



MAHATMA EDUCATION SOCIETY'S  
**PILLAI'S COLLEGE OF EDUCATION & RESEARCH**

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

spark



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# EDITORIAL



*By Mrs. Bhavna Dave*

**S**haping the SPARK gives me immense joy as I capture all the wonderful moments of the various college activities and reflect back on our year's work. I am elated to have received an overwhelming response from the students for this magazine-contributing poems, stories and many interesting articles. I welcome each one to reading this fifth issue of SPARK.

The theme of this current issue is 'Revitalize'. Revitalization occurs when we connect to the divine that resides within us. We must invigorate ourselves through spiritual growth. In everything give thanks to the Creator, and ask HIM to strengthen us physically, emotionally, and spiritually. As we renew ourselves in each area, we can bring about change in our life. Without this renewal, the body becomes weak, the mind mechanical, the emotions raw, the spirit insensitive, and the person selfish. Not a pretty picture, is it? We must revitalize and face every new day in peace and harmony. All it takes is the desire. Here are a few tips:

☞ **Practice mindfulness:** Pay attention to the present moment, and do not think about what someone said to you this morning, or worry about the future.

☞ **Give thanks at meals:** Start each meal with a pause - take a deep breath, say a prayer and thank the

Almighty for the food you are about to eat.

☞ **Forgive: Try these affirmations:** "Life is too short to beat myself up over what's done in the past. I choose to forgive myself and forgive others." "I know how much it hurts me when other people hold grudges at me. I don't want to be the one who makes other people feel that way."

☞ **De-stress:** How you react to stressful things in your life is completely up to you. Practice stress management techniques, such as deep breathing, yoga, meditation, listening to music or any other ways that relax you.

☞ **Re-prioritize:** Make a mental or physical list of the activities and choices that are important, and those that are taking up your energy. Re-prioritize them by moving the truly, absolutely necessary around, along with the not-so-important. Many times, we burn ourselves out unnecessarily.

☞ **Find Joy :** Find out what makes you happy. Being so drawn to the negative, we rarely pay attention to the things and people that charge us. Make a list of the items that bring you joy and inner energy to get through your days.

*Finally remember: "Revitalizing the spirit results from a mounting tide of spiritual power within the personality."*

So in Happy moments, praise God

Difficult moments, seek God

Quiet moments, worship God

Painful moments, trust God!!!

I take this opportunity to extend my heartfelt thanks to Principal Dr. Sally Enos for her conscientious guidance. Her advice, suggestions, support and concern throughout, has helped me in the compilation of this issue of SPARK. She just sets off the SPARK in me to succeed!





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