



Pillai NSS awarded by M.U



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Traditional Day @ Campus.

## CITY WELCOMES NEW BUS SERVICE

- Pranali Bansode.

**Khandeshwar:** In an attempt to reduce travel woes of many commuters, Navi Mumbai Municipal Transport (NMMT) has started a new bus service for locals in Khandeshwar and New Panvel. 'Bus no:59' is the new service which covers a stretch of 6.4km in 20 minutes from Khandeshwar Station to Vichumbe.. "Earlier my daughter used to face many travel problems as there's no proper mode of transport in our area for her col-



lege, It's good to have a new bus service." said Rajendra Kumar, Khanda Colony resident. "It's a sigh of relief for us provided the buses are on time and the service continues" pointed Sanjana Saahu. The daily bus service starts at 7.00 am in the morning with its last departure at 9.05 pm. The bus service solves the travel problem of lots of people. Pillai college students from Khanda Colony are the most benefitted by this service as earlier they had to shell out 70 rupees one-side fare to reach college everyday or else take a long route via trains. The bus has 19 halts which includes Mota Khanda, Income Tax Colony, Ambedkar Uddan Pool, Adarai Paada, Shivam Arcade, Ayyappa temple, Kalimata Temple, Batiya Vidyalaya, Abhyudaya Bank, Panvel Railway Station, Pillai college, Vichumbe Pool.

## PhD's galore at Pillai College



Principal Dr. Daphne Pillai (right) felicitates Dr. Seema Somani (center), Vice-Principal, Prof. A.N. Kutty (left)

**D**octorate is the highest degree awarded by the universities. The Phd degree signifies that you have accomplished the greatest level of competence in your field of study. Recently, the head of department of commerce, Pillai college, Mrs. Seema Somani was awarded with a Phd for her study on 'The impact of commerce education reforms on conventional commerce education in Mumbai.' It took her five years to complete her Phd. She says, "I was always connected to commerce right from my graduation and that was why I chose this subject. There were a lot of difficulties that I had to overcome while I was doing my Phd. I had to balance my job, my home as well as my research". Completing a Phd degree is no piece of cake. A lot of hard work is put into it. Data collection is one of the most exhausting stages in research. "I am very satisfied with the work I did. I have developed a lot in this journey" she adds.

Professor in charge of Pillai college, Dr. Smitha Jayaram is also a Phd holder. Her topic was "Convergence of sequence in mathematics". She strongly believes that a professor with a Phd degree would be insightful and guide their students using various teaching techniques. She says, "Students will be benefitted because, the experience a professor with a Phd degree has is valuable and this will lead to academic progress and eventually growth of the institution. PCACS (Pillai College of Arts, Commerce & Science) already have 8 faculty members with Phd degrees while 6 more have already registered themselves for Phd and are on the threshold of receiving their Phd degrees. Students of PCACS are one lucky lot!

- Pheba Philip

## Ragging cases on decline!

- Anuja Roy Chowdhury.

**New Panvel:** Yes! You read it right. According to the HRD Minister Smriti Irani, there have been only 30 reported ragging cases for (2014-2015) in the country. While in 2011, 161 cases of ragging were registered. Within 3 years the number has decreased from 161 to 30, which is a huge difference made possible by the government's efforts. By the years, the Indian government had made various laws and regulations. It is compulsory for every college to have an Anti-Ragging committee, failing which the college will have to answer the government.



**Ragging in India** is a damaging form of interaction of the seniors in college or school with the juniors, newcomers or first years. It involves insults (simple or suggestive sexual, sarcastic and even physical), running errands for seniors, and many other complex activities. It has become increasingly unpopular due to several complaints of serious injury to the victims and strict laws regarding ragging.  
---- Source @ Wikipedia

The Indian Government has also introduced various help lines and websites - [www.antiragging.in](http://www.antiragging.in) - where one can lodge a complaint in case the police fails to do so. It's the collective efforts of the government, police, NGO's, College Management and the public themselves that we have been able to see this day. It doesn't end here. We jointly have to work towards eradicating it from our society. Pillai College has an effective Anti-Ragging Committee headed by Professor In charge Dr. Smitha Jayaram.



Superstar Ranbir Kapoor officially kickstarts Pillai College Fest - 'ALEGRIA 2016' by wearing the 'I love Alegria' T-Shirt while Superstar Deepika Padukone holds up an 'Alegria' T-shirt. Also seen in the picture are Dr. K.M. Vasudevan Pillai - the Chairman of Pillai Group of Institutions (background) and Dr. Celina Joy (right), the CFO of Pillai Group of Institutions. The actors also promoted their newly released movie 'Tamasha' while on campus. For more pictures turn to page 3.

# Millions of people celebrate International Day of Yoga.

- Rohan Khosla.

Yoga, the moment this word, 'yoga' is picked up by our ears, we start imagining a person standing on his one leg, doing some extremely difficult postures. However, 'yoga' itself literally meaning 'to unite' or union with the ultimate. "Yoga is not just about bending and twisting your body or holding your breath. It is a mechanism and technology to get you to that state of experience where you see reality just the way it is" says Sadhguru Jaggi Vasudev, a realized master and a mystic. There is no evidence that clearly shows the time where yoga began. It is speculated to date back to Pre-Vedic Indian traditions, but most likely developed around sixth and fifth centuries BCE. "The Yoga Sutras of Patanjali" by Patanjali from the first half of the 1st millennium is one of the key surviving major texts on Yoga. Although, Patanjali propagated Yoga, he wasn't the originator of it. In the yogic culture, Shiva is considered as the Adiyogi, the first yogi and not as a God. He is considered as the originator of yoga. The yogic lore says that around 15000 years, Shiva attained to his full enlightenment and jilted himself in an ecstatic dance upon the Himalayas. People realized at this rare sight that he was not an ordinary person. They were even not sure whether He was a person or not, because it was absolute rare sight. Several people waited for Him to look back to them or at least utter a word, but He didn't. Realizing that it was absolutely futile to keep on waiting, they all left except seven men. These seven men waited patiently and persistently. They pleaded to know what He i.e. Shiva knew, but He dismissed them and told that it takes a lot of time of preparation. Shiva continued to ignore those seven men who worked day in and day out in preparing themselves for the next eighty four years. After 84 years of 'sadhana', Shiva just couldn't ignore them because they were gleaming with receptivity of knowing. He watched them closely until the next full moon rose, that is the when He decided to become a Guru. The Adiyogi transformed himself into the first guru which is today known and celebrated as 'Guru Purnima.' After teaching these seven men who became The Seven Sages or 'The Saptrishis', fully enlightened beings, are worshipped and admired in Indian culture. This was when ancient practices of yoga and 'dhyaan' were first taught by Shiva to Saptrishis. The Saptrishis then went to different parts of the world to share impart which they had learnt and experienced. Amongst those seven sages, Agastya is widely known throughout India. He is the one who came to India to share that knowledge. Believe it or not, every Indian prac-

tices some kind of yoga, consciously or at an unconscious level. Right from the way you sit, the way you eat to the way we carry ourselves is greatly because of Agastya. Having said that, you must observe a baby. A baby between 3 months to 3 years of age does all the yoga asanas. He laughs 400 times a day whereas an average adult laughs



daily fifteen times. Thus a baby is a yogi. However, it's very sad that Indian started doing yoga after they learnt that the Westerners have adopted it. The exercises which we call as 'yoga' isn't the right way or the most apt form of it. Out of the 84 yoga sutras by Patanjali just one sutra is allotted for the pranayama and yoga asanas. Patanjali gave the Ashtanga Marg or The Eight Fold Path. They are yama, niyama, yoga asanas, pranayama, pratyahara, dharana, dhyaan and samadhi. Spiritual leaders have stressed a lot on 'dhyaan' or meditation. It is believed to be one of the fastest ways to reach the ultimate. Sadhguru Jaggi Vasudev gives four types of yoga for four aspects. He says, "If you use your emotions and try to reach the ultimate, it's called 'Bhakti Yoga.' If you use physical activity to reach the ultimate, it's called 'Karma Yoga.' If you use your intelligence to reach the ultimate, it's called 'Gnana Yoga.' And if you use your energies and try to reach the ultimate, it's called 'Kriya Yoga.' There is no other way except these four 'to unite' with the ultimate."

The benefits of yoga are innumerable. It guarantees an all round fitness. Sri Sri Ravi Shankar puts it, "Health is not a mere absence of disease. It is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are." This is where yoga helps: postures, pranayama (breathing techniques) and meditation are a holistic fitness package. It also relieves you from stress. Nowadays, it's not rare to see employees of a huge Multi-National Company performing yoga asanas in the office or some outbound workshop organised for yoga practices so that the employees are stress free, more cheerful and better relationships along with developing inner peace. Yoga has proved to be resolving serious health problems including brain tumour, paralysis and even cancer. It revitalises and rejuvenates one body, mind and soul. In 19th Century, Swami Vivekananda went to western countries to

help westerners reap the benefits of yoga. Similarly, Paramhansa Yogananda became the 20th Century's International 'Guru.' Modi's efforts finally paid off when June 21st was declared as 'The International Day of Yoga' by United Nations General Assembly on December 11, 2014. From the perspective of yoga, summer solstice marks the transition to 'Dakshinayan.' The first full moon after summer solstice is known as 'Guru Purnima.' According to Sadhguru, the first transmission of yoga by Shiva took place on this day.

Almost the entire Earth was up early on June 21, 2015 to celebrate the 1st International Yoga Day. 177 countries including 44 Islamic countries accepted and supported this programme. "Even the Sun blessed the yogis doing Suryanamaskar today," said our P.M, Narendra Modi. It was very unex-



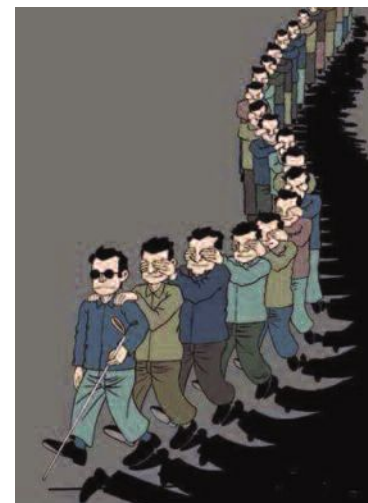
pected and a rare sight to watch Modi to do yoga along with the other 35,000+ yogis' at Rajpath. P.M also said, "Rajpath for the first time in the history of India has become yogpath." Even the Indian Army, Indian Navy and Indian Airforce practiced yoga. Defence forces celebrated International Yoga Day from Siachen Glacier which is 18,800 feet above sea level to the navy ships which were deployed in South China Sea. Other such programmes were held world-wide, like the one at Times Square conducted by Sri Sri Ravi Shankar, Founder – Art of Living Foundation, Eiffel Tower and other such popular public places.

Amidst all the busy and stressful process of admission process in Mahatma Education Society's Pillai's College of Arts, Science and Commerce also celebrated International Yoga Day on June 21, 2015 in its assembly hall. It was organized by N.S.S. wing of our college. Experienced yoga teachers like Purshottam Bhardwaj, Suryanath Phadke and Smitha Marathe led almost more than 100 N.S.S. students and even the college faculty practiced yoga. The yoga teachers were the heads of Institute of Yoga and Ayurveda Sanstha which was acknowledged by the Central Government also.

This event was made possible primarily by joint efforts of professors, Shabab Rizvi and Prajakta Bapat. "I'm grateful that our college got a great opportunity to be benefitted by yoga. It plays a vital role in development and well-being of our students. I shall undertake more events to encourage the youth," said Prof. Rizvi. At the end of the two hour session of yoga, the energy amongst the students was renewed and felt ecstatic. Mr. Suryakant Phadke also mentioned that Yoga has tremendous benefits for body as well as mind. It will be of great help in developing the flexibility of the body as well as strengthening concen-

tration power. Thus, students will be greatly benefitted.

## CAPTION THIS!



Send a whacky caption for the above pic. The top five entries will be published in the next edition of Crescent Times. Mail now to [crescenttimes.bmm@gmail.com](mailto:crescenttimes.bmm@gmail.com)

## Community Service: A day with the elderly

How many people have their parents staying with them? May be the question should be reversed. How many people stay with their parents? Parents are the back bone of every family. Now a days, the youngsters are very busy in their lives. They do not have time even for their parents who have spent almost half of their life for them, who have sacrificed everything just to see a smile on their face.

Ramakrishna Niketan old age home is one such place that acts as a heaven on earth for those old people who don't have anyone, neither family nor friends, to care for them. friends, to care for them. It's also a shelter for those who were thrown out by their own family.

Every year, Pillai College celebrates community service day, where students and staff entertain and spread joy with those who are left behind by the society. This year the community service day was celebrated on 24 January 2015 at the campus grounds, wherein, people from Ramakrishna Niketan old age home were also present. Spending the whole day with them was a great experience for each and every one of the staff and student volunteers involved in the service.



## Talk to Ms. Lee

Write to our councillor, Ms. Yvette Lee about any problem that you are currently facing and for any guidance. Mail us at

["crescenttimes.bmm@gmail.com."](mailto:crescenttimes.bmm@gmail.com)

The aged people were treated like their own grandparents by the students and staff members. They shared their life experiences with every one and also enjoyed playing games organized by the college. Students and teachers gave performances to entertain them. A new family was born on the day with lots of love and care among everyone. Today how many people can claim to know their parents completely? Did you happen to call your parents today and ask them, whether they had their meal or not? These small acts can make parents happy beyond your imagination. A reminder to each and every one of us - do not let time to slip through your hands without spending some time with those who really matter in your life, those who are close to your heart. The time once gone will never come so cherish each and every moment of your life with the most important people of your life - YOUR PARENTS.

- Ashvini Chavan & Jyoti Pandey.

# Seven Secrets to Leading a Group

Success depends on being able to work with others, and perhaps the greatest advantage you can have is working in a group. There are a handful of isolated successes of those who rose to the top by themselves, and a somewhat larger number of people who were terrible at group interactions but succeeded anyway. The typical path, however, involves meetings, joint projects, cooperative ventures, and staff conferencing. How you behave in a group will play a big part in whether people want to turn to you for input. Let's say that you realise this basic fact and see yourself leading a group. If you have learnt how to thrive in group situations, there's no reason why you shouldn't be a natural at leading one, whether it's a weekly staff meeting or a major project. The secret of being a leader is to know what a group needs. These needs are often not verbalised. People are too involved with the task at hand or they don't want to speak up for various personal reasons, including the thorny issues of office politics.

Each of the group's needs implies a specific behaviour on your part, as follows:

- 1. Be optimistic and supportive.** All groups respond to hope. They need to be told that tomorrow will be better.
  - 2. Be appreciative.** All groups need to be inspired about what they are doing. This is different from offering external motivations like money and raises. Feeling worthy is far more important.
  - 3. Build trust.** All groups need to know that their leader is loyal and supportive. If a leader is just passing through on his way up the ladder, the group responds accordingly. The best leaders take their cohorts with them as they rise to the top.
  - 4. Protect the group.** Insecure groups need to be reassured that they are safe. Any threat that undermines the group must be addressed openly. The solution that comes out of the discussion should benefit everyone in the group if possible (as when companies hard hit by the recession laid off no one but instead provide part-time work to everyone).
  - 5. Promote and reward achievement.** Groups that are doing well competitively need greater challenges. Their motivation is to keep proving themselves.
  - 6. Be a catalyst for others and give them leeway for their own ideas.** Creative groups need new, innovative ideas. Here the leader functions as a sounding board for any and all suggestions. Suppressing the creativity of any member sends a signal that creativity isn't valued for its own sake. Such an attitude quickly kills the spirit of innovation.
  - 7. Be aware of the group's mood and seek to raise it.** All groups need morale. You need to be open and honest about any person or behaviour — including your own — that is hurting morale.
- As you can see, the so-called born leader isn't what a group needs. You can start implementing these behaviours immediately, even if you aren't the group leader.

Article courtesy- Thespeakingtree.com



# A Journey to Yourself.

St. Augustine once said, "The world is a book and those who do not travel read only one page." For those who like to remain lost to feed their 'wanderlust' would understand the depth of those words. To the lazy, take a closer look and read between the words. Try to travel from word to word and don't stop. Suddenly you may find yourself wanting to read the entire book. Well that's what travelling is about.



It's not about the distance between A to Z but the experience of A to B. Emotions, experiences, sights to be experienced with each step, that is what travelling is all about. Most of us travel once in a while and term it as a "break" from our day-to-day lives. That "break" often tends to be a new path, a new lifestyle to lead. Our lives often tend to cramp up our inner selves. We get lost within the abyss of the constant. So here comes an answer for a better view. Get out! And I don't mean you go to a mall or a movie. Go and don't care about where it may take you to or bring you to. Embrace the unknown, be it a short travel just keep on pushing. You never know you may find a different person at the end. That is if you find an end. So I urge you, yes you to find yourself, your uncramped self and let me know how did you find that person and where. So here's to travelling between A to B. May your journey find your way to you!

- Deepak Chopra.

- Aldrian Augustine.



## Management Triumphs...

Dr. K.M. Vasudevan Pillai & Dr. Daphne Pillai receives the ASSOCHAM Excellence Award for 'Successful Entrepreneur in Public- Private Partnership' awarded to the 'Mahatma Education Society', presented by Indian Chemical Industry's National Summit held in New Delhi on 4th December 2015."

PCACS Principal Dr.Daphe Pillai got featured in 'Savy' magazine's October 2015 edition in the 'Carrer Savy' section. Her work with 'Soroptomist International' on providing high quality ,skill based education to the underprivileged youth of our country has been covered in the article. Dr. Daphne Pillai is the Founder cum President of Soroptomist International's Mumbai-Chembur Chapter.



## Stars Shine @ Pillai!



Thousands of students gathered to get a glimpse of their favourite stars of Bollywood



Deepika Padukone addresses the audience (left) . Ranbir Kapoor interacts with the audience (right)



Picture courtesy @ Aakash Varma, TYBMM- Advertising

# No bake Nutella cheesecake

### Ingredients

- 1 pkt (250g) Nice biscuits
- 1/3 cup (80g) unsalted butter, softened
- 3/4 cup toasted hazelnuts
- 1 small jar (400g) Nutella
- 500g cream cheese
- 1/2 cup (80g) icing sugar, sifted



### Method

- Line a 23cm round springform pan with baking paper and set aside.
- In a food processor place the biscuits and pulse a few times to make a rough crumb. Add into the bowl the butter, 1/3 cup of the toasted hazelnuts and 1 tbsp of Nutella. Process until well combined.
- Press crumb evenly onto the pan and flatten using the base of a glass. Chill while making the topping.
- Using a mixer, beat the softened cream cheese with the remaining Nutella and icing sugar until well combined. Pour over chilled base and smooth top. Sprinkle remaining toasted hazelnuts over the top and chill for 3-4 hours. Serve straight from the fridge.

- Pheba Philip.

TEAM PCACS



PCACS Principal Dr. Daphne Pillai (center), Vice- Principal - Prof. A.N.Kutty (Center right) & Professor Incharge Dr. SmithaJayaram (Centert left) with HODs, Coordinators and Faculty of PCACS.



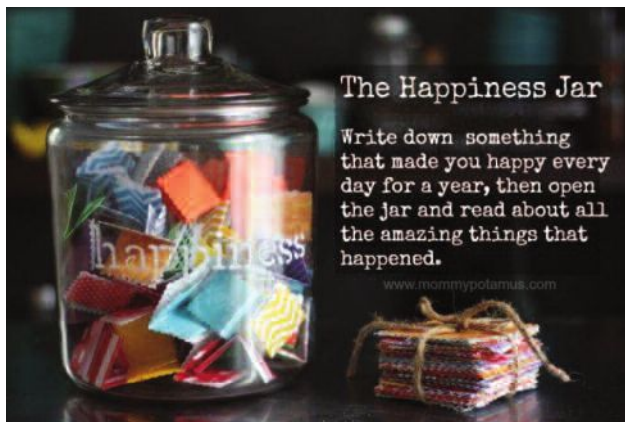
RTN group performs during Alumni meet @ campus



A performance on Traditional Day...



PCACS Faculty celebrate onam in Campus

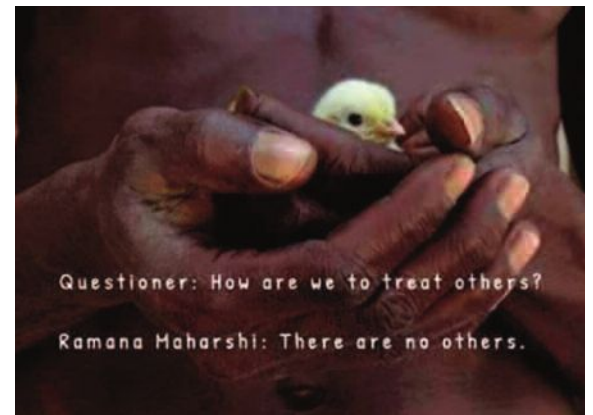


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Thoughts to ring in the New Year!

THE WAY TO GET STARTED IS TO  
QUIT TALKING AND BEGIN DOING.  
- WALT DISNEY



Questioner: How are we to treat others?  
Ramana Maharshi: There are no others.



1. SYBMM students visited MUST Radio station @ University of Mumbai as a part of their Radio & TV Subject.  
2. TYBMM students enjoy @ Adlabs Imagica after finishing their fifth semester, university exams.



BMM DIARIES...



TYBMM- Advertising student, Preeti Girkar won the title of Miss Shrahan Queen 2015 in a beauty pageant conducted by Maharashtra Times in Mumbai.



BMM students pose with 'Daira Band' (right) click a selfie(left) @ the recently concluded Mathrubhumi Kerala Fest held at Urban Haat in CBD Belapur. The students worked as event coordinators of the fest. Pillai group was the official partner of the bookfair in the fest.

