



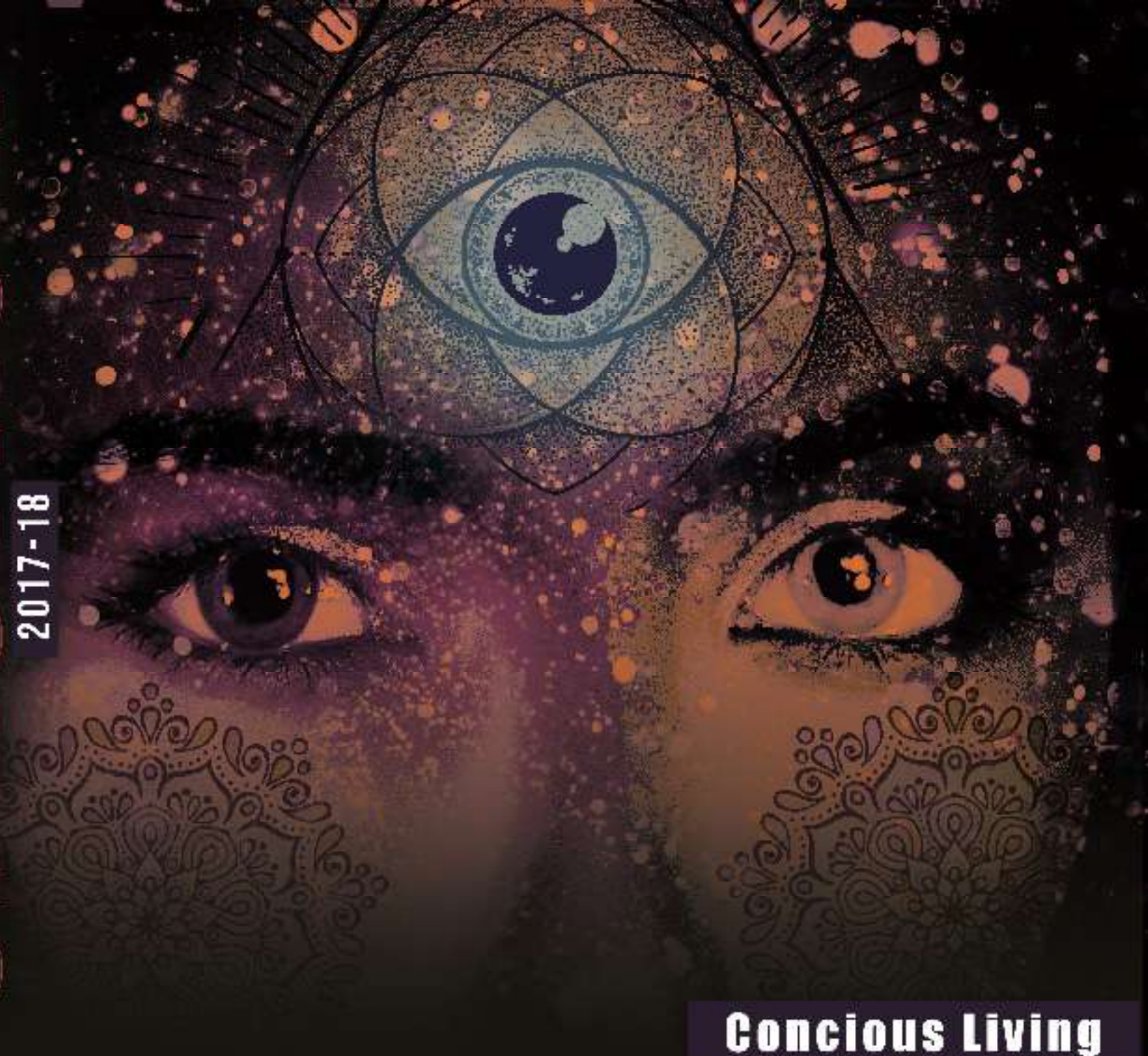
Mahatma Education Society's
Pillai College of Arts, Commerce & Science
New Panvel



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SPECTRUM

2017-18



Conscious Living

Conscious Life is not filled by drama, it's a creation of your own reflection.

COVER CONCEPT

CONSCIOUS LIVING

A life lived of choice is a life of conscious action. A life lived of chance is a life of unconscious creation. - Neale Donald Walsch

Conscious living is a lifestyle cultivated in fear of failure. We shelter ourselves from the failure, forgetting that some failures are inevitable in nature unless we live so vigilantly that we might as well not have lived at all – in which case, we fail by default.

In my childhood, life was picturesque, I was carefree, running around without looking down, because I could care less for uneven grounds or falling over them, all I bothered is to stand up and resume the chase. Adulthood is not different, it is harsher on us, but that simple childhood lesson that we learn naturally is a magic carpet that will take us to our own Neverland.

Happiness is not a checklist of possession of accomplishments, certificates or awards. Life is strenuous, and ravel, unfair, and beyond human control and the modesty to understand that will permit us to survive the dynamic nature of it.

I am an avid reader, always wandering in the corridors of library, an aisle of stories and tales of brave people would invariably lure me towards it because those folks who then went on to be crowned as heroes were who chose to live life on their terms, who chose to use their influence to support underdogs of the society, who chose to not be the puppets of dictatorship.

So, look at the inner you, because what you achieve internally, will recast your outer reality.

As is an anecdote, so is life: not how long it is, but how good it is, is what matters.

Cover Concept



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EDITORIAL



Dr. Aarti Sukheja

The quality of your thinking determines the quality of your life.

- A R Bernard.

'Don't go with the flow, be your own flow.'

D Are you expressing your full most extraordinary self? Are you living in your own flow? Do you ever have a feeling that you're drifting through life, and not going where you want to go? If you're feeling out of control ... deciding to live consciously is the single most important thing you do.

Of late people are just trying to "fit in". We're surrounded by such immense pressures to fit into the mould of what others say we should be. The current generation believes in the go with the flow attitude as it is easy to do so. Have you ever checked-in if you are living your full potential and following your passion? Are you blindly going with the flow? Are you flowing with the expected norms in fear of being different or excluded? These are some questions we must ask ourselves.

Living consciously is about taking control of your life, about thinking about your decisions rather than making them without thought, about having a life that we want rather than settling for the one that befalls us. We don't just decide to "live consciously" and we're set. In fact, the more one investigates consciousness, the more one may realize just how many areas aren't fully conscious. The state of living conscious means that you are now the one who makes his very own choices that come from deep within yourself, but it also means that you start questioning negative actions and substitute them with more positive ones.

EDITORIAL

I deeply appreciate the efforts put in by our dedicated writers and editors to address the said subject with elaboration. I express sincere gratitude to Dr. Daphne Pillai for her charismatic guidance and vision without which this salubrious edition of Spectrum wouldn't have fructified.

Consciousness gives you an amazing sense of control over your life, which is very motivational and empowering. So go ahead and live consciously.

Don't go with the flow be your own flow.

- Dr. Aarti Sukheja



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OUR SPECIAL THANKS TO TO MR. SUNIL KARUNAKARAN AND
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Message from the Founder, Chairman & C.E.O., Pillai Group of Institutions



The more "consciousness" one brings to any aspect of life, the greater power there is... power to make a positive change or influence an outcome, power to experience a deeper level of fulfilment and joy.

Everything starts with consciousness. Where there is consciousness there is power. Where there is lack of consciousness, we live our lives out of conditioned impulses, which may or may not serve our highest potential and happiness. There is so much to pay attention to in life, it is easy to go unconscious.

I am happy that **Spectrum 2017-18** has been utilized as a medium to convey the theme of **Conscious Living** which is a relevant theme for the current generation.

Conscious living can help youngsters cope up with the current information load. Keeping the mind focused will help to filter all the information that's coming on a daily basis and to understand what must be addressed and what is to be ignored. Basically, living more consciously is all about making more thoughtful and deliberate decisions, without being affected by external influences.

I congratulate all the contributors and the editorial board for bringing out this edition with a relevant and contemporary theme. My best wishes to the student community for this literary endeavour.

-Dr. Vasudevan Pillai

Message from the Principal, Secretary & Campus Rector

*Until you make the unconscious conscious, it will
direct your life and you will call it fate.*

-C.G. Jung



While all of us would like to live more consciously, in reality we spend most of our time living mindlessly. Perhaps we made life decisions long ago that we're still acting upon, or we are going with the flow. Sometimes we've been doing something so long that it becomes nearly impossible to objectively view the validity or goodness of that activity.

Showcasing the true essence of **Conscious Living, Spectrum 2017-18** confidently carries the message that we need to focus within and respect those lingering inner passions. Tune in to how you feel, capture the silence, be your most uniquely amazing 'you', is what this edition confidently preaches.

Our burgeoning writers have weaved this edition with various thought provoking contributions on the said theme. I would like to applaud our blossoming writers and editors for their sincere struggle to put this edition through. I hope that the student community frees up their mind of all societal messages of manipulation and negative self-talk that says you can't.

Release thoughts that say you should do this and shouldn't do that, and that stop you from having a clear perspective on why you're doing what you're doing.

Enjoy the process. The more you notice life, the better it gets!

-Dr. Daphne Pillai

Message from the Vice-Principal



It seems that many people don't really seem to understand what the term "**conscious living**" really means or conceive it just superficially. How can it be achieved to live life more consciously? Essentially, being "conscious" is about bringing awareness to every aspect of one's life — inside and out. More than just mindful living, it's about being conscious of what you consume with your senses and of the effect it has on you. People who live more conscious lives, experience greater well-being while contributing to the upliftment of everyone else.

I deeply appreciate the genuine painstaking efforts devoted by our writers and editors to address this concern. I also express my deep sense of gratitude to Dr. Daphne Pillai for being the lady of compassion and beam of confidence to our young thinkers throughout the making of this edition. Perhaps one day the society will realise the value of conscious living.

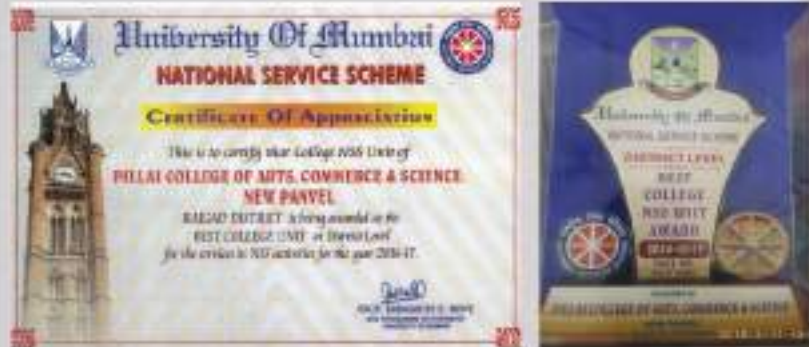
-Mr. A.N. Kutty

Either I Win Or Learn From It



'Outstanding Institute Award': ET-Now Making of Developed India Awards on 17th February, 2018 under Education Category

Either I Win Or Learn From It



Best N.S.S. Unit Award: University of Mumbai



“Best N.S.S. Programme Officer Award – University of Mumbai”: Won by Asst. Prof. Shabab Rizvi



Best N.S.S. Programme Officer Award being received by Asst. Prof. Shabab Rizvi at Dr. C. D. Deshmukh Commerce and Sau. K. G. Tamhane Arts College, Roha

Most Of The Life Is In Colour Green



Canteen and Garden Waste Composting: The mature compost was given to the gardeners for utilization as manure for improving plant growth.



Donated 7 Steel Dustbins to Panvel railway station for maintaining cleanliness at the station premises on 15th September, 2017



20 Sparrow Shelters were installed in the college premises on 27th September, 2017



Swachh Bharat Abhiyan Drive in association with Panvel Municipal Corporation in Padaghe Village and Rohinjan Village on 19th January, 2018



Wall Painting Drive at Panvel Railway Station on 12th & 13th January, 2018



International Women's Day: Celebration at Panvel Railway Station on 8th March, 2018

Peace Love Social Work



Observance of Vigilance Awareness Week (29 November- 1 December, 2017)



AIDS Awareness Campaign- poster making competition 1st December, 2017

Award for Selfless Service received by Asst. Prof. Shabab Rizvi by Rotary Club

Social Endeavours by N.S.S.

Social Endeavours by N.S.S.



N.S.S. Residential Camp at Siddhi Karole Village, 18th -24 December., 2017



No Plastic Awareness Drive

Leprosy Awareness Drive in association with Alert India

Peace Love Social Work



Social Endeavours by N.S.S.



Tamaso Ma JyotirGamaya (TMJ), the world's largest walkathon against blindness organized by Advanced Eye Hospital & Institute, One Vision Health and Research Foundation on 7th January, 2018.

Social Endeavours by N.S.S.



National Youth Day



Blood Donation Camp

Peace Love Social Work



Thalassemia Awareness & Testing Camp



"BHIM APP"- Awareness & Application

Social Endeavours by N.S.S.

Social Endeavours by N.S.S.



Donated Dustbins to Sidhhi Karole Village (Adopted)

Keep Calm And Serve On

Community Service Day 2018



Department of B. Com. Acc./Fin. visited Vanvasi Kalyan Ashram in Chinchavali Village, Panvel on 11th July, 2017

Social Awareness Cell Initiatives

Social Awareness Cell Initiatives



Department of B. Com. visited Deaf and Dumb School in New Panvel, on 19th March, 2018



Department of B. Com. Acc./Fin. visited Vatsalya Trust, Sanpada on 13th January, 2017



Department of B.Com. Fin./Mkts. visited Sant Sai Baba Prarthamik Vidyalaya, New Panvel on 5th March

Keep Calm And Serve On



Department of Biotechnology visited Sant Panvel Railway Station & conducted awareness programme on "Effect of fake advertising and rumors on social media" on 3rd February, 2018

Department of Biotechnology Donation Drive for the orphan kids and old-age people of Girija Welfare on 20th March, 2018

Social Awareness Cell Initiatives



Department of B.M.M. visited Vinayak Patil Balgram, New Panvel on 27th January, 2018

AMA Association visited Girija Foundation Orphanage on 19th January, 2018

Social Awareness Cell Initiatives



Department of B.M.M. visited Robin Hood Army Orphanage, Navi Mumbai on 14th January, 2018



Department of B.M.M. visited Nagar Palika School, New Panvel on 24th January, 2018



Department of B.M.S. conducted Free Eye Check-up Camp on 22nd February, 2018

Keep Calm And Serve On



Economics Association organized Hygiene Campaign in Raigad Zilla Parishad Primary School, Siddhi Karvale Village, Panvel on 22nd February, 2018



Economics Association organized Literacy Drive in Raigad Zilla Parishad Primary School, Aadivali Village, Panvel, on 22nd February, 2018



FINANZA Association visited 'Podi School' on 25th February, 2018



Computer Association organized Traffic Safety Awareness on 23rd December, 2017



Literary Association visited slums at Sector 4, New Panvel & donated 12 bags of clothes on 23rd December, 2017



Literary Association visited Panvel Municipal Corporation School No.9 on 26th December, 2017

Social Awareness Cell Initiatives

Social Awareness Cell Initiatives



Management Association visited Panvel Municipal School on 17th January, 2018



Management Association conducted Road Safety Week on 17th January, 2018



Marathi Vangmay Mandal visited Zilla Parishad School, Sukhapur, and gave Self Defence Training

Keep Calm And Serve On



Mathematics and Statistics Association conducted Food Donation Drive at Panvel Railway station on 23rd March, 2018



Skill Development Council organized a Seminar for organ donation on 9th of January, 2018



Biotech Association conducted "Flash Mob" event on Road Safety Measures, at Panvel Railway Station



Department of B.Com.. Fin./Mkts. SWACHH BHARAT ABHIYAN at Kanya Shala no.3, Panvel Municipal, Panvel on 3rd August, 2017



Department of B.Com..Fin./Mkts. SWACHH BHARAT ABHIYAN at Kanya Shala no.3, Panvel Municipal Panvel on 3rd August, 2017



Mathematics and Statistics Association donated Clothes on 4th July, 2017



Social Awareness Cell Initiatives



Department of Biotechnology organized "Cleanliness Awareness" in Sanjay Gandhi Samart High school & Jr. College, Kolwadi, Pale BK11 Panvel on 9th July, 2017



Department of Biotechnology SWACHH BHARAT ABHIYAN on 29th July, 2017

Social Awareness Cell Initiatives

Keep Calm And Serve On



Department of B.Com. F/M at Sant Sai Baba Prathmik Vidyalaya, New Panvel on 4th October, 2017



Department of Mass Media conducted English teaching classes for 1 week during August, 2017 in Savitribai Phule School, New Panvel

Arts and Media Association (AMA) on 14th June, 2017 Screened movie – 'Chillar Party' for the students of NGO-Immanuel Mercy Home,

Social Awareness Cell Initiatives



Computer association visited Dyan Jyoti Savitribai Phule Maha Nagar Palika School, New Panvel on 31st July, 2017

Computer Association donated hand sanitizers on 31st July, 2017

Social Awareness Cell Initiatives



"FINANZA" association organized Cleanliness Drive at Panvel Bus Depot on 8th Aug., 2017

Economics Association organised a Hygiene Campaign in Panvel Mahanagar Palika Girls School on 31st July, 2017

Cultural Feats



Uber Rang 2018
Winner

Winner at Sural's
Inter-collegiate Fest

Participation at inter-collegiate events

Cultural Feats



Participation at Inter-Collegiate Events

Mr. Afzaal won
"Mr. Talented" Title in
Bliss Contest , 2018



Freshers' Day 2017



Yaariyan 2017 in presence of MTV Reality Show 'Roadies X4' Celebrity - Gaurav Alugh



Traditional & Chocolate Day with Youtube Sensation BEYOUNICK

Cultural Feats



GARBA NIGHT 2017



ROSEMOJI DAY 2018

Wake Up And Run



Ms. Aayushi Bhakta won Bronze Medal in Heavy Weight Category & Mr. Sunil Mawale won Bronze Medal in Fly Category in Mumbai University Inter-Collegiate Taekwondo Championship



Mr. Mukul Kumar Prasad won Silver Medal in Mumbai University Inter-Collegiate Archery Championship



Ms. Tanavi Rane won 2 Bronze Medal in 50 metre Back Stroke, 100 metre Back Stroke in Mumbai University Inter-Collegiate Swimming Championship



Women Football Team won Silver Medals & Our Six Players Played in Mumbai University Team in Mumbai University Inter-Collegiate Foot Ball Championship



Men Baseball Team won Bronze Medal in Mumbai University Inter-Collegiate Base Ball Championship & two players selected for Mumbai University Team

Wake Up And Run



Men Ball Badminton Team won Gold Medal in Mumbai University Inter- Collegiate Ball Badminton Championship & five players selected for Mumbai University Team



Women Ball Badminton Team bagged 5th position in Mumbai University Inter- Collegiate Ball Badminton Championship



Mr. Ganesh Bogati won Bronze Medal in Mumbai University Inter- Collegiate Boxing Championship



Men Football Team won Silver Medal in Mumbai University Inter- Collegiate Football Championship

Wake Up And Run



Men Rifle Shooting Team won Silver Medal & Mr. Kiran Jadhav won Silver Medal in Individual in Mumbai University Inter-Collegiate Rifle Shooting - Peep Sight Championship



Men Volleyball Team won Gold Medal in Mumbai University Inter-Collegiate Volleyball Championship



Women Volleyball Team won Silver Medal in Mumbai University Inter-Collegiate Volleyball Championship & 2 players selected for Mumbai University Team



Women Handball Team won Silver Medal in Mumbai University Inter-Collegiate Handball Championship



College Diary

JUNE

- 14 Screened Inspirational Movie "Chillar Party" for N.G.O.
- 16-17 S.Y.B.M.M. students visited Doordarshan (All India Radio)
- 21 Third International Yoga Day (National Service Scheme)
- 23 Writing Competition (Marathi Vangamaya Mandal)
- 24 'Bhim App' - Awareness and its Application (National Service Scheme)

JULY

- 1 Tree Plantation Programme (National Service Scheme)/Staff Picnic to Panoramic Resort, Karnala
- 2-3 B.M.M. students visited Film and Télévision Institute in Pune
- 3 One Day Workshop on 'Research Proposals & Publications' (Research Development Cell)
- 3-4 Two-day Yoga Session
- 4 Donation Drive for the underprivileged (Mathematics & Statistics Association)
- 8 Flash Mob on road safety measures (Biotechnology Department)
- 9 Cleanliness Awareness (Biotechnology Department)
- 10 Career Guidance Session on Travel and Tourism Industry
- 11 Inauguration of Value Based Education Center/Donation Drive at Vanvasi Kalyan Ashram in Chinchavali village
- 12 Donation Drive at Panvel Municipal Corporation Girl's School No. 3 (B.M.S.)
- 14 Self-Defence Training Programme for girls (Women Development Cell)
- 17 Fresher's Day
- 20 Game Development Competition (Computer Association)
- 21 Donation Drive at Balgram Ashram, Khandeshwar (B.M.M.)
- 24-28 Certificate Course in association with Oracle University (I.T. & C.S.)
- 26 Lecture on Career Options in Defence/ Idea Generation Session (Entrepreneur Development Cell)
- 28 Awareness on Leprosy (National Service Scheme)/Bio-Mime- The Biological Drama (Biotechnology Association)/ Inauguration of Financial Market Association (Financial Market Association)/ SEBI Workshop on Financial Education (B.Com. Financial Markets)/ Social Activity at Panvel Municipal School (Management Association)
- 29 Swachh Bharat Abhiyan ((Biotechnology Department)/Alumni Meet of B.Com. Department)
- 31 Cleanliness Awareness at Dhyani Jyoti Savitribai Phule Mahanagar Palika School, New Panvel (Computer Association & Economic Association)



College Diary

AUGUST

- 3 Donation Drive Kanya Shala No. 3, Parvel Municipal (B.Com. Fin. Mkts.)
- 5 Friendship Day/B.Com. Fin. Mkts. Department (Alumni Meet)/Session on Rules and Regulations of Avishkar Research Convention: University of Mumbai (Research Development Cell)
- 8 Canteen and Garden Waste Composting (Environment Awareness and Conversation Team) /Organized a Cleanliness Drive at Parvel Bus Depot (Finanza Association)
- 9 SRD/NRD Parade Selection (National Service Scheme)
- 10 B.M.S. Cleanliness Awareness Programme near Parvel station
- 11 Donation Drive by Skill Development Council to Parvel railway station
- 12 – Parent Teacher Meeting (S.Y.B.Sc.I.T.)/ Parent Teacher Meeting (T.Y.B.Sc.I.T.)/ Parent Teacher Meeting (S.Y.C.S.)/ Parent Teacher Meeting (T.Y.C.S.)/ Parent Teacher Meeting (S.Y. Fin. Mkts.)/ Parent Teacher Meeting (T.Y. Fin. Mkts.) / Parent Teacher Meeting S.Y.B.Sc. Biotechnology& T.Y.B.Sc. /Parent Teacher Meeting of F.Y., S.Y., T.Y. B.Com.
- 14 Seminar on 'Need for Value Inculcation in the Education System.' (Value Based Education Center)
- 15 Independence Day Celebration
- 17 Anti -Plastic Campaign (National Service Scheme)/ Best Out of Waste (Biotechnology Association)/
- 17-18 Industrial Visit - Wipro, Pune (T.Y.B.Sc. I.T, T.Y.B.Sc. C.S.)
- 18 GEP Placement Drive/Donation Drive at Parvel railway Station (B.Com. Acc. & Fin. & Economics Association)
- 19 Parent Teacher Meeting for F.Y.B.Sc .I.T.,F.Y.B.Sc .C.S. ,F.Y.B.Sc. Biotechnology, F.Y. Fin. Mkts. / Photography Competition (Nature Club) / Department Alumni Meet (B. Com. Acc. &Fin.)
- 16-19 Information Literacy Instruction Programme
- 20 B.M.M. Department (Alumni Meet)
- 21 Library Information Instruction Programme
- 22 Blood Donation Camp (National Service Scheme)/Thalassemia Awareness & Testing Camp/ 'Slide Knockdown': Power Point Presentation Competition (Finanza)
- 22-23 Biffest: Technical Fest (Computer Association)
- 24 IKS Health Care Placement Drive/ Debate Competition (Economics Association)
- 31 Session on 'Research Paper, ISBN/ ISSN Journals, Impact Factor, Citations & H- Index' (Research Development Cell)

SEPTEMBER

- 5 Teacher's Day Celebration
- 6 Industrial Visit to Barclays Ltd. (T.Y. Fin. Mkts.)
- 7 The Orator- An Elocution Competition (Literary Association)
- 8 Awareness on Environment Sanitation Disposal of Garbage (National Service Scheme)/Organised a Power Point Presentation Competition on the topic 'Success Stories of the Women Empowerment Schemes of Government of India' (Women Development Cell)
- 11 Awareness Drive for PUC (National Service Scheme)
- 12 Parent Teacher Meeting for F.Y. S.Y. T.Y. B.M.S.
- 13 Research Meeting
- 13-14 Stem Cell Transplant Registration and Awareness Drive (National Service Scheme)
- 14 Hindi Diwas Celebration (Literary Association)
- 15 Waste Management of Medical Disposal (National Service Scheme)/ Talk on 'How the Students can work for Social Cause to create an impact on the Society' (Women Development Cell)/ Donation Drive at Parvel Railway Station for maintaining cleanliness (Nature Club)
- 16 Traditional & Chocolate Day
- 17 B.M.S. Department (Alumni Meet)
- 18 Career Guidance Session on Aviation Industry / Guidance Session in Commerce for T.Y.B.Com. (Dept. of Commerce)
- 19 Faculty Development Program (Staff Colloquium)
- 21-22: Book-Exhibition (Learning Resource Centre)
- 22 Food Fest (Marathi Vangamaya Mandal)
- 23 Session on Awareness of Human Rights (Research Development Cell)/ Yoga Session for Teachers (Value Based Education Center)/ Organised a Guest Lecture on the topic 'Legal rights of the Women' (Women Development Cell)
- 27 Sudoku Competition (Mathematics & Statistics Association)/ Sparrow Shelter Drive Date (Nature Club)/ Study Tour to RBI Monetary Museum, Mumbai
- 28 Garba Day / Street Play Competition (Arts and Media Association)/ Poster Competition (Arts and Media Association)/Guidance Session in Cost Accounting for T.Y.B.Com. (Dept. of Accountancy)/Guidance Session in Economics for T.Y.B.Com.



College Diary

OCTOBER

- 4 Visited Sant Sai Baba PrathmikVidyalaya, New Panvel (B.Com. Fin. Mkts.)
- 5 Free Mega Medical Health Check-Up Camp
- 6 Debate Competition (Economics Association)
- 7 Career Guidance Lecture on 'Careers in Biotechnology'/Session on "Digital Banking & Awareness Issues'(Staff Colloquium)/Session on Stress Management Strategies, Fear and Anger Management (Value Based Education Center)
- 11 Faculty Development Programme on Data Analytics (I.T./C.S.)
- 14 Vaachan Prema Diwas
- 15 Industrial visit - C-DAC, Pune - S.Y.B.Sc. I.T., S.Y.B.Sc.C.S.

NOVEMBER

- 21-26 Visited the 48th International Film Festival of India held in Goa (Arts and Media Association)
- 29-30 Observance of Vigilance Awareness Week (National Service Scheme)

DECEMBER

- 1 AIDS Awareness Campaign (National Service Scheme)
- 4 ISDI, Design and Media Institute, Lower Parel - S.Y. and T.Y. B.M.M./ Visited ISDI, Design and Media Institute (Arts and Media Association)/ Placement Drive of Computer Age Management Services [CAMS]
- 6 Industrial Visit to Parle Biscuits Pvt. Ltd. (Economics Association)/Session on 'An insight to write Quality Research Paper' (Research Development Cell)
- 8 Hosted One Day Intra-Collegiate Competition for students – Expression 2017 (Women Development Cell)
- 8-9 First Inter-collegiate B.M.M. Fest (Arts and Media Association)
- 9 Composting of Campus Waste (EnACT)/Organised Walkathon for International Women Day for Elimination of Violence against Women (Women Development Cell)/ Conducted Yoga and Relaxation Training (Value Based Education Center)
- 12 Capgemini Placement Drive
- 15-16 NAAC Sponsored Seminar "Using ICT for Quality in Teaching-Learning and Evaluation Processes" (IQAC)
- 18 Eclerx Services Placement Drive
- 18-24 National Service Scheme Residential Camp
- 19 Typothon Technical Event (Computer Association)
- 20 Organised a Seminar on 'PCOS Awareness & Education Programme' (Women Development Cell)
- 21 Vistas in Biotechnology (Biotechnology Association)
- 22 Numerical Ability Test (Mathematics & Statistics Association)/ Debate Competition on Socially Relevant Themes (Literary Association)
- 23 B.Sc. Biotechnology Department (Alumni Meet)/ Donation Drive for slum dwellers at Panvel (Literary Association)/Traffic Safety Awareness (Computer Association)
- 26 Visited Panvel Municipal Corporation School No.9 (Literary Association)



College Diary

JANUARY

- 6 Skit performance at Parvel Railway Station (Nature Club)
- 7 Tamaso Ma JyotirGamaya (National Service Scheme)
- 9 Skill Development Council organized a Seminar on 'Organ Donation'
- 12 National Youth Day (National Service Scheme)
- 12-13 Wall Painting at Parvel Railway Station (Nature Club)
- 13 Consortia 2018 (Biotechnology Association)
- 13 Parent Teacher Meeting for F.Y T.Y.B.Sc. I.T. & F.Y.B. Sc. C.S., F.Y., S.Y., T.Y. B.Com.
- 14 Visit to Orphanage Robin Hood Army in Navi Mumbai (B.M.M.)
- 17 Road Safety Awareness Campaign (National Service Scheme)/ Social Event at Parvel Municipal School (Management Association) / Road Safety Awareness (Management Association and N.S.S.)
- 17-18 Infosys Placement Drive
- 18 Math Symposia (Mathematics & Statistics Association)
- 19 Wall Painting at Rohinjan and Padaghe Village (Nature Club)/Visit to Girija Foundation Orphanage (Arts & Media Association)
- 20-23 Industrial Visit (Mumbai-Malvan) (S.Y.B.Com. Acc./Fin.)
- 20*Art of writing and publishing an effective research paper" (Research Workshop) (I.T.&C.S.)
- 23-25 Industrial Visit to Malwan (S.Y.B.M.S.)
- 24 House of Anitha Dongre Placement Drive/Visited at Nagar Palika school at New Parvel (B.M.M.)
- 26 Republic Day Celebration
- 26-28- Industrial Visit - Mumbai-Malvan - S.Y.B.Com. Fin./Mkts.
- 27 Donation Drive at Vinayakpatil Balgram New Parvel (B.M.M.)
- 27 Celebrated Community Service Day
- 28 Staff Picnic to Adlabs Imagica

FEBRUARY

- 3 Awareness programme on 'Effect of fake advertising and rumors on social media' (Department of Biotechnology)/ ICICI Bank Ltd. Drive
- 5 Session on "Financial Planning and Portfolio Management (Finanza)
- 6-10 Inter-Collegiate Fest Alegria
- 17 Shivaji Jayanti Celebration (Marathi Vangamaya Mandal)
- 21 Syntel Services Drive/ Visit to JNPT - T.Y.B.Com.
- 22 Free Eye Check-up Camp (B.M.S.)/ Hygiene Campaign (Economics Association)
- 23 Youth Empowerment Program
- 24 Guidance Lecture on Career options after B.Com./ National Conference on 'Impact of Digitalization on the Quality of Life' (B.Sc. I.T. & C.S. & B.M.S. in association with B.O.S. of B.Sc.(I.T.) of University of Mumbai)/ Talk 'Careers opportunities after B.Com.' (Dept. of Commerce)
- 25 Social Event at 'Podi School' (Finanza)
- 26-27 Wipro Pool Campus Drive
- 27 International Women's Day - Soroptimist Excellence Award 2018/Marathi Bhasha Diwas Celebration (Marathi Vangamaya Mandal)/Visit to National Stock Exchange - S.Y.B.Com./Marathi Rajyabhasha Diwas Celebration (Literary Association)



College Diary

MARCH

- 1 Felicitation of Avishkar Participants 2017-18 (Research Development Cell)/ Poetry Recitation (Marathi Vangamaya Mandal)
- 5 Department of B.Com. Fin. Mkts. visited Sant Sai Baba Prarthamik Vidyalaya, New Panvel
- 7 Bitcoin Hunt by Financial Market Association (Financial Market Association)/ Celebrated International Women's Day (Women Development Cell)
- 8 International Women's Day Celebration at Panvel Railway Station (Nature Club)
- 9 Talk on, "Insights in stock exchange, commodity markets and live trading" (Dept. of Commerce)
- 10 Talk on, "Export Import Procedure and Career options in export for T.Y.B. Com. (Dept. of Commerce)
- 14 One Day Fest 'FINACLE' (Finanza)
- 17 B.Sc. I.T. and B.Sc. C.S. Department (Alumni Meet)/ Rose Day/Techies Alumni Meet 2018 (Computer Association)
- 19 Visited Deaf and Dumb School in New Panvel (Department of B. Com.)
- 20 Donation Drive for the orphan kids and old-age people of Girija Welfare (Department of Biotechnology)
- 21 Participated in Skit Competition on the occasion of International Women's Day
- 23 Food Donation Drive at Panvel Railway Station (Mathematics and Statistics Association)
- 26 Symposium on "Best Practices in Degree Colleges for Quality Enhancement" (IQAC)/ Donation Drive at Sant Sai Baba Prarthamik Vidyalaya, Panvel (Literary Association)
- 28 Workshop on "Revised Assessment & Accreditation Process by NAAC" (IQAC)

APRIL

- 7 Workshop on Disaster Management
- 9 Faculty Development Programme On Teaching Skills in Association with IBS ICFAI
- 24 Seminar on 'Puzzle & Mathematical Logic' (Mathematics & Statistics Association)



LUMINARIES

Prof. Pratapsinh Chauhan

(EC Member, NAAC),
Vice Chancellor,
Saurashtra University,
Gujarat

B.S. Ponmudiraj

Deputy Adviser & Coordinator,
National Assessment and Accreditation Council (NAAC), Bangalore

Father Frazer Mascarenhas,

Principal of St Xavier's College,
Mumbai

Dr. M.R. Kurup

Secretary, Kelkar Education Trust,
Mumbai

Dr. Siddheshwar Gadade

Principal, Changu Kana Thakur Arts, Commerce and Science College, New Parvel
Dean, Faculty of Commerce, University of Mumbai

Prin: Dr. Madhu Naik

Former Dean, Faculty of Commerce, University of Mumbai
Principal, Nirmala Memorial Foundation College, Kandivli

Dr. Dhanjit Kumar Das

Scientist D, Genetic Research centre,
NIRRH, Parel, Mumbai

Dr. Siddhivinayak Barve

Chairman - Board of Studies in Biotechnology, University of Mumbai, Kalina.

Mr. M.K. Mhatre

Deputy Controller,
Civil Defence Mumbai

Mr. Anik Ghosh

Film Maker & Ex-staff of Whistling Woods International Goregaon

Dr. Vinith Kumar Nair

Professor, Marketing Area & Associate Dean – External Affairs,
TKM Institute of Management, Kollam , Kerala

Dr. G. K. Kalkoti

Associate Professor Head, Department of Economics, Nagindas
Khandwala College of Commerce, Mumbai
& Member of Board of Studies in Business
Economics, University of Mumbai

Dr. Parag Saudagar

Director
SK Biobiz Pvt Ltd,
Nashik

Dr. Hiren Dand

H.O.D. B.Sc. (I.T.) & M.Sc. (I.T.),
Chairperson, B.Sc. (I.T.) Mumbai University,
Mulund College of Commerce

Dr. Aldon Fernandes

Asst. Vice President,
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Kalwa Industrial Estate, Airoli

Dr. Divyashree S.

Infection Specialist, M.G.M. New Bombay Hospital,
Vashi





ENG—
—LISH

Editorial

This edition of Spectrum provides a glimpse into the art of being aware, in mind, body, and soul, and taking thoughtful decisions- conscious living. It is about being alert before taking an action, being present while executing it and introspecting after performing it.

Machines work in an automatic manner. They have a fixed reaction to every situation and work with one objective- to get a particular task done. Unlike machines, every human being has a different expectation from life, a different end goal. We are gifted with the ability to think and take decisions in accordance to these end goals. Yet, the way we live our lives is almost like being on a boat without oars on a river. It simply moves in the direction that the currents of the river take it, with no control over itself.

This is where the concept of conscious living gains prominence. It emphasizes the fact that life should be lived as per one's own terms and not just to make others happy. It encourages a person to take control of his or her life. It sounds complicated, but its implementation in our lives involves inculcating simple habits in our day to day life.

So let each page of the magazine be a motivation to live life in a meaningful manner. Think about what you want. Be kind to yourself and others. See, hear and speak good things. Celebrate every moment of life!



Vrinda Madhusoodanan
F.Y.B.Com. Acc. & Fin.



Ramya Gopinath
F.Y.B.Com. Acc. & Fin.

You know saying NO is important for a healthy life : **Learn how to say NO**

We all wish that we could put our foot down sometimes and say NO? Majority of us feel compelled to agree to every request. But learning to say NO can earn you respect from yourself as well those around you.

Why saying NO is hard?

We tend to believe that if we say NO we may lose our friends or people we love. We tend to believe that saying NO is uncaring and we fear losing people. Interestingly, the ability to say NO is closely linked to self-confidence. People with low self-confidence often feel nervous about hurting others and tend to say YES when they actually want to say NO.

Honouring yourself is most important

Being unable to say NO can make you stressed. It can affect you as well as your family. It's true that sometimes saying "no" may disappoint someone you admire. But you are also wrong when you don't honour yourself and your needs.

Tips to saying NO:

Give a simple yet firm response: If you want to say no, be firm and direct. Try to be strong in your body language and don't over-apologize.

Buy yourself some time : Interrupt the 'yes' cycle, using phrases like "I'll get back to you," then consider your options.

Consider a compromise: Recommend ways that may suit both of you.

Separate refusal from rejection: Remember you're turning down a request, not a person.

Be true to yourself: Be clear and honest with yourself about what you truly want.

Learning to say NO when you actually mean NO is a skill. For some it may come easily and for others it may require practice. It may not feel right at first, but it's necessary for living life consciously and is a skill that will promote good overall emotional health.

Anuja Raju
F.Y.B.Com. Acc. & Fin.

NO

Living a **Centered Life**

Living from your center can mean so many different things. To live a centered life one has to learn who one is and how one truly feels about oneself. Nothing else is more important than figuring out the core of who one is.

Living from your center means accepting oneself for all that you are. It means learning to like yourself, whether you are a "good" or "bad". It means not to dislike yourself for your imperfections.

How to Begin Living From Your Center

Clear the mind : Take a note of things that bother you, that affect your mind-set negatively. Note down instances and people who get you low and make you feel vulnerable.

Identify the triggers : Now that you have identified what triggers negative feelings within you, notice what they are.

Plan a path : Choose someone who can help you heal. The thoughts you think are not unique to you only. Your coach or partner may help you to know your true self.

Living from your center can create a sense of self security which helps to meet our needs and not abandon oneself at times when you need our self the most. That sense of security opens us up to experience things that previously felt too difficult to try. This in turn begins to create a sense of freedom as well as being in control.

Ramya Gopinath
F.Y.B.Com. Acc. & Fin.

LIVING SPIRITUALLY IN A CONSCIOUS WORLD

Spiritual living begins when we start viewing day to day activities differently. Spiritual living refrains us from judging things on the scales of worldly accomplishment and teaches us to have a neutral state of mind avoiding anger, anxiety, happiness and other emotions. Spiritual Science is a crucial and inseparable part of a person's life. It is known as subtle science. Subtle means something which is beyond our five senses, mind and intellect. Spirituality means in relation to soul. 'who am I?', 'where have I come from? Spiritualism involves efforts undertaken to merge with God -the supreme power or experiencing true happiness. It helps in getting enlightened towards ultimate truth. In Spirituality, an attempt is made to express verbally that which is beyond words. Only 5% of the world's population does not believe in God. To achieve mental peace and permanent happiness in the existing social scenario, spiritual practice is a must.

Spirituality is a science. Any theory which can be proven time and again, is classed as science. Just as theories in chemistry, physics, and medical science etc. can be proven again and again. To cite an example; oxygen is needed for human survival'. This was proven decades ago and can be still proved today. Similarly, everything that comes under spiritual science, can be proven time and again. Like chemistry & physics which has two important aspects; one is theory and other is practical, similarly, Spiritual science too is comprised of theory and practical aspect.

Difference between Physical sciences & Spiritual Science

- Physical Science fails to save us from unhappiness every time. New inventions of physical science providing happiness are suicidal.
- There is an increase in man's unhappiness and deterioration of moral values due to physical science.

- The 'Truth' in science constantly undergoes changes. The 'Truth' in Spirituality never undergoes change.
- What a person understands or experiences immediately through Spiritual practice, it takes several years, enormous funds and huge manpower for physical science to understand.
- Science helps in obtaining only gross knowledge whereas through Spirituality a combination of gross & subtle knowledge is obtained.
- Physical science fails to go to the root cause of problems and find solutions.
- Physical science does harmful effects on man's life.
- There are chances that scientific knowledge can be misused, but there is a guarantee that spiritual knowledge will not be misused. Spiritual practices imbibe moral values which does not allow to misuse the knowledge.
- The immortality of the Nation is decided by the establishment of Righteousness and human resources within whom moral values are imbibed and not by mere scientific progress.

**Asst. Prof. Kavita Kathare
P.C.A.C.S.**

Voice Assistant Craze

If you believe the hype, homes in the India are already lousy with speakers containing embodied AI — the most high profile being Amazon's Echo, whose Alexa voice assistant can be commanded to do a number of things. You can instruct the device to purchase groceries, pay bills, make bookings, all within the comfort of your language. Imagine the comfort and the amount of time saved.

India's smartphone users and gadget users have come a long way in using voice assistants in the last three years. Com-Score, a data analytics firm, predicts that half of all online search will be voice-based by 2020. Accenture's 2018 Digital Consumer Survey says 39% of India's online population is likely to own some kind of digital voice assistant.

Tech majors like Apple, Microsoft, Amazon, Google, and even Samsung (Bixby) are battling it out to capture India's 300 million smartphone users (projected to rise to over 440 million by 2022) through their voice assistants.

Artificial Intelligence is also creeping into your washroom. An Alexa-enabled mirror from Kohler is the smart mirror that tells you how beautiful you are, each day. Jokes apart, this sounds like a promising gadget for the 'morning person' in all of us. Nicknamed Verdara, the smart mirror is part of the new Kohler Connect line-up, which has other fixtures like faucets and bathtubs that can obey your voice commands. The mirror acts as the central hub to control all of them, allowing users to enjoy a hands-free bathing experience.

Over 90% of the current digital voice assistants in India support only English and most Indians may be comfortable in one or more Indian languages. If voice-and-speech recognition market in India has to grow, it will have to be on the back of software that supports multiple local languages.

With so many homes now hosting AI devices, AI and virtual assistants has a place in our lives and could be around for a long time to come.

Karuna Seby
S.Y.I.T.

Social Media **Addiction**

Social media addiction is a modern term that is often used to refer to someone who spends too much time on social media like Facebook and Twitter or other forms of social media, which results in affecting person's daily life.

Although there is no official medical recognition on social media addiction as a disease, the negative habit of excessive use of social media has become a subject of much discussion and research.

Addiction simply means a compulsive behavior that leads to negative effects. And in this case, social media addiction is referring to someone who has a compulsive use of social media. For example, people who constantly check updates on Facebook or "stalking" other people for hours.

At Harvard University, researchers have performed MRI scan on people's brains to see what happened when they talk about themselves, which is an essential part of what most people do in social media. The result showed that self-disclosure communication creates pleasure in the brain. In conclusion, it makes people happy and high when they talk and think about themselves.

Signs and Symptoms of Social Media Addiction

Social media is the first thing you do in the morning.

- You waste your time looking at nonsense
- You checked in everywhere you go.
- You check notifications all the time.
- You only want to contact and talk to your friends via social media.
- You constantly monitor the "likes" and "shares" you receive.
- Craving for internet connection.
- You take photos of almost everything.
- Social media becomes part of your life.
- Checking social media is the first thing you do whenever you are free.

Technology is there to help us move forward, it is not created to waste our time and make us less productive. Social media can be a great way to connect with people, but you must not neglect the importance of physical communication with others too.

Somya Thakur
F.Y.B.Com. Acc. & Fin.



Lifestyle is your way of living. Healthy Lifestyle is to live everyday life, where you get better with your health and feel good about yourself. Every day you follow certain activities which are necessary for your personal or professional life and along with it, you may also do things that can help you to take care of your body, mind, and soul.

Conscious living and lifestyle

Below, I have mentioned a few habits that if, included on your daily to-do list and followed consciously, can serve you to create a healthy lifestyle.

1. Your life is what you do on a daily basis. Paying attention to, everything that you do on a daily basis can significantly improve your health.

2. Make sure you start your day with Meditation. In meditation, every morning you take time out for yourself and be with yourself.

3. Physical exercise has to be a must in your daily to do list. For physical exercise not necessarily you have to hit the gym, but a simple walk or jogging in a park will do.

4. From physical exercise, the thing that can serve you to develop a healthy lifestyle is a Daily Food Habit. You need to know well in advance, how much you are going to have, in the breakfast, lunch as well as in dinner.

5. Next, comes the balance with your work and personal life.

6. The one thing that is must in your to do list to have a healthy lifestyle and i.e. to know your Mind. Your mind is your life. Your health lies in your mind.

Veena Nair
S.Y.I.T.



The Crowd

The noise of crowd is increasing

Day by day.

And someone is still alone.

Withering away, with peace and
compassion on her mind

She wants to be different,

Different from the crowd.

Her eyes were finding the

answers of the never ending questions

It is not difficult to find peace

in the crowd, she thinks

And the compassion

already within herself.

She already knows the suffering

Of human beings,

of being alone

in the crowd.

She is trying to different

different from the crowd

But in her heart she knows

Of her reality

Of being one of the crowd.

Prerana Ramteke
F.Y.B.Com. Acc. & Fin.



On the Road to **Happiness**

Do more of what makes you happy.....

Regardless of where you are on the happiness spectrum, each person has their own way of defining happiness. Philosophers, actors, politicians, and everybody have all given differing views on happiness.

Michael J. Fox:

"My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations."

Martin Kipp:

"I don't expect to always be happy, I simply accept what is. And that acceptance is key."

So now it's your turn to begin finding the happiness in you. What brings you joy? Wherever your happiness resides, go enjoy it. Here, are some proven ways you can build your happiness:

1. Live in the moment:

Always focus on present and on the task at hand.

2. Learn to bounce back:

You must train yourself to bounce back from difficult situations.

3. Save your energy:

Instead of engaging in states of mind that exhaust you, learn to manage your stamina by remaining calm and focussed.

4. Do nothing:

Make time for fun, leisure, recreation or simply doing nothing.

5. Be good to yourself:

Instead of being critical about your flaws be compassionate with yourself.

6. Step outside your comfort zone.

Our brain is built to learn new things. We must try to attain new skills and expertise.

7. Show compassion to others.

Instead of focusing on just on yourself, be compassionate to your people and show interest in helping them achieve their dreams.

Take time to make your soul happy...



Zaineb Petiwala
S.Y.B.Com.

WORD PUZZLE

For conscious living, every person must have certain qualities.

What are they?

Find out in the puzzle below:

K	X	H	Y	S	I	N	C	E	R	I	T	Y	M	Y	P
C	D	Q	P	S	N	Y	T	G	J	S	I	N	C	P	R
M	I	N	S	P	I	R	A	T	I	O	N	Z	Q	N	E
A	R	T	D	I	X	Y	C	S	A	E	S	G	U	P	F
T	E	A	C	H	N	F	H	E	C	P	E	R	E	T	I
U	C	L	M	N	Q	C	A	N	K	O	N	A	T	E	N
R	T	S	H	K	P	O	E	S	D	R	S	T	A	X	E
I	I	U	A	V	N	D	T	I	V	S	I	I	Y	P	M
T	O	N	P	M	I	S	J	T	E	I	B	T	R	E	E
Y	N	S	I	F	A	Z	I	I	G	F	I	U	J	R	N
O	T	I	N	B	O	N	L	V	R	V	L	D	D	I	T
R	X	O	E	T	W	M	R	I	U	E	I	E	B	E	D
Z	C	V	S	I	T	I	N	T	U	I	T	I	O	N	Q
S	N	I	S	S	O	N	A	Y	T	N	Y	O	P	C	A
I	W	T	I	Y	O	A	M	K	Y	U	V	W	U	E	S
F	L	H	A	P	P	I	N	E	S	S	Y	O	S	J	K

RULES:

Words can be horizontal (left to right), vertical (top to bottom) and diagonally upwards (left to right)

Words to search:

- | | |
|----------------|----------------|
| 1. Sincerity | 7. Inspiration |
| 2. Confidence | 8. Intuition |
| 3. Refinement | 9. Happiness |
| 4. Sensitivity | 10. Direction |
| 5. Sensibility | 11. Experience |
| 6. Maturity | 12. Gratitude |

Answers:

K	X	H	Y	S	I	N	C	E	R	I	T	Y	M	Y	P
C	D	Q	P	S	N	Y	T	G	J	S	I	N	C	P	R
M	I	N	S	P	I	R	A	T	I	O	N	Z	Q	N	E
A	R	T	D	I	X	Y	C	S	A	E	S	G	U	P	F
T	E	A	C	H	N	F	H	E	C	P	E	R	E	T	I
U	C	L	M	N	Q	C	A	N	K	O	N	A	T	E	N
R	T	S	H	K	P	O	E	S	D	R	S	T	A	X	E
I	I	U	A	V	N	D	T	I	V	S	I	I	Y	P	M
T	O	N	P	M	I	S	J	T	E	I	B	T	R	E	E
Y	N	S	I	F	A	Z	I	I	G	F	I	U	J	R	N
O	T	I	N	B	O	N	L	V	R	V	L	D	D	I	T
R	X	O	E	T	W	M	R	I	U	E	I	E	B	E	D
Z	C	V	S	I	T	I	N	T	U	I	T	I	O	N	Q
S	N	I	S	S	O	N	A	Y	T	N	Y	O	P	C	A
I	W	T	I	Y	O	A	M	K	Y	U	V	W	U	E	S
F	L	H	A	P	P	I	N	E	S	S	Y	O	S	J	K

FUNNY QUOTES

"I need a six-month vacation... twice a year... anyone with me on this."

"Hating is an emotional disease. So, for everyone who hates me: Get well soon."

"During a test, people look up for inspiration, down in desperation and right and left for information."

"When the teacher says stop clicking your pens: You always make sure you click it once more."

"Study: the art of texting, eating and watching TV with an open text book nearby."

"Saying you 'understand' just to make the teacher go away when you really have no idea."

Compiled By:
Tincy Raju
F.Y.B.Com. Acc. & Fin.

Mind-Bending Riddles You Can Use to Impress Your Friends

1. When you need me, you throw me away. But when you're done with me, you bring me back.
What am I?

2. I stay in the corner but travel around the world

3. The five letter word becomes shorter when you add two letters to it.
What is the word?

4. '16,06,68,88,?,98.'
What is the '?'?

5. A murderer is condemned to death, He has to choose between 3 rooms: The first is full of raging fire; The second, assassins with loaded guns; And the third, lions who Haven't eaten in years.
Which room is the safest?

Answers: 1. An anchor 2. A stamp 3. Short
4. It is 78. All of the numbers, when read upside down, are the numbers 86-91
5. The third one. The poor lions died of starvation.

Compiled by:
Anjana Nair
F.Y.B.Com. Acc. & Fin.



Can **Animals** Understand Us?

"How it is that animals understand things I do not know, but it is certain that they do understand. Perhaps there is a language which is not made of words and everything in the world understands it. Perhaps there is a soul hidden in everything and it can always speak, without even making a sound, to another soul."

Frances Hodgson Burnett

Since the beginning of time, human beings share a unique bond with animals. This connection is probably the reason why our pets can sense it when we feel down, faster than the people around us. So, this brings us to the question we have often asked ourselves- do animals understand us?

Man's best friend was found to be able to understand human speech, in a study conducted by researchers in Hungary. Thirteen dogs were made to lie down voluntarily in an MRI machine for seven minutes. As they listened to their trainer's voices through headphones, images of their brain were taken. The researchers concluded that dogs process language in a similar manner to that of humans, with the right side of their brain dealing with emotion and the left side dealing with the meaning of what was being spoken. Our feline friends are also said to be able to understand the emotions of their owners. Cats can easily distinguish their owner's voice from other voices calling their name.

This list of animals who are believed to be able to recognize human speech and behaviours is not just limited to domestic animals. Elephants can identify different age, gender or ethnicities in human voices. This astonishing talent of elephants proves that they are highly intelligent mammals. Even horses can recognise and respond to our facial expressions. This signifies their ability to understand our moods.

Also known as the dogs of the sea, dolphins are known to be able to understand hand signals by humans. In a study, dolphins were given instructions to search for objects in their tank. They could locate the objects within 30 seconds after the commands were given. If they couldn't locate they reported the same to their trainers.

In the future, we can expect that more and more number of animals will understand us. Maybe some day, they will be able to communicate with us. But the question is, when will we start empathizing with them?

Vrinda Madhusoodanan
F.Y.B.Com. Acc. & Fin.



HEALTHY LIFESTYLE

Living a healthy lifestyle doesn't mean spending hours working out at the gym and eating only salads. It's about making easy-to-manage healthy choices in your day-to-day living. One must make lifestyle healthier by making small healthy changes every day, such as taking the stairs instead of the lifts, adding fruits and vegetables to the diet, drinking one extra glass of water or quitting smoking.

Although a set exercise session is great to work into your daily routine, you can burn fat in so many other ways:

- Walking to someone else's desk rather than sending an e-mail,
- Taking the stairs more often.
- Dancing and playing
- Doing house cleaning or gardening

If you're overweight, making small changes in your daily exercise routine can benefit your health. In fact one study has found that just a 10% drop in weight helped overweight people to reduce their blood pressure, cholesterol and improve their wellbeing. All experts agree on it that diets too high in sugar are not healthy and hence one must switch to natural sugars.

Eat meals in a small plate - visually the plate looks full so you will be satisfied, but technically you'll be eating less. To make sure you're getting a variety of nutrients, vitamins and minerals into your body every day - a quick rule of thumb is to pick a variety of colours for your meals.



Here are some advantages of healthy lifestyle:

- Controls weight
- Improves mood
- Combats diseases
- Boosts energy
- Improves longevity

And some disadvantages of unhealthy lifestyles are:

- Obesity
- Nutrient deficiency
- Illness
- High blood pressure
- Heart disease

Some of the positive changes will happen quickly, while others will be more gradual, but all the changes will benefit your health and well-being.

Disha Thakur
F.Y.B.M.M.

THINK ABOUT IT

"The quieter you become, the more you can hear." ~ Ram Dass
There is power in silence.

"If you are not taking responsibility for your state of consciousness, you are not taking responsibility for life." ~ Eckhart Tolle
Wake up, be aware and make your own path.

"There is nothing more beautiful than seeing a person being themselves. Imagine going through your day being unapologetically you." ~ Steve Maraboli
I love this.

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." ~ Henry David Thoreau
Are you taking confident and positive steps in the directions of your dreams?

"Life begins at the end of your comfort zone." ~ Neale Donald Walsch
You know you are making changes when your uncomfortable

Compiled by:
Jagruti Singh
F.Y.B.Com. Acc. & Fin.

TRUST IN YOURSELF

"Follow your bliss. If you do follow your bliss, you put yourself on a kind of track that has been there all the while waiting for you, and the life you ought to be living is the one you are living. When you can see that, you begin to meet people who are in the field of your bliss, and they open the doors to you. I say, follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be. If you follow your bliss, doors will open for you that wouldn't have opened for anyone else."

- Joseph Campbell

One should have a deep trust in one self so as to achieve their set targets and goals. We are all ambitious towards life, we want to reach somewhere, for that we work very hard. First and the foremost we set goals and then plan and prepare ourselves to reach it. We sometimes doubt ourselves and our capabilities. We fear failure and also are concerned about what others may feel if I do not succeed.

Trusting yourself is so important. But it needs a thorough understanding and acceptance of who you are and what you represent. Trusting yourself can build up your confidence, make it easier for you to make decisions, and reduce your stress levels. And the good news is that even if you don't trust yourself now, with some effort you can build up that trust over time.

There's no one more important to trust than yourself. Sometimes we lose trust in ourselves after we make a mistake or after someone criticizes us harshly or constantly. It can feel more difficult to make decisions when you can't trust yourself because you fear you'll make the wrong choice. Or you might be more prone to criticizing your own decisions after you make them.

Building trust in yourself can help boost your decision-making skills and self-confidence. This can make life feel a little easier and much more enjoyable. Here are some tips to help you learn how to trust yourself:

1. Be Yourself:

Acting like a different person than who you really are is a sign that you're lacking self-confidence and trust in yourself. So go ahead and be your true self.

2. Set real goals:

Try setting realistic goals which will boost your confidence and trust in yourself.

3. Be kind to yourself:

Loving yourself unconditionally means getting rid of negative thoughts about yourself and any self-criticism after you make a mistake. When you can love yourself unconditionally, you can trust yourself unconditionally. And that builds confidence.

4. Build your strengths:

You probably have a good idea of what things you excel at and which things you don't do as well with. Build on what you excel at.

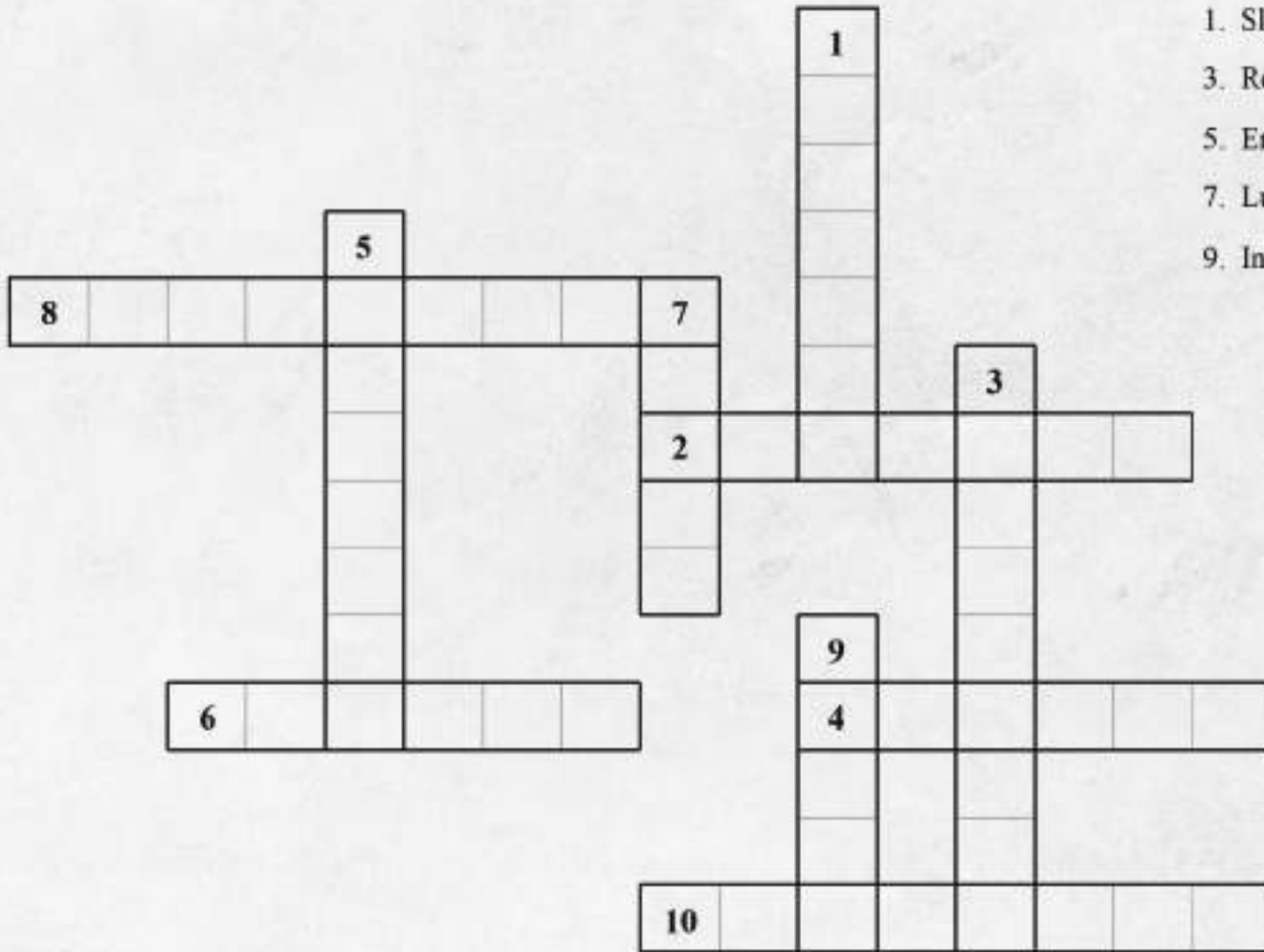
5. Be decisive:

Build trust in yourself by breaking your habit of questioning your decisions. Next time you make a choice, stick with it. Trusting yourself is one of the most helpful things you can do for you in your life. It can help build your confidence, allow others to trust you more, and make the process of decision making much easier.

Let go off the need to control outcome. Trust the process. Trust your intuition. Trust YOURSELF.

Devika Menon
F.Y.B.Com.

Crossword



DOWN

1. Sleep (7)
3. Resolve (9)
5. Enormous (8)
7. Lure (5)
9. Intimidate (5)

ACROSS

2. Contemporary (7)
4. Arise (6)
6. Ensure (6)
8. Distinguished (9)
10. Brave (9)

Maria Paul
F.Y.B.Com. Acc. & Fin.

ANSWERS TO CROSSWORD

1. Slumber
2. Current
3. Reconcile
4. Ascend
5. Gigantic
6. Secure
7. Decoy
8. Dignified
9. Daunt
10. Intrepid

Accountability Matters

Accountability is normally viewed as being responsible—giving an explanation of your actions—to somebody for something. I am convinced if you want to advance your life personally or professionally, you must hold yourself accountable for your actions, responsibilities, and goals. Think about it. Why should it be someone else's job to make sure you are doing the things that you know you should to be doing? We must be accountable to the following:

Our Accountability towards God:

God is the one who created us. So our first responsibility should be towards God. If you are not respecting others then you are not respecting God. Start every day with a prayer and thank God for giving us an opportunity to live this beautiful life.

Our Accountability towards Parents:

Parents are selfless and sacrifice their whole life for their children. We are responsible to keep them happy. As a child, we have some responsibilities towards them. Love your parents as they love you unconditionally. Care for your parents until their last breath. Mainly, respect your parents as they deserve to be respected.

Our Accountability towards Friends:

Friends are the second family in our life. Good friends never leave you in your tough times so we should always be with them in their tough times. Support your friends whole heartedly.

Our Accountability towards Society:

There are many responsibility towards our society:
Maintaining cleanliness
Sharing and Caring
Protecting and Preserving the environment

Holding yourself accountable is satisfying. It's doing what YOU know YOU should do.

Jeny Thomas
F.Y.B.Com. Acc. & Fin.

Tongue Twisters

There are scores of tongue twisters that you can try out. Tongue twisters are challenging, fun and exciting. Moreover, they lighten the mood and spread giggles and laughter in the room. It's a great icebreaker as well!

A twister of twists once twisted a twist;

A twist that he twisted was a three-twisted twist; If in twisting a twist one twist should untwist, The untwisted twist would untwist the twist.

Silly Sally swiftly shooed seven silly sheep.

The seven silly sheep Silly Sally shooed shilly-shallied south. These sheep shouldn't sleep in a shack; sheep should sleep in a shed.

There was a fisherman named Fisher,

who fished for some fish in a fissure. Till a fish with a grin, pulled the fisherman in. Now they're fishing the fissure for Fisher.

A skunk sat on a stump.

The stump thought the skunk stunk. The skunk thought the stump stunk What stunk the skunk or the stump?

Denise sees the fleece,

Denise sees the fleas. At least Denise could sneeze and feed and freeze the fleas.

Billy Button bought a buttered biscuit,

did Billy Button buy a buttered biscuit? If Billy Button bought a buttered biscuit, Where's the buttered biscuit Billy Button bought??

**Compiled by:
Merin John
F.Y.B.M.M.**

Freedom is a state of mind.
Mind that is chained with expectations of critics,
We are on a racecourse, running to become them, away from ourselves.
Window blinds on our cerebral cortex.
We allow dark clouds to shadow our dreams,

We welcome a monarchy to parade over our hopes.
But, that is the law of our land, we scurry to become same.
We are beautiful, with our ambitions,
But we surrender to choices of others,
Our destiny then mirrors a reflection of a reflection.

Our soul doesn't consider age but ventures in youth.
Rescue your soul from these norms,
As life is a beauty when fearless,
As life is a beauty when it builds a palace on broken chains.

Cut down the weights that weigh you down,
Fly high in the blue sky,
Pass by the dreamers who were valiant as you,
Clouds will float in again,
No longer to bring rain,
But to add colours to your sunrise sky.

Freedom

Prerana Ramteke
F.Y.B.Com. Acc. & Fin.



Hope

"They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for."

Tom Bodett

The dictionary describes hope as a feeling of expectation and desire for a certain thing to happen. Everyone needs it, and almost everyone exhibits at least some measure of hope if they have made it as far as this day.

But it simply isn't enough to just "wish" for something to happen. Hope is important because hope involves the will to get there, and different paths for you to take. Life can be difficult and that shouldn't come as a surprise to anyone. Yet, hope allows you to keep going down different roads, to see things different, and to try and make things for your perfect ideal. This hold true, even when there seems like there isn't a solution. In fact, the word "hope" is in the definition of the word "faith". Faith is the substance of things hoped for, the evidence of things not seen. In order for us to fulfil our Hope, we have to take action.

Fulfilling Hope looks different for different people. Sometimes, this is a practice that we do without even realizing it. For example, when you "hope to pass an exam", you don't just take the exam without studying. We study and put in the amount of effort necessary. We apply actions to our hope because we know that just by hoping for something and not acting right will not help.

Here are some ways to practice hope.

First, put some action behind your hope. For example, if you want to learn a new language, download an app. If you can't physically go to school, look into online classes.

Second, surround yourself with positive uplifting people that are out to better themselves and the world.

Thirdly, make a list of possibilities. Plan short term goals to change what you can and take steps to move yourself closer to the outcomes you hope for.

Hope allows people to approach problems with a mind-set and strategy-set suitable to success, thereby increasing the chances they will actually accomplish their goals. Hope is not just a feel-good emotion, but a dynamic cognitive motivational system.

When the world says 'give up.' HOPE whispers, 'try it one more time.'

Shreemegha Nair
F.Y.B.Com. Acc. & Fin.

Ways to have a vacation without **compromising** your **fitness**

Vacation is an escape from the honking cars, nagging bosses, boring schedule and chaotic life. It is the revival of our body, it is breaking off the chains around you, it is not about survival but revival.

It increases our knowledge, updates ourselves and refreshes us to face the pressures of life.

Fitness is not a routine, it is a part of lifestyle, but traveling to the same gym every day can get tedious. Just like a vacation from the normal schedule, we need a change in our fitness style during our vacation.

I have carefully evaluated a perfect fitness pro vacation for all fitness champs.

1) Foot travel is better than a tour bus

Miss that tourist bus as it goes around the city showing the glimpse of beauty. These transports are teasers, the real treat of traveling is the full movie.

Explore the city on foot, look at that waterfall as long as you wish, pause your present and live in it without being in a hurry to capture it on your camera and missing out your bus. When you move around on your foot, you don't miss out the minute details like the carving on the wall, mark of an old lover made on the tree trunk, knowing the facts from the people, watching the birds fly and a list can go on.

It is also a win-win situation as you are not missing out on your physical workout.

2) Handpick a local sport

Every place has its own sport, just like you would never skip the pizzas and pastas in Italy, you shouldn't miss out on these exciting activities. I refer the readers to opt for the local city specific sport like - White Water Rafting in Subansiri, River Rafting in Brahmaputra River, Underwater Walk in Goa etc.

3) Pick a hotel that provides fitness

Nowadays, hotels have realised that people are particular about their fitness routine. So, the hotels have taken upon themselves to replace all the namesake equipment and provide a theme gym with proper trainers. They provide you a list of things they do in a week like - one day they will teach Yoga, another day they would ask you to report to the gym, and the next day they will organise a Zumba and so forth and so on. They will have an interactive and insightful session organised for you.

4) Get help from an app guru

Pay a membership of an app that will guide you through the vacation where you don't have a trainer to keep a check on you. There are apps that provide you a number of fitness styles with personal trainers online as an option.

I have listed few of my favs below:

- *Night training club app
- *fitbit coach app
- *ourbodyelectric.com
- *Runtastic

5) Find a companion

Sometimes we choose to go on a solo trip, which is amazing but when you opt for local sport, you need a group of people to take a part in these activities as it doubles the fun and also some of the sports has star marked requirement of a group like river-rafting. If you are opting for a solo trip, make sure you talk to your neighbouring room people about their holiday plan or ask the event manager of the hotel to club you with these groups. This way you make a new set of friends and listen to a new set of stories from the other side of the world.

The world is a stressful place but it also provides you a perfect runaway place. Get your backpack ready and get on the next flight to your destination in a new environment and get yourself a cocktail of an earthy fitness with a natural oxygen pumped breeze.

Nehal Tiwari
S.Y.B.Com.



हिन्दी



संपादकीय

कॉलेज की वार्षिक पत्रिका 2017-18 का अवतरण इस उद्देश से हुआ है कि हम इस पत्रिका के माध्यम से समाज के सभी व्यक्तियों को संतुलित जीवन का मूल्य समझा सकें। इस पत्रिका के माध्यम से तरुणावस्था में संतुलित जीवन उपयोगी जीवन का महत्व बताया गया है।

संतुलित जीवन का व्यक्ति के जीवन में बहुत मूल्य है। तरुणावस्था एक ऐसा समय है, जहाँ व्यक्ति को संतुलित जीवन की अत्यंत आवश्यकता होती है। सही रास्ते का चुनाव व्यक्ति को ऊँचाईयों तक ले जाता है और गलत रास्ता व्यक्ति को अंधकार में ले जाता है।

संतुलित जीवन चेतन मन द्वारा प्राप्त किया जा सकता है। अवचेतन मन एक रोबोट की तरह है जिसको चेतन मन द्वारा संचालित किया जाता है। संतुलित जीवन के लिए विचार का शुद्ध होना आवश्यक है। हमें अपने मन में अनुचित विचार नहीं आने देने चाहिए। विचारों का अवचेतन मन हमारे विचारों के आधार पर स्वचलित तरीके से कार्य करता है।

योग और व्यायाम से जीवन में स्थिरता आती है। इन दोनों का जीवन को संतुलित रखने में बहुत योगदान होता है। हमें प्रतिदिन व्यायाम करना चाहिए।

संतुलित जीवन का एक मात्र इलाज कि हमें चेतन मन से कार्य करने चाहिए और योग अथवा व्यायाम करना चाहिए। यह पत्रिका सभी सहपाठियों के मेहनत का फल है इस पत्रिका को प्रकाशित करने का पूरा श्रेय पिल्लई कॉलेज और सभी सहपाठियों को जाता है।

अन्त में हम अपने सभी सहपाठियों का धन्यवाद करते हैं जिन्होंने अपनी लेख काव्य रचनाओं के द्वारा इसे सफल बनाया।



असिस्टेंट प्रोफेसर, हीना मुराद साचे



डॉक्टर, रिकू शाठनु



डॉक्टर, फरहत शेख,



अक्षित जयसवाल
एफ.वाय.बी.कान,



अमितेश रहाटे
एफ.वाय.बी.कान,



सुमेरा नाशिर खनसे
एफ.वाय.बी.कान,

एकाग्रता

जीवन के प्रत्येक क्षण में आपको एकाग्रता की आवश्यकता पड़ती है। परेशानी हम सब के जीवन में कभी ना कभी अवश्य आती है। इसका मूल कारण है जीवन में एकाग्रता का अभाव।

हमारे कई पढ़ने वालों छात्रों को एकाग्रता को लेकर कई प्रश्न हैं। बहुत से लोग इस बात से परेशान रहते होंगे कि उनका मन किसी काम में पूर्णतः नहीं लग पाता है। छात्रों को यह प्रश्न अवश्य होता है।

जीवन के प्रत्येक क्षण में आपको/हमको एकाग्रता की आवश्यकता है। हर एक छात्र, हर एक कलाकार, हर एक कामयाब इन्सान अपनी कला, होशियारी, कामयाबी प्रस्तुत करने में तब तक सक्षम नहीं है जब तक वह एकाग्रता का अनुसरण न करे।

एकाग्रता वह है जब मनुष्य की सारी मानसिक शारीरिक शक्ति उसी कार्य में लगी हो जो उसे करना है। उस समय में किसी और चीज या कार्य पर उसका ध्यान न जाए। मगर यह इतना सरल नहीं है क्योंकि अकसर मनुष्य आसपास की शोर गुल को सुनकर विचलित हो उठता है। और मन भटकने वाली चीजें हर जगह मौजूद होती हैं।

एकाग्रता के लिए अपने मन, हृदय, आँखें, कान, ध्यान में विलीन हो। बहुत से लोगो को लगता है कि भक्ति या योग साधना व्दारा एकाग्रता प्राप्त की जा सकती है। बिना एकाग्रता पर ध्यान दिए वह कुछ समय तक भक्ति या योग करते रहते हैं। परंतु अपने मन को किसी एक ओर एकाग्र नहीं कर पाते हैं।

शांत मन ही एकाग्रता पाने का पहला चरण है।

मनुष्य का मन बहुत ही चंचल होता है। जब तक मन शांत व स्थिर नहीं होता तब तक एकाग्रता पाना भी असंभव ही रहता है। इसलिए हमें छोटी-छोटी बातों से ही मन की शक्ति यानी शांति प्रदान करनी होगी। व्यर्थ बातों के बारे में सोचना बंद करना चाहिए। मन को शांत रखने के लिए भय, क्रोध तथा बचकें रहने का प्रयत्न करना चाहिए। शांत तथा तनाव रहित मनःस्थिति बनाए रखने के लिए हमें संगीत, व्यायाम योग इनकी आवश्यकता है।

योगा या योगासन जो एकाग्रता बढ़ाने में मदद करते हैं। स्वास्थ्य के लिए बहुत फायदेमंद होता है। इससे शारीरिक एवं मानसिक लाभ होते हैं। एकाग्रता बढ़ने से इन्सान का काम करने में, छात्रों का पढ़ाई में मन लगता है। इसी वजह से वे किसी भी काम को ध्यानपूर्वक कर सकते हैं।

योगासन दिमाग को तेज करने में मदद करता है। सोचने की क्षमता भी बढ़ाता है। कुछ ऐसे योगासन हैं, जो आपको एकाग्रता बढ़ाने में आपकी सहायता करते हैं। जैसे ताडासन, वृक्षासन, गरुडासन, नटराजासन।

योगा-भारतीय समाज में हजारों साल पहले योग अभ्यास का प्राचीन रूप विकसित हुआ था। योग सेहतमंद रहने के लिए एवं ध्यान (एकाग्रता) लगाने के लिए एक मजबूत विधि के रूप में माना जाता है। योगी मन और शरीर को आराम देने में मदद करता है। योग के अनेक फायदों में से सहनशक्ति को बढ़ावा, एकाग्रता में सुधार, मन और विचार नियंत्रण, चिंता, तनाव और मनपर काबू पाना सबमें लाभ देता है।

योग शारीरिक स्वास्थ्य और प्रवृत्ति आत्म-विकित्सा के प्रति आपकी प्राकृतिक पर ध्यान केंद्रित करता है। व्यक्ति को काम करने में मदद करता है।

योग एक बहुत ही उपयोगी अभ्यास है। जिसे करना बहुत आसान है। और यह कुछ गंभीर स्वास्थ्य समस्याओं से छुटकारा पाने में मदद करता है। नियोजित अभ्यास मानसिक कल्याण, स्पष्टता और शान्ति बनाता है जिससे मन में आराम मिलता है। एकाग्रता यानी शान्ति मन की शान्ति है।



अंकित जयस्वाल
एफ.वाय.बी.कॉम.



जागरूक जीवन

के लिए एक मात्र समाधान

हमारे जीवन में आजकाल हम सभी इंसान सिर्फ पैसे, शक्ति और विस्तार के पीछे भाग रहे हैं। जागरूक जीवन का स्पष्ट मतलब है होश में जीना। हमारे जीवन में हम सभी अपने स्वार्थ के लिए काम कर रहे, जैसे बाकी दुनिया चलती है वैसे उन्हें यह दिखाने के लिए कि "हम भी किसी से कम नहीं" उनकी नकल करते हैं।

अगर हम किसी के अच्छे के लिए सोचते हैं तो हमें यह स्पष्ट रूपांतर से देखना चाहिए की हम विस्तार की तलाश में हैं। क्योंकि जिससे किसी की भलाई हो, वो भी हमारे कारण तो, गुणगान और अच्छाई (विस्तार) हमारी ही होनी है। आजकल के देश के प्रगति और विकास के अनुसार भौतिक क्षेत्र में हमें अधिक से अधिक सुविधाएँ उपलब्ध हैं। हर इंसान एक असीमित तरीकों से विस्तार करना चाह रहा है। विस्तार करने की लालसा सभी में बढ़ती जा रही है। जिंदगी में कोई भी कामयाबी आसानी से नहीं मिल सकती।

इंसान को जागरूकता की जरूरत है। क्योंकि जैसे हम आजकल अपनी पढ़ाई और भविष्य बनाने में लगे हैं और सारी दुनियादारी में अपने घर वालों को भुला दिया है। घर, पैसा, गाड़ी, दोस्त, नौकरी, ये सारी चीज़ें आज कल, हमारे लिए माता-पिता से ज्यादा अहम हो गई हैं। हमें हमारे जीवन में जितना है, उसी में खुश रहना चाहिए और लालच छोड़ देना चाहिए।

सुमेरा धनसे
एफ.वाय.बी.कॉम.

पर्यावरण

पर्यावरण हमारे जीवन का बहुत ही महत्वपूर्ण हिस्सा है। हम सब लोग पर्यावरण से भलीभांति परिचित हैं। पर्यावरण वह है जो प्राकृतिक रूप से हमारे चारों तरफ है। पर्यावरण पृथ्वी पर जीवन के पोषण के लिए प्रकृति द्वारा भेट दी गयी है। वह हर चीज जो हम अपने जीवन जीने के लिए इस्तेमाल करते हैं, वो पर्यावरण के अंतर्गत आता है। जैसे की पानी, हवा, सूरज की रोशनी, भूमि, पेड़ जानवर, जंगल और अन्य प्राकृतिक चीजें।

पर्यावरण शब्द दो शब्दों से मिल कर बना है परि और आवरण परि का अर्थ है—चारों ओर आवरण का अर्थ है ढका हुआ। ये वातावरण जिससे हम हर वक्त चारों ओर से घिरे हुए हैं, जहाँ हम रहते हैं वह पर्यावरण कहलाता है। पूरे विश्व में पृथ्वी ही एक ऐसी जगह है जहाँ पर जीवन संभव है, और पृथ्वी पर जीवन जारी रखने के लिए हमें अपने पर्यावरण का ध्यान रखना चाहिए।

आज पर्यावरण ना सिर्फ एक जरूरी सवाल है बल्कि पूरे विश्व के लिए ही एक गंभीर प्रश्न/मुद्दा बना हुआ है। लेकिन बहुत ही अफसोस की बात है कि काफी बड़ी संख्या में लोग ना तो इसके बारे में ज्यादा जानते हैं और जानते भी हैं उनको कोई परवाह भी नहीं है। इस धरती पर निवास करने वाला प्रत्येक प्राणी जब सांस लेता है तो उसको पर्यावरण के होने का एहसास होना चाहिए और उसको शुक्नुजार होना चाहिए इस पर्यावरण का, जिसकी वजह से ही ये अनमोल जीवन का पालन करता है। हम पृथ्वी के हर व्यक्ति के द्वारा उठाए गए छोटे कदम से बहुत ही आसान तरीके से हमारे को बचा सकते हैं जैसे कि, कचरे की मात्रा कम करना, कचरे को ठीक से उसकी जगह पर फेंकना, प्लास्टिक बैग का इस्तेमाल बंद करना, पुरानी वस्तुओं को नए तरीके से पुनः उपयोग में लाना। रिचार्जबल बैटरी का उपयोग करना, वर्षा जल संरक्षण करना, पानी की बर्बादी को कम करना, और बिजली का कम से कम उपयोग इत्यादि।

आज कल हम किसी भी चीज को सेहतमंद नहीं कह सकते क्योंकि जो हम खाते हैं वो पहले से ही कृत्रिम प्रभाव हमारे शरीर को रोगों से लड़ने की क्षमता को कमजोर कर देता है। यही कारण है कि हम में से कोई भी स्वस्थ और खुश रहने के बावजूद कभीभी रोगग्रस्त हो सकता है।

मनुष्य के कुछ बुरे और स्वार्थी गतिविधियों के कारण हमारा पर्यावरण धोखे में है। यह एक महत्वपूर्ण विषय है और हर किसी को हमारे पर्यावरण को कैसे बचाया जाये और इसे सुरक्षित रखने के बारे में जानना चाहिए। जैसे कि, 'विश्व पर्यावरण दिवस'। यह एक अभियान है जो कई वर्षों से हर साल 5 जून को पूरे विश्व में पर्यावरण सुरक्षा और सफाई के लिए मनाया जाता है। हमें अपने पर्यावरण को बचाने के तरीके और सभी बुरी आदतें जो कि हमारे पर्यावरण को दिन-ब-दिन नुकसान पहुंचा रहा है के बारे में जानने के लिए हमें इस अभियान में भाग लेना चाहिए।

इस व्यस्त, भीड़ और उन्नत जीवन में हमें दैनिक आधार पर छोटी छोटी बुरी आदतों का ख्याल रखना चाहिए। यह सत्य है की हर किसी के छोटे प्रयास से हम हमारे बिगड़ते पर्यावरण की दिशा में एक बड़ा सकारात्मक बदलाव ला सकते हैं। हम हमारे जीवन विज्ञान का विकास करना चाहिए लेकिन हमेशा यह ध्यान में रखके कि भविष्य में हमारे पर्यावरण को हससे कोई नुकसान न हो।

अतः यह दुनिया भर के लिए गंभीर मुद्दा है जो हर किसी के निरंतर प्रयासों से हल होना चाहिए। हमारा छोटा या बड़ा कार्य किसी न किसी तरह से पर्यावरण से जुड़ा हुआ है इस धरती पर्यावरण को बचाने के लिये हमें कुछ त्याग भी करना पड़ेगा, कुछ चीजों के लिए हमें समझौता भी करना पड़ेगा। यदि इन चीजों को ध्यान में रखा जाय और इनका पालन किया जाय तो हमारी धरती 'शस्य शामला' बनी रहेगी।

अश्विता मिडे
एफ.वाय.एफ.एम.



पर्यावरण है हम सब की जान इसलिए करो इसका सम्मान

‘हम सब की है ये जिम्मेदारी।
प्रदूषण से मुक्त हो दुनिया हमारी।

हम में से आजकल ज्यादातर लोग फल, हरी सब्जियाँ खरीदने में पैसे खर्च करने की बजाय दवाइयों लेने में पैसे खर्च करने लगे हैं। हमेशा याद रखें, जबतक हम स्वयं प्रदूषण की रोकथाम के लिए कोई कदम नहीं उठाते तबतक हम इस समस्या को दूर नहीं कर सकते।

प्रदूषण शब्द का अर्थ होता है चीजों को गन्दा करना। वर्तमान में हम खतरनाक रूप से पर्यावरण प्रदूषण की समस्या से घिरे हुए हैं और यह समस्या भविष्य में हमारे लिए जानलेवा भी हो सकती है। इस भयंकर सामाजिक समस्या का मुख्य कारण है औद्योगिकीकरण, वनों की कटाई और शहरीकरण, प्राकृतिक संसाधन की गंदा करनेवाले उत्पाद जो की सामान्य जीवन की दैनिक जरूरतों के रूप इस्तेमाल की जाती है। रास्ते पर गाड़ियों का ज्यादा उपयोग होने से पेट्रोल और डीजल का भी ज्यादा से ज्यादा अपव्यय होता है, और गाड़ियों से निकलने वाले धुएँ से वायु प्रदूषण होता है।

प्रदूषण का एक मुख्य कारण कारखानों से निकलने वाले पदार्थ भी है। यह पदार्थ या तो हवा में या जल में मिल जाते हैं और इसकी वजह अलग अलग तरह की खतरनाक बीमारियाँ जैसे कि कैंसर, दिल का दौरा, साँस की तकलीफ, खाँसी, आँखों में जलन और और एलर्जी आदि बढ़ती ही जा रही है। प्रदूषित जल पीने से पेट संबंधी रोग फैलता है। ध्वनी प्रदूषण मानसिक तनाव उत्पन्न करता है। इससे चिंता, अशांति जैसी समस्याओं से गुजरना पड़ता है। गंदा जल, जल में रहने वाले जीवों के लिए भी बहुत हानिकारक होता है। 30 दिसंबर 1986 की सुबह लखनऊ स्थित गोमती नदी में औद्योगिक कूड़ा-कचरा गिर जाने से कई टन मछलियों की मृत्यु हो गई। साथ ही नदी का जल पूरी तरह से जहरीला हो गया।

इसके लिए ‘मोहन मीकिंस’ का शराबखाना तथा ‘अवध चीनी मिल’ संयुक्त रूप से दोषी है। इन दोनों औद्योगिक संस्थानों के कारखानों से निकले प्रदूषित जल से गोमती में ऑक्सीजन की कमी हो गई। फलतः मछलियाँ तड़प-तड़पकर मर गईं।

‘आओ दोस्तों कसम ये खाये’
प्रदूषण को हम दूर भगायें।

निशान्त बंसल
एफ.वाय.बैफ.



जिंदगी क्षणिक है

नैन्सी बिंदल
एफ.वाय.बी. कॉम.



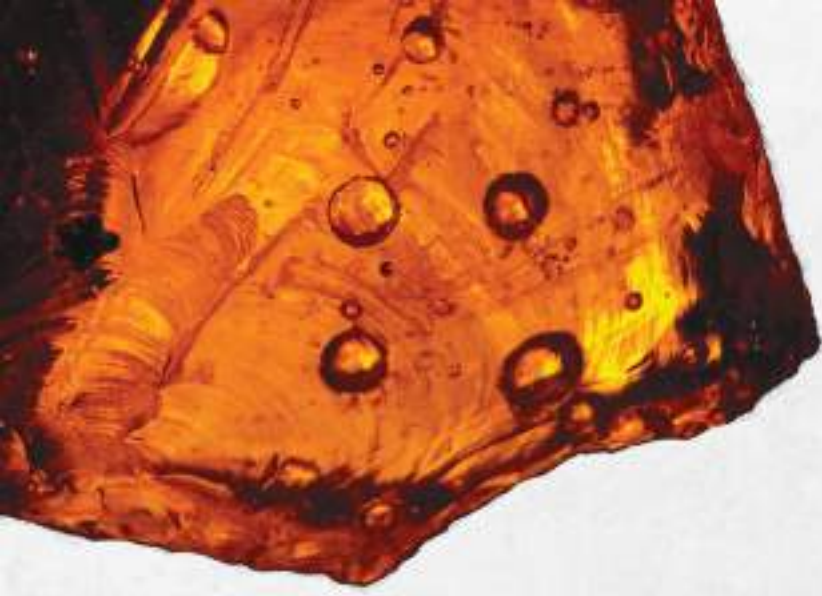
जानिये जिंदगी का महत्व एक आदमी भगवान द्वारा की गयी बातों से।

भगवान और उस आदमी की बातों के अनुसार मैं जिंदगी का महत्व बताने की कोशिश करूँगी।

एक आदमी मर गया। जब उसे महसूस हुआ तो उसने देखा कि भगवान उसके पास आ रहे हैं और उनके हाथ में एक सूटकेस है। भगवान ने कहा – पुत्र चलो अब समय हो गया है। आश्चर्यचकित होकर आदमी ने जवाब दिया – अर्थाँ इतनी जल्दी? अभी तो मुझे बहुत काम करने हैं। मैं। क्षमा चाहता हूँ किन्तु अभी चलने का समय नहीं है। आपके सूटकेस में क्या है?

भगवान ने कहा – तुम्हारा सामान। आदमी ने कहा मेरा सामान? आपका मतलब है कि मेरी वस्तुएँ।, मेरे कपड़े, मेरा धन? भगवान ने प्रत्युत्तर में कहाँ – ये वस्तुएँ तुम्हारी नहीं हैं, ये तो पृथ्वी से सम्बंधित हैं। आदमी ने पूछा, मेरी यादें? भगवान ने जवाब दिया वे तो कभी भी तुम्हारी नहीं थीं वे तो समय की थीं। फिर आदमी ने पूछा कि फिर तो ये मेरी बुद्धिमत्ता होगी? भगवान ने फिर से कहा। – वह तो तुम्हारी कभी भी नहीं थी, वे तो परिस्थिति जन्य थीं। फिर आदमी ने पूछा, ये मेरा परिवार और मित्र हैं? भगवान ने जवाब दिया – क्षमा करो वे तो कभी भी तुम्हारे नहीं थे, वे राह में मिलने वाले पथिक थे। आदमी बोला फिर तो निश्चित ही यह मेरा शरीर होगा? भगवान ने मुस्कुराकर कहा – वह तो कभी भी तुम्हारा नहीं हो सकता क्योंकि वह तो राख है। आदमी फिर बोला तो क्या यह मेरी आत्मा है। भयभीत होकर आदमी ने भगवान के हाथ से सूटकेस ले लिया। और उसे खोल दिया यह देखने के लिए कि सूटकेस में क्या है?

यह सूटकेस खाली था। आदमी की आँखों में आँसू आ गया और कहा – मेरे पास कभी भी कुछ नहीं था। भगवान ने जवाब दिया—यही सत्य है? प्रत्येक क्षण जो तुमने जिया, वही तुम्हारा था, जिंदगी क्षणिक है। और ये ही क्षण तुम्हारे हैं। इस कारण जो भी समय आपके पास है, उसे भरपूर जिये। आज मैं जिये, अपनी जिंदगी जिए। भौतिक वस्तुएँ और किसी भी चीज के लिए नहीं आप यहाँ से कुछ भी नहीं ले जा सकते हैं। खुश होना कभी न भूलें, यही एक बात महत्व रखती है। इसलिए सदैव प्रसन्न रहे और दूसरों को भी समझाएँ की वे भी हमेशा खुश रहें।



जीवन क्या है

सभी लोग जीवन को अपने-अपने नजरिये से देखते हैं। कोई कहता है जीवन एक खेल है, कोई कहता है जीवन ईश्वर का दिया हुआ उपहार है, कोई कहता है जीवन एक यात्रा है, कोई कहता है जीवन एक दौड़ है और बहुत कुछ।

मैं आज यहाँ पर "जीवन" के बारे में अपने विचार एक कहानी द्वारा प्रकट कर रही हूँ और बताने की कोशिश करूँगी कि जीवन क्या है।

गुरु और शिष्य द्वारा जानिए क्या है आपकी कीमत।

एक गुरुकुल में गुरु जीवन पर शिक्षा दे रहे थे। तभी एक शिष्य ने अपने गुरु से प्रश्न किया कि आखिर हमारे जीवन का मूल्य क्या है और इसे कैसे तय किया जाता है?

गुरु ने अपने शिष्य को एक चमकीला पत्थर दिया और उससे कहा कि जाओ और इस चमकीले पत्थर का मूल्य पता करके आओ, तुम्हें तुम्हारे सवाल का जवाब मिल जाएगा, लेकिन एक बात का ध्यान रखना, इस पत्थर को बेचना नहीं है। शिष्य सबसे पहले बाजार में गया और उसे एक फल वाला दिखा। वह उस चमकीले पत्थर को लेकर फल वाले के पास गया और बोला कि इस पत्थर की कीमत क्या है?

फल वाला उस चमकीले पत्थर को देख कर बोला "दो किलो फल ले जा और इस पत्थर को मुझे दे जा।"

शिष्य ने आगे एक सब्जी वाले की पत्थर दिखाया और उससे इसकी कीमत पूछी सब्जी वाले ने उस चमकीले पत्थर को देखा और उससे कहा कि एक बोरी सब्जी ले जा और इस पत्थर को मुझे दे जा।

आगे शिष्य एक सुनार के पास गया और उसे चमकीला पत्थर दिखाया। सुनार ने उसे देखा और बोला, इसे 50 लाख में मुझे बेच दे। शिष्य ने मना कर दिया तो उसने कहा कि एक करोड़ में यह दे दे या बता तुझे इसकी कितनी कीमत चाहिए। शिष्य ने उस सुनार से कहा कि मैं माफी चाहता हूँ, मैं इसे बेच नहीं सकता क्योंकि मेरे गुरु जी ने मना किया है।

आगे शिष्य एक बड़े हीरे बेचने वाले एक जौहरी के पास गया और उसे चमकीला पत्थर दिखाया। जौहरी ने पत्थर को देखकर कहा कि यह तो एक बेश कीमती रूबी है, उसने उस रूबी के पास एक लाल रंग का कपड़ा बिछाया और फिर उस रूबी की परिक्रमा लगाई और माथ टंका।

जौहरी शिष्य से बोला कि यह बहुत कम पाये जाने वाला रूबी है। तू इसे कहीं से लाया है? इसके लिए तो करोड़ों रुपये भी कम हैं।

शिष्य हैरान और परेशान होकर सीधे अपने गुरु के पास गया और फिर सारी बात बताई और बोला कि कृपया करके अब आप बताओ गुरु जी की हमारे जीवन का मूल्य क्या है?

गुरु बोले : फल वाले को दिखाने पर उसने इसकी कीमत "दो किलो फल" की बताई।

सब्जी वाले के पास जाने पर उसने इसकी कीमत "एक बोरी सब्जी" बताई।

आगे सुनार ने "एक करोड़" और जौहरी ने इसे बेशकी मती बताया।

इसी तरह मानवीय जीवन के मूल्य का अर्थ भी यही है।

तुम बेशक हीरे के समान हो लेकिन सामने वाला हमेशा तुम्हारी कीमत अपनी हैसियत अपनी जानकारी और अपनी समझ के हिसाब से ही लगाएगा। मानव जीवन अमूल्य है। इसकी कीमत कोई नहीं लगा सकता।

इसलिए अगर जिन्दगी के किसी मोड़ पर कोई तुम्हारी काबिलियत की आलोचना करे या तुम्हें नकारा समझे तो घबराना मत क्योंकि दुनिया में तुम्हें पहचानने वाले भी ही जायेंगे।

नैन्सी बिंदल
एफ.वाय.बी. कॉम.

विद्यार्थी जीवन

विद्यार्थी जीवन साधना और तपस्या का जीवन है। यह काल एकाग्रचित्त होकर अध्ययन और ज्ञान-चिंतन का है। यह काल सांसारिक भटकाव से स्वयं को दूर रखने का काल है। विद्यार्थियों के लिए यह जीवन अपने भावी जीवन को टोसनीय प्रदान करने का सुनहरा अवसर है। यह चरित्र निर्माण का समय है। यह अपने ज्ञान को सुदृढ़ करने का एक महत्वपूर्ण समय है।

विद्यार्थी जीवन पाँच वर्ष की आयु से शुरू हो जाता है। इस समय जिज्ञासाएँ पनपने लगती हैं। ज्ञान का स्तर धीरे-धीरे बढ़ने लगता है अर्थात् तीव्र होता है। बच्चा विद्यालय में प्रवेश लेकर ज्ञानार्जन के लिए उद्विग्न हो जाता है। उसे बाहर की दुनिया में बड़ा आकाश दिखाई देने लगता है। उसे नए शिक्षक, नए सहपाठी और नया वातावरण मिलता है। यह समझने लगता है कि यह दुनिया समाज क्या है, और उसमें कैसे रहना चाहिए। विद्यार्थी के ज्ञान का फलक विस्तृत होता है। पाठ्य-पुस्तकों से उसे लगाव हो जाता है। वह ज्ञान का स्वाद लेने लगता है। वह उसका पोषण करता रहता है।

विद्या प्राप्त करने की चाह रखने वाला विद्यार्थी जब विनम्रता को धारण करता है तब उसकी राहें आसान हो जाती हैं। विनम्र होकर श्रद्धा भाव से यह गुरु के पास जाता है। तो गुरु उसे सहर्ष विद्यादान देते हैं। वे उसे नीति, ज्ञान एवं सामाजिक ज्ञान देते हैं। गणित की उलझने सुलझाते हैं, और उसके अंदर विज्ञान की समझ विकसित करते हैं।

उसे भाषा का ज्ञान दिया जाता है ताकि वह अपने विचारों को अभिव्यक्त कर सके। इस तरह विद्यार्थी जीवन ज्ञान प्राप्त करते हुए प्रतिगामी बनता है।

विद्यार्थी जीवन माननीय गुणों को दिखाने का काल है। सुख-दुःख, लाभ-हानि, सर्दी-गर्मी से परे होकर जब विद्यार्थी नित्य अध्ययनशील हो जाता तब उसका जीवन सफल हो जाता है। विद्यार्थी जीवन में तपे बिना सोना शुद्ध नहीं होता है। इसलिए आदर्श विद्यार्थी, विद्यार्थी जीवन में सुख की चाह न रखते हुए केवल विद्या की चाह रखता है। वह धैर्य, साहस, ईमानदारी, लगनशीलता, गुरुभक्ति, स्वाभिमान जैसे गुणों को धारण करता हुआ जीवन की राह पर बढ़ता ही जाता है। वह सादा जीवन जीता है राह पर बढ़ता ही जाता है। वह सादा जीवन जीता है ताकि जीवन में बाधा उत्पन्न न हो। वह नियमबद्ध और अनुशासित रहता है। वह समय की पाबंदी पर विशेष ध्यान देता है।

विद्या केवल पुस्तकों से ही नहीं होती। ज्ञान की बातें केवल गुरुजनों के मुखारविंद से नहीं निकलती। ज्ञान तो झरने के जल की तरह है। यह पानी के बहाव सा बहता हुआ सभी को प्राप्त होता है। विद्यार्थी जीवन इस प्रवाहमान जल को पीते रहने का वक्त है। खेल का मैदान हो या भ्रमण का अवसर हो अथवा विद्यालय की प्रयोगशाला, ज्ञान सर्वत्र भरा होता है। विद्यार्थी जीवन इन भिन्न-भिन्न रूपों में बिखरे हुए ज्ञान को समेटने का काल है।

स्वास्थ्य संबंधी बातें इस जीवन में धारण की जाती हैं। व्यायाम और खेल में तन को इसी जीवन में पुष्ट कर लिया जाता है। विद्यार्थी जीवन में पढाई के अलावा कोई ऐसा हुनर भी सिखा जाता है। जिसका आवश्यकता पड़ने पर उपयोग कर सके तथा अपनी कला का प्रदर्शन कर सके।

गुण-अवगुण अच्छा-बुरा, पुण्य-पाप, धर्म-अधर्म, सब अपनी जगह है। जो चतुर है वह तो सार ग्रहण कर लेता है और असार एवं सड़े गले का त्याग कर देता है। सार है गुण, सार है विद्या, और असार है दुर्गुण। विद्यार्थी को अपने जीवन में इन दुर्गुणों से दूरी बना लेनी चाहिए। अच्छी आदतें अपनानी चाहिए। बुजुर्ग का सम्मान करना चाहिए, मधुर वाणी का महत्व समझ लेना चाहिए। नशीली चीजों से भी दूर रहना चाहिए।

विद्यार्थी जीवन संपूर्ण जीवन का स्वर्णिम काल है इसका पूरा आनंद उठाना चाहिए। इस जीवन में अनेक प्रकार के दुःख आते हैं इसलिए उन्हें सावधानी बरतने की आवश्यकता है।

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एफ.वाय.बी.कॉम.



पीछे मुड़

हम सभी ने परेड तो देखी ही है, असलियत में ना सही टेलिविजन में तो देखी है ही। परेड में जैसे ही "पीछे मुड़" बोला जाता है, सबसे आगे का व्यक्ति पीछे और सबसे पिछे का व्यक्ति आगे हो जाता है। हमारी रोजमर्रा की जिंदगी भी कुछ ऐसी ही परेड जैसी है। हम कभी सोच भी नहीं पाएंगे और जिंदगी ऐसेही "पीछे मुड़" ना जाने कब बोल देगी, कि बस हम कहा के कहीं आ जाएंगे।

आजकल के इस जमाने में हर व्यक्ति, बच्चों से बूढ़े तक, एक दूसरे से आगे निकलने, खुद को दूसरों से उँचा दिखाने अपना वर्चस्व दूसरों पर जमाने में तुला हुआ है। हर एक को ये साबित करना है, कि 'मैं' सबसे बेहतर हूँ। और कुछ तो खुद को बेहतर मानते हैं। होता ये है की जो जोर जबरदस्ती, या अपने पैसों के दम पर आगे निकल जाए, उसमें ऐसा "एटिट्यूड" आता है कि बस! उसे लगता है कि अब यह भगवान से भी आगे है। ऐसे लोग फिर हर जगह चाहे वो बैंक, घर, ऑफिस या मंदिर हो। अपनी "धौंस" दिखाने से बाज नहीं आते। फिर होता कुछ यूँ है कि बड़ी लोकप्रिय फिल्म का लोकप्रिय डायलॉग - "मेरे पास गाड़ी है, बंगला है, पूछने वाले गिनती में आगे निकल जाते हैं। और "मेरे पास माँ है", ये कहने वालों केबारे में तो आप खुद ही अंदाजा लगा लीजिए। ऐसे लोग अब कुछ इस तरह बर्ताव करने लगते हैं, मानो सचमुच ये अभी-अभी स्वर्ग से आए एकलौते "खूबसूरत, बुद्धिमान और न जाने क्या-क्या हैं"। इनके अब हर सामान्य चीज जैसे काम करना भी "वॉट अ रेंबिश" लगने लगता है। अब सोचिए, कि ऐसे लोगों की जिंदगी जब अचानक "पीछे मुड़" बोल दे, तो ऐसे साक्षात

स्वर्ग से उतरे एकलौते बुद्धिमान, पराकमी, शूरवीर, स्वयं अभिनेता, बुद्धिजीवियों का "एटिट्यूड" है वो घूर-घूर कैसे होता है, ये देखनेलायक होता है। ऐसे लोगों को सुझाव यही है कि बस सपने पैर जमीन पर ही रखे। जो आपके बारे में बोलने में भी अच्छा लगे कि फर्लॉ आदमी बड़ा पैसेवाला तो है ही और साथ ही साथ ही इस सो डाउन-दू-अर्थ" यह वाक्य तो कभी नहीं खोना चाहिए। और अगर खो जाए, तो पाँच तले जमी नहीं रहेगी।

तो हुई पैसा + "एटिट्यूड" वाले बुद्धिजीवियों की बात। अब बात आती है ऐसे लोगों की जो बस इसी ही आशा में रहते हैं कि कभी-न कभी तो उनकी जिंदगी उन्हें कब "पीछे मुड़" कह दे और कब वे वह खुशियाँ और कामयाबी हासिल करें, जिसके वे हकदार हैं।

आज बेरोजगारी, भ्रष्टाचार और कई तरीके की समस्याओं से समाज जुझ रहा है। बलात्कार, उत्पीड़न, घरेलू हिंसा, "इव टीजिंग" इत्यादि से महिला वर्ग का जीना बेहाल हो गया है। लोगों के पास जीने की मानो उम्मीद भी नहीं बची है। दयनीय स्थिति उनकी है जिन्होंने मेहनत कर अपनी पेट काटकर पढ़ाई की और वो आज बेरोजगार बैठे हैं। क्योंकि सिफारिश और घूस के दम पर उनकी नौकरियाँ किसी और को ही मिल रही हैं। दिनभर मेहनत करके भी आदमी को दो वक्त का खाना नहीं मिल पा रहा है। ऐसे में एक ही उम्मीद बचती है की जिंदगी कभी ना कभी करवट जरूर बदलेगी। अच्छे दिन जरूर आयेंगे, और जिंदगी जरूर कहेगी "पीछे मुड़" और "एटिट्यूड" वालों का एटिट्यूड चकनाचूर हो जायेगा और निराश - हताश पर उचित लोगों को उनके हक का वह सबकुछ मिलेगा जिसके वे हकदार हैं।

अब, आप सोच लो, आप किस "कैटेगिरी" में आते हो, "एटिट्यूड" वालों की में तो संभल जाओ, और नहीं तो वक्त तुम्हारा है।

जिंदगी इज "जस्ट दू से"

सपना शर्मा
एफ.वाय.बी. कॉम.

सौहार्द्र पूर्ण जीवन



चेतन मन, चेतन जीवन शैली, चेतन विचार चेतन जिंदगी शायद यही आज की युवा पीढ़ी की सोच है। इक्कीसवीं सदी के हर एक व्यक्ति की यही सोच है। वह सोचते हैं कि यदि वह अपने जीवन चेतन से व्यतीत करना चाहते हैं तो उन्हें अपनी जीवन शैली बदलना होगा। परंतु ऐसा नहीं है। आप अपनी जिंदगी में भी चेतनमय रह सकते हैं।

चेतन मनुष्य की विशेषता है इसी कारण उसे जीवित प्राणी समझा जाता है। मनुष्य चेतनायुक्त प्राणी है, अतः कोई भी क्रिया करने के पहले वह उसके परिणाम के बारे में भली प्रकार की सोच लेता है। और फिर उसका अनजाम बुरा होता है। उदाहरण के तौर पर देखा जाए तो आज की युवा पीढ़ी गंदी लत जैसे की शराब, धूम्रपान की ओर आकर्षित हो रही है। उन्हें पता है की इसका परिणाम बुरा होता है। फिर भी वह चंद पल की मौज मस्ती के लिए यह करते हैं। गलतियों इन्सान से ही होती है परंतु अगर आप अपना ध्यान चेतन रखें तो कम होने की संभावना होती है।

चेतना का विकास सामाजिक वातावरण में होता है। मनुष्य में चेतन अंदर की मन से और आत्मा से निर्माण होती है। चेतना कोई मूल या नैतिकता का पाठ नहीं है जो किसी भी व्यक्ति का पढ़ा दे और वह उस प्रकार से व्यवहार करने लगे। कहा गया है कि चेतन वह तत्व है जिसमें ज्ञान की भाव की और व्यक्ति, को क्रियाशीलता की अनुभूति है। इसलिए हमें कहा जाता है कि अपनी जीवन में हमेशा सतर्क रहें। सतर्क अपने समाज में रहें अपने कार्य करें या बोली हमेशा चेतना का विचार कर ही बोले। चेतना जीवन में मूल्य है क्योंकि चेतना एक चित्रण है।

कुंदन दास
एस.वाय.बैफ.

आजकल हम देखते हैं कि माँ-बाप अपने बच्चों को डेकेयर में डालते हैं। ताकि वो काम पर जा सके। ताकि वो अपने बच्चे के प्रभावी भविष्य के लिए पैसे जुटा सके। और बच्चे को किसी बात की या किसी चीज की कमी ना हो। माँ-बाप को लगता है की हमारा बच्चा आनंद से रहे। पर क्या सच में डेकेयर में बच्चा उतना खुश रह पाता है जितना वो अपने माँ-बाप के साथ रहता है। मैं डेकेयर के खिलाफ नहीं हूँ या उनको गलत भी नहीं ठहरा रहा हूँ। वो विषय अलग है। पर होता ये है की वो दिन भर माँ-बाप को छोड़कर अनजान लोगों में रहता है। उसकी वजह से कुछ बच्चे अठेला महसूस करते हैं और कई बार उदास भी रहते हैं। उन्हें अपने मन की बात करने के लिए कोई नहीं मिलता क्योंकि माँ-बाप काम से आकर थक जाते हैं। फिर उनकी उससे बात नहीं हो पाती। फिर वो अपना अकेलापन दूर करने के लिए दोस्त बनाता है। और उनके साथ दिनभर रहता है। फिर वो दोस्त कभी उसे अच्छी आदतें लगाते हैं या फिर बुरी चीजों की लत लगा देते हैं। फिर दिन भर दूसरों लोगों में रहने से बच्चों को उनकी आदत लगती है और ये सिलसिला चलता ही जाता है। वो बच्चा अपने माँ-बाप से ज्यादा अपने दोस्तों को वक्त देने लगता है। और फिर समाज कहता है कि बच्चा बिगड़ गया है उसे बुरी संगत लग गई है। और जिसके कारण माँ-बाप और बच्चों में तनाव बढ़ता है और घर में झगड़े होना शुरू हो जाते हैं। जिसके बच्चा थोड़ा बड़ा होते ही माँ-बाप से अलग रहने का सोचता है फिर रिश्तों में दूरियाँ आती हैं। उसका परिणाम ये होता है की माँ-बाप अपने आप को दोषी मानते हैं। अपने आप को कोसते हैं। उन्हें लगता है की उनके ही कही पालन-पोषण में कमी रह गई होगी। जो की नहीं हुआ होता है।

तो अब यहाँ पर एक बड़ा सवाल उठता है अब इस स्थिति में दूर रहकर सोचते हैं की वे अपने बच्चों के अच्छे भविष्य के लिए अगर ज्यादा कमाएँ तो अपने बच्चों को वो सब दे पाएँगे जो वो उसे देना चाहते हैं। वे उसे वो हर चीज का सुख पाएँगे जो उन्हें अपने बचपन में नहीं मिला था। या फिर वो बच्चा जिसे शुरूआत में अपने माँ-बाप का उतना समय नहीं मिल पाता जिसका वो सबसे ज्यादा हकदार था। और कमी भरने के लिए

उसके जीवन में कुछ दोस्त आते हैं जिनका उससे अच्छा और मजबूत रिश्ता है। उसे अब उनकी आदतें लग गई हैं उन्हें ज्यादा समय देना है और अब घर से ज्यादा वो अपने दोस्तों के बीच रहता है। याद रखिये आदतें और लत लगना आसान होता है उन्हें छोड़ना उतना ही मुश्किल। तो अब इस स्थिति में गलत कौन है?

गलत कौन है?

अभिलेख विश्वनाथ रहाटे
एफ.वाय.बी. काम.



बचपन

एक बचपन का जमाना था,
जिस में खुशियों का खजाना था।
चाहत चोंद को पाने की थी।
पर दिल तितली का दीवाना था।

खबर ना थी कुछ सुबह की।
ना शाम का टिकाना था
थक कर आना स्कूल से,
पर खेलने भी जाना था

माँ की कहानी थी।
परियों का फसाना था
बारिश में कागज की नाव थी।
हर मौसम सुहाना था ...

रौने की वजह ना थी।
ना हँसने का बहाना था ...
बर्थू हो गए हम इतने बड़े।
इससे अच्छा तो वो बचपन का जमाना था ...
वो बचपन का जमाना था

स्नेहल हेबबाल्कर
एस.वाय.बी.काम.

जीने का तरीका

जीना हो हमारा ऐसा जीना।
जिसमें शामिल हो हँसी का खजाना।
फास्ट फूड की इस दुनिया में।
रोटी सब्जी भी खाया करो।

ठंड से दूर रहने वालों।
कभी पहली बारिश में भीगा करो।
जन्म दिन पर खाते है मेवा।
किया करो थोड़ी गरीबों की सेवा।

मोबाईल इंटरनेट की दुनिया में।
दूर हो गए परिवार।
इस तरह से तो कौन।
करेगा माँ-बाप के सपने साकार।

वक्त परिवार के साथ बिताओ।
अपना होने का हक जताओ।
काम करो नन्ही सुई जैसा।
जो करती हो काम फटा सीने का।

काम करो कुछ ऐसा
पूरा हो मकसद जीने का।
यही होना चाहिए,
तरीका सबके जीनेका।
तरीका सबके जीनेका।

साक्षी राजेंद्र ओसवाल
एफ.वाय.बैफ.



गीत जीवन का गाना है

गीत जीवन का गाना है।
जो हुआ उसे मूलाना है।
आगे-आगे बढ़ते रहें।
गीत जीवन का गाना है।

हम सभी जानते हैं कि मनुष्य आज अनियंत्रित है। लेकिन फिर भी हर कोई अपने जीवन जीने का आनंद लेता है।

हर पीढ़ी के रहने का अंदाज ही अलग है, आपके शब्दों में रश्मि जलसमश नई पीढ़ी अपने अंदाज पर अपना जीवन जी रही है। उन्हें किसी का भी चिंता नहीं है। सांसारिक मनुष्य कुल का क्या हो सकता है? इस सोच में है। पर इस चिंता में जग रहे हैं, तो दादा-दादी का जीना अपने पोता-पोती के प्यार में जीने के लिए रहता है। पर ये करते-करते कभी प्रकृति हमें आतंकवादी डकैती, मारपीट, दंगल इनका भी सामना करने लगाती हैं। पर हर किसी को उससे ही आगे बढ़ना पड़ता है। क्योंकि उन्हें पता है की ये समय भी निकल जाएगा। यह वाक्य सुखी और दुःखी ऐसे दोनों व्यक्ति को याद रखना चाहिए तभी हर एक व्यक्ति अपने रश्मि जलसमश को सही तरह से ले जा सकता है।

अंजना नायर
एफ.वाय.बी काम.

जिन्दगी

न जाने कब ऐसा दिन आगया।
रोते हुए हम मुस्कुराने लगे।
जिन्दगी किसी के लिए रुकती नहीं
ये अपनेआप को समझाने लगे।

कोई मुस्कुराहट देने नहीं आयेगा
ये सोचकर हँसना जिन्दगी है।
धूप में खुद अपनी छाँव बनना जिन्दगी है।
रूठ के मान जाना, जिन्दगी है।

खुशी मिलेगी कभी किसी राह पर।
ये सोचना जिन्दगी नहीं।
छोटी-छोटी बातों में खुशियाँ ढूँढना जिन्दगी है।
थक कर भी अपनी मंजिल की तरफ बढ़ना जिन्दगी है।

पैसा कमाकर क्या कर लिया जमानेने।
तुम भी यही हो, हम भी यही है
ये जिन्दगी है।

प्रेरणा रामटेके
एफ.वाय.बीफ.

हाँ वो भी एक जमाना था

एक बचपन का जमाना था।
जब यूँ ही खिलखिलाना था।
सुबह स्कूल को जाना था।
पढ़ लिख कर सहेलियों से मिलना था।
आकर मों के हाथों खाना खाना था।
और उन्हें हमें पढ़ा लिखाकर आगे बढ़ाना था।
हाँ, वो भी एक जमाना था।

खेल कूद में बीत जाता था दिन
निश्चिंत होकर जीवन से फिर
परिवार संग समय बिताने थे।
सहेलियों संग खेल आते थे।
यही थी एक छोटी सी दिनचर्या।
यही थी हमारी जीवन क्रिया।
हाँ, वो भी एक जमाना था।

चले गए वो खेल कूद के दिन चला गया वो बचपन।
पढ़ा लिखाकर मों ने आगे बढ़ाया है।
समय को हमसे दूर भगाया है।
है तो बस अब समय का इंतजार।
इंतजार है तो बस परिवार संग बातें करने का।
इंतजार है तो बस सहेलियों संग समय बिताने का।



पर्यावरण

पेड़ लगाओ पर्यावरण बचाओ
कुछ हजार वर्ष पहले पृथ्वी कि दशा
ऐसी नहीं थी। काफी सारे पेड़ पौधे, जानवर
और पक्षी हुआ, करते थे इस पर
इस वक्त सिर्फ प्रदूषण ही प्रदूषण है
आज कल के लोगों को
सिर्फ अपने काम से मतलब रहता है
“पेड़ कहे मुझको मत काटो”
काटने वालों को तुम पकड़ो
समय किसी के लिए नहीं रुकता और
अगर जल्दी ही हमने कुछ नहीं किया
तो पर्यावरण को बचाना नामुमकिन हो जायेगा और आने
वाले समय में जीना असंभव हो जाएगा
प्रकृति जीवन का पालन करती है
लेकिन जब इसके साथ दुरव्यवहार होता है या
मजाक होता है। तब भी ये खागोश
ही रहती है। लेकिन प्रकृति जब उस
व्यवहार का जवाब देती है तो
रह जाता है बस प्रलय
आखिर में तो बस में कबीर दास
के दोहे के दो वाक्य कहना चाहूँगी
“कल को सो आज करे आज करे सो अब
पल में परलै होएगी बहुरी करेगा कब”।

जागृति सिंह
एफ.वाय.बैफ.

श्री मेघा संतोष
एफ.वाय.बैफ.

मैं बोझ नहीं हूँ

शाम हो गई अभी तो घूमने चलो ना पापा।
चलते चलते थक गई कंधे पे बिठा लो पापा।
अँधेरे से डर लगता सीने से लगा लो ना पापा।
मम्मी तो सो गई। आप ही थपकी देकर सुलाओ ना पापा।

स्कूल तो पूरी हो गई।
अब कॉलेज जाने दो ना पापा।
पाल पोस कर बड़ा किया।
अब जुदा तो मत करो ना पापा।

अब डोली में बिठा ही दिया तो
ऑसू तो मत बहाओं ना पापा।
आपकी मुस्कराहट अच्छी है।
एक बार मुस्कराओं ना पापा।

आप ने मेरी हर बात मानी।
एक बात और मान जाओ ना पापा।
इस धरती पर बोझ नहीं मैं।
दुनिया को समझाओं ना पापा।

अंजू सीताराम पारेख
एस.वाय.बी.काम.

दोस्ती

दोस्ती, लडती है, झगडती है।
पर, प्यार भरी बातें भी करती है।

दोस्ती, रोती है, रुलवाती भी है।
पर ऑसू भी पोछती है।

दोस्ती, निभाने का करती है।
पर, क्षणभर में भूल जाती है।

दोस्ती, मार खाती है, खिलवाती भी है।
पर, दिल में कभी चॉट नहीं पहुँचाती है।

तो ऐसी दोस्ती, दोस्तों के पास बुलाती है।
और चुपके से खिलती है।
माफ करना या, दोस्ती में सब जायज है।

कोमल संतोष शिडे
एफ.वाय.बी.काम.



जिंदगी

जिंदगी में बहुत कुछ है।
कोमलता है कम क्यों ?

लिखी तो खुश-नसीबी थी।
मिलता है गम क्यों ?

मौत तो आती नहीं।
छुटते है दम क्यों ?

जहाँ है जाल शिकारी का।
फसते है हम क्यों ?

सुनीता राजेंद्र पंडित
एफ.वाय.बी. काम.



जीवन

कहाँ से आए हो। कहीं जाओगे।
क्या लाए हो। क्या देकर जाओगे।
इन्हीं सवाल जवाब के खेल में।
बीत रहे है सब पल।
अगर इसे जिंदगी कहते है।
तो मुझे नहीं समझना इसे।
ये कायदे कानून, मुझे नहीं समझना
दीवार दरवाजों के पीछे।
कही मौज तो कही शर्मिंदगी।
अगर इस दोमुहे जीवन को
इज्जत कहते है।
तो मुझे नहीं समझना।
वो कहते है।
बच्चे भगवान का रूप होते है।
फिर उन्हीं को सिखाना।
बडो के साथ कैसे रहते है।
अगर इस दोमुहे जीवन को
तहजीब कहते है।
तो मुझे नहीं समझना।
जो खुद, कल अपना फैसला नहीं ले पाए।
आज अपने फैसले उनके हाथ ध्यान देना।
अगर से समझदारी कहते है।
तो मैं ना समझ नहीं सही।
लकड़े हो तो। लकड़े रोते नहीं।
ऑसू छुपाओं पत्थर बन जाओ।
अगर इसे कूयत कहते है।
तो मैं सबसे ज्यादा कमजोर।
घलो कमजोर ही सही।
कायर तो नहीं।

कोमल संतोष शिडे
एफ.वाय.बी.काम.

कान्हा की लीला

कृष्ण के तेज से फूली समायी ना राधा।
राधा कहे तुमबिन चोंद भी है आधा।
तुम दोनो हो एक ऐसा हमने माना।
तुम्हारे इस रूप को भाए सारा जमाना।

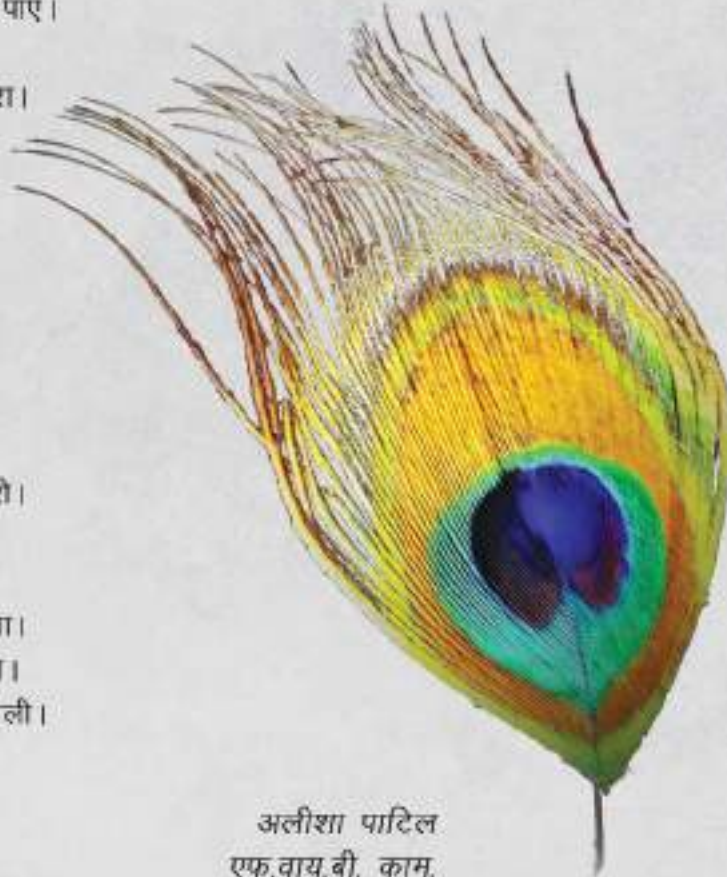
वृंदावन में रास रचाये।
दिल को तो आनंद ही पाए।
सौंवलासा रूप है तेरा।
गोपियाँ कहती तू है मेरा।

बॉंसुरी से आली है।
मधुर कोई गीत।
दिल बहलाती है।
कान्हा तेरी प्रीत।

मोर पंख शीश धारी।
तू है गोवर्धन गिरधारी।
सब नटखट लीलाएँ तरी।
लगती हमको प्यारी।

हर युग में अवतार लिया।
पापियों का संहार किया।
वृंदावन में आयी खुशहाली।
कान्हा तेरी भाए लाली।

अलीशा पाटिल
एफ.वाय.बी. काम.



पिता

मेरा साहस मेरी इज्जत मेरा सम्मान है पिता।
मेरी ताकत मेरी पूंजी मेरी पहचान है पिता।

घर की एक-एक ईंट में शामिल उनका खून पसीना।
सारे घर की रीनक उनसे, सारे घर की शान पिता।

मेरी इज्जत मेरी शोहरत मेरा रूतबा मेरा मान है पिता।
मुझको हिम्मत देनेवाले, मेरा अभिमान है पिता।

सारे रिश्ते उनके दम से सारे नाते उनसे है।
सारे पिता घर के, दिल की धडकन, सारे घर की जान।

शायद रब ने देकर भेजा फल ये अच्छे कर्मों का।
उसकी रहमत उसकी नेअमत उसका है वरदान पिता।

अंजू सीताराम पारेख
एस.वाय.बी. काम.

नैतिक मूल्यों का पतन

अलीशा पाटिल
एफ.वाय.बी. काम.



हो रहा है, आज ... हमारे नैतिक मूल्यों का पतन कर।
रहे हैं छात्र ... कॉम्प्युटर शिक्षा पाने का प्रयत्न।

दे रहे हैं सीख ... हर विद्यालय के अध्यापक कि
प्रोजेक्ट पूरा करो अपना गूगल पर से डाउनलोड ले कर।

अभिभावकों की क्या कहें वो खुद बन चुके हैं।
शुद्धकंपन्यवत्तर अगर अध्यापक की न सुने तो सहना।
पड़ेगा संतान को तनकम ठमीअपवनतर

लगाकर दिया शब्दजमतदमजर उन्हें, सोचा कि वो कक्षा में।
अव्वल रहेंगे बेचारें क्या समझे की वो।
प्रोजेक्ट के बहाने शब्दजमतदमजर पर शर्बेजपददश करेंगे।

रात दिन शब्दमइववा जूपजर हो रहे।
जीरों से, सुबह में आँखे मलते हुए,
कहाँ, कि छुट गए अपने सपनों से।

भाग रहे हैं स्कूल जल्बी-जल्बी से अपना बस्ता टोंगे,
न की पूजा, न दिया आदर बड़ो का
लगा दिया सब का सम्मान ठिकानें।

क्लासरूम में ईतंतजचीवदमर हैं बन गया एक और।
नया फैशन शब्दजमतदमजनतपिददर की नसीहतें देने का
बन गया एक और शर्बेजपददश

शुद्धकंपददहैलेजमतदर बन गया है। शुक्नबंजपवदर का एक और।
बवाल श्मपहीज ब्रेश तक तो नहीं रहा अब शर्बेजपददर उन्हें
होने का कोई सवाल।

एकता

आओ मिलकर देशवासियों, गाएँ हम एक गीत।
धर्म चाहे जो भी, रहे हमारे दिल में प्रीत।
तोड़ना चाहते आतंकी, मेरे देश की गीत।

नफरत के दिलों में, प्रेम के दीप जलाये।
मानवता हमको यही सिखाती, सबको गले लगाये।
जात-पात, भेद-भाव और ईर्ष्या,
भूलकर मानवता का पाठ पढाये।

छुप-छुपकर वार करना, दुश्मनों को है भाता,
कभी मस्जिद, मन्दिर, कभी ताज व आँबराय,
कभी राम-रहीम को देके दुहाई।
क्यों लेते हो तुम मानवता की हाय।

जैसमिन मारुफ
एस.वाय.बी.काम

आज का सच

क्यों जिंदगी हमें ऐसे मोड़ पर ले आती है।
कभी धूप तो कभी छोंव हो जाती है।
कहना तो चाहते हैं बहुत कुछ लेकिन।
फिर जुबान कहीं थम-सी जाती है।

आज हर आदमी एक मशीन बनता जा रहा है।
फूल की चाहत में कोंटो पर चलता जा रहा है।
कुछ पाने की चाहत तो बहुत है इनमें।
पर, रास्ते से कहीं भटकता जा रहा है।

जरा संभल के चलना इन रास्तों पर यारों।
मानूली कंकड़, भी कभी बड़ा घाव दे जाते हैं।
दूसरों से क्या आशा रखना अब।
बुरे वक्त में अपने भी साथ छोड़ जाते हैं।

अब जिंदगी से भी क्या खफा होना दोस्तों
मुश्किलें तो सभी के जीवन में आती हैं।
इन गुरीबतों का हँसकर सामना करना।
ऐसी बड़ी सीख दे जाती है।
और जो इस सत्य को अपना ले।
वही महान हस्ती कहलाती है।

रूपाली राजेंद्र ठाकूर
एस.वाय.बैफ.

जिन्दगी

जिन्दगी है छोटी, हर पल में खुश हूँ।
काम में खुश हूँ, आराम में खुश हूँ।

आज पनीर नहीं, दाल में ही खुश हूँ।
आज गाड़ी नहीं, पैदल ही खुश हूँ।

आज कोई नाराज है।
उसको इस अंदाज में ही खुश हूँ

जिस को देख नहीं सकता।
उसकी आवाज से ही खुश हूँ।
जिसको पा नहीं सकता।
उसको सोच कर ही खुश हूँ।

बीता हुआ कल जा चुका है।
उसकी मीठी याद में ही खुश हूँ।
आने वाले कल का पता नहीं।
इंतजार में ही खुश हूँ।

हंसता हुआ बीत रहा है पल।
आज में ही खुश हूँ।
जिन्दगी है छोटी, हर पल में खुश हूँ।

अगर दिल को छुआ।
तो जवाब देना।
वरना बिना जवाब के भी खुश हूँ।

स्वच्छ भारत

सौम्या ठाकुर
एफ.वाय.बैफ.



स्वराज कोपरकर
एफ.वाय.बैफ.

भारत को स्वच्छ बनाना है।
भारत को ऊँची मंजिल तक पहुँचाना है।

बहुत कठिन परिश्रम करके।
हम सबको यह मिल करके।
सम्भव कर देना है।
भारत को स्वच्छ बनाना है।
भारत को ऊँची मंजिल तक पहुँचाना है।

होगा जब ये भारत स्वच्छ।
सब जन होंगे तभी स्वस्थ।
सबको यही समझाना है।
भारत को स्वच्छ बनाना है।
भारत को ऊँची मंजिल तक पहुँचाना है।

धरती को अमृत को।
जिसे हम कहते हैं, जल।
उसे मोती सा चमकाना है।
भारत को स्वच्छ बनाना है।
भारत को ऊँची मंजिल तक पहुँचाना है।

लोगो को यह संदेश अपनाना है।
प्लास्टिक को दूर भगाना है।
यह बात हमें समझाना है।
भारत को स्वच्छ बनाना है।
भारत को ऊँची मंजिल तक पहुँचाना है।

आओ मिलकर करे संकल्प
संग दूँदलेंगे कई उपाय।
गन्दगी को दूर भगाना है।
भारत को स्वच्छ बनाना है।

संतुलित जीवन उपयोगी जीवन

अंकित जयसवाल
एफ.वाय.बी.काम.



हमारे जीवन को बेहतर बनाने के लिए यह अति आवश्यक है कि हम यह समझें कि हमारा मन कैसे कार्य करता है। चेतन और अवचेतन मन क्या है। और कैसे हम मन की शक्ति को समझकर अपने जीवन को बेहतर बना सकते हैं।

मनोविज्ञान में मनुष्य के मन को अलग अलग भागों के रूप में देखते हैं। मुख्य रूप से मन को दो भागों – चेतन मन एवं अवचेतन मन के रूप में बाँटा गया है।

चेतन या अवचेतन मन का विभाजन कोई वास्तविक भौतिक आधार पर नहीं किया जाता बल्कि यह तो एक मनोविज्ञान की अवधारणा को समझकर हम अपने जीवन में एक बड़ा परिवर्तन ला सकते हैं।

चेतन मन हमारी चेतन या सक्रिय अवस्था है। जिसमें हम सोच, विचार और तर्क के आधार निर्णय लेते हैं। या कोई कार्य करते हैं।

अवचेतन मन एक संग्रह क्षेत्र की तरह है, जो हमारे सभी विचारों, अनुभवों, धारणाओं को संग्रहित करता है। अवचेतन मन तर्क एवं सोच विचार के निर्णय नहीं लेता बल्कि यह हमारे पिछले अनुभवों एवं धारणाओं के आधार पर स्वचालित तरीके से कार्य करता है।

अवचेतन मन एक रोबोट की तरह है। अवचेतन मन स्वयं अच्छा बुरा सोच नहीं सकता, वो केवल पहले से की गई आदेशों अनुसार स्वयंचलित कार्य करता है।

हमारे हर एक विचार का हमारे अवचेतन मन पर महत्वपूर्ण प्रभाव पड़ता है। यह कह सकते हैं कि हम जो कुछ भी सोचते हैं या करते हैं उससे हमारे अवचेतन मन का चलना होता है। फिर बाद में धीरे-धीरे अवचेतन मन उस कार्य को निम्त्रित करने लगता है।

हमारी आदतों और धारणाओं का निर्माण भी ऐसे ही होता है और बाद में वह आदत स्वचलित रूप से अवचेतन मन के द्वारा नियंत्रित होती है।

चेतन मन को विचारों का चौकीदार भी कहा जा सकता है। दरअसल हमारा हर विचार एक बीज की तरह है और हमारा अवचेतन मन एक बगीचे की तरह है। हमारा चेतन मन यह निर्णय करता है कि अवचेतन मन में कौनसा बीज बीना है और कौनसा नहीं।

गहन चिंतन और मेडिटेशन के द्वारा हम अवचेतन मन को पूर्ववत करके उसे हमारे अंदर आंकलित कर सकते हैं। इस तरह हम चेतन मन कि वजह से हमारा जीवन 'उच्चतर जीवन शैली में परिवर्तित हो जाता है।

मराठी



संपादकाच्या नजरेतनू

मला सर्वापेक्षा वेगळ काहीतरी करणं हे नेहमीच आवडते. परंतु अशी ही संधी आपल्याला कधी मिळेल याचा विचार केला नव्हता व ती संधी म्हणजे आपल्या कॉलेजच्या मॅक्झिम स्पेक्ट्रम २०१८-२०१९ या शैक्षणिक वर्षाच्या संपादक पदाची॥ आपल्याला हे कार्य लीलया पार पडता यावं म्हणून थोडी भिती वाटली कारण संपादकाला आपल्या कॉलेजच्या विद्यार्थ्यांमध्ये दडलेल्या कलागुणांना सर्वासमोर आणायचं असतं.

जागतिकीकरणामुळे आपली भारतीय संस्कृती एक वेगळ्या दिशेला वळण घेत असल्याचे दिसते. बदलत्या जगासोबत बदलणे ही काळाची गरज जरी असली तरी जुनं ते सोनं हे देखील तितकेच खरे आहे. आज सर्व समाज आपलं अस्तित्व सिद्ध करण्यामागे जाण्याची खरी मजा गमावून बसला आहे. समाजाचं नैसर्गिक जीवन बदलून ते नाटके झालेला आहे आज वाटतं. जो तो, माझा समोरच्या व्यक्ती वर काय प्रभाव पडेल याचा विचार जास्त करताना दिसतो व त्या विचारामुळे आपण आपल्या मनाविरुद्ध वागत जातो हे कुणाच्या लक्षात देखील येत नाही. परिणाम: आपल्या मनाला आपणच दुखावतो व मानसिक ताण ओढवून घेतो. कॉलेजनी हाच विषय निवडण्याचे मूळ कारण म्हणजे, आपल्या भारताचा स्तंभ म्हणजे आपली आजची पिढी, ही आपले आचरण कसे असावे योग्य तो विचार करून आपले मानसिक संतुलन कायम ठेवो हे आहे, कारण मन निरोगी तर शरीर निरोगी आणि शरीर निरोगी तर आपण कोणतेही शिवधनुष्य पेलू शकतो. आपल्या विद्यार्थ्यांनी विषयाला अनुसरून योग्य ते विचार मांडले आहेत. काहींना समाजात नेहमी घडणाऱ्या विषयांना वाचा फोडली आहे.



प्रोफ. रश्मी रोहन घोसाळकर.



कु. सादिक मो. आलम शेख
(एस. वाय. बी. एस. सी. आय)

सकारात्मक दृष्टिकोन

विसाव्या शतकात जागतिकीकरणे फार वेग घेतला आहे. अगदी दहा वर्षांपूर्वी अशक्य वाटणाऱ्या गोष्टी शक्य झाल्या आहेत. महिलाही पुरुषांनग्न्या खांदयाला खांद्या लावून बरोबरीने काम करताना आपल्या दिसून येतात. यंत्राची गरज दिवसें दिवसी वाढताना दिसत आहे. माणूस म्णजे आपणच पैसा या गोष्टीच्या मागे इतका व्यग्र झालोत की आजूबाजूला घडणाऱ्या घटनांमध्ये आपले भावनिक नाते संपत आले आहे. 'अरे वाइट झालं' या वाक्याखेरीज आपण पुढे त्या गोष्टीची दखल घेत नाही आणि बरसं जीवन तसंच पुढे रेटत राहत.

आपल्याला आयुष्यात सुद्धा असे छोटे-माळे प्रसंग रोज येत असतात पण काही वेळेस मग गिळून गप्प बसण्याखेरीज उपाय नसतो. हल्लीच्या तरुण पिढीच्या मुखातून 'जिवनाला विटनोय', 'बॅस खूप विचित्र आहे', 'नोकरीचा कंटाळा आलाय', अशी वाक्ये ऐकण्यास येतात. वरिष्ठ पदावरील लोकांकडून मिळणारी वागणूक तरुण पिढीला सहन होत नाही. आणि त्यामुळेच आज भारतातील ४५-५० टक्के तरुण डिप्रेसनचा शिकार झालेला दिसतात. अमेरिकेत सुद्धा हेच प्रमाण आहे. पण पूर्णतः खचून जाणे हा पर्याय नाही. मी रोज तिकीट काढून प्रवास करते तरीही मला जागा मिळत नाही आणि जरी बसायला जागा मिळाली तरी ट्रेन स्वच्छ नसते. मग मी तिकीटाचे पैसे का द्यायचे असा प्रश्न सरकारला तिथे करू शकत नाही. मला कायद्याने जावं लागते आणि प्रश्न केलाच तरी त्याचे उत्तर येईलच किंवा सुधारणा होईल ही शक्यता दुर्मिळ बॅस किंवा वरिष्ठ पदावर असणारे लोक म्हणजे सरकार आणि आपण सामान्य लोक. आता बॅसच्या राज्यात राहून तुम्ही न्यायाला उलट प्रश्न करू शकत नाही आणि धाडस करून केलात तर पुढे काय होईल सांगता येत नाही. पण यातून एक उपाय म्हणजे बॅसला सुद्धा तुम्ही पटवून द्यायला हवे की आमच्या आयुष्यात सुद्धा वैयक्तिक जबाबदाऱ्या असतात मग त्यानुसार मला झोपेत लेवढंय काम मी करेन.

घार-पाघ सुनापेकी सासुबाईच्या राज्यात कोणतीतरी एकच सूनबाई तग धरून व्यवस्थित टिकून राहू शकते. तसंच तुमच्या ऑफिसमध्ये वरिष्ठांचा एक खास असतो. तसे होण्याच प्रयत्न करता आला पाहिजे. आपल्या बॅसच्या मनात काय चालू आहे याचा आढावा कर्मचाऱ्यांनी घेतला पाहिजे. प्रत्येक वेळेला बॅसची चूक असेल असे नाही. आपण सुद्धा अशा वेळेस आपली चूक कबूल करून घटना व्यवस्थित करण्याचा प्रयत्न करावा. अखेर यातूनही चांगले होईल असा विचार करावा. पुढे तुम्ही सुद्धा बघती मिळाल्यावर कोणाचे ना कोणाचे वरिष्ठ व्हाल पण सला हातात असल्यावर तुम्ही कसे वागतात हे महत्वाचे. प्रसंग कोणताही असो त्यात सकारात्मक दृष्टिकोन ठेवायला हवा. अगदी प्रबळ इच्छाशक्ती तुमच्या जालेल्या प्रसंगात बदल करू शकते. पण जर हा अनुभव घ्यायचा असेल तर मानसिक आरोग्य उतम पाहिजे. त्यासाठी शारिरीक स्वीय हवे व्यायाम, सद्धा आणि योगाभ्यास ही त्रिमूर्ती अवलंबिली पाहिजे. मानसिक

आरोग्यासाठी दररोज हसा आणि त्यात कष्ट नस्तात. अगदी लहान गोष्टीपासून सुरुवात करायची झाला तर स्वतःला मदत करा. स्वतःशी धर्षा करा. तेव्हा तुम्हाला समजेल की आपण कुठे कमी पडतो. मग त्यावर उपाय करायला सुरुवात करा. स्वतःला छोटे छोटे चांगल्या सवयी लावून घ्या. अगदी सकाळी नाश्ता करूनच कामाला जायचे हे ठरवूनच रात्री झोपा आणि समाजात होणाऱ्या प्रत्येक गोष्टीवर आपण नियंत्रण ठेवू शकत नाही मग 'स्व' म्हणजे आपण सकारात्मक बदल करूया जेणे 'स्व'चे आरोग्य निरोगी, उत्साहित राहिल. आजकालच्या भाषेत बोलायचं झालंतर हॅशटॅग हेल्थी ऑपॅड हॅप्पी.

छत्रपती शिवरायांनी बुद्धीच्या आणि मनगटाच्या जोरावर स्वराज्यच नाही तर त्याचे सुराज्य केला. समर्थ रामदास स्वामी यांसारखे त्यांचे गुरू होते. जिजाऊ माऊली सारखी कणखर, प्रेमळ आई यांच्या जवळ होती. औरंगजेबासारखा दुष्ट यवन होता. आता आपल्या आयुष्यात आपले स्वराज्य म्हणजे परमेश्वर ज्याचावर आपली पूर्ण श्रद्धा आणि निष्ठा असली पाहिजे. आपली माऊली म्हणजे आपले कुटुंब, जे आपली ताकद म्हणून प्रसंगी उभे राहते. आणि शत्रू म्हणजे जे लोक शस देतात. आता स्वराज्य स्थापन करायचे आल्यास सामर्थ्य आणि सदसद विवेक बुद्धी पाहिजे. त्यासाठी परमेश्वरावर विश्वास ठेवा. ज्याप्रमाणे त्या ईश्वराने जन्माला घातला आहे, तरुन नेणारा तोच आहे. फक्त त्याच्यावर संपूर्ण विश्वास ठेवा आणि व सकारात्मक दृष्टिकोन बाळगा. हॅशटॅग स्टॅ पॉसिटिव्ह ऑलवेज.

अंजली अभय सावंत
एस. वाय. बी. एस. सी. आयटी



आपला जीवनप्रवास

प्रत्येक माणूस आत्मप्रतिमेशी सुसंगत वागतो, कोणताही माणूस आत्मप्रतिमेशी विसंगत वागत नाही. म्हणूनच की काय... या नैसर्गिक जगात आपण कोणाशीही सहजपणे वेळ पडली की खोट बोलू शकतो पण स्वतःच्या मनाशी नाही. जगात एक आदर्श माणूस म्हणून जगताना तुम्हाला कोणाच्या तरी साथीची गरज असते. अशावेळी निसर्गाने प्रत्येक सजीवाला वेगळी दिलेली एकच गोष्ट ती म्हणजे मन. मन हे प्रत्येक सजीवाचा एक मित्रच जणू ! जो तुम्हाला प्रसंगानुरूप परिस्थितीचे खूप पडसाद दाखवतो आणि त्यातून तुमच्या स्वप्नांकडे जाण्याचा एक खडतर पण योग्य मार्ग. एखादे स्वप्न साध्य करताना त्यातून एक गोष्ट मिळणे खूप भाग्याचं असतं आणि ती म्हणजे आनंद. यशाच्या मार्गावर वाटचाल करत असताना यशाची अपेक्षा न करता या मार्गातून स्वतःला स्वतःसाठीच दिलेला आनंद खूप विलक्षण!

एकविसाव्या शतकात जागतिकीकरण, स्पर्धा, ताण-तणाव बदललेली कुटुंबव्यवस्था सामाजिकता यामुळे मन गंगेचा प्रवाह बेफाम खवळलाय फक्त काही जणच या मनगंगेत आनंदाने पोहू शकतात. पुढे पुढे जाऊ शकतात निर्विघ्नपणे! पण काही जण मात्र काळावरच उभे! त्यांना या मनगंगेचे हे रूप अगदी नवीन त्यांना भीती वाटते त्याची या ताणतणावांच्या लोंढ्यांची आणि त्यातून मार्गक्रमण करण्याची. कदाचित याचमुळे त्यांचे जीवन अगदी स्तब्ध, रूढ, कोरड होऊ शकतं पण इतरांना पाहून त्यांच्या मनातही एक नवी उमेद साद घालते आणि तेव्हा तेही या मनगंगेत पूर्णपणे उतरतात. आता त्यांची जणू परीक्षाच यासाठी त्यांना गरज असते ती मार्गदर्शनाची सध्याच्या जगात तुम्हाला खूप माणसे तुमचे जिवलग, नातेवाईक तुमचे सखे-सोबती आणि कदाचित अनोळख्या व्यक्तींकडून तो मार्ग सुखकर करण्यासाठी येणारे वेगवेगळे अनुभव किंवा त्यांचं सांगणं एकच गोष्ट वेगवेगळ्या पद्धतीने करता येऊ शकते हे लक्षात येते. पण तेव्हा तुम्हाला स्वतःच्या मनाला संश्रमित न करता एक निर्णय घ्यायचा असतो आणि तोही योग्य विचार करून. तेव्हा बरज असते, तुमच्या आत असणा-या मित्राची म्हणजेच तुमच्या मनाची आणि तुम्हाला ठरवायचं असतं.. ती म्हणजे तुमची जाणीवपूर्वक जीवनशैली..!

जाणीवपूर्वक जीवनशैली म्हणजे जणू तुमचा जीवनप्रवासाचा मार्ग म्हणजे तुम्हीच तुमच्या मनाची साद ऐकणं आणि मग तुमची आवड-निवड ठरवणं.. बोलताना सोप्य वाटत असलं तरी हे फार अवघड पण अशक्य नक्कीच नाही. हे करणं म्हणजे तुम्ही स्वतःलाच प्रश्न करणं.. का करतो आपण हे आणि कशासाठी? तुम्ही अमलात आणणाऱ्या प्रत्येक कृतीमागे लपलेलं असतं. एक छोटसं कारण! आणि मग चालू होते ती शोध मोहीम.. मनुष्य हा एक हुशार आणि संवेदनशील सजीव प्रत्येक कृतीमागे लपलेले असते ठरलेलं आणि मुद्दामून केलेले कृत्य ज्याच्या सोबत असतो एक आनंद जेव्हा तुम्ही इतर कोणाहीपेक्षा तुमच्या मनाच ऐकता, तेव्हा तुम्हाला जगण्यातला खरा आनंद मिळतो. जेव्हा तुम्ही जाणीवपूर्वक कोणाचेही न ऐकता, स्वताःच ऐकता, तेव्हाच तुम्ही स्वतःसाठी जगता जाणीवपूर्वक जीवन जगणं म्हणजे तुम्ही स्वतःच तुमच्या कृतीची,

निर्णयांची आणि पर्यायांची केलेली योग्य निवड. तुमच्या आवडी-निवडी आणि खरेपणा यावर तुमचं आनंददायी जीवन उभारलेलं असतं.

जेव्हा तुम्ही तुमच्या मनाचा ऐकता तेव्हा तुमच्यात एक सकारात्मक ऊर्जा मिळते आणि मग जगातली कोणतीही अशक्य गोष्ट तुम्ही साध्य करू शकता. आता प्रश्न पडतो तुम्ही असे का वागता? एखादी कृती करण्यामागे तुमची काय कारणे असतात. तर याचे उतर एकच ते म्हणजे आलेल्या परिस्थितीवर पूर्णपणे विचार करून त्यातून येणाऱ्या उतरांना वाट करून देणे. कदाचित काही परिस्थितीत आपले निर्णय चुकतील ही, पण त्यातून नकारात्मक गोष्टी बाजूला ठेवून आपण सकारात्मक गोष्टीकडे ओढले जातो. आणि आपल्या आयुष्यात कनाटणी देणाऱ्या वळणांना आपण सहजपणे सामोरे जाऊ शकतो तेही न इगमगता. जाणीवपूर्वक जगत असताना, तुम्ही तुम्हाला जे वाटते ते सहजपणे करू शकता आणि ज्या गोष्टी तुम्हाला पटत नाहीत, त्या बाजूला ठेवून तुम्हाला पटणाऱ्या गोष्टी करता.

जाणीवपूर्वक राहणं हे तुम्हाला तुमचे स्वतःचे निर्णय घेण्यात आणि तुम्हाला घडवण्यात महत्वाचे काम करते असे वागण्या मार्ग खूप वास्तविक कारणे असतात.. ते म्हणजे तुमच्या आयुष्यात घडणाऱ्या वाईट आणि चांगल्या प्रसंगावर. लोकांच्या गर्दीतून त्यांचे विचार बाजूला सारून स्वतःचे ठाम मत मांडण्यात पर्यंत आपल्याला उत्तेजन मिळते. हे असे जाणीवपूर्वक वागण्यासाठी तुम्हाला स्वतःला काही मार्ग निवडवे लागतील, काही प्रश्नांची उतरे स्वतःला शोधवी लागतील. तुम्हाला काय हवे आहे? तुम्हाला काय आनंद देऊ शकतं. तुमच्या सत्याशी तुम्ही ठाम आहात का? तुम्ही कोणासाठी जगता हे तुम्ही मान्य करू शकता का? समाजाचा पाठिंबा आणि अपेक्षांवर मात करू शकता का? धैर्याने चालू शकता का? जे मिळाले त्यात समाधान माणूस शकता का? भूतकाळ विसरून अविष्याकडे नव्या उमेदीने वाटचाल करू शकता का? शांतता आत्मसात करता येऊ शकते का? कोणाला न दुखावता तुमचा राग तुम्ही व्यक्त करू शकता का? एखादी गोष्ट साध्य करण्यासाठी येणाऱ्या अडचणींवर मात करू शकता का? आणि या सगळ्या प्रश्नांची उतरे तुम्हाला मिळाली तर तुम्हाला जगण्यातला खरा आनंद उमगेल. तुमचं आयुष्य खूप सोप्य आणि प्रेरणात्मक वाटायला लागेल.

"इरादे नेक हो तो सपने भी साकार होते हैं अगर सच्ची लगन हो तो रास्ते आसान होते हैं..." दुसऱ्यांसाठी जगताना स्वतःसाठी जगणे विसरायला नको. दुसऱ्यांना आनंद देताना त्यातून आपल्याला ही आनंद मिळणे तितकेच महत्वाचे. मित्र-मैत्रिणी हो हे जीवन इथेच संपते पण त्यामागील जाणिवेला क्षितीज नाही. साठा उतरांची ही कहाणी आपली सर्वांचीच, पाचा उतरी संपूर्ण करण्याचा आपण प्रयत्न करू, ती सफल मात्र सर्वांनी आपापल्या परीने व्हायची आहे.

धन्यवाद!!!

सोनल यु. जाधव.

एस. वाय. बी. एस. सी. आयटी.

जेव्हा जीवनशैली हा शब्द कानावर पडतो तेव्हा नक्की कोणता विचार मनात येतो हे सांगणे कठीण झालं आहे. आज आपण भारत देशात राहतो आपल्या देशातील प्रत्येक व्यक्तीची जीवनशैली ही खूप वेगळी आहे तसे बघायला गेलो तर आज २१व्या शतकातील लोक जीवनशैली ही त्याच्या राहणीमान व त्याच्या जॉब वरून जज्ज केली जाते. तसे बघायला गेलो तर प्रत्येक जण हा कोणत्या ना कोणत्या विचारत गुरफटलेल्या असतो त्याचे ते विचार त्याच्या अवतीभवतीचे वातावरण त्याच्या खाजगी आयुष्यातील प्रश्न तडजोड हे त्या व्यक्तीचे जीवनशैली घडवण्यामागचे महत्वाचे कारण असते. आज आपण सगळे जण रेल्वे, बस किंवा खासगी गाडीने प्रवास करतो आपण आपली जीवनशैली आपल्याला माहिती असते पण आपल्या अजूबाजूला असणारे वेगवेगळी लोक यांना बदल आपण कसे काय सांगू शकतो. आज नाही बोलो तरी करोडो लोक हेय आपल्या अवतीभवती सतत वावरत असतात. प्रत्येक जण आपल्या विचाराने आपले आयुष्य जगात असतो महत्वाचे असे कि प्रत्येकाची जीवनशैली ही संपूर्ण पणे त्याच्या विचारावरती अवलंबून असते. जसे आपण विचार करतो तसे आपण जगतो. माझ्यासोबत एक खरे जिवंत घटनेचे घडलेले उदाहरण म्हणून सांगतो. आम्हाला बारावीला गणित शिकवणारे शिक्षक होते वयाने व अनुभवाने सगळ्यांना मागे टाकतील असे होते त्याच्या ज्ञानाला बिलकुल तोंड नव्हती तर घडले असे कि आम्ही महाविद्यालय ला बस ने प्रवास करायचो सरांचे राहणीमान खूप साधे होते आम्ही सगळे बस मध्ये चढलो तर मागून एक माणसांनी सरांना धक्का दिला सर त्याला एक हि शब्द उलट बोले नाहीत पण उलट तोच माणूस त्यांच्या कडे रागाने बघत उभा राहिला सरांचा पोशाख एकदम साधा होता तर तो माणूस उलट हायफाय राहणीमान व त्याला त्याचा गर्व आहे असे दाखवत. संपूर्ण बस मध्ये उभा होता तो प्रसंग पाहून मला खूप राग आला पण मी न काही बोलता खाली मान घालून संपूर्ण प्रसंग पाहत होतो सर त्या रिकाम्या जागेवर बसणार तितक्यात तो माणूस तिथे बसला तरी सर काही बोले नाही पुढच्याच stop ला त्या माणसांचा एक मित्र त्याच बस मध्ये चढला तितक्यात त्या माणसाने त्याच्या मित्राला आवाज देऊन पुढे बोलवले तो मित्र आला पण त्याने बघितले तर त्याचे सर हे उभे होते. तितक्यात तो मित्र त्या माणसाला म्हणाला काय कळते का तुला हे सर तुझ्यासमोर उभे आहे आणि तू खुशाल बसलेला आहेस उठ आणि त्याने सरांना बसायला जागा दिली तो माणूस त्याच्या मित्राकडे रागाने बघत बसला तर त्याचा मित्र बोलला अरे हे खूप महान व्यक्तिमत्व आहे आज मी जे काय आहे हे सर्व त्यांच्याच मुळे ते दिसायला साधे असले तरी त्यांच्याच शिकवणीमुळे मी 12th ला असताना संपूर्ण महाराष्ट्रात पहिला आलो. नंतर त्या माणसाला खूप आतून दुःख

जीवन शैली...

झाले मानत त्या मानत बोलायला लागला कि मी यांना काय समजले आणि हे कोण निघाले पण सर मान शांतपणे गपचूप बसून होते. मला त्या प्रसंगातून खूप काही शिकायला मिळाले आपली जीवनशैली कशी आहे हे दुसरे कोणी ठरवू शकत नाही आणि महत्वाची गोष्ट म्हणजे never judge anyone by their outer appearance प्रत्येक जण आपल्याला आपल्या विचारांनी आपली जीवनशैली घडवत असतो आणि ते जगात असतो.

अदित्य भुजबळ

एस. वाय. बी. एस. सी. आयटी.



जाणीवपूर्वक जीवन

सौरभ बागल

एस. वाय. बी. एस. सी. आयटी.



जाणीवपूर्वक जीवन म्हणजे नक्की काय? असा प्रश्न सर्वांना पडला असेल. सगळ्यांनी या वर विचार करण्याचा पर्यंत केला असेल पण काही वेळात तुम्ही जसे जसे विचार करत जाल तसे तसे विषयापासून तुम्ही भरकटायला लागता. यावरून आपल्याला कळेल की आपण किती जाणीवपूर्वक विचार करतो. आपल्याला पडलेल्या प्रश्नाचा आपल्या आजूबाजूच्या माणसाचा , जगात घडणाऱ्या गोष्टींचा आणि शेवटी एकदम महत्त्वाचे म्हणजे स्वतःचा...!

आता तुम्ही म्हणाल आम्ही सगळ्या गोष्टी खूप विचार पूर्वक व जाणीवपूर्वक करतो. जसे की बोलणे, चालणे, ऐकणे, निर्णय घेणे. नाही...!

तर या सर्व गोष्टी आपण आपल्या मनापासून करतो ,आपल्या मनाला पटेल तसे करतो. आता परत एक प्रश्न आपल्याला भेडसावतो तो म्हणजे मना पासून विचार करणे आणि जाणीवपूर्वक मनाने विचार करणे यात नेमका फरक काय? तर फरक आहे कारण फक्त मनापासून विचार करणे जाणीवपूर्वक मनातून विचार करणे या दोन वेगळ्या गोष्टी आहेत.

मन म्हणजे दुसरं तिसरं काय नाही तर तुमचे धोके कोणता ही विचार किंवा कोणतीही गोष्ट आपण करतो. त्याला जबाबदार आपले विचार आपले संस्कार जे आपल्यावर्ती लहानपणापासून झाले असतात. आणि हे मन तेव्हा काम करते जेव्हा आपल्या समोर दोन पर्याय असतात त्यामधून आपल्याला एक निवडायचा असतो किंवा मना मध्ये पेच निर्माण होतो आणि तेव्हा आपण तीच गोष्ट निवडतो जी आपल्याला आपल्या फायद्याची वाटते.

आता दुसरी आणि महत्त्वाच जाणीवपूर्वक विचार म्हणजे जे आपण आपल्या चेतना मनाद्वारे घेतो आणि हे सर्व तेव्हाच होत जेव्हा तुम्हला चांगले आणि वाईट या मध्ये फरक करता येत असेल तुम्ही जानी असाल ,तुम्ही सकारत्मक विचारचे असाल , जानधिष्टीत दृष्टीकोणाचे असाल ज्याच्या वरती कोणत्या वाईट

विचारचे बंधन नसते आणि ज्या चे मन शुद्ध असते बाहेरच्या जगाचा, माणसांचा विचार न करता सत्याची बाजू घेणारा आणि आपल्या स्वप्नला आपल्या कामाला महत्व देणारा खरा जाणीवपूर्वक व विचारी माणूस म्हणून जगतो.

भ्रष्टाचार

भारतात दिवसेंदिवस विकसित राष्ट्र बनण्याकडे वाटलाच करत आहे परंतु आपल्याला समोर आजही अनेक अतिशय गंभीर समस्या आहेत. वाढती लोकसंख्या, बेरोजगारी, या सोबतच भ्रष्टाचार ही आपल्या देशासमोरील गहन समस्या आहे. अगदी सरकारांनी शिपायापासून ते मोठ-मोठ्या राजकीय नेत्यांपर्यंत अनेक लोक प्रचाराला खतपाणी घालत आहेत. आज भारतात कोणतेही छोटे मोठे काम करायचे असेल तर आपल्याला समोरच्याला थोडेफार चहा-पाणी द्यावेच लागते. कोणालाच त्यात काही वावगे वाटत नाही पण कळत नकळत आपणही भ्रष्टाचाराला घडावा देत असतो.

भ्रष्टाचाराची सुरुवात झाली कशी व कुठून याबद्दल कोणीही फारशी माहिती सांगू शकत नाही, पण हे खर आहे कि जस जसा माणसांकडे पैसे येऊ लागला तस तसा माणूस चैनीच्या व दिवाल्याच्या गोष्टींकडे आकर्षित होऊ लागला. पूर्वी जेव्हा माणसांकडे जास्त पैसा नव्हता तेव्हा त्यांच्यासाठी दैनंदिन गरजेच्या वस्तू महत्वाच्या होत्या. त्यांची अपेक्षा फक्त दोन वेळचे पुरेसे जेवण आणि जीवनावश्यक वस्तू मिळविणे एवढेच होते. त्यामुळे पूर्वीचे बहुतेक लोक मेहनती आणि निर्मळ मनाचे होते. जसजशी सुधारणा होत गेली तशी अनेक चैनीच्या वस्तू उपलब्ध होऊ लागल्या. गरज नसतानाही त्या व्याव्याश्या वाटू लागल्या. माणसांना लोभ वाटू लागला. जास्त मेहनत न करता अधिकाधिक संपन्न जीवन जगण्याची हाव वाटू लागली. ही हवाच मूळ आहे भ्रष्टाचाराचे.

आपल्या पदाचा, अधिकारांचा गैरफायदा घेऊन कमीतकमी मेहनत करून जास्तीत जास्त नफा करून घेणे हा भ्रष्टाचाराचा मागच्या उद्देश्य असतो.

पण सामान्य माणूस सुद्धा तेवढाच गुन्हेगार जेवढा लाट मागणारा माणूस. सामान्य माणूस लाच देतो म्हणून समोरचा माणूस लाच घेतो. किती सहजपणे आपण नकळतच गुन्हा करत असतो. किती वेळा बघतो आपण नाक्यावर पोलिसांनी पकडले की सर्वजण पोलिसांच्या हातावर पन्नास-शंभर रुपये एकूण पुढे निघून जातात. सरकारांनी नोकरीच्या ठिकाणी तर लाखांची लाच दिली जाते. शाळेत-कॉलेजात एंडमिशन घेताना कोण कोणाला पैसे भरते जातात. इतकच नव्हे तर देवळाच्या रंगे मध्ये सुद्धा आपण १०००-५०० रुपये देऊन लवकर दर्शन घेतो का? देवाच्या दर्शनासाठी इतर भक्त उन्हात दात काढत असताना आपण मात्र पैशांच्या जोरावर पुढे जाऊन दर्शन घेतो. पटत असेल का हे देवाला? आपल्या मनाला तरी पटते का?

किती पडाल लोक दुसऱ्यांना पैसे देऊन नोकरी किंवा उच्च पद मिळवतात. निवडणुकांमध्ये मतदारांना पैसे वाटून मत खरेदी केली जातात. नंतर जेव्हा अश्या लोकांना अधिकारी प्राप्त होतात तेव्हा हे लोक अनेक पटींनी वाटलेल्या पैसे वसूल करतात. आपली प्रत्येक काम करतात

आपल्याला त्यांना पैसे द्यावे लागतात का हे आपल्याला आधी कळत नाही की जे लोक चांगली काम करून निवडून येण्याऐवजी मतदारांना पैसे चारून निवडून येतात ते लोक निस्वार्थपणे समाजाची सेवा करणार नाही. तेव्हा आपण डोळ्यावर बशिसाची पट्टी बांधून कोणालाही निवडून देतो आणि मग भारतातील सिस्टमला नाव ठेवतात बसतो, पण आपली चूक कबूल करत नाही.

आपणा सर्वांना समजायला पाहिजे की भ्रष्टाचार करून प्रगती करण्यापेक्षा मेहनत करून प्रगती करायला पाहिजे. थोडा त्रास झाला तरी घालेल पण पैसे देऊन आपण आपले काम करून घेतले नाही पाहिजे. कदाचित आपल्या सर्वांना हे पटत असत, पण पटल तरी आपण कळत नकळत भ्रष्टाचार करत जातो आणि जेव्हा दुसरी आपल्या पेक्षा जास्त पैसे देऊन आपल्या पुढे जातात तेव्हा मात्र आपण त्यांच्या नावाने शंख करत बसतो. कधी कधी तर असे होते की आपण पैसे देऊन काम करवून घेतो आणि आपल्या ह्या वृत्तीमुळे एखाद्या चांगल्या अधिकाऱ्याला सुद्धा सोप्या मार्गाने पैसे मिळवण्याची चटक लागते, मग तो माणूस एखाद्या गरिबाचे सहज काम करत नाही कारण त्यात त्याला नफा नसतो. किती त्रास होत असेल गरिबांना या भ्रष्टाचाराच्या हा पण विचार नाही करत. माझं काम पटकन झालं पाहिजे, पाहिजे तर थोडे पैसे घ्या पण काम करा ही अनेकांची वृत्ती असते.

काय नाही आपण आपल्याला सुधारत? हे सर्व तोपर्यंत थांबवणार नाही जोपर्यंत ह्या देशातील प्रत्येक नागरिक आपली सामाजिक जबाबदारी उचलणार नाही. थोडे कष्ट पडेल तरी चालतील पण मी चुकीचे वर्तन करणार नाही तोपर्यंत आपला भारत भ्रष्टाचार मुक्त होणार नाही. आपल्या भारताची प्रगती व्हावी अस वाटत असेल तर आजपासून सर्वांनी प्रतिज्ञा करावी की मला कितीही त्रास पडला, कामाला कितीही वेळ लागला तरी मी भ्रष्टाचार करणार नाही आणि इतरांनाही करू देणार नाही.

अश्विना शिंदे

एफ. वाय. बी. एफ. एम.

बाबा

आपले चिमुकले हात धरून जे
आपल्याला चालायला शिकवतात...
...ते बाबा असतात.

माझ्या मुलाला काही कमी
पडू नये यासाठी जे घाम घडतात..
ते बाबा असतात...

आपण काही चांगले केल्यावर
अभिमानाने सगळ्यांना सांगतात...
ते बाबा असतात...

आज त्यांचे एवढे उपकार
विसरून का जाता?

ज्याचे बोट धरून चालायला शिकवले
त्याच बोटानी त्यांना का मारता?
डोक्यावर जेवढे सुख आहे
हे त्यांनीच दान केलंय
हे काय विसरता?

प्रांजली प्रकाश थाळकर
एफ. वाय. बी. कॅम.

माती

श्वेताली नरेंद्र थाळकर
एफ. वाय. बी. एफ. एम



मातीमधुनी जन्मा यावे,
आयुष्याचे व्हावे मीती रुजताना,
उमलून दाहरावे पाचोळ्यातून झडण्यासाठी.

भडका आपला विसरून अग्नी,
कळस लावणी श्रेष्ठ परिश्रा,
दहा ऊढा देतो हा दोही,
पवित्र ना काही यापेक्षा.

असे जरी ना कोणी पाहिला,
श्वासांमध्ये घुटमळणारा,
कुटून, केव्हा, कसा पाहिला,
झुळूक कधी, कधी वादळवारा.

क्षितिजाचा या भांग नसावा,
क्षितिजाचा या भांग नसावा,
रिक्त पोकळी अवकाशाची,
कधी विसावा, कधी भरारी,
ज्याच्या त्याच्या आकाशाची.

माती, पाणी, अग्नी, वारा,
आभाळाला काय हवे,
मनामनाचे हळवे नाते,
जुळून येती प्रेम दुवे.

विसरलो

हूपारी मिळवताना शहाणपण विसरलो
समजत नाही मी घडलो की बिघडलो...
तंत्रज्ञानामागे धावताना आत्मज्ञान विसरलो
पैसा हीच शक्ती समजून ईश्वरभक्ती विसरलो
सुख शोधताना जीवनाचा बोध विसरलो
सुखासाठी साधने वापरताना साधना विसरलो
भौतिक वस्तूंच्य सुखात नैतिकता विसरलो
धन जमा करताना समाधान विसरलो
तंत्रज्ञान शोधताना ते वापरण्याचे भान विसरलो
परिक्षार्थी शिक्षार्थी शिक्षणात हाताचे कौशल्य विसरलो
टी.व्ही आल्यापासून बोलणं विसरलो
जाहिरातीच्य मा-यामुळे चांगल निवडणं विसरलो
गाडी आल्यापासून चालणं विसरलो
मोबाईल आल्यापासून भेटीगाठी विसरलो
कॅलक्युलेटर आल्यापासून बेरीज विसरलो
संगणकाच्या वापराने विचार करणं विसरलो
संकरीत खाल्ल्यामुळे पदार्थांची चव विसरलो
फास्टफुडच्या जमानात तृप्तीची ठेकर विसरलो
ऐ.सी मध्ये बसून झाडाचा गारवा विसरलो
परफ्युमच्य वारामुळे फुलांचा सुगंध विसरलो
चातुर्य मिळविताना चरित्र विसरलो
जगाच्य भूगोलात गावाचा इतिहास विसरलो
रिमिक्सच्या गोंगाटात सुगम संगीत विसरलो
स्वतःमध्ये मग्न होऊन दुसऱ्याचा विचार विसरलो
सतत धावताना क्षवाभर थांबण विसरलो
जागेपणी सुख मिळवताना सुखानं झोपण विसरलो
समजत नाही मी घडलो की बिघडलो...

श्वेता वाजे

एफ. वाय. बी. एफ. एम.

पाणी

भक्ती प्रकार जिते
एफ. वाय. बी. एफ. एम



लागता उन्हाच्या झळा
चरित्रिस आली आवकळा
चुकून गेला सारा मला
विहिरी नदीच्या पाण्याविना ॥

चरित्रिची हिरवळ सरली
पाने-फुले न उरली
झाडे उघडी पडली
बापुडवाणी उभी राहिली ॥

पशु-पक्षी तडफडते
घोटभर पाण्यासाठी
घरटे सोडून फिरती
नदी-नाले शोधित ॥

रणरणत्या उन्हातूनी
घेवूनी हंडा डोक्यावरी
पाण्यासाठी वणवण फिरत
बाई-माणसं रानोमाळी ॥

विहिरीतील पाणी अपले
ते जेळ्यातून प्रकटले
थेंबभर पाण्यासाठी
मरणही थांबले ॥

नाती

थंडी क्षणाची पण गारवा कायमचा
ओळख क्षणाची पण आपुलकी कायमची
भेट क्षणाची पण नाती आयुष्यभराची
सहवास क्षणाचा पण ओढ कायमची

वाटीभर शिरा समोर बघितला
मग लक्षात आले की त्यात रवा काजू बदाम मनुका सार आहे
पण ज्यामुळे तो शिरा गोड लागतो ती साखरच नाही
नाती ही अशीच असतात. त्यांच्या गोड उपस्थितीमुळेच समारंभाची रंगत वाढते.

नात्यांचा स्वाद अमृता सारखा असतो
थंबभर मिळाला तरी आयुष्यभर पुरतो
आपुलकीच नात दुधात मिसळलेल्या सारखे-सारखे असते
कितीही प्रयत्न केला तरी ते वेगळ होण शक्य नसते.

भक्ती प्रकार जिते
एफ. वाय. बी. एफ. एम

आयुष्य

आयुष्य असच जगायचं असतं...

जे घडले ते सहन करायचं असतं,
बदलत्या जगाबरोबर बदलायचं असतं,
आयुष्य असच जगायचं असतं.

कुठून सुरु झालं हे माहित नसलं,
तरी कुठे थांबायचं हे ठरवायचं असतं,
आयुष्य असच जगायचं असतं.

कुणासाठी काहीतरी निस्वार्थपणे करायचं असतं,
स्वतःच्या सुखापेक्षा दुसऱ्यांना सुखवायचं असतं,
आयुष्य असच जगायचं असतं.

दुःख आणि अश्रुना मनात कोंडून ठेवायचं असतं,
हसता नाही आलं तरी हसायचं असतं,
आयुष्य असच जगायचं असतं.

पंखामध्ये बळ आल्यावर घरटं सोजायचं नसतं,
आकाशात झेपावुनही धरतीला विसरायचं नसतं,
आयुष्य असच जगायचं असतं.

भक्ती प्रकार जिते

एफ. वाय. बी. एफ. एम.

तिला पण जगू द्या एका उमलत्या कळीचे मनोगत

राधिका उज्ज्वल सावांतबिर्जे

एस. वाय. बी. ए. एफ.

स्त्री असे ती नव्हे तुझ्या हातातली बाहुली
जिच्या संगे खेळ खेळला अन मग कोपऱ्यात भिरकावली
तिच्या जन्माच्या वेळेस का तुझ्या मनात क्लेश
अरे तिच्याविना कसा चालेल तुझा संसार
राखीसाठी हवी तूज लाडकी बहीण
उचंबळल्या हृदया शांत कराया हवी एक जिवलग मैत्रिण
कन्यादानास मानी तू श्रेष्ठ दान मग त्या कन्येच्या जन्मास का तुझा नकार
वंशाचा दिवा हवा म्हणून का विजयता पणती वंशाची
का नाही देत तिला एक संधी जगण्याची
जोतिबा अन सावित्रीबाईंनी केला स्त्रीचा उद्धार
जिजामतेने दिधला आपणास शिवाबसम रणवीर
आई आजी अन बहीण, तीच आहे जीवन सखी
तीच सीता तीच द्रौपदी, नाही कोणी तिच्यासारखी
आहे ती स्वर्गातील देवता, का करता मग तिची हत्या
का करिसी हा मुलगा मुलगी भेद
अरे त्या देवाच्या दरबारी सर्वाना समान न्याय
आता मनाशी ठरव एक ठाम
मुलगा मुलगी भेद कधी न करणार!!

जगव्यचं सत्र चुकतंय का

भाऊ काय बहिण काय
नुस्ता फाट पसारा,
कोण कोणासा विचारतंय
कुणालाही विचारा...

कुणी कोणाकडे जाईना
कुणी कोणाकडे येईना,
जगलात काय मेलात काय
माया कुणासा येईना...

संवेदनशीलता अता
फरशी कुठं दिसच नाही,
बैठकीत किंवा ओसरीवर
गप्पाची मैपिल दीसत नाही...

पॅकेज, इन्व्हेस्टमेंट, सॅलरी
इन्व्हेस्टमेंट, विकण्ड,
यातच हल्ली माणसाचा
होत आहे टी एन्ड...

लवझरी मध्ये लोळतांना
फाटकं गाव नको वाटतं,
जवळ नातं असलं तरी
सांगायलाही नको वाटतं...

सगुळंत पाहुणे सगळेंच मेव्हणे
कसे काय पेश असतील?
पार्लर मधून आपल्या सारखे
पिकणे घोपडे कसे टीसतील?

कुसुम ते नाहीत
कुसुम तू झालास,
प्रेम नात्यावर करावचं सौत्रून
दिसण्याला मुलून गेलास..

दासण्यावर प्रेम करू नकोस
आपला समजून जवळ घे,
एरव्ही नाही आलास तरी
दिवाळीला तरी घरी ये...

उच्च शिक्षित असूनही
माणूस आज मॅड वाटतो,
इटिरियर केलेला घरामध्ये
लुगडं, घोतर औड वाटतं...

उन्हा तान्हात तळगारी
माणस काळी पडणारच,
गरीबीनं गाजल्यावर
चेहऱ्यावर रंग उबणारच...

पाव कितिही मोठे झाले
तरी गंगे मूळ विसरू नये,
सुख असो ना दुःख असो
आपल्या माणसाला विसरू नये...

कम्प्युटरच्या शाखा खूप शिकवस
माणसावर प्रेम करावच शिक,
नाहीतर माणसिक आरोग्यासाठी
दारोदार मागत पिरशील भीक...

श्वेता बाजे
एफ. वाय. बी. एफ. एम.

वेडं मन...

सकाळी सकाळी मनात
आला एक विचार ।
प्रत्येक वेळी असावाचं
लागतो का सदविचार ॥

वाटतं कधी कधी
उगीचचं चुकवंचं ।
इच्छा होते कधीतरी
मुददाम धडपडावं ॥

म्हणूदेत लोकांनी
वेडा किंवा मूर्ख ।
कंटाळा येत नाही
का राहून शहाण्यासारखं ॥

प्रत्येक वेळी कस व्हावं
आपलं कौतुक ।
पुकांमधून शिकून
व्हावं कधीतरी भाऊक ॥

प्रत्येक वेळी समज म्हणतो
ते असतचं का बरोबर ।
आपणचं तर बुजवतं नाही ना
आपल्या स्वप्नातला सरोवर ??

का द्यावं आपण आपलं
आयुष्य दुसऱ्यांच्या हातून ।
असं करूनचं का लोक
आपल्याला मान देतात ॥

जरा वेगळं काही करायला गेलं
तर भरपूर विरोध होते ।
आणि चूक झाली की लगेच
आपण वेड्यांच्या गटात जातो ॥

कधीपर्यंत आणि कुठेपर्यंत
ह्या सान्या जागाचं ऐकावं ।
पण मल मारून आपण
कसं बरे जगावं ??

जे आहे, जसे आहे तसे
सर्वोत्तम समजून घ्यावं ।
कितीही राग आला तरी
प्रेमाने हसत राहावं ॥

आपण खरचं आहोत का
मनापासून आपल्या मनासोबत ?
आनंदी राहायला मनाचं सुख
सोडून बाकी काही नाही लागत ॥
कारण आपलं मन आपल्याशी
कधीचं खोट नाही बोलत ॥॥

शारदुल दामाने

एस. वाय. बी. एस. सी. आयटी.

अंतर्मन

एकटेपणात सहवासाचा दिलासा देणारे

अंतर्मन

दुखाच्या वाळवंटात स्वतःला

समजावणारे ते अंतर्मन

भरकटलेल्या पारखाला अचूक

दिशा दाखवणारे ते अंतर्मन

आनंदातही भरून जाते हे अंतर्मन

संवादाचा असतो स्वतःशी

मनाच्या त्या, अंतर्मनाशी

शब्द असे अंतरीचे

दोष मात्र लाभे जीभेला.

अश्विता शिंदे

एफ. वाय. बी. एफ. एम.

ALU
MNI



EDITORIAL

We often use words like “motivated,” “innovative,” and “passionate” to describe our alumni, but adjectives only go so far. The alumni of our college are the integral part of the institution’s identity – they are our brand ambassadors who are doing well in different fields. These students are empowered individuals today who have faith in their dreams, boldly pursuing their passions and seek to excel in their chosen fields. Our alumni have not forgotten their roots and are strongly entrenched in their values while they are shaping their future.

To better convey the calibre of our alumni and the significance of what they’re doing in their professional lives, we’ve compiled some of their stories. Here they share about their experience at the college and how it took them forward to a bright future.

The editorial team expresses a deep sense of gratitude to our Principal Dr. Daphne Pillai and Vice Principal Mr. A.N. Kutty for being a pillar of confidence to our blooming alumni. We are grateful to Dr. Aarti Sukheja for ascribing this marvellous opportunity to be a part of this edition.



**JABEEN ZUZER
MASUM**

EDITOR

After graduation, I continued my passion for wildlife conservation and photography by freelancing with India's premier wildlife magazine-Saevus. I regularly contribute articles and images on various topics related to the Natural World. Apart from the magazine, my work also includes creating content for their social media platform.

In March 2018, I was awarded the Young Digital Camera Photographer of the Year Award from U.K. in the category of "Small World." I also became the youngest girl from India to be featured in the B.B.C. Wildlife magazine.

Apart from this, I am also venturing into the world of online business through a start-up in wildlife merchandising. With a range of products such as t-shirts to home décor with wildlife prints the business is in its initial stages of development. The website will be launched soon.

Pillai College is a place where you expand your knowledge horizon along with wide angle activities and co-curricular activities. Not only did the school cater perfectly to my academic needs but also helped me build my personality and co-curricular skills. I shall always remain grateful to the faculty who brought out the best in me and led me where I am today.



AISHWARYA SRIDHAR

COURSE - B.M.M.

2014 - 2017

Don't let anything discourage you from getting your degree. I mean, if I could do it, anybody could do it. At Pillai's I learnt new things and new ways of doing it. I wholeheartedly feel that my education at Pillai's was one of the final deciding factors that led to my "dream job".

I enrolled myself for the B.M.S. course at Pillai College. I always was passionate to become an entrepreneur. Today people call me an energetic entrepreneur and a socially bent guy and an artist of distinct vision, and I give the entire credit to my college.

I have won more than three hundred awards and have been selected as the brandAmbassador for Art and Culture of Indian American Medical Association of United States of America. I was also given the Bharat Gaurav Award and Yuva Ratan Award in 2015, from House of Lord (British Parliament), London, Delhi Ratan Award 2015, Global Visionary Award 2015 from Gujarat Chamber of Commerce Ahmadabad. IES Society (Thailand, Bangkok) honoured me with the 'The Youngest Entrepreneur of the Year Award' in 2015, and my set up 'Adhunik Art Private Limited' received Gold Medal for its efforts in promoting the Indian Art all across the world.

Currently I am the President of NRI Welfare Association (Youth Wing) and Member of International Coordinator Bharat Gaurav Award committee. And, for the well-being of society, I have associated myself with many reputed NGOs and NPOs across the country.

To me, Pillai's had everything I was looking for: a home feel, strong academics and most importantly a high powered and prestigious reputation that comes with the Pillai's name.



BHASKER PRAKASH
COURSE - B.M.S.
2006 - 2009

I am very proud to be a Pillaiite. I feel blessed that I have shared my days in this college with some cool friends, amazingly supportive teachers, and a pleasant environment. Besides co-curricular activities, students here are exposed to a number of activities like debates, group discussions and interactive seminars– all designed to develop and sharpen the skills of the students. These programmes constantly encouraged and motivated me to develop my leadership qualities as well as my communication skills.

My Journey has been truly transformational from being silent and shy student to a Speaker, Entrepreneur, Internationally Certified Trainer, Mentor with Atal Tinkering Lab and an Author.

I have completed my U.G. and P.G. (P.G.D.M. I.B.) from Pillai's college. The journey from there has been phenomenal.

About what I do now,

I am the Author of the upcoming book - (The Global Brand Stories) .I am the Co-founder and C.E.O. of Divine Ariel International Pvt. Ltd. which runs three entities.

India's foremost Event Consultancy

Divine Ariel International is India's Foremost Event Consulting Company which has helped Corporate, Institutions, and multiple state Governments to achieve desired results through events. Divine Ariel international has its reach spread across Mumbai, Bangalore, Delhi, Singapore, Mexico, and Dubai.

The Better You Program

The better you program is one of its kind program developed by a team of experts who understand that you are unique and you have unlimited possibilities. This transformational program is designed for colleges and corporate companies.

The Global Brand stories

The Global Brand Stories is an online video/podcast site where in you get meaningful practical information from best of the best people in the industry about entrepreneurship, branding and Life. (www.theglobalbrandstories.com)

About my life and my Journey.

After finishing college, I started as a financial analyst with Sri Ganesh (A logistic company), then in one of India's leading logistic company called Liladhar Pasoo. After marriage, I relocated to Bangalore and worked for Thomson Reuters. I started my entrepreneurship journey with my company - "iGnitus world" - Now "Divine Ariel International Pvt Ltd". This is my transformation journey, from a shy girl to an analyst then a C.E.O. and now the Business Head for my company. Now I am invited as a speaker in colleges and other institutions. I help budding entrepreneurs with their business strategies and I am a mentor with Atal Tinkering Lab.

For sure our college is one of the best and provides an ideal atmosphere for learning, leading students towards holistic excellence.

Even today I feel nostalgic about my glorious college days!



ANJALI GUPTA

COURSE - B.COM.

2006 - 2009

Pillai College is undoubtedly the most stimulating environment a child can be nurtured in. The teachers have effectively guided me to believe in my dreams and become who I am. Apart from the academics, the sports and cultural activities have also equipped me with integrated learning experience that prepared me for the future challenges in life.

My milestones are a degree in Information Technology from this college, an Advanced Software Course from NCST, MCA, and PMP certification that helped me reach to the level of Associate Director in a leading Private Bank.

The healthy environment at the college, the success mantra of my teachers helped me to attain whatever I have accomplished so far and will continue to inspire me in future as well.



AKHILESH U. KARTHA
COURSE - B.SC.I.T.
2002 - 2005

Studying at Pillai's has always been a delight to me. More than it being a distinguished institution in its way of teaching, it strives hard to maintain a healthy faculty versus student ratio. As a result of which students get quality personal attention from teachers. Also, attending the college groomed me into a better personality every day with the help of mentors who look after students at a very personal level.

As you pack your bags and say goodbye to all your high school friends, you may start feeling a little apprehensive. You're getting ready to start a whole new phase of your life, and yeah, you're excited. At Pillai's I got a whole bunch of friends with whom I not only studies but had fun. There was constant support provided by lecturers be it theory or practical.

I completed my M.C.A. in 2013. Currently I am well placed in Accenture Services Pvt. Ltd., Airoli. Today I am enjoying a very fast paced life, a very good organization, a very good profile and very fast growth, thanks to my college, which had prepared us for a fast moving career, Kudos to the future aspirants.



AJAY MOHAN SUTAR

COURSE - B.SC.C.S.

2006 - 2009

ART





Art
enables
us to find
ourselves
and lose
ourselves
at the
same time

-Thomas Merton

Art is long, life is short. Art is the form of expression from one person to the many. Art can transcend the boundaries of language & time. It allows us to explore new ideas and freely express ourselves in many ways. Art can speak to us and resonate deep with our own experiences. It is humanity's way of showing, you are not alone. Immersing yourself in art is immersing yourself in life. Through the practise of art, we understand ourselves better.

Art is something you invent yourself in as a means to communicate. It can be the most beautiful thing in the entire world as well as the most horrific one. To stimulate in ourselves feelings by means of expression, colours and to communicate yourself is the purpose of art

SPECTRUM 2017-18 has given an opportunity to show the multifaceted talents of our friends through different art works, expressing their art using colours and brush as a medium. A special thanks to our Principal Dr. Gajanan Pandit Wader and Vice Principal Prof. Deepika Sharma without whose encouragement the magazine would not be possible.



Asst. Prof. Bhavana Parab



Dr. Monali Ray



Shalaka Phatak
(S. Y. Fin. Mkts.)



Mansi Patel
(S. Y.B. Com. Acc. & Fin.)



Ritika Bhatnagar
(T. Y. B. Com. Acc. & Fin.)

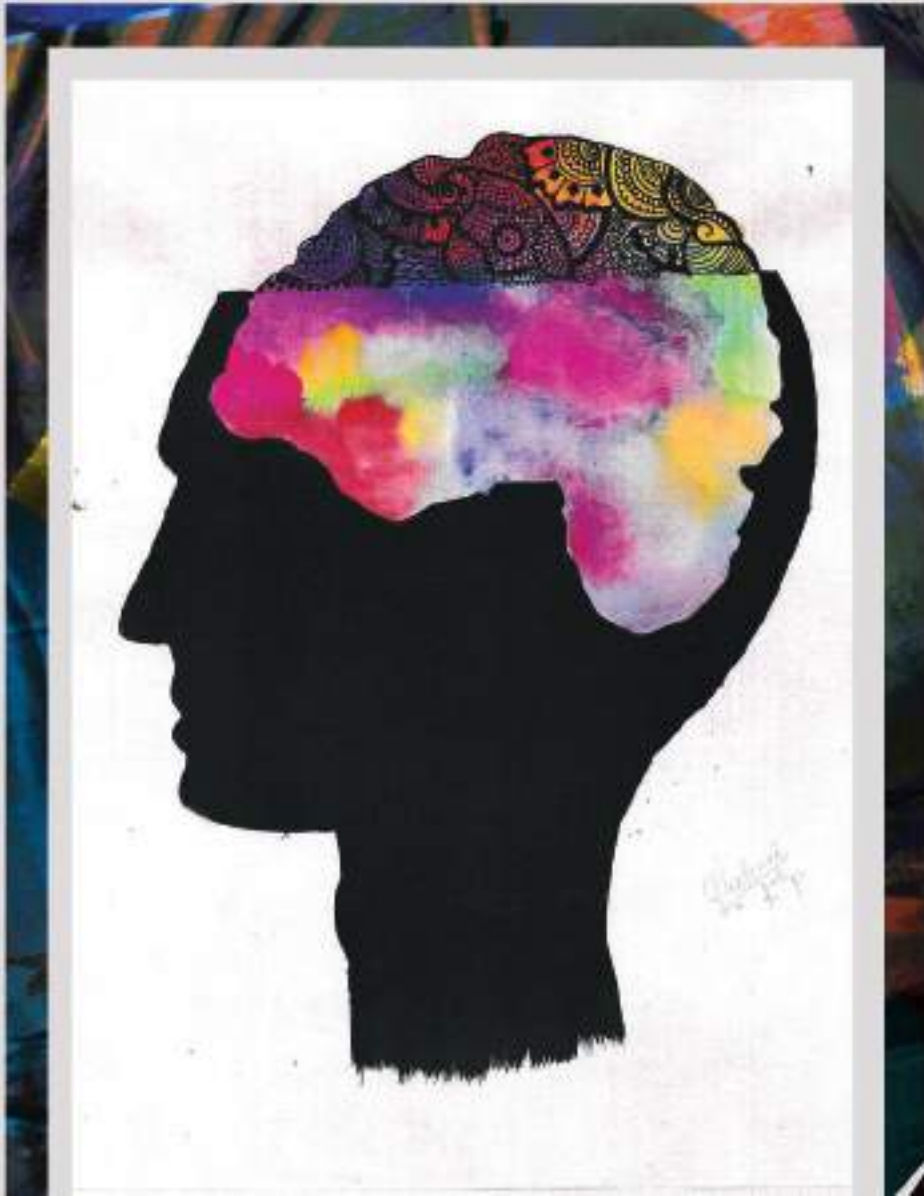


Janhavi Godbole
(S. Y. Fin. Mkts.)



Komalraj Kaur Chadha
(S. Y. B. Com. Acc. & Fin.)

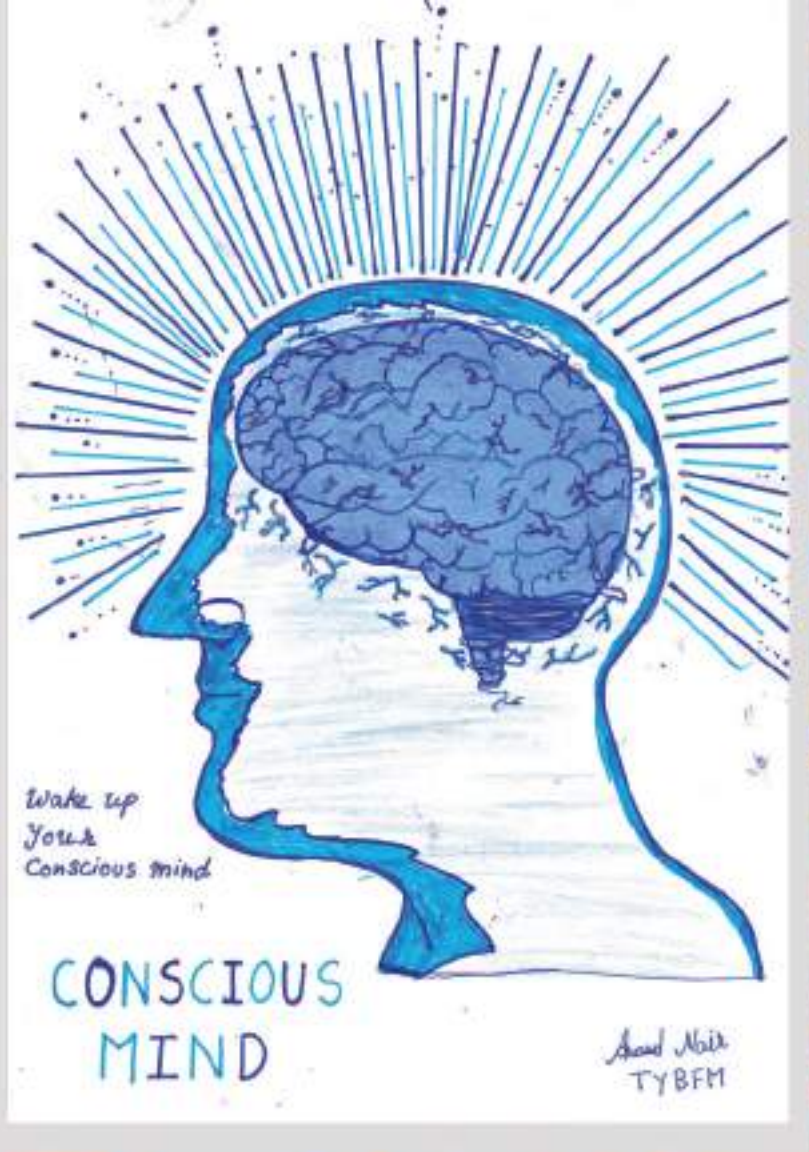
Rashmikant
(T.Y.B.Com.Fin.Mkts.)



Kajal Malkar
(S.Y.B.Com. Acc.&Fin.)



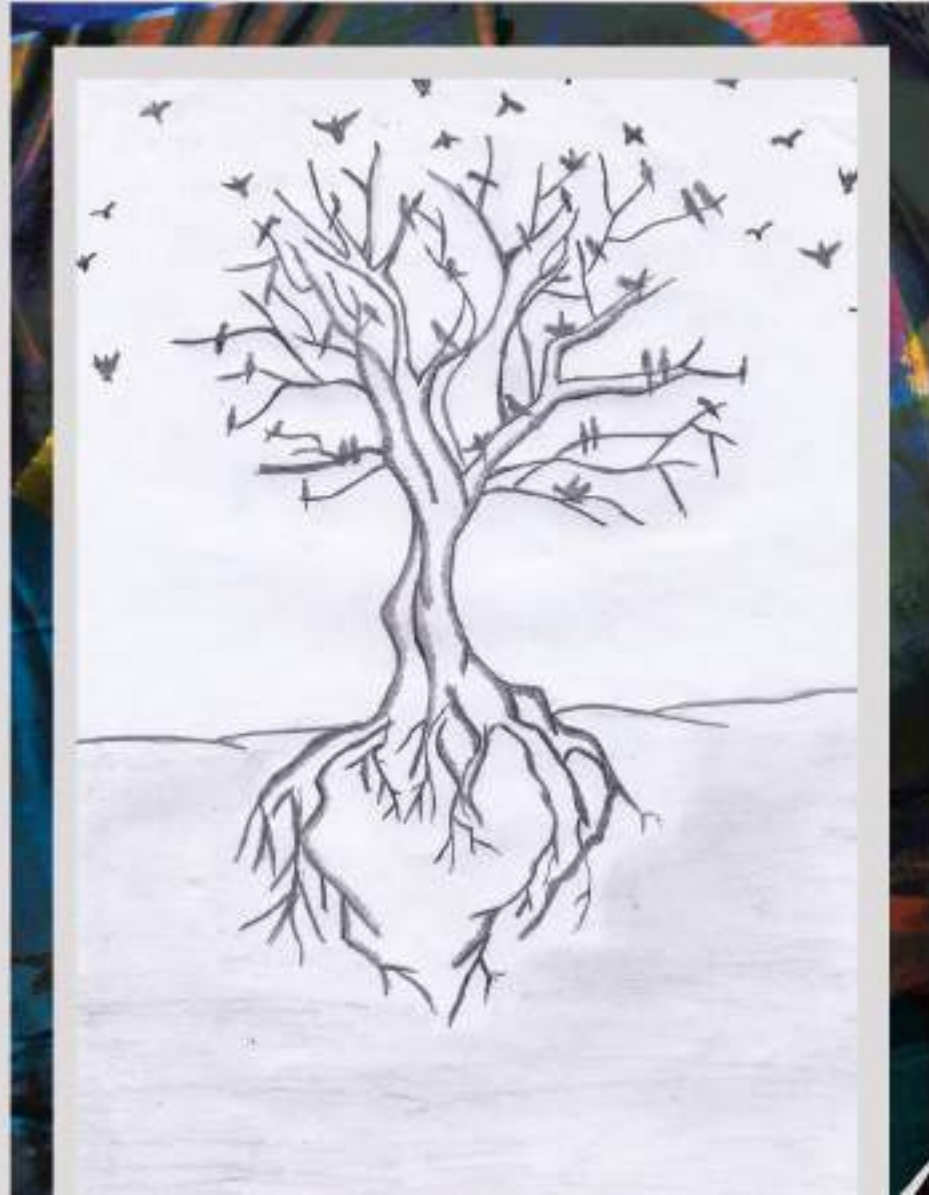
Komalpreet Kaur
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Anand Nair
(T.Y.B.Com. Fin. Mkts.)



Vrutti Jadhav
(T.Y.B.Com.)



Suvarna Shelke
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Komalpreet Kaur
(T.Y.Acc.&Fin.)



Urvi Kathariya
(S. Y. B.Com.)



Sapna Sharma
(S. Y. B.Com.)



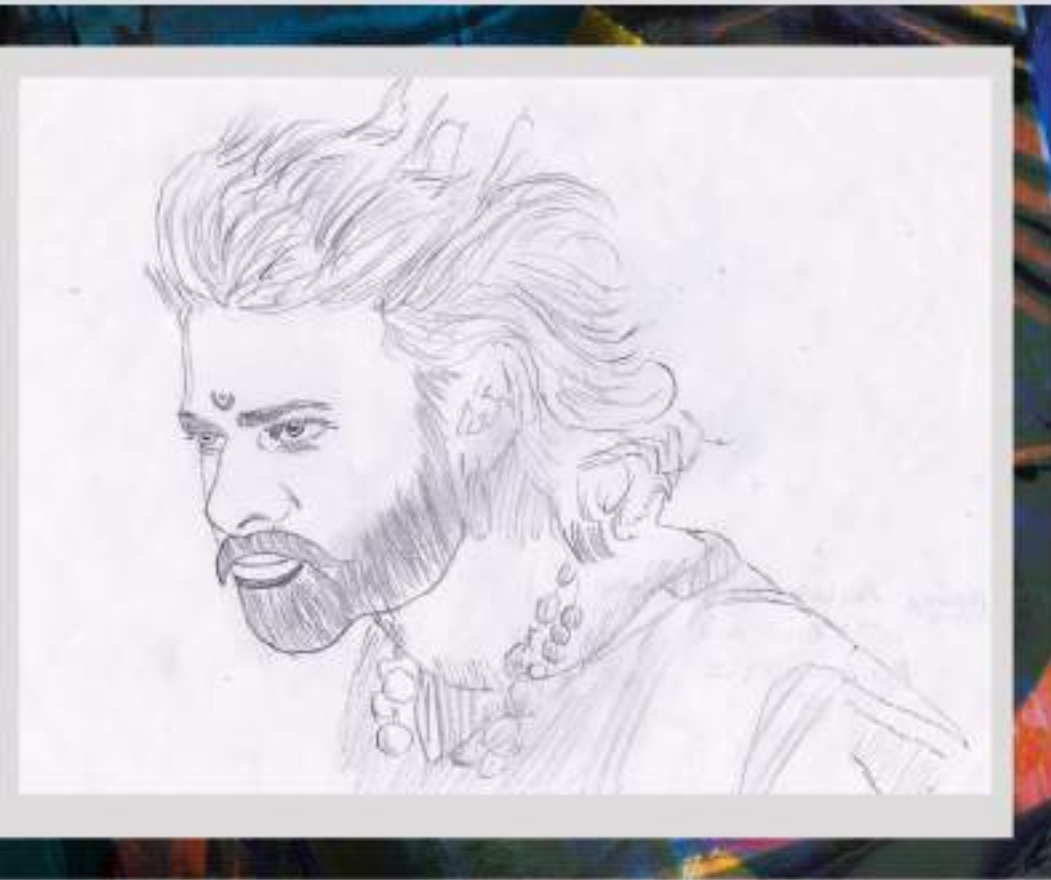


Disha Thakur
(S.Y.B.M.M)



K Sreelakshmi Suresh
(T.Y.B.Com.Acc.&Fin.)





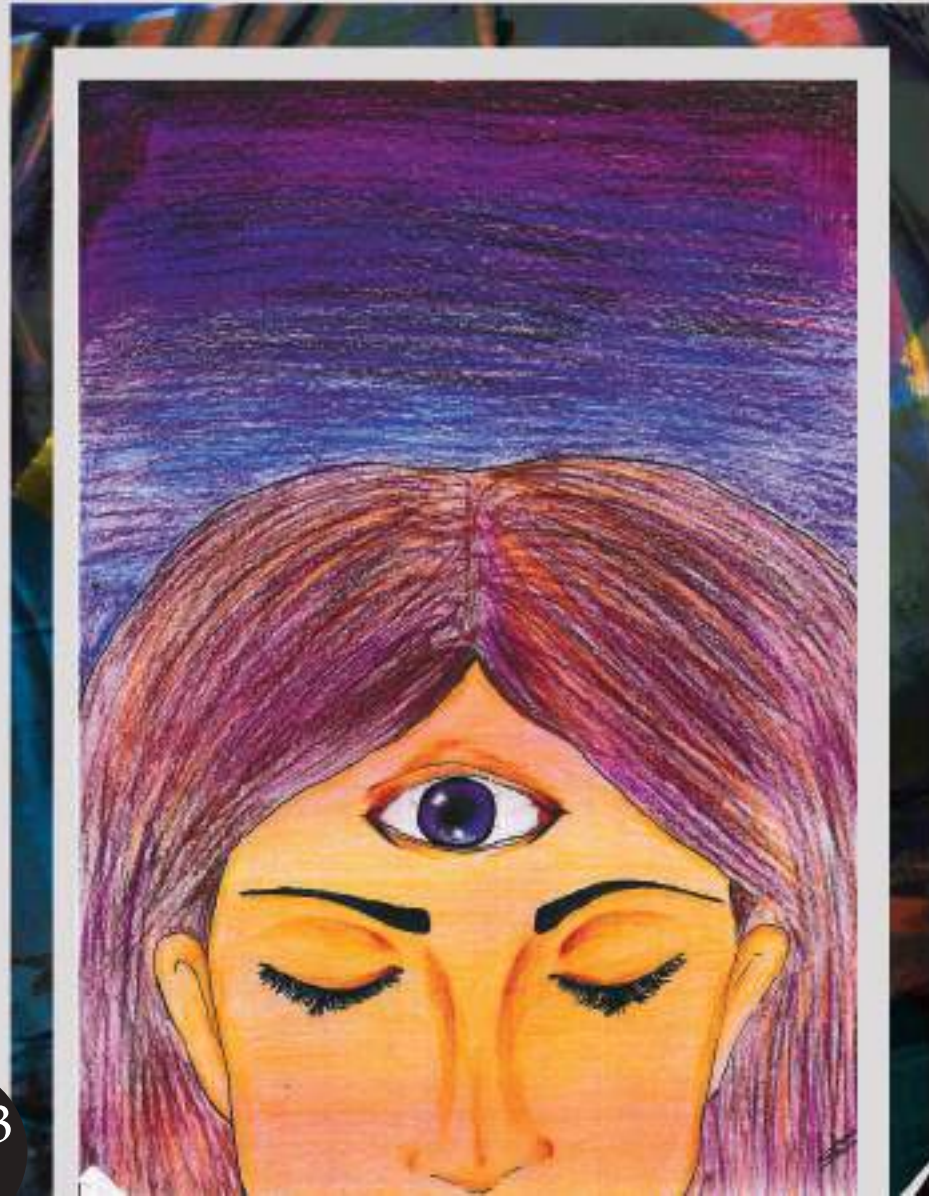
Akshata Dhotre
(T Y B Com)



Rupali Singh
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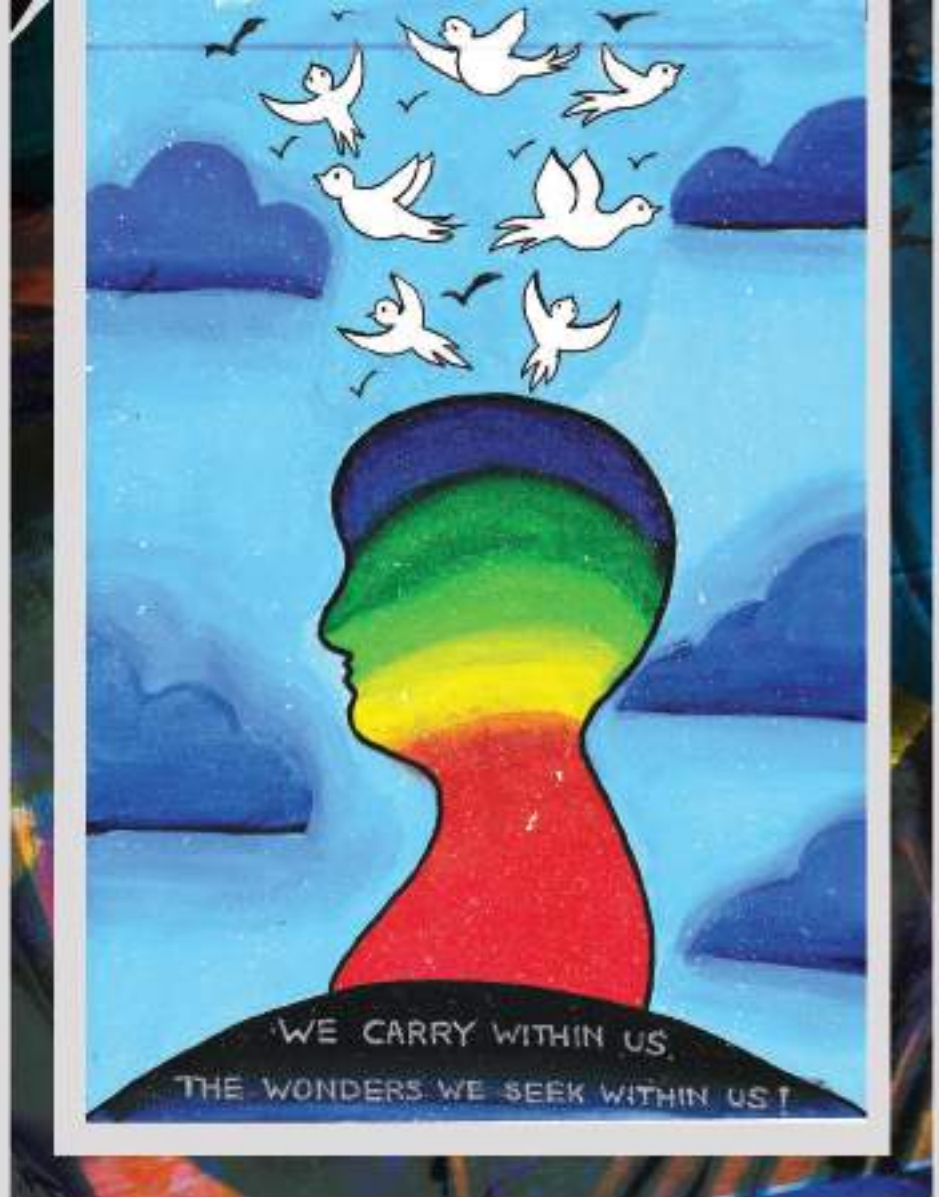


Sayali
(T.Y.B.Com.Fin.Mkts.)



SMITA AUTADE
(T.Y.B.Com.)

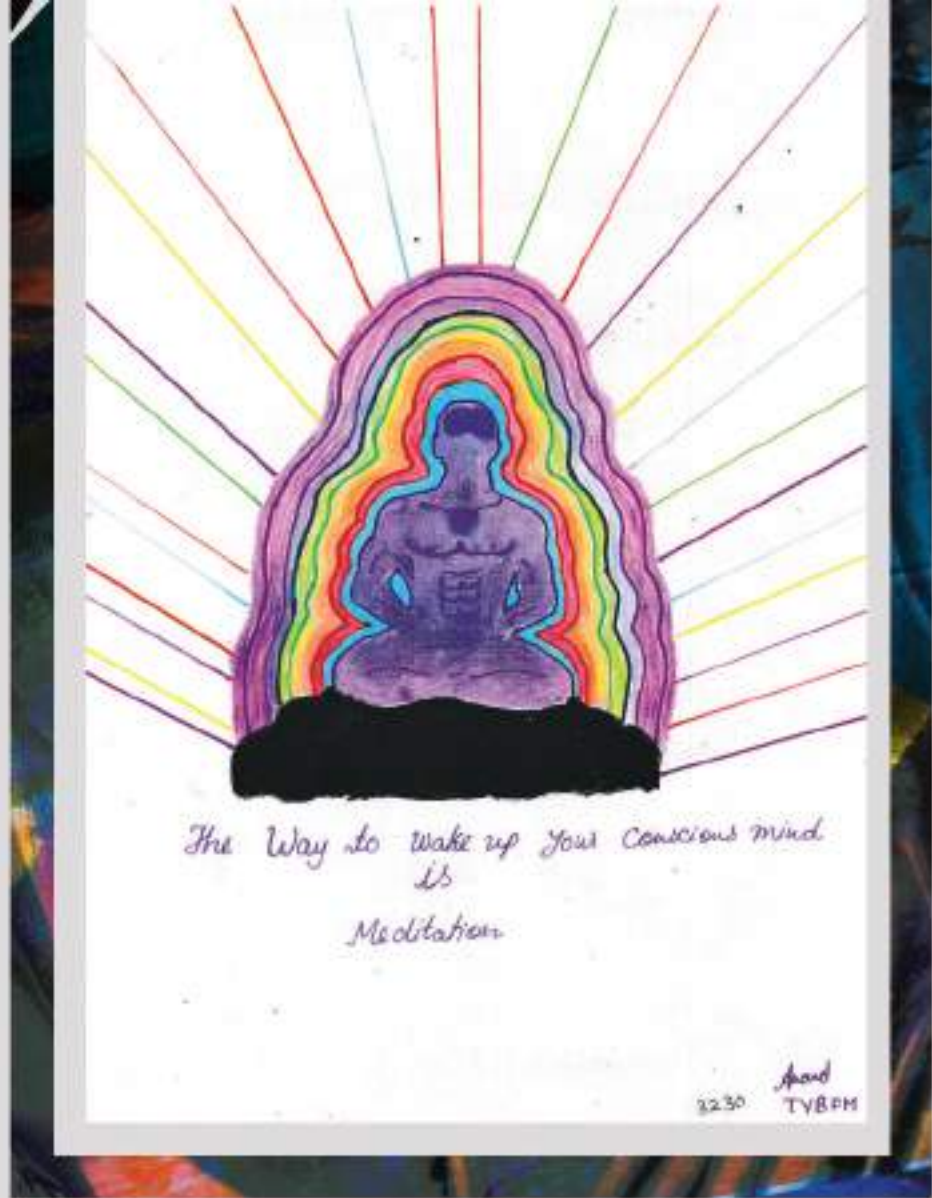
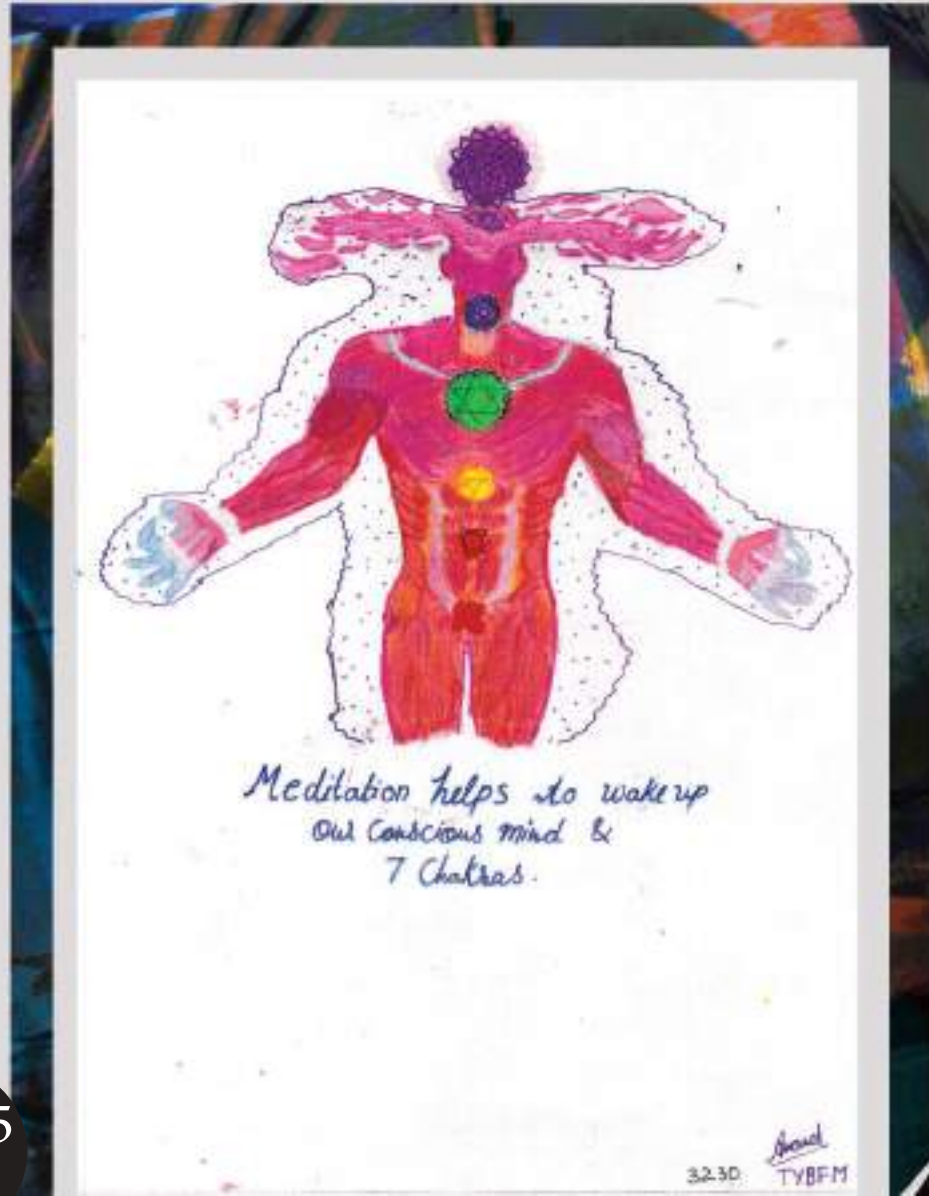
Disha Thakur
(S.Y.B.M.M.)



Shweta Dagade
(T.Y.B.Com.)



Anand
(T.Y.B.Com.Fin.Mkts.)



Anand
(T.Y.B.Com.Fin.Mkts.)

Tharun Stephen
(S.Y.B.M.M.)



SMITA AUTADE
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Manali Mande
(T.Y.B.Com.)



Shruti Sathe
(S.Y.B.Com.)



Vrutti Jadhav
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Sapna Sharma
(S..Y.B.Com.)

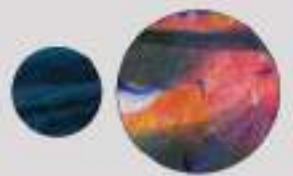




Sonali K.
(T.Y.B.Com)



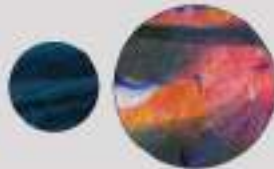
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(T.Y.B.Com)





Mansi Patel
(T.Y.Acc.&Fin.)

SMITA AUTADE
(T.Y.B.Com.)



Dhanashree Sawant
(T.Y.B.Com)



Sneha Pujari
(S.Y.F.M.)





Shruti Sathe
(S.Y.B.Com.)



Alisha Patil
(S.Y.B.Com.)





PHOTOG —
— RAPHY

EDITOR'S NOTE

The quality of your thinking determines the quality of your life.- A R Bernard.

What comes to your mind when you hear the words, "Quality of Life?". The 7 virtues of life? That is Faith, Hope, Charity, Fortitude, Justice, Prudence and Temperance. Not really! These are huge terminologies and we'll spend our whole lives understanding them inherently.

I think the quality of life is doing something that we love and enjoy it wholeheartedly. Quality of Life for me would be snuggling with my dog in the bed on a lazy Sunday, Reading a book on a winter morning, sipping my cup of coffee or sailing paper boats in the rainwater.

Happiness is a choice; it completely depends on you how you perceive it. It can be found in the smallest details. All we need is to have the optimistic outlook towards it. Have you ever experienced? When you smile at a stranger on a train and they smile back at you, in that little moment you feel the world around you is beautiful because smile is contagious.

Quality of life lies in art. Poetry, lyrics are just another forms of it. Sometimes pure ecstasy can be found by humming an old song while doing your chores.

Gratitude is the smallest and the greatest form of happiness. 'Thank you' is a small word but has a huge impact. It can for sure lit a smile on someone's face. Next time try saying 'Thank you' to anyone you comes across, who helps even in the smallest way, trust me you'll make someone smile and it feels good.

Have you ever come across a phase where you suddenly need a change in your life? Be it any aspect, where you start questioning the worth of your life? Where you want to live a life which you dream of. Set goals which makes you happy. Do things you love, that's how great artists are born.

Perseverance is the key and personal satisfaction is the new success.

Conscious living is one thing that we should adapt to, knowing what we're doing or evaluating our thoughts based on our principles of life. It makes life a better place to survive, indeed a joyful one.

Humans in this era not only worry too much about their future but also regret their past, which makes them miss the tiny bits of happiness of their present lives.

Life is not always about smiles, laughter and sunny days; at times you have to face the storm. But remember it only makes you stronger and unwithering. Let go off all the worries, past mistakes, grudges and all the negativity of life. When you clear all these foggy thoughts, you'll see the rainbow which was hidden underneath throughout.

Everyone deserves a new beginning to forget their deeds and start anew episode. Forgiving someone makes you a bigger person because you let them live a second life.

We all must have heard the saying, "A sound mind in a sound body". Our mental health is as important as our physical fitness. Often people forget that and go beyond their constraint. Once in a while, a break is needed to rejuvenate yourself from the mundane lifestyle to begin again.

Is the sky the limit? No, the human mind is limitless. Daydreaming and fantasizing is pretty cool. It is needed sometimes to be aloof for a while, in your own world. Where everything becomes possible and has no boundaries. When we love something we work hard towards it subconsciously. After all, dreams are the one's that leads us to great heights.

Self-love is the best love. Remember, when you're crying on the bathroom floor at 3 am, nobody else is going to pick you up. It's always going to be 'You'. Learning to accept your flaws with your strengths and embracing them is a thing, which requires courage to do.

Sometimes we have to break the stereotypes because that's how revolutions happen, right? Here, quality of life also stands for what is right according to you and the way you'll make use of it for the betterment of the society.

A photograph is a memory to treasure, and cherish life at its best. The art of photography captures time in the most beautiful way. Live in the moment is that what we call it, which always reminds us to live our life to the fullest without any worries of the future or the past. It makes us understand the worth of every minute, moment and happiness and joy are meant to share with others.

Here, in this edition of Spectrum, we'll take you to our perspective of quality of life and conscious living.



Shardul Buva
Teacher Editor



Akshata Narkar
Teacher Editor



Yash Tawde
Student Editor



Angela Khare
Student Editor



Wrinkles will shed away, but the eyes stay forever
Pravin Shintre
S.Y.B.M.M.



Every end is the beginning of something new
Prerana Ramteke
S.Y.B.A.F.



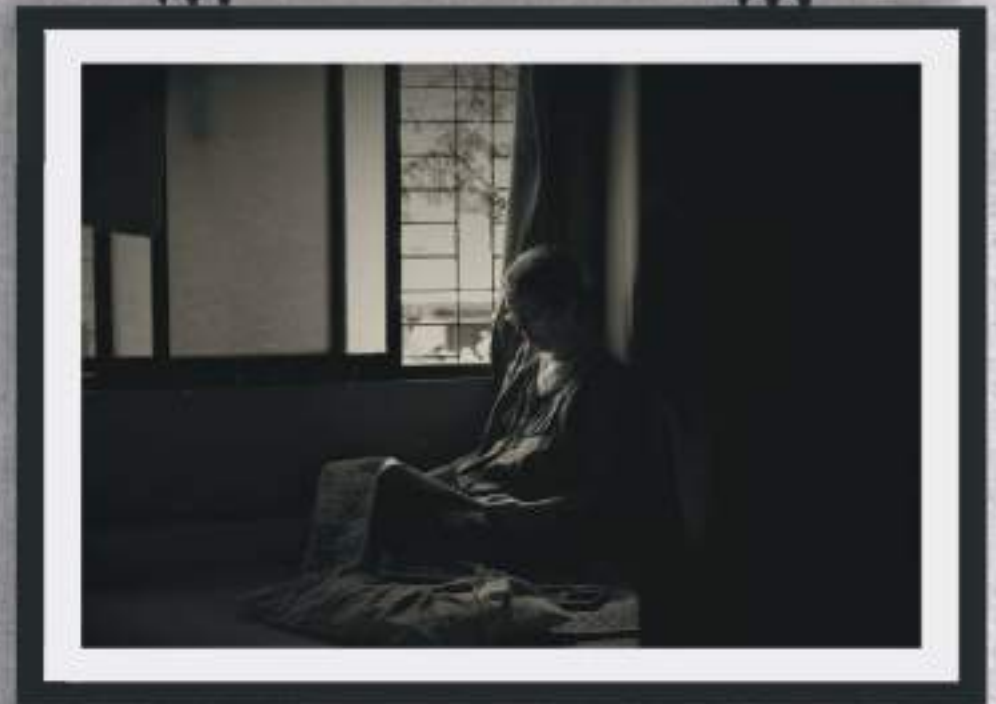
I never knew when building sand castle led me to my dream castle
Swapnil Patil
T.Y.B.M.M.



And in that moment, it felt like I conquered the world
Vishwesh Pingale
S.Y.B.M.M.



Selling bread butter for my bread butter
Vikrant Pujari
T.Y.B.M.M.



Reading is my solace
Pratik Gawai



**No matter what, aim for HEIGHTS!
Vishwesh Pingale
S.Y.B.M.M.**



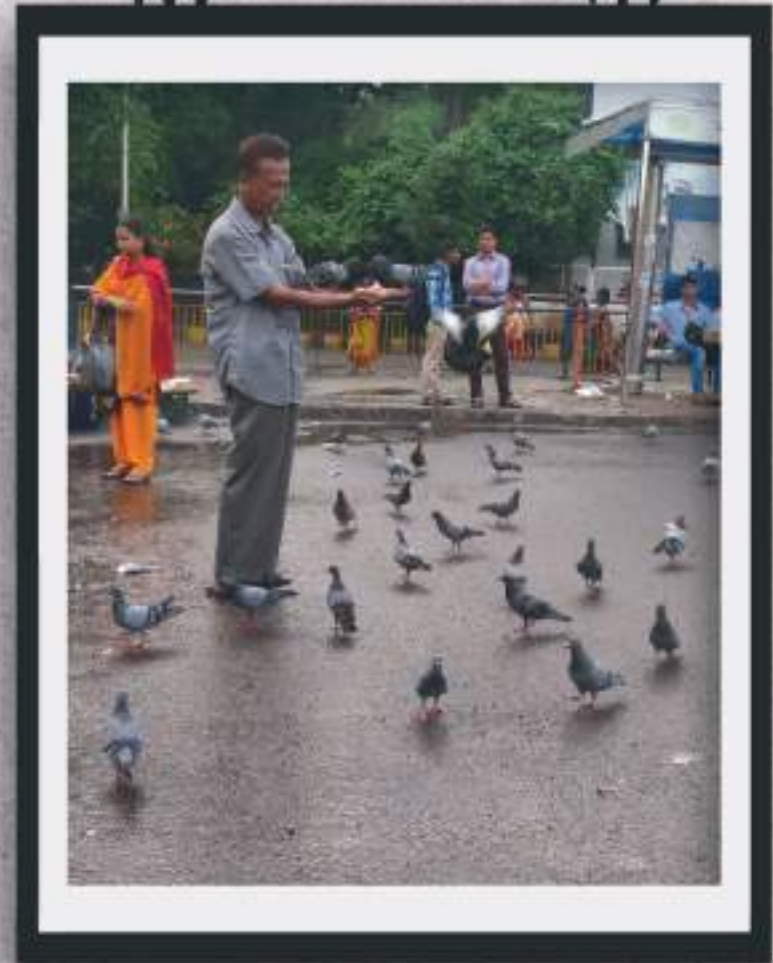
**A group of friends can make any place feel like heaven
Angela Khare
T.Y.B.M.M.**



**Reliving the childhood days
Angela Khare
T.Y.B.M.M.**



Let waves sweep off your worries
Angela Khare
T.Y.B.M.M.



Give more, expect less
Aarcha Rajiv
S.Y.B.M.M.



**Rise after every fall and enjoy the life's ride
Chaitanya Kulkarni
T.Y.B.M.M.**



**Sometimes all you need is a friend and waves
Chaitanya Kulkarni
T.Y.B.M.M.**



Listening Silence
Diksha Kandhare
S.Y.B.M.M.



Mending your worries
Ezekiel Pinto
S.Y.B.A.F.



**The fur reconciles
Mrunalini Dere
T.Y.B.M.M.**



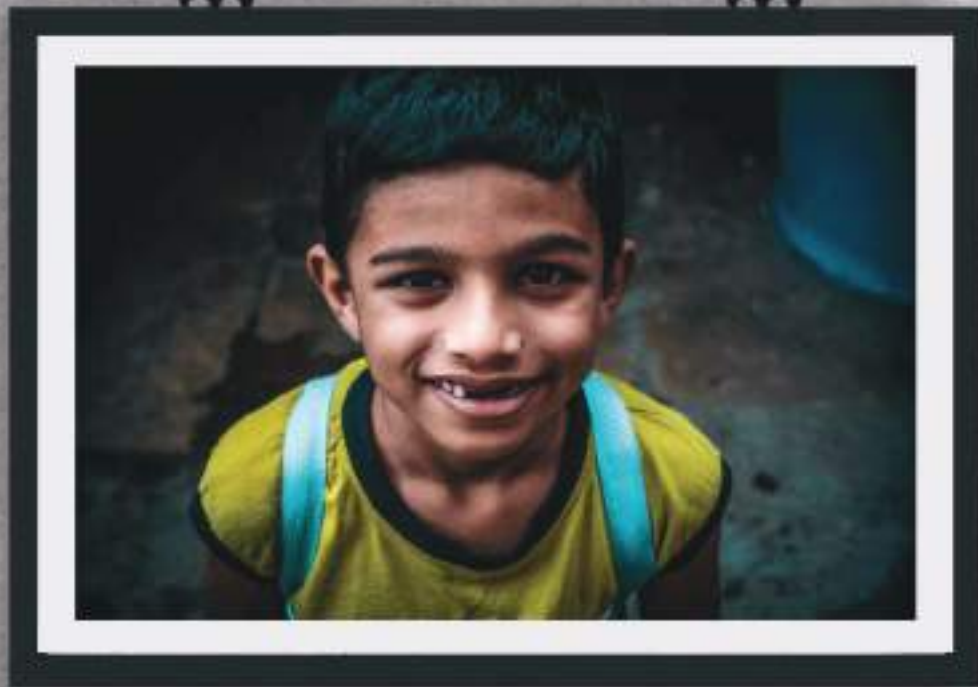
**Dive in happiness
Daesin Dominic
S.Y.B.M.M.**



My passion is my key to ecstasy
Ezekiel Pinto
S.Y.B.A.F.



Shower of Joy
Janvi Sharma
T.Y.B.M.M.



**That innocence
Pravin Shintre
S.Y.B.M.M.**



**Those wrinkles do not define my hard work
Pravin Shintre
S.Y.B.M.M.**

REP
ORT



PRINCIPAL'S REPORT

It gives me great satisfaction to present the report of our institution. We are glad to share with you that we were bestowed with the prestigious 'Outstanding Institute Award': ET-Now Making of Developed India Awards, on 17th February, 2018 under Education Category. The institution received the Best N.S.S. Unit & N.S.S. Programme Officer Award by University of Mumbai. The institution received ISO 9001:2015 Certification on 6th November, 2017.

On the academic front our result in all branches in Mumbai University is highly satisfactory. Our academic results have surpassed university results for all years invariably. The college has organized a Parent-Teacher Meeting for all the streams.

In the field of cultural activities, we have been bagging Gold/Silver medals in Theatres, Performing Arts and other Creative Categories. In the Youth Festival of University of Mumbai (Zonal) this year our students made us proud by bagging a number of First Prizes. We won First prize in Story Telling, Debate, Mehendi Designing, Indian Classical Solo, One Act Play Group C, Skit B, Skit C, Mono Acting Group C, One Act Play (Marathi). Our students bagged a number of prizes in Alegria 2018 – The Festival of Joy: The five-day festival saw a number of students coming from across the state participating in more than 100 events.

In the field of sports, we bagged a number of prizes at both national and international level: Mumbai University Inter-Collegiate Hand Ball Championship(Women): Silver Medal, Mumbai University Inter-Collegiate Volleyball Championship (Women): Silver Medal, pillaiites Ankita Kathayat, Sneha Katakdhond were selected in Mumbai University Volleyball Team, Mumbai University Inter-Collegiate Volleyball Championship (Men):Gold Medal, Mumbai University Inter-Collegiate Foot Ball Championship Men): Silver Medal, Mumbai University Inter-Collegiate Rifle Shooting - Peep Sight Championship (Men): Silver Medal, Mumbai University Inter-Collegiate Rifle Shooting - Open Sight Championship (Women): Silver Medal, Mumbai University Inter-Collegiate Ball Badminton Championship (Men): Gold Medal, our players: Ashwinraj Fernando, Pradeep Ravriya, Sachin Chudhary, Naved Shaikh and Shubham Vaishnav, were selected in Mumbai University Team for this event, Mumbai University Inter-Collegiate Archery Championship (Men): Silver Medal, Mumbai University Inter- Collegiate Foot Ball Championship (Women): Silver Medal.

The institution is conscious of its social responsibility and promotes, in a big way, extension activities, through its various cells and societies. N.S.S. & Social Awareness Cell organized a number of activities like: International Yoga day, Tree Plantation Drive, Disaster Management Drive, Leprosy Rehabilitation and Treatment Campaign, Cosmetology Treatment Camp, Organ Donation Camp, Awareness on Environment Sanitation and Disposal of Garbage, Anti-plastic Campaign, Stem Cell Transplant Registration and Awareness Drive, Awareness drive for PUC, Waste Management of Medical Disposal, N.S.S. Residential Camp, Swachh Bharat Abhiyan, Peace and Non-Violence Awareness Rally, AIDS Awareness Campaign, and the like to make a difference to the society that we all live in.

N.S.S. Residential Camp was organised at our adopted village, Siddhi Karavle, Taloja Phase 1, from 18th December, 2017 to 24th December, 2017. The main purpose of this Camp was to promote 'Swachhta' in the village. There were various activities planned and successfully executed: Swachh Bharat Abhiyaan, Eye Check-up Camp, Painting walls, Tree plantation, Teaching students of Zilla Parishad School and the like. The volunteers also performed skits and street plays on social evils prevailing in the society such as Alcoholism, Eve Teasing, Domestic Violence, Dowry, Swachhta- to create awareness on cleanliness. We were felicitated by University of Mumbai for donating maximum blood bottles in the Raigad District. We were also felicitated by Alert India for our Leprosy Awareness & Rehabilitation Programme. Our N.S.S. Unit, in association with N.S.S. Cell, University of Mumbai, organised 'N.S.S. Ten Grace Marks Verification Workshop' on 26th February, 2018. Community Service Day (Annual event) was organised on 27th January, 2018. Senior citizens from various N.G.O.s visited our campus and were treated to lunch, fun activities and a day of happiness with the aid of our teachers and student volunteers. Voluntary contributions were collected from students and staff and was utilized for various social causes. A fund-raiser talent show 'Uber Rang' was organized by Mahatma Education Society for all units under its umbrella. The collected amount was utilized for various social initiatives.

Green measures such as rain water harvesting, composting, waste management, energy conservation, use of renewable energy, efforts for carbon neutrality, e-waste management, environmental research and the like have been adopted by the institution towards environment protection and sustenance.

Our Placement Cell has been very active and a number of students were selected by corporate big-wigs like Nokia, Wipro, Infosys, Sutherland, Barclay, Aditya Birla Capital, CAMS, Cap Gemini, SYNTEL, ICICI, and the like.

Several Certificate Courses have been introduced to add value to the curriculum. To name a few we run courses on: Fundamental and Technical Analysis (Ignited Intellect Training & Advisory Services), SAP FICO & Tally ERP (Technoriya e-Technologies Ltd.), Social Media Marketing & Human Resource Management (Indian Institute of Digital Education) (Board of Industry Academia Partnerships), Oracle DBA (Oracle University), Plant Tissue Culture & Biometrics (Level 1 and Level 2) & Food Technology (Srujan Biotech). We run Courses of National Skill Development Corporation, Competitive Exam Courses and the like.

The Entrepreneur Development Cell of the institution and the Entrepreneur Club of our parent institution promotes entrepreneur culture among students. We are working on collaborating with corporate big wigs and organizing workshops/seminars to equip students with the skills to improve their employability quotient.

Our college in-house associations strive to develop skills and attributes that will sharpen personality of our students by organizing various activities such as group discussion, article writing, talks, essay/debate/quiz/poster-making competition, power-point presentations and the like.

We have a dedicated Research Development Committee to encourage research amongst students and staff. As far as facilities are concerned, all possible support and encouragement is extended to those who aspire to take up research projects. Our faculty have been acquiring Ph.D./Ph.D. Guideship and are actively involved in several minor/major research projects. Our faculty have authored several books of repute, are members of the syllabus revision committee, have been appointed as paper setters, moderators, resource persons, interview panelists, chairpersons, consultants and have been heading important committees at various levels.

A number of Workshops and Seminars were organized in the said academic year: Two Day NAAC Sponsored National Seminar on the theme: 'Using ICT for Quality in Teaching-Learning and Evaluation Processes' on 15th & 16th December, 2017, organized by IQAC, One Day Workshop on : 'Revised Assessment & Accreditation Process by NAAC' on 28th March, 2018, organized by IQAC, One Day Symposium on: 'Best Practices in Degree Colleges for Quality Enhancement' on 26th March, 2018, organized by IQAC, National Conference on 'Impact of Digitalization on the Quality of Life' on 24th February, 2018, organized by the Department of B.Sc. I.T. & C.S. & B.M.S. in association with B.O.S. of B.Sc.(I.T.) of University of Mumbai, One Day Research Workshop on 'Art of Writing& Publishing an Effective Research Paper', organised by Department of C.S. & I.T. in association with B.O.S. of B.M.S. (University of Mumbai), on 20th January, 2018, One Day Workshop on 'Research Proposal and Publication' on 3rd July, 2017, Two Day State Level Workshop on 'E-Content for Pedagogy for Development of Faculty in Management E-Content for Teaching-Learning-Evaluation Process' on 13th & 14th October, 2017, organized by Skill Development Council and Staff Development Cell, Workshop on 'Disaster Management', organized by Staff Colloquium on 7th April, 2018, Seminar on 'Skill Development for Teachers' on 19th September, 2017, organized by Staff Colloquium.

This academic year has been one with a plethora of activities and experiences, all of which have been extremely positive and rewarding. It has been a result of dynamic partnership of parents, teachers, students and managements geared towards qualitative achievements in education.

Dr. Daphne Pillai
Principal

STAFF NEWS

MS. BHAVANA PARAB

FACULTY AWARDS / PRIZES / RECOGNITION

INTERNATIONAL LEVEL

No.	Name of Faculty	Awards/Recognition/ Prizes	Description
1.	Dr. Daphne Pillai	Recognition	Invited as member to represent Soroptimist International Great Britain & Ireland (SIGBI) at 62 nd Commission on the Status of Women from 12 th to 23 rd March, 2018 on the theme “Empowering Rural Women & Girls.” Presented a Research paper on “ The challenges faced by rural women and girls in India with case study references to success Soroptimist projects in region of Mumbai” on 14 th March, 2018
2.	Dr. Kumudini Das	Recognition	Invited to present the research paper at XXVIII International Union for Scientific Study of Population(IUSSP) conference, Cape Town, South Africa on 29 th October- 4 th November 2017 on the topic <ul style="list-style-type: none">• Spatial pattern and factors influencing Inter caste marriages in India• In-congruence and differentials in reporting child death by the couples in India

NATIONAL LEVEL

No.	Name of Faculty	Awards/Recognition/ Prizes	Description
1.	Mr. Sanjay Munavalli	Resource Person	National Level Seminar on the theme “ Integrating Library System & Services for Quality Education” at Pillai College of Education & Research on 13 th April, 2018

UNIVERSITY LEVEL

S.No.	Name of Faculty	Awards/Recognition/Prizes	Description
1.	Mr. Shabab Rizvi	Best N.S.S. Programme Officer Award 2016-17	Award received from University of Mumbai for Social activities
2.	Mr. Shabab Rizvi	Selfless Service Award	Selfless Service Award from Rotary Club of Panvel
3.	Dr. Gajanan Wader	Recognition	Appointed as Subject Expert on B.O.S. of B.M.C.C. College, Pune in the subject of Accountancy, Law & Taxation on 9 th April, 2018
4.	Dr. Rinkoo Shantnu	Resource person	One Day Workshop on S.Y.B.Com. Syllabus Revision on Business Economics Paper III & IV at M.V.M.'s Degree College of Commerce & Science, Mumbai on 6 th July, 2017
5.	Dr. Monali Ray	Appointed as Judge for One day Inter-collegiate Paper Presentation Competition	One day Inter-Collegiate Paper Presentation Competition for students organised by Vidyalankar Institute of Information Technology, Wadala on 17 th , February 2018
6.	Dr. Rinkoo Shantnu	Resource Person	Invited as a resource person for a Guidance Session in the subject of 'Indian Economy' for T.Y.B.Com. Acc./Fin., Semester –VI students in Sanpada College of Commerce and Technology, Sanpada on 31st March, 2018
7.	Dr. Aarti Sukheja	Resource Person	Guidance Session for NAAC Pillai HOC College of Arts, Commerce & Science, Rasayni on 16 th September, 2017
8.	Dr. Aarti Sukheja	Resource Person	Resource Person for the Symposium on the theme "Best Practices in Degree Colleges for Quality Enhancement" organized by IQAC, Pillai College of Arts, Commerce and Science, New Panvel on 26 th March, 2018
9.	Ms. Bhavana Parab		
10.	Dr. Aarti Sukheja	Resource Person	Resource person for Workshop on Revised Assessment and Accreditation process by NAAC organized by Pillai College of Arts, Commerce and Science, New Panvel on 28 th March, 2018
11.	Mr. Shabab Rizvi		
12.	Ms. Bhavana Parab		
13.	Mrs. Jennie Prajith		
14.	Dr. Abida Khan		

SYLLABUS REVISION WORKSHOP ATTENDED

Sr. No.	Name of the Faculty	Title of Workshop	Organized By	Date	No. of Days
1.	Mrs. Nithya Varghese	S.Y.B.M.S. Syllabus Revision Workshop- Sem. III& IV	SIES College of Commerce & Economics, Sion (E) in Association of University of Mumbai	28 th June, 2017	01
2.	Mrs. Ramya S Kumar				
3.	Dr. Farhat Fatma Shaikh				
4.	Ms. Ruchika Bassi				
5.	Mrs. Kiran Deshmukh	Workshop on Revised Syllabus of S.Y.B.COM. – Sem. III & IV	Board of Studies in Commerce & Accountancy, University of Mumbai & Department of Commerce And Accountancy C.K. Thakur Arts, Commerce & Science College, New Panvel	17 th June, 2017	01
6.	Dr. Seema Somani				
7.	Dr. Abida Khan	Workshop on Revised Syllabus of S.Y.B.Com. Accounting & Finance Sem. III & IV	Board of Studies in Accountancy, University of Mumbai & C.K. Thakur Arts, Commerce & Science College, New Panvel	17 th June, 2017	01
8.	Mr. Chaitanya Aathale				
9.	Ms. Arjuman Shaikh				
10.	Mrs. Sunita Saini				
11.	Dr. Rinkoo Shantnu	Workshop on Revised Syllabus of S.Y.B.Com. Business Economics Paper III & IV	Smt. M.M.K. College of Commerce And Economics	23 rd June, 2017	01
12.	Mr. Shardul Buva	Workshop on Revised Syllabus of M.Com. Part II , Accountancy And Management	Sainath Education Trust's Rajiv Gandhi College of Arts, Commerce And Science, Vashi	11 th Oct., 2017	01
13.	Ms. Gurpreet Kaur Khalsa	Syllabus Revision Workshop for Foundation Course in Contemporary Issues III of S.Y.B.Com. Semester III	SIWS College, Wadala	7 th July, 2017	01
14.	Ms. Arjuman Shaik	Revision & Paper Pattern For S.Y.B.Com.	Maharashtra College of Arts, Science & Commerce	22 nd July, 2017	01
15.	Ms. Suparna Deepak	T.Y. B.Sc. Biotechnology Syllabus For Environmental Science - Applied Component	Department of Life Science, Kishinchand Chellaram College, Churchgate	20 th June 2017	01
16.	Ms. Suprita Rao				
17.	Dr. Remya Varadarajan	S.Y. B.Sc. Biotechnology Revised Syllabus Workshop	Kelkar Education Trust's Vaze College, Mulund	24 th June 2017	01
18.	Ms. Aswathi Gangadharan				
19.	Mrs. Jennie Prajith	Syllabus revision workshop for S.Y. B.Com. Financial Markets (Sem. III & IV)	Chandrabhan Sharma College of Arts, Science and Commerce, Powai, in association with Board of Studies in Financial Markets, University of Mumbai	24 th June 2017	01
20.	Ms. Bhavana Parab				
21.	Ms. Bhavana Parab	Syllabus revision workshop for	SIES College of Commerce &	28 th June,	01

PAPER PRESENTED AT SEMINAR/CONFERENCE /WORKSHOP

Sr. No.	Name of the Faculty	Title of the Paper	Organized By	Conference / Seminar / Workshop	Level	Date
1.	Dr. Rinkoo Shantnu	Jan Dhan Yojana: A Headway towards Financial Inclusion through Digitization	Department of Commerce, University of Mumbai	15 th International Commerce & Management Conference on "Impact of Digitalization and E-Commerce on Indian and Global Economy"	International Conference	18 th & 19 th Jan., 2018
2.	Dr. Monali Ray	Digitally enabled Residential transaction in India- Challenges & Opportunities				
3.	Dr. Seema Somani	Digital Currency: A boon or a bane in India				
4.	Dr. Kiran Deshmukh	Impact of digitalization on education sector				
5.	Dr. Aarti Sukheja	Gender Digital Divide in India : The road ahead				
6.	Dr. Abida Khan	A Study of Efficiency of Google Classroom				
7.	Mrs. Sunita Saini	A Study On Digital Banking In India				
8.	Mrs. Kavita Kathare	ICT in Education and Training				
9.	Mr. Shardul Buva	A Study of Accounting requirements under Goods and Service Tax Act (GST)				
10.	Dr. Gajanan Wader	Consumer Satisfaction in the digitalization of logistic management				
11.	Ms. Bhavana Parab	A study on Green Banking: Services, Challenges & Opportunities				
12.	Mrs. Jennie Prajith	The changing face of Indian banking system with the advent of Online Banking				
13.	Dr. Abida Khan	A Study of Impact of Receivable Management on Working Capital and Profitability of Logistics Companies	SIES College of Management Studies	Conference	State	2 nd Feb., 2018
14.	Mrs. Sunita Saini	Green Marketing: A Study On	Gurukul College of	One Day Inter- Disciplinary	National	22 nd July,

15.	Ms. Bhavana Parab					
16.	Mrs. Sunita Saini	Green Jobs: A study on opportunities and challenges in India	Department of Self Finance Courses of VPM's Joshi Bedekar College, Thane	Conference on Smart Cities In India: The Road Ahead	UGC Sponsored 14 th National Conference	18 th & 19 th Jan., 2018
17.	Mr. Shardul Buva	Study of pattern of claiming deductions under chapter VI-A of Indian Income Tax Act, 1961 by Individual Salaried Employees	MES Faculty Seminar Series	Conference	National Conference	21 st Sept., 2017
18.	Mrs. Nithya Varghese	A Research Paper on A study on a comparative analysis of intrinsic v/s extrinsic factors which motivate teachers in colleges and its impact in enhancing pedagogy with reference to Navi Mumbai	NCRD's Sterling College of Arts, Commerce and Science, Nerul	Conference – QUEST 2017 on the theme “ Emerging Trends and Innovations in Commerce & Management Education “	National Conference	12th Oct., 2017.
19.	Mrs. Ramya Kumar					
20.	Ms. Ruchika Bassi					
21.	Mrs. Archana Deepak					
22.	Ms. Bhavana Parab	Green Banking In India : Problems & Prospects				
23.	Dr. Kiran Deshmukh	Teaching in a digital Age	Internal Quality Assurance Cell, Pillai College of Arts Commerce and Science, New Panvel	UGC NAAC Sponsored Seminar on ‘Using ICT for Quality in Teaching-Learning & Evaluation Processes’	National Seminar	15 th – 16 th Dec., 2017
24.	Mrs. Sunita Saini	Use of ICT for Quality Enhancement in Teaching Processes For The Under Graduate Students of Commerce Stream, University of Mumbai				
25.	Dr. Farhat Shaikh					
26.	Dr. Abida Khan	A Study of Efficiency of ICT with Special Reference to Google Classroom				
27.	Mrs. Kavita Kathare	Students' Perspective towards ICT in Teaching and Learning				
28.	Ms. Bhavana Parab	A study on efficiency of ICT with special reference to Google Classroom				

29.	Mrs. Deepika Sharma	Virtual Structures and Collaborative Processes to Enhance Teaching and Learning				
30.	Mrs. Deepika Sharma	Hurdles in Implementing Information and Communication Technologies into Teaching and Learning Process in Higher Education in India : A Road Ahead				
31.	Mrs. Shubhangi pawar	Students Perspective Towards ICT in teaching and learning”				
32.	Dr. Kumudini Das	An Effective Use Of ICT For Education And Learning By Enhancing Worldwide Knowledge, Research And Experience”				
33.	Dr. Kumudini Das	VIRTUAL MOBILITY: Transforming Advance Learning To New Level In ICT Teaching And Learning.				
34.	Mr. Kuldeep Prabhu	ICT-An Interactive Step Towards Digi-Education				
35.	Mrs. Rashmi Guru Vagadurgi	Exploring the potential of ICT in education with blended learning				
36.	Mrs. Varsha C.	Role of ICT in Teaching Learning Process				
37.	Ms. Jabeen Zuzer Masum	A study on Challenges faced in bringing ICT enabled education in rural India				
38.	Ms. Sadaf Shaikh	A research Paper on impact of ICT used in teaching Method in Panvel city colleges.				
39.	Mrs. Prerna Sharma	A study on the impact of ICT of Learning under graduates Arts students in Mumbi & Navi Mumbai				
40.	Ms. Ruchika Bassi	Indian higher education in a changed environment and role of information literacy skills in promotion of quality higher education.				
41.	Mrs. Archana Deepak					
42.	Mrs. Nithya Raju Varghese					
43.	Mrs. Ramya Kumar					
44.	Mrs. Juliet Esther					
45.	Mrs. Sharavati C.					
46.	Mr. Sanjay Munavalli					

47.	Mrs. Dhanya Vinish	Digitalization and HR	Department of B.M.S., I.T. and C.S. in association with B.O.S. of I.T. of University of Mumbai	National Conference on Impact of Digitization on the Quality of life	National Conference	24 th Feb., 2018
48.	Mrs. Sreevidya T.V					
49.	Mrs. Dhanya Vinish	Protection of Intellectual property -An emerging Issue in Cyber Security				
50.	Mrs. Sreevidya T.V					
51.	Mrs. Padmaja Ganti	E-Payment "A Roar of Digital India"				
52.	Mrs. Anju Somani					
53.	Ms. Jabeen Masum	Digital India: vision, Initiative, opportunities and Obstacles	Department of B.M.S., I.T. and C.S. in association with B.O.S. of I.T. of University of Mumbai	National Conference on Impact of Digitization on the Quality of life	National Conference	24 th Feb., 2018
54.	Mrs. Varsha Chatuphale	A study of digital India Services and challenges				
55.	Mrs. Soly Zachariah	Impact of digitization on professional growth of UG teachers in Panvel city colleges				
56.	Mrs. Sabitha Praveen					
57.	Ms. Sadaf Shaikh	E-Suraksha: Building A Cyber safe Campus				
58.	Mrs. Sujata Shahabade	Big Data Hadoop an Emerging Technology and its issues in Indian Healthcare Industry.				
59.	Mrs. Shubhangi Pawar					
60.	Mrs. Rashmi Ghosalkar	'Digital Marketing': A new phase towards business development in Digital India..!				
61.	Mrs. Anju Somani	Digital Marketing "New Era Marketing Trends in Realm of Digitalization				
62.	Mr. Sanjay Munavalli	Need of Fostering Digital Literacy in Higher Education				

LIBRARY STAFF PUBLICATION: PUBLISHED PAPERS (LIBRARIAN)

- Munavalli, S.B. (2017). Impact of Web 2.0 in teaching information literacy. Special issue on Library & Information Science, 3(1), (ISSN:2454-1877), pp. 37-43.
- Munavalli, S.B., Kumbar, B.D. (2017). Prescriptive/Diagnostic assessment of information literacy skills of Science students at PCACS: A pilot study. PEARL - A Journal of Library and Information Science, 11(1), 22-27. Retrieved from <http://www.indianjournals.com.iproxy.inflibnet.ac.in:2048/-jor.aspx?target=ijor:pjolis&volume=11&issue=1&article=004&type=pdf>.doi: 10.5958/0975-6922.2017.00004.3
- Munavalli, S.B. (2017). Need of information literacy assessment to explore budgetary learning resources. An international multidisciplinary research journal, (ISSN:2319-359X, Impact Factor 3.522), pp.74-81.
- Munavalli, S.B. (2017). National digital library: A tool to promote information literacy. Journal of Library and Information Communication Technology, 6(1), 26-32. Retrieved from: <http://www.indianjournals.com.iproxy.inflibnet.ac.in:2048/-jor.aspx?target=ijor:jlict&volume=6&issue=1&article=004>.(ISSN:2278-3482).
- Munavalli, S.B. (2017). National Digital Library(NDL) of India: A boon for lifelong learners. Informatics Studies, 4(3), 45-53. (ISSN:2320-530X).
- Munavalli, S.B. (2017). Information literacy: Contemporary issues and innovations. Informatics Studies, 4(4), 30-36. (ISSN:2320-530X).
- Munavalli, S.B. (2017). Indian higher education in a changed environment and role of information literacy skills in promotion of quality higher education. Scholarly Research Journal for Interdisciplinary Studies, 6(34), 189-194. (ISSN:2319-4766, Impact Factor 6.177).
- Munavalli, S.B., Kumbar, B.D. (2017). Assessing information skills among the undergraduate science students of P.C.A.C.S., Navi Mumbai: A pilot study, Library Progress (International), 37(2), 142-153. (ISSN:0970-1052).
- Munavalli, S.B. (2017). Qr (Quick Response) Code: A low-cost solution to promote information literacy, Library Research World, 3(2), 16-22. (ISSN:2454-3586).
- Munavalli, S.B. (2017). Need of information literacy skills in information age, Journal of Library and Information Communication Technology, 6(2), Retrieved from (ISSN:2278-3482).
- Munavalli, S.B.(2018).Information literacy instruction and higher education, Genius, 6(2), 11-21.(ISSN 2279-0489, Impact Factor 4.248)
- Munavalli, S.B. (2017). Contemporary Issues and Innovations in Information Literacy. In Mukhyadal, B.G., Sonwane, S.S., and Khanadare, S.B. In Modern Library Services: Shifting from print to virtual, ESS, New Delhi, (pp.604-616)

LIBRARY STAFF: SEMINARS & WORKSHOPS ATTENDED: (LIBRARIAN)

- State Level Seminar on “Role of Librarian in Digital Era”,23 Feb.,2017 at Chetana’s Hazarimal Somani College of Commerce & Economics, Mumbai.
- National Level Conference on “Knowledge Management in Digital India and Current Trends in Library & Information Sciences”,01March, 2017 at Y & M Anjuman Khairul Islam’s Poona Institute of Management Sciences & Entrepreneurship, Pune.
- ACTREC-BOSLA Annual Lecture Series 2017 to commemorate the 125th Birth Anniversary of Dr. S.R. Ranganathan on Makers Space,12 August,2017 at ACTREC, Mumbai.
- National Level Seminar on “Using ICT for Quality in Teaching-Learning & Evaluation Processes”,15-16 December,2017 at Pillai College of Arts, Commerce and Science, New Panvel.
- International Level Conference on “Library: A temple of learning & knowledge house”,03 February,2018 at Poona Institute of Management Sciences and Entrepreneurship, Pune.
- Training programme on “Digital tools and presentation skills”, 07-08 June,2017 at Mahatma Education Society, New Panvel.
- One day Research Workshop on “Art of Writing and Publishing an Effective Research Paper”,20 Jan.,2017 at Pillai College of Arts, Commerce and Science, New Panvel.

SEMINARS & WORKSHOPS ATTENDED

Sr. No.	Name of the Faculty	Organized By	Conference / Seminar / Workshop	Level	Date
1.	Dr. Monali Ray	Pillai College of Arts, Commerce & Science, New Panvel	One Day Workshop on Research Proposal and publication	College	3 rd July, 2017
2.	Dr. Rinkoo Shantnu				
3.	Dr. Kiran Deshmukh				
4.	Dr. Aarti Sukheja				
5.	Mrs. Nithya Varghese				
6.	Mr. Shabab Rizvi				
7.	Mrs. Ruchika Bassi				
8.	Dr. Abida Khan				
9.	Mrs. SunitaSaini				
10.	Mr. ShardulBuva				
11.	Mrs. KavitaKathare				
12.	Mr. Chaitanya Aathalye				
13.	Ms. Arjuman Shaikh				
14.	Ms. Gurpreet Khalsa				
15.	Mrs. Jennie Prajith				
16.	Ms. Bhavana Parab				
17.	Dr. Monali Ray	Pillai College of Arts, Commerce & Science, New Panvel	Two Days Workshop on E-Content for Pedagogy for Development of Faculty in Management E-Content for Teaching-Learning-Evaluation Process	State	13 th & 14 th Oct., 2017
18.	Dr. Kiran Deshmukh				
19.	Mrs. Ramya S Kumar				
20.	Mrs. Ruchika Bassi				
21.	Dr. Abida Khan				
22.	Mrs. SunitaSaini				
23.	Mr. ShardulBuva				
24.	Mrs. KavitaKathare				
25.	Mr. ChaitanyaAathalye				
26.	Ms. Arjuman Shaikh				
27.	Mrs. Priyanka Patil				
28.	Mr. Aditya Joshi				
29.	Mrs. Jennie Prajith				
30.	Ms. Bhavana Parab				
31.	Ms. Prajakta Bapat				
32.	Dr. Seema Somani	Department of Students' Development, University of Mumbai at Bhausaheb Nene Arts, Commerce and Science	Workshop on "Avishkar Research Convention:2017-18"	University	16 th Nov., 2017
33.	Dr. Abida Khan				

34.	Dr. Monali Ray	Internal Quality Assurance Cell (IQAC), Pillai College of Arts, Commerce & Science	NAAC Sponsored Seminar on 'Using ICT for Quality in Teaching-Learning & Evaluation Processes'	National	15 th and 16 th Dec., 2017
35.	Mrs. Solly Z.				
36.	Mrs. Bindu Rajguru				
37.	Mrs. Meenakshi Johri				
38.	Mr. Gopakumar Pillai				
39.	Ms. Aswathy				
40.	Dr. Remya V.				
41.	Mrs. Sabita Praveen				
42.	Mrs. Dhanya Vinish				
43.	Mrs. Shreevidhya				
44.	Mrs. Sudha Ramesh				
45.	Dr. Rinkoo Shantnu				
46.	Mrs. Rashmi Chavan				
47.	Dr. Kumudini Das				
48.	Dr. Gajanan Wader				
49.	Mrs. Sujata Shahabade				
50.	Ms. Sadaf Shaikh				
51.	Mrs. Varsha Chatuphale				
52.	Ms. Jabeen Masum				
53.	Mrs. Shubhangi Pawar				
54.	Mr. Kuldeep Prabhu				
55.	Dr. Kiran Deshmukh				
56.	Mrs. Ramya S Kumar				
57.	Dr. Abida Khan				
58.	Ms. Arjuman Shaikh				
59.	Mrs. Sunita Saini				
60.	Mrs. Kavita Baddi				
61.	Mr. Shardul Buva				
62.	Mr. Chaitanya Aathalye				
63.	Ms. Bhavana Parab				
64.	Ms. Prajakta Bapat				
65.	Mrs. Jennie Prajith				
66.	Mrs. Deepika Sharma				
67.	Mrs. Purna Sharma				
68.	Dr. Aarti Sukheja				
69.	Dr. Aarti Sukheja	SIES College of Arts, Science	One Day Workshop on "New	State	7 th Oct., 2017

70.	Ms. Bhavana Parab				
71.	Dr. Aarti Sukheja	IQAC, Pillai College of Arts, Commerce & Science, New Panvel	Workshop on Revised Assessment & Accreditation Process by NAAC	Inter Institutional	28 th March, 2018
72.	Dr. Seema Somani				
73.	Dr. Rinkoo Shantnu				
74.	Dr. Kiran Deshmukh				
75.	Dr. Smitha Jayaram				
76.	Dr. Gajanan Wader				
77.	Mrs. Jennie Prajith				
78.	Ms. Bhavana Parab				
79.	Mrs. Deepika Sharma				
80.	Mrs. Prerna Sharma				
81.	Mr. Shabab Rizvi				
82.	Mrs. Ramya S Kumar	Pillai College of Arts, Commerce & Science, New Panvel	One Day research workshop on “ Art of writing and publishing an effective research paper “	College	20 th Jan., 2018
83.	Mrs. Juliet Esther				
84.	Mrs. Ruchika Bassi				
85.	Mrs. Sharavathi C				
86.	Mrs. Nithya Raju Varghese				
87.	Mrs. Archana Deepak				
88.	Dr. Farhat Fatma Shaikh				
89.	Mr. Shardul Buva				
90.	Mrs. Sunita Saini				
91.	Ms. Arjuman Shaikh				
92.	Ms. Gurpreet Kaur Khalsa				
93.	Ms. Bhavana Parab				
94.	Ms. Prajakta Bapat				
95.	Mrs. Jennie Prajith				
96.	Dr. Rinkoo -Shantnu	Staff Colloquium, Pillai College of Arts, Commerce & Science, New Panvel	Workshop on Disaster management	College	7 th April, 2018
97.	Dr. Monali Ray				
98.	Dr. Seema Somani				
99.	Dr. Aarti Sukheja				
100.	Dr. Abida Khan				
101.	Mrs. Sunita Saini				
102.	Mr. Shardul Buva				
103.	Mrs. Kavita Kathare				
104.	Mr. Chaitany Aathalye				
105.	Ms. Arjuman Shaikh				

106.	Ms. Bhavana Parab				
107.	Ms. Prajakta Bapat				
108.	Mrs. Jennie Prajith				
109.	Nithya Varghese	Staff Colloquium, Pillai College of Arts, Commerce & Science	A Seminar on Skill Development for Teachers”	College	19 th Sept., 2017
110.	Ramya S Kumar				
111.	Dr. Abida Khan				
112.	Mrs. Sunita Saini				
113.	Mr. Shardul Buva				
114.	Ms. Arjuman Shaikh				
115.	Ms. Gurpreet Kaur Khalsa				
116.	Mr. Shabab Rizvi	MES Research Forum, Mahatma Educaion Society’s	Faculty Seminar Series	National	27 th Sept., 2017
117.	Mrs. Kavita Kathare				
118.	Mrs. Sunita Saini	Vidya Prasarak Mandal’s K.G Joshi College of Arts and N.G Bedekar College of Commerce, Thane	Pre- Conference Workshop	Inter-College	12 th Aug., 2017
119.	Ms. Bhavana Parab				
120.	Mrs. Jennie Prajith				
121.	Ms. Prajakta Bapat				
122.	Mrs. Bindu Rajaguru				
123.	Mr. Gopakumar Pillai	Homi Bhabha Centre for Scienc e Education	Workshop on Integrating Concepts in Biology Lab	-	7 th & 8 th Sept., 2017
124.	Dr. Remya Varadarajan				
125.	Mrs. Jennie Prajith	National Institute of Securities Markets	Workshop on Building Careers in Capital Markets	-	4 th Oct.,2017
126.	Ms. Bhavana Parab				
127.	Mrs. Jennie Prajith	Skill Development Council in collaboration with Staff Development Cell, Pillai College of Arts, Commerce & Science, New Panvel	Workshop-Training Session of Google Classroom	State	13 th & 14 th Oct., 2017
128.	Ms. Bhavana Parab				
129.	Ms. Prajakta Bapat				
130.	Mrs. Ruchika Bassi				
131.	Mrs. Nithya Varghese				
132.	Dr. Kiran Deshmukh				
133.	Mrs. Sunita Saini				
134.	Mrs. Ramya S Kumar				
135.	Mrs. Jennie Prajith				
136.	Ms. Bhavana Parab	Skill Development Council in collaboration with Staff Development Cell, Pillai College of Arts, Commerce & Science, New Panvel	Workshop-Training Session of Moodle	State	13 th & 14 th Oct., 2017
137.	Ms.Prajakta Bapat				
138.	Mrs. Ruchika Bassi				
139.	Mrs. Nithya Varghese				
140.	Dr. Kiran Deshmukh				
141.	Mrs. Sunita Saini				
142.	Mrs. Ramya S Kumar				
143.	Ms. Prajakta Bapat	N.S.S. Unit, Pillai College of Arts, Commerce & Science, New Panvel in association N.S.S. Cell University of Mumbai	Workshop Session on N.S.S. Ten Grace Marks Verification	North Raigad Zone	26 th Feb., 2018

LIST OF FACULTY PARTICIPATED IN CONFERENCES & SYMPOSIUM

Sr. No.	Name of the Faculty	Organized By	Conference /Workshop	Level	Date
1.	Dr. Aarti Sukheja	Guru Nanak College of Arts, Science & Commerce	Symposium	State	21 st Dec., 2017
2.	Mrs. Juliet Esther	University Department of Commerce, University of Mumbai	15th International Commerce and Management Conference on "Impact of Digitalization and E-commerce on Indian and Global Economy"	International	18th & 19th Jan., 2018
3.	Mrs. Ruchika Bassi				
4.	Mrs. Sharavathi C				
5.	Mrs. Nithya Raju Varghese				
6.	Mrs. Archana Deepak				
7.	Dr. Farhat Fatma Shaikh				
8.	Dr. Abida Khan				
9.	Mrs. Sunita Saini				
10.	Mrs. Kavita Baddi				
11.	Mr. Shardul Buva				
12.	Ms. Bhavana Parab				
13.	Mrs. Jennie Prajith				
14.	Mrs. Nithya Raju Varghese				
15.	Mr. Shabab Rizvi				
16.	Mrs. Nithya Raju Varghese	MVM Educational Campus, MVM Degree College of Commerce and Science	4th International conference on Issues, challenges and remedies to employability"	International	16 th Feb., 2018
17.	Mr. Shabab Rizvi				
18.	Mrs. Nithya Varghese	Gurunanak College	ICSSR Sponsored Interdisciplinary National Conference on Sustainable Development: Perspective, Achievements and Challenges	National	23 rd Sept., 2017
19.	Mrs. Nithya Varghese	Sterling College of Arts, Commerce & Science, Nerul	Conference – QUEST 2017 on the theme " Emerging Trends and Innovations in Commerce & Management Education "	National	12 th Oct., 2017
20.	Mrs. Ramya S Kumar				
21.	Mrs. Ruchika Bassi				
22.	Mrs. Archana Deepak				
23.	Ms. Bhavana Parab				
24.	Mr. Shabab Rizvi	MES Research Forum, Mahatma Educaion Society's	Faculty Seminar Series - Interdisciplinary Conference	National	27 th Sept., 2017
25.	Mrs. Kavita Kathare				
26.	Dr. Abida Khan	SIES College of Management Studies	Finance Research Conference 2018 BFSI Sector – Contemporary Issues, Opportunities and Challenges	National	2 nd Feb., 2018
27.	Mrs. Sunita Saini	Gurukul College of Commerce , Ghatkopar, in Association with Department of Commerce, University of Mumbai	One Day Inter-Disciplinary National Conference	National	22 nd July, 2017
28.	Ms. Bhavana Parab				
29.	Dr. Aarti Sukheja	IQAC, Pillai College of Arts, Commerce & Science, New Panvel	Symposium on Best Practices in Degree Colleges for Quality Enhancement	Inter-Collegiate	26 th March, 2018
30.	Mrs. Deepika Sharma				
31.	Mrs. Prerna Sharma				
32.	Mr. Shabab Rizvi				
33.	Dr. Gajanan Wader				
34.	Ms. Bhavana Parab				

LIST OF TRAINING COURSES/ FACULTY DEVELOPMENT PROGRAMMES ATTENDED BY FACULTY

Sr. No.	Name of the Faculty	Course	Course Detail	Organized by	Date				
1.	Dr. Monali Ray	Workshop on Research Methodology in Social Science	ICSSR Sponsored National Level	Gokhale Education Society's College of Education and Research, Mumbai	31 st July to 5 th Aug., 2017				
2.	Dr. Rinkoo Shantnu								
3.	Dr. Seema Somani	RUSA sponsored Short Term Course	Statistical Methods in Social Sciences with R	UGC HRDC, University of Mumbai	18 th Aug., to 24 th Aug., 2017				
4.	Dr. Seema Somani	Skill Development for teachers	Faculty Development Programme – "A Seminar on Skill Development"	Staff Colloquium Pillai College of Arts, Commerce and Science , New Panvel	19 th Sept., 2017				
5.	Dr. Gajanan Wader								
6.	Dr. Kiran Deshmukh								
7.	Dr. Aarti Sukheja								
8.	Dr. Abida Khan								
9.	Mrs. Kavita Kathare								
10.	Ms. Arjuman Shaikh								
11.	Mrs. Sunita Saini								
12.	Mr. Shardul Buva								
13.	Dr. Farhat Fatma Shaikh								
14.	Ms. Ruchika Bassi								
15.	Mr. Shabab Rizvi								
16.	Mrs. Jennie Prajith								
17.	Ms. Bhavana Parab								
18.	Ms. Prajakta Bapat								
19.	Mrs. Ramya S Kumar								
20.	Dr. Kiran Deshmukh					Training Session of Google Classroom and Moodle	Two Days State Level Workshop "E-Content for Pedagogy for Development of Faculty in Managing E-Content for Teaching-Learning-Evaluation Process"	Skill Development Council and staff Development Cell Pillai college of Arts, Commerce and Science college New Panvel.	13 th & 14 th Oct., 2017
21.	Ms. Ruchika Bassi								
22.	Mrs. Archana Deepak								
23.	Dr. Gajanan Wader								
24.	Mrs. Nithya Varghese								
25.	Mrs. Sunita Saini								
26.	Mr. Shardul Buva								
27.	Dr. Abida Khan								
28.	Mrs. Kavita Kathare								
29.	Mrs. Priyanka Patil								
30.	Mrs. Ramya S Kumar								
31.	Mr. Shabab Rizvi								
32.	Mrs. Jennie Prajith								
33.	Ms. Bhavana Parab								

34.	Ms. Prajakta Bapat				
35.	Dr. Rinkoo Shantnu	'Communication & Presentation Skills as the way to Excellence in Teaching'	Faculty Knowledge Sharing Programme	IBS- ICFAI Business School & Pillai College of Arts, Commerce & Science, New Panvel	9 th April, 2018
36.	Mrs. Rashmi Vagadurgi				
37.	Mrs. Deepika Sharma				
38.	Ms. Jabeen Masum				
39.	Mrs. Anju Somai				
40.	Mrs. Varsha Chatuphale				
41.	Mrs. Nithya Varghese				
42.	Dr. Monali Ray				
43.	Dr. Aarti Sukheja				
44.	Dr. Kiran Deshmukh				
45.	Dr. Abida Khan				
46.	Mrs. Sunita Saini				
47.	Mr. Shardul Buva				
48.	Mrs. Kavita Kathare				
49.	Mr. Chaitanya Aathalye				
50.	Ms. Arjuman Shaikh				
51.	Mrs. Jennie Prajith				
52.	Ms. Bhavana Parab				
53.	Ms. Prajakta Bapat				
54.	Mrs. Nithya Varghese	Workshop on E-content Development for curriculum Delivery Process	FDP on Google classroom, moodle	PTVA's Mulund College of Commerce	19 th Aug., 2017
55.	Mr. Shabab Rizvi	Training	Mind Training Camp	University of Mumbai at Patuck Gala College of Commerce and Management, Santacruz Mumbai.	15 th Sept., 2017
56.	Mrs. Rashmi Vagadurgi	FDP Workshop	Python Programming	Vikas College of Arts, Commerce & Science, Vikhroli,	9 th & 10 th June, 2017
57.	Mrs. Rashmi Vagadurgi	FDP Workshop	Data Analytics	Department of I.T.& C.S., Pillai College of Arts, Commerce & Science	11 th Oct., 2017
58.	Mrs. Sudha Ramesh				
59.	Mrs. Soly Zachariah				
60.	Ms. Sadaf Shaikh				
61.	Ms. Jabeen Zuzer Masum				
62.	Mrs. Rashmi Chavan				

STUDENTS' COUNCIL

Students' Council is a completely student-run organization. The Council meets throughout the year, advocating the interests and needs of students. The following events were organized in the current academic year:

- Fresher's Day 17th July, 2018
- Independence Day Celebration 15th August, 2017
- Friendship Day 5th August, 2017
- Traditional & Chocolate Day 16th September, 2017
- Rose Day 17th March, 2018
- Teacher's Day Celebration 5th September, 2017
- Republic Day Celebration 26th January, 2018
- Garba Day 28 September, 2017

Our students acted as leaders in organizing, creating our Campus Mega Inter-Collegiate Fest 'Alegria – 2018'. (6th February, 2018 to 10 February, 2018). (Theme: Mumbai the city of dreams) Students were involved in organising the event, in creativity, publicising the event, scheduling and even took up the responsibility to invite celebrities to our campus. Their leadership and creative qualities were evident throughout the fest. Our students were winners of many events in the fest.

Dr. Smitha Jayaram
Assistant Professor

CULTURAL REPORT

Extra-curricular activities must be made a mandatory part of the curriculum as it enhances the all-round development in a child. We encourage our students to participate in a number of cultural activities at various platforms. In the current academic year our students won many prizes in inter-collegiate fests in the city of Mumbai:

Intercollegiate Events

Wilson College
Treasure hunt: First Prize

S.K. Somaiya College
Debate: Second Prize

S.I.E.S College, Mumbai
Open Mic: First Prize

Jai hind College
Football: First Prize
Solo Dance: Second Prize
Group Dance: First Prize

Thakur Vidyamandir College
Fashion Show: Second Prize

Western College
Solo Dance: First Prize

National Academy of Event Management and Development
Photography: First Prize

Surat College
Mono Acting: First & Second Prize

K.C. College
Mono acting: First Prize

S.I.E.S. Nerul
Duet Dance: First Prize

Bharati Vidyapeeth
Duet Dance: First Prize

Vidyalankar College
Debate: Second Prize

Uber Rang 2018

First Prize: Theatres Team
Second Prize: RTN

University of Mumbai (Zonals)

Story telling - First Prize
Debate - First Prize
Cartooning - Third Prize
Mehendi Desinging - First prize
Indian Classical Solo - First prize
Mono acting Group A Marathi - Third prize
One act play Group C - First Prize
Skit B - First Prize
Skit C - First Prize
Mono Acting C - Third Prize
Mono Acting C- First Prize
One Act play Marathi - First Prize
Indian Grp song - Second Prize
Folk Dance - Third Prize

ALEGRIA 2018 Achievements

First Prize

Mono Acting
Fashion Show
Mr. Alegria 2018
Face of Alegria 2018
Rapping

Second Prize

Open Mic

Third Prize

Free Style Group Dance

RTN's 2017 Achievements

National Institute of Event Management - Third
National Academy of Event Management and Development - Third

Jai Hind College - First
Western College - First
Amity College - First

Students of our college have set up an impressive and consistent record of performance in almost all games and sports. Students participated in a number of inter- collegiate tournaments in various events, the details of which are as given below:

Chess (Men)

Mumbai University Inter-Collegiate Zone IV Chess Championship was organised at K.L.E. Society & Commerce College, Kalamboli on 28th July, 2017. Total 31 Teams Participated and our college received 5th Position in Zone VI.

Swimming (Men & Women)

Mumbai University Inter-Collegiate Swimming Championship was organised at P.M. Hindu Swimming Bath, Charni Road from 21st August to 23rd August, 2017. Total 78 Colleges participated. Women Swimmer Tanavi Rane won 2 Bronze Medals in 50 metre Back Stroke, 100 metre Back Stroke and Nitesh Shetty received 10th Position.

Cross Country Races (Men)

Mumbai University Inter-Collegiate Cross Country Race was organised at Birla College of Arts, Science & Commerce, Kalyan, from 28 to 29th August, 2017. Total 31 Teams participated and we received 15th Position.

Badminton (Men & Women)

Mumbai University Inter-Collegiate Badminton Championship was organised at University Pavilion Marine Lines from 19 to 24th August, 2017. Total 102 Colleges participated. We qualified for few rounds.

Kabaddi (Men)

Mumbai University Inter-Collegiate Kabaddi Championship was organised at C.K.T. College, Khanda Colony from 28th September, 2017. Total 42 Teams Participated.

Hand Ball (Women) (Silver)

Mumbai University Inter-Collegiate Hand Ball Championship was organised at C.K.T. College, Panvel from 4th to 5th October, 2017. Total 37 Teams participated and we won Silver Medal.

Volleyball (Women) (Silver)

Mumbai University Inter-Collegiate Volleyball Championship was organised at R.A. Podar College, Matunga on 3rd October, 2017. Total 64 teams participated and our team won silver. Ankita Kathayat, Sneha Katakdhond were selected in Mumbai University Team.

Volleyball (Men) (Gold)

Mumbai University Inter-Collegiate Volleyball Championship was organised at two places K.B. Patil College, Vashi from 28th to 29th September 2017, Birla College, Kalyan from 8th October to 10th October, 2017. Total 160 teams participated and our team won Gold Medal in the Championship.

Judo (Men)

Mumbai University Inter-Collegiate Judo Championship was organised at Vishnu Waman Thakur Charitable Trust's College on 14th October, 2017. Vishal Waghmare participated and played till second round.

Foot Ball (Men) (Silver)

Mumbai University Inter-Collegiate Foot Ball Championship was organised at University Pavilion, Marine Lines from 26th September to 23rd October, 2017. Total 192 Teams participated & our team secured Silver Medal.

Rifle Shooting - Peep Sight (Men) (Silver)

Mumbai University Inter-Collegiate Rifle Shooting - Peep Sight Championship was organised at D.G. Ruparel College, Matunga from 23 October to 27 October, 2017. A total of 30 Teams participated and our team won Silver Medal. Kiran Jadhav won Silver Medal in Individual and was selected for Inter-University.

Rifle Shooting - Peep Sight (Women)

Mumbai University Inter-Collegiate Rifle Shooting - Peep Sight Championship was organised at D.G. Ruparel College, Matunga from 23 October to 27 October, 2017. A total of 30 teams participated and our team secured 4th Position.

Rifle Shooting - Open Sight (Men)

Mumbai University Inter-Collegiate Rifle Shooting - Open Sight Championship was organised at D.G. Ruparel College, Matunga from 23 October to 27 October, 2017. A total of 30 teams participated and our team secured 6th Position.

Rifle Shooting - Open Sight (Women) (Silver)

Mumbai University Inter-Collegiate Rifle Shooting - Open Sight Championship was organised at D.G. Ruparel College, Matunga from 23 October to 27 October, 2017. total of 30 teams participated and our team won Silver Medal.

Air Pistol - (Men)

Mumbai University Inter-Collegiate Rifle Shooting - Open Sight Championship was organised at D.G. Ruparel College, Matunga from 23 October to 27 October, 2017. A total of 26 Teams participated and our team secured 8th Position.

Air Pistol - (Women)

Mumbai University Inter-Collegiate Rifle Shooting - Open Sight Championship was organised at D.G. Ruparel College, Matunga from 23 October to 27 October, 2017. A total of 21 teams participated and our team secured 9th Position.

Boxing (Men & Women)

Mumbai University Inter-Collegiate Boxing Championship was organised at University Pavilion, Marine Lines from 1st November, 2017 to 3rd November, 2017. A total of 38 colleges participated and our Boxers Ganesh Bogati won Bronze Medal.

Cricket (Men)

Mumbai University Inter-Collegiate Cricket Championship was organised at Kalina Campus, Vidyanagari on 25th October, 2017. A total of 200 teams participated and our team played till the 5th Round.

Athletics

Mumbai University Inter-Collegiate Athletics Championship was organised at University Pavilion Marine Lines from 10th November, 2011 to 12th November, 2017. We played till Semi-Finals.

Ball Badminton (Men) (Gold)

Mumbai University Inter-Collegiate Ball Badminton Championship was organised at G.N. Khalsa College, Matunga on 5th December, 2017. Total 15 teams participated. We won gold and our players: Ashwinraj Fernando, Pradeep Ravriya, Sachin Chudhary, Naved Shaikh and Shubham Vaishnav, were selected in Mumbai University Team.

Ball Badminton (Women)

Mumbai University Inter-Collegiate Ball Badminton Championship was organised at Khalsa College, Matunga on 5th December, 2017. A total of 10 teams participated. We received 5th Position.

Archery (Men)(Silver)

Mumbai University Inter-Collegiate Archery Championship was organised at Dr. Babasaheb Ambedkar College, Wadala on 8th December, 2017. A total of 53 colleges participated. Our player Archerer Mukul Kumar Prasad won Silver Medal and was selected in Mumbai University Team. Our Women Archerer Kajal Goriya secured 4th Position.

Soft Ball (Men)

Mumbai University Inter-Collegiate Soft Ball Championship was organised at Mumbai University Campus, Kalina on 15th January, 2018. Total 29 Teams participated and our team played till Quarter Final.

Base Ball (Men)

Mumbai University Inter-Collegiate Base Ball Championship was organised at C.K.T. College, Panvel from 17th January to 19th January, 2018. A total of 27 teams participated and our team won against Khalsa College, Matunga in Semi-Finals and secured Bronze Medal. Our players Vinay Talekar and Mith Joshi were selected for Mumbai University Team.

Taekwondo (Men & Women)

Mumbai University Inter-Collegiate Taekwondo Championship was organised at Oswal College, Bhiwandi on 1st February, 2018. Our Taekwondo Player Aayushi Bhakta won Bronze Medal in Heavy Weight Category & Sunil Mawale won Bronze Medal in Fly Category.

Foot Ball (Women) (Silver)

Mumbai University Inter-Collegiate Foot Ball Championship was organised at University Pavilion, Marine Lines from 24th February to 26th February, 2018. A total of 19 Teams Participated and our team played Top 4 League Matches and won Silver Medals. Our six players played in Mumbai University Team.

This (2016 - 2017) academic year turned out to be a very active one. In the said academic year we received the best n.S.S. Unit award & the best n.S.S. Programme officer award. We were felicitated by university of mumbai for donating maximum blood bottles in the raigad district. We were also felicitated by alert india for our leprosy awareness & rehabilitation programme. The following events were taken up the institution in the right earnest:

third international yoga day

Observed the third international yoga day on 21st june, 2017. The session was carried under the guidance of a well-trained yoga instructor mr. Ram palat yadav, retd. Lieutenant (indian navy) from jila prabhari- patanjali yog samiti. The students were made aware about the importance and benefits of yoga.

Tree plantation programme

As a part of the massive drive launched by the maharashtra government to increase the green cover across the state, our n.S.S. Unit in association with hariyali ngo organized a one day tree plantation drive on 1st july, 2017 and successfully planted 115 saplings on the shil phata mountain (thane).

“Bhim app”- awareness and its application

In line with the appeal made by hon'ble prime minister narendra modi to create awareness among masses on how to use various digital payments modes, and to help indian economy to move from cash economy to 'less cash economy' a session was conducted under n.S.S. Unit for the s.Y.B.Sc. I.T. Students on bhim app on 24th june, 2017.

Awareness on leprosy

Organized a leprosy education, rehabilitation and treatment campaign jointly with ngo, alert-india, on 28th july, 2017. This initiative had the objective to educate on the causes of leprosy, its signs and symptoms and treatment measures.

Swachh bharat mission

Under the banner of swachh bharat abhiyaan 2017-18, dust bins were donated to the adopted village at siddhi karvale towards promoting cleanliness.

Srd/nrd parade selection

Prof. Shabab rizvi was invited as the chief guest for the srd/nrd parade selection on 9th august, 2017 at mahatma phule college, panvel. One of our students got selected for the srd/nrd parade.

Anti -plastic campaign

Anti -plastic campaign was organized by thirteen of our s.Y. B.Sc.I.T. Students on 17th august ,2017 in new panvel area. The students made paper bags out of old newspapers and distributed to roadside vendors and shopkeepers.

Blood Donation Camp

In association with St. George Hospital, Nair Hospital & J.J. Mahanagar Blood Bank and Wadia Hospital organized a Blood Donation Camp in the college premises on 22nd August, 2017. At the end of the day over 500 bottles of blood were collected and donated.

Awareness on Environment Sanitation and Disposal of Garbage

Organized Awareness on Environment Sanitation and Disposal of Garbage on 8th September, 2017 at Panvel Mahanagar Palika School, New Panvel.

Awareness drive for PUC

Student volunteers of B.Sc.I.T. played an important role to create awareness for PUC by getting their vehicles checked at Khandeshwar PUC check-up Point on Mumbai-Pune Highway and got their vehicles PUC certified. They also spread awareness regarding the same to people around the Petrol Pump Area of Khandeshwar. This activity was conducted on 11th September, 2017.

Stem Cell Transplant Registration and Awareness Drive

In association with the Marrow Donor Registry India (MDRI), organized Stem Cell Donors Camp in the College on 13th & 14th September, 2017. 190 stem donor registrations were done.

Waste Management of Medical Disposal

Organised an Awareness Drive on 15th September, 2017 in Old Panvel area. The event turned out to be a great success as the volunteers from B.Sc. I.T. participated enthusiastically.

National Integration Day

Celebrated National Integration Day on the campus on 31st October, 2017 with great patriotic fervour. A pledge on Peace, Unity and Security was administered by the students.

Observance of Vigilance Awareness Week

As part of the on-going Vigilance Awareness Week, in association with CIDCO, performed street plays to create awareness on anti-corruption values on 29th, 30th November and 1st December, 2017 at different venues in New Panvel, Kalamboli and Khanda Colony.

AIDS Awareness Campaign

The N.S.S. Unit observed this day on 1st December, 2017 by involving young students in the AIDS Awareness Campaign. A Poster Making Competition was also organized and these posters were carried from class to class to create awareness amongst students.

N.S.S. Residential Camp

Organised a Social Camp in the adopted village, Siddhi Karavle, Taloja Phase 1 from 18th December, 2017 to 24th December, 2017. The Camp was hosted with the help of Municipal Corporation and former Sarpanch of the village. The main purpose of this camp was to promote 'Swachhta' in the village. There were various activities planned and successfully executed like- Swach Bharat Abhiyaan, Eye check-up camp, Painting walls, Tree plantation, Teaching students of Zilla parishad School and the like. The volunteers also performed various skits, lectures and street plays on educational themes of social relevance.

Tamaso Ma JyotirGamaya

The N.S.S. unit and the RTN dance group together made the city proud yet again with their talent and grace on 7th January, 2018. Tamaso Ma JyotirGamaya (TMJ) is the world's largest walkathon against blindness organized by Advanced Eye Hospital & Institute, One Vision Health and Research Foundation.

Award for the Selfless Service

Prof. Shabab Rizvi, N.S.S. Programme Officer of Pillai College of Arts, Commerce & Science, New Panvel was felicitated with the Award for the Selfless Service by Rotary Club of Panvel Midtown.

National Youth Day

Screened an inspirational video of Swami Vivekananda for the students on 12th January, 2018 with an aim to imbibe the students and youth with the philosophy and ideals of Swami Vivekananda.

Road Safety Awareness Campaign

The N.S.S. Unit and Management Association of our college in association with Ashoka Buildcon Ltd. organized Road Safety Awareness on the occasion of National Road Safety Week on 17th January, 2018.

Grace Marks Scrutiny Programme for North Raigad Zone

The N.S.S. Cell, University of Mumbai and N.S.S. Unit of the college jointly organized 'Ten Grace Marks Scrutiny Programme for North Raigad Zone' on 26th February, 2018. The session was headed by Prof. Dr. Wani M.N., Prof. Dr. Madhukar A. Badgular. N.S.S. Programme Officers from 17 colleges participated in the programme.

Social Activity in collaboration with Kotak Education Foundation

The N.S.S. Unit in association with Kotak Education Foundation organized social activities from July, 2017 to February, 2018.

Excellence Award

The University of Mumbai awarded us with the Prestigious Best N.S.S. Unit and Best N.S.S. Programme Officer Award for the year 2016-17 in recognition of meritorious services rendered to community.

Industrial Visits sensitize students to the practical challenges in the business world and give greater clarity on various management concepts. Keeping this in mind, industrial visits to various establishments were organized in the current academic year:

S.No.	Date	Class	Venue
1.	October 15, 2017	S.Y.B.sc. I.T., S.Y.B.Sc. C.S.	C-DAC, Pune
2.	17-18 August, 2017	T.Y.B.Sc. I.T.,T.Y.B.Sc. C.S.	Wipro, Pune
3.	20-21 January, 2017	S.Y.B.Com. Acc./Fin.	Mumbai-Malavan
4.	26-28 January,2018	S.Y.B.Com. Fin./Mkts.	Mumbai-Malavan
5.	16-17June, 2017	S.Y.B.M.M.	Doordarshan (AIR)
6.	21-26 November, 2017	B.M.M.	48th International Film Festival of India held in Goa
7.	2-3 July ,2017	S.Y. and T.Y. B.M.M.	Film and Television Institute in Pune Kesari (Marathi Newspaper) Office and Museum
8.	4 th December, 2017	S.Y. and T.Y. B.M.M.	ISDI, Design and Media Institute, Lower Parel
9.	6 th October, 2017	B.Com. (Economics Association)	Parle Biscuits Pvt. Ltd.
10.	21 st February, 2018	T.Y.B.Com.	Visit to JNPT
11.	27 th February, 2018	S.Y.B.Com.	Visit to National Stock Exchange
12.	23-25January,2018	S.Y.B.M.S.	Malwan

The Cell hosted a number of campus interviews for the benefit of students and succeeded in attracting corporate big-wigs. Given below is the Placement Report for the current year:

1) **Computer Age Management Services [CAMS] Placement Drive on 4th December, 2017**

No. of selected students: 18

2) **Internships in Aditya Birla Capital**

No. of selected students: 16

3) **IKS Health Care Placement Drive on 24th August, 2017**

No. of selected students: 16

4) **GEP Placement Drive on 18th August, 2017**

No. of selected students: 09

5) **Cap Gemini Placement Drive on 12th December, 2017**

No. of selected students: 31

6) **Infosys Placement Drive on 17th and 18th January, 2018**

No. of selected students: 21

7) **Eclerx Services Drive on 18/12/2017**

No. of selected students: 06

8) **House of Anitha Dongre Placement Drive held on 24th January, 2018**

No. of selected students: 18

9) **ICICI Bank LTD Drive on 3rd February, 2018**

No. of selected students: 34

10) **Syntel Services Drive on 21st February, 2018**

No. of selected students: 18

11) **Wipro Pool Campus Drive on 26th and 27th February, 2018**

No. of selected students: 09

12) **Sutherland Academia Conclave**

Our Placement officer, Mrs. Padmaja A. with her team and H.O.D. (I.T. & C.S.), Mrs. Deepika Sharma, attended "Sutherland Academia Conclave" on 22nd February, 2018 at Taj Mahal Palace, Apollo Bunder. The Conclave was the initiative taken by Sutherland to begin a collaborative efforts of the industry and the academia to enhance the employability of the students in the extremely challenging corporate world.

The Career Counselling forum organised various seminars and Lectures on career development in various fields for the students.

SEMINARS AND LECTURES CONDUCTED IN FIRST TERM:

Sr. No.	Date	Name of the Organisation	Description of the Seminar Conducted
1	10 th July, 2017	SEF Institution	Career guidance session on Travel and Tourism Industry by Priya .S
2	26th July, 2017	Retd. Major. Vinay Degoankar	Career options in Defence by Retd. Major. Vinay Degoankar on account of Kargil Vijay Diwas.
3	18 th September, 2017	Fly High Academy	Career Guidance Session on Aviation Industry by Catherine .J
4	7 th October, 2017	Dr. Sudha Tondon Clinic	Career Guidance Lecture on Careers in Biotechnology by Sudha Tondon

SEMINARS AND LECTURES CONDUCTED IN SECOND TERM:

Sr. No	Date	Name of the Organisation/Person	Description of the Seminar Conducted
1	18th December, 2017	Fly High Academy	Career Guidance Session on Aviation Industry
3	23 rd February, 2018	Infinity Foundation	Infinity Foundation in association with Pillai College Career Counselling Cell organised a Youth Empowerment Program.
	24 th	Mr .Unnikrishnan .P	Alumni Mr. Unnikrishnan P. , “ Career

SOCIAL AWARENESS CELL

DR. FARHAT SHAIKH

Under the Cell, each department carries out social activities for social development. We believe in fulfilling our responsibilities towards the society and also teach the younger generation the relevance of giving back to the society to which they belong. Therefore, we try to maximise our effort through various forums:

DEPARTMENT OF B.COM.

- Yoga Session for staff: 21st June, 2017
- Two day yoga session: 3rd and 4th July, 2017

DEPARTMENT OF B.COM. ACCOUNTING & FINANCE

- Visited Vanvasi Kalyan Ashram in Chinchavali Village, Panvel on 11th July, 2017 and helped the inmates with grocery items like rice and edible oil.
- Contributed towards Swachh Bharat Abhiyan by donating dustbins to Panvel railway station on 18th August, 2017.

DEPARTMENT OF FINANCIAL MARKETS

- Swachh Bharat Abhiyan on 3rd August, 2017 at Kanya Shala no. 3, Panvel Municipal. The students donated basic hygiene amenities like mirrors, towels, nail cutters, hair combs etc. and also gave a guidance session on how to maintain basic cleanliness and hygiene.
- Visited Sant Sai Baba Prathmik Vidyalaya, New Panvel on 4th October, 2017

DEPARTMENT OF B.M.S.

- Conducted a social activity at Panvel Municipal Corporation Girl's School no. 3 on 12th July, 2017. The students contributed money and bought books and stationery for school children. They also played different games with them.
- Cleanliness awareness program among the people residing near Panvel station on 10th August, 2017. The students explained the importance of keeping themselves and their surroundings clean, and as a token of encouragement distributed soaps to the dwellers.

DEPARTMENT OF BIOTECHNOLOGY

- Flash Mob on road safety measures in Panvel.
- Swachh Bharat Abhiyan near MTNL office, New Panvel on 29th July, 2017.

DEPARTMENT OF MASS MEDIA

- Inspirational movie “Chillar Party” was screened for the students of NGO- Emmanuel Mercy Home, Chiple, Panvel in the college campus on 14th June, 2017.
- Conducted English teaching classes for one week during August in Savitribai Phule School, New Panvel.
- Distributed snacks at Balgram Ashram, Khandeshwar on 21st July, 2017.

COMPUTER ASSOCIATION

- Visited Dhyan Jyoti Savitribai Phule Mahanagar Palika School, New Panvel on 31st July, 2017 to spread awareness on cleanliness amongst the pupils. On the same day, members also visited the food stalls near our campus to provide them with hand sanitizers and explained its need and benefits. Students explained to vendors how important it is to keep themselves and their surroundings clean and hygienic.
- On 5th September 2017, members of Computer Association prepared a short video on cleanliness to spread awareness, and made it viral all over the social media targeting the youth.

ECONOMICS ASSOCIATION

- Donated steel bins to Panvel railway station on 18th August, 2017. Students also conducted rally from college to railway station premises in order to create awareness under government's Swachh Bharat Abhiyan.
- On 31st July, 2017, the Economic Association of Pillai College of Arts Commerce and Science organized hygiene campaign in Panvel Mahanagar Palika Girl's School in which the students belonging to this association visited the school with the aim of reducing the rate of sickness among children through simple yet effective act of washing hands. As a token of encouragement, students installed hand wash dispensers in the school premises and also donated liquid soap packets.

FINANZA

- Organized a Cleanliness Drive at Panvel bus depot on 8th August, 2017.
- A group of 10 students and 2 staff members actively participated towards the social cause by spreading awareness on cleanliness and hygiene through posters on different related themes.

SKILL DEVELOPMENT COUNCIL

Skill Development Council students donated 2 Steel dustbins to Panvel railway station on 11th August, 2017 for the cause of cleanliness.

MATHEMATICS & STATISTICS ASSOCIATION

The association members and student representatives visited and distributed clothes to underprivileged people residing in slums within the out skirts of New Panvel on 4th July, 2017.

MANAGEMENT ASSOCIATION

Management Association conducted a social service activity in Panvel Municipal School on 28th July, 2017. The students delivered a session on importance of cleanliness. Two dustbins for wet and dry waste were donated to the school.

NATURE CLUB

Donated seven steel dust bins to Panvel Railway Station on 15th September, 2017 for maintaining cleanliness at station surroundings. Students had also performed a skit to create awareness among the commuters.

HEALTH CLUB

DR. GAJANAN WADER

Health Club at our college aims to modify student's behaviour towards the attainment of optimum health. It creates health awareness amongst students and staff by conducting programmes such as self-defence sessions, yoga sessions, talks on health issues, blood donation programmes and the like. We have a Health Centre in the premises and a doctor on call facility is available. On 22nd August, 2017 "Thalassemia Awareness & Testing Camp" was organized by the Health Club in association with Parents Association Thalassemia Unit Trust, Mumbai. A mega Medical Health Check-Up Camp was organised on 5th, October, 2017.

LIBRARY REPORT

MR. SANJAY MUNAVALLI

LIBRARY COLLECTION:

NOTE: A. ALL VALUES MENTIONED ARE IN INDIAN RUPEES

B. '*' INDICATES RENEWED SUBSCRIPTION OF DATABASE AND NEWSPAPERS/JOURNALS

	Existing		Newly added		Total	
	No.	Value	No.	Value	No.	Value
Text Books	2767 5	5358783.0 0	3540	601961. 00	3121 5	5960744. 00
Reference Books	2255	2164361.8 3	159	318172. 25	2414	2482534. 08
e-Books [N - LIST]	9700 0+	10000.00	30380 00+	5900.00	3135 000+	15900.00
Journals	41	147844.00	2+ Ren*	1500.00	43	149344.0 0
e-Journals[N-LIST]	6000 +	15750.00	6000+ Ren*	5900.00	6000 +	21650.00
Digital Database [N - LIST]	1	15750.00	Ren*	5900.00	1	21650.00
CD & Video	848	3536.00	36	Nil	884	3536.00
Others (specify)						
	8	15000.00	Ren*	5000.00	8	20000.00
A.News Papers	111	Nil	10	Nil	121	Nil
B.Bound Vol.	4	Nil	1	Nil	5	Nil
C.Staff Pub.	2	Nil	4	Nil	6	Nil
D.Min.Res.Pro	4	Nil	23	Nil	27	Nil
E. Staff Thesis and Dissertation	9	Nil	Nil	Nil	9	Nil
F.UOM Ann. Rep.	--	Nil	01	10999.0 0	1	10999.00
G. Kindle E - Book Reader						

LIBRARY ACTIVITIES:

- Learning Resource Centre organized a Book-Exhibition on 21st and 22nd September, 2017. More than 2000 titles were displayed by Universal Publishing House and Himalaya Publishing House, Mumbai. The book exhibition was visited by more than 1000 visitors.
- Information Literacy Instruction Programme was organized from 16th to 19th August, 2017 for new students to give them instruction on how to access library resources through Koha Web-OPAC, Learning Resource Usage and the like.
- Conducted Library Information Instruction Programme for faculty members on 21st August, 2017. More than 50 faculty members actively participated and were provided with hands-on training to use services and learning resources available for them.
- Celebrated Dr. A.P.J. Abdul Kalam's Birthday, on 14th October, 2017 as “Vaachan Prerna Diwas” or “Reading Motivation Day” and exhibited all books by Dr. Kalam and others published on him.
- Celebrated Marathi Bhasha Din on 27 February, 2018. On this day, to promote usage of Marathi language books, an exhibition of popular Marathi books by renowned authors was organised.
- Best Library User Award for The Year 2017-2018

Name of Award Winners	Category	Department
Dr.C.K.Prashant	Faculty	Dept.of Biotechnology
Mr.Ghosh Amit Kumar	Student	T.Y.B.Com .Roll.No.4711

LIBRARY DEVELOPMENTS:

•N-LIST (National Library and Information Services Infrastructure for Scholarly Content) has listed our institute under Top 10 user's list for accessing e-resources available with N-LIST.

•Library has procured Amazon Kindle e-Reader. Amazon Kindle device enable users to browse, buy, download, and read e-books, newspapers, magazines and other digital media via wireless networking to the Kindle Store. The users can access and read resources at their comfortable place.

MANAGEMENT ASSOCIATION

DR. FARHAT SHAIKH

Management Association aims at providing a forum for discussion on contemporary management ideas and concepts.

A number of events were planned towards the said objective:

CERTIFICATE COURSE IN SOCIAL MEDIA MARKETING WAS CONDUCTED IN ASSOCIATION WITH B.M.S. DEPARTMENT

Name of the Institution: IIDE (Indian Institute of Digital Education)

Date: 8th August, 2017 - 12th August, 2017.

Course Name: Social Media Marketing

Duration: 15 hours (3 hour/day, 5 days)

SOCIAL ACTIVITY:

The students of Management Association conducted social service activity in Panvel Municipal School on 17th January, 2018. The students gave lecture to the school students regarding importance of cleanliness and how to keep themselves clean.

Handkerchief was distributed to all the school children.

ROAD SAFETY AWARENESS:

Management Association and N.S.S. Unit of the College in association with Ashoka Buildcon Ltd. organized Road Safety

Awareness on the occasion of National Road Safety Week on 17th January, 2018.

ECONOMICS ASSOCIATION

DR. RINKOO SHANTNU

The objective of Economics Association is to provide a forum for debate and discussion of theoretical and policy oriented issues in the subject of Economics. The following activities were arranged in the said academic year:

- A group of 45 students of F.Y., S.Y., T.Y.B.Com. visited 'Parle G' Factory at Khopoli on 6th October, 2017.
- Conducted a Debate Competition on the topic 'Current Government Policies and its Economic Impact' on 24th August, 2017.
- Conducted a Debate Competition on the topic 'Role of Advertisement' for F.Y. B.M.S. students on 6th October, 2017.
- As a part of social commitment, Economics Association donated steel bin to Panvel Railway Station 18th August, 2017. Students also did Rally from the college till railway station to create awareness for cleanliness under Government's 'Swachh Bharat Abhiyan'.
- On 31st July 2017, the Economics Association organised a Hygiene Campaign in Panvel Mahanagar Palika Girls School in which the students of Economics Association visited the school. The aim of the campaign was to reduce rate of sickness among children through the simple but effective act of hand-washing. For this Economics Association installed Hand-Wash Dispensers in the School and also donated liquid soap packets. Our association students also made the children aware about the benefits of cleanliness and maintaining hygiene by washing hands.
- Conducted a test on 'Know Your Economy: Awareness Kindling Test- 2017-18' in association with 'Scientific Research Association for Economics & Finance (SRAEF)' on Friday, 19th January, 2018 in which 90 students participated.
- Organized a Power Point Presentation Competition on 'Recent Issues in Economics' on Saturday, 3rd February, 2018.
- Organised a session by CEDP Skill Institute on Skill Development Programme on Wednesday, 21st February, 2018 in which 75 students of B.Com. & B.Com. Acc. & Fin. participated.
- Organized Prize Distribution Ceremony 2017- 2018 on 1st March, 2018. The students who participated in various events, prize winners and students who contributed to the association by their dedicated work in the academic year were felicitated with trophies, certificates and cash prizes.
- On 22nd February, 2018, organised a Hygiene Campaign in Raigad Zilla Parishad Primary School, Siddhi Karvale Village, Panvel, Raigad, in which the students of Economics Association visited the school. Hand-Wash Dispensers were installed in the school and liquid soap packets were donated.
- Organised a Literacy Drive in Raigad Zilla Parishad Primary School, Aadivali Village, Panvel, Raigad on 22nd February, 2018. Our association students visited the school. The aim of the drive was to create an interest towards education among students. For this Economics Association donated note books and stationery to the students. The students also made the children aware about the benefits of education.

LITERARY ASSOCIATION REPORT

MS. GURPREET KAUR KHALSA

Literary Association has the objective to provide a platform for students to show case their general writing skills and sharpen their literary skills. The following events were conducted in the said year:

-EMPATHY, SENSITIVITY, CHARITY

On 23rd December, 2017 the members of literary association visited the slums at Sector 4, New Panvel. 12 bags of clothes and blankets were donated to 25 huts of slums. The people there were very pleased to receive blankets and clothes especially during the cold. The activity was successful in providing basic facility of clothing to over 40 people of all age groups

-IMPARTING KNOWLEDGE AND INCULCATING IMPORTANCE OF ENVIRONMENT

Members of Literary Association visited Sant Sai Baba Prathamik Vidyalaya, Panvel on 26th March, 2018 and donated drawing books and pastel colours to the students of class 1. Also 5 saplings were donated to the same school and the children there were taught the importance of environment and the need to plant and safeguard more greenery.

-THE ORATOR- AN ELOCUTION COMPETITION

Organised an Elocution Competition-'THE ORATOR' on 7th September, 2017. Students were given the topics Impromptu and had to speak about the same with special focus put on their impactfulness.

-CELEBRATING THE LEGACY OF HINDI

Hindi Diwas was celebrated by Literary Association on 14th September, 2017 with an aim to promote the beauty of Hindi literature and to make Regional Languages an important priority for the students. Poetry Recitation Competitions were organized wherein students recited poems of Legendary Hindi Poets as well as the poems that they had penned down.

-DEBATE COMPETITION

A Debate Competition was conducted on topics of social importance by Literary Association to inculcate Conviction skills among the students on 22nd December, 2017.

-MARATHI RAJYABHASHA DIWAS CELEBRATION

The heritage of Maharashtra's State Language, Marathi was celebrated by Literary Association and Marathi Vangmaya Mandal on 27th February 2018 wherein Staff members and students recited their poems and short stories written by them in Marathi. A detailed presentation on the Evolution of Marathi Language was also delivered by Ms. Dipti Mauskar of S.Y.B.Com.

-'BACK TO ROOTS'- THE LITERATURE WEEK

Literary Association celebrated the legacy of India's most common languages along with a few foreign languages of religious importance with a mission to bring back the students' interest in their own language. Poetry Writing and Recitation Competition, Storytelling competition, Presentations on the Journey of languages were conducted for the students. The languages that were celebrated were Punjabi, Hindi, Urdu, Malayalam, Tamil, Maithili, Telugu, Marathi, Persian, French, among others.

WOMEN DEVELOPMENT CELL

DR. MONALI RAY

The Women's Development Cell has been continually working upon sensitizing and creating awareness on gender issues. The following activities were organised in the said year:

- Organised Self- defence Training Programme for girl students on 14th July, 2017.
- Organised a Power Point Presentation Competition on the topic 'Success Stories of the Women Empowerment Schemes of Government of India' on 8th September, 2017.
- Organised a Talk on 'How the Students can work for Social Cause to create an impact on the Society' in association with WE Club of New Panvel. The session was conducted by WE Upjinder G Bassan, President – WE Club of NPST on 15th September, 2017.
- Organised a Guest lecture on the topic 'Legal rights of Women' by practising Advocate of High Court Dr. Sumathi Gopal. 23rd September, 2017.
- Hosted One Day Intra-Collegiate Competition for students – Expression 2017 in association with Women Development Cell, University of Mumbai and Majlis, Legal Centre for Women at Dr. K.M. Vasudevan Pillai Campus, New Panvel on 8th December, 2017.
- Organised Walkathon for International Women Day for Elimination of Violence against Women on 9th December, 2017 from Pillai Campus, New Panvel to Pillai Campus, Khanda Colony.
- Organised a Seminar on 'PCOS Awareness & Education Programme' for girl students in association with Young Concepts India Incorporated, Mumbai on 20th December, 2017.
- The celebrations for International Women's Day at the Pillai Campus was kick-started on February 27th 2018 when a noted social worker, Ms. Shaheen Mistri, CEO of Teach for India, was felicitated with the "Soroptimist Excellence Award 2018" by Daphne Pillai, Chairperson, Management Board, Mahatma Education Society and the Founder President of Soroptimist International Bombay Chembur, an organization that is affiliated to the international body, Soroptimist International, that works for the welfare of women and the girl child. The theme of Soroptimism is "Educating, Empowering and Enabling" women to build better lives for themselves.
- Celebrated International Women's Day on 8th March, 2018. Skit & dance performance were organised at Panvel Railway Station to celebrate the special day. The women staff & girl students of our college felicitated Railway Police Force women staff working in the station. Working women who are themselves special in everyday life were offered ribbons by our students.
- The Women Development Cell of University of Mumbai celebrated International Women's Day on 21st March, 2018 at Marathi Bhasha Bhavan, University of Mumbai, Kalina Campus. The event had participation from various colleges from Mumbai and Navi Mumbai region. A session on patriarchy, stereotypes and counselling was held along with skit performance on the topic "Consent". Our college was invited to perform skit on this occasion. 5 students of our college from B.Sc.I.T. Department along with our faculty Ms. Gurpreet Kaur Khalsa participated in the event. Our students were highly appreciated for their participation.
- Mahatma Education Society's Pillai Group of Institutions in association with The Hindu newspaper celebrated International Women's Day on 7th of March 2018 at Dr. K M Vasudevan Pillai Campus, Sector 16, New Panvel. To celebrate this day, the Women's Development Cell of the four institutes, Pillai Institute of Management Studies and Research, Pillai College of Arts, Commerce and Science, Pillai College of Engineering and Pillai College of Architecture, organized a seminar on the theme, Beautiful Inside - Out. The seminar began with a session on "Self-acceptance and loving yourself" by Dr. Shubhi Lall Agarwal followed by a Self Defence Workshop by world famous martial art expert Mr. Ganesh Padyachi. The seminar was well received and appreciated by the 400 students who attended the same.

MATHEMATICS & STATISTICS ASSOCIATION

MRS. SABITHA PRAVEEN

The Mathematics and Statistics Association has been formed to make the subject interesting for the student community. The following events were conducted this year:

Visited and distributed clothes to under privileged people residing in slums in New Panvel area on 4th July, 2017.

Organized Sudoku Competition on 27th September, 2017.

Conducted Numerical Ability Test on 22nd December, 2017.

Conducted Math Symposia on 18th January, 2018.

Provided lunch for homeless people in and around Panvel Railway station on 23rd March, 2018.

Conducted a Seminar on 'Puzzle & Mathematical Logic' on 24th March, 2018.

BIOTECHNOLOGY ASSOCIATION

MRS. MEENAKSHI JOHRI

Biotechnology Association seeks to educate members on the various aspects of biotechnology through a number of events. The following activities were conducted in the right earnest:

BIO-MIME- THE BIOLOGICAL DRAMA

The morning of 28th July, 2017 saw a whole new side of Biotechnology, as certain concepts weren't explained to students by conventional teaching methods but dramatically in form of bio-skits. The Association hosted its first departmental activity "BIO-MIME" for the academic year 2017-2018 on 28th July 2017. "BIO-MIME" was an event to showcase individual's dramatic skills by incorporating a concept or topic under the roof of Biotechnology. It was great to see four teams participate and explain concepts with an innovative way of adapting a different story and converting it into a concept of Biotechnology.

BEST OUT OF WASTE

On 17th August, 2017 "Best out of Waste" Competition was organised to inculcate students with the concept of making useful things out of waste materials using their creativity. It turned out to be a great success with students participating very enthusiastically.

VISTAS IN BIOTECHNOLOGY- 2017

Organised "Vistas in Biotechnology", an Inter-collegiate Exhibition Competition in the college on 21st December, 2017.

CONSORTIA 2018

The Association proudly presented their fifth year of 'CONSORTIA- Transforming minds, translating ideas' an Inter-Collegiate Biotechnology Fest on 13th January, 2018.

MARATHI VANGAMAYA MANDAL

MRS. VARSHA C.

To develop language, presentation and communication skills among students, Marathi Vangamaya Mandal organized a number of events:

SPREADING SMILES

Students conducted Community Service on 13th September, 2017 in Girija Orphanage, Panvel. Our students interacted with them, organised fun games with them and talks on importance of discipline and Personal hygiene were also delivered.

PERSONAL HYGIENE

A group visited a girl's school in Sukhapur, Panvel on 25th September, 2017 and spoke to them about the less spoken menstruation and how to maintain personal hygiene.

ARTICLE WRITING COMPETITION:

Organized "Writing Competition" (Lekhakachya lekhanitun) on 23rd June, 2017 to inculcate the creative thinking and develop the literary skills among the students.

FOOD FEST

A Maharashtrian Food Fest was organised on 22nd September, 2017.

CAREER COUNSELLING FOR SCHOOL STUDENTS

Conducted Career Counselling on 9th February, 2017 in K.A. Bantia High School, New Panvel. Our students gave career guidance to 80 school students. The guidance focused on the stream selection after S.S.C. examination. The students were given insights of different career options available in current competitive age.

SELF DEFENCE TRAINING FOR SCHOOL GIRLS

Visited Zilla Parishad School, Sukhapur, Panvel and gave Self Defence Training for 50 girl students.

SHIVAJI JAYANTI CELEBRATION

On account of Chattrapati Shivaji Maharaj Jayanti, a Celebration Programme was organised in which students performed in a number of events: folk dances, skit, powada, speech on the great achievements of Shivaji Maharaj followed by traditional dhol and lejhim.

MARATHI BHASHA DIWAS CELEBRATION

On the occasion of Marathi Bhasha Diwas a Poetry Recitation Competition was organised for students on 27th February, 2018.

POETRY RECITATION

A Session explaining the origin, beauty and varied rich content of the Marathi Language was conducted on 1st March 2018.

COMPUTER ASSOCIATION

MRS. RASHMI CHAVAN

Computer Association was formed to foster interest in the world of computers and technology. A number of events were organized in this academic year:

-GAME DEVELOPMENT COMPETITION

This event was conducted on 20th July, 2017 in which members of the Association taught the First Year students to develop and create games.

-THE CLEANLINESS AWARENESS DRIVE

This was the first social event organised from 31st July, 2017 to 5th September, 2017. Association members visited DyanJyoti Savitribai Phule Mahanagar Palika School New Panvel to spread awareness of cleanliness among the students and provided them cleaning material like buckets, hand wash, wipers and phenyl. Members visited the vendors and food stalls near the Campus and provided them hand sanitizers and explained the use of the same. Also a short video on cleanliness was made to spread further awareness.

-BITFEST: EVERYTHING STARTS WITH A BIT

Bitfest: Technical Fest was organised on 22nd -23rd August, 2017. Highlights of the event are:-

- Technical Events include The Coder and Logi-Talk where the participants showcased their technical skills.
- Workshop & Seminars include B.E.A.T, UI/UX, Firebase Android, Scratch which gave detailed information of each provided with certificates.
- Key Events include Technical Treasure Hunt and Virtual Reality which was knowledge with fun.
- Gaming Events include NFS, CS, Mini-Militia and Ludo to display the gaming skills of participants.
- Informal Events include Twister and Flip the Bottle which were fun events for complete entertainment.

-TYPOTHON TECHNICAL EVENT

Typothon was organised on 19th December, 2017. In this event the participant is provided a sheet which includes multiple paragraphs and the participant is asked to type the contents from the sheet in a given time period while their Monitors are turned off, an extra twist was added to it by disabling the use of backspace key using a software called "Sharpkeys".

-TRAFFIC SAFETY AWARENESS

Traffic Safety Awareness was organised on 23rd December, 2017. In this event our members distributed handmade roses and handmade greeting cards to people following traffic rules like wearing helmet, using seatbelt, etc. as a way to express our appreciation. Silent Treatment was used for people not following the rules as a way to give a message.

-STUDENT MENTORING

Student Mentoring is a tradition in the department. For this particular event, Third Year students from I.T. and C.S. took up the challenge of teaching their juniors for a day on 24th January, 2018.

SEMINARS AND WORKSHOPS

Seminars and Workshops were organized and conducted by each division of the Third Year students. A total of 5 teams competed to organize the best seminar for the year 2017-18. (5th, 6th, 7th, 9th and 12th March ,2018)

<u>Sr. No.</u>	<u>Topic</u>	<u>Dates</u>
<u>1</u>	<u>Digital Marketing And BizDev</u>	5 th March ,2018
<u>2</u>	<u>Google Crowd Source</u>	6 th March, 2018
<u>3</u>	<u>Cyber Crime And Interview Skills</u>	7 th March ,2018
<u>4</u>	<u>Animotography</u>	9 th March ,2018
<u>5</u>	<u>Kotlin</u>	12 th March ,2018

TECHIES ALUMNI MEET 2018

The Alumni Meet event was organised on 17th March, 2018 from 2001-2004 batch onwards. Around 200 alumni attended the event.

ENTREPRENEURSHIP DEVELOPMENT PROGRAMME CELL

MRS. JENNIE PRAJITH

IDEA GENERATION SESSION

This session was guided by Dr. Priam Pillai on 26th July, 2017 for the students willing to participate in the Business Plan Competition- 2017 -18 under the banner of Pillai Centre for Innovation and Entrepreneurship. The session included various activities which were related to the problem occurring in day to day world and their solutions which can be turned out in a profitable business idea through innovative thinking.

ONE DAY WORKSHOP

A Workshop was organised on 16th March, 2017 to boost entrepreneurial skill in students and provide them a platform for exhibiting their creative side and guiding them to turn it into business opportunities.
Mrs. Jennie Prajith

MAGAZINE REPORT

DR. AARTI SUKHEJA

Spectrum, our college annual magazine, aims to inform, inspire, entertain and create awareness on a number of current social issues to a diverse readership. Spectrum 2017-18 is dedicated to the theme 'Conscious Living'.

INTERNAL QUALITY ASSURANCE CELL

DR. AARTI SUKHEJA

Internal Quality Assurance Cell initiates activities to ensure continuous improvement that leads the institution to academic excellence. IQAC meetings are conducted periodically to check the quality parameters of the college and the effective functioning of the cell in order to fulfill its objectives and functions. The prime task of the IQAC is to develop a system for conscious, consistent and catalytic improvement in the overall performance of the institution.

WORKSHOP, SEMINAR & CONFERENCE ORGANIZED BY IQAC (2017-18)

Sr. No.	Theme of Seminar/ Workshop / Conference	Seminar/ Workshop / Conference	Level	Date	No. of days	No. of Student/ Faculty Beneficiaries
1.	"Using ICT for Quality in Teaching-Learning and Evaluation Processes"	NAAC Sponsored Seminar	National	15 th & 16 th Dec., 2017	2	95 faculty
2.	"Best Practices in Degree Colleges for Quality Enhancement"	Symposium	Inter-collegiate	26 th March, 2018	1	35 faculty
3.	"Revised Assessment & Accreditation Process by NAAC"	Workshop	Inter-institutional	28 th March, 2018	1	30 faculty

STAFF WELFARE & STAFF COLLOQUIUM

MRS. KAVITA Y. KATHARE

Association for Staff Welfare conducted a picnic to Panoramic Resort, Karnala on the 1st of July, 2017, for the relaxation and rejuvenation of our staff members. An outing to Imagica theme park was organised on the 28th of January, 2018 for staff recreation.

Staff Colloquium organised following events:

- 1.A Faculty Development Program was organised on 19th September, 2017.
- 2.A session was organised on “‘Digital Banking & Awareness issues’ on 7th October, 2017.
- 3.A Session on guidelines on International Paper Presentation and Publication was organised on 29th November, 2018.

GRIEVANCE CELL

DR. KUMUDINI DAS

The College has a Students' Grievance Redressal Cell. The main objective of the Cell is prompt redressal of grievances.

Procedure for Redressal of Student Grievances:

STAGE I

Students report their grievance to the Class Co-ordinator or Class Representative.

Stage II

If the grievance is not resolved in Stage I, the matter can be communicated to the General Secretary of the college.

Stage III

If not resolved in Stage II it will be referred to the General Secretary of the college and further referred to the concerned Class Teacher.

Stage IV

If the grievance is not resolved in Stage III it can be referred to the respective Heads of the Department.

Stage V

If the grievance is not redressed in Stage IV it can be directed to the Grievance Cell of the Colleg.

Stage VI

The Grievance Cell may communicate this matter to the Vice Principal.

Stage VII

If not resolved at Stage VI, the final decision regarding the grievance is vested in the hands of the Principal of the College.

Stage VIII

If not resolved in Stage VII the grievance will be referred to top management for further procedure.

Stage IX

Finally if the grievance continues to remain unresolved it will be referred to the Grievance Cell, University of Mumbai.

NATURE CLUB

DR. KIRAN DESHMUKH

The Nature Club aims at inculcating an appreciation of nature among students and encouraging them to participate in a variety of conservation initiatives. The following activities were organised in the said academic year:

DONATION

The Club donated 7 seven steel Dustbins to Panvel Railway Station for maintaining cleanliness at station premises. Students performed a skit to create awareness amongst the commuters. (Date of Event: 15 September, 2017)

PHOTOGRAPHY

The competition was organised on 19th August, 2017. The theme was Imperfect Nature. There were two categories: 1. Mobile Photography 2. DSLR camera

SPARROW SHELTERS

Nature Club took an initiative to save our birds by a small house made of wooden boxes which are fixed on trees at various places in and around the campus. 20 sparrow shelters were made by the members. (Date of event 27th September ,2017)

WALL PAINTING AT ROHINJAN AND PADAGHE VILLAGE

Nature Club in association with Panvel Municipal Corporation conducted Swachh Bharat Abhiyan in Padaghe Village and Rohinjan Village on 19th January, 2018. Under this drive wall paintings, skit performance and one to one interaction was done by students.

SKIT PERFORMANCE AT PANVEL RAILWAY STATION

With the active participation and keen interest of students, a number of events were organized at the Panvel railway station in the month of January. On 6th January, 2018, a huge crowd was engaged and educated about the theme of the event 'Railway Safety', which was a huge success.

Wall Painting at Panvel Railway Station

On 12th and 13th January, 2018, a two day event of wall painting was conducted by 20 members of the Nature Club of Pillai College, who drew their creative ideas on the walls of Panvel Railway station. The theme of the event was 'Swachh Bharat Abhiyan' an initiative commenced by our Prime Minister, Shri Narendra Modi.

The students were motivated by their mentor, Professor Kiran Deshmukh and the Railway Officials, Mr. A.D Karandikar (Station Manager) who sincerely coordinated with them to make the event prosperous.

INTERNATIONAL WOMEN'S DAY CELEBRATION AT PANVEL RAILWAY STATION

On 8th March, 2018, on account of International Women's Day ,Nature Club and Women Development Cell felicitated all women at Panvel Railway Station and also gave a Skit and Dance performance.

COUNSELLING UNIT

MS. YVETTE LEE COUNSELLOR

We have a Counselling Centre on Campus with one professional counsellor. Career guidance and personal counselling is carried out regularly. Orientations and talks are conducted periodically for the benefit of students.

The Counselling Unit of the college for the academic year 2017-18 started functioning in the month of July, 2017. The counsellor met all the H.O.D.s and teachers and made known to them her availability on every Thursday and Friday. She also put up posters on notice boards. Many of the students were already acquainted with her because of their last year's liaison.

There were a range of issues and problems for which the students visited the counselling unit. These students were either referred by the teachers or came through self-referral. The teachers referred the students to the counsellor for issue related to behaviour problems in class, low attendance, and aggressiveness. The student visited the counsellor by themselves (self-referral) to discuss issues like- relationship problems, family issues, study related issues, career counselling, anxiety and depression, abuse, low self-esteem and other personal problems. One student visits the counsellor regularly for counselling as he has been diagnosed with a psychiatric illness.

THOUGHT FOR THE DAY/ WALLPAPER REPORT

DR. FARHAT SHAIKH

A Committee is formed of all the class representatives and the Thought for the Day is written by them in their respective classes' on a daily basis. A Thought for the Day is also displayed in the Ground Floor Library Notice Board.

CANTEEN COMMITTEE

DR. KUMUDINI DAS

Keeping in view the importance of the canteen in the day-to-day life of the College, we ensure that the canteen provides a variety of food items to our students at affordable prices and in the most hygienic conditions. The Canteen Committee monitors hygiene, quality and prices in the college canteen. In the event of students having any grievance relating to canteen, they have the option of approaching the Canteen Committee directly.

ALUMNI ASSOCIATION

DR. SMITHA JAYARAM

The primary focus of Alumni Association is to strengthen alumni relations between Pillai College and its alumni, while promoting and considering the best interests of the College.

The committee has planned to invite some of the professional alumni for a Seminar and a Guest Lecture for the current students. Departments conducted their Alumni Meets details of which are given below:

B.M.M. DEPARTMENT: 20th August, 2017

B.Sc. Biotechnology Department: 23rd December, 2017

B.COM. DEPARTMENT: 29th July, 2017

B.COM ACC. & FIN. DEPARTMENT: 19th August, 2017

B.M.S. DEPARTMENT: 17th September, 2017

B.SC. I.T. AND B.SC. C.S. DEPARTMENT: 17th March, 2018

B.COM. F.M. DEPARTMENT: 5th August, 2017

LIFE LONG LEARNING AND EXTENSION (D.L.L.E.)

MS. RUCHIKA BASSI

In the academic year 2017-18, 176 students from different streams enrolled themselves in different activities like Status of women in society, Annapurna Yojana, Industry Orientation Project and Career Project of Life Long Learning and Extension activities. Prof. Ruchika Bassi, Dr. Farhat Shaikh, Prof. Anju Somani & Dr. Prashant were appointed as Extension Work Teachers to guide the students.

FIRST TERM TRAINING PROGRAM REPORT

One Extension Teacher (Prof. Ruchika Bassi) and two Student Managers (Ms. Aamina Hashim & Ms. Vasudha Chaturvedi) attended the First Term Training Program, organized by Department of Life Long Learning and Extension, University of Mumbai on 04th August, 2017. Post this event an Orientation Program was organized for all the Extension Work Students by the Extension Work Teachers for Project Selection. Printed form of project guidelines and instructions were given to the Extension Students. All the Extension Work Students submitted their projects by 31st January, 2018 for the award of 10 grace marks by the University of Mumbai.

FIRST TERM TRAINING PROGRAM BY FIELD CO-ORDINATOR

First term training program of D.L.L.E. was organized for students on Monday, 16th October, 2017. Training program was given by Prof. Vani Achari (Field Co-ordinator of DLLE) about "Guidelines on making a report on Survey of Women's Status, Industry Oriented Project, Annapurna Yojana and Career Project".

STREET PLAY COMPETITION

A skit based on the subject 'Women Status in India' was organized on 28th September, 2017. The Skit was organized as a part of the Socio- Cultural District Level Competition 2017-18.

POSTER COMPETITION

A poster competition for its students on 28th September, 2017. The themes for poster competition were as follows:

1. Voting Awareness
2. Water Conservation
3. Cashless India
4. Social Status of Women in India

SECOND TERM TRAINING PROGRAM REPORT

Mr. Aditya Joshi along with three Student Managers (Ms. Tejashri Kute, Ms. Sosanfatima and Ms. Srushti Sawant) attended the Second Term Training Program, organized by Department of Life Long Learning and Extension, University of Mumbai on 21st November, 2017.

SECOND TERM TRAINING PROGRAM BY FIELD CO-ORDINATOR

Second term training program was organized for students on Saturday, 20th January, 2018. Training program was given by Prof. Vani Achari (Field Co-ordinator of D.L.L.E.) about “Making annual report on Survey of Women’s Status, Industry Oriented Project, Annapurna Yojana and Career Project” and about UDAAN Festival too.

UDAAN FEST

On 1th February, 2018, 17 students (15 for Street Play and 2 for Poster Competition) from our college had participated in the UDAAN FEST at Guru Nanak College.

ARTS & MEDIA ASSOCIATION

MS. ALPANA SHARMA

The objective of the association is to be a platform for creative minds to learn and grow together. The following activities were organised in the said year:

- FIRST Inter-collegiate B.M.M. Fest was organized on 8th and 9th December, 2017 with a footfall of around 400+ media students.
- S.Y. and T.Y. B.M.M. students visited ISDI, Design and Media Institute, Lower Parel on 4th December, 2017 as a part of Industry Visit.
- This year the B.M.M. students visited the 48th International Film Festival of India held in Goa from 21st - 26th November, 2017.
- S.Y.B.M.M. students visited Doordarshan (AIR) on 16th and 17th June, 2017.
- S.Y.B.M.M. students distributed snacks and spent quality time with the kids at Vinayak patil Balgram New Panvel. (Date of the event: 27/01/18)
- The S.Y.B.M.M. students visited the Girija foundation orphanage on 19th January, 2018 and provided them with notebooks, pencils, colors and other stationery items.
- On 14th of January, 2018, a group of five students from T.Y.B.M.M. took an initiative to pay a visit to children belonging to the orphanage called the Robin Hood Army in Navi Mumbai. They assisted the street kids in doing their work, interacted with the students, taught them new things, played games and so much more.
- Students of F.Y.B.M.M. visited Nagar Palika school situated in New Panvel as a part of 'Social Service Activity' on 24th January, 2018. Cakes were distributed among the students on the pre- ceremony of Republic Day and activities like singing of patriotic songs and speeches were given to motivate the students.
- T.Y.B.M.M. students conducted an excellent Panel Discussion on 'Social Media's impact on Journalism'.

ENVIRONMENT PROTECTION CELL AND ENVIRONMENT ANALYSIS AND CONSERVATION TEAM (ENACT)

MR. GOPAKUMAR PILLAI

The Institution has always been interested in making its campus more environmentally conscientious and takes necessary measures to promote consciousness, preservation and protection of the environment. Various initiatives taken by the College to make the campus eco-friendly:

CANTEEN AND GARDEN WASTE COMPOSTING

Student members of (EnACT) under the guidance of Prof. Gopakumar Pillai carried out composting in the campus during 8th August, 2017. The activity was conducted as a part of the campus solid waste management program. Garden waste and canteen waste and other biodegradable components were accumulated and taken up for composting. The process was well monitored by students to facilitate effective degradation. Complete degradation of the wastes was obtained in 27 days following which the mature compost was given to the gardeners for utilization as manure for improving plant growth.

COMPOSTING OF CAMPUS WASTE

Members of (EnACT) carried out composting in the campus during 9th December, 2017. The activity was conducted as a part of the campus solid waste management program. Various biodegradable wastes were collected, segregated and taken up for composting. The process was monitored by students to facilitate effective degradation. The students also carried out physical and chemical analysis of the compost to check its efficacy as manure. The results indicated the presence of organic matter, phosphorus and calcium in good amounts and also showed good physical properties of ideal compost. Complete degradation of the wastes was obtained in 30 days following which the mature compost was given to the gardeners for utilization as manure for improving plant growth.

RESEARCH DEVELOPMENT COMMITTEE (RDC)

DR. SEEMA SOMANI
DR. RINKOO SHANTNU
DR. GAJANAN WADER

RDC promotes a research bent of mind among the faculty members and students by steadfastly encouraging them to take up research based activities.

1.RDC organized One Day Workshop on 'Research Proposals & Publications' for faculty on Monday, 3rd July, 2017.

2.Dr. Seema Somani conducted a Session on rules and regulations of Avishkar Research Convention – University of Mumbai on 5th August, 2017 for students and teachers.

3.A meeting was conducted on 13th September, 2017 to discuss publications in UGC Journals with impact factor & H-index by teachers.

4.RDC organised a Session on 'Research Paper, ISBN/ ISSN Journals, Impact Factor, Citations & H- Index' for faculty on Thursday, 31st August, 2017.

5.A Session on 'An insight to write quality Research Paper' was conducted by Dr. Priam Pillai on 06th December, 2017.

6.A meeting of Research Development Committee was conducted for teachers to prepare Minor Research Project of University of Mumbai 2018-2019 on 16th February, 2018.

7.Total 23 participants participated for Avishkar 2017-18. Six participants qualified for round II. The List of the students qualified for I round held on 07/12/2017 at Poladpur.

8.RDC Students' Wing conducted Felicitation of Avishkar Participants 2017-18 on 1/03/2018 in august presence of Dr. Siddhivinayak Barve, OSD, Avishkar Research Convention, University of Mumbai and Dr. Sunil Patil, Director, Department of Students' Development, University of Mumbai followed by poster exhibition of Avishkar posters.

9.Third year students: Tejas Kadam ,Saral Joseph and Disha Shah, participated in the GMRT Science Exhibition 2018 at GMRT , Khodad organised on the occasion of 'National Science Day' on 28th February, 2018 and 1st March, 2018. They won the third Prize in B.Sc./M.Sc. Category and were awarded with a trophy and Certificate.

INTERNAL COMPLAINTS COMMITTEE (ICC)

MRS. KIRAN DESHMUKH

The ICC has been created for redressal of cases of sexual harassment amongst staff and students. The Cell organized a session on 23rd September, 2017 on Awareness of Human Rights with respect to women rights, domestic violence in by Human Rights Council of India, Raigad District. Mr. Charanjeet Singh, President of Human Rights Council of India, Raigad district, addressed the students on the issues. Mr. Prashant Chavan (Advocate, Bombay High Court), Mrs. Amita Chavan (Chief Editor of Nari Shakti Newspaper), Mr. Mahesh Daighude (Joint secretary of Human Rights Council) were the other speakers for the session.

FINANZA REPORT

DR. ABIDA KHAN

Finanza is a student association of Department of B.Com. Accounting & Finance. The following activities were organised in the said year for sharpening the skills of the students:

1. Organized Cleanliness Drive at Panvel Bus Depot on 8th August, 2017. A group of ten students and two staff members contributed towards this social cause by spreading awareness on cleanliness, hygiene to maintain through posters on different related themes.
2. "SLIDE KNOCKDOWN": Power Point Presentation Competition was organized on 22nd August, 2017.
3. Conducted social activity on 25th February, 2018 in Municipal Corporation School (No. 9) at New Panvel by distributing cleanliness material such as brooms, dustpans, nail cutters, napkins, hand sanitizer, mirror, etc. Students also presented a short skit on cleanliness to spread awareness.
4. Organized a session on 'Financial Planning and Portfolio Management' on 5th February, 2018 for students.
5. One Day Fest 'FINACLE' was organized on 14th March, 2018 in which students from B.Com. B.Com. Acc./Fin., B.Com. Fin. Mkts. participated in various entertaining events and games such as Twister, Puddle Jumper, Whisper Challenge, Nut Stacker, Food Fight, etc.

EQUAL OPPORTUNITY CELL

DR. SMITHA JAYARAM

Equal Opportunity Cell is constituted with the focus of offering equal opportunity to all students irrespective of caste, gender and economic status. With a motto of eradication of discrimination in these categories the following facilities are offered:

1) FREESHIP AND SCHOLARSHIP (GOVERNMENT): In this category the Government norms and policies are followed. The category under Scheduled Caste, Scheduled Tribe, Nomadic Tribes, OBC's are taken into consideration.

2) FREESHIP AND SCHOLARSHIP (MANAGEMENT): In this category, the management are waiving the fees of students in the category of Economically Backward, Sports and Wards of staff. In the academic year 2017 - 2018, the following students fees were waived:

- a) 15 students under Economically Backward
- b) 5 students under Wards of Staff Category
- c) 23 students under Sports Category

3) BOOK BANK: In order to mitigate the difficulty of non-availability of books to the students belonging to the weaker sections the Book Bank Scheme has been started in the college. Under this scheme students are given complete set of text book, on nominal payment, for the period of whole academic year.

SKILL DEVELOPMENT COUNCIL REPORT

MRS. NITHYA VARGHESE

The Skill Development Corporation India was setup as a one of its kind with the primary mandate of catalysing the skills in students of the college. We have a Skill Development forum within the college which organised the following courses:

Courses: Term I						
No.	Name of the Course	Date of Course	Name of the training Partners	No. of Participants Students / Teachers	Fees Paid by each participant	No. of Days
1.	Fundamentals of Capital Markets: Basic Course	26 th August, 2017 to 28 th August, 2017	Finmark and National Stock exchange	92	1000	03
2.	Securities Operations and Risk Management	11 th and 12 th October, 2017	Finmark and National Stock exchange	19	1500	07
3.	Faculty Development Program on E-Content developing in Pedagogy	13 th and 14 th October, 2017	Finmark and National Stock exchange	37	1500 for outside participants 500 for in house participants	02

Courses: Term II						
4.	Securities operations and Risk Management Exam	6 th January, 2018	Finmark and National Stock exchange	19	Nil	01
5.	Customer Relationship Management	1 st February, 2018 onwards	P.M.K.V.Y	19	Nil	6 months Feb. to June

I. AIDED SKILL DEVELOPMENT PROGRAM:

Pillai College of Arts, Commerce and Science, New Panvel in association with Pedagogues Education India Ltd conducted Consumer Relation Management (CRM) course under Skill Development training program for the students under National Skills Development Corporation of India. 19 students were enrolled. This program would help them develop skills for understanding and handling consumer requirements and it also will enhance their job opportunities to develop themselves.

Pradhan Mantri Kaushal Vikas Yojana is a unique initiative by the Government of India that aims to offer 24 lakh Indian youth meaningful, industry relevant, skill based training. Under this scheme, the trainees will be offered a financial reward and a government certification on successful completion of training and assessment, which will help them in securing a job for a better future. This program commenced from 1st February 2018.

II. UN-AIDED SKILL DEVELOPMENT PROGRAM:

Pillai College of Arts, Commerce and Science, New Panvel in association with Finmark India Ltd conducted a Fundamentals of capital Market course (FCM) (92 students) and Securities operations and risk management course (SORM) (19 Students) under Skill Development training program for the students. This program would help them develop skills for understanding and handling consumer requirements and it also will enhance their job opportunities to develop themselves.

III. SOCIAL ACTIVITY:

Swatch Bharat Abhyan contribution

Skill Development Council students have donated 2 steel dustbins worth 3500/- rupees to Panvel Railway station on 11th of August 2017 for the cause of cleanliness.

Organ Donation Drive Report

Organised a Seminar on Organ Donation on 9th January , 2018. Professionals from Terana Medical College, Nerul were invited to deliver lecture on the importance of organ donation and procedure to do organ donation. 400 students were educated regarding importance of organ donation.

ANTI -RAGGING COMMITTEE

DR. SMITHA JAYARAM

Anti-Ragging Committee is constituted with all the Course Co-ordinators as its members. At the commencement of each year, counselling is given to all the Second and Third year students about the consequences of Ragging. Posters and Slogans against Ragging will be displayed in and around the Campus. A Bi-Monthly Compliance Report is sent to the University as mandatory norms.

There were NIL cases of Ragging reported in the academic year 2017 – 2018.

COMPETITIVE EXAM CENTRE

MRS. KAVITA KATHARE

We have started Pillai's Competitive Exam Center in association with Aasha Career Centre. This initiative was taken to train students for various competitive exams like UPSC, MPSC, Staff Selection and Banking. The Centre runs following training programs for Entrance Test.

Programmes	Number of students enrolled	Fees per Student (In Rs.)
Banking	37	7,000
Staff Selection	12	10,000
MPSC	03	20,000
UPSC	10	30,000

CERTIFICATE COURSES REPORT

MRS. KAVITA KATHARE

The famous adage says 'It is not the degrees but the skills that take you far'. Understanding the importance of skill development and enhancement programmes, in consonance with Degree programmes, Pillai's College takes pride of a long history of initiating and incorporating the value added programmes in its curriculum. Each year the Institution strives to offer an array of courses designed to achieve a specific level of competency among students:

Department	Name of the course	Tie up details
B.Com.	Fundamental and technical Analysis	Ignited intellect training and advisory services
B.Com. Acc. & Fin.	1.SAP FICO 2.Tally ERP	Technoriya e-Technologies Ltd., Belapur, Navi Mumbai KLIC TALLY
B.M.S.	1.Social Media Marketing 2.Human resource management	Indian Institute of Digital Education) Board of Industry Academia partnerships
I.T./C.S.	Oracle DBA	Oracle University

Language Lab.	IELTS	Mrs. Kamini Nariani(Name of the trainer)
B.M.M.	Cinematography/communication Skills	Mr.Anik Ghosh-Filmmaker & Director
B.Com. Fin. Mkts.	1.Advanced Fundamental Analysis. 2.Fundamentals of financial Market	Ignited intellect training and advisory services
Biotechnology	1.Plant Tissue Culture & Biometrics(level 1 and level	Srujan Biotech

VALUE BASED EDUCATION CENTER

MRS. VARSHA C.

Considering the gradual erosion of moral and spiritual values in every sphere of life and activity, our college felt the necessity in starting a Center to impart the age-old cherished ideals and values.

Inauguration of Value Based Education Center

The Center was inaugurated on 11th July, 2017.

Workshop on Relaxation

The Value Based Education Center organized a Three Day Workshop on "Relaxation Techniques and Meditation" for the faculty. The workshop organised had the co-ordinators from Heartfulness Institute.

Seminar on 'Self –Awareness

A Seminar on 'Self-Awareness' was conducted for students on 24th July, 2017.

Seminar on 'Need for Value Inculcation in the Education System.'

A Seminar for faculty members on the topic 'Need for Value Inculcation in the Education System.' was conducted on 14th August, 2017.

Yoga Session for Teachers.

Yoga session for teachers was conducted on 23rd September, 2017.

Session on Stress Management Strategies, Fear and Anger Management

A Session on Stress Management Strategies, Fear and Anger Management was organised on 7th October, 2017 for students in which the significance of values in the lives of the youth was highlighted.

Conducted Yoga and Relaxation Training for students

A session on Yoga and Relaxation Training for students was conducted on 9th December, 2017.

FINANCIAL MARKET ASSOCIATION (FMA)

MRS. JENNIE PRAJITH

Financial Market Association (FMA) is an effort towards developing qualities in students for training them in the field of finance. FMA was inaugurated on 28th July, 2017.

- The first event organised by FMA was a Workshop in Financial Education in association SEBI.

- Inspired with the hype that was flooded last year about the BITCOINS, the association decided to mould the common treasure hunt with the twist of hunting the bit coins and hence came up with the idea of the “BITCOIN HUNT”. The event was organised on 7th March, 2018 on the campus. 11 teams with a pair of two participated to hunt for the bit coins. This hunt is similar as the ground rules of treasure hunt but instead of treasure, participants hunt for the bitcoins. The hunt comprised of 10 levels, and was designed to be tougher at each level.

*In The Field Of Roses,
Be A Wildflower.*

