



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

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

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spark



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Mahatma Education Society's
Education and Research

Pillai College of

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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 lock down 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.*


