

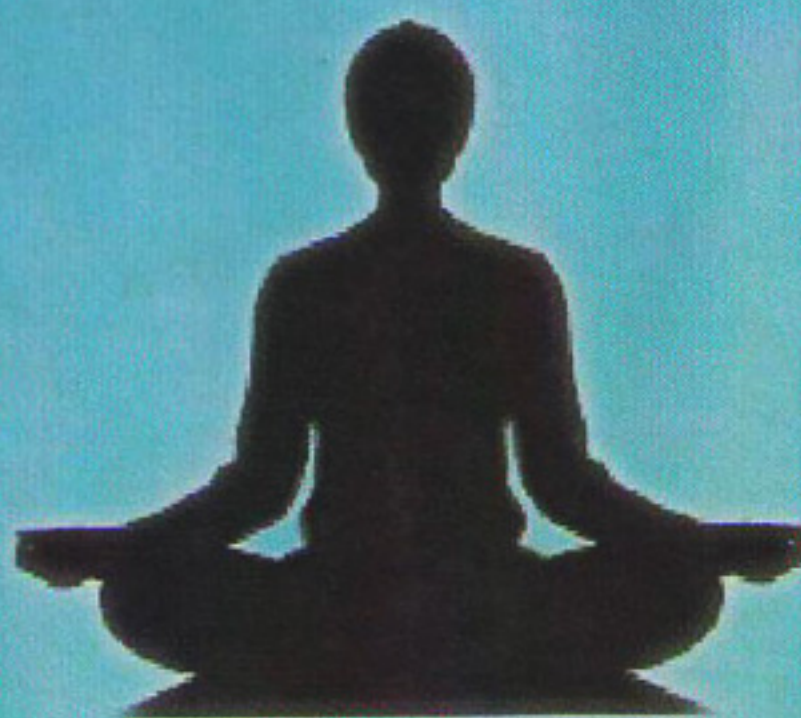


MAHATMA EDUCATION SOCIETY'S  
**PILLAI COLLEGE OF EDUCATION & RESEARCH**

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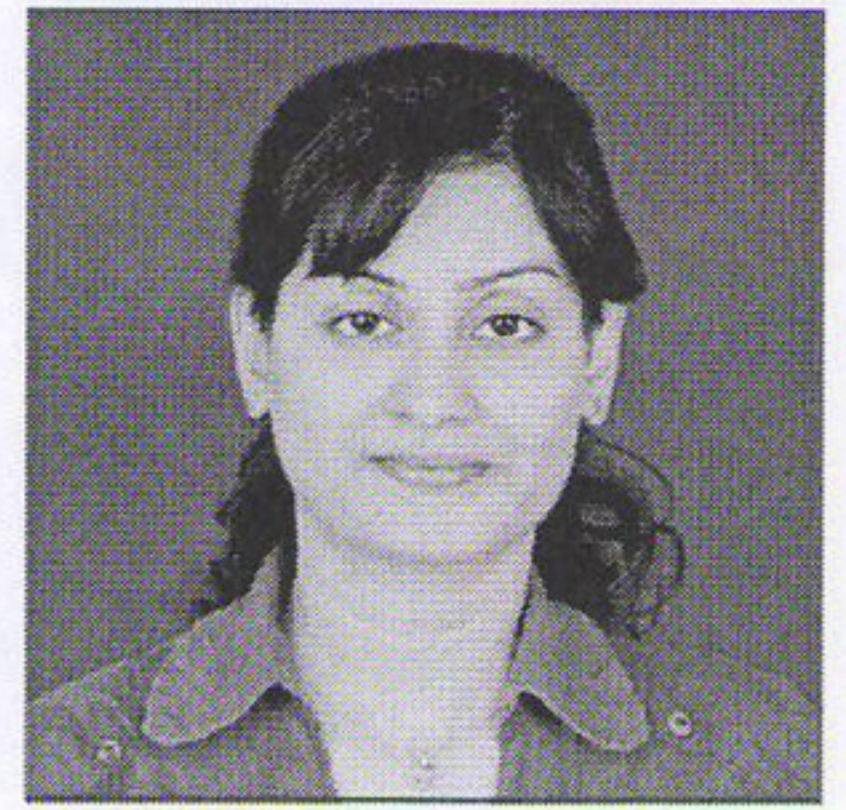
# *spark*

ANNUAL MAGAZINE 2012-13



# EDITORIAL

We at PCERP feel proud to bring out the sixth issue of the annual college magazine 'Spark'. The wide-spectrum of articles in different sections gives us a sense of pride as they reflect the creative potential and talents of our students and teachers. Each article is thought provoking, interesting and entertaining. I applaud the contributors for their overwhelming response, stimulated thoughts and varied hues in articles contributed by them.



Ms. Tina Roy

*Anger is an acid that can do more harm to the vessel  
in which it is stored than to anything on which it is poured*

- Mark Twain

We all know what anger is, and we've all felt it: whether as a fleeting annoyance or as full-fledged rage. When it gets out of control and turns destructive, it can lead to problems—problems at work, in personal relationships, and in the overall quality of your life. The only way to counter such adverse emotion is to be 'calm and cool' and we at PCERP strongly propagate this attitude through our scholastic and non-scholastic endeavours. The theme for our magazine this year "*Calm and Cool*" thus reflects our effort in this direction.

'*Calm and Cool*' essentially means; a mental state, undisturbed by passion or emotion; not agitated or excited; tranquil; quiet in act or speech. Being calm and cool helps you to do the right things even in most stressful or hostile situations by being in control of your emotions; it allows you to flow through life with ease and grace. Being calm and cool could be an inherent trait in some, whereas others can definitely develop this attitude by practising various prescribed tips and techniques.

As you become calmer and the stress is drained away, you are left with a tranquil feeling of inner peace. You will be happy, no

matter what happens. Therefore, the path to bliss — the avenue, the way to get there — is in the cultivation of a deeper and deeper calm.

As Buddha said, "*Stop deliberately agitating yourself with your voluntary actions*"

So let us get to bliss by cultivating some essential states of mind like relaxation, contentment, feeling at ease, inner peace, tranquillity and serenity, which lead to calm and cool mental state.

The journey of weaving reflections, feelings and experiences in the form of 'Spark' would not have been possible without the constant guidance and motivation of our beloved Principal Dr. Sally Enos. I express my deep sense of gratitude to Ma'am for her unrivalled support that encouraged me to venture into this daring task of shaping the Spark.

Finally, I am hopeful that this small piece of literary work shall not only develop the taste for reading among our students but also develop a sense of belonging to the institution as well, as they take a trip down the memory lane with "**Spark**".



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