Thinking: Tools and Techniques for Teachers” organized by IQAC, PCER, Panvel on 26th September 2020.
- Attended webinar on 'Teaching for perspective change - embracing transformational learning practices' organized by IQAC, PCER, Panvel on 12th September 2020.
- Participated in Online Study Circle on ‘Improvisation in Times of Uncertainty’ organized by Smt. Kapila Khandwala College of Education & Bombay Teachers’ Training College on 11th September 2020.
- Attended a workshop on “Online Assessment Techniques” organized by the Internal Quality Assurance Cell of Pillai College of Education & Research, New Panvel & Pillai HOC College of Education & Research, Rasayani, on 3rd September 2020.
- Attended One Day National Level Webinar on "Assessment and Accreditation process of NAAC", approved by NAAC and organized by IQAC, Pillai College of Engineering, New Panvel on 28th August 2020.
- Attended WORKSHOP on ‘Creating and Editing Video Lessons’ organized by IQAC, PCER PANVEL and PHCER, RASAYANI on 1st August 2020.
- Participated in the webinar titled, “Integrating Soft-Skills in Online Teaching”, organized by the IQAC of MES’ Pillai College of Education and Research, New Panvel on 31st July 2020.

- Attended an Online webinar on ‘Ethical Teacher Behaviour Modifications for Enhancing Professionalism’ organized by IQAC PCER, PANVEL on 24th July 2020.
- Participated in National Webinar Series 2 on “Knowledge generation in Education during Covid-19 pandemic – Qualitative Research” organized by Bombay Teachers' Training College, HSNC University, Mumbai along with the Department of Education, University of Mumbai from 1st June to 6th June 2020.
- Attended the online workshop on ‘Assessment tools’ held on 25th and 26th June 2020 organised by Department of Sciences, Mathematics and Humanities, Pillai College of Engineering, New Panvel, and Pillai College of Research and Education in association with Center of Excellence in Science and Mathematics Education (CoESME) at Indian Institute of Science Education and Research (IISER) Pune.
- Attended Webinar on “Effective Classroom Management” organized by Experiential Education Lab organized on 6th June 2020.
- Participated in National Webinar Series on “Knowledge generation in Education during Covid-19 pandemic organized by Bombay Teachers” Training College, HSNC University, Mumbai along with the Department of Education, University of Mumbai from 12th May to 16th May 2020.
- Attended the ‘SquareTales Teacher Training Program’ held from April 30 to May 8, 2020.
- Participated in National Webinar 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 (PMMMNTT), MHRD, Govt. of India during 13th - 14th April 2020.
- Conducted a week-long Yoga session for students of B.Ed. and M.Ed. in preparation for the celebration of International Day of Yoga on 21st June 2021.
- Attended the webinar on ‘Ethical Teacher Behaviour Modifications for Enhancing Professionalism’ on 24th July 2020, organized by Pillai College of Education and Research, Panvel.

- Attended the webinar on ‘Integrating Soft Skills in Online Teaching’ on 31st July 2020, organized by PCERP.
- Participated in an International Webinar on “Demystifying Femininities and Masculinities” organized by Women Development and Empowerment Cell on B.K Shroff College of Arts and M.H. Shroff College of Commerce, Kandivali on 11th August 2020.
- Participated in the 1st episode of the International Webinar Series on Sustainable Developmental Goals 2030 titled, “Synergizing Sustainable Developmental Goals (SDGs): Envisioning the Future We Want” conducted on August 29th, 2020, by St. Joseph’s College of Commerce (Autonomous), affiliated to Bengaluru Central University.
- Published a paper titled “A Study of the Effect of Screen -Casting Videos on the Knowledge Acquisition of Distance Learners” in the biannual peer reviewed Pillai Journal of Educational Research & Technology (Volume 09- Number 02- July-December 2020) with ISSN 2249-4367.
- Member of the syllabus framing committee of ‘Contemporary India and Education’ course for the 4-Year Integrated B. Com. - B. Ed. Program, University of Mumbai (September-2020)
- Member of the syllabus framing committee of ‘Understanding Self’ course for the 4-Year Integrated B. Com. - B. Ed. Program, University of Mumbai (September-2020)
- Attended the online workshop on “Online Assessment Techniques” organized by the Internal Quality Assurance Cell of PCERP on 3rd September 2020.
- Conducted a session on General Knowledge test and conducted a practice test for prospective students for the new academic year 2020-2022 in September 2020.
- Attended the Webinar on “Teaching for Perspective Change- Embracing Transformational Learning Practices” on 12th September 2020, organized by Pillai College of Education and Research, Panvel.

- Attended the Webinar on “Critical Thinking: Tools and Techniques for Teachers” held on Saturday, 26th September 2020 organized by PCERP.
- Attended the webinar on “World Habitat Day: 1 Minute Habit Formation” on 15th October 2020, organized by PCERP in collaboration with Soroptimist Welfare Association, Chembur.
- Published a paper titled “A Study of the Socio-emotional Competence among Secondary School Students” in the biannual peer reviewed Pillai Journal of Educational Research & Technology (Volume 09- Number 02- July-December 2020) with ISSN 2249-4367.
- Participated in the webinar on “Preparing Teachers for Diverse, Equitable and Inclusive Classroom” held on Saturday, 21st November 2020 & organized by Pillai HOC College of Education & Research, Rasayani.
- Participated in the NAAC Sponsored Webinar on “Qualitative & Quantitative Metrics in Assessment of TEIs as per NAAC Guidelines 2019” from 3rd to 5th February 2021.
- Participated in the International Webinar on Education for Social Cohesion on 13th and 14th February 2021 organized by Baha’i Academy in collaboration with various institutions.
- Enrolled as Global Unity Campaigner with Baha’i Academy, Panchgani and participated in a webinar, “Observance of the UN’s International Day of Families” organized by Baha’i Academy, Panchgani on 14th May 2021.

Mrs. Bindu Tambe

- Conducted a week-long Yoga session for students of B.Ed. and M.Ed. in preparation for the celebration of International Day of Yoga on 21st June 2021.
- Attended the webinar on ‘Ethical Teacher Behaviour Modifications for Enhancing Professionalism’ on 24th July 2020, organized by Pillai College of Education and Research, Panvel.
- Attended the webinar on ‘Integrating Soft Skills in Online Teaching’ on 31st July 2020, organized by PCERP.

- Participated in an International Webinar on “Demystifying Femininities and Masculinities” organized by Women Development and Empowerment Cell on B.K Shroff College of Arts and M.H. Shroff College of Commerce, Kandivali on 11th August 2020.
- Attended a webinar on “Intellectual Property Rights” by the Guest Speaker Mr Preeyesh Keekan Faculty, PHASC, Rasayani on 13th August 2020.
- Participated in the 1st episode of the International Webinar Series on Sustainable Developmental Goals 2030 titled, “Synergizing Sustainable Developmental Goals (SDGs): Envisioning the Future We Want” conducted on August 29th, 2020, by St. Joseph’s College of Commerce (Autonomous), affiliated to Bengaluru Central University.
- Published a paper titled “A Study of the Effect of Screen -Casting Videos on the Knowledge Acquisition of Distance Learners” in the biannual peer reviewed Pillai Journal of Educational Research & Technology (Volume 09- Number 02- July-December 2020) with ISSN 2249-4367.
- Member of the syllabus framing committee of ‘Contemporary India and Education’ course for the 4-Year Integrated B. Com. - B. Ed. Program, University of Mumbai (September-2020)
- Member of the syllabus framing committee of ‘Understanding Self’ course for the 4-Year Integrated B. Com. - B. Ed. Program, University of Mumbai (September-2020)
- Attended the online workshop on “Online Assessment Techniques” organized by the Internal Quality Assurance Cell of PCERP on 3rd September 2020.
- Conducted a session on General Knowledge test and conducted a practice test for prospective students for the new academic year 2020-2022 in September 2020.
- Attended the Webinar on “Teaching for Perspective Change- Embracing Transformational Learning Practices” on 12th September 2020, organized by Pillai College of Education and Research, Panvel.

- Attended the Webinar on “Critical Thinking: Tools and Techniques for Teachers” held on Saturday, 26th September 2020 organized by PCERP.
- Attended the webinar on “World Habitat Day: 1 Minute Habit Formation” on 15th October 2020, organized by PCERP in collaboration with Soroptimist Welfare Association, Chembur.
- Published a paper titled “A Study of the Socio-emotional Competence among Secondary School Students” in the biannual peer reviewed Pillai Journal of Educational Research & Technology (Volume 09- Number 02- July-December 2020) with ISSN 2249-4367.
- Participated in the webinar on “Preparing Teachers for Diverse, Equitable and Inclusive Classroom” held on Saturday, 21st November 2020 & organized by Pillai HOC College of Education & Research, Rasayani.
- Effectively conducted online exams as Examination conductor for Semester 4 (2018-20) for both B.Ed. and M. Ed. students from October to December 2020.
- Conducted online exams for M.Ed. students of Semester 3 and 4 of 2019-21 batch.
- Participated in the NAAC Sponsored Webinar on “Qualitative & Quantitative Metrics in Assessment of TEIs as per NAAC Guidelines 2019” from 3rd to 5th February 2021.
- Participated in the International Webinar on Education for Social Cohesion on 13th & 14th February 2021 organized by Baha’i Academy in collaboration with various institutions.
- Enrolled as Global Unity Campaigner with Baha’i Academy, Panchgani and participated in a webinar, “Observance of the UN’s International Day of Families” organized by Baha’i Academy, Panchgani on 14th May 2021.

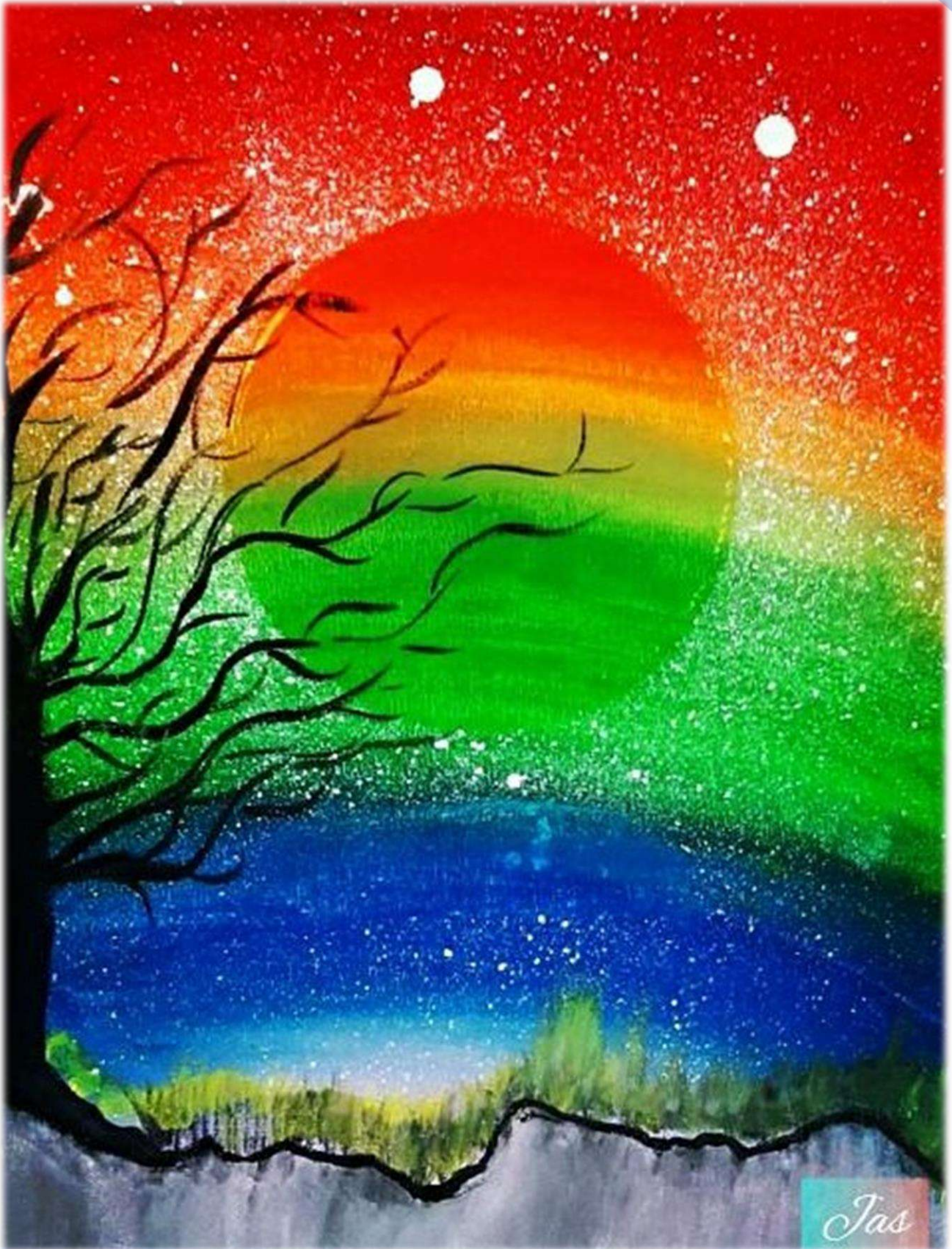
Mrs. Pradnya Jadhav

- Completed the one-week online workshop on ‘Understanding Integration of Art and Drama as an Integral part of School Subjects’ organized by Guru Nanak Dev University Amritsar from 3rd March to 9th March, 2021.

- Attended Workshop on “Online Assessment Techniques” organized by the Internal Quality Assurance Cell of Pillai College of Education & Research, New Panvel & Pillai HOC College of Education & Research, Rasayani, on 3rd September 2020.

Mr. Gyanendrapratap Singh

- Participated in the “One day International Webinar on Mathematics and Mathematical Sciences (IWMMS-2020)” organised by the Department of Mathematics, Ramakrishna Mission Vivekananda Centenary College, Rahara on 29-08-2020.
- Attended a webinar on “Integrating TOK: Group 5 DP subjects” by Michael Dunn on October 27, 2020.
- Attended a webinar on “Study and Exam Skills in the Digital Era” organised by the Psychology department of Dr. Pillai Global Academy, New Panvel in collaboration with the Mental health and Behavioural Sciences Department of Fortis Healthcare on December 19, 2020.
- Received certificate of Appreciation from Rotaract Club of Panvel Elite for efforts and support towards Rotaract Cause.
- Participated in SAIBSA Job Alike sessions for IBDP Mathematics Analysis & Approaches on January 31, 2021.
- Attended a webinar on “Teaching Cambridge Lower Secondary Mathematics successfully” with Mr. Ian Bettison on February 24, 2021.
- Participated in the webinar on “Embedding Global Perspective skills into the primary and lower secondary English, Mathematics and Science classrooms” with Dr. Elaine Higglton and Nick Coates on 9th March 2021.
- Participated in CASIO GDC ADVANCE TRAINING WORKSHOP sessions organised by Casio India Company Pvt. Ltd. on May 1, May 8 & May 22, 2021.



Art by Jyoti Yadav (S.Y. B.Ed. 2019-21)

ANNUAL REPORT 2020-2021

General Secretary - Larissa Pereira (S.Y. B.Ed.)

“Go into the world and do well. But more importantly, go into the world and do good”

- Minor Myers Jr.

2020: the year the world changed

2020 has been a tumultuous year for people all around the world. Almost a year on from these opening moments of the global coronavirus pandemic, the virus is still wreaking havoc in our lives. The pandemic continues its hold on our lives – the second wave in our country has had a devastating impact.

In March 2020, the World Health Organization declared COVID-19 a global pandemic. In response to COVID-19, many countries applied strict social distancing measures and a lockdown policy. India entered lockdown on 23rd March, 2020. The lockdown certainly disrupted education in many parts of the world. The pandemic has had a serious impact on schools, students and teachers. Students and teachers were not allowed to visit schools and universities physically and most institutions have transformed to an online teaching and learning approach.

The world of teaching and learning has changed dramatically, and we find ourselves relying on technology to conduct lectures and other teaching and learning activities. Our students are in remote locations away from campus, and we connect with them using technology. Despite all these changes, life goes on, and we have to live with this reality, which is now referred to as ‘**a new normal**’.

We at MES’ Pillai College of Education and Research call this as a year of innovation and resilience. While the global pandemic disrupted education activities on campus, the students and professors shifted to the online mode of learning through learning management systems. Online lectures were conducted on Google meet platform. The timetable for the same was flexible and well planned. For uploading of notes and material, Google classroom is used. This was done efficiently under the leadership of our Principal Dr Sally Enos. Our professors and Sally ma’am have been a guiding light in these long months of isolation and uncertainty. Our professors have always been a text or a call away during these turbulent times often lending a helping hand.

Let's tour the online activities that happened in the academic year 2020-2021

1. Second semester lectures -

While the pandemic shifted us into the online mode of learning, we at MES' Pillai College of Education & Research accepted this swiftly. Professors engaged in technological engagements with students so that all of them understand how to operate the different learning management systems. The portions for subjects such as Educational Management, Learning and Teaching & Pedagogy of school subjects were completed via the online mode. In wake of the pandemic, Mumbai University cancelled first year degree examinations. In view of this, there was no formal exam taken for second semester. The internals and assignments for the same were recorded and was used to declare the result. The concepts for the different subjects were crucial and professors and students engaged in fruitful teaching-learning activities.

2. Evaluation workshop:

MES' Pillai College of Education & Research organized an Evaluation workshop from 27th April 2020 to 18th May 2020. The sessions were conducted online on Google Meet. It included making of a year plan, unit plan, weightage tables, blue-print, question paper & scoring key. Each session was adequately planned and executed well by our professors. The workshop was planned in such a way that students can work right after the session. This made it easier for students to complete their work on time. The workshop was a huge success as students understood various aspects of evaluation.

3. Online teaching-learning & Formative Assessment Techniques workshop:

MES' Pillai College of Education & Research organized an online teaching-learning & formative assessment techniques workshop from 3rd June 2020 to 9th June 2020. The workshop consisted of the use of Google forms and quizzes to carry out assessments. The workshop was well planned and executed well. This helped students to understand Google forms and allowed them to use it effectively in different areas of education. Quizzes was another good tool that was covered which is effective for Science & Mathematics learning.

4. National Yoga Day:

“The nature of yoga is to shine the light of awareness into the darkest corners of the body.” Yoga is an ancient physical, mental and spiritual practice that originated in

India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. The International Day of Yoga that is celebrated on 21st June aims to raise awareness worldwide of the many benefits of practicing yoga.

MES' Pillai College of Education & Research celebrated National Yoga Day on 21st June 2020. Ms. Bharati Iyer was the resource person who engaged us into different postures. She emphasized on correct postures and breathing patterns. Students found this session extremely useful and enjoyed the laughter therapy.

- ❖ **Webinar-** A live online educational presentation during which participating viewers can submit questions and comments and engage in new learning about certain disciplines.

Webinar 1- Ethical Teacher Behaviour Modifications for enhancing professionalism:

The webinar was conducted by the Internal Quality Assessment Cell of MES'S Pillai College of Education and Research. The webinar was organized on 24th July, 2020 at 5:00 pm and was live streamed on YouTube. Dr Anuradha Jaiswal a successful teacher educator and extremely qualified professional and with a wide number of teaching experiences in different schools was the resource person. Ma'am shared that teaching isn't only about the content knowledge and assessments. It is far beyond that. A teacher is a friend, philosopher and guide. Dr Anuradha Jaiswal shared her wonderful knowledge and her experiences from different schools. Ma'am emphasized the impact teachers have on students and all of these should lead to creating good and healthy individuals for the society. Dr Anuradha Jaiswal also shared that communication skills are something she really emphasizes during a demo lesson. In the long run, strong interpersonal skills and a pleasing personality are the winners, she said. Ma'am also emphasized that though artificial intelligence is booming, it can never replace the need of humane and effective teachers. Overall, the webinar was an enthralling experience and helped us gain new and relevant insights.

Webinar 2 - Integrating soft skills in online teaching

The webinar was organized by the Internal Quality Assessment Cell of MES'S Pillai College of Education & Research. The webinar was organized on 31st July 2020 from 4:30 to 5:30 pm. Dr Vandana Mahajani was the resource person who has been consistently uplifting herself and believes in life-long learning. Ma'am shared her own

perspectives regarding teaching. Ma'am emphasized that confidence and content make an effective teacher. "Your destiny depends on the impression you make." Self-grooming becomes an important part of the profession. A smile, confidence and a good body language all are integral parts of the profession. Ma'am also emphasized the importance of exercise and yoga to be physically fit. Teachers must also possess a strong mental health and it is important that they relax in different ways to avoid burnout. Teachers must also engage in reading books as this helps them develop new learning. The webinar was organized effectively and Dr Vandana Mahajani provided us deep insights with respect to the topic.

Webinar 3- Creating and editing video lessons

The webinar was organized by the Internal Quality Assessment Cell of MES'S Pillai College of Education and Research. The webinar was organized on 1st August 2020 at 4:00 pm. Ms. Neetu Pillai was the resource person. Ma'am is an associate professor at the Pillai College of Engineering and is also a trained Kuchipudi dancer. Ma'am explained to us the basics of OBS software which helps in making free videos for students to study. This forms an important part in remote teaching during the pandemic. Neetu Ma'am made this session an interactive and a fun one due to her wide technological knowledge.

Webinar 4- Intellectual Property Rights

The webinar was organized by the Internal Quality Assessment Cell of MES'S Pillai College of Education and Research. The webinar was organized on 13th August 2020 from 4:00 pm to 6.00 pm. Mr. Preeyesh Keenan was the resource person for this webinar. IP is the result of creativity such as patents, copyrights etc. IP is essential and it is foremost important that we indulge in fair use of pictures, material and resources as teachers. Sir emphasized that we need to raise awareness about IP and need to engage in fairer use of online material. The webinar was engaging and informative to all students.

Orientation on 3rd semester internship

The orientation on internship of 3rd semester was conducted on 20th August 2020 at 3.00 pm. Dr Bhavna Dave and Dr Sally Enos explained to us in detail about the timings, lesson plans and the guides. Since the internship was online, due to the pandemic it was

important that all students see this as an opportunity to engage students in meaningful learning. The students were really excited for the online internship.

3rd semester internship-

The 3rd semester internship began on 4th August 2020 and concluded on 15th October 2020. The internship consisted of co-teaching lessons, integrated lessons and individual lessons. The internship was a great success and all students committed themselves to this work. Dr Sally Enos praised the efforts of everyone and congratulated each one of them for their dedication.

Webinar 4- Online Assessment

The webinar was organized by the Internal Quality Assessment Cell of MES'S Pillai College of Education & Research. The webinar was organized on 3rd September 2020 from 5:00 pm to 6.00 pm. Dr Prashant Lokhande was the resource person for this session. Assessment of students seems to be affected the most due to remote teaching. Dr Prashant demonstrated the use of Kahoot that enables the teacher to make assessment lively, engaging and helps to understand learning in students. The session was effective and engaging and was concluded by a kahoot quiz for all the participants.

Webinar 5- Teaching for Perspective Change - Embracing Transformational Learning Practices

The webinar was organized by the Internal Quality Assessment Cell of MES'S Pillai College of Education & Research. The webinar was organized on 11th September 2020 from 10:30 am to 12:30 am. The resource person for this webinar was Dr Anne Grey, Ed.D. Professor, Faculty Chair, Concordia University, Wisconsin. Dr Anne Grey was a distinguished guest who has worked at different levels from kindergarten to undergraduate students. Dr Anne also works with organizations to reduce racism in their settings and promote a culture of equity, diversity and inclusion.

The webinar focused on Transformational Learning. Mezirow, who proposed the transformative learning describes transformative learning as “learning that transforms problematic frames of reference to make them more inclusive, discriminating, reflective, open, and emotionally able to change.

Teachers must provide opportunities for students to indulge in critical thinking through providing content that introduces new ideas. The main highlight of the webinar was

“teacher is the learner, and the learner becomes the teacher” & we must always walk-through life as if you have something new to learn. The webinar was a great opportunity to learn and apply these practices in schools. Dr Anne Grey truly filled us with her enriching thoughts and passion for learning. The webinar ended with a vote of thanks by Dr Geeta Thakur.

Webinar 6 - Critical Thinking: Tools and techniques for teachers

The webinar was organized by the Internal Quality Assessment Cell of MES’S Pillai College of Education & Research. The webinar was organized on 26th September 2020 from 10:30 am to 12:30 am. The resource person for this webinar was Mr. Chetan Date, Ph.D. an Aerospace Quality Executive from Tempe, Arizona.

The webinar focused on developing critical thinking in students. It consists of Socratic questioning which allows us to think deeply. Socrates said, “An unexamined life is not worth living.” Critical thinking allows learners to become self-structured, disciplined and helps them progress in their learning. A teacher thus influences, guides and motivates in this process. It also includes analysing situations and assessing the cause-effect. The webinar was a great opportunity to engage with Dr Chetan Date who provided us deep insights into this topic.

Webinar 7- World Habitat Day (1 minute) Habit formation

The webinar was organized by MES Pillai College of Education and Research, New Panvel and Pillai HOC College of Education and Research, Rasayani in collaboration with Soroptimist Welfare Association (SIBC). The webinar was organized on 15th October,2020 from 3:30 to 5:30 pm onwards. The guest speaker for the session was Mrs. Sonia D’souza Bhavsar. The young dynamic founder of Dropledge, a social cause-based technology initiative. In May 2020, Dropledge was chosen for a special accreditation by the United Nations. It is aligned and registered with the United Nations Sustainable Development Goal 14.

The session was based on the fact that if we dedicate one minute from each day of our life to one sustainable habit, we make the world a better place. Every teacher receives an opportunity to reach students in large numbers and promote the message of sustainable habits. The session reminded us of the power we have and the responsibility we must shape our future on this fragile yet amazingly beautiful planet. The session was enriching, and everyone gained new perspectives on sustainable living.

Webinar 8 – Preparing Teachers for Diverse, Equitable and Inclusive Classroom

The webinar was organized by MES' Pillai HOC College of Education and Research, Rasayani. The webinar was organized on 21st November, 2020 from 3:00 pm to 4:30 pm. The resource person for the webinar was Ms. Apoorva Panshikar. The webinar addressed inclusive education and how teachers can create positive learning environments for children with special needs. An inclusive classroom teaches us it's the environment, not the child that needs to change. The webinar also shed some light on curriculum adaptation and differentiated instruction. The webinar was a great opportunity to understand the importance of diversity, equity and inclusion in education.

Audit course- "Understanding the Self"

The audit course - Understanding the self was organized by MES' Pillai College of Education and Research from 23rd November, 2020 - 4th December, 2020. The workshop included analysing our own self such as exploring the self, the evolving self, the emerging self and the caring self. The sessions were conducted by our esteemed professors Dr Bhavna Dave, Dr Geeta Thakur, Mrs Pradnya Jadhav and Mrs. Bindu Tambe. Dr Sally Enos, our principal, actively engaged with students during the audit course and provided us with deep insights with respect to our lives, careers and caring for the larger world. The main highlight of the audit course was to develop a positive self-concept, high self-esteem and self-compassion. The audit course was well planned, and students gained a lot during this time.

Semester 3 University Examinations-

The semester 3 examinations were online due to the pandemic. The exams commenced on 23rd December 2020 and ended on 30th December, 2020. The papers were the following -

- 23rd December, 2020- Assessment for Learning
- 28th December, 2020- Pedagogy of school subject
- 30th December 2020- Language & Curriculum

The exams were executed effectively, and all students were extremely happy with their dedication throughout semester three.

Orientation on Resume writing for placement interviews

The orientation for placement interviews was organized on 31st December 2020 from 11:00 am to 12:30 pm. Dr Geeta Thakur conducted a brief presentation explaining the difference between resume, C.V and biodata. Ma'am also explained the importance of grooming and being presentable for the interview even though it was online. Ma'am mentioned that excellent communication skills and a great deal of confidence adds to our personality and would help in cracking interviews.

Orientation on Semester 4

The orientation for semester 4 was organized on 4th January, 2021. Dr Sally Enos, our principal welcomed all students to semester four. Ma'am congratulated the efforts of all students for their dedication and commitment throughout all semesters. Ma'am expected the same dedication from all students for the last semester as well. A short orientation for the action research was also organized by Mrs Pradnya Jadhav to explain the use of action research. Different topics were discussed with respect to action research. This would help students to choose topics from their disciplines.

NAAC SPONSORED WEBINAR ON Qualitative & Quantitative Metrics in Assessment of TEI's as per NAAC Guidelines 2019

The webinar was organized by the Internal Quality Assessment Cell of MES'S Pillai College of Education & Research. It was a three-day NAAC sponsored webinar on 'Qualitative and Quantitative metrics in Assessment of TEIs as per NAAC guidelines 2019. It was organized from 3rd to 5th February 2021. It involved excellent sessions and certainly was helpful for all teacher educators.

Semester 4 Internship

The semester 4 internship began on 11th January 2021. The schools were Mahatma International School and CKT junior college. This semester students were expected to complete five lessons in the second pedagogy and five co-teaching lessons with a peer. The internship was a great opportunity for working on the second pedagogy subjects. All students showed great commitment and dedication in all their work.

The community work had to be completed during the internship. It involved a whole class session of creating awareness about topics such as the environment, pollution etc.

Student-teachers selected topics of interest and engaged effectively making the session informative and fun for all school students.

The learning resource had to be made during the internship. Student-teachers presented their learning resources on 21st March 2021. There were groups made for this purpose. Student-teachers participated with great enthusiasm.

Women's Day Celebration

Women's Day was celebrated on 9th March, 2021 at MES' Pillai College of Education and Research. The session began at 11.00 am. The theme for the same was Choose to challenge according to the theme of the United Nations for 2021. A woman's place is everywhere. Therefore, it is important that women dream with ambition, claim our space, empower each other and lead with compassion.

The celebration involved events such as songs, poetry, women in sports and women in STEM. It was a great opportunity to meet students of F.Y. B.Ed. who participated with much enthusiasm. The session concluded at 12:30 pm.

SEMESTER 4 UNIVERSITY EXAMINATIONS

Orientation for the exams were held on 19th April 2021. Dr Geeta Thakur explained all the details and technological devices that would be required. All students were aware of the requirements for an online examination.

- 20th April 2021- Contemporary India & Education
- 22nd April 2021- Elective course 3 (Guidance & Counselling/ Environmental Education)
- 23rd April 2021- Creating an Inclusive School

The exams began on 20th April and concluded on 23rd April. All students could complete their exams and uploaded their work appropriately.

THE JOURNEY AHEAD.....

MES' Pillai College of Education and Research would certainly remain a cornerstone in our lives. A place where we developed the values of prudence, dedication and humility. It was a great honour for me to be a general secretary since the last two years. While we were in class, we interacted during lectures, raised questions and presented our opinions.

Due to the Covid-19 pandemic, it was online learning. This was an opportunity for us to learn so many things. During these long months of isolation, we always stayed in touch through messages, meetings and video calls.

As part of the student council, we always wanted to create a healthy team culture. A class where we respect and appreciate every individual. I believe that every act of kindness is magical. It creates a kindness ripple. While sometimes it was too much to ask for, calls, messages, assignments and tests; we at the student council were always there for our friends. I thank all our amazing professors for believing in every moment. Our principal, Dr Sally Enos who has been a constant source of encouragement. We all look forward to becoming effective and humane teachers who will always enjoy learning.



**Aim for the sky, but move slowly,
enjoying every step along the way.**

**It is all those little steps that make the journey
complete.**

Chanda Kochhar

LINKAGES WITH OTHER INSTITUTIONS

With SIES Comprehensive College of Education, Sion & Nerul: With the objective to receive & provide academic expertise for enhancing the quality of education and promote curricular, co-curricular and extra-curricular activities between both institutes, on 6th January 2020, MES' Pillai College of Education and Research, New Panvel (W) and SIES Comprehensive College of Education, Sion & Nerul, signed an Memorandum of Understanding (MoU). It will also enable the institute to seek support in organizing conferences, seminars, and workshops on varied topics.

With schools: Linkage with Schools wherein our students are placed for Internship was also strengthened by an MoU signed by the heads of both the institutions. The schools with whom MoUs were signed are: JBSPS' Changu Kana Thakur School & Junior College-(Science & Commerce), Vishwajyot High School-Kharghar, Emphyrean School- Kharghar, Mahatma International School, Mahatma School of Academics & Sports and AVB Phadke High School, Panvel. The heads & staff of all the schools support & extend their cooperation to PCER-Panvel for completion of internship related activities. At the same time the B.Ed. students also help the various subject teachers of the school in completion of portions, evaluation and conduct of Co-curricular activities.

With Coursera: Coursera is an online education provider that offers online courses, popularly known as MOOCs or Massive Open Online Courses, from top universities and companies around the world. Mahatma Education Society's tie-up with Coursera gave us the opportunity to learn and earn certificates from a plethora of renowned institutions from across the globe. The students and faculty of MES, have free access to the Coursera courses through mes.ac.in email IDs. The student teachers as well as the teacher educators made the best of the opportunity provided. A total of 186 certificate courses were completed by 45 student teachers from F.Y. B.Ed. (2020-22), 27 certificate courses were completed by the student teachers of S.Y. B.Ed. (2019-21) and 19 certificate courses were completed by the student teachers of S.Y. M.Ed. (2019-21). All the teacher educators have also successfully completed certificate courses in the subjects of their interest from institutions of their choice. This opportunity helped the students, faculty, alumni and staff to hone their skills and abilities.

CLUB AND CELL ACTIVITIES

CLUB ACTIVITIES

LITERARY CLUB

MARATHI BHASHA DIVAS

A Report

Marathi Bhasha Diwas (Marathi Language Day) was celebrated annually on February 27th in PCER and PHCER. There was online celebration of “Marathi Bhasha Diwas” on 27/02.2021 to honour the birth anniversary of famous Marathi poet Vishnu Vaman Shirwadkar, who was popularly known as 'Kusumagraj' and was an eminent Marathi poet, playwright, novelist, short story writer, and humanist.

The day was celebrated to recognise and honour the greatness of Marathi literature. First year and Second year students from both the colleges participated in the celebrations and presented different programmes and activities through online mode. All the students and professors joined the Google Meeting at the scheduled time. For the convenience, the entire programme was divided into 3 parts, and 3 groups presented their part of the performances. All the groups prepared beautiful PowerPoint presentations in the respect of Marathi Bhasha in different ways and performed nicely on various Marathi bhasha related activities mentioned below:

1st group – S.Y. B.Ed. – Panvel PCER students: Dhanashri Tandel, Samrudhhi Kulkarni, Mukta, Dipali Choudhari participated actively in the introduction of Kusumagraj, Marathi poem recitation, Monologue from Marathi drama, Poem recitation.

2nd group – F.Y. B.Ed. – Panvel PCER students: Prajakta Karle, Vijaya Mhatre, Jasmine Parulekar, Ashwini Bhakare performed nicely on the significance of Marathi Bhasha Diwas, Natyachhata, Marathi poems recitation, Different forms of Marathi Music and songs and beautiful Marathi Bana - Folk Dance.

3rd group – F.Y. B.Ed. – Rasayani PHCER students: Dibya Jyoti, Archana Dhaygude, Asmita Patil, Cathy, Parvati Sharma presented meaningful Marathi Slogans, Self-composed poem on Corona, Saints in Maharashtra, Poem recitation, Famous Marathi poets.

After these presentations, S.Y student Samrudhhi conducted an interesting game related to Marathi words. All the students and professors enjoyed the entire programme. They all appreciated the efforts of all the participants and the Professor-in-charge “Pradnya Jadhav”. The programme was successfully presented though online mode. Then Pradnya Jadhav proposed a vote of thanks to all.

The programme was concluded by F.Y student Jasmine Parulekar with a Famous Marathi Prayer– Pasaydaan – Prayer to Universal God. It was really worth celebrating Marathi Bhasha Diwas to promote Marathi language and culture.



NATURE CLUB

WORLD HABITAT DAY: 1 MINUTE HABIT FORMATION

A Report\



On 15th October 2020, MES' Pillai College of Education and Research, New Panvel and Pillai HOC College of Education and Research, Rasayani in collaboration with Soroptimist Welfare Association (SIBC) organized a webinar

on **“World Habitat Day: 1 Minute Habit Formation”** The session witnessed an online gathering of around 130 participants from the field of education. The webinar was organized in line with the United Nations idea to reflect on the state of towns and cities, and on the basic right of all to adequate shelter.

The guest speaker for the session was Mrs. Sonia D'Souza Bhavsar the young dynamic founder of Dropledge, a social cause-based technology initiative. In May 2020, Dropledge, was chosen for a special accreditation by the United Nations. It is aligned and registered with the United Nations Sustainable Development Goal 14. The whole idea of the session was based on the conviction that if we dedicate one minute from each day of our life to one sustainable habit we truly believe in, it will subconsciously become a part of us. The organization with the help of the insights gained through its scientific research, has crafted gamified user experience to bring about a change in the habits and behaviour of the users.

The session not only focused on the issues revolving around the habitats for humans but also put forth the plight of thousands of other inhabitants of the Earth. The speaker shed light on some hard-hitting facts related to habitat destruction and the loss of biodiversity. She sensitized the audience on the impact our habits have on the globe and suggested an idea of a Climate Classroom. The crux of Climate classroom is the opportunity each teacher gets to reach students in large numbers and the potential multiplicity of the message of sustainable habits. The session was intended to remind us of the power we have and the responsibility we need to shoulder to shape our future.



As teachers we need to play the crucial role of mediators to make Earth inclusive in true sense.

WELL-BEING CLUB

A Report Prepared by Mrs. Bindu S. Tambe

Dalai Lama said, "A calm mind brings inner strength and self-confidence, so that's very important for good health".

As a teacher-training institute one of the objectives at Mahatma Education Society's Pillai College of Education and Research, New Panvel is to create future teachers who have the inner strength as well as self-confidence to deal with the society and its needs. Both physical and mental health go hand in hand for a well-balanced, well-developed body and mind. As is our practice every year, this year too we have many activities organized for both students and staff to focus on our health and well-being. Due to the ongoing pandemic situation, all our activities were conducted through the offline mode.

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.

2021 was the 7th year of our celebration of International Day of Yoga on 21st June 2021. As is our practice, in-charge teacher started online sessions for students for half an hour every day. She started off with the breathing exercises, pranayama and simple yogasanas as prescribed by the Government of India. A special slot was provided in the timetable for the activity. Students were eager to be part of this morning ritual.

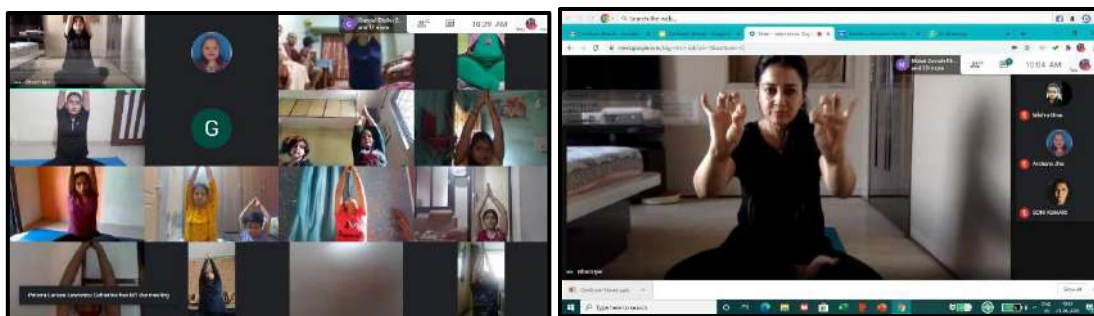
Our expert this year for Yoga Day was Ms. Bharti Iyer, a certified Yoga expert who has been practicing yoga for many years and she also teaches Yoga in both online and offline mode. She explained the various benefits of the pranayams, asanas and breathing exercises to the students and staff as it was being shown to students. She also informed about how various diseases can be kept at bay by following the various aspects of Yoga. It was a wonderful session, well -received by all. A lot of participants showed interest in continuing with this activity on a regular basis.

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

Another activity of the Well-being Club is the regular counselling sessions for our students. Students are constantly motivated by the principal and teachers at the college but apart from this counselling, 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.

Self- development modules are conducted for students to understand their strengths and weaknesses. Teachers engage the students in hands-on activity to create awareness about their own self so that they are able to handle themselves better. These modules teach our students to develop self-esteem, self-confidence, resilience self-compassion, etc. through various activities which helps students develop a positive self-image. Having a positive self-image works wonders for them as they are equipped to deal with any stressful situation in the right manner. The activities conducted in the modules help the students have practical experience of taking care of their well-being in different situations.

Adhering to what the WHO says, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”, our college tries to provide many opportunities to our students and staff to understand the need for healthy mind and body and also conduct activities which will help them achieve their well-being.



CELL ACTIVITIES

WOMEN DEVELOPMENT CELL

A Report Prepared by Dr. Bhavna Dave

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

In association with Baha'i Academy, Panchgani, the WDC of PCER-Panvel organized a 5-day workshop from 7th to 11th March 2021 on '**Self-development & Capacity Building**' for student teachers with an objective to develop their personality, discover their inherent power, demonstrate the values, attitudes and skills necessary for self-empowerment. Many candidates registered for the same. The sessions were interactive with interesting activities on each day to highlight the objective of the sessions. Upon completion of the workshop, students were presented with e-certificates.

PCER Panvel celebrated the power of women on **9th March 2021 to celebrate International Women's Day (8th March)**. Each year our college creates specific programmes for this special day dedicated to the resilience, strength and empowerment of women. This year the theme for International Women's Day as per the UN was #ChoosetoChallenge#. Keeping the theme in mind, students selected poems in Hindi, English and Marathi to honour women. There were presentations on women in sports, women in uniform, women in Science, Technology, Engineering and Medicine. There were interesting and novel virtual games for all. Even though it was a programme to celebrate women power and the choices they have, the male students of the college also participated enthusiastically. The programme was planned and organized by the students of second-year B.Ed. and all the students and faculty participated in the programme.

On the occasion of **International Women's Day**, Bandodkar College, Thane, had organized a **National-level debate competition**. Convenor of WDC, Dr. Bhavna Dave, trained two of our students Ms. Kiran Mankoo and Ms. Priyanka Singh to write their views in opposition and proposition of the topic mentioned, prepare a video and send as participation in the above debate competition. They came back with a consolation prize!

The WDC & well-being club of PCER Panvel in association with edukidz International Preschool, Khanda Colony celebrated the **International Day of Happiness** by organizing a dance and fitness session (online and offline mode) for all the student, alumni and staff members on 28th March 2021. The activity was facilitated by Mr. Sanket Pawar from edukidz International to ensure well-being and happiness of staff and students with happy dance work-out for a happy mind. Students and their families participated with full vigour and enthusiasm to ensure that International Day of Happiness is imbibed by all!

ANTI-RAGGING CELL

-A Report Prepared by: Mrs. Bindu S. Tambe

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 have 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 considered a serious problem in our institution. We have various means to communicate to students about the seriousness of ragging and our attitude towards ragging.

The 2020-2021 academic year was online due to the lockdown imposed because of corona virus. But even then, understanding the online abuse that takes place, the college continued with all its activity using Google Meet platform. The anti- ragging pledge is displayed prominently in our college and students are required to read it but this year it was scanned and uploaded in the Google Classroom so everyone has access to it. We do not stop at the physical aspects of ragging; we also check for psychological issues arising from student behaviour or teacher behaviour.

We are a teacher-training institute and training students to not only become effective teachers but human and kind individuals is also our responsibility. Problems of bullying and ragging that they may encounter later as teachers requires us to prepare them today to deal with such situations!

We provide a disciplined and safe environment to our students and keep a continuous watch and vigil both offline and online 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:

The Anti-ragging cell comprises of the principal of the college, Dr. Sally Enos, teacher-in-charge, Bindu S Tambe and the General Secretary of the batch, Ms. Larissa Pereira. 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. Students of the second year of the college have to renew their pledge from last year.
- ❖ **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.
- ❖ **Session on gender sensitization:** A talk by Mrs. Dolly James was organized by the cell on “Gender Sensitization”. With nearly 30 years of experience in social work with NGOs at grass-root level, it was an honour to have her talk to our students

about gender equality, discrimination, abuse, mental health of the members of the LGBTQ community. She also informed us about the government policies, bills which give rights to the members of this community. A teacher must be aware of all these aspects and be sensitive towards others so that any instance of ragging in future and the present times can be handled in a sensitive and correct manner.

- ❖ **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.
- ❖ **Self- development modules:** We also conduct self-development activities for our students which teaches 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 weblinks 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. This year presented a different set of issues as everything was online due to the pandemic situation. But students were engaged using the available means to sensitize them to the problems and consequences of ragging.



EXTENSION ACTIVITY**A REPORT**

-Prepared by: Mrs. Bindu S. Tambe

Albert Schweitzer said, "Until he extends the circle of his compassion to all living things man will not himself find peace."

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.

One of the objectives of MES' Pillai College of Education and Research, New Panvel is to create humane teachers who are empathetic, kind and sensitive teachers. All activities undertaken in the college keeps these aspects in mind and extension activity is no different. The project is not done just for the 10 grace marks but as a way of sensitizing our future -teachers to the society around us. The extension works project of the Department of Lifelong Learning and Extension, University of Mumbai for the academic year 2020-21 began with orientation to the S.Y. B. Ed and S.Y.M. Ed. students by Asst. Prof. Mrs. Bindu S. Tambe. About 53 students enrolled for the extension service project and two students were selected as student managers after discussion with 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 works in-charge teachers briefed the other students about the various projects offered under this programme. This year was different as due to the Corona virus pandemic; we were under lockdown. The project we were planning to do had to be conducted online and hence extra efforts in choosing the right one was taken. The Principal, teachers & the students decided to take up only one programme. For the current academic year, we decided to opt for "Survey of Women Status' (SWS). This project involved understanding the status of women in the present society.

The 1st term training programme was organized by the Department of Lifelong Learning and Extension (DLLE), University of Mumbai, on 9th November, 2020. It was an online training due to the prevailing situation. 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. Since the activity was to be carried out online, there were certain changes that were suggested.

For the SWS Project, our students were asked to create a Google form of the questionnaire as given by the DLLE, but here we could change/add/delete few questions to make it up to date as far the pandemic was concerned. Students were instructed to collect data from all sections of the society. For upper- and middle-class women, students were asked to send the form and collect data and for the lower income women group, the students were asked to talk to them and fill in the data required. It was not an easy task and students were able to find the necessary data. Once the data collection was done, another session to understand the process of calculation was organized. Students were taught to mark the questionnaire, collect all the necessary information and create tabulations. This enabled them to understand the methodology of analysis of data collected. This analysis and then the interpretations surprised the students regarding the status of some women in the society even in the 21st century. This understanding will definitely help the future teachers appreciate their role in creating an equitable society.

There was no second term training as the situation was getting bad with respect to pandemic. Due to this reason, there was no scope for UDAAN festival. 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 an online field visit on 15th January, 2021 using Google Meet from 3:00 pm to 4:30 pm. The students were given detailed information about the report writing at every stage. DLLE issued a format for the submission of the report in the form of a Google form where students had to enter the necessary details and then answer questions regarding the project. All the students completed their work and submitted on time. The teacher-in-charge checked the reports and created the necessary annexures to be submitted to DLLE.

The extension activity helps the students not only to add ten grace marks given by the University of Mumbai on completing the extension work project 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. It also helped enhanced the development of skills of using technology to create forms for collecting data, analyze and interpret the results. The Status of Women Survey project taken up for this academic year was an eye-opener for many of our students too as they understood the real society prevailing outside of their homes. It also sensitized them to the need to empower women socially, financially and emotionally.

**“MES’ Pillai College of Education and Research, New Panvel.
Class of F.Y. B.Ed. 2020-22**











*Amrita Shree
S. Y. B. Ed.*

*By Amrita Shree
S.Y. B.Ed. (2019-21)..*

YURI GAGARIN – THE UNTOLD STORY OF THE FIRST MAN IN SPACE

Contributed By Larissa Periera

(S.Y. B.Ed. – 2019-21)

“When I orbited the Earth in a spaceship, I saw for the first time how beautiful our planet is. Mankind, let us preserve and increase this beauty and not destroy it!”

These words were spoken by the Russian cosmonaut Yuri Gagarin



Imagine the first person to be in space. It is such a breakthrough and a special moment. The excitement around it is unfathomable. This happened exactly 60 years ago on 12th April, 1961. The first human flight into space was seen as a triumph of science. Gagarin himself spoke about how this was possible due to the efforts of hundreds of engineers, scientists and technicians.

The Gagarin story is remarkable in many ways. Konstantin Tsiolkovsky, a Russian rocket scientist wrote in 1935

“I can easily see who will be the first human to overcome gravity. He is Russian. He is a citizen of the Soviet Union. I can see his kind face and his honest blue eyes. Interestingly, Gagarin was only a year old that time.

Gagarin's humble roots are a godsend for the Soviet propaganda industry. Born to peasant farmers in a small village near the western Russian city of Smolensk, Gagarin's village was invaded by the Germans when he was only seven years old; his family were evicted from their home and had to spend the next 21 months living in a mud hut. It was a childhood filled with lot of afflictions. The only food was sometimes a sausage in the rubbish.

Yuri sabotaged German equipment and was lucky to survive the war, though he spends several months in a hospital. He was a gifted student – especially in engineering and math – but was no bookish wallflower – he was equally good at sports and works in a foundry while studying. Later, after graduating as a military pilot, he worked on MiG fighter jets in the far north of Russia, near the Finnish border. Out of hundreds of applicants, he was one of the first 20 chosen as the USSR's first batch of cosmonauts. When Sergei Korolev – the USSR's chief rocket

designer – first met the cadre of pioneering cosmonauts, he spent most of that first meeting chatting to the charismatic Gagarin. Korolev would later call him his "little eagle".

Gagarin's historic mission in **Vostok 1** on 12 April 1961 lasted one hour and 48 minutes – far less than the average multiplex movie. The 5ft 2in (155cm) fighter pilot and former foundry worker – his short stature perfect for the cramped interior of the Vostok capsule, it turned out – blasted into space from the Baikonur Cosmodrome (now in Kazakhstan) with a delightfully informal quip into his earpiece- “Let’s Roll”

Gagarin, it emerged later, was lucky to survive the mission – not because of problems in space, but because his re-entry module had failed to disengage properly from the orbital module. The cables failed to cut correctly and the two craft spun violently until the wires gave way. Only after that was Gagarin able to eject from the module and make it safely back down to Earth. Less than two hours later, his re-entry capsule landed on the ground near the city of Engels in Western Russia, with Gagarin himself landing by parachute minutes later.

A farmer and her granddaughter, who had seen the round capsule fall heavily to Earth, were greeted by the site of a strange, silver-suited figure. "I told them, don't be afraid, I am a Soviet like you, who has descended from space and I must find a telephone to call Moscow!"

The Soviets kept quiet about Gagarin's mission until he had returned safely to Earth – and then broadcast the news far and wide via the state news agency Tass. The reports sent shockwaves around the world, not least in the US, which had been trying to beat the Russians to the first manned flight.

The ever-smiling Gagarin was a much more appealing face for communism. Gagarin was a really charismatic figure. He embodied the Soviet Union and the journey it's going through. Everyone wanted to meet him from the Queen of England to a former roommate. He's had a childhood interrupted by the war. He's come from a collective farm to the stars in just 27 years. He dreamed of seeing the stars and he himself became a superstar for the citizens of the Soviet Union. The Revolution Square in Moscow was full of people who wanted to meet the man who descended from the heavens.

Gagarin was a person, a human being, a very delightful character. He came across as a very warm and engaging individual. And his smile could melt the stoniest heart. In a routine training, Gagarin's MiG-15 trainer crashed in woodland just outside Moscow. He passed away at the age of 34.

It has been 60 years to that heroic space flight. NASA along with SpaceX has launched several missions and space flights but Gagarin's fleet always remains heroic and forever enshrined in the Soviet space programme.

NARI KA SANGARSH

Contributed by Nisha Pattem

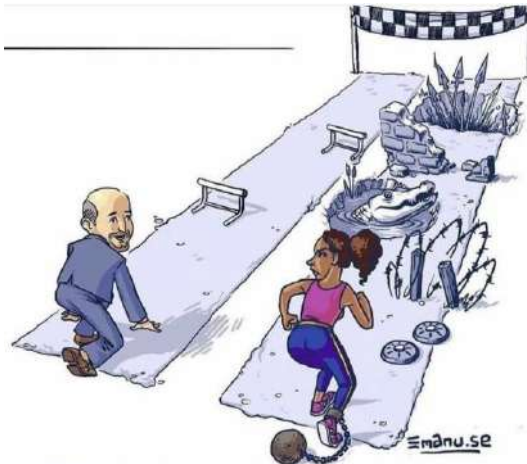
(F.Y. B.Ed., 2020-22)

कुछ साल पहले, मेरी एक सहेली ने सिर्फ 35 साल की उम्र पार की थी। लगभग 8 दिनों बाद वह एक बीमारी से पीड़ित हो गई थी ... और उसकी जल्दी ही मृत्यु हो गई।

"दुख की बात है ... वह हमारे साथ नहीं रही " ...

RIP

दो महीने बाद मैंने उसके पति को फोन किया। ऐसे ही मुझे लगा कि. वह बहुत परेशान होगा क्योंकि ट्रैवल वाला



"What's the matter?
It's the same distance!"

जॉब था। अपनी मृत्यु तक मेरी सहेली सब कुछ देख लेती थी ... घर ... अपने बच्चों की शिक्षा ... वृद्ध ससुराल वालों की देखभाल करना. उनकी बीमारी. रिश्तेदारों का प्रबंधन करना।

वह कहती रहती थी. "मेरे घर को मेरे समय की जरूरत है, मेरे पति चाय काफ़ी भी नहीं बना पाते, मेरे परिवार को मुझसे हर चीज के लिए जरूरत है, लेकिन कोई भी मेरे द्वारा किए गए प्रयासों की परवाह नहीं करता है और न ही मेरी सराहना करता है। सब मेरी मेहनत को नोर्मल मान के चलते हैं"।

मैंने उसके पति को यह जानने के लिए फ़ोन किया कि क्या परिवार को किसी सहारे की जरूरत है? मुझे लगा कि उनके पति बहुत परेशान होंगे...अचानक से सारी ज़िम्मेदारियों को निभाना है, उम्र बढ़ने के साथ साथ...माता-पिता, बच्चे, अपनी नौकरी, इस पर अकेलापन उम्र ... कैसे होंगे बेचारे?

फोन कुछ समय के लिए बजा ..नहीं उठाया

एक घंटे के बाद उन्होंने वापस कॉल किया... उसने माफी मांगी कि वह मेरे कॉल का जवाब नहीं दे पाए. क्योंकि अपने क्लब में एक घंटे के लिए टेनिस खेलना

शुरू किया था और दोस्तों से मिलना वगैरह भी। यह सुनिश्चित करने के लिए कि उनका समय ठीक से गुजर जाए।

यहां तक कि उन्होंने पुणे में ट्रान्सफ़र करवा लिया। इसलिए अब ट्रेवल नहीं करना पड़ता।

"घर पर सब ठीक है?" मैंने पूछा; उन्होंने जवाब दिया, एक रसोइया रख लिया है। थोड़ा और पेमेंट किया तो वह किराने का सामान और सब्ज़ी फल वगैरह भी ला देगा। उन्होंने अपने बूढ़े माता-पिता के लिए फुल टाइम केयर टेकर रख ली थी।

"ठीक चल रहा है ... बच्चे भी ठीक हैं। जीवन धीरे धीरे सामान्य स्थिति में लौट रहा है", उन्होंने कहा।

मैं मुश्किल से एक-दो वाक्य बोल पायी और हमारी बात पूरी हो गयी।

मेरी आंखों में आंसू आ गए।

मेरी सहेली मेरे ख्यालों में आ रही थी ... उसने अपनी सास की छोटी सी बीमारी के लिए हमारे स्कूल के पुनर्मिलन को छोड़ दिया था। वो अपनी भतीजी की शादी में नहीं गयी क्योंकि उसको अपने घर में मरम्मत के काम की देखरेख करनी थी।

वह कई मजेदार पार्टियों और फिल्मों से चूक गई थी क्योंकि उसके बच्चों की परीक्षा थी

और उसे खाना बनाना था, उसे अपने पति की जरूरतों का ख्याल रखना था।

उसने हमेशा कुछ प्रशंसा और कुछ पहचान की तलाश की थी . जो उसे कभी नहीं मिली।

आज मुझे उसका कहने का मन हो रहा है।

यहाँ कोई भी अपरिहार्य नहीं है।

और कोई भी याद नहीं किया जाएगा. यह सिर्फ हमारे दिमाग का भ्रम है।

शायद यह सांत्वना है। या यूँ कहें की हमारे समझने का तरीका... जब आप दूसरों को खुद से पहले रखते हैं तो वास्तव में आप यह भी दिखा रहे होते हैं की आप पहले नहीं हैं

रियालिटी बाइट्स:

- ❖ उसके मरने के बाद उन्होंने दो और नौकरानियाँ किराए पर ली गईं और घर ठीक चल रहा था।
- ❖ हम केवल हमारे सम्मान और हमारे मूल्य को मापते हैं. क्या यह सच नहीं है?
- ❖ फिर जीवन का आनंद लो. मन का यह वहम हटा दो कि मैं अपरिहार्य हूँ और मेरे बिना घर नहीं चलेगा।

सभी महिलाओं को मेरा संदेश:

- ❖ सबसे महत्वपूर्ण बात यह है कि अपने आप के लिए समय। समय . स्वयं के लिए समय निकालें।



- ❖ अपने दोस्तों के साथ संपर्क में रहें .. बात करें, हंसें और आनंद लें, अपने शौक पूरे करो, अपने जुनून को जियो, अपनी जिंदगी को जियो।
- ❖ कभी कभार वो उन चीजों को करें जो करने में हमें मज़ा आता है।
- ❖ दूसरों में अपनी खुशी मत देखो, तुम भी कुछ खुशियों के हकदार हो क्योंकि अगर तुम खुश नहीं हो तो तुम दूसरों को खुश नहीं कर सकते, हर किसी को आपकी ज़रूरत है, लेकिन आपको भी अपनी देखभाल और प्यार की ज़रूरत है।
- ❖ महिलाओं को उन अन्य महिलाओं की मदद करनी चाहिए और मार्गदर्शन करने के लिए आगे आना चाहिए जो अपने व्यक्तिगत तनाव को संभालने में असमर्थ हैं और उन्हें अपने आत्मविश्वास को बढ़ाने के लिए एक हाथ बढ़ाए।

- ❖ खुद की मदद करें और जीवन को जीने लायक बनाएँ
- ❖ हम सभी के पास जीने के लिए केवल एक ही जीवन है

ज़िन्दगी बहुत खूबसूरत है



STREE HAS NO CASTE

Contributed by Nisha Vinod Pattem

(F.Y. B.Ed., 2020-22)

This is a beautiful conversation between a man and a woman.

He questioned her “which caste do you belong to”?

She asked, “As a woman or as a mother?”

“Ok, tell me about both”.

With full self-confidence she started “When a woman becomes mother, she is casteless”.

He was taken aback “How is it possible”?

Her answer was --“When a mother cleans her child, she belongs to Shoodra caste.



As the child grows, she protects the child from external unwanted influences, she turns into a Kshatriya.

With the growth of the child her caste also changes. She imparts good values, culture and behaviour, and becomes a Brahmin --- and last but not the least.



When the child gets good education and starts earning, the mother guides him about the value of money, savings and unnecessary expenditure---She follows Vaishya dharma, So I hope you agree with my statement that a Stree has no caste. She is casteless.”

Listening to this, the man was dumb struck. A bright light of respect splashed in his eyes, and he felt proud for all women as mothers.

DEDICATED TO ALL MOTHERS



HEALTH

Contributed by Prachi Joshi

(F.Y. B.Ed., 2020-22)

In today's busy world, everyone, right from a student to a housewife and even the old, is running behind their respective goals to be achieved. Morning to night, day after day everyone are just following their hectic schedules. In this rat race, one often tends to forget or ignore about their own health. Excuses such as lot of work at office or school, family's responsibilities, loans to be repaid, small kids to be taken care of, jobs are some of them. I am sure everyone will relate to this. However, my dear friends, I feel that we all should take a break sometimes and think about one very important aspect of our whole life and that is Health. Taking care of our own health is never given a priority in our life. We often tend to forget that it is our health only which is going to stay with us throughout our journey of life. So, it should be taken care first.

Well, being said that now the question which comes to our mind is, what exactly do I need to be healthy? Or What special attention is needed for my health to be fine? I feel just taking out few minutes in a day of 24 hours is enough on a daily basis. How is that

possible? It is certainly possible. We just must become more aware towards our health. Let us understand how?

Firstly, identify the role in our job means whatever we do throughout the day.

Ask yourself “Am I leading a sedentary lifestyle?” If the answer is yes, you are halfway through towards your goal of achieving a good health.

For example, typically a student spends 6 to 8 hours in school or college sitting on one bench, then again 2 to 3 hours for studies at home

or in tuitions, later watching T.V or on mobile. Same can be said happens with office goes 9 to 10 hours on the desk, 2 to 3 hours travelling to office and back home. Due to sitting for long hours for so many years, weight is one thing which keeps on increasing. And once this happens, everyone knows, many diseases like Diabetes, High blood pressure, infertility, hypertension and many more become a part of our body slowly. There may be other factors responsible too.



In this fast-paced life, people often do not follow the proper eating habits or patterns properly. To add to this, junk food or fast food is rightly available to all of us at every corner of the city easily.

There are just few easy helping-tips one needs to understand which may help all on how to reduce the extra weight put on over the years. Also, I would like to add that I will be touching upon only

about the details of physical health in my article. Few things which are tried and tested by myself which helped me achieve my goal

of reducing weight and is still working on it by self recently.

Firstly, one should drink at least 3 litres of water on a daily basis. This helps in removing the toxins from our body and cleanses it. This may also help in reducing pimples, menstrual problems like pain or extra flow, maintain good weight too.

Secondly, one should include fibrous food like fruits, curd in our daily intake of diet at least one fruit.

Thirdly and most important is to reduce the quantity of whatever we eat. Say for example for lunch if we have been eating 2 full rotis or chapatis and 1 big bowl of rice, then gradually reduce it to 1½ roti or chapatti and medium bowl of rice. In this way, calorie intake will be exactly to what the body needs and not extra which leads to gain weight.

Fourth, to keep a gap of at least 6 hours between 2 meals to help your stomach complete its digestion process. And if in this process you feel hungry in between again, then have some light snack. In this way your body will get adapted to this routine in few weeks or months.

Finally chewing plays an important part while eating. So, there should not be any kind of distraction while eating till the meal is finished. Say reading or watching TV or mobile. It may take some time for the meal to be finished but I am sure your body will thank you for this.

Also want to mention to keep a watch on the quantity of eating sugar or sweet items. It should be moderate.

Lastly exercise plays an important part too in a healthy life. It may be in any

form say swimming, cycling, walking, jogging, playing badminton, yoga at least 2 to 3 times a week. It helps in keeping our bones and muscles strong.

I am sure these small tips are not so much difficult to follow in our daily routine. One must just be aware and alert while following this.

Remember we stop playing not because we get old, but we get old because we stop playing. One must make small but necessary changes in the lifestyle as you grow older in our day-to-day life which



can be done by self only. No one can understand our body better than us.

I sincerely thank my seniors of

Pillai College to give me this opportunity to express my thoughts on the topic I really love to talk about. Hope after reading my article, it may help everyone to think and inspire to make lifestyle changes.

Finally, I would like to quote that “A healthy body leads to a healthy mind”

Come lets us all be a part of it.

CHERNOBYL NUCLEAR DISASTER: THE DARK HOUR

Contributed by Larissa Pereira

(S.Y. B.Ed. – 2019-21)

We all remember accidents that caused us hurt or pain. A fall from the bicycle, a fall from the swing at a park. Some are often painful and leave scars. The sheer memories of these mishaps which are unfortunate still frighten us. We often think in terms of how these accidents could have been prevented? A more vigilant eye, being aware of our surroundings and using the mind always helps.



A mishap is defined as a tragic or an unfortunate accident; certainly that could have been prevented. There's one accident that brings out the deepest scars that it has caused to mankind. It is the **Chernobyl Nuclear Disaster**. The Chernobyl Nuclear Disaster occurred on April 26, 1986. It is one such incident that shook the entire world. The world's worst nuclear accident in history unfolded in what is now known as northern Ukraine as a reactor at a nuclear power plant exploded and burned.

The disaster happened near the city of Chernobyl in the former USSR which invested heavily in nuclear power after the second world war. On the fateful day, routine maintenance was scheduled at Lenin nuclear power station's reactor number 4 and workers planned to test whether the reactor could still be cooled if the power plant lost power.

However, while performing the turbo-generator test, workers violated several safety protocols and power surged inside the plant. Despite attempts to shut down the reactor entirely, another power surge caused a chain reaction of explosions inside. Seconds before reactor number 4 exploded, the temperature inside the reactor core which consists of uranium fuel assemblies reached 4,650 degree Celsius. Let's understand this relatively, the temperature of the surface of the sun is 5,500 degrees Celsius. The force of the explosion was equivalent to 66 tons of TNT. It blasted away the roof of the reactor's 20-storey building; completely destroyed everything inside the core and ejected at least 28 tons of highly radioactive debris into the immediate surroundings. The effects of this explosion were fatal.

It caused radioactive dust and smoke, and this was felt across many countries as far as Sweden. The explosion further led to a radioactive fire that burned for almost two weeks.

The radioactive fallout included iodine-131, caesium-137, and plutonium-239, none of which occur naturally, and all of which are extremely dangerous for humans and other animals. Each substance decays on its own schedule known as a half-life, which is the amount of time taken to halve its radioactivity. Among these, plutonium-239 which is extremely radiotoxic has a half-life of more than 24,000 years.

At least 28 people died as a result of the accident, while more than 100 injured. Thousands were exposed to staggering amounts of radiation that caused thyroid cancer and birth defects. The consequences of these remains debatable.

The neighboring town of Pripyat consisted of around 50,000 inhabitants at the time of the disaster. The entire town was evacuated 36 hours after the accident. Pripyat remains a ghost town to this day. What remains of the reactor is now inside a massive steel containment structure that was deployed in late 2016. Chernobyl, also

has an official designated exclusion zone of 30 km around the reactor.

According to Bruno Chareyron, Laboratory director with the commission for independent research and information about radiation, humankind does not currently have the technical solutions or the financial means to manage a disaster like this. The safety protocols were not followed, the design of the reactor was faulty; sheer negligence led to the Chernobyl nuclear catastrophe.

Today the town of Chernobyl remains uninhabited for human settlements but wildlife is thriving in the regions. The area has become a perfect habitat for wild animals notably the Przewalski's horse. It has been 35 years to the disaster, every 25th April as night deepens people gather around the town of Chernobyl and commemorate the event

and those who lost their lives. This parable has had a complex and the most long-lasting impacts on mankind. Even at the epicentre of the place so close to the site nuclear disaster, there is a sense of community among people, a sense of home and a sense of comfort.

Picture credits- rarenewspaper.com

Excerpts taken from natgeo.com



THE SECRET OF WARRIOR

Contributed by Pritikana Chakraborty

(F.Y. B.Ed. 2020-22)

You never know how strong you are until being strong is the only choice you have, I realized this when my husband and I were waiting at the reception for doctor to call us. I looked at my four years old son, who was playing with a balloon and wondered to myself how my life was just like a balloon. I had so much happiness to give to the people around me and yet I was also one step away to take away all the happiness if I just popped. Suddenly my husband interrupted my gobbling up anxiety. The doctor was ready to see us. My legs were shaking, and the nervousness had worn me down.

The doctor asked me to be strong. Exactly at that moment, I knew what was coming my way.

“You have cancer”. As soon as I heard these three tragic words, I felt my body gone numb. Physically I was fine but mentally I was drowning, drowning into deep sea of emptiness. At first, I thought to give up as cancer means, just, no point trying to gasp for anything. Suddenly my son’s

thought crossed my mind and I decided not to give up without a fight. That was not the time to float, hence I gasped for the treatment plan. I gasped for the stage and grade of it, I knew that the despair might hit, and I might be back into the dark meaningless water, but I also knew I would be revived again and again. I did not let helplessness fill my lungs and choke me.

I hoped it was all just a mistake. The next day I reached for my initial check-up at Tata Memorial Hospital where I



met my surgeon who scheduled PET scan, x-ray, ultrasound and bunch of blood tests and oh! How can I forget the most painful biopsies? My results came out and it showed I had **STAGE 3 CANCER!!!!!!** Before the results came

out, I just did not want to believe it but then I just broke down into tears, “Was my son going to lose his mother?” I cried like a baby. My husband kissed my forehead and told me, “The best advice I can offer would be to embrace it all and go with the flow.”

My surgeon scheduled my lumpectomy surgery. I was dressed in blue. My dress and my thoughts were just the same. I laid on the operation table and looked at the surgical lights, as they started anaesthesia. The lights gave me warmth and hope but I was uncertain if this was



the end. All I knew was that I wanted to wake up again.

After eight dreadful hours, I woke up with tremendous pain due to multiple stitches and staples but somehow, I

found myself smiling, “**Yes I won half the battle.**” My family had come to meet me and that day I realized how grateful I am. I knew I had a lot of fight left but that day I slept peacefully.

The pain was not over yet, I had to go through eight cycles of chemotherapy. It is a big tough cure for a big bad disease. It’s remembering that, with every passing minute, every day that goes by, you are that much closer to being done with cancer and that was a good enough motivating to get me through chemo even with all the brutal side effects. Even though the baldness shatters my heart, I did not let it shatter my hope.

After chemotherapy, I also had to go through one month of radiotherapy. I just wanted this physical and emotional roller coaster to end. I knew I could never go back to my normal life, but I was ready to get through this challenging life.

The ultimate wretched happened when my cancer took away my dream job, but I did not let cancer win. I stood back on my feet and with almighty’s blessing today’s date I am a successful professional motivational public speaker, a social worker. Cancer taught me that, it does not matter if we

have support or not, we can only survive when we are willing to fight for ourselves. Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

Here is my message to all women out there, not only deadly disease, whatever worst situation you might face in your life, fight back for yourself. Our dreams are shattered, our hopes broken, efforts baffled. But great people don't cry, they try to rebuild their dreams. Strong women aren't simply born. We are forged through the challenges of life. With each challenge we grow mentally and emotionally. We move forward with our head held high and a strength that cannot be denied. A woman who's been through the storm and survived.

WE ARE WARRIORS!

You might be wondering who am I?

Whom are you listening to?

Well!!

I am worthy,

I am enough, I am strong,

I am empowered, I am extraordinary,

I am vibe, I am motivation,

I am inspiration, I am a warrior,

I am me !! ☺

ONLINE INTERACTIONS – THE NOT SO GOOD WORLD OF SOCIAL MEDIA

Contributed by Larissa Periera

S.Y. B. Ed. – 2019-21

Facebook, Twitter, Instagram, Pinterest, blogs, and a lot more...we live in a world dominated and influenced, to a large extent, by social media. But do you know what all these online interactions are doing to your brain? Well, a lot.



For starters, when researchers Tracy Packiam Alloway and Ross Geoffrey studied MRI scans of students, they discovered that social media tends to work wonders in improving the working memory. Any muscle in the body, when exercised, tends to get stronger. When a person is constantly faced with a lot of information, the brain gets exercised by the amount of information it is absorbing and memorizing. Thus, status updates, pictures, videos, and other such information exercise the brain and improve its working memory. On the flip side, social media also causes a reduction in attention spans. When a

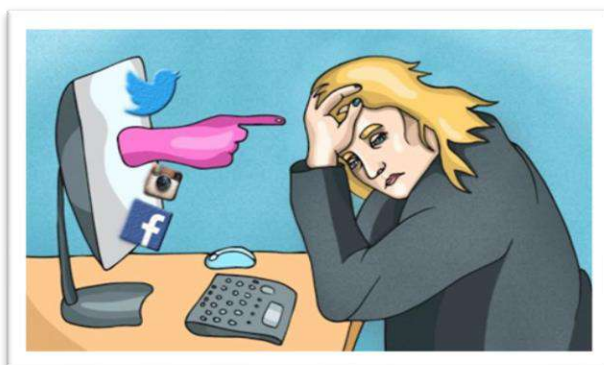
person is sitting with a number of social media sites open in front of him, his mind keeps shifting from one site to another. This causes a reduction in the attention span and does not give the brain enough time to absorb or retain the information it is reading or viewing. It is for this similar reason, that when some people try to multi-task, their productivity levels tend to plummet.



Chemically, there are a lot of changes taking place in the brain. When people view the ‘likes’ or positive comments their posts get, the reward sections of the brain, particularly those in the nucleus accumbent, get activated. Excessive use of social media tends to increase the levels of dopamine and oxytocin that our bodies produce. Oxytocin is a chemical secreted by the pituitary gland located at the base of the brain. According to Paul Zak, a neuroeconomist and author, oxytocin is known as a type of ‘social glue’, which tends to increase emotions such as

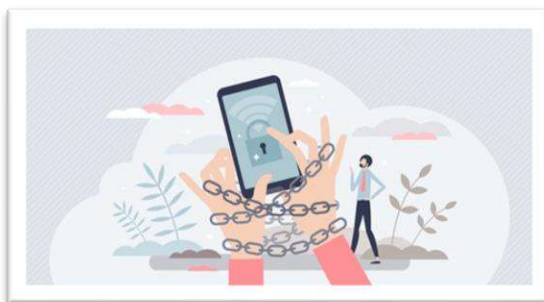
generosity, empathy, trust, and sharing. It also causes some posts to go viral, especially the ones that trigger concern and compassion.

Dopamine, which is released in different parts of the brain, is a neurotransmitter which controls the pleasure and reward sections of the brain, among other functions. It is the chemical which gives the ‘high’ upon the consumption of both drugs as well as chocolates and causes a calming and pleasurable feeling. A like or a comment on a picture often causes a release in dopamine levels and that is how we get addicted to social media.



The saying that, ‘man is a social animal’ has its basis not only in the social sciences but also in biology. The dorsomedial prefrontal cortex of the brain is responsible for making us see the world through a social lens. Loneliness, stress, and boredom act as a trigger to make a person check social media posts. Social media can also trigger some parts of the

brain to function as a replacement to certain situations. For example, according to researcher Matthew Lieberman, the brain network which lights up while taking a break, is the same one that works while you are checking your social media newsfeed. So, whenever you want to take a break from a difficult task, you may actually end up checking your Facebook or Twitter news feed. This cycle of likes, comments and shares keeps going on with different sections of the brain constantly getting triggered and resulting in people using social media to keep anticipating that ‘high’ it gives. It is all these things that cause people to keep checking their news feeds and social networks all the time. In some extreme cases it causes Internet Addiction Disorder (IAD), where a person’s internet usage becomes so compulsive that it interferes with his/her normal life So, the next time you open your phone to check your news feed, do remember the ways in which affecting your brain.



SHRAVANABELAGOLA

Contributed by Suchitra Annaiah

(F.Y. B.Ed. – 2020-22)

Shravanabelagola is one of the most ancient and renowned places in Karnataka. This is not merely a pilgrimage centre for the Jainas. On the contrary it is virtually a goldmine for students of history, architecture, epigraphy, art and religion. Shravanabelagola is located in Channarayapattana talluk of Haasana district. It is at a distance of 140 kilometres from Bangalore and 50 kilometres from Haasana.



This place situated in between two hills of Chandragiri and Indragiri. The name ‘beLagoLa’ means ‘white and ‘shravaNa’ means prayer, fasting and manual labour.

In this place the statue of Gomateshwara, about 10 meters high and sculpted in a living rock, is the biggest free-standing monolithic image in the world. The height of this statue is around 18 meters and ‘Mahamastakabhisheka’ which is

anointing of the monolithic status once in 12 years. Do you think what so speciality of this status is? Yes, as we are going to be a teacher in future. Lot of interpersonal and intrapersonal skills can be learnt from this statue. I want to share real life of this Bahubali through this article.



Bahubali and Bharath are the sons of Rishabhanatha. Bahubali ruled over Podanapura in South India. His elder brother, Bharata, ruled over Ayodhya in the North.

Bharata wanted to be known as the King of Kings. He was blessed with a dazzling, divine wheel called Chakra Ratna—its very presence assured victory to Bharata’s army.

Bharata marched all over the earth with the divine wheel at the head of his army. He conquered every kingdom and finally turned back home. Bharata expected a hero’s welcome when he entered Ayodhya. But Chakra Ratna was stopped at the gates of the city. “Haven’t I established my rule all over the world?” Bharata wondered. “The

divine wheel has stopped at the gates of Ayodhya. That means some rulers have still not accepted me as their emperor.”

A senior minister pointed out that his own brother Bahubali hadn’t accepted Bharata as their Lord.

“I respect Bharata as my elder brother, but not as my Lord,” Bahubali announced. This irritated Bharata. “If he chooses to defy me, I must show him his place,” he said.

Bharata arrived at the gate of Podanapura with his massive army and, of course, the divine Chakra Ratna.

Bahubali met him at the gates of his city. “If you have come as my brother, I bow to you. If you are here as a king and a conqueror, I will oppose you.”

Thus, war between brothers became unavoidable. Ministers on either side were worried. “If the two armies clash, thousands of soldiers on either side will die,” they said. Hearing this, both Bharata and Bahubali agreed that they would leave the armies out of the conflict.

Instead, they held a contest with three rounds. The first round was the contest of staring. The second round was a water-fight and the final round was wrestling. The two wrestled for hours. Finally, in a swift move, Bahubali lifted

his brother high in the air. Onlookers held their breath as Bahubali was about to throw Bharata down.

One moment, Bahubali was holding up Bharata, his eyes blazing with anger; the next moment, he lowered him gently to the ground. Then he bowed to him. "In my anger, I forgot myself. I would have killed my own brother, had I not come to my senses," said Bahubali. "I want to conquer this anger." Bahubali left for forest.

In the forest, Bahubali stood under the sky with nothing covering his body. He stood day and night without moving. Creepers wound around his legs. Bahubali stood like a rock. He was full of peace. He was full of loving compassion. Not a trace of anger, jealousy or pride could be found in him. He became liberated.

A head anointing ceremony of Gommateshwara is held every 12 years. Devotees give a ceremonial head-bath to the 57-foot tall Gommateshwara. This ceremony is known as Mahamastakabhisheka. The moral values learn from this real-life story is family is an integral part of lives and apologise immediately if we hurt someone.

A RAY OF HOPE...

Contributed by Ankita Jain

(F.Y. B.Ed. 2020-22)

**In light of all the troubles that we
have today,**

**There are just a few things I would
like to say,**

Although these days feel long,

**Together we shall always stand
strong.**

**Share your kindness and reciprocate
our love,**

**It's no time to be mean, push and
shove,**

**Hold onto your loved ones, hold
them tight,**

Follow the rules and do what's right.

**Spend this precious time with your
family,**

**Read books, play games and enjoy
being silly,**

Watch TV, snuggle up on the couch,

**Refrain yourself from becoming a
grouch.**

**Take time to enjoy all the little
things,**

**The small things and the pleasure
that it brings,**

But most importantly,

Stay safe and Be Brave.

काश!!

Contributed by Manisha S. Singh

F.Y. B.Ed. 2020-22

हम सबके जीवन में काश शब्द का अलग ही महत्व है!

काश हमारे अधूरे जीवन को पूरा करता है,

काश हमारे ख्वाब को पूरा करता है,

काश हमारे अधूरे लब्जों को पूरा करता है,

काश हमारे शब्दों को पिरोता है,

काश हमारे अधूरे कामों को पूरा करता है,

हमारे गलतियों में भी काश रहता है,

जब मैं अपने जीवन के मध्य उम्र के पड़ाव पे पोहची तब मैंने इस काश शब्द का मतलब सही

तरह समझा,

काश मैंने ये किया होता, ये नहीं,

काश ये ऐसा होता वैसा नहीं,

काश मैंने वक्त पे अपना काम किया होता,

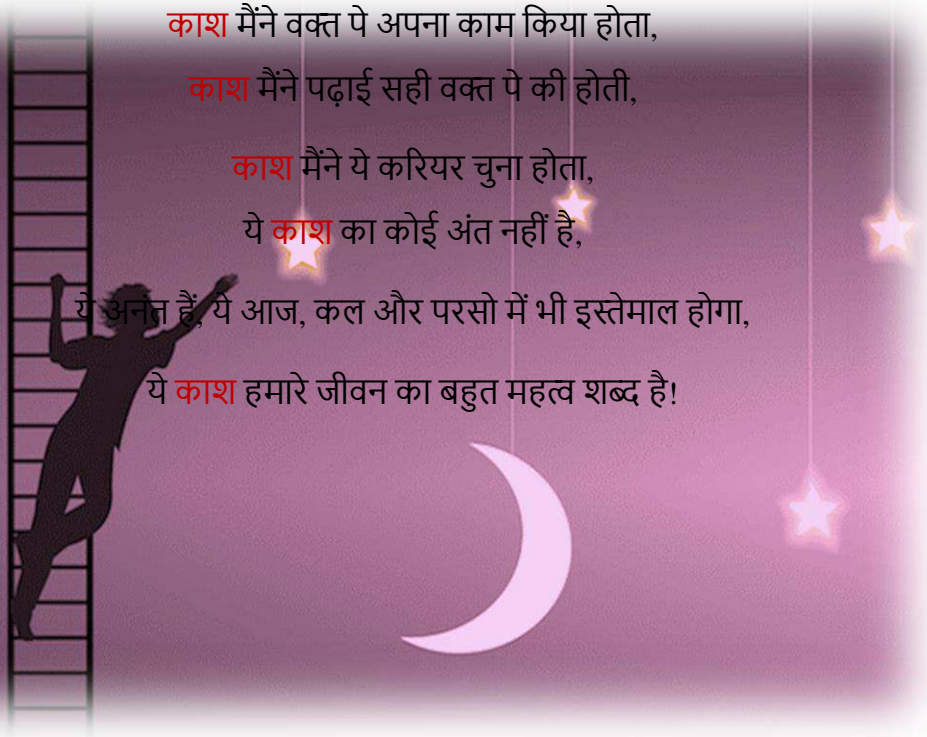
काश मैंने पढ़ाई सही वक्त पे की होती,

काश मैंने ये करियर चुना होता,

ये काश का कोई अंत नहीं है,

ये अनंत हैं, ये आज, कल और परसो में भी इस्तेमाल होगा,

ये काश हमारे जीवन का बहुत महत्व शब्द है!



NANEGHAT- MY FIRST TREK*Contributed by Amrita Shree**S. Y. B.Ed. – 2019-21*

There are many ways of keeping ourselves fit. And one of the adventurous and fun way of staying fit is through trekking. I remember the first time I went trekking. It was to a place called Naneghat with a group. It was a sudden plan.

Once my parents gave me permission, I jumped with excitement and started looking for things that were needed. I started searching for socks, sport shoes, a sling bag, cap, an umbrella too (it was monsoon). I being a first time trekker had no idea what exactly we were going to face. I knew that I had to climb a mountain but nothing more than that. I had no idea what Naneghat looked like, what it's difficulty level was and neither did I care to Google because I was extremely excited. And thanks to my imagination, I thought we'll take maximum one hour to climb. (I imagined it to be quite small)

So I packed two liters of water (mandatory), one hide and seek and that's it! I was all ready for the trek.

Next day we were supposed to meet at Kalyan station at sharp 7 a.m. So I started from home (Thane) at 4:30 a.m.

and being an idiot, reached on time. My friends reached at 8:00. We joined the rest of the group by 8:30 a.m. For the first time I saw a group of trek enthusiasts, all looking extremely fit and athletic and also people who belonged to different backgrounds. We walked to the bus stop and at 8:45 we started for Naneghat. We sang all kinds of songs on our way, played antarakhshri. We reached the base in approximately an hour and a half, since it was morning time.

At the base we formed a circle and introduced ourselves. (Being an introvert, it was a dreadful experience for me). I remember the view. It was so green and beautiful all around us. After the short introduction and an effective prep talk by the leader we started our trek. I remember a lot of walking initially. We walked for 1.5 Kms on plain ground. It rained in between too. Then we reached Naneghat.

We divided ourselves in small groups and each group had a leader who knew the way up. Though we were surrounded by trees I was getting tired of all the climbing and after sometime I

finally asked my group leader how much more time it'll take and very politely he said that we haven't started yet Amrita. Aah! We continued climbing and occasionally crossing bigger rocks.



Figure 1. Closer view of Naneghat showing two prominent cliffs

The path turned from plateau to bit uphill. The road changed from small rocks to bigger ones. The leg started aching and we all were panting, sweating profusely. In between we stopped and took pictures at various captivating spots. We also spotted different species of butterflies and birds. There were few snack breaks, but many water breaks. While going uphill we did not face much rain so it was a bit sunny. I asked the leader a couple of times more "How much more?" To which every time he said "Just a little bit more". At one point I stopped him and

asked, "Where exactly do we stop? Show me." He pointed to a slightly tiny peak separate from the others. Looking at it I felt like giving up. It really seemed impossible. I was already so tired.

I wanted to go back. It seems easy but only when we do it we realize the difficulty. For a person who is not so active, trekking can be very tiring. But I literally told myself "You've come this far, just ten more steps Amrita, ten more."

All this time my friends offered me their snacks,

glucose tablets because we ate hide and seek during the morning bus journey. We continued to walk. Afterwards the path became a lot steeper. We went through the path between the two cliffs. The rocks on this path were cut to make a pass.

After a lot of climbing, we reached a plateau region (not the Nana's thumb peak point yet) where we saw a cave. We looked at the ancient carvings and some archaic texts/ script. The view down from that cave was astounding. The local people had prepared food for us. We had our food (thanked them),

refilled our bottles and sat for some time. It was a much needed break. Oh! the weather was awesome. It was just lovely! It wasn't sunny or raining. It was in between, just perfect! We took many pictures and relaxed.

Then finally me and my friend, we started for the final climb, one of the two prominent cliffs which make up the pass called as Nana's thumb. Being first timers, we were a bit slow and left behind the rest of the group. Others had already completed this climb and when we started climbing up they were coming down. I never like being late but this time I didn't care because I was more excited about the view which I was going to see. This climb was equally tough for me. With the increase in height, we faced even stronger wind force. It took us time.

We went slowly, balancing ourselves in that wind and finally we made it to the top. WE DID IT! I was so happy. I forgot everything. All the pain and exhaustion just vanished when I saw the

scene. It was so mesmerizing, I was spellbound. Indescribable.

I do have few photos which I want to share with you people. I must tell you; these photos are just a glimpse & not the entire picture. I would request you to go and experience it yourself.

For a minute, we stood there, silently,



Figure 2. Nana's Thumb

just staring at everything around us. I think for a second my mind was completely void of any thought. I was experiencing something like this for the first time. No worries or cares, nothing. I had never seen such a view from that height. Me and my friend, we sat there, talked. We then took some pictures in haste (other members were waiting for us). So we started our way back to the plateau region. I remember it was

windy, so windy that I had to sit down in order to balance my body. Otherwise it was strong enough to make me roll down that small peak. The group leader helped us get down this cliff safely.

Once we reached the plateau region, we started the trek down the mountain with the other group members. It was around 5:00 p.m. Whether we are climbing up or down, we need to be very careful on rocky paths as we can lose balance easily anytime. Our feet might twist and turn. At 7:00 we left for Kalyan station. We reached Kalyan station at 9:30. And home by 11 p.m. I remember my toes were paining, my legs were aching and there was a bit of body ache the next day. This happens when we suddenly do some hard physical activity which our body is not used to. I do want to go for Peb Fort. Certainly, I will in future.

Things I realized after trekking

- ❖ We should do some physical activity everyday which will keep us fit and ever ready in life.
- ❖ Trekking helps us in focusing and maintaining our balance.
- ❖ It shows us how to share and care.
- ❖ It makes us want to go for new things in life.

- ❖ It teaches us not to give up.
- ❖ We learn a lot about different places and people.

After reaching home I finally cared to Google about Naneghat. It has an elevation of 2600 feet. Its difficulty level is medium. For a fresher it can be difficult. Best time to visit Naneghat is during the monsoon. Apart from this, it has various historical importance too. The Naneghat pass was one of the trade routes. It connected the Konkan coast communities with Deccan high plateau through Junnar. The name Nane means "coin" and Ghat means "pass". The name is given because this path was used as a tollbooth to collect toll from traders crossing the hills.

Do try climbing Naneghat (It can be tough but am sure you can do it!) and share your experience with others.



MINDFUL CONSUMPTION- ALL YOU NEED IS LESS

Contributed by Larisa Periera

S.Y. B.Ed. - 2019-21

We've all had a glimpse of mortality in this pandemic. The coronavirus pandemic has reached almost every country in the world. Countries have been under stringent lockdown measures; economies have been crumbling and millions of jobs have been lost. Well, 2021 has been different.

There is certainly a light at the end of the tunnel.

Countries have started with their vaccination drives. Countries have offered help to neighbouring countries. But when we look

from larger perspective; let's begin by admitting that humans are greedy, and we are indeed in a bad place. A very bad place. Climate and ecological breakdown are happening at terrifying speed. Our own mortality is shadowed by a much greater one: the closure of the conditions that support life on Earth.

During the Permian-Triassic mass extinction, as contagious collapse spread from Earth system to Earth

system, life was almost wiped out altogether. Roughly 90% of species became extinct. Biodiversity did not entirely recover for 150 million years. We are risking the lives of species that have existed long before us. Nature is declining globally at rates unprecedented in human history and the rate of species extinctions is

accelerating with serious impacts on people around the world.

We are messing with a series of interlocking, extremely complex Earth systems, that

we certainly are not capable to understand. And certainly, we are experiencing certain triggers of our action. Storms, cyclones, temperatures increasing drastically; all of this due to our own actions. If we continue at the same pace or operate under the current thresholds we could trigger a worst, cascading collapse.

The world is wonderful. Isn't it? Each day is mystical and beauty beyond



description. But we must understand that its biophysical capacity is finite. We cannot endlessly extract from it and endlessly load it with pollutants, without eventually flipping the system. Flipping the system means a complete transition possibly sudden from the stable and benign conditions that have prevailed since the last glaciation into a completely different state, that's likely to be hostile to most life. A transition of this kind is completely irreversible.



One such example that comes to my mind is the Cape Town 'Day Zero' in 2018 that became the focus for South Africa's water crisis. The causes were the levels of groundwater depletion as a result of global warming. There are several countries that have experience similar consequences due to climate changes though the severity may differ. It's a sobering message; our actions will determine our future on this planet.

Without a fundamental mind shift and lifestyle changes each day will bring greater challenges for survival. We often reassure ourselves the governments will save us, they will handle our wastes, they will provide us clean and safe drinking water. The harsh question is "Who is they?" The governments aren't prepared to save the ecosystems. Human activity is indelibly impacting the planet. Industrial effluents being released into water, forests being cleared for housing projects and forest fires happening due to the surge in temperatures. So, if you're looking for meaning, it's right here. There is no greater meaning than fighting for survival of life on Earth. And this begins by unmasking lie after lie. When we examine our lives closely, we may understand the amount of food and stuff that we buy. Sometimes it is absolutely unnecessary. Wastage of food and overbuying leads to environmental degradation. The UN experts have said, switching to a plant-based diet can help fight climate change. A single cow burps 600 litres of methane every day.

That methane traps heat in the air and warms the planet. High consumption of meat and dairy produce is fuelling global warming.

Sustainable practices in agriculture and dairy industry are the need of the hour. But it certainly comes down the most controversial question ‘What do we choose to eat?’

Getting food from fields to our plates creates greenhouse gases caused by processing, packaging, transport, and fertilizers.

We all eat and that does have a significant contribution of greenhouse gases to the environment. The solution is to eat locally- grown vegetables and fruits which is in season and not flown from abroad and to eat less of meat and processed products.

The choice certainly is ours. Minimalistic lifestyle is certainly a lifestyle that we all should embrace whether is food, fashion, or gadgets.

Socrates once said, “The secret of happiness is not found in seeking more, but in developing the capacity to enjoy less.” This thought should certainly be waves of change and introspection in our lives.

प्रायश्चित

Contributed by Vandan Tripathi

(F.Y. B.Ed. 2020-22)

उस दिन ऐसे ही मन किया तो ऑफिस के बाद बाहर सड़क की दूसरी तरफ की दुकान पे गया और चाय पी ली। शाम के वक़्त स्ट्रीट लाइट्स जो रंग बिखेरती हैं वो देखते ही बनता है। मैं रोड के किनारे बैठ गया और बस सुनसान पड़ी सड़क को देखता रहा। तभी अचानक मुझे मेरे पीछे किसी चीज़ की आहट हुई, देखा तो एक आवारा कुत्ता, अपनी दुम हिलाता मेरे पीछे खड़ा मिला।

मुझे बड़ा अजीब लगा कि जिस बंदे को कोई पसन्द नहीं करता, ऑफिस में बॉस नहीं पसन्द करता, सह कार्यकर्ता नहीं पसन्द करते, यहाँ तक की मित्र भी खफ़ा रहते, उसे ये क्यों पसन्द करने लग गया, और आ गया दुम हिलाता हुआ। फिर सोचा शायद इस कुत्ते में इंसानों वाला दिमाग नहीं है, वैसे भी इनको वफ़ादार भी तो मानते हैं, शायद इसे इंसानों से ज्यादा समझ है।

फिर मैंने पुचकारते हुए उसे अपने पास बुलाया, बड़े प्यार से वो आया और मेरी उंगलियां चाटने लगा। अब मैं और ये कुत्ता जिसका नाम शायद शेरू, गुल्लू, रॉकी, टोनी कुछ भी हो सकता है, हम दोनों स्ट्रीट लाइट की दूधिया रोशनी का आनंद ले रहे थे। तभी कुछ दूरी पे एक औरत, उम्र तकरीबन 60

साल, आती दिखी, मैं अभी भी बैठे देखे जा रहा था। जैसे ही वो औरत नज़दीक आयी, ये शेरू, गुल्लू, रॉकी, टोनी जो भी था उस औरत के पास चला गया, और फिर एक बार मुझे एहसास हुआ कि वफादारी-वारी महज़ नाम का दे रखा है इन कुत्तों के नाम। पर मेरा ध्यान इस बात पर भी गया कि ये कुत्ता उस अधेड़ उम्र की औरत के पास ज्यादा खुश था, और उस ने उसे कुछ दे दिया खाने को और वो बड़े चाव से किनारे बैठा खाने लगा।

मैं दूर से ही बैठा बेवजह ये सब देख रहा था, एक औरत जो शायद ठीक से चल नहीं पा रही थी, शायद न चल पाने का नाटक कर रही थी, मेरे पास आती है और हाथ फैला कर बोलती है, "बेटा, कुछ दे दो।" मैं अवाक रह गया और बस देखता रहा, फिर उसके दुबारा बोलने पे मेरा ध्यान उसकी तरफ गया। वैसे ये वक़्त ऐसा होता है जब सब प्रायः असहज महसूस करते हैं, मेरे जैसे तो न तो "ना" ही बोल पाते और न ही "हाँ"।



बस मैं भी इसी दुविधा में था कि इसे मैं सच में कुछ देकर इसकी मदद करना चाहता हूँ या नहीं। ये सोचते-सोचते मेरा हाथ मेरे पीछे

वाली जेब में गया और मैंने अपना वॉलेट निकाला, तो उसमें एक ५ कि नोट जिसकी हालत चलने लायक तो बिल्कुल न थी, और दूसरी १०० की नोट जिसे मैं बिल्कुल नहीं देना चाहता था। और दया भावना भी मेरे दिल से छलक रही थी, बड़ी। लगभग ५ मिनट सोचने के बाद मैंने पूछा, "दादी, आपके पास १०० रुपए का छुट्टा है?" उसका जवाब ये था "बेटा, १०० रुपये होते ही अगर तो मैं तुम्हे तकलीफ़ क्यों देती?"

बात तो सही थी, मुझे बड़ा गुस्सा आया खुद के वाहियात से सवाल पर। फिर मैंने दिल पे पत्थर रख कर बोला, "आप ये लो १०० रुपये, सामने दुकान से जो मन हो आपका ले लीजिए, और अगर पैसे बचें तो मुझे दे दीजिए।" बुढ़िया बड़ी ही खुश और दुकान की तरफ जाने लगी, पीछे-पीछे वो बेईमान कुत्ता भी। बड़ा गुस्सा आ रहा था उस शेरू, गुल्लू, रॉकी, टोनी पर।

१० मिनट तक मैं बैठा बस यही सोच रहा था यार ये औरत कितने खर्च कर देगी? १०० रुपये ही हैं फिलहाल, अभी तो रात के खाने के पैसे भी देने हैं और सुबह घर भी जाना है। इसी कशमकश में था कि वो औरत आगयी, और साथ ही वो कुत्ता भी। उसने मुझे पूरे ८५ रुपये लौटाए, और बोली, "बेटा माफ़ करना, ५ रुपये की बिस्किट इस हीरा के लिए ज्यादा खर्च कर दिए। जैसा कि मैं देख सकता था

अपने लिए उस औरत ने ब्रेड और एक चाय ले रखा था।

उसने मेरा धन्यवाद किया हाथ जोड़कर और चली गई, और वो हीरा जो कि शेरू, गुल्लू, रॉकी, टोनी कोई नहीं था, उस औरत के पीछे-पीछे चलता गया। अब मेरी समझ में आया वो उतना ही वफ़ादार था, जितनी गंदी मेरी सोच थी। वो उतना ही हीरा था, जितना गलत मेरा पूर्वानुमान था।

इस बात को एक महीने हो गए एक बार फिर मैं वहीं बैठा हुआ था, मुझे उम्मीद थी कि फिर से आहट होगी आज कोई, पर चारों तरफ सन्नाटा था, जबकि इस बार मैं पूरे इरादे से आया था कि औरत की मदद करूँगा। पर अफसोस ऐसा कुछ न हुआ। न ही वो हीरा, जो उस दिन कुछ उम्मीद से मेरे पास आया था, और न ही वो औरत।

मैंने पास वाली दुकान से पता किया तो पता चला कुछ दिन पहले ही वो औरत चल बसी। और मेरे पूछने पर उसने बताया कि उसी दिन हीरा भी किसी गाड़ी के नीचे आ कर मर गया। ये सब सुन लेने के बाद मैं फिर से जा कर स्ट्रीट लाइट की रोशनी में बैठ गया, और सोचने लगा कि ये हीरा सच में अनमोल हीरा निकला। शायद वो इत्तेफ़ाक़ नहीं रहा होगा, उसका गाड़ी के नीचे आ जाना। शायद उसे उस औरत से ज्यादा प्यार की उम्मीद न थी किसी और से। एक पल के लिए उसने उस

दिन मुझपे विश्वास किया जरूर था, पर वो मैं ही था जिसने जाने-अनजाने में उसे अनदेखा कर दिया था। 😞 😞 😞 😞 😞

मैं अब हर रोज़ उस स्ट्रीट लाइट की दूधिया रोशनी में बैठता हूँ, बस इसी इंतज़ार में कहीं मेरे पीछे फिर से किसी हीरा की आहट हो, और इस बार मैं उसे अपने साथ ले जाऊँ अपने घर। और वो औरत जिसने मुझे बेवजह मदद करने का मतलब और सही मायनों में इंसानियत क्या होती है सिखाई।

अफ़सोस बस इस बात का है कि न तो अब वो हीरा आएगा और न ही वो औरत, और न ही मैं प्रायश्चित कर पाऊँगा जाने-अनजाने में हुए मेरे गुनाह का। ये जरूरी नहीं आप कितना किसको क्या देते हैं, पर ये जरूरी होता है आप किसी को कब और किस मन से देते हैं।

मुझे आज तक अफसोस है और शायद रहेगा मरने तक, शायद दूसरे हीरा के आने तक।

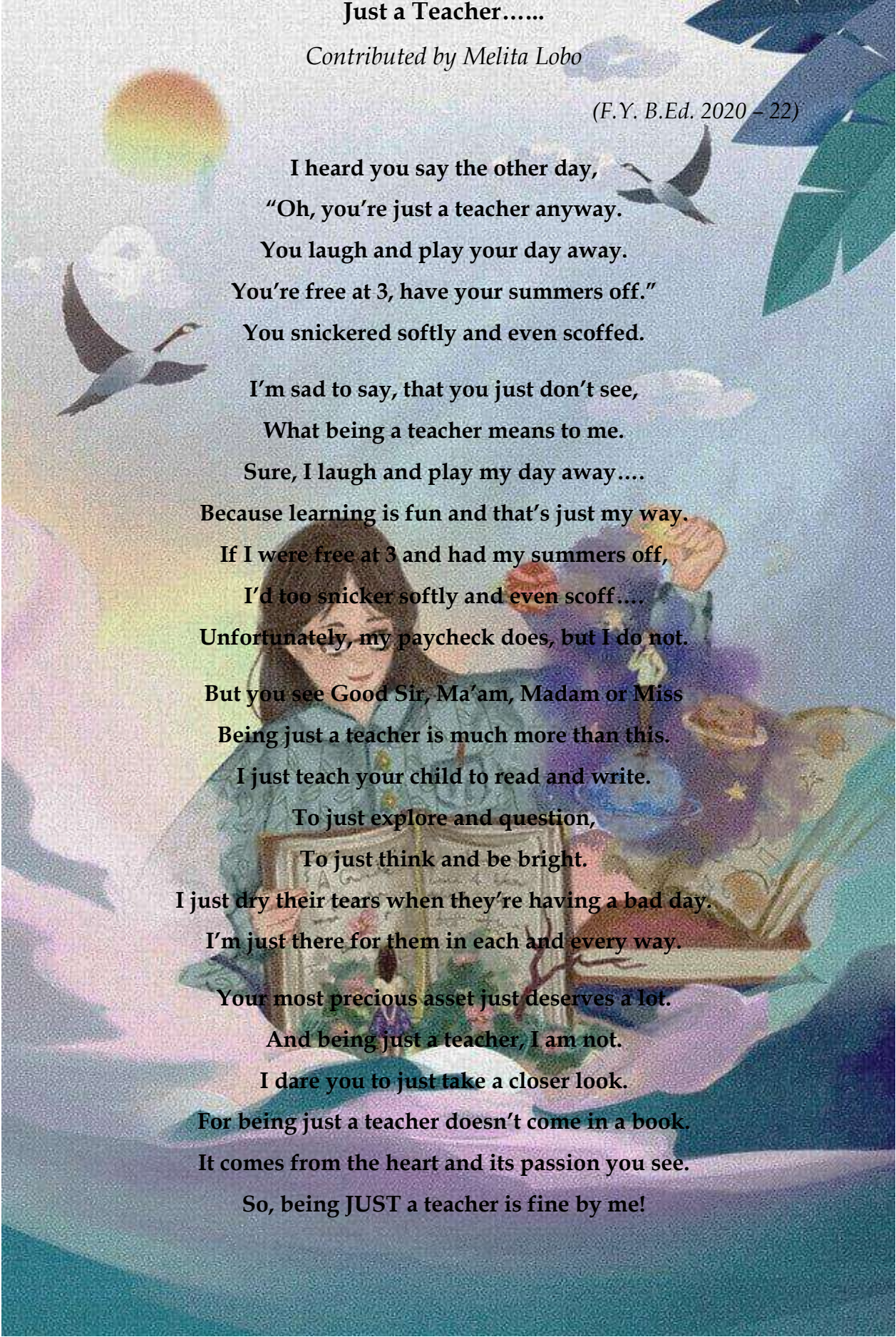
मैं हर रोज़ उस सड़क के किनारे बस इसी उम्मीद में अब भी जाता हूँ।



Just a Teacher.....

Contributed by Melita Lobo

(F.Y. B.Ed. 2020 – 22)



I heard you say the other day,
"Oh, you're just a teacher anyway.
You laugh and play your day away.
You're free at 3, have your summers off."
You snickered softly and even scoffed.
I'm sad to say, that you just don't see,
What being a teacher means to me.
Sure, I laugh and play my day away....
Because learning is fun and that's just my way.
If I were free at 3 and had my summers off,
I'd too snicker softly and even scoff....
Unfortunately, my paycheck does, but I do not.
But you see Good Sir, Ma'am, Madam or Miss
Being just a teacher is much more than this.
I just teach your child to read and write.
To just explore and question,
To just think and be bright.
I just dry their tears when they're having a bad day.
I'm just there for them in each and every way.
Your most precious asset just deserves a lot.
And being just a teacher, I am not.
I dare you to just take a closer look.
For being just a teacher doesn't come in a book.
It comes from the heart and its passion you see.
So, being JUST a teacher is fine by me!

**“MES’ Pillai College of Education and Research, New Panvel.
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M.Ed. Section

*By Isha Dhody
S.Y. M .Ed.*

THE POWER OF GRATITUDE

Contributed By Archana Jha

(F.Y. M.Ed. 2020-22)

One of the best ways to eliminate unhappiness is so powerful that I'm devoting an entire section to it. And that's gratitude.

Being grateful and appreciative for what's all around is a recurring attribute mentioned by people who consider themselves happy. This is an attribute that we are all capable of cultivating. The things that upset us tend to melt away in the face of gratefulness; it's kryptonite for unhappiness.

A THANK-YOU A DAY KEEPS THE DOCTOR AWAY

Need another reason to cultivate an attitude of gratitude? it's good for your health! Let's look at an excerpt from Why Good Things Happen to Good People by Stephen Post on why giving thanks is good for your health:

- **Gratitude defends-** Just fifteen minutes a day focusing on the things you are grateful for will significantly increase your body's natural antibodies.
- **Gratitude sharpens-** Naturally grateful people are more focused mentally and measurably less vulnerable to clinical depression.
- **Gratitude calms-** A grateful state of mind induces a physiological state called resonance that's associated with healthier blood pressure and heart rate.
- **Gratitude strengthens-** Caring for others is draining. But grateful caregivers are healthier and more capable than less grateful ones.
- **Gratitude heals-** Recipients of donated organs who have the most grateful attitudes heal faster.



WHAT I WISH THEY SHOULD INVENT-PART I

Contributed by Deepa Bal

(F.Y. M.Ed. 2020-22)

The technology has immensely got innovative and advanced. But for some of us folks there are certain things that are still missing around. Oh! We wished that these inventions were around. Following is a wishful list ranging from highly imaginative to the mundanely useful tell-tale inventions that some of us aspire for:

✓ **The mind reader:**

Life would be much easier and better communicable if we knew what is present in the other person's mind. It would be easier to identify friend or foe.



✓ **Fountain-of-youth pill:** A simple and better means of use of water to keep the youth quotient on. This will definitely be more sought than the quintessential bottled or mineral water. The chances of the fairer gender using it more is probably high on cards.



✓ **A teleporter cum time-machine:** The Sci-fi books, Marvel, DC comics and motion pictures make teleportation look appealing at the same time easier too. Who wouldn't like to get instantly transported to

wherever he wanted to go? These machines can provide the opportunity to skip the traffic, go to places, and if you are too ambitious then travel the universe, centuries back and forth. Nobody to stop. A definite massive productivity enhancer. Go back to time and undo the atypical errs that might put you in tight spots in the future.



✓ **A Household Chores Robot:** the problem is nobody wants to do the mundane domestic chores, which although are essential but unexciting and insignificant. A selfless automated robot with no killer instincts can be saviour of the day.

✓ **Automatic Weight-Loss Belt:**

Losing weight without dieting or slogging in the claustrophobic gyms rooms is the dream of many. Jiggling those extra pounds off when you are just doing nothing can be a topper on the list.



This is just the miniscule figment of a fruitful thoughts. Do stay attuned for more such quirky ideas.

NEVER BE AFRAID OF FAILURE

Contributed by Archana Jha

(F.Y. M.Ed. 2020-22)



They are many types of fears. It can start with small fears or big fears. I call this 'big' fear because if they are not removed on time, it will result into a low self-confidence, no desire of growth, disinterest in doing new things, and eventually one loses interest in life... So whether it is big or small, fear is fear and so be determined not to let any place for fear in your life.... To remove any kind of negative emotions from inside us, we need to know what exactly the meaning of fear is. According to me, fear is just an imagination of future crisis. It starts with negative thoughts based on past experiences. Be aware that anything done or thought repeatedly, the

subconscious mind makes it our habit and then it becomes our attitude and then our personality. Hence, if you give up trying new things, you will always resist to change and ultimately it will block your growth. Amongst all the vices, fear is called the seventh vice after lust, anger, attachment, greed, ego and laziness. And it is very important to remove fear so that we can live a better life. When you want to remove any negativity just replace it with positivity. It is much easier than removing it. The best thing with which we can replace our fear is 'faith'. They both can never stay together inside us. You can never have faith in something for which you be afraid. E.g if you have faith in your

preparation then you will never be afraid of failure. Here we shall stop and check ourselves properly which personality do I have? You can check it like this, if I am fearing most of the things then I will always act within my comfort zone. Anything new and not followed by people, I will also reject that and convince myself that whatever they say is right. On the other side, if I have faith then I will always be exited

to do new things. I won't be disheartened by failure easily. Whenever I will fall down, I will get up and say, this time I will surely accomplish this thing. Now we know that we can replace fear with faith. But the question is how to develop faith? Can it be developed? Answer is, yes!!! It can be developed if we properly pay attention to it.

Be a hero. Always say, I have no fear.

THE IDEALS

Contributed by Teena Johny

(F.Y. M.Ed. 2020-22)

Homework done, concepts of the day revised, books arranged, bags packed according to the timetable, attentive, video outputs on, responsive in class – and lo and behold you have an ideal student.

Fees paid in full, meeting schedules followed, happy and acquiescent, proud, and appreciative – and we have the ideal parent.

NEP, NCF, NAAC, and many of the acronyms strive to make a school ideal, and along with the infrastructure, the course correction goes for the teachers as well. What a teacher should and shouldn't do. And like the quintessential sponge, the teacher

absorbs and tries to transform themselves and change their teaching style. And if you then look closely, you might find an ideal school and its ideal teacher.

Nalini always wanted to be a teacher. That is all she could think of being, all she talked about and all that she worked for. The number of years it took, or the constant change in the system did not shake her desire to be a part of the faculty that is known for its nobility. She had always believed that teaching is a noble profession, that you had to be in it for the passion, that the satisfaction is unrivalled, and other clichés that filled the soul. Even before she completed her

teacher education, she was recruited as a teacher.

Preparing for the first day of school was easy, curbing the excitement that only comes when lifelong goals are about to be realized was proving to be difficult. School supplies were bought months in advance and deliberation over the right dress for the first day was never ending. With the excitement of a young child and knowledge of a decade, she began her journey as a teacher.

The first couple of years were spent learning, relearning, and sometimes unlearning what she thought she knew. It is going to help me was the mantra she lived by. Every new challenge, every obstacle was perceived as steppingstone. And this winning attitude was appreciated by colleagues and supervisors alike. Nalini found success in her chosen profession, for a light that bright cannot be dimmed.

Let the records show that I believe there is hope, because Nalini is not sure anymore. It's been a decade in the field and even with the lassoed success, it doesn't seem worth it. To anyone who asks, her profession is still that of a teacher. But she cannot call it a career or even look at it like with ambition. Because it would mean that she has motives beyond the upliftment of the

future generations, and that sentiment goes beyond getting frowned upon.

No respectful teacher will think that her progress is more important than that of the collective good. There are no Nobels, and awards given to anyone who did anything less than selfless grinding. How can someone who is compared with the sacrificial candle wax think of her own self? A teacher is supposed to look beyond benefits like salary, increment, bonuses, and the coveted corner office. The job comes with the built-in pedestal, anything less is sacrilegious.

Nalini wanted to know why when affiliations are sought and audits are done, the teacher requirements are never checked. Do the officials never have a checklist that looks at the salary, working hours, recognitions, and rewards of teachers? Or has the thought that a happy teacher will do an inspired job, never entered their mind. Or was the thought immediately squashed by the weight of the many willing to replace and adjust.

Well, I told her what I had heard from another Nirvana attained soul – “Be in the system and then try to change it from within. It might not happen in your time, but it surely come to pass’.

Nalini stopped the conversation, she had to leave. “Tomorrow I have to take the first period and my teaching aid is still not done. After dinner, I will work on it. My kids are in for a surprise. I’ll let you know how it turns out.”

Like a Soldier guards the present, literature guards the past, and a teacher guards the future. A teacher is many things, plays many roles, enables many generations, but mostly they are patiently waiting for a nation to realize that they are human.

FREEDOM IS A STATE OF MIND

Contributed by Archana Jha

(F.Y. M.Ed. 2020-22)



A free mind is a mind that is open to everything and attached to nothing. Most people spend much of their time looking for reasons to be offended. An open mind is never offended because it is free of any attachments. It is never the self that is offended but always the illusion that the self has of itself that is affected by insult! If you can really understand this, deeply grasp its truth, live it each day, then pain will be no more. Next time you “feel” offended

look closely within yourself at yourself and ask yourself what was offended? If you remain aware you will see that it was only an image of yourself which you had become attached to, and that image did not resonate with the image contained in the insult. If you weren’t attached, if you didn’t identify with the wrong image of yourself then there would be no offence taken. You would then remain free and therefore happy.

HELLO! DIGITAL TEACHERS,
Contributed by Divya Wadhwa

S.Y. M.Ed. 2019-21

The role of teachers is to inspire, motivate, encourage and educate students. Students can come from any age and any origin. Teachers play many roles in the school environment.

Digital teachers are effective self-learning materials in the teaching process. It can help you visualize the more difficult concepts in a simpler way through animation, video and voice over for better understanding.

Quality of digital teachers

- You can integrate digital skills into your daily life. If you can buy online, you can teach online.
- You have a balanced attitude.
- You are willing to use and try new things.
- You are a digital communicator.
- You can evaluate the digital quality and usefulness.
- Understand and respect privacy.
- You are a digital citizen.

Unlike traditional teachers, the requirements of digital teachers are very different,

although both must be experts in their respective fields to become successful teachers. Besides having all these real classroom teacher qualifications, they also need more skills and preparation.

- ✓ **The flexibility of working at home-** You have a good network connection and enough free time to meet the needs and requirements of students on site and provide teachers with greater flexibility.
- ✓ **Better Interaction:** Face-to-face or one-on-one interaction with students makes them understand better.
- ✓ **Time Management:** Better time management is the biggest advantage of digital teachers and students, because they can make the arrangements at the right time.
- ✓ **Measure the level of understanding of students:** When there is individualized teaching, teachers can better measure the level of understanding of students than classroom teachers, in order to make the necessary changes in teaching methods. In



addition to teaching basic skills and knowledge, they must also be experts in dealing with computer accessories.

- ✓ **Adhere to the time frame:** Adhering to the preset time frame is another basic quality of being a successful digital teacher.
- ✓ **Prepare appropriate electronic materials:** As an online teacher, you need to prepare appropriate electronic materials, because students sitting at a distance must understand the knowledge imparted. Therefore, effective preparation and implementation of e-texts, worksheets, and assignments are necessary to educate and evaluate your students.
- ✓ **Feedback and adjustments:** Unlike classroom teachers and classroom assignments and

assessments, online teaching requires effective feedback from teachers. In addition to providing feedback, the online teacher must know how to fine-tune his students so that he can effectively complete the planned course.

- ✓ **Create fascinating teaching methods:** Although I mentioned it last, this is one of the most



important characteristics of online teachers. Involving students in teaching is the main characteristic of teachers.

अवचेतन का झुकाव जीवन की ओर.....

Contributed by Archana Jha

F.Y. M.Ed. 2020-22

आपका अवचेतन मन असीम जीवन और असीम बुद्धिमत्ता के संपर्क में रहता है। इसके आवेग और विचार का रुख हमेशा जीवन की ओर होता है। अधिक व्यापक व उदात्त जीवन की महत्वाकांक्षाएं, प्रेरणाएं और सपने

अवचेतन से ही उत्पन्न होते हैं। आपके सबसे गहन विश्वास वे होते हैं, जिनके बारे में आप तर्क - वितर्क नहीं कर सकते, क्योंकि वे आपके चेतन मन से नहीं, बल्कि आपके अवचेतन मन से आते हैं। आपका अवचेतन

आपसे अंतर्ज्ञान, आवेगों, अनुभूतियों, संकेतों, मनोकामनाओं और विचारों के ज़रिये बात करता है। यह हमेशा आपको प्रेरित करता है कि उठो, बाधाएं पार करो, विकास करो, आगे बढ़ो, रोमांच हासिल करो और ज़्यादा ऊंचाइयों पर पहुंचो। प्रेम करने या दूसरों का जीवन बचाने की इच्छा आपके अवचेतन की गहराइयों से आती है। आपका कल्पनावादी मन निरंतर सामान्य हित में काम करता है और सभी चीजों के पीछे सामंजस्य के निहित सिद्धांत को प्रदर्शित करता है। आपके अवचेतन मन की अपनी खुद की इच्छा है और यह अपने आप में बहुत वास्तविक है।

आप चाहें या न चाहें, यह दिन-रात काम करता है। यह आपके शरीर का निर्माता है, लेकिन आप इसके निर्माण को देख, सुन, या महसूस नहीं कर सकते। यह

बिलकुल खामोश प्रक्रिया है। आपके अवचेतन का अपना खुद का जीवन है, जो हमेशा सामंजस्य, सेहत और शांति की ओर होता है।

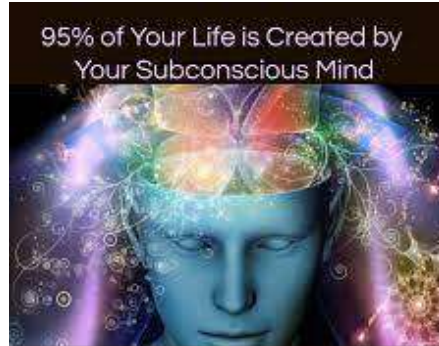
1. अच्छाई की घोषणा

वैज्ञानिक बताते हैं कि हर ग्यारह महीनों में आपका शरीर नया बन जाता है। इसका मतलब है कि शारीरिक दृष्टि से आप सिर्फ ग्यारह महीने बूढ़े हैं। अगर आप डर, क्रोध,

ईर्ष्या और दुर्भावना के विचारों से अपने शरीर में दोबारा दोष आने देते हैं, तो इसमें आपके सिवा ओर कोई दोषी नहीं है। आप अपने कुल विचारों का योग हैं। आप नकारात्मक छवियां रखने से इंकार कर सकते हैं। अंधेरे से छुटकारा पाने का तरीका रोशनी है। ठंड से उबरने का तरीका गर्मी है। नकारात्मक सोच से उबरने का तरीका सकारात्मक विचार रखना है। अच्छाई कि घोषणा करें, बुराई अपने आप गायब हो जाएगी। सेहतमंद, जीवंत, और शक्तिशाली बनना स्वाभाविक है, बीमार होना अस्वाभाविक है। बीमारी का यह अर्थ है कि आप जीवन की धारा के

विपरीत जा रहे हैं और नकारात्मक सोच रहे हैं। जीवन का नियम विकास का नियम है। पूरी प्रकृति खामोशी से लगातार धीरे-धीरे विकास करके इस

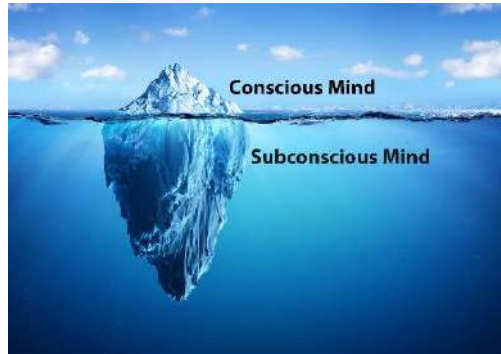
नियम के प्रमाण देती है। जहां भी विकास और अभिव्यक्ति है, जहां जीवन है, वहां जीवन है। जहां जीवन है, वहां सामंजस्य है, वहां आदर्श स्वास्थ्य है। बीमारी के उपचार में आपको अपने पूरे तंत्र में अवचेतन मन की महत्वपूर्ण शक्तियों का प्रवाह और फैलाव बढ़ाना होगा। डर, चिंता, तनाव, ईर्ष्या, नफरत और अन्य सभी विनाशक विचारों को हटाकर ऐसा किया जा सकता है। ये विचार आपकी तंत्रिकाओं और ग्रंथियों को कमजोर



तथा नष्ट कर देते हैं - बॉडी टिशू को भी, जो सारे अवशिष्ट पदार्थों के उत्सर्जन को नियंत्रित करता है और शरीर को साफ़ रखता है। याद रखें आप चेतन रूप से जिसमे विश्वास करते हैं और जिसे सच मानते हैं, वह आपके मस्तिष्क, शरीर और परिस्थियों में प्रकट हो जायेगा। अच्छाई की घोषणा करें, सफलता, सेहत, सामंजस्य की प्रार्थना करें और जीवन की खुशी पाएं।

2.अवचेतन की स्वीकृति

सभी प्रार्थनाएं सफल नहीं होती हैं, हर व्यक्ति यह



बात जानता है। संदेहवादी इससे यह निष्कर्ष निकालते हैं कि प्रार्थना काम नहीं करती है। वे इस बात को नज़रअंदाज़ कर देते हैं कि सफल प्रार्थना के लिए इसका कारगर प्रयोग होना चाहिए और इसके वैज्ञानिक आधार कि स्पष्ट समझ होनी चाहिए। यदि आपकी प्रार्थनाओं का अपेक्षित परिणाम नहीं मिल रहा है तो इसका मुख्य कारण है - विश्वास कि कमी और बहुत ज़्यादा कोशिश।

आपको असफलता से उबरने के लिए बस एक ही काम करना है वह है अपने विचार या आग्रह अपने अवचेतन मन से स्वीकृत करवाना। इसकी वास्तविकता को महसूस करें, बाकी का काम आपके मस्तिष्क का

नियम कर देगा। अपने आग्रह को आस्था विश्वास से सौंपें। तभी आपका अवचेतन उस पर काम करेगा और आपकी इच्छा को हकीकत में बदल देगा। परिणाम पाने में असफल होने के कारण निम्नलिखित भी हो सकते हैं जो आप मानसिक रूप से कह रहे हों:-

स्थिति बिगड़ती जा रही है। मेरी इच्छा कभी पूरी नहीं होगी।

मुझे कोई रास्ता नहीं दिख रहा है। कोई उम्मीद नहीं है। मुझे नहीं पता कि क्या करना है। मैं उलझन में हूँ। जब आप इस तरह की बातें सोचते हैं तो

आपको अवचेतन मन की ओर से कोई प्रतिक्रिया या सहयोग नहीं मिलता है। आपके मन में एक स्पष्ट विचार होना चाहिए। आपको एक निश्चित निर्णय पर पहुंचना चाहिए कि कोई रास्ता है, बीमारी या परेशान करने वाली समस्या का कोई समाधान है। सिर्फ आपके अवचेतन के भीतर की असीमित बुद्धिमत्ता जवाब जानती है। जब आप अपने चेतन में इस स्पष्ट निष्कर्ष पर पहुंचते हैं, तो आपका मस्तिष्क फैसला कर लेता है और आपको अपने विश्वास के अनुरूप फल मिलता है।

3.आस्था ही एकमात्र उपाय

अवचेतन मन कि शक्तियों कि मदद लेना किसी बाधा के खिलाफ संघर्ष करने कि तरह

नहीं है। ज़्यादा कड़ी मेहनत करने से ज़्यादा अच्छे परिणाम नहीं मिलते हैं। इच्छाशक्ति का ज़रा भी प्रयोग न करें। इसके बजाय इसके कारण मिलने वाले परिणाम और स्वतंत्रता कि साकार तस्वीर देखें। आप पाएंगे कि आपकी बुद्धि टांग अड़ाने, समस्या को सुलझाने के तरीके खोजने और आपके अवचेतन पर उन तरीकों को थोपने कि कोशिश करेगी। इसका प्रतिरोध करें। समस्या सुलझाने के अपने बौद्धिक प्रयासों को दूर हटा दें। सरल आस्था में जुटे रहें, यह तस्वीर देखें कि आपको कोई रोग या समस्या नहीं है। अपनी मनचाही स्थिति कि भावनात्मक संतुष्टि की कल्पना करें। इस प्रक्रिया से साड़ी जटिलताएँ हटा दें। सरल तरीका सबसे अच्छा होता है। सफल प्रार्थना के लिए तीन मूलभूत कदमों की ज़रूरत होती है:-

- १ .समस्यां को स्वीकार करें या मानें।
- २ .समस्यां को अवचेतन मन के हवाले कर दें। सिर्फ वही इसे सुलझाने का सबसे प्रभावी समाधान जानता है।
- ३ .गहन विश्वास की शांत अनुभूति रखें कि यह काम हो चुका है।

4. प्रयासहीन तरीका उचित

झिझक और शंकाएं आपकी प्रार्थना को सिर्फ कमज़ोर करती हैं। खुद से यह न कहें "काश मैं ठीक हो जाता "या "मुझे उम्मीद है यह

कारगर होगा। "जो काम होना है उसके बारे में आपकी भावना से ही परिणाम तय होता है। मान ले कि आपको सेहत अवश्य मिलेगी। अवचेतन मन कि असीमित उपचारक शक्ति का जरिया बनकर आप प्रभावी बनते हैं। सेहत के विचार को अवचेतन मन तक पूरे विश्वास के साथ पहुँचाएं; फिर आराम से बैठ जाएँ। खुद को इसकी शक्ति के भरोसे छोड़ दें। हर स्थिति और परिस्थिति में कहें, "यह भी गुजर जाएगा। "आराम और विश्वास के साथ आप अवचेतन मन में विचार भरते हैं। इससे विचार के पीछे कि गतिमान ऊर्जा को क्रियाशील होने और विचार को साकार करने कि सामर्थ्य मिलती है। कभी भी अपनी इच्छा - शक्ति द्वारा उससे अपना विचार स्वीकृत करवाने कि कोशिश न करें। इस तरह कि कोशिशों का नाकामयाब होना तय है। इस तरह आपको उस चीज़ कि विपरीत चीज़ मिलती है, जिसके लिए आपसे प्रार्थना कि है। प्रयासहीन तरीका ज़्यादा अच्छा है।

5. वह अवश्य होगा

अपनी इच्छाओं और कल्पना में सारे संघर्ष से बचने का तरीका निष्क्रिय उनींदी अवस्था में पहुँचना है, जो सारे प्रयास को न्यूनतम कर देती है। चेतन मन उनींदी अवस्था में काफी हद तक डूब जाता है। आपके अवचेतन को सरोबार करने का सबसे अच्छा समय सोने से ठीक पहले का है। ऐसा इस कारण है, क्योंकि

अवचेतन सोने से ठीक पहले और जागने के ठीक बाद सबसे ज़्यादा सशक्त होता है। इस अवस्था में वे नकारात्मक विचार और तस्वीरें नहीं रहती हैं, जो आपकी इच्छा को नकारती हैं और आपके अवचेतन मन द्वारा उनकी स्वीकृति को रोकती हैं। जब आप मनोकामना पूरी होने की वास्तविकता की कल्पना करते हैं और उपलब्धि का रोमांच महसूस करते हैं, तो आपका अवचेतन आपकी मनोकामना पूरी कर देता है। बहुत से लोग अपनी सारी दुविधाओं और समस्याओं को अपनी नियंत्रित, निर्देशित तथा अनुशासित कल्पना से सुलझा लेते हैं। वे जानते हैं की वे जो कल्पना करते हैं और जिसे सच महसूस करते हैं, वह होगा और अवश्य होगा।

मेरी ऑनलाइन पढाई

Contributed by Asmita Ajay Galande

S.Y. M.Ed. 2019-21

मेरी ऑनलाइन पढाई जो खेलती है मुझसे

छुपन छुपाई

कभी होती पूरी समझाई,

कभी बस आती है, अँगड़ाई,

मेरी ऑनलाइन पढाई जो खेलती है मुझसे

छुपन छुपाई



कभी इंटरनेट ने होती पलक झपकाई,
कभी यू ट्यूब में होती है आंख गढ़ाई,
मेरी ऑनलाइन पढाई जो खेलती है मुझसे
छुपन छुपाई
दोस्त दिखते ही मुझे पर नहीं होती अब वो
पकड़म पकड़ाई,
पीटी अवधि में कब से नहीं की दौड़ भगाई,
मेरी ऑनलाइन पढाई जो खेलती है मुझसे
छुपन छुपाई !!

A DREAM

Contributed by Divya Wadhwa

S.Y. M.Ed. 2019-21

A dream to fly in the sky
A dream to reach a point
Where life is full of happiness
Showering petals of joy,
With fragrance of flowers
Mesmerizing the thoughts
Of peace, freedom, achievement
Sharing the love, care and warmth
The subtle feelings of eagerness
Desire to be with inner self
dream to fly in the sky
A dream to reach a point

EDUCATION: THE KEY TO LIFE

Contributed by Bhanu Yadav

F.Y. M.Ed. 2020-22

Education is the light of our life,

A gift of academic rife.

Education is the key to a bright and rewarding future,

A glue that joins our dreams like a suture.

Education is a path to divine success,

A smooth drive to our greatness.

Education gives our thinking a different appearance,

And helps drive away all our ignorance.

Education leads us to the path of prosperity,

And gives our tomorrow a sounding security.

Education is the process of teaching and learning,

Which will help us in our future earnings.

Education shaping our true character,

Is the motto, leading to a successful life it is the major factor.

Education is the progressive discovery of our true self,

And exploitation of the potentials of oneself.

Education is a torch of academic brilliance,

And backbone of inner resilience.

Education is the key to unlock the golden door of freedom,

And stage our rise to stardom.

Education is not all about bookish knowledge,

But it is also about practical knowledge.

Education makes a person stand up on his toes,

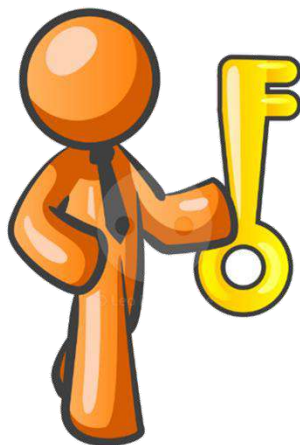
And helps a person to fight with all his foes.

Education is the mother of all profession,

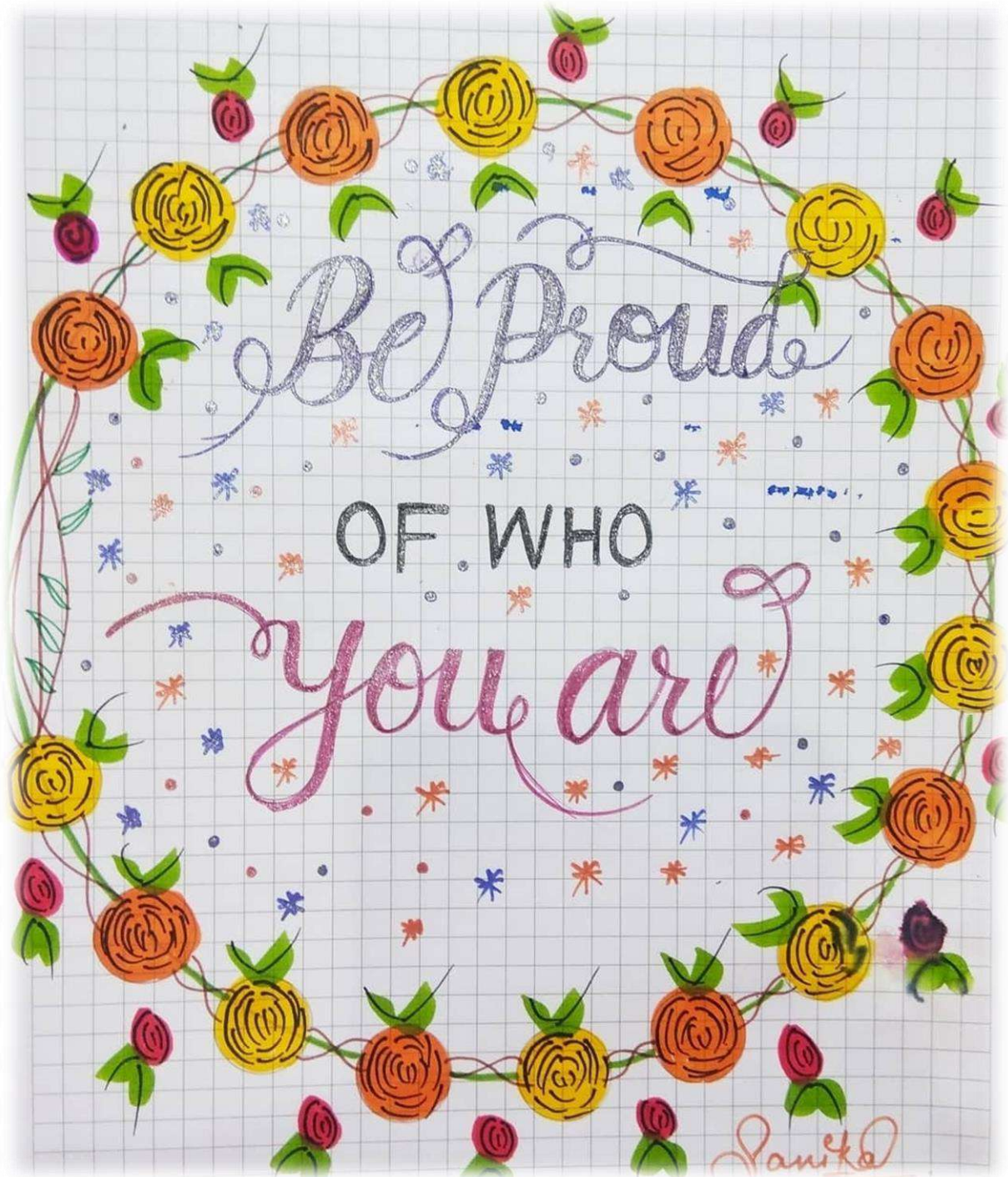
That helps to acquire all our possession.

Education is our right,

For in it our future is bright.



Alumni Section



Art by Ms. Sanika Khade

Batch B.Ed. 2016-18

LIFE IS A JOURNEY

Contributed by Surabhi Deherkar

B.Ed. Batch 2014-15

Wandering through life without a clue,
ten thousand things I have to do,
Clueless who I should turn to,
Aspirations will show me through.
If only I muster up courage enough,
People around are akin to duff,
Must walk the path that is rough,
Without a manner so, so gruff.
I know how it feels to be left afloat,
No time to wait for a golden float,
Must make the most of this road,
Life is a journey,
Stick to the goal.



SAND

Contributed by Surabhi Deherkar

B.Ed. Batch 2014-15



I am sand in an arid land, the sun
burns down on us,
The wind blows fast with a spell
overcast,
The entire desert frowns,
The moon is one to say with a pun,
I'll stay till day returns.

I'm just a speck on a dune that collects, a witness to the time that flows.

They walk by with a loud outcry,
'Oh mercy, my Lord, let this not be the end,
I need to walk some more.'

BABY STEPS- HUMOR ME NOT!!

Contributed by Smitha Kurup

I am not really sure how babies feel,

When we adults constantly refer to their walking style for our initiations

Hilarious, I am sure, they do not like it one bit,

But unfortunately since they are in no position to complain about it

They may be just letting it go...I think so!

But we on the other hand blame everything on others

Either our shaky beginnings are analogized with baby steps

Or our significant pathways are termed as Giant steps

Come on....give me a break...

If not babies we go after giants???

What are we as adults good at, why can't we just say that...

We took small steps or huge ones.... Depending on one's position on the step taking scenario...

The world we live in is really funny!!

Believe me when I say this....it is unbelievably funny...

Were there too many *believe* words there??

To be honest I did not mean to be writer fabulous, I just wanted to know how good it sounded when it came together that many times in a sentence.

Funny to many it may sound, but to me it sounds highly sceptical and mediocre.

From being able to formulate words at the drop of a hat, oops!! We people don't wear hats; let's just say real fast ...

To taking ages to even think of a concept, I have or rather my thoughts have deteriorated to worlds unknown!

Every day is an experience in itself blowing my thinking capacity to smithereens...



And now we have Covid for company, not so sure whose company, as no one particularly likes to be associated with it in the positive sense,

It is either a speculation or postulation of minds, about its origins, to its existence and to its various manifestations...

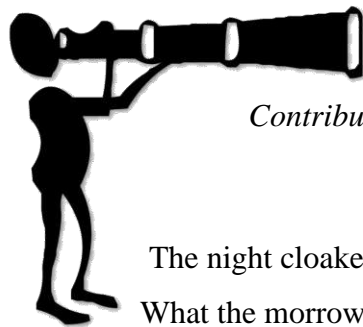
Some sort of relief is the discovery of vaccinations that are being tested on human specimens to validate its functionality as time was insufficient to test otherwise.

And being an optimist, I believe in positive thinking, even if my brain waves are plagued with fear, mistrust and dismay.

All in all, I am exhausted to be associated with words any further!!

I think babies and giants can go take a hike for now!!

Let's just say that all good things need to end at the right time to avoid being a banality or a platitude.



FUTURE

Contributed by Surabhi Deherkar

B.Ed. Batch 2014-15

The night cloaked in darkness forces me to think.

What the morrow has in store for me when I blink.

Will it be a bright day or overcast with clouds?

Will it rain heavily, or will the sun come out?

Whatever happens, happens for good- that is what they say.

Little do people know it is seldom dreamt that way.



A BROKEN MAN'S ANALOGY

Contributed by Sreejith Nair

B.Ed. 2015-17

Silent breeze says it all
The light ahead can't stop my fall
I was blind the day that passed
I waited at the booth to get a call.



I ran to you & it was late
I was broken & knew my fate
Once by side you said won't leave
I stood there now with nothing to give.
I made a world around you, my fault.
I wouldn't love you if it was a clout.
Once again, I fell shallow and
loneliness cribs in.
Love, why am I so always in doubt?
A broken man is vacuum & still
He has no colours in life to fill.
He wishes her good and walks away,
this is how love stays & fray.

Aaja,adl

Contributed by Mamta Kumari

B.Ed. 2015-17

Aaja,adl, Aaja,adl

@yaa haoto hO Aaja,adl

maOnao bahut saaocaa ,pr kuC
samaJaa nahl

@yaa haoto hO Aaja,adl

idla sao ek Aavaaja Aayal , jaao
haoTaoM kao mauskuranaa

salka do , vaao hO Aaja,adl

jaao Apnao #vaabaaom kao hklkt
kr do , AaOr

sapnao Bal doKnao kl Aaja,adl
hao.

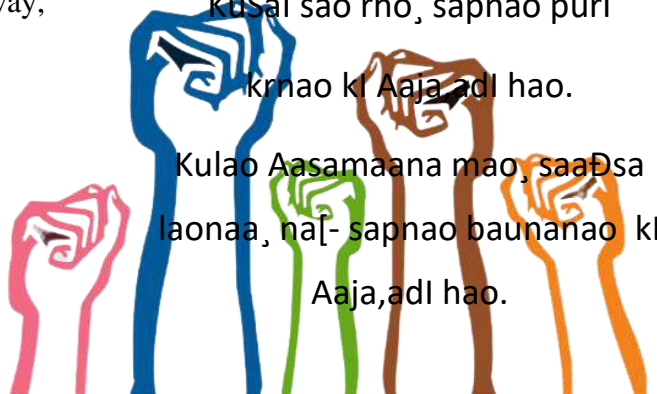
jahaD laDkl kao Apnao maja,l-
sao jalnao ka hao ,

naa baaolanao ka hk hao , sapnao
purl krnao kl Aaja,adl

Aaja,adl vaao hO , jahaD laaoga
KuSal sao rho , sapnao purl

krnao kl Aaja,adl hao.

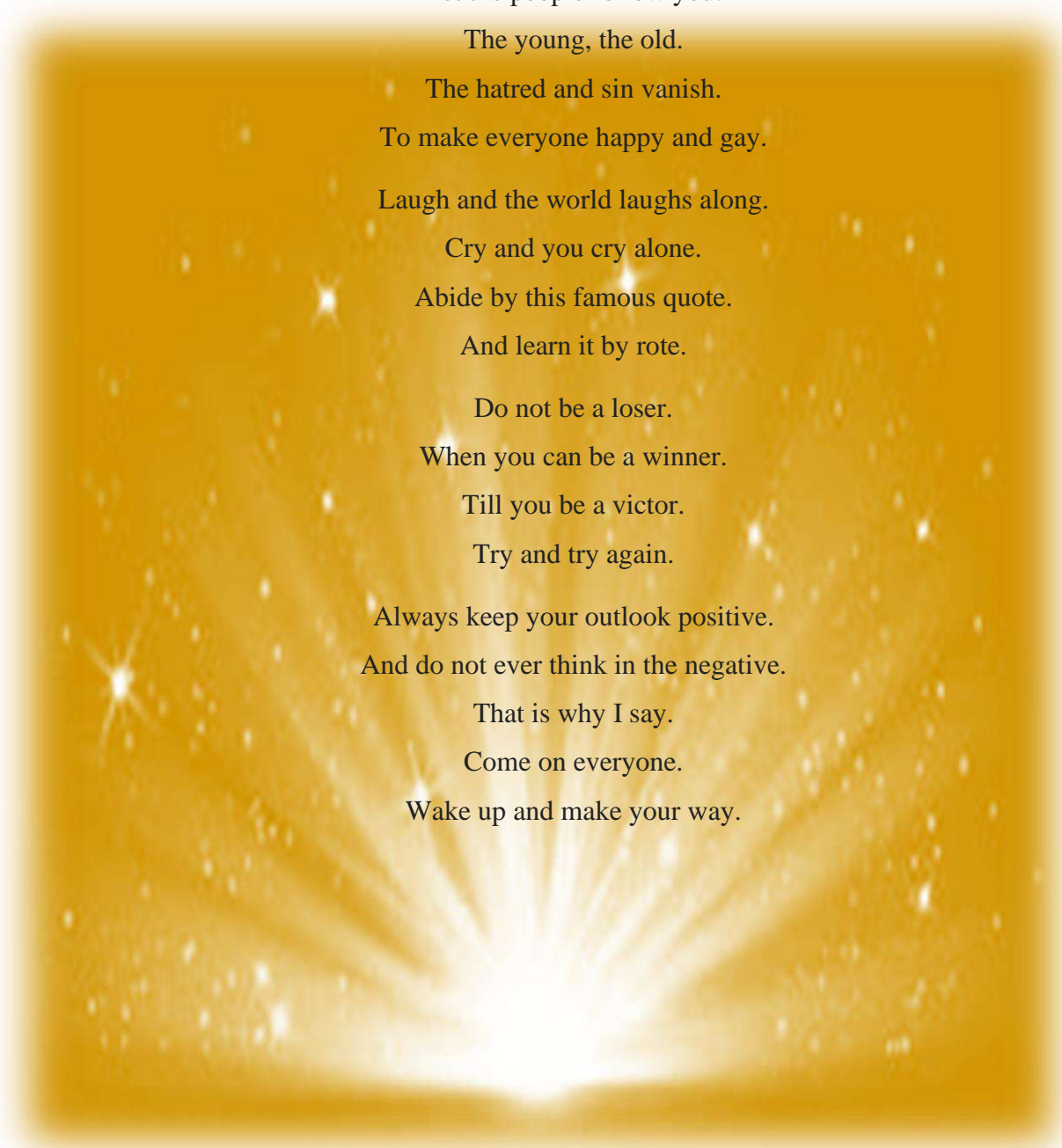
Kulao Aasamaana mao , saaDsa
laonaa , na[- sapnao baunanao kl
Aaja,adl hao.



A HOPEFUL RAY

Contributed by Kanchan Sharma

B.Ed. - Batch 16-18



I have a hopeful ray
A beautiful night and a lovely day
That is why I say
Come on everyone
Wake up and make your way
Let the people follow you.
The young, the old.
The hatred and sin vanish.
To make everyone happy and gay.
Laugh and the world laughs along.
Cry and you cry alone.
Abide by this famous quote.
And learn it by rote.
Do not be a loser.
When you can be a winner.
Till you be a victor.
Try and try again.
Always keep your outlook positive.
And do not ever think in the negative.
That is why I say.
Come on everyone.
Wake up and make your way.

WHAT IS EDUCATION?

Contributed by Kanchan Sharma

B.Ed. - Batch 16-18

1. Education is the most powerful weapon which you can use to change the world-

Nelson Mandela

2. The function of education is to teach one to think intensively and to think critically.

Intelligence plus character- that is the goal of true education- Martin Luther King

3. Education is not preparation for life: Education is life itself. - John Dewey

4. Education is the key to unlock the golden door of freedom - George Washington

5. The purpose of education is to replace an empty mind with an open one – Malcolm Forbes

6. An investment in knowledge pays the best interest - Benjamin Franklin

7. The roots of education are bitter; But the fruit is sweet - Aristotle

8. The whole purpose of education is to turn mirrors into windows - Sydney J. Harris

9. Education is not the filling of a pail, but the lighting of a fire - William Butler Yeats

10. Education is the movement from Darkness to light -Allam Bloom

11. A child miseducated is a child lost - John F. Kennedy

12. All I want is an education and I am afraid of no one- Malala Yousafzai

Full form of ' EDUCATION'

Energy

Discipline

Uniqueness

Confidence

Art

Talent

Intelligence

Opportunity

Nationality



PREPARING FOR AN UNFORESEEN FUTURE

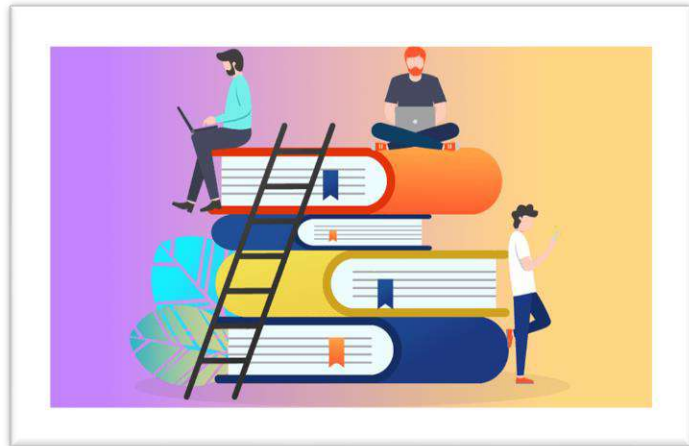
Contributed by Ichha Mehrotra

Dr. Pillai Global Academy New Panvel.

Barriers to accessing education

‘Increasing access to education can improve the overall health and longevity of a society, grow economies and combat issues that plague development processes around the globe’.

As educators we have to prepare our students for a ‘new world’ that exists around us. Along with teaching them to read, write and calculate, schools also teach the students more tangible skills such as how to



work as a team, critical thinking, logical reasoning and infusing them with a spirit of inquisitiveness; to be curious to know about the things that they encounter each day.

We want them to lead a productive, successful, and meaningful life in the future. But what lies ahead for our students in the future? Did educators in the past centuries know that so much of our world today would be based on computers and technology? Could they have known what skills would be needed in the job market today? Unlikely, but yet, they did their best to prepare their students for this world somehow. Nowadays, educators are still charged with the same complicated task- preparing the students for the unseen and unknown.

There is a need to disseminate education effectively such that classrooms should no longer be confined within four walls. As technology progresses, lessons are now not only delivered to mailboxes, but also reaches learners on their computers. And now, because learners are no longer tethered to their desktops, learning is being delivered to their hand- held devices where they can consume it on the go.

The challenge is to find an effective e-learning program today to offer students a chance to study and strengthen their understanding of curriculum on the move.

Skills students will always need: critical thinking and problem solving, collaboration, agility and adaptability, effective communication, initiative, and entrepreneurship, accessing and analysing information, creativity, empathy, social responsibility, accountability, curiosity and imagination. These are the ‘Holy Grail’ of education.

WHAT IS BEST FOR OUR STUDENTS

In a world that is fast losing its connection with emotional bonds and fast drowning into the vast ocean of abstract data and statistical analysis, the idea of ‘WHAT IS BEST’ to teach our young students, has always been a difficult question. Many a time myriad minds have given it deep thought, many hours of meetings have gone by in the conference rooms of schools and colleges where educators have tried to devise a curriculum that would best prepare our students for the times to come; a curriculum that churns out the best doctors, engineers, scientists, industrialists, and IT professionals. But have we ever stopped to think whether this is really the best for our students? I beg to bring to your notice some notions that seem to be too far-fetched if we are to promote the current way, we teach this young generation. Can we not?

1. **Teach students to understand their own feelings and cultivate affections:** It may be important to teach children to follow their own areas of interests but is it not equally important for them to be able to see and identify themselves as who they are and how they relate to the contexts that they call “home”? They should be allowed and taught to nurture relationships while understanding the role that they play in the greater context of life, build their own affections, and grow with them. Why this idea sounds so alien in modern curriculum?

2. **Freedom to learn what they like:** Students deserve to choose what they would learn. This seems best for the kids. But the ‘freedom to learn’ seems always the ‘ghost’ in classrooms, floating around and perhaps being glimpsed from time to time, but never truly realised!!



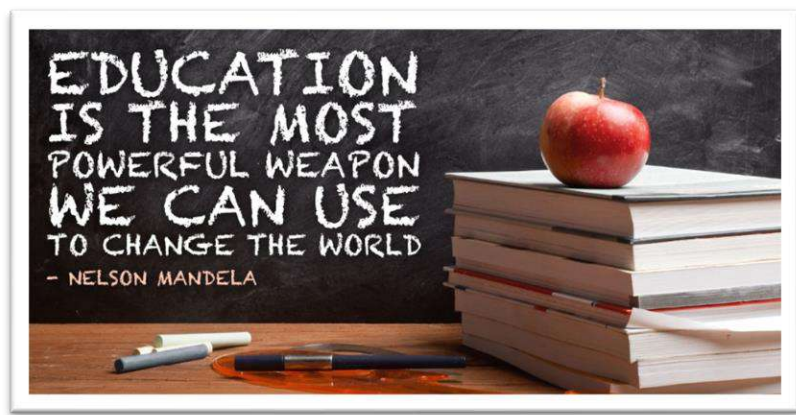
3. **Practical fundamental knowledge:** Every teacher I know- myself included- would read the ‘learner’s profile’ and the ATL skills and find it to be logical academic

content. I would like my students to be able to know and do all that this standard profile describes. It's all perfectly rationale- a decent answer to a decent question. None of them, however, heal the gap between school and life. "Schools" have never adequately answered the "Why do we have to learn this?" question for the vast majority of the curriculum. Some of this may be due to the 'misconception' that schools are 'to prepare students for college'. The purpose of school is not 'to get into a college' or "get into a job"! This is where we get ourselves, as an "industry" into trouble, over and over again.

Education is not an industry.

4. **To be children:**

To be free from pressure and expectations and just *be* – and maybe begin to develop their own mechanisms of



self- correction and thought- seems to be best for the students. This doesn't free us from measurement, accountability, or even pressure, but why does "what's best for the students" always make everyone involved miserable?

Best for the students...How?

5. **Wisdom:** Among other things, wisdom is- knowing what's worth studying and understanding. I'd take that any day over some set of skills of dubious value. This flies in the face of an outcome-based, standard- driven learning model that prescribes almost everything from the beginning. But it doesn't mean it is impossible...! **Certainly, it's possible for skills, standards, and wisdom to co-exist**, no?
6. **Grappling with uncertainty:** If they can honour the complexity of any given "situation" and accept the limits of their own understanding, without settling for ignorance, they are well on their way to knowing themselves as learners.
7. **Forgiving adults:** Students deserve adults with short memories. To be forgiven. This doesn't mean to not be accountable, but for everyone to work for the common

belief that childhood is about development, growth, and love and not accountability, records and proficiency.

*“What is best for our children” is adults who forget their failures and **help everyone remember what everyone is capable of.***

8. **Teachers as models:** What’s best for the students is to have unforgettable teachers that are models of knowledgeable, human expertise, who **also** happen to care about them too. Teachers that love knowledge **and** students.
9. **Conducive learning environment:** The opposite of this is to create the “perfect academic machine” that is standard- based and data- driven that produces reams of proficient students every year but absolutely strangulates students’ curiosity.
10. **Understand the value of work:** These kids today are entitled. If they don’t understand the value they bring to potential work and social interactions, then what on earth are we doing here as teachers?

To conclude I would just say that an education system that focuses only on “work force” training and university prep can possibly only yield derivative learning experience that ‘chases’ instead of ‘leads’. There is no denial that there are some universal skills like reading, writing and

communication- that we consider as “standard”. There is nothing wrong in expecting some level of performance and



skills out of our youth. But often than not we are driven by adult- centred thinking while trying to comprehend what is best for our young learners. More than anything, it is imperative for them to graduate into a world where intimate communities bring their wisdom and affection on the caretaking of their own little sections of the world communities; a “work force” that is human and not “corporate” and that works through **humility and love.**

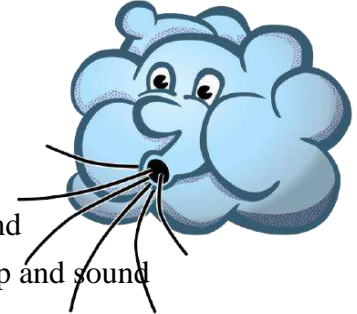
STORMY WINDS

Written by Deepali Mhatre

B.ED. BATCH



Blew blew the stormy winds
Flew flew the roof tops flew
No one had any clue
So as to where and what to do



It blew heavily destroying all things around
When it calmed down everything became calm sleep and sound

It keeps on moving since it can't stop
Over the mountains, trees and hill tops

As it moves with ease and soothes us with lovely cool breeze

The breeze makes us shiver and freeze



It blows from fields to yields
It travels from states to cities
It travels from nation to nation
It goes wither and thither
With cool breeze

It swings

It curls

It twirls

It whirls

It sustains all the pain
It flows in all directions

It flows overseas

It has its own wings

It swings and sings

In the endless sky

It never does cling



It builds up the atmosphere
And brings in different climate and seasons
It provides us with varied weathers without any reason
This nature cycle goes on and on
And keeps it rotation smooth
Since never does it stop.



MOST MEMORABLE SURPRISE - ^{by} Madhu Singh



CULTURAL EVENTS: 2020-21*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. Each of these groups was allotted 30 minutes to showcase the unique cultural aspect of their state. Online mode of presentation was used. Google meet platform ensured our spirits were not dampened by the lockdown situation. There were 11 groups representing 11 states of our country India. Reports on all the states are as follows:

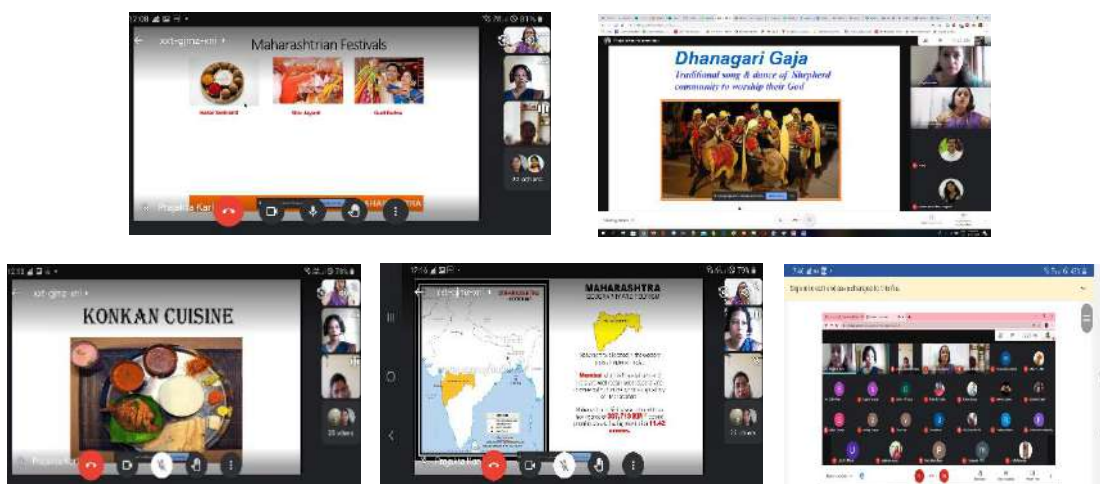
Group 1: Maharashtra

In the online co-curricular activity, our group represented State of Maharashtra. Our performance was held on 13th January 2021. In this presentation we showed the culture and tradition of Maharashtra state. Group members – Prajakta Karle, Ashwini Bhakare, Jasmine Parulekar, Shradhha Babar, Vijaya Mhatre



1. Our programme started with Introduction of History of Maharashtra which mainly consists of Maratha Empire of Chhtrapati Shivaji Maharaj followed by Peshwa Rule. We presented the changes that took place during British Rule and importance of celebrating the “Maharashtra Day on 1st May” every year. We mentioned the valuable contribution of Saints (Sant Dyaneshwar, Sant Tukaram etc) and freedom fighters (Lokmanya Tilak, V. D. Savarkar etc) to the land of Maharashtra.
2. We showed the culture of Maharashtra, the clothing styles, traditional fashion of men and women in Maharashtra. (Costumes like - Nauwari saree, Dhotar, Jewellery like - Nath. Kolhapuri saaj etc). We showed the traditional Festivals celebrated in Maharashtra like – Ganesh Utsav, Dassara, Diwali, Makar Sankranti, Gudi Padwa.
3. We presented a small musical vocal performance and dance performance based on various folk music styles in Maharashtra. (Kolee geet, Dhangar geet, Lavani, Abhang etc)

4. We presented information on many famous personalities of Maharashtra in various fields such as – Sports, Politics, Social work, Music and Dance, Films and Drama, Science and Technology etc. (some names to mention - Sachin Tendulkar, Lata Mangeshkar, Smita Patil, Anna Hajare etc)
5. We presented information on various traditional sports of Maharashtra such as Kabbadi, Kusti, Malla-khamb, Mardani khel etc.
6. We presented information of traditional cuisine of Maharashtra from various parts of Maharashtra. Different recipes, different food culture, variety of food in different seasons in different regions, Festival food in Maharashtra were shown. Famous Food items being – Modak, Shikhand, Puran Poli, Kokani fish curry, Puneri Misal, Khandeshi bharit, kolhapuri Mutton rassa, Nagpuri Gola Bhat, Mumbai fast food.
7. We also presented the information on Geographical aspect, Climatic conditions, Agricultural activities and crops, Mining activities, Industry in Maharashtra etc.
8. We showed information on various tourist points, hill stations, national parks and sanctuaries in Maharashtra. (Historical Forts, beaches, temples, heritage places like Ajanta Elora etc.)



Group 2: Magical Land of India-Punjab:

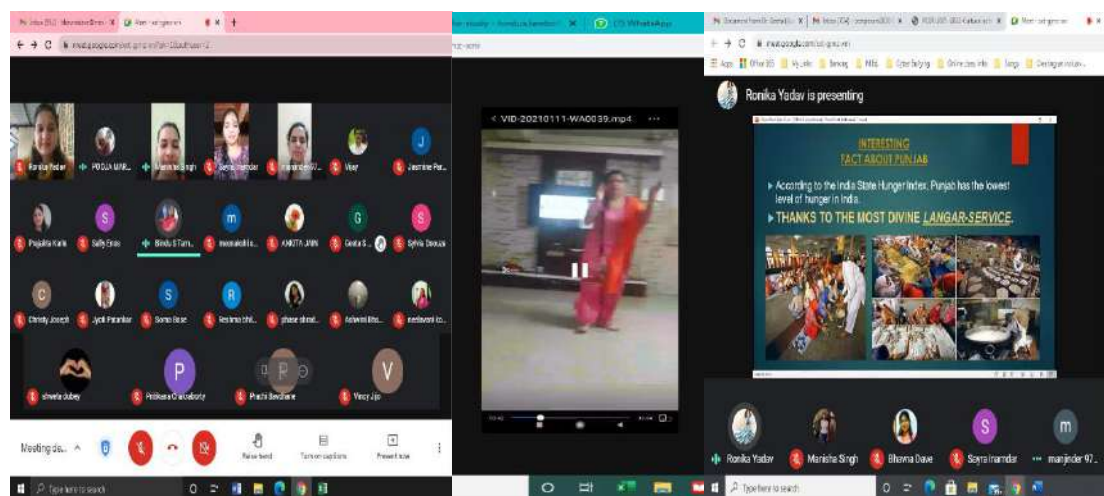
On 13th January 2021, for the first time due to prevailing pandemic situation, an online cultural activity was being conducted on Virtual platform (Google meet) by our college. The whole co-curricular event was divided into two sessions and various teams were allotted an opportunity to represent various states of our incredible country.

My team had represented the Magical Land of Punjab. We tried our best to showcase all the beautiful features of this magical land of five rivers through our presentation. We explained briefly about the state profile and history of the state. We highlighted the faith and beliefs of the population of Punjab and how beautifully they follow the mantra of ‘Unity in Diversity’.

We also took the opportunity to showcase various tourist destinations of Punjab that are famous across the world. We used photographs so as to give glimpses of those famous tourist destinations viz Golden Temple, Jallianwala Bagh, Wagah border, Rock garden, Bhakra Nangal Dam, etc. Also, we shared information regarding the various aspects of the culture of Punjab. In which we talked about famous folktales, art-specialties, cuisines, famous personalities from Punjab which make our country proud, followed by a great dance and singing performance by our team members. Last but not least, we concluded our presentation with the special mention about the most divine and amazing humanity welfare services carried out by the Sikh Community.

This project based co-curricular activity with title of the programme (‘States of India’) has actually helped us to learn more about states of our own country and various beautiful aspects of our diversified cultures of states. Although, initially there were a few uncertainties about the event in the mind as it was our first virtual cultural event but with all the timely support and guidance from our faculty members, we thoroughly enjoyed our participation in this co-curricular activity.

Team members: Ronika Yadav, Manjinder Kaur Daod, Sayra Inamdar, Manisha Singh Baghela

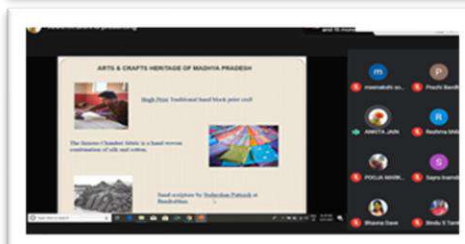
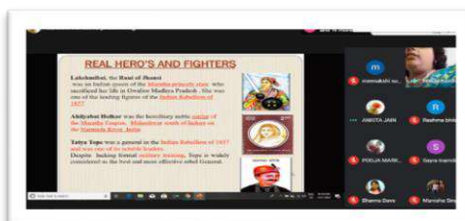
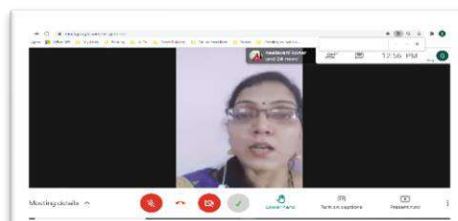
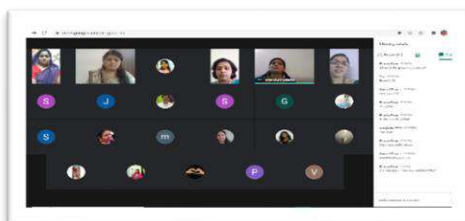


Group 3: Madhya Pradesh

On 13th of January 2021 our group consisting of five members, using the google meet platform, presented the speciality of a state in Central India - Madhya Pradesh. As Madhya Pradesh is Heart of India. It is a confluence of all the cultures and heritage. It is the only state in India which has a glimpse of almost every major state of country.

The program started with self-introduction by team members Reshma Dheb, Ankita Jain, Prachi Joshi, Markad Pooja, Meenakshi Solanke. Followed by the Welcome song “**Mera Madhya Pradesh**” Further we began with slide presentation. The presentation was all about the geographical location of state, Real Hero’s and Freedom Fighters such as Rani Laxmibai, Tatyia Tope, Ahilyabai Holkar, tourist place, religious place, such as Khajuraho temple, Buddhist Sanchi Stupa, Pachmari, Bhedaghat, National Parks, culture and festivals, Art & crafts heritage of state such as famous Chanderi fabric is a hand-woven combination of silk and cotton. Famous cuisine, which was mouthwatering dishes are as Seekh Kebabs, Bhutte Ka Kees, Malpua, Bhopali Gosht Korma, Dal Bafla, Palak Puri, Mawa Bati.

Further there was dance performance on Bundheli folk dance Badahi. We concluded our presentation by showing beautiful, animated video on Madhya Pradesh State. Each member of group participated to give more beauty to our performance. Efforts and dedication of our group made our performance a great success.

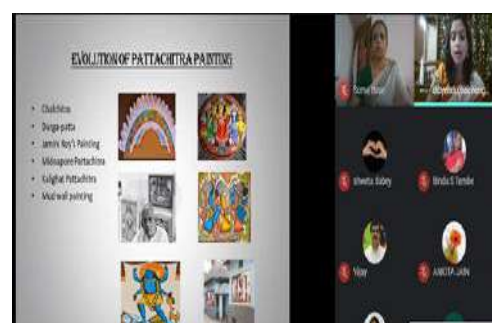


Group 4: West Bengal

Our group remarked as Team East India and represented the state of West Bengal. The performance was held on 13th January, 2021. We were five members – Aneera Khan, Pritikana Chakraborty, Sheli Paul, Shweta Dubey, and Soma Dhar.

We all were very much excited to present the state of West Bengal which has significant architectural and natural heritage. West Bengal is a culturally rich state in the eastern region of India which has its roots in the Bengali literature, music, fine arts, drama and cinema. The former British capital of India, Kolkata, is known for its artistic brilliance, exceptional architecture, and legendary literary landscape. Fondly called the 'City of Joy' for its soulful embodiment of culture, love, mystery, respect, enthusiasm and definitely some amazing sweet delicacies. We wanted to deliver these must know facts.

We started well with a describing history of Bengal followed by a talk for renowned freedom fighters and personalities who have contributed much to this State. We have presented cultural aspects of Bengal, contemporary art crafts, festivals especially Durga Puja and famous Bengali cuisine. We have shown few props like famous terracotta Bankura horse, conch shell bangle, bamboo craft basket tray (Kulo) and also broadcasted a video representing the immense talent of mud wall painting by tribal community of Bengal. The presentation was ended with Rabindra Sangeet which added a pure essence of Bengal. Each member of our team participated equally which made our presentation even more successful.



Group 5: Kerala

On 13th January'21 via Google meet due to pandemic, our group presented the various aspects of the state of Southern India - Kerala. **Kerala is a state in south- west India, known as “God’s own country” and is one of the popular tourist destinations in India.**

We started our presentation by greeting everyone and with self-Introduction of **our team members D’Mello Sylvia, Vincy jijo, Neelavani Sankaran, Pillai Shanmugaraj and Christy Joseph.** Further we began with our presentation. The presentation was all about the history of Kerala i.e. Kerala was alternatively called Kerala as well as Malabar. Until the arrival of the British, the term Malabar was used as a general name for Kerala. Kerala is famous especially for its ecotourism initiatives and beautiful backwaters. Kerala is musically known for Sopana Sangeetham. It is a form of classical music. Kerala is also a home of Carnatic music. Kathakali and Mohiniyattam are the two major classical traditional dances of Kerala. Onam and Vishu are the two main festivals of Kerala which is celebrated with great joy. There are many famous personalities in Kerala which includes Mohanlal Viswanathan, P.T. Usha, Shashi Tharoor and K.J. Yesudas.

We concluded our presentation by conveying thank you to everyone for their patient listening. Each member of our group supported and co-ordinated with each other. Our team work and dedication turned out to be a great success.

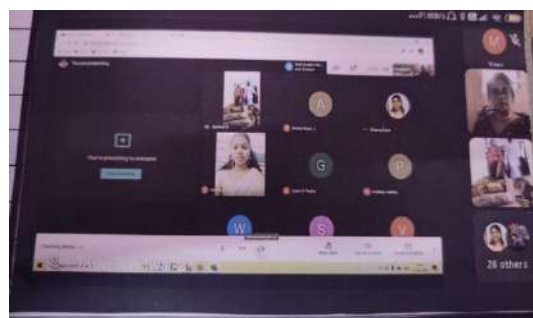


Group 6: Karnataka

On 19th January 2021, Tanvi Tondwalkar, Jyoti Patankar, Suchitra G and Nilam Ambat showcased the vividness of the state of Karnataka.

Our group (Group-I) consisted of four members namely and the topic was 'Karnataka'. Our group was the first to present it. It was a PowerPoint presentation where we gave a small introduction on Karnataka followed by its History, Geography, Food, Festivals, Famous celebrities and some General facts about it. We also wore different sarees representing the different parts of Karnataka. We as a group also presented a dance performance on the folk dance of Karnataka called 'Kolata' which is quite similar to Dandiya. One of our team member also prepared 'Neer Dosa and Kottai' which is a famous cuisine of Karnataka.

Overall, this group activity was a success with equal amount of participation, contribution and enthusiasm from all the group members. We would also like to thank our teachers for their patient listening and providing an appropriate feedback on the presentation.



Group 7: Gujrat

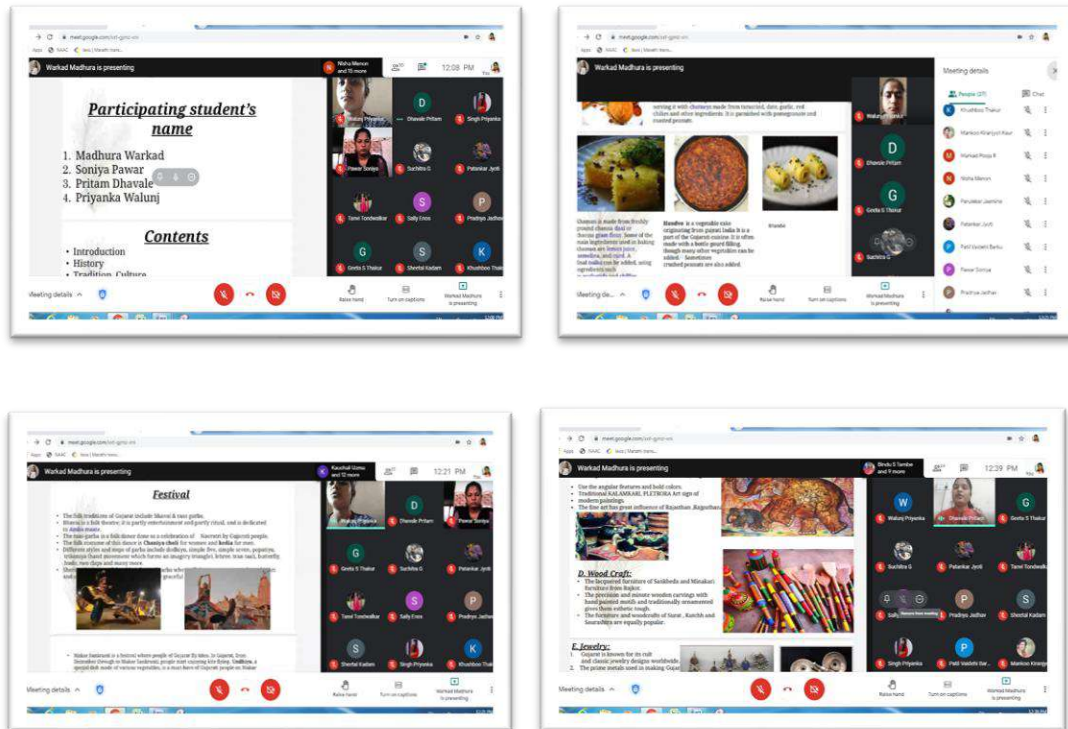
Pillai college of education & research gave us an opportunity to represent our state by conducting cultural activity. Students of F.Y B.Ed. were divided into different groups. Enough time was given to us for planning & preparation. On 27th January 2021 our group performed. There were 4 members in our group. It was an online program where we explained all the information related to Gujarat state.

Our program started with an introduction & then History, Location on Map, tradition, culture, lifestyle, dressing, food, music, dance & famous city, personality. We gave brief information about History: Maratha Empire, Mughal Empire, Famous food: Thepla, khandvi, dhokla etc., culture: Garba, Dandiya, lifestyle: Ghaghara choli, singing & art:

handcraft, needle work, famous tourist place: statue of unit Sabarmati ashram, gir jungle, Famous personalities: Mahatma Gandhi, Sardar Valla Bhai Patel Narendra Modi Dhirubhai Ambani.

Efforts & dedication of our group made our performance a great success

Name of team members: Madhura Warkad Priyanka Walunj Soniya Pawar Pritam Dhavale



Group 8: Chattisgarh



We had an opportunity to present the state of 'Chhattisgarh' at our college 'Pillai College of Education & Research', New members of our group were Priyanka Singh, Kiranjyot Kaur Mankoo, Vaidehi Patil and Khushboo Thakur. It was an online cultural activity.



We explored many new things about Chhattisgarh like it's cultural, political and many other features of Chhattisgarh that we were not aware of before. Chhattisgarh originated from Madhya Pradesh in the year November 2000 and it is the 10th largest state of India. We started with a brief introduction of Chhattisgarh followed by the history of Chhattisgarh.

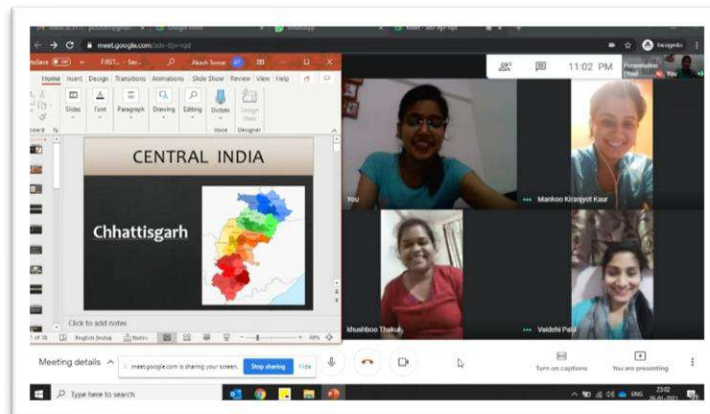
We shared how Chhattisgarh evolved from Madhya Pradesh because the people there thought they had a different cultural heritage to that of Madhya Pradesh. Then we presented the major music forms of Chhattisgarh which were Pandavani, Bharthari and Raut Nacha; the majn Art forms of Chhattisgarh are Dhokra or Bell Metal, Terrocotta, Wood Craft and Bamboo Craft; and the major dance forms of Chhattisgarh that are Salla dance, Karma dance, Sua Nacha, Rahas dance, Panchti dance etc.

We highlighted the festivals, dressing and food specialties of Chhattisgarh. The major festivals of Chhattisgarh are Charta festival, Hareli Festival, Koriya mela, the first fruit festival, Goncha festival etc.

Women of Chhattisgarh are famous for wearing 'Lugda' (saree) and 'Polkha' (blouse) along with attractive ornaments and jewels which wasan integral part of the culture and heritage. Aamat, Bafauri, Moong Bara are some food specialties of Chhattisgarh. Then we also presented some famous personalities from Chattisgarh like Mr. Brijmohan Agarwal and Shweta Padda etc.



Our teachers were also very supportive and guided us for how we can do better for the next time. It was very interesting and we learnt a lot from it. We tried our best but there is still a room for improvement.



Group 9: Uttar Pradesh

As a part of co-curricular activity, we represented the state of Uttar Pradesh. There were five members in our group and presentation was on 24th April 2021. Each group was given time to present their slides in power point. We included all the must know facts and information about Uttar Pradesh state in our presentation.

Uttar Pradesh is famous for its world heritage sites, holy Hindu temples, music, fine arts, drama and dance. Starting with introduction, we presented several beautiful historical monuments of the state. The city of Agra, gives access to three World Heritage Sites, Taj Mahal, Agra Fort and the Fatehpur Sikri.

It is the birthplace of various famous poets, writers, celebrities and dignitaries. Many of these personalities were part of our presentation. The state is home to a very old tradition in music and dance like Raslila, Ramlila, Nautanki, Naqal, Qawwali and Kajri. One of our group members performed Kajri dance live on screen which created delightful environment altogether.

Most famous cuisines of Uttar Pradesh are Awadhi and Mughal cuisines. We Kept prepared some delicious food of the state and showed while presenting the cuisines.

Through this program, we updated our knowledge and learnt varied culture of Uttar Pradesh. Our dedication, teamwork and cooperation led our performance to a huge success which was reflected by the words of praise and appreciation by our teachers.

Our team members- Archana Kumari, Sharma Jyoti, Vandana Tripathi, Pandey Beena and Sinha Surabhi.



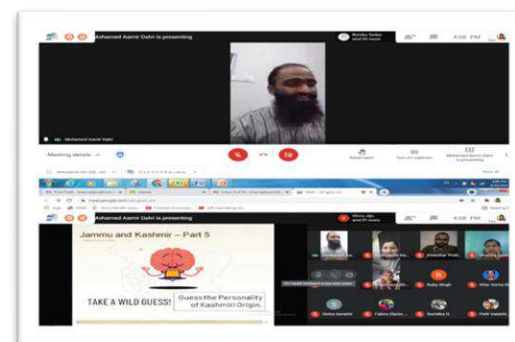
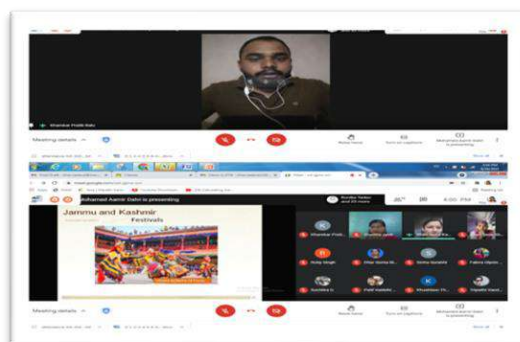
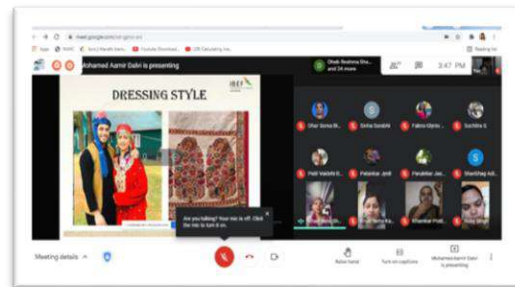
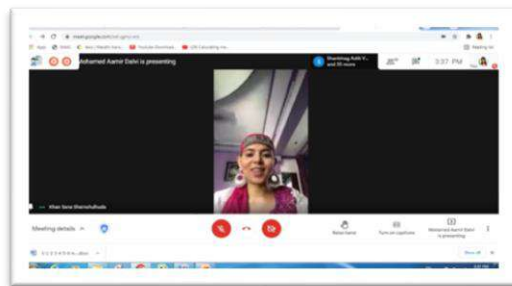
Group 10: Jammu and Kashmir

Co-curriculum activity was scheduled on 24 April 2021, for F.Y. B.Ed. students of semester 1. Three groups presented their states with the help of wonderful presentations, artwork, dance and creativity.

Our group includes five members Sana Khan, Neha Khan, Mohamed Aamir, Pratik Khamkar and Ruby Singh. We presented our state with full love and respect keeping in mind beauty of Jammu and Kashmir. We started with introduction to Jammu and Kashmir which included weather, geographical location.

One of our member was dressed in Jammu and Kashmir traditional style and showed their beautiful traditional wear and clothes famous that is Poots and Pheran. Followed by showing the flora and fauna, beautiful tourist spots like Gulmarg, Srinagar and their food speciality like Wazan. We explained the history of Jammu and Kashmir, continued with showing different dance, music styles and festivals they enjoy. At last we played games to introduce famous personalities of Jammu and Kashmir, which was enjoyed by everyone. Our group participated with great enthusiasm.

It was really very great experience to learn from. The Co-curriculum activity ended with motivational words and appreciation from our teachers.



Group 11: Goa

We got a wonderful opportunity of representing the unique and diverse culture of our country with the theme ‘States of India’. We presented the unique features of the state of Goa. The groups were Aditi Shanbhag, Glynis Falera, Melita Lobo, Meenaskshi Pillai and Nisha Pattenm.

The presentation started with a brief history of Goa which teleported us back to the struggle of the state independence. After which it’s colorful and vibrant festivals like Goa Carnival, Shigmo, etc was spoken about which was beautifully portrayed with the help of illustrations. Nobody can deny the fact that Goa is a paradise for food lovers. Visual representations of Goan delicacies like Choris Pao and Bebinca sure were enough to make everyone drool.

Knowledge about Goan tradition and culture was shared. We all are aware about the wonders of Leander Paes in the field of tennis who hails from Goa but it was also made known about Siddhart Kerkar who from the digital space has levelled up his game not only in the space of art but also by being an influencer. North Goa is a tourist hotspot for its beaches, but one should definitely be visiting South Goa for its scenic beauty and calmness. Where words fail, music speaks and hence, no wonder Mando is the traditional music of the state.

The art and craft of Goa is the product of the aesthetic blend of Portuguese and Indian culture. Last but not the least, a virtual dance performance by the group on songs “O Maria Pitasche” and “Ya Ya Maya Ya” was presented where one could tap their feet to. Overall, it was a



pleasing experience where we enjoyed the process of the activity where much knowledge was gained and team work was facilitated.

Cultural Competitions

Pillai College of Education and Research, New Panvel and Pillai HOC College of Education and Research, Rasayani jointly organized Cultural Competitions for S.Y. B.Ed. and M.Ed. students from 19th to 22nd November 2020. Due to pandemic situation these competitions were conducted through online mode. Many students actively participated and displayed their skill and talent through Google cultural classroom.

With the guidance of Principal Dr. Sally Enos, Prof. Pradnya Jadhav, in-charge of Cultural activities, announced about all the competitions a week before they held. Rules for each competition were mentioned clearly. Time duration was 2 hours for each competition.

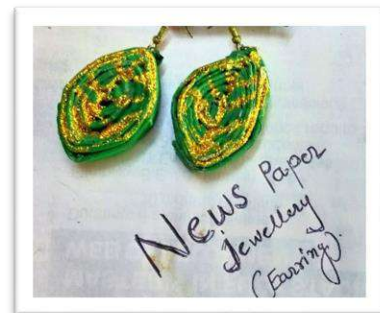
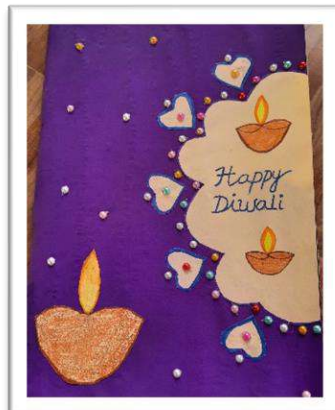
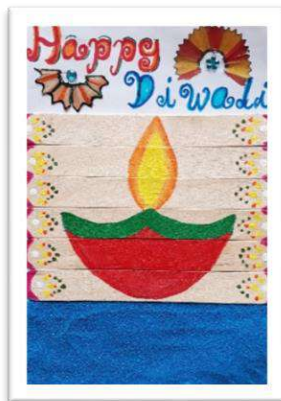
- Greeting card making competition was held on 19th November. The theme for the greeting was 'Eco- friendly Diwali'. 44 students participated and made beautiful greeting cards. Most of them used natural flowers, leaves, stones to decorate the cards and wrote nice message to celebrate eco-friendly Diwali without firecrackers and reduce air as well as noise pollution.
- On 20th November, Rangoli competition was held, and 30 students made beautiful rangolis with attractive colours. No theme was given for rangoli so students made lovely designs like peacock, butterfly, flower pot, lamp etc. Also few students drew God sketches like Shiva, Ganesh, Krishna along with awesome Sanskar Bharti rangoli.
- On 22nd November, the competition was little challenging for the students as it was 'Best out of Waste' competition. 25 students took participation and made amazing products using waste material available at their home. Things made by students like Pen stand, mobile stand, pot, box, purse, bag, card, diary, earrings were appreciated by all the teachers.

All the students enjoyed thoroughly these 3 days of cultural activities by showing their artistic skills. Result of these competitions are as follows

Greeting Card Making competition		
Position	B.Ed.	M.Ed.
First	Darshika Mishra	Sharmila Pathare
Second	Mukta Kashikar	Divya Wadhva
Third	Poornima Shetty	

Rangoli Competition		
Position	B.Ed.	M.Ed.
First	Puja Khatal	Radhika Dave
Second	Shital Mali	Asmita Galande Jyotirmayee Lenka
Third	Dipika Gandal Chinmayee Chakravarti	

Best out of waste		
Position	B.Ed.	M.Ed.
First	Snehal Kulabkar	Asmita Galande
Second	Samruddhi Kulkarni	Divya Wadhva
Third	Nafisa Zaveri	



An Aesthetic Bend



Artistic expressions

By Larissa Periera

S.Y. B.Ed. 2019-21



Rangoli for Rangoli Competition



Hand-painted diyas



“Rangoli - A Creative Inheritance passed down through the generations”

Artistic expressions

**By Amrita Shree
S.Y. B.Ed. 2019-21**



The Mandala Art

*By Amrita Shree
S.Y. B.Ed. 2019-21*



By Sanika Khade

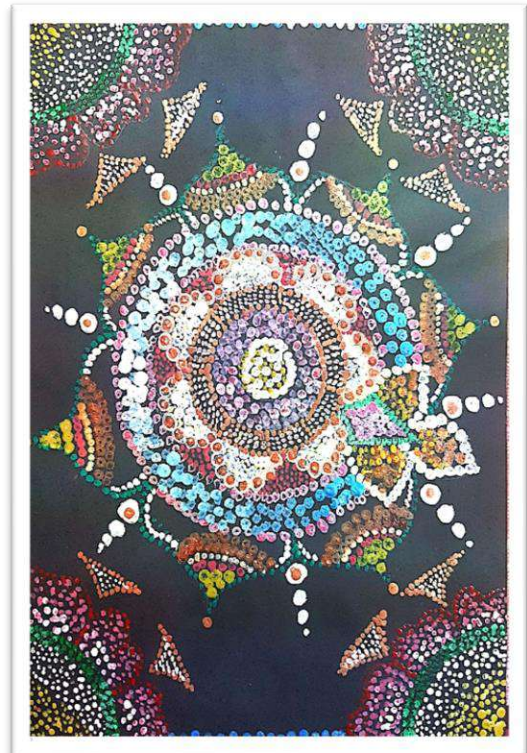


*By Pooja Nair
S.Y. B.Ed. 2019-21*



Sunrise

*By Bhanu Yadav
F.Y. M.Ed. 2020-22*



Dot painting

Artistic expressions



By Bhanu Yadav
F.Y. M.Ed



By Isha Dhody
S.Y. M.Ed.



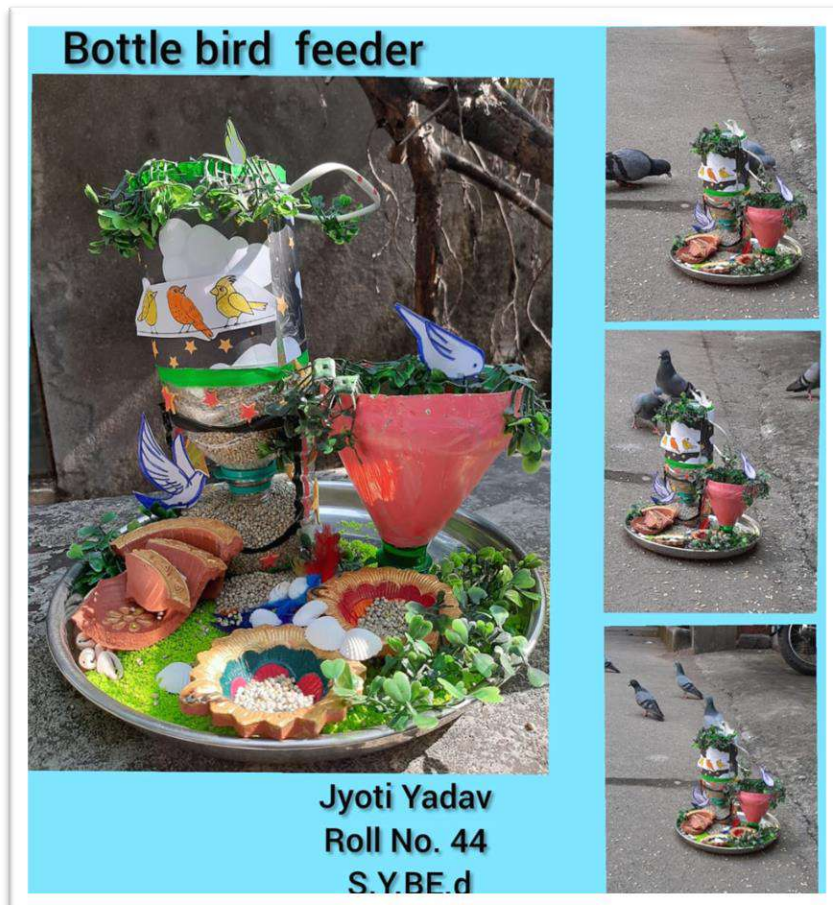
Fabulous Display of colours on the canvas

By Isha Dhody
S.Y. M.Ed.

Best out of waste



A Diya stand, made out of tissue rolls, card board and CD - By Larissa Pererra



Bird Feeder by - Jyoti Yadav

**"MES' Pillai College of Education and Research, New Panvel.
Class of S.Y. B.Ed. 2019-21"**









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(S.S.C. PROGRAMME)

- Chembur English Pre-Primary & Primary School - Chembur
- Chembur English High School - Chembur
- Chembur Marathi Madhyamik Shala - Chembur
- Powai Marathi Madhyamik Shala - Powai
- Mahatma School of Academics and Sports - Khanda Colony, New Panvel (Pre-Primary, Primary & Secondary, English & Marathi Media)
- HOC International School - Rasayani (English & Marathi Media)
- (CBSE PROGRAMME)
- Mahatma International School Khanda Colony, New Panvel
- HOC International School - Rasayani

JUNIOR COLLEGES

- Chembur English Junior College - Chembur
- Mahatma Night Junior College - Chembur
- Mahatma School of Academics & 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

D.T.Ed. B.Ed. B.P.Ed. M.Ed. Ph.D.

- Approved by National Council for Teacher Education (NCTE) (Affiliated to the University of Mumbai & Recognised by Govt. 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
 - Pillai College of Education & Research (B.Ed.), Khanda Colony, New Panvel
 - Pillai HOC College of Education & Research (B. Ed), Rasayani
 - Vidyadhiraja College of Physical Education & Research (B.P.Ed), Khanda Colony, New Panvel
 - Pillai College of Education & Research (M.Ed.), Chembur
 - Pillai College of Education & Research (M.Ed.), Khanda Colony, New Panvel
 - Pillai College of Education & Research (Ph.D Centre), Khanda Colony, New Panvel

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(CIPP / ICSE/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 & Tele-communication Engineering
Diploma in Mechanical Engineering
Diploma in Civil Engineering

DEGREE COLLEGES

Bachelor and Master

- (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.)
- Mahatma Night Degree College of Arts & Commerce - Chembur
 - Pillai College of Arts, Commerce & Science - New Panvel Accredited 'A' Grade by NAAC (3rd Cycle)
- B.Com.
B.Com. (Accounting & Finance)
B.Com. (Financial Markets)
B.M.S.
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)
 - Pillai 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.M.M.
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.A.R.C.H. (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 Panvel 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**
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Information Technology
- Pillai HOC College of Engineering & Technology, Rasayani Accredited 'A' Grade by NAAC
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B.E. in Electronics & Telecommunication Engineering
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B.E. in Information Technology
B.E. in Computer Engineering
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B.E. in Electrical Engineering
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M.E. in Electronics & Telecommunication Engineering
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Estd. 2007

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Estd. 2009