



MAHATMA EDUCATION SOCIETY'S
PILLAI COLLEGE OF EDUCATION AND RESEARCH
(Autonomous)

DR. PILLAI TEACHER TRAINING CENTRE, SECTOR 8,
KHANDA COLONY, NEW PANVEL - 410206.

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SPARK



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Our Patrons



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



DR. Daphne Pillai
Secretary
Mahatma Education Society



DR. Priam Pillai
COO
Mahatma Education Society



DR. Franav Pillai
Deputy COO
Mahatma Education Society



DR. Sally Enos
Principal



Mrs. Shruti Abilash Nair
Editor



Mrs. Shruti Abhilash Nair
Student Editor

Principal's Message

Greetings to all!

“Balance your mind, manage your time, and master your life.”

(Anon) is a motivational mantra from which we can gather useful lessons. Let us look into the three aspects of this mantra. Balancing the mind means developing the ability to manage thoughts and emotions constructively. A balanced mind helps an individual remain calm, focused, and rational even in difficult situations. Therefore, learning to control thoughts and emotions is an essential



life skill for personal growth and well-being and it begins with self-awareness. By focusing on solutions rather than problems, we can reduce mental stress and improve confidence. Emotions such as anger, fear, sadness, and frustration are natural, but reacting impulsively can create difficulties. A balanced mind also requires a healthy lifestyle. Proper sleep, regular exercise, balanced nutrition, and relaxation activities contribute significantly to emotional stability and mental clarity.

Managing time means using it wisely by planning, organising, and prioritising tasks. Time is one of the most valuable resources, and once lost, it cannot be regained. Proper time management helps us to complete our responsibilities efficiently and create a balance between work, study, and personal life. Setting clear goals, following schedules, and avoiding procrastination allow us to make better use of every moment. It also helps in developing focus and consistency, which are essential for success. Mastering life is the continuous process of gaining control over your mind, actions, and reactions to create a meaningful and fulfilling existence. It is not about reaching a state of perfection, but rather about evolving purpose in everyday circumstances. It is the result of effective time management and a balanced mind; we gain control over our actions, achieve our goals, and create opportunities for growth and self-improvement. Thus, we can lead a more organized, successful, and fulfilling life. In short, Calm mind + Planned time = Meticulous Life.

Best Wishes

Dr. Sally Enos

Message From the Editor

Dear Readers,

As I write this message, I find myself looking back with gratitude on a year that has been rich in learning, growth, service, and meaningful connections. Every academic year tells its own story, and this one has been a beautiful reminder of what can happen when individuals come together with a shared purpose to learn, to serve, and to create positive change.



Throughout the year, I have watched our student-teachers embrace opportunities with enthusiasm and purpose. Through internships, community engagement, research, cultural initiatives, leadership experiences, and collaborative learning, they have demonstrated that teaching is not confined to classroom walls. A true teacher is a changemaker, someone who recognizes possibilities where others see limitations and who strives to leave every person, place, and situation better than they found it. What fills me with hope is seeing our students understand that real impact is not always measured through grand achievements. Sometimes it is found in a kind word, a helping hand, a thoughtful lesson, a question that sparks reflection, or an act of service that touches a life. These seemingly small actions create ripples that extend far beyond what we can see.

The pages of this magazine capture much more than events and achievements. They reflect a community that learns together, grows together, and believes in contributing its very best to society. They tell stories of creativity, perseverance, leadership, compassion, and the collective spirit that makes our institution truly special. As we close this chapter and prepare for new beginnings, my hope is that we continue to carry forward the values that guide us: service before self, excellence with humility, and learning as a lifelong journey. May we never underestimate the difference we can make through our actions. May we continue to inspire, uplift, and create meaningful change wherever life takes us. After all, the true measure of education lies not only in what we achieve for ourselves, but in what we contribute to humanity.

Thank you for being part of this journey.

Ms. Shruti Nair
Editor, SPARK Magazine

Student's Editorial

Dear Readers,

It is with immense pride and joy that I present this edition of our college magazine. It is a vibrant collection of thoughts, creativity, experiences, and aspirations that reflect the spirit of our B.Ed. community.



Many people are unaware of what B. Ed. is really about. Sometimes even we get entwined in a web of lesson plans, internships and assignments forgetting the bigger picture. But, behind every carefully prepared lesson plan is a student discovering confidence. Behind every classroom observation is a lesson in patience. Behind every internship is a future teacher learning that mistakes are not setbacks but stepping stones.

This magazine is a celebration of that journey.

Within these pages, you will find articles that make you smile, poems that make you reflect, artwork that sparks imagination, and experiences that remind us why we chose the noble profession of teaching. Every contribution is unique because every contributor brings a different perspective, voice, and dream.

As future educators, we are not merely preparing to teach subjects; we are preparing to shape minds, nurture curiosity, and inspire generations to come. The creativity, compassion, and dedication reflected in this magazine are the very qualities that define an effective teacher.

I extend my heartfelt gratitude to our respected Principal, faculty members, the editorial team, and every student who contributed their time and talent to make this publication possible. Your enthusiasm has transformed these pages into a true reflection of our college.

As you turn these pages, I hope you discover not just words and illustrations, but the passion, perseverance, and promise of tomorrow's teachers.

Happy reading!

Mrs. Shruti Abhilash Nair

Student Editor