

E-NEWSLETTER

MES's Pillai College of Education & Research,
Chembur Naka, Mumbai-400071.

NAAC Accredited A Grade (3.36 – Third cycle)

HORIZON

JULY-2020



FROM THE PRINCIPAL'S DESK

Technology has become our aid, friend, support and motivation for the past few years. There is hardly anyone in and around our society not connected to technology. The size of gadgets and usability became so handy that it came in the hands of almost all the people around and life was considered to be easy and comfortable just at the click of a button. Life moved on seamlessly and everything was so smooth, until the dark night and trying times of COVID-19 pandemic hit us, our families, neighborhood, societies, country and the world. Life and time came to a standstill. We all were surrounded only with few people and our gadgets almost became a life saving grace in this period. Lack of human physical connectivity was replaced with digital virtual connectivity and situations; occasions underwent a drastic change.

Initially as the seriousness of the problem was not sensed much by people, this online world became a fun filled place with family virtual games across the globe, sharing lockdown life stories on various social media sites etc. But slowly the New Normal was seeping into our system, our norms became stricter on social distancing and lockdown.

People realized that life should go on and no more can they be confined to the four walls of ignorance and lack of knowledge. Every segment in our society be it – sales or service slowly opened doors of online transactions. In this phase also came in the emergence of 'The Most Important Pillar of our Society – EDUCATION'. Education was not spared and instead was considered as a vital ingredient in raising the morale of our young budding children of our society during this period of pandemic. Education and technology in most cases played a Hide and Seek game in the classrooms. In some schools it seeped in as a form of additional information through video or quizzes while in others could be in a remote form of knowledge sharing. Technology could never replace a Teacher at any time – even today in the period of pandemic. In all the above times the teacher took the assistance of technology and times were spent fruitfully in the physical space of the school campus.

EDITOR'S DESK

The theme for the month of July is Unity in Diversity that holds immense significance in a greatly diverse society as ours. India's diversity is reflected in the wide range of geographical features, climatic conditions, natural resources, and the flora and fauna of the land. India is a land that since ancient times has been the cradle for a beautiful array of cultures, customs, beliefs, races, languages, religions etc. Unity in Diversity implies that amidst all these diversities there can be a sense of togetherness in the society. Diversity should not be a cause for conflict rather it adds to the richness, beauty and strength of a land. Unity in diversity is the path that we need to take as a nation because when we understand, appreciate and value the different cultures and communities that are there in our society it will lead to a sense of oneness and ultimately strengthen our nation.

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

STUDENT EDITORS: - Ms. Jessikamalam Samuel, Ms. Sherry
Sam Jose, Ms. Cristin Kenny, Ms. Priyanka Pal, Ms. Maseera Qureshi,
Ms. Sharaniya Poosathurai

Highlights of the Month

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- **Message from the Management on the Foundation Day (Golden Jubilee Year)**
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 - b) **Let's think-the CoRT Tools'**
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- **Webinar on Learner and Learner Adaptive Behaviours Post Covid-19**
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Message from the Management on the Foundation Day (Golden Jubilee Year)

24th July 2020

Dear MES community,

Today marks 50 years of our educational society.

Fifty years ago seems like such a long time ago. Fifty years ago, we didn't know what a computer was; today we have the most powerful computers in our pockets. Fifty years ago, we had to write letters that would get from one part of the world to the other in weeks; today we can send emails in 2 seconds. Fifty years ago, the world was a very large place, and people were separate; today when we can jump half way around the world in less than 24 hours, the world is a much smaller place. A lot has changed in the last fifty years, but some things have not.

In fifty years, Mahatma Education Society Has grown from a temporary shed with less than 50 students in Chembur to a 48 institution establishment providing a world class education to 30,000 students annually. However, its core mission to provide an education geared towards developing future global citizens has not changed.

On July 24, 1970, Mahatma Education Society was founded out of necessity: the necessity to provide a rapidly growing community in Chembur an education that was not just locally oriented but globally relevant. It was founded to provide the resources and knowledge that our children would need for the future. We believed then as we do now that this global outlook is what will help us develop the leaders of tomorrow and that a nation educated is a nation empowered. Since then, time and time again, Mahatma Education Society has answered the call of growing communities from Mumbai and Navi Mumbai all the way to Rasayani to meet their need of providing a higher quality of education for their children. Communities have been built around us, and families have thrived around us.

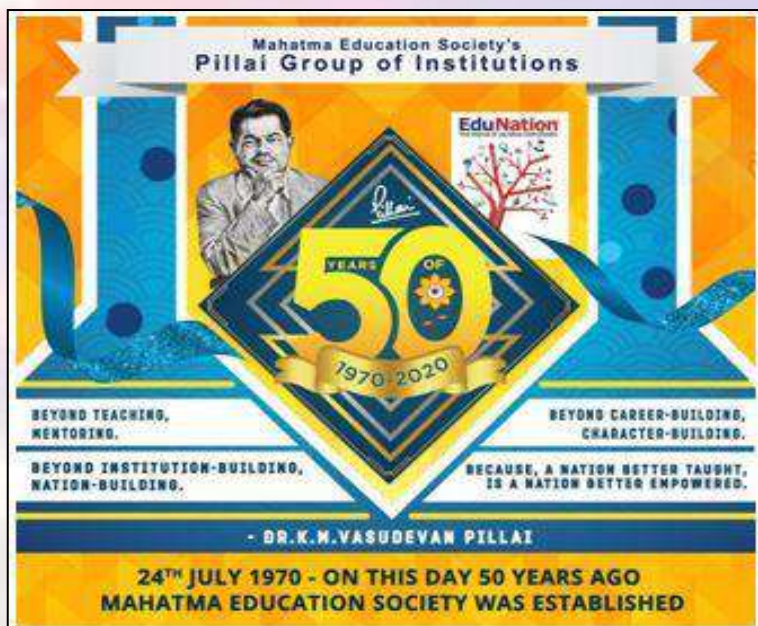
Today our alumni, some of whom have been with us from pre-primary to post graduate levels, are spread all over the globe. Among them are eminent architects, engineers, doctors, entrepreneurs, researchers and teachers. They hold leadership roles in Fortune 500 companies, and some have even made it to the Forbes list of successful entrepreneurs. It is our alumni who are the fruits of fifty years of striving for excellence in education.

The achievements of the past fifty years have laid a strong foundation for our future. Today, we look towards the next fifty years. There are challenges ahead of us, but we have had challenges in our past. We will get through this the same way we have before, by adhering to our core values. Even in these unprecedented times, MES will strive to provide the highest quality of education to our students, one that will develop their minds and spirits. An education that will prepare them to charge into the world knowing that they are ready to meet any challenge because we have prepared them well for it.

Finally, on this milestone moment in our history, we appreciate the hard work and efforts put in by all our stakeholders, namely, our heads of institutions, our teaching and non-teaching staff, students, parents and alumni who over these past 50 years have played the most important part in our success story.

Dr. K. M. Vasudevan Pillai
Chairman and CEO
Mahatma Education Society's Pillai Group of Institutions

Pillai



Pillai



Celebrating the Legacy of Mahatma Education Society

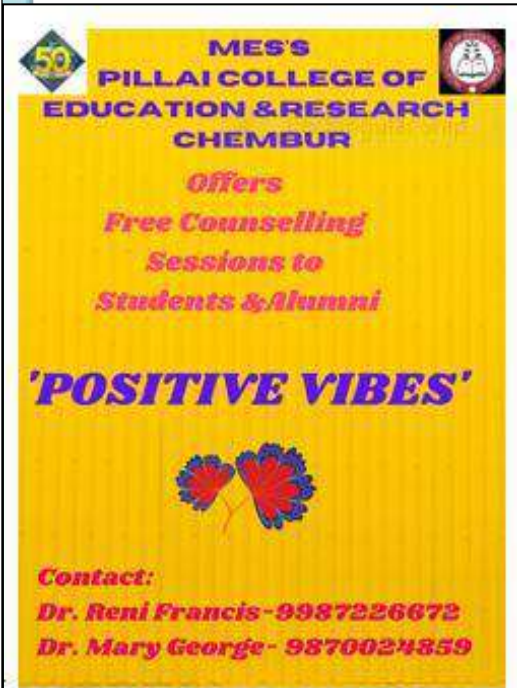
As we sing for the Golden Jubilee,
Our voices rising loud and free,
With the notes of sweet accord,
We praise our ever blessed Lord.
With a mission of Education for All,
MES began it's journey small,
With passion, dedication and commitment,
MES laid the foundation for betterment.
We welcome you to a golden present,
Thinking of the memorable past,
This is our hope for tomorrow,
A dream that envisions to last.
Golden Jubilee is a celebration
A moment of appreciation
For all it's achievement and contribution
Towards the welfare of this Nation.

Dr. Rini Francis

Positive Vibes

PCER introduced a new initiative towards monitoring the emotional well-being of its students and Alumni. The students and Alumni can get in touch with the incharge Teachers at the time of crisis for counselling services. The services offered will support the individual during their troubles and improve the quality of life. It also provides an opportunity for the individuals to write their problems or doubts related to personal life to the experts through email. You can reach us at positivevibes@mes.ac.in , which will be answered by the experts from the field. All the interactions under this channel will be highly confidential to maintain the self-esteem of the individuals.

SDG#3: Good Health and Well-being.



MES'S PILLAI COLLEGE OF EDUCATION & RESEARCH CHEMBUR

Offers
Free Counselling Sessions to Students & Alumni

'POSITIVE VIBES'

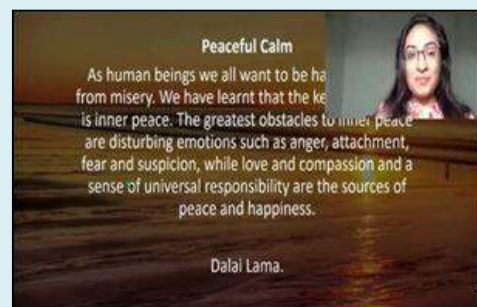
Contact:
Dr. Reni Francis - 9987226672
Dr. Mary George - 9870024859

Assembly Snippets

Assembly is a significant part of educational transactions as it provides a starting point to the learning experiences. It is calming, spiritual and infused with positive vibrations. The assembly was conducted through the digital mode.

The theme for the month of July focused on **Unity in Diversity**. The values that were highlighted during the assembly activities were Peace, Tolerance, Love, Share and Care, Patience, Appreciation for Diverse Cultures and Traditions.

The students began the assembly with prayer followed by the thought for the day, value-based messages and stories, they aptly conveyed the values of Unity in Diversity.



Content Enrichment Programme



With the growing uncertainty due to Pandemic crisis, Lockdown and Social distancing, the new academic year has been going through a delay in commencement, however PCER, Chembur was all set to begin the Third semester, as this semester comprises of 11 weeks of Internship, hence it was pertinent to augment the content knowledge of the student teachers, considering all the barriers with respect to the pandemic outbreak, the Practice Teaching department began with the Content Enrichment Programmes through Google Meet/ Google Classroom. This helped them to revise the subject knowledge and thereby gain confidence in teaching. It was followed by two content tests.

Short Term Course on “Connecting Classroom through Online Learning”

In commemoration of Mahatma Education Society's Golden Jubilee Year, PCER, Chembur in collaboration with SLN Global Network organized a short-term course on ‘**Connecting Classroom through Online Learning**’ for the students and alumni of PCER, Chembur.

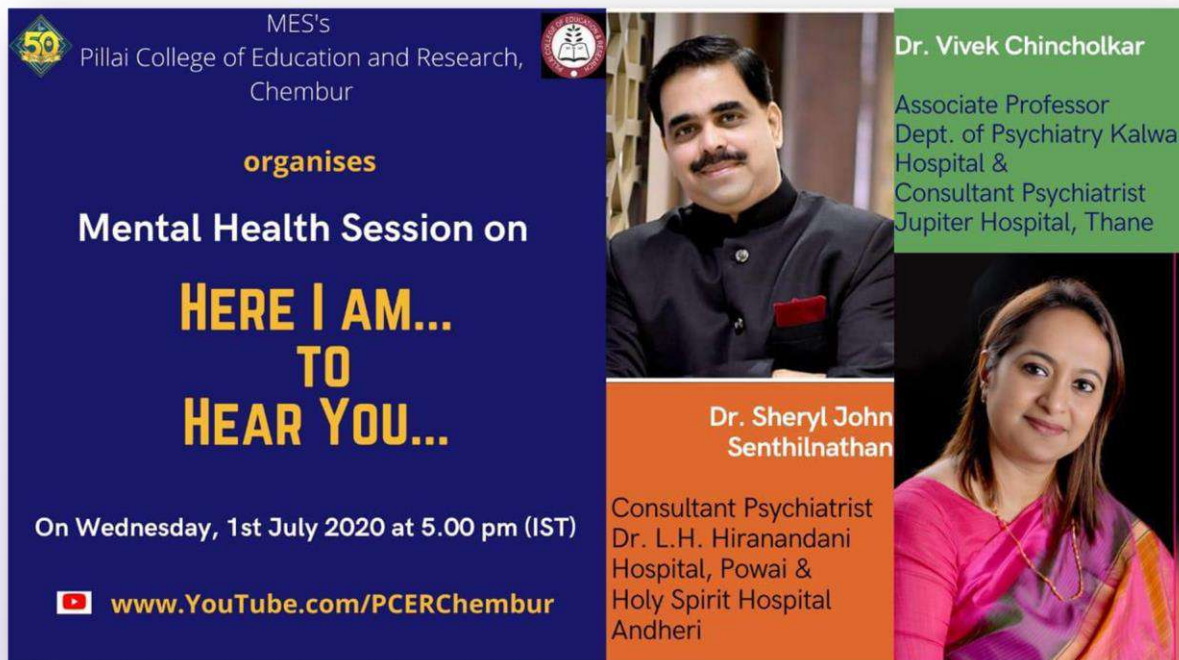
Online teaching learning has become the buzzword during this pandemic. This programme gave an excellent opportunity to sharpen the participants’ online skills in meeting the need of the hour. This free, week-long, self-paced course was conducted over Google Classrooms from the **1st to the 8th of July 2020**. 131 registered participants learnt about various ways to enhance their skills of teaching by learning about techniques for student engagement and assessment. The following link was used for registration for the course:

<https://forms.gle/TWVKhUmAs6Gjy7i97>

SHORT TERM COURSE
MES'S PILLAI COLLEGE OF EDUCATION AND RESEARCH, CHEMBUR
IN COLLABORATION WITH
SLN GLOBAL NETWORK
organises
**CONNECTING CLASSROOM THROUGH
ONLINE LEARNING**
1st July - 8th July, 2020

- Only for Alumni and Students of PCER, Chembur
- Course will be Self-paced on Google Classroom
- Certificates will be provided to registered participants after course completion
- Registration is **FREE**

Mental Health Session - 'Here I am to Hear you'



The poster is divided into several sections. At the top left, it features the 50th anniversary logo of MES's Pillai College of Education and Research, Chembur. The central text on a dark blue background reads 'organises Mental Health Session on HERE I AM... TO HEAR YOU...'. Below this, it states 'On Wednesday, 1st July 2020 at 5.00 pm (IST)' and provides the YouTube link 'www.YouTube.com/PCERChembur'. On the right side, there are two portraits of the speakers. The top one is Dr. Vivek Chincholkar, Associate Professor at Kalwa Hospital and Consultant Psychiatrist at Jupiter Hospital, Thane. The bottom one is Dr. Sheryl John Senthilnathan, Consultant Psychiatrist at L.H. Hiranandani Hospital, Powai and Holy Spirit Hospital, Andheri.


MES's
Pillai College of Education and Research,
Chembur

organises

Mental Health Session on

**HERE I AM...
TO
HEAR YOU...**

On Wednesday, 1st July 2020 at 5.00 pm (IST)

 www.YouTube.com/PCERChembur

Dr. Vivek Chincholkar
Associate Professor
Dept. of Psychiatry Kalwa
Hospital &
Consultant Psychiatrist
Jupiter Hospital, Thane

**Dr. Sheryl John
Senthilnathan**
Consultant Psychiatrist
Dr. L.H. Hiranandani
Hospital, Powai &
Holy Spirit Hospital
Andheri

In order to celebrate National Doctor's Day, the Extension Department of PCER, Chembur organised an online session on mental health titled '**Here I am to Hear you**' on 1st July, 2020. The speakers for the session were **Dr. Sheryl John Senthilnathan**, Consultant Psychiatrist, Dr. L.H. Hiranandani Hospital, Powai and **Dr. Vivek Chincholkar**, Associate Professor, Department of Psychiatry, Kalwa Hospital, Thane.

Dr. Sheryl spoke about various mental health practices that can be useful for an individual to remain positive and active during this pandemic scenario. She also shared some of her clinical experiences as a practitioner. She described many techniques such as keeping a gratitude journal, following a good diet, sleeping well etc. for one to remain positive. She emphasized that mental health is not a destiny but a process that one should try to attain it on a day-to-day basis

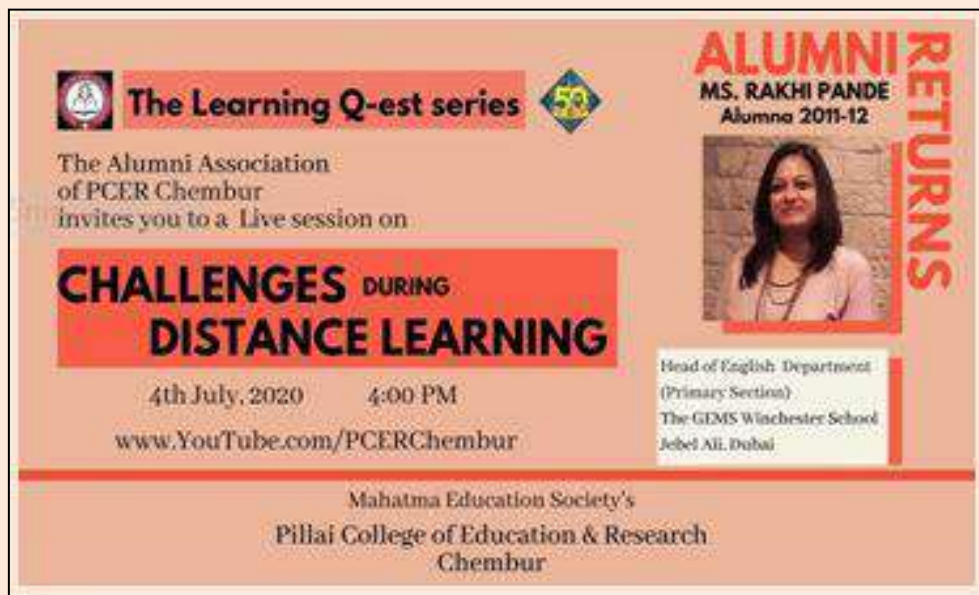
Dr Vivek spoke about his experience as a Clinical Practitioner. He gave insights about psychiatry and its treatment and how it is very important for one to focus on mental health.

The students, faculty and alumni attended the session and there were more than 150 viewers for the live session. The Session was very useful and informative with many practical approaches. The activity was in line with **SDG#3: Good Health and Well-being** and can be viewed at <https://www.youtube.com/watch?v=9tysKFYeGiE&t=2892s>



The Learning Q-est Series –

a)'Challenges During Distance Learning' by Ms. Rakhi Pande

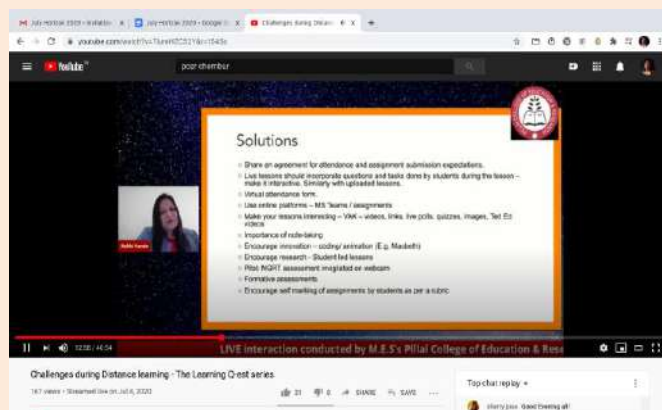


As a part of the **Learning Q-est** series organised through the Alumni Returns programme, PCER alumna **Ms. Rakhi Pande**, from the batch of 2011-12, interacted with the students and alumni of PCER, Chembur over YouTube live on the 4th of July, 2020 from 4:00 to 5:00 pm. This series was in line with **SDG #4: Quality Education**.

As the Head of the Primary Section (English) of the Winchester School in Jebel Ali, Dubai, Ms. Rakhi and her team of around 75 teachers experienced the chaos of online teaching with the onset of the Covid-19 pandemic. Ms. Rakhi shared the challenges they faced and overcame, the pitfalls they had overlooked and thus had to conquer and the triumphs, which made the entire journey worthwhile. She hoped that by sharing her experiences, the students of PCER would be able to understand the various practical difficulties and challenges faced in real life teaching and take the help of some of the solutions which her team and she used in order to improve their own understanding of teaching online.

The link for the session is:

<https://www.youtube.com/watch?v=TiureHZCS2Y&t=1390s>



The Learning Q-est Series:

b) Let's Think - The CoRT Tools by Ms. Sheeba Chikodi

The poster is for a live session titled "LET'S THINK - THE CoRT TOOLS". It features a pink background with a subtle floral pattern. On the left, it says "The Learning Q-est series" with a logo and "The Alumni Association of PCER Chembur invites you to a Live session on". In the center, the title "LET'S THINK - THE CoRT TOOLS" is in large, bold, black letters. Below the title, it says "27th July, 2020 5:00 PM" and "www.YouTube.com/PCERChembur". On the right, there is a photo of Ms. Sheeba Chikodi, a woman in a pink and green sari, with the text "ALUMNI RETURNS MS. SHEEBA CHIKODI Alumna 2012-13". Below her photo, it says "Teacher - VCW Arya Vidya Mandir School, Mumbai". At the bottom, it says "Mahatma Education Society's Pillai College of Education & Research Chembur".

PCER alumna **Ms. Sheeba Chikodi** from the batch of 2012-13, spoke to the student-teachers and the alumni of PCER Chembur about the various CoRT tools popularised by Edward de Bono. The session was conducted on the 27th of July, 2020 via YouTube live at 5.00pm.

This talk was organised by the Alumni Association of PCER Chembur as a part of **The Learning Q-est Series** as a part of the **Alumni Returns** programme.


Ms. Sheeba spoke about the importance of teaching children to think and how teachers need to provide them with the tools for thinking. Like any other skill, these need to be taught and practiced regularly. She spoke at length about some of the tools and gave many examples as to how these can be used in the classrooms. The session ended with Ms. Sheeba answering various questions from the participants. The series was in line with **SDG#4: Quality Education** and was streamed live over PCER Chembur's Facebook and Youtube channels.

It can be viewed at:

<https://www.youtube.com/watch?v=D8jpanj68gg>



Live Webinar on World Population Day



DEPARTMENT OF LIFELONG LEARNING AND EXTENSION, UNIVERSITY OF MUMBAI
IN COLLABORATION WITH
MES'S PILLAI COLLEGE OF EDUCATION AND RESEARCH, CHEMBUR

organises a Live Webinar on
WORLD POPULATION DAY

TAKE A STAND, RAISE AWARENESS
#SDG 11: Sustainable Cities and Communities

on Saturday, 11th July, 2020 at 5.00 p.m.(IST)

Dr. Dilip Patel
Director
Lifelong Learning & Extension,
University of Mumbai

Advt. Nisha George
Fiscal Officer
Joint Warfare Centre,
Norway

Dr. Vivek Chincholkar
Associate Professor
Dept. of Psychiatry
Kalwa Hospital

Mahatma Education Society's College of Education and Research, Chembur organised a live webinar on the occasion of World Population Day 'Take a Stand, Raise Awareness' on July 11. The webinar was in alignment with **SDG#11: Sustainable Cities and Communities**. The session was organised in collaboration with the University of Mumbai, Department of Lifelong Learning and Extension. The programme commenced with the University prayer song and **Dr. Reni Francis, Principal, PCER, Chembur** welcomed the Chief Guest, the resource persons and the viewers. Dr. Reni Francis introduced the webinar theme Take a Stand, Raise Awareness. The webinar was inaugurated by **Dr. Dilip S. Patil, Hon. Director, Department of Lifelong Learning and Extension**. Dr. Patil spoke about the importance of girls' education to improve the social status. The main speakers for the session were **Dr. Vivek Chincholkar, Associate Professor, Department of Psychiatry, Kalwa Hospital, Thane** and **Adv. Ms. Neesha George, Fiscal Officer, Joint Warfare Centre, Norway**.

Dr. Vivek Chincholkar spoke about the relationship between mental health and growing population and the importance of having privacy and personal space in today's scenario. Dr. Vivek mentioned increased irritability and aggression, as a result of overcrowding and how we can avoid it and he also spoke about women's rights in family planning and its importance. Adv. Ms. Neesha George spoke about her views and experience as a law person and she also shared the importance of educating girls on family planning and sex education. **490 live participants** attended the Webinar and some of the viewers raised questions. The webinar was helpful in creating awareness regarding the urgency of educating people on the challenges of increasing population. The session can be viewed on <https://www.youtube.com/watch?v=0NVvI4A3p1E>



World Day for International Justice

In order to mark the World Day for International Justice, the Department of Co-Curricular Activities organized a talk titled **‘Your Courage – Your Asset’** where we interacted with **Ms. Meenakshi Mukherjee**, a legal consultant and PoSH (Prevention of Sexual Harassment) enabler who spoke about ‘PoSH and the Legal Rights of Teachers.’ The event was in line with **SDG #5: Gender Equality** and had 95 live views on PCER's YouTube channel.

The discussion started with Ms. Meenakshi speaking about the importance of the day as well as the need for justice. She also spoke

about the history of the PoSH Act in India as the workplace is one of the main areas where justice is required. Teachers, therefore, needed to be aware about what constitutes harassment, whether sexual or not, and in case the harassment is sexual in nature, what is the legal recourse available to them.

Few of the things which came out of the discussion were:

- Under the umbrella of the PoSH Act 2013, every school or college can frame their own guidelines for PoSH.
- The UGC has also published guidelines for the same and these are gender-neutral and all encompassing.
- Every HEI should set up guidelines and practices to enable gender equality and promote good practices among all stakeholders.
- The role of a PoSH enabler becomes very crucial in setting up such guidelines.
- All trainee-teachers should know their legal rights in case they are harassed and this will begin with being able to understand when and how they are being harassed and how they can collect evidence regarding the same.

The session can be viewed at

<https://www.youtube.com/watch?v=E0TMsv9cXWo>



Webinar on Teaching Learning Dynamics among Distance Learners

A live webinar was conducted for the distant learners of IGNOU-Mumbai region on 26th July 2020. **Dr. Mary George Varghese** conducted a session on 'Learner and Learning Adaptive Behaviors Post Covid-19.' The session was in line with **SDG#4: Quality Education**. Students, faculty, Regional Directors and consultants attended the session from Mumbai and other regional centers of IGNOU. The session was featured by the Headquarter of IGNOU, New Delhi in their National Newsletter. The session was well accepted by the participants and the session resources were shared with the participants for their future reference.



Webinar on Learner and Learning Adaptive Behaviours Post-Covid-19



A live webinar was conducted for the distant learners of IGNOU-Mumbai region on **24th July 2020**. Dr. Reni Francis conducted a session on "**Teaching- Learning Dynamics among the Distant Learners**". The session was attended by Students, Faculty, Regional Directors and Consultants from Mumbai IGNOU centre. The session was much appreciated by the participants and there were several questions post session which were answered by Dr. Reni. The session was in line with **SDG#4: Quality Education**

Poster Making and Slogan Competition

University of Mumbai, Department of Lifelong Learning and Extension & MES's PCER, Chembur organized the Slogan and Poster making Competition. The theme was "Sustainable Living during COVID-19". The rules for the competition were:

1. Only one entry per participant/ registration was allowed.
2. All the registered participants would receive a certificate of participation.
3. Entries would be accepted till 27th July 6pm.

The following cash prizes were awarded to the winners:

First Prize- INR-1000/-

Second Prize-INR-750/-&

Third Prize-INR-500/-

The Slogan and poster making Competition received an overwhelming participation. There were around **130 participants** and the majority of the responses were creative and genuine ones. The series was in line with **SDG#11: Sustainable Cities and Communities**.





STUDENTS ACHIEVEMENTS

Ms. Khushboo Rambali Dhuriya won the First Prize in the Hindi category and **Ms. Sudha Madaswamy** won the Third Prize in the English category in the Online Slogan Writing Competition organized by the Department of Co-curricular Activities of MES's PCER, Chembur on World Day against Child Labour from 12th-20th June 2020.

STUDENTS CORNER

Relevance of Yoga in the Pandemic

Yoga is an ancient Indian philosophy having 5000 years of history behind it. Yoga is generally misunderstood and limited to body contortions. In fact, yoga is the practice of joining and balancing between the mind, body and spirit. The very fact that yoga is still practiced reflects its pragmatism and merit, which is needed more so ever in the present time. The world is on a war footing with Covid-19 pandemic and, yoga, the traditional practice of India has come to the aid of mankind. Yoga is one of the means to boost immunity and improve overall health i.e. physical, mental and emotional well being of a person. In these catastrophic times of pandemic and months of lockdown, a person may suffer from anxiety, depression, lack of sleep, mental and physical fatigue. To overcome all these, yoga has a solution. It is 'Kriya Yoga' i.e. action - oriented yoga. Patanjali's three - step plan is very straightforward. He simply states various sutras that the hard / physical work and spiritual practice must be combined with scriptural study and motivated by devotion.

I would like to thank PCER, Chembur for conducting online yoga sessions of 21 days for participants to gain benefits from yoga. Along with the sessions, the college also provided knowledge about different aspects of yoga. This gave the participants an opportunity to experience the positive effects of maintaining their mental and physical wellness and appreciating the fine ancient philosophy of India i.e. the Yoga Philosophy.

Ms. Shivani L. Mayekar S.Y.B.Ed.

कोशिश

मैं लेता रहा तेरा नाम सदा,
क्यों पड़ी मुझे ज़रूरत तेरी

मैं करता रहा तेरी इबादत
जाने कौन लगती है तू मेरी

क्या हासिल करना था मुझे इस जहां में
मेरे आस पास मंडराता रहा साया तेरा

सफ़ेद चादर में लिपटा हुआ ही जाना है
क्यों मुक़द्दर बना दिया तुझे मेरा

सोचता हूँ छोड़ दूँ तुझे
क्या काम आयी है तू मेरे

फिर खुदको आईने में जब देखा
सब भूलके बिछा दिया खुदको कदमों में तेरे

Ms. Sheetal Kolte, S.Y.B.Ed