

## E-NEWSLETTER

MES's Pillai College of Education & Research, Chembur Naka, Chembur,

Mumbai-400071

NAAC Accredited A Grade (3.36—Third Cycle)

**HORIZON**

**NOVEMBER 2020**



### FROM THE PRINCIPAL'S DESK.....

November sets in the feeling of happiness and brightness of festivities during Diwali. I am reminded of the quote by Rabindranath Tagore "a lamp cannot light another, until it keeps its own flame burning"

These values are nurtured at PCER Chembur in all its activities and initiatives. So, let us see what **LIGHTS** means

**L** - let us

**I** - invoke

**G**- goodness

**H**- humility

**T**- truthfulness

**S**- simplicity in our words and deeds.

When we follow these aspects of Lights, we are already illuminated within and we can also spread the light to others. Thus, the role of teacher is fulfilled - taking every student away from ignorance and darkness to brightness and knowledge.

### EDITORIAL.....

The month of November brought forth the festival of Diwali with its message of hope, happiness and triumph of light over darkness. Most of the celebrations and connecting with family and friends were done in the virtual world this time.

This festival period was also the time to remember those less fortunate and in need, for which PCER in collaboration with SIBC organized the 'Fistful of Grains' that saw a substantial contribution in the form of Rice, Wheat, Lentils etc. This was distributed to various organizations that care for the underprivileged. There was a short Diwali break post which the students gave their semester class tests in preparation for the Semester 3 University exams.

### EDITORS.....

DR. RENI FRANCIS (PRINCIPAL)

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**MS. MASEERA QURESHI**

**MS. JESSYKAMALAM SAMUEL**

**MS. SHARANIYA POOSATHURAI**

# HIGHLIGHTS OF THE MONTH

positive  
vibes

NATIONAL  
EDUCATION DAY

Many people plant trees but few of them get fruit of it.

➤ Principal's Message

➤ Editorial

➤ Positive Vibes

➤ Cancer Awareness Day

➤ Fistful of Grains

➤ Diwali Celebration

➤ National Education Day

➤ Research Colloquium on Trends in Education

➤ Quiz on Constitution Day

➤ Student's Corner





# POSITIVE VIBES

POSITIVE  
mind  
POSITIVE  
Vibes  
POSITIVE  
life

Dear Sir/ Madam

I am experiencing a lot of anxiety these days. I am not able to sleep; kindly help me to reduce my problem or if you could help me with some of the techniques to reduce my anxiety level?

Hi

Anxiety issues are quite common these days due to various reasons. One of the main reasons is that people are majorly restricted in movements and the physical activities are comparatively lesser and they are uncertain about the current pandemic situations. So, because of the change in their lifestyle, irrespective of age groups many people are experiencing anxiety issues.

Some of the strategies that you can follow at your level are:

1. Try to define the nature and pattern of your anxiety reasons
2. Understand the various symptoms you exhibit or experience while you are anxious
3. Drink plenty of water and do breathing exercise
4. Listen to music or speak to people when you are anxious

In case you feel that your anxiety issues are beyond what you can help yourself, please take the advice of a professional; psychologist or clinical psychologist.

# ...CANCER AWARENESS DAY...

## Early Detection towards Protection

National Cancer Awareness Day is observed on November 7<sup>th</sup> every year to raise the awareness of cancer and encourage its prevention. According to the World Health Organization (WHO), cancer is the second leading cause of death globally. In 2018, approximately 18 million cases were there globally, of which, 1.5 million were in India alone. In view of these alarming signs, PCER Chembur organised an Expert Talk on National Cancer Awareness Day. The Resource person for the session was **Shaini Joy, Doctorate in Nursing Practice, Oncology** and works as a practitioner at MD Anderson Cancer Center which is ranked No. 1 in cancer care in U.S. News & World Report's annual "Best Hospitals" survey. The session was conducted on YouTube Live - <https://youtu.be/kJmhhc0JyXo>

The session highlighted on aspects of Cancer such as the meaning, risk factors, myths of cancer, common cancers in India, the statistics of the alarming growth of Cancer, Cancer screening and protections, reducing the risk of cancer through early detection and treatment. The risk factors included Family history, Smoking and Tobacco, High alcohol consumption, Poor diet, Low physical activity, Sun and other types of radiation, Viruses, and other infections. Few early warning signs for different types of Cancers were indicated such as

- Unexplained weight loss, loss of appetite (stomach, colon, bone, lung cancer)
- Feeling tired or fatigue (most cancers)
- Fever, easy bruising (blood cancer or leukaemia)
- Pain (colon, ovary, bone)
- Skin changes like moles (skin cancer)
- Lumps (breast, bone, head & neck, testicular)
- Changes in stool or urine habits (colon, bladder, prostate)
- Sores that don't heal (oral, rectal)
- Unusual vaginal bleeding or discharge (vaginal, cervical)
- Cough with phlegm (lung)
- Night sweats (Blood cancer like Leukaemia)
- Trouble swallowing (oral, lung, oesophageal)
- Headaches, confusion, vision changes, weakness (brain)

As an early detection of Cancer, Screening is the most important aspect that can help in saving one's life. The Cancers that can be screened are Breast, Cervical, Colorectal. As a prevention measure for Cancer, it is important to exercise, eat a healthy and balanced diet, quit smoking, reduce alcohol intake etc. The session was highly informative and well appreciated by the viewers, various questions were posed such - Are the HPV vaccines efficient? Which age group of girls or women can take this vaccine? We keep phones under our pillow while sleeping, is there some risk of radiation?

The session was in sync with **SDG 3: Good Health and Well Being**



The poster is for an event organized by the Women Development Cell of MES's Pillai College of Education and Research, Chembur. It features a green background with a yellow central box containing text and a portrait of Dr. Shaini Joy. To the left of the central box is an illustration of a female doctor in a white coat. The poster includes the event title, speaker details, date, time, and a YouTube link. It also features a quote at the bottom and logos for the organizing institution and a 50th anniversary mark.

Women Development Cell of  
MES's Pillai College of Education and Research, Chembur  
organises  
**Expert Talk on National Cancer Awareness Day**  
**Topic: 'Early Detection towards Protection'**  
**Dr. Shaini Joy**  
DNP, OCN, FNP-C  
Houston - USA  
on Saturday, 7th November, 2020 at 6:00 p.m. (IST)  
"The awareness of a single possibility can change the way you look at it."  
<https://youtu.be/kJmhhc0JyXo>



## .....FISTFUL OF GRAINS.....

On the occasion of the 'International Day for the Eradication of Poverty' MES's PCER, Chembur in collaboration with Soroptimist Welfare Association (SIBC) organised the Project - Fistful of Grains to donate food items to the marginalized sections of the society. The items were placed in the Amazon Registry (link of Amazon Registry and video for transaction is provided). There were hundreds of well-wishers including students, alumni, teaching and non-teaching staff MES and many others who generously donated for the social cause. The delivery point was Chembur Campus. The people were allowed to make their purchases till 7th November, the items received were donated to orphanages.

The various items collected included various types of Dal, Poha, Rawa, Rice, Wheat flour, Sugar, Cooking Oil, Salt etc. The collected items were segregated into 4 packages and despatched to various orphanages. The total quantity of items purchased; Rice -51 Kg worth INR- 31,462/-, Oil -51 Litres worth INR-6150/-, Tea powder- 23Kgs worth INR-5980/-, Wheat Flour-300kg, worth INR12,744/-, Rawa-22kg worth INR-726/-, Poha-51 kg worth INR-2091/-, Green Gram-40 kg worth INR-4800/-Chickpeas-31kg, worth INR-3410/-, Sugar-20 kg, worth INR-836/-, Split pigeon peas, 54 kg worth INR-6318/-, Orange Lentils-33 kgs worth INR-3300/-, Salt-53 kgs worth INR-954/-. There were 4 gift cards worth INR- 20000/-. Through Fistful of Grains project we collected INR- 81,155/- These food grains were distributed among Navjeevan Centre Kalyan, Prerana Naunihal Children's Home, Kharghar, Sisters Adorers, Marol and Manav Jeevan Seva Trust Ghatkopar.

The Project - Fistful of Grains was tuned to the **SDGs# 1 Eliminate Poverty**.

**Link to buy through Amazon Registry**

<https://www.amazon.in/baby-reg/fistfulof-grains-november-2020-mumbai/1KQCDCPI3VMO7>





# .... DIWALI CELEBRATION....



PCER celebrated the festival of Diwali during the special assembly on 10th November 2020 at 11.00 am through online mode. The programme was organized by the student council via zoom meeting. The programme was hosted by Ms. Shivani Mayekar who warmly welcomed everyone and smoothly anchored the whole event. The programme began on an auspicious note with prayers to the Almighty by Ms. Sheetal Kolte. Ms. Disha Karkera spoke on the significance of Diwali, the festival of lights, which is celebrated by all communities in our country. Ms. Alisha through reciting a short poem brought out the beauty and joy of the festival. A graceful dance performance by Ms. Kavita, Ms. Kunali, and Ms. Poonam set the festive tone for the programme. Ms. Abha recited a poem on Diwali by the renowned poet Shri. Mangesh Padgaonkarji provided a vivid description of the grand festival.

A Diya making and Rangoli competition was conducted as part of the Diwali celebration prior to the programme which saw enthusiastic participation from the students. A video compilation of the participants was shown during the programme. The winners were announced on the day of the programme.

The winners of the Diya making competition:

First Prize- Ms. Jinisha

Second Prize- Ms. Sidra

Third Prize- Ms. Rimita

The winners of the Rangoli Competition:

First Prize- Ms. Reshmi

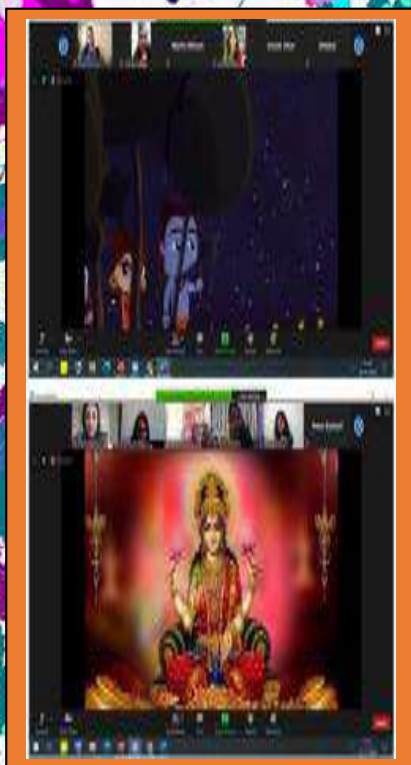
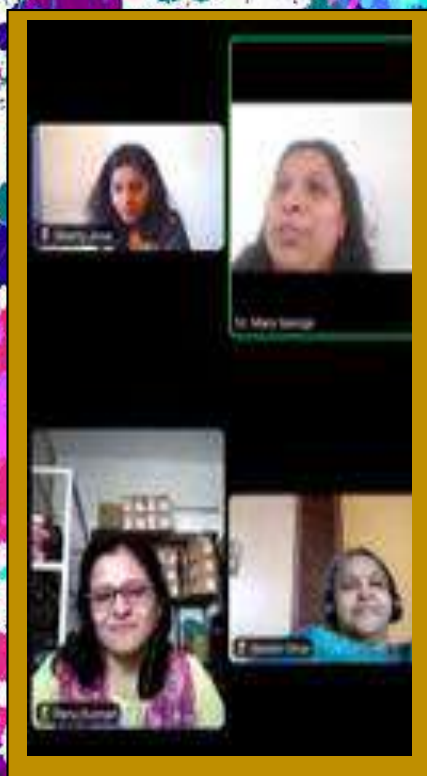
Second Prize- Ms. Disha

Third Prize- Ms. Jessi



**Principal Dr. Reni Francis** addressing the audience on the occasion appreciated the efforts of everyone in conducting the programme well. She highlighted the importance of unity, oneness, and bonding as everyone celebrates together and the need to light up life with good memories. The programme concluded with vote of thanks by the GS Ms. Sherry who thanked the Management, Principal, Teachers and Students for their support and encouragement. The Zoom meet link for the programme is:

<https://pillai-edu-in.zoom.us/j/87315976615?pwd=a3JzT01VVmdTaEZNQUMrOWpPenRyQT09>





# NATIONAL EDUCATION DAY



University of Mumbai,  
Thane Sub Campus &  
Dr. Pandita Ramabai Girls Hostel  
in association with  
MES's Pillai College of Education  
and Research, Chembur



National Education Day  
11th November  
Maulana Abdul Kalam Azad  
Birth Anniversary

"Education imparted by  
heart can bring revolution  
in the society."

celebrates



11th November, 2020

### Events

- Essay Writing Competition for Teachers
- Poster Competition for Students
- Slogan Writing Competition for Students

## About Thane Sub Campus and Dr. Pandita Ramabai Girls Hostel

The Thane Sub Campus began from the year 2014 intending to give both the course a discrete approach and nurture students resourcefully, preparing them for the competitive industrial environment. University of Mumbai, Thane Sub Campus of University of Mumbai, is an Institute that stands on the foundation of students distinct from the crowd, learning to groom their skills and being trained to their Highest potential to meet the requirements of the dynamic corporate world. University of Mumbai, Thane Sub Campus (MUTC) is sub campus of University of Mumbai which under takes School of Law, University of Mumbai which offers five years integrated programme in Legal Education BBA-LLB(Hons.) and School of Management Studies which offers five years integrated Management Programme BMS-MBA.

Dr. Pandita Ramabai Girls Hostel is established in October 2004, Pandita Ramabai Girls Hostel is situated in University of Mumbai Vidyanagari Campus, Kalina, Santacruz (East) Mumbai.

## About MES's Pillai College of Education and Research, Chembur

Pillai College of Education and Research, managed by Mahatma Education Society was established in the year 1990 with the sole objective of producing teachers with noble and elevating quality, who in turn, will achieve extra-ordinary merits and attainments. PCER, prestigious institution is an agent for dissemination of knowledge and culture and is an epitome of hopes and aspiration for numerous budding teachers. Today PCER Institution boasts of being one of the leading institutions imparting high quality education, integrated with values and technology. The results are laudable and it can be proudly said that the credit of taking the institution to its pinnacle of success goes to the management, Principal and the faculty members, who work in tandem. PCER, Chembur is Re-accredited 'A' Grade by the National Assessment and Accreditation Council (NAAC) in the year 2017. COPA: 3.36

### Chief Patrons

Prof. Dr. Sohas Pednekar Vice Chancellor University of Mumbai.	Prof. Dr. Navindra Kulkarni Pro Vice Chancellor University of Mumbai.	Dr. Vinod Patil Registrar & BOEE University of Mumbai.	Dr. Ajay Bhambre Dean Faculty of Commerce, UoM
Dr. K.M. Vasudevan Pillai Chairman & CEO MES, Pillai Group of Institutions	Dr. Daphne Pillai Secretary and Chairperson Management Board - MES	Dr. Priyam Pillai Chief Operating Officer MES	Mr. Franzer Pillai Deputy CEO MES

### Organising Committee

Dr. Sunita Magre Prof & Z/C Director Thane Sub Campus - UoM	Dr. Renil Francis Principal MES's PCER - Chembur	Faculty of Thane Sub-Campus, University of Mumbai Faculty of MES's PCER, Chembur
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## Event for Teachers

### ESSAY WRITING COMPETITION

Theme for the Competition is  
*"Every Individual has the Right to  
Education".*

This competition is open for School,  
College, University level teachers.

Essay should not exceed more than 1000  
words. Essay can be written in English/  
Hindi/ Marathi. Essay will be checked for  
plagiarism.

Essay submission final date is  
20th November, 2020 before 5.00p.m.

Winners of the Essay Competition will  
be announced on 25th November, 2020

Submit your Essay at

<https://forms.gle/DC8SueQmndPklsh>

Kindly Note:

## Event for Students

### SLOGAN WRITING COMPETITION

Theme for the Competition is  
*"True education is education with  
values"*

This competition is open for Under  
graduate/ Graduate/ Post Graduate  
students.

Slogan should be original. Slogans can be  
in Hindi/ Marathi/ English. Slogan should  
be written on A3 chart paper.

Slogans submission final date is  
20th November, 2020 before 5.00p.m.

Winners of the Slogan Competition will  
be announced on 25th November, 2020

Submit your Slogan at

<https://forms.gle/W2Q7V4am5d5Ays8>

Kindly Note:

## Event for Students

### POSTER COMPETITION

Theme for the Poster Competition is  
*"Role of education in our life"*

This competition is open for Under  
graduate/ Graduate/ Post Graduate  
students.

Posters should be of A3 size. Avoid cut-  
outs and stickers on the posters. Caption  
can be included in the Poster.

Poster submission final date is  
20th November, 2020 before 5.00p.m.

Winners of the Poster Competition will  
be announced on 25th November, 2020

Submit your Poster at

<https://forms.gle/4hvv9nm19GZJdd>

Kindly Note:



University of Mumbai, Thane Sub Campus & Dr. Pandita Ramabai Girls Hostel in association with MES's Pillai College of Education & Research, Chembur celebrated **National Education Day, Maulana Abdul Kalam Azad's Birth Anniversary on 11th November**. This day is commemorated in the memory of Azad, Independent India's first Education Minister and a freedom fighter, who served India in the capacity of Minister of Education from 1947 to 1958. He is known for making several significant contributions in the field of education.

The organising committee members of the programme were **Dr. Sunita Magre**, Prof. & I/C Director, Thane Sub campus, UoM, **Dr. Reni Francis**, Principal, PCER, Chembur, Faculty of Thane sub campus, University of Mumbai and faculty of PCER, Chembur.

There were a range of events organised for the teachers and students.

1. Essay writing competition for teachers
2. Poster competition for students
3. Slogan writing competition for students

There were a lot of participants across Mumbai who participated enthusiastically. The programme was in sync with **SDG # 4- Quality Education**.

The winners of the competition were as follows:

1. Essay Writing Competition- First Prize: **Ms. Sharmila Jajodia**- RamniranjanJhunhunwala College (Autonomous)
2. Poster Competition- First Prize: **Ms. Pranaya Prakash Lad**- D.T.S.S College of Commerce and Science
3. Poster Competition- Second Prize: **Ms. Anjali Gupta**- DhirajlalTarakchandsankalchand Shah of Commerce
4. Slogan Competition- First Prize: **Ms. Pranoti Prakash Kajare**- D.T.S.S College of Commerce and Science
5. Slogan Competition- Second Prize: **Ms. Khusboo Rambali Dhuriya**, MES's PCER, Chembur
6. Slogan Competition- Third Prize: **Ms. Pranaya Prakash Lad**- D.T.S.S College of Commerce and Science



University of Mumbai, Thane Sub Campus & Dr. Pandita Ramabai Girls Hostel  
in association with  
MES's Pillai College of Education and Research, Chembur



## CERTIFICATE OF ACHIEVEMENT

This is presented to

**Ms. Pranaya Prakash Lad**

D.T.S.S. College of Commerce and Science

for securing Third position in the  
Slogan Competition held on 11th November, 2020  
in celebration of National Education Day

Dr. Sunita Magre  
Prof & I/C Director  
Thane Sub-Campus- University of Mumbai

Dr. Reni Francis  
Principal  
PCER - Chembur



# ...RESEARCH COLLOQUIUM ON TRENDS IN EDUCATION...



University of Mumbai, Thane Sub Campus & Dr. Pandita Ramabai Girls Hostel  
in collaboration with  
MES's Pillai College of Education and Research, Chembur, Mumbai  
organises



## RESEARCH COLLOQUIUM ON TRENDS IN EDUCATION



Date: Wednesday, 25th, November 2020

Venue: Zoom platform

Time: 2.00 p.m - 4.00 p.m.

### About Thane Sub Campus and Dr. Pandita Ramabai Girls Hostel

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Dr. Vinod Patil, Registrar and BOEE, UoM

Dr. Ajay Bhanre, Dean - Faculty of Commerce,  
UoM

Dr. K.M. Vasudevan Pillai  
Chairman & CEO  
MES, Pillai Group of Institutions

Dr. Daphne Pillai  
Secretary and Chairperson  
Management Board - MES

Dr. Priam Pillai  
Chief Operating Officer  
MES

Mr. Pranav Pillai  
Deputy CEO  
MES

### Colloquium Chairpersons:

Dr. Sunita Magre  
Professor & Vt Director  
Thane Sub campus  
University of Mumbai

Dr. Reni Francis  
Principal,  
PCER  
Chembur

### Colloquium Co-ordinator:

Dr. Mary George Varghese - 9870024859  
Asst. Prof. PCER, Chembur  
Email: mvarghese@mes.ac.in

### Colloquium Organizing Committee

Dr. Sunita Jain - Asst. Prof. PCER, Chembur  
Dr. Swasti Dhar - Asst. Prof. PCER, Chembur  
Dr. Jaya Cherian - Asst. Prof. PCER, Chembur

### Colloquium Theme

The field of education has seen a drastic change in the past two decades. The changing scenario of world economy and advancement in information and communication technology has resulted in the beginning of many new trends in education. Modern day education is all about innovation, accessibility, and suitability. From kindergarten to university, students are encouraged to learn through interactive and practical tools. Higher education is more career-oriented today than ever before. The barriers of time and age have also been removed, while geographical boundaries don't matter anymore. These revolutionary trends have benefitted those people who want to get practical knowledge for their personal and professional growth.

Our participants profile can be:

- M.Ed / M.Phil students
- PhD students
- Post Graduate Participants wish to present their dissertation/ research work.

Registration Fees: Free

Kindly fill the Registration form and Email to sunita.magre@gmail.com

### Call for Papers

#### Guidelines for Submission of Abstracts

The length of the abstract should be between 100 to 200 words. Abstracts should include the following: purpose of research, methodology, major results, implications (both theoretical and practical), and key references. In the cover page, the author(s) should mention under which track of the conference the abstract is to be included.

The abstract and full paper should adhere to the following:

- Length: abstract should be between 100 to 200 words & full paper: 1,000 to 2,000 words excluding cover page and references
- Margins: 2.5 cm. or 1 inch
- Font: Times New Roman, 12 point
- Spacing: 1.5
- Cover page: Title, Author(s), Track, Affiliation(s), Contact details
- Key words: Maximum Four

#### Footnotes:

Footnotes should appear at the bottom of the normal text area, with a line of about 5cm set immediately above them. The superscript numeral used to refer to a footnote should appear in the text. Tables and Figures: The tables and figures should be numbered and must carry a caption. The figure and table number should be given in the corresponding text. Source should be explicitly mentioned for adapted or reproduced tables or figures. Citations: Please follow APA Citation style for the references.

The papers which are selected can be published in a Peer reviewed journal with a fee.

### Registration Form

All participants are required to register for the colloquium.

Name: \_\_\_\_\_

Institution: \_\_\_\_\_

Designation: \_\_\_\_\_

Title of the Paper: \_\_\_\_\_

#### Important Dates:

• Last date for abstract submission

November 15, 2020

• Notification of abstract acceptance

November 18, 2020

• Last date for submission of selected papers till November 22, 2020

• Colloquium dates November 25, 2020



University of Mumbai Thane Sub Campus and Doctor Pandita Ramabai Girls Hostel in collaboration with Mahatma Education Society's Pillai College of Education and Research Chembur, organised a Research Colloquium on Trends in Education on 25th November 2020 from 2 p.m. to 4 p.m. **Dr. Sunita Magre, I/C Director, University of Mumbai, Thane Sub Campus** introduced the theme of the research colloquium. There were six research scholars who presented on various topics - Ms. Aditi Bhushan, Ms. Sheetal Aditya Ms. Farah Sheikh, Mr. Narseerali M.K, Mr Rajendra Deshmukh, Dr. Reni Francis.

Dr. Swarnalata Chari, Dr. Prakash Kale, Dr. Frances Ketan Vaidya and Dr. Mary George Varghese chaired the sessions effectively.

The colloquium was in sync with **SDG # 4 Quality Education**

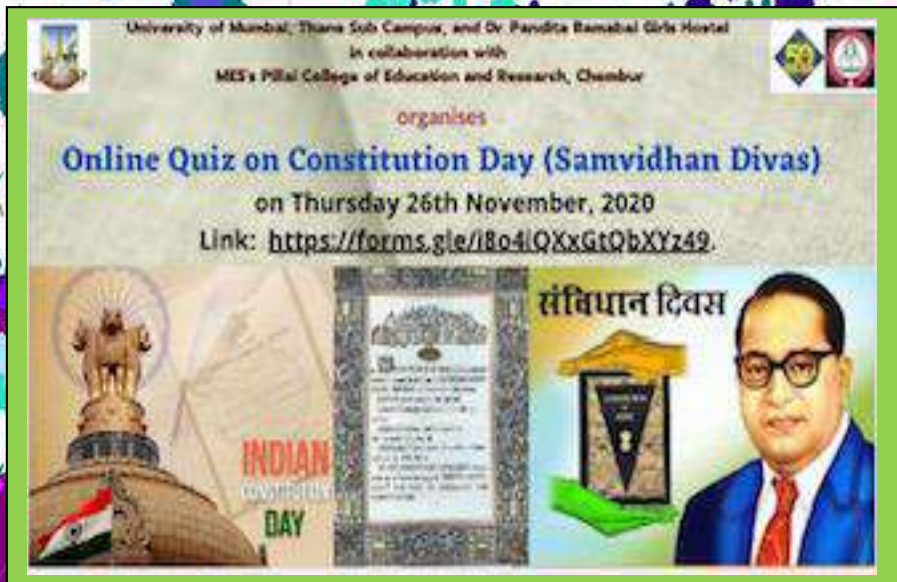
The research colloquium provided a very good scholarly platform for the research scholars to share their research work and experiences. The zoom meeting link is given below:

<https://pillai-edu-in.zoom.us/j/89288988553?pwd=ODhta0lDK2dIRTBzcFM1b1ZqMml3dz09>





# ....CONSTITUTION DAY....



Constitution Day (National Law Day) also known as Samvidhan Divas is celebrated in India on 26th November every year to commemorate the adoption of the Constitution of India to promote Constitutional values among citizens. On this occasion University of Mumbai, Thane Sub Campus & Dr. Pandita Ramabai Girls Hostel in association with MES's Pillai College of Education and Research, Chembur organized an online Quiz on Constitution Day. There were 314 participants who gave their responses in the google form. The activity was in alignment with SDG 4 Quality Education.

The link for the online quiz is given below:

<https://forms.gle/i8o4iQXxGtQbXYz49>





# STUDENT CORNER



## True Glow this Diwali!

As everyone worldwide celebrates Diwali, it is a good time to know what Diwali means and what it can mean for each one of us in our personal lives.

After 14 long years when Lord Rama returned from exile, his people celebrated the long-awaited return with beautiful lights. The festival of lights (Diwali) is a time when we light up not just our homes and offices but our souls and community.

Many of us do this through gifts. We give sweets and goodies to all our loved ones and also blow up millions of rupees in firecrackers to resonate the happiness in our hearts!

However, many spend time with the elderly in senior citizen homes during Diwali, others go to orphanages and care for children as if they were their own. Still others give clothes and money to those who are facing financial problems.

In any developed society, people look after each other and show concern for those who need help. The moments of greatest happiness are when you help others achieve something. Be it in teaching, providing resources, or plain simply helping a cause, these moments give the moments of self-gratification. When the differences between each other are minimized, that's when society is happier, safer and provides a quality of life that is more meaningful.

On the day of this Diwali 2020, light a lamp of love, shoot a rocket of prosperity, and fire a flowerpot of happiness! Happy Diwali!

**Urvi Sadhani**

**S.Y.B.Ed 2020-2021**

