

E- NEWSLETTER

MES's Pillai College of Education & Research, Chembur

Chembur Naka, Chembur Mumbai-400071.

NAAC Accredited A Grade (3.36- Third cycle)

HORIZON

APRIL-2020

FROM THE PRINCIPAL'S DESK



COVID- 19 has brought us all to a different environment, different lifestyle, different emotions and different situation. We have never imagined that we would all be in the period of LOCKDOWN for almost 21 days. But this has made us all to be careful, cautious, safe and secure in combating this invisible virus to a large extent through our resilience and safety measures. As we see the gloomy days, dimming economy, environmental and social hazards, I would like to share my thoughts for this time of need to **"BE SAFE"**-

B- Be responsible

E – Ensure hygiene

S – Social Distancing

A – Avoid spreading panic and fake messages

F – Frequent hand-wash

E – Encourage safety norms

I hope as we are treading these dark woods today, we are sure to foresee a bright and safe future ahead, **IF** we take necessary precautions and utmost care.

Do take care of yourself and your family. Stay Safe and Be Blessed!

EDITORIAL DESK

A rainbow of Emotions is a theme which truly captures our feelings in the month of April.

Traditionally, this is the month of farewells and closing of the academic year. There are hectic preparations for the upcoming University exams, the farewell to the students, tying off of loose ends of the semester gone by, reflections on what we have learnt new and preparations for the coming year.

It is a time for endings and new beginnings and one views this month with mixed emotions. This year too, with the COVID lockdown, we at PCER are doing a lot of new things and a lot of old things in a new way!

There is a feeling of confusion and anxiety as we try to grapple with the prevailing situations where we are not sure about what tomorrow holds and how the current academic year will be brought to a close. But we do know that we all have to stand united and together in order to go ahead. May the Lord be with all of us in this difficult time.

Editors:

Dr . Reni Francis, (Principal), Dr . Sunita Jain, Dr . Swasti Dhar, Dr. Jaya Cherian.

Student Editor:

Ms.Maseera ,Ms.Sherry ,Ms.Cristin ,Ms.PriyankaPal , Ms.Jessi , Ms.Sharaniya.

HIGHLIGHT OF THE MONTH

- * **Online Career Guidance**
- * **Webinar on Effective Leadership Skills Post COVID-19 Pandemic**
- * **National Level Online Workshop On Digital Teaching For Smart Learning**
- * **Webinar on Reviving Educational Practices Post COVID-19 Pandemic**
- * **Students Corner**



ONLINE CAREER GUIDANCE

On 4th April, 2020 a Google Meet Session was held for the S.Y. B.Ed. students in order to guide them as to the various options available to them after B.Ed. and how they should prepare themselves for the same. Prior to the Meet, the students had submitted their queries and doubts via an online survey through Survey Monkey and the Meet focused on clearing the Second Year students' vocation and career doubts. The resource person also touched upon how the time period during this lockdown could be used effectively in order to enhance their skills and knowledge.



WEBINAR ON EFFECTIVE LEADERSHIP SKILLS Post COVID-19 PANDEMIC

University of Mumbai, Thane Sub Campus
in association with
MES's Pillai College of Education and Research, Chembur

organises
**WEBINAR ON
EFFECTIVE LEADERSHIP SKILLS POST COVID-19 PANDEMIC**
27th, 28th & 29th April, 2020. Time: 11.30 a.m. – 12.30 p.m.

Learning never stops

Dr. Priam Pillai
Chief Operating Officer
Mahatma Education Society

Dr. Ashok Pandey
National Teacher Award recipient (MHRD/CBSE)
Director - Ahlcon Schools, Delhi

Willibrord George
Director
St. Willibrord Group of Schools

Dr. Antara Sonawane
Vice Principal
KPB Hinduja College of Commerce

Register:
<https://forms.gle/iaV6d71KjqofnN9u8>

In collaboration with University of Mumbai, Thane Sub Campus, PCER, Chembur organized a Webinar via YouTube Live on the topic '**Effective Leadership Skills Post Covid-19 Pandemic**'. The three day series of webinar was hosted by Principal Dr. Reni Francis.

Day 1: Mr. Willibrord George and Dr. Antara Sonawane : Mr. Willibrord George and Dr. Antara Sonawane were the speakers for the first day of the webinar. **Mr. Willibrord George, the Director of St. Willibrord Group of Schools,** began the session with an immensely fresh and thought-provoking perspective about leadership strategies that need to be adopted in the changing times post the Covid-19 pandemic. He stressed on the fact that a leader, at such a dynamic time, has to be a good researcher and provide robust information for his team to follow through in action. At the same time, he pointed out it was equally important to understand that a safety net has to be provided by top-level leaders of organizations to allow for errors that may take place when we try to venture into unexplored territories. He chalked out a diagrammatic representation to help plan out strategies, which had 'activity value' and 'possibility of social distancing' as x and y axis. In this way, he proposed taking immediate action to deliver the activities that have high academic value and also high social distancing possibilities at the same time. He emphasized on redesigning our strategies at this time and start working on the same at all levels.

Dr Antara Sonawane, Vice Principal, KPB Hinduja College of Commerce is an accomplished orator. She spoke about effective leadership skills post COVID-19 pandemic. She said we have to really understand the emotional state of teachers and everyone in the institution. The VUCA environment which stands for volatility, uncertainty, complexity and ambiguity has to be replaced with vision, understanding, clarity and agility. It is the need of the hour to rebuild our employees and keep in mind their emotional intelligence. It is of utmost importance that, as leaders, we do not have to direct people but rather, connect with them emotionally. She concluded that teachers should act as facilitators and become teacher warriors.



Day 2: Dr. Priam Pillai

Dr. Priam Pillai, the COO of MES was the speaker for the second day of the Webinar and he raised some very pertinent points. He pointed out that this was the time to focus on the impact that we, as an institution are having not only on our stakeholders i.e. the students and teachers but also on the immediate community around us. He asked all to embrace technology and digitization, to plan ahead and equip ourselves with skills which will make us industry-ready and to ensure that a game plan is in place for all.



Day 3: Dr. Swaroop Sampat and Dr Ashok Pandey

The session on the third day of the webinar commenced with an introductory talk by **Dr. Swaroop Sampat, Actress, Research Scholar and Life Skills Expert**. Dr. Swaroop observed that with respect to leadership the three important qualities in a good human being are empathy, effective communication and self-awareness. During this period of pandemic and lockdown, people are going through a lot of anxiety and stress and leaders should therefore be more empathetic in their interactions with their team. She also stated that leaders need to develop creative thinking to navigate through this difficult period. Dr. Swaroop highlighted the role played by Life Skills in an individual's life in making us resilient in our lives. She also stressed on focusing on spirituality as it will give everyone the strength of mind to face challenging times.

Dr. Ashok Pandey, Chairperson, GCED and Director of Ahlcon Group of Schools Delhi, focused on the ethical aspect of effective leadership skills and provided a compassionate and wise perspective on what is expected of a leader during challenging times such as the one we are going through presently. He stated that the four pillars of ethical leadership are love, care, unity and synergy. According to him the important aspects of a learning community are learning to learn, adapting to changes, push to action and learn new skills. The leader needs to build a learning community that understands these essential aspects. He opined that as we enter a radical new world, leaders must learn to marshal the talents and resources of their people through compassion, communication and building relationships based on trust. Dr. Pandey provided few tips to the leaders where he encouraged leaders to invest in their people, build their trust and provide hope and stability. He also emphasized that for leaders to do their work successfully they need to take care of themselves first.

NATIONAL LEVEL ONLINE WORKSHOP ON DIGITAL TEACHING FOR SMART LEARNING



IQAC, TITUS II Teachers College, Tiruvalla, Kerala organized a National Level Online Workshop on **'Digital Teaching For Smart Learning'** in collaboration with MES'S Pillai College Of Education and Research, Mumbai. The workshop was conducted from 27th April, 2020 to 2nd May 2020. The topics covered during the sessions included introduction to Digital Teaching and Learning, Creating and Working on Documents Online, Synchronizing and sharing Documents, Virtual Classrooms, Information Publishing, Engaging Interactive Classrooms and E-content Development. The workshop also conducted an Online Test. E-certificate was given to the participants.

WEBINAR ON REVIVING EDUCATIONAL PRACTICES POST COVID-19 PANDEMIC

A Webinar on 'Reviving Educational Practices Post Covid-19 Pandemic' was organized by University of Mumbai, Thane Sub Campus in association with Pillai College of Education and Research.



Day 1: Dr Gargi Roy and Adv Neeta Kedia covered the topic 'Enrich Behavioral Management Strategies.' **Dr. Gargi Roy is the Founder and Director of Indian Academy for Clinical and Dental Genetics (IACDG) and Director, KORYNAS Pvt. Ltd.** To combat the stress and anxiety during this pandemic, she gave strategy pointers to cultivate and strengthen mindfulness like:

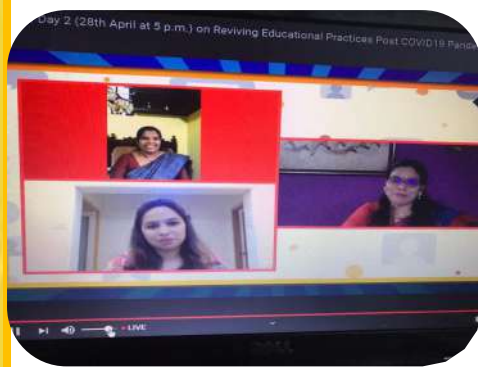
- Be informed with only reliable sources
- Break the chain of unauthentic and unreliable messages
- A healthy mind resides in a sound body
- Reach out to others and support people around you
- Keeping in touch with your friends and family may ease the stress caused by COVID-19
- Choose your hope



Adv. Neeta Bipin Kedia is a **practicing advocate and mediator in the family court.** And she stated that **no strategy will have a magic effect.** We need to have a lot of practice and be surrounded with good friends who are non judgemental.

Ms. Kedia stressed on the fact that we need to have an attitude of gratitude at this difficult time and that it is normal to be anxious and stressed sometimes and that one must not compare one's emotions with anybody else. She advised everyone to be committed towards their own well being and suggested activities such as yoga, dance etc to energise ourselves.

Both the speakers had a great impact on the viewers mind as they spoke straight from their heart. Their experience and expertise helped to illustrate their points with practical examples.



Day 2: Dr Seeja K.R and Ms Simrit Kanoonga threw light on 'Innovative Classroom Management Techniques.' **Dr. Seeja K.R, Assistant Professor at SNM Training College, Ernakulam, Kerala** said, "Learning is not a passive activity. It is not about absorbing learning from source rather it is a process of processing of information." Dr. Seeja elaborated the difference between an activity oriented classroom and an active learning classroom. In an active learning classroom, the learners are responsible for all the learning activities that gives them the opportunity to solve the problems regarding their learning which then leads to self-regulated learning. Thus an active learning classroom starts with an activity and goes beyond it. Dr. Seeja explained different strategies which cater to active learning viz. think pair share, KWL and One Minute papers. She elaborated all the three strategies and how to use it effectively in the classroom to provide meaningful learning experiences.

Ms Simrit Kanoonga is an educator at JBCN Mumbai . She explained the role as an educator in today's classrooms. While introducing the topic she said, with the changing dynamics that we have today it is very important to have different role perspectives for our teachers. She believes that her role as a teacher has completely changed, it is all about creating positive attitude among the students with the kind of changing dynamics as of now. Ms. Simrit focussed on various classroom management techniques and she believes that the emotional and personal connection with the learners have a major impact on their learning. She said that giving real life examples rather than the hypothetical situations while teaching is an impactful strategy to retain student's attention. Simrit also said that teachers should take a backseat and everything should revolve around the students and teachers should not bombard them with so much information. She urged everyone to keep a work life balance, as working from home and work at home is a major challenge during these days.

Day 3: Ms. Juhi Pandey and Mr. Nasser Ali gave their insights on 'Create interactive educational resources'. **Mr. Nasser Ali, Assistant Professor, Aligarh Muslim University, Kerala**, shared his experiences of empowering teachers with the necessary skills, positive attitude and building confidence among teachers through use of webinars and workshops he conducted online during this pandemic period. He emphasized on 5C's which are very much essential for a successful teacher which he listed as Commitment, Communication, Collaboration, Continuous Assessment and Contentment. He shared that we could use simple google apps which are in-built in android phones to connect with our students with just a click of a button.

Ms. Juhi Pandey, Corporate and Life Skills Trainer, Psychologist and HR professional spoke on behaviour management. She began her session by explaining the current situation of how people are undergoing a lot of stress, anxiety and trauma due to the prevailing COVID19 pandemic. She spoke on the strategies which could be used to overcome this current anxiety and trauma through use of FLUID where
F- Fear meaning the fear of catching the virus, carrying it home and spreading it.
L- Loss of physical freedom, space ,
U- Uncertainty, a period of uncertainty where we are not sure when and how we will come out of this present crisis,
I- Insecurity of losing a job,
D- Death- losing oneself or loved ones.

She explained how each one of us react biologically through Sympathetic and the Parasympathetic nervous systems. She encouraged the use of four coping strategies i) Minimise media exposure to COVID19 news which will develop negativity as our brain often gets conditioned to what we see and hear. ii) Acknowledge all our feelings. iii) Mindfulness- develop awareness of oneself and iv) Self Discipline- Chalk down a routine. She also asked to use Psychological First Aid as a coping strategy in which she mentioned about the following points:

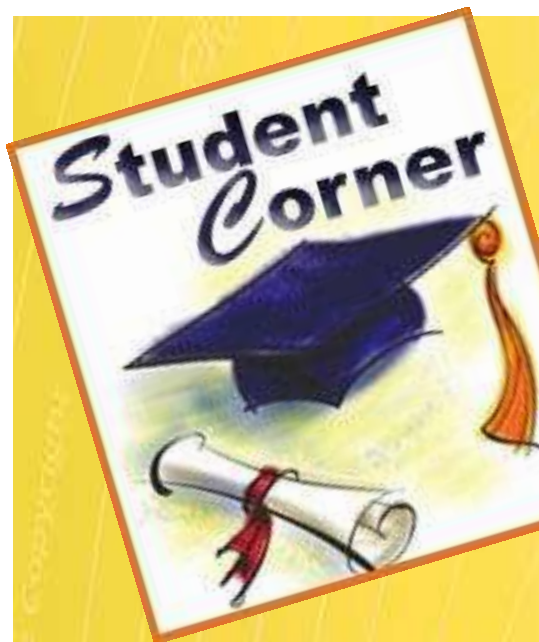
Safety- Following instructions given by WHO to keep ourselves safe from COVID19.

Be Calm: Face the current situation with a lot of calmness and face the truth that we all are sailing in the same boat.

Connect: Follow social distancing not social isolation.

Self Help: Control negative recurring thoughts, understand what we can control like following instructions given by WHO and which is beyond our control i.e the present COVID19 crisis.

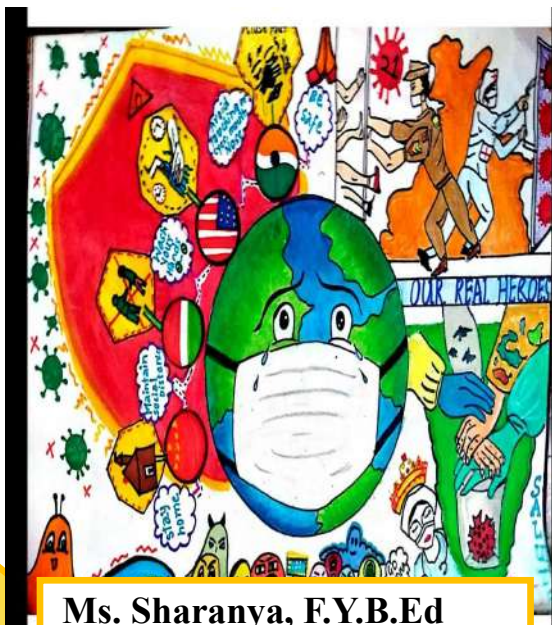
Hope: Equip ourselves with positive thoughts and positive actions that this too will pass.



Lockdown

*A virus so tiny of 100 nanometer
 Made the world succumbed to their perimeters
 With the sky becoming clearer and the dolphins returning shore
 It's making humans finally realize they have harmed earth much more
 Humans are finally learning to interact
 Coz there is no option otherwise
 With people working from home
 Entertaining everyone when they forget to mute their microphone
 Some are searching ways to entertain their kids
 I m busy keeping my parents entertained
 How did the world change so fast
 Maybe it's not an event but a revenge of Earth at last
 But there is always a ray of light amidst
 Which is teaching us something more than we think
 Is it the time to realize what really matters to us..
 What is that we need to survive on this Earth
 Humanity, care, discipline is hard way taught
 Yet there are people who are ignorant till this clock
 Some working for others selflessly...
 some stocking their homes selfishly
 It's a choice we all are making everyday..
 To see it as a lockdown or as a chance to change.*

-Ms. Priyanka Mohite, F.Y.B.Ed



Ms. Sharanya, F.Y.B.Ed



Ms. Priyanka Pal, F.Y.B.Ed