

HORIZON



MES'S PILLAI COLLEGE OF EDUCATION AND RESEARCH,
CHEMBUR NAKA, CHEMBUR, MUMBAI - 400071

From the Principal's Desk

As we were gearing towards the Internship Programme for our First year B.Ed students we were quite overwhelmed with the great response and support provided by the schools in accommodating our entire batch of students in various schools. It was indeed an act of sharing and bridging the gap between schools and TEI's. This boosted the moral of our students and we looked forward for mutual learning.



The learning we derive from Internship can be very well coined in the word GROW:

G – gain understanding

R – reinforce the learning

O- Optimum utilization of time and resources

W- Willingness to learn

With the spirit of **GROW** in our heart every student teacher should aim towards unlearning, learning and re-learning while doing that we become the agents of change and disseminating knowledge, attitudes, values and skills.

Wishing each one of you the very best in your teaching practice ahead.

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Simran Kaur Arora



Editorial : Mr. Rajendra Deshmukh

The Covid Pandemic taught mankind the importance of health and hygiene more than ever before. As per the available statistics, comorbid people are more likely to suffer from Covid related complications as compared to others. This surely makes us rebelieve in Darwin's theory of natural selection and the principle of the survival of the fittest.

Nature proved that real wealth in the current times, is being healthy. A strong immune system wins in the battle against many pathogens. When it becomes weak, even the most effective medicines fail. A balanced diet and physical exercise make the immune system strong while on the other hand stress and junk food makes it weak.

'Sound mind in a sound body'; physical and mental health are intertwined. WHO gives a new dimension to health and defines it as 'A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'. A healthy citizen is an asset. Hygiene works on the principle of 'prevention is better than cure'. A good understanding of; where and how the diseases can be contracted or spread and how to prevent the entry of disease-causing agents into one's body leads to following hygienic practices.

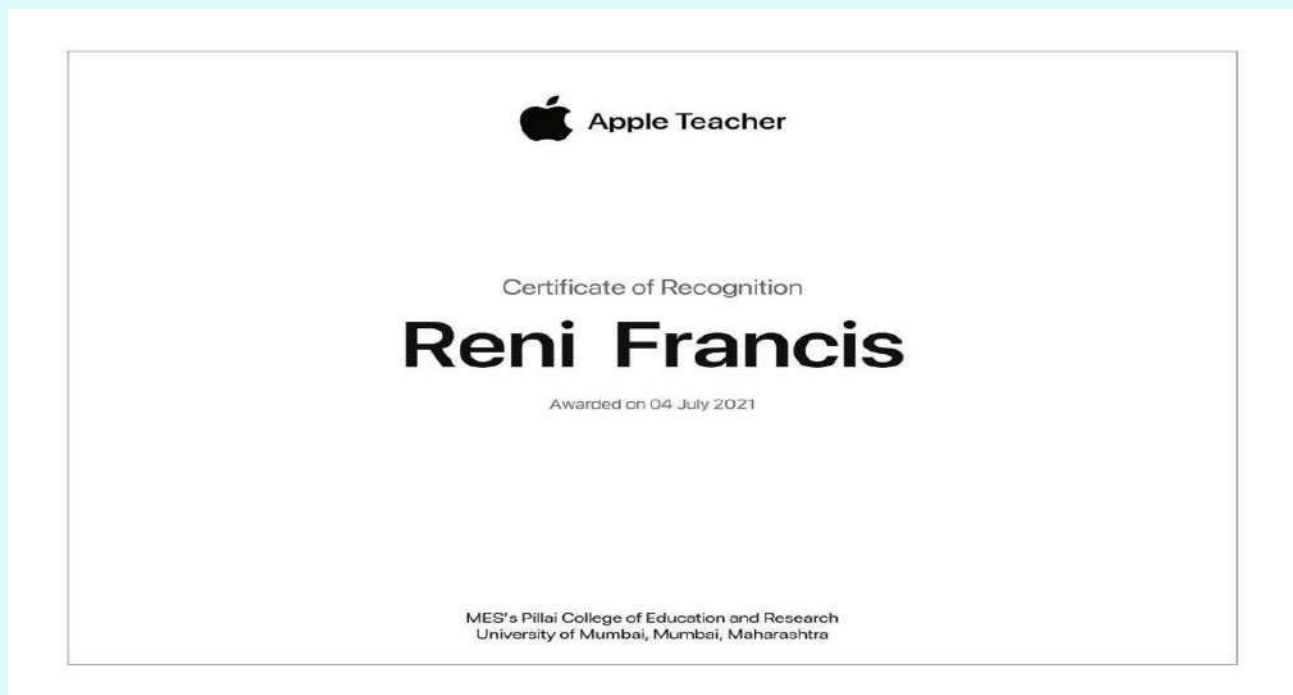
PCER Chembur decided the theme 'Health and Hygiene' for the month of July in order to re-emphasize the importance of health, hygiene and social well being. All the students responded by participating enthusiastically in the theme-based assemblies while completing their internship in the schools. Virtual sessions were conducted on National Doctors' Day and World Population Day. Expert talks were organized on the topics:- Wellness - Happiness - and the Science behind it! and Menstrual Health & Hygiene.

FACULTY ACHIEVEMENTS

Dr. Reni Francis, Principal, PCER, presented her Doctoral Studies research paper on '**Perception of students on women's health as an indicator towards a welfare state**'. It was presented live on 7th July, 2021 at the Centre for Educational Research- Liverpool John Moores University, UK.

Certified Apple Teacher

On 4th July, 2021, Dr. Reni Francis, Principal, PCER, Chembur was awarded the Certificate of Recognition for becoming a certified Apple Teacher



FACULTY ACHIEVEMENTS

NAAC Seminar Presentation

Dr. Reni Francis, Principal, PCER, Chembur presented her paper entitled, “PCER embraces Sustainable Innovative Practices” It was presented on 15th July, 2021 at a seminar organized by MLKM’s B. L. Amlani College of Commerce and Economics and M. R. Nathwani College of Arts, Vile Parle, Mumbai sponsored by National Accreditation and Assessment Council (NAAC), Bangalore. The theme for the seminar was “Rejuvenating Quality in Higher Education Institutions” (An Initiative towards e- Governance



FACULTY ACHIEVEMENTS

Dr. Mary Varghese, Assistant Professor, PCER, Chembur was invited as a resource person on 24th July, 2021 for a webinar on "Mental Wellbeing During the Pandemic" organized by Internal Quality Assurance Cell of St. Joseph's College of Education, Jayalakhmipuam, Mysuru, Karnataka.

Mysore Diocesan Educational Society (R)
ST. JOSEPH'S COLLEGE OF EDUCATION
Jayalakshimpuram, Mysuru, Karnataka - 570012
Accredited by NAAC | Affiliated to University of Mysore
Recognised by NCTE

Internal Quality Assurance Cell (IQAC)
organizes

**A One Day Webinar
on
Mental Wellbeing
During the Pandemic**

On
July 24, 2021
@ 10.00 am

Organising Committee

Rev. Fr. Vijay Kumar
Secretary & Correspondent, MDES


Rev. Fr. Avinash
Administrator, MDES


Mr. Seby Mavely
CEO, Training & Development, MDES

Dr. Priya Mathew
Principal & Program Coordinator


Dr. Asha P Pathrose
IQAC Coordinator

Resource Person :
Dr. Mary George Varghese
Asst. Professor, MES Pillai College
of Education & Research, Mumbai
& Consulting Clinical Psychologist,
Carewell Holistic IHC- Mumbai

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WORLD DOCTORS' DAY: 2021 (1ST JULY)

PCER, Chembur has always held environmental sustainability very dear to its core values. In fact, since the last two years, all the activities carried out by PCER, Chembur have been aligned to the Sustainable Development Goals (SGDs) as suggested by the United Nations.

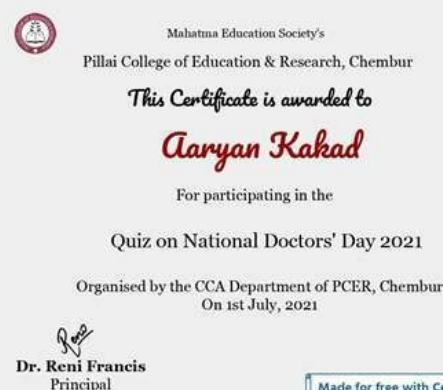
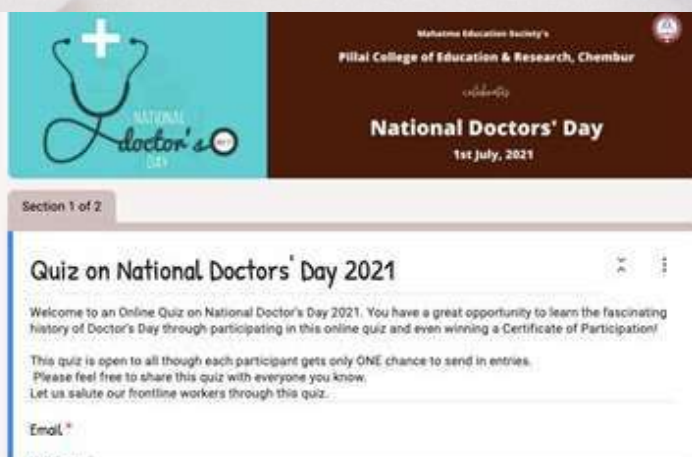
This year, the Student Council of the Batch 2020-22 decided to come together and create a video on the year's theme 'Ecosystem Restoration'. They uploaded the video on Instagram and tagged and shared it in order that the message travels far and wide.

The video highlighted quotes from famous people who spoke about the need to wake up to the plight that the Earth is facing today and how it is imperative that we align our activities today for a better future.

The activity was aligned with SDG 12 (Responsible Consumption and Production) and SDG 13 (Climate action). The video can be viewed at:



https://www.instagram.com/tv/CPtGs8_nxDE/utm_medium=share_sheet



WORLD POPULATION DAY 2021

PCER Chembur observed World Population Day on 11th July 2021 by conducting an Expert Talk on the Impact of Rising Population Crisis. This talk was conducted through a Youtube interview with an expert in the field

Mr. Yogesh Pawar, Journalist, Social Worker and Ex-counsellor, Family Planning Association of India. The interview was conducted by the Deputy General Secretary of the Student Council Mr. Melvin Chacko. The interview covered a range of questions with respect to the policies, issues, challenges and gender perspectives related to population growth. Mr. Yogesh Pawar gave very clear and pertinent information and suggestions with respect to the challenges faced by our country due to population growth.

This activity was in alignment with the SDG 11 Sustainable Cities and Communities.

The link for the interview:



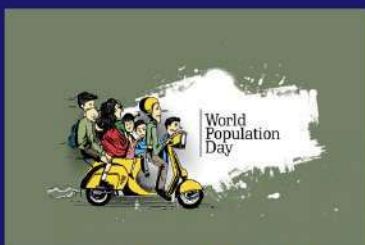
<https://youtu.be/l14XqfVDGbk>



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

presents

EXPERT TALK ON WORLD POPULATION DAY



**organised by the
Student Council of MES's PCER
Batch 2020-22**

11th July, 2021



Mr. Yogesh Pawar
Media Personal,
Ex counsellor-
Family Planning
Association of India



Melvin Varghese
Dy. General Secretary
PCER Student Council

World Population Day Webinar

Women Development Cell (WDC), University of Mumbai in collaboration with MES's Pillai College of Education and Research, Chembur organized a webinar on World Population Day with the theme "Rise for a Better Living" on Sunday, 11th July at 4:30 p.m. The objective behind this webinar was to spread awareness of global population issues. The webinar aimed to increase people's awareness on various population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights. Keeping in mind this aim, two eminent speakers were invited to deliver a talk. Dr. Aparna Phadke, Assistant Professor at the Department of Geography, University of Mumbai, gave a talk on the topic "Gender Empowerment and Population Change" and Ms. Chaitali Wadhwa, Faculty of Law at Manav Rachna University spoke on the topic "Public and Private Dichotomy and the Gendered Division of Labor".

The celebration of World Population Day through the webinar could also helped to raise awareness about how overpopulation can harm ecosystems and hamper progress of humanity.

This event can be viewed using the following link :
<https://youtu.be/QtMnZcP35t8>



The poster features a light blue and green watercolor background. At the top left is the University of Mumbai crest, and at the top right is the MES's Pillai College of Education & Research logo. The text is centered and reads: "Women Development Cell, University of Mumbai In Collaboration with MES's Pillai College of Education & Research, Chembur organises Live Webinar on World Population Day Theme: 'Rise for a Better Living'". Below this, there are two portraits of the speakers. The left portrait is of Dr. Aparna Phadke, with her name and affiliation (Dept. Of Geography, University of Mumbai) listed below. The right portrait is of Ms. Chaitali Wadhwa, with her name and affiliation (Faculty of Law, Manav Rachna University) listed below. At the bottom, there is a YouTube logo followed by the date and time: "Sunday, 11th July, 2021 at 4. 30 p.m.". The bottom edge of the poster is decorated with a row of small globes, each with colorful stick figures holding hands around it.

Women Development Cell, University of Mumbai
In Collaboration with
MES's Pillai College of Education & Research, Chembur
organises

Live Webinar on World Population Day
Theme: 'Rise for a Better Living'

Dr. Aparna Phadke
Dept. Of Geography
University of Mumbai

Ms. Chaitali Wadhwa
Faculty of Law
Manav Rachna University

 Sunday, 11th July, 2021 at 4. 30 p.m.

PRACTICE TEACHING

PCER, Chembur organized Internship from 12th July to 31st July 2021 for the F.Y. B.Ed. students. To help students understand the fine skills in teaching, maintaining healthy classroom interactions and carrying out school related activities and assignments. During this period, the students assisted the school teachers to conduct lessons, prepare teaching aids, correction of assignments and other evaluation processes, conducting co-curricular activities and any other work assigned by the school besides taking their regular and Nai Talim based practice lessons.

Due to the Covid pandemic it was a challenge but PCER Chembur managed to reach and get support from schools. Junior colleges and schools from Mumbai Suburbs and also one school from Kerala were made available for the students for the practice teaching. PCER Chembur is grateful to the Management, Principal, Teachers and Students of :

Mar Thoma English Medium High School, Kerala

Shishuvan School, Matunga, Mumbai

St. Pius X High School, Mulund, Mumbai

Shiv Shikshan Sanstha's Secondary School, Sion, Mumbai.

Chembur English High School, Chembur, Mumbai

Chembur English Junior College of Commerce, Chembur, Mumbai

Mahatma Night Junior College of Arts and Commerce, Chembur, Mumbai

Marthoma English medium High School, Govandi, Mumbai



The Practice teaching was coordinated by Dr. Mary George Varghese and Mr. Rajendra B. Deshmukh.

COVID VACCINE DRIVE

On 16th and 17th July, 2021, a special Covid-19 vaccination drive was conducted by Mahatma Education Society's Pillai Group of Institutions for the teaching and non-teaching staff. With this drive almost 95% of MESs staff has taken at least one dose of the Covid-19 vaccine. This is a step by MES to get the campus ready and safe for whenever offline class activities can resume.



Activities by the Guidance & Counselling Cell of PCER, Chembur

Expert Talk on Menstrual Health & Hygiene (22nd July, 2021)

Emancipation is the hallmark of a good counselling programme. Keeping this paradigm in mind, PCER, Chembur initiated its programme - RISE or Re-assuring Impactful Sociable Emancipation. RISE plans to hold a number of sessions through which the youth can be impacted.

On the 22nd of July, 2021, an Expert Talk on the topic 'Menstrual Health & Hygiene' by Ms. Ankita Sukhwai, CSR Executive - Unicharm India, was conducted under this initiative. The hour-long online session from 4:30 pm to 5:30 pm on the topic was broadcast live over PCER Chembur's YouTube channel.

Ms. Sukhwai emphasised the importance of the menstrual cycle and how everyone should be open about this topic. As a background, she divided adolescence into 3 phases, early adolescence, middle adolescence and late adolescence. She then elaborated the role of hormones and the bodily changes which takes places in the human body during the entire lifetime right from pre-menopausal stage right up to menopause.

At the end, she answered the queries put by the participants which were addressed to her via the live chat function.

This activity was conducted under SDG # 3: Good Health and Well Being and can be viewed at



<https://www.youtube.com/watch?v=D-5KCvegTKE&t=2290s>

Expert Talk by



Ms. Ankita Sukhwai

Unicharm India



MES's Pillai College of Education and Research, Chembur

An Initiative by the Guidance and Counselling Cell of
PCER, Chembur

RISE - Re-assuring Impactful Sociable Emancipation

organises an Expert Talk on

MENSTRUAL HEALTH & HYGIENE

Thursday, 22nd July, 2021

at 4:30 p.m.



www.YouTube.com/PCERChembur



Global Hunt
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PCER Chembur



Kindly post your questions as a comment.

LIVE Expert session on "Menstrual Health and Hygiene" organised by the Guidance and Counselling Cell of PCER, Chembur



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Press esc to exit full screen



CHILDREN ENTER PUBERTY ANYTIME IN THE EARLY ADOLESCENCE DEPENDING ON THEIR GENETIC, BIOLOGICAL & SOCIAL FACTORS



Ankita Sukhwai

Early Adolescence - (10 to 13 Years of age)

Transition to adolescence characterised by puberty

Middle Adolescence - (14 to 16 years of age)

Essence of adolescence, strong peer group influence

Late Adolescence - (17 – 19 years of age)

Transition to adulthood and adult roles



Puberty is the process of physical changes through which a child's body matures into an adult body capable of reproduction. It is initiated by hormonal signals from the brain to the gonads (ovaries in girls, testes in boys).



Adulthood is the period in the human lifespan in which full physical and intellectual maturity has been attained. Adulthood is commonly thought of as beginning between the age 18 to 21 years.

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Expert Talk on Happiness - The Science behind it!

On the 31st of July, 2021 an online Expert Talk was conducted on the elusive topic 'Happiness - The Science behind it!' from 4:00pm-5:00pm. The talk was delivered by Dr. Tina Roy, an alumna of PCER Chembur from the Batch of 2009-10.

Developing happiness modules was a part of Dr. Tina's doctoral thesis and she has conducted several workshops which help a person enhance their happiness. She spoke to the audience about what happiness is and how one can enhance their level of happiness.

According to her, there are five ways to enhance happiness. They are 1) Actively seeking happiness 2) Giving oneself the permission to be human 3) Nurturing Relationships 4) Giving to others and 5) Expressing gratitude.

Dr. Tina encapsulated the major research findings on happiness and also added her experience from conducting Happiness classes and encouraged all participants to try following these steps.

This activity was conducted under SDG # 3: Good Health and Well Being and can be viewed at

<https://www.youtube.com/watchv=5JPprLubuV4&t=1901s>



MES's Pillai College of Education and Research, Chembur

An Initiative by the Guidance and Counselling Cell of
PCER, Chembur

RISE - Re-assuring Impactful Sociable Emancipation

organises an Expert Talk on

Happiness - The Science behind it!

**Saturday, 31st July 2021
at 4:00 p.m.**



www.YouTube.com/PCERChembur

Expert Talk by



Dr. Tina Roy



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YouTube Channel

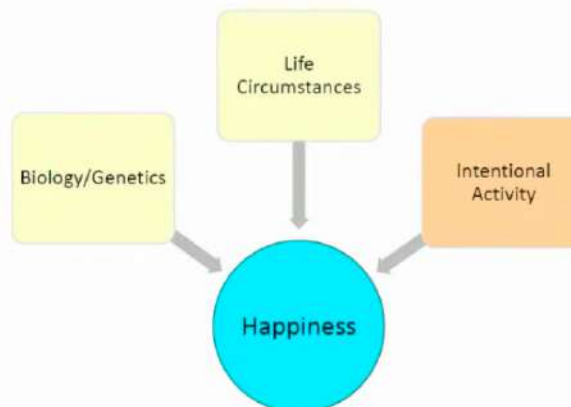
MAHATMA EDUCATION SOCIETY'S
PILLAI COLLEGE OF EDUCATION & RESEARCH, CHEMBUR



Happiness – What Determines it?



Dr. Tina Roy



Based on empirical data from the field of Positive Psychology

ence behind it! organized by RISE – Re-assuring Impactful Sociable Emancipation an initiative by th



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PILLAI COLLEGE OF EDUCATION & RESEARCH, CHEMBUR



Expert Talk on Happiness - The Science behind it! by Dr. Tina Roy



Dr. Swasti Dhar - Asst. Professor PCER, Chembur



Dr. Tina Roy

1:39 / 1:05:59

mpactful Sociable Emancipation an initiative by the Guidance and Counselling Cell of MES's PCER, Chembur

Income Tax Essay Competition

On the occasion of completion of 160 years of the Income Tax Department of India, the Income Tax Office (ITO) conducted an Essay Writing Competition, a wonderful opportunity for the Students of PCER Chembur, Batch 2020-22

Students were invited to send in their thoughts on 'The Role of Income Tax in Nation Building' and submit their essay on the Google Classroom link (Common Class Link) assigned.

The top 3 participants will be awarded Certificates from the ITO.

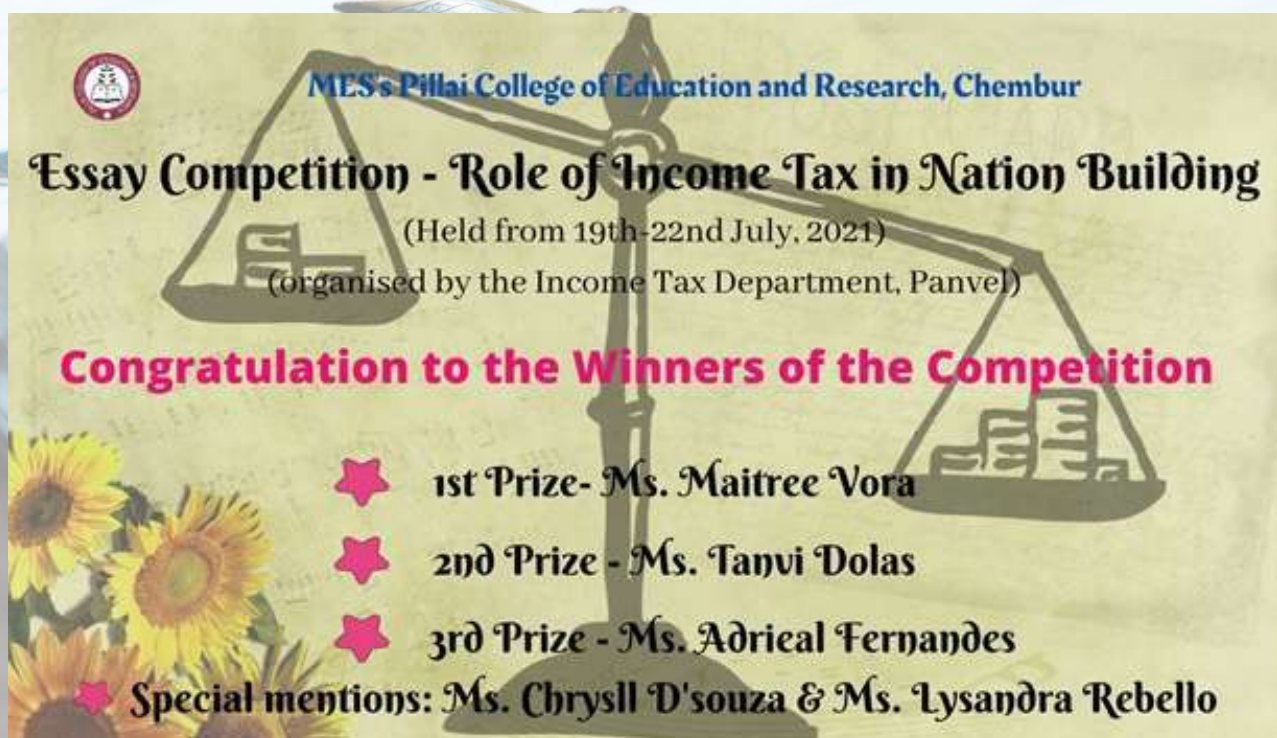
The winners of the Essay Competition were:

1st Prize - Ms. Maitree Vora

2nd Prize - Ms. Tanvi Dolas

3rd Prize - Ms. Adrieal Fernandes

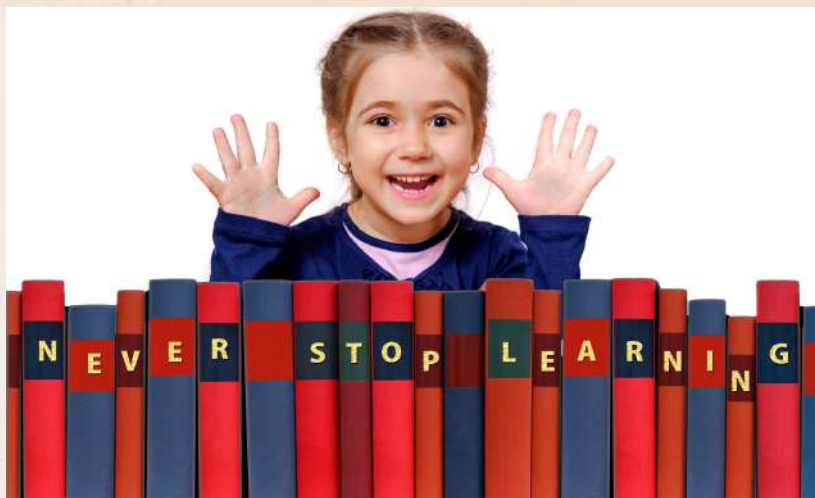
Two students, Ms. Chrysl D'souza and Ms. Lysandra Rebello received special mention.




Special Assembly- July 2021

PCER, Chembur organized a special assembly through google meet on 30th July 2021 at 5.00 pm to observe and celebrate the important days and festivals of the month. The virtual assembly focused on Guru Purnima, Doctor's Day, World Population Day, Mental Health, International Day for Criminal Justice. The special assembly programme was organized by the tutorial group of Dr. Jaya Cherian (Roll Nos- 37-54).

Mr. Melvin Chacko coordinated the programme which highlighted the different aspects of the various important days through song, poem, speeches, presentations and an interactive quiz activity. The entire programme was smoothly anchored by Ms. Nirali Bhagat who welcomed everyone to the virtual assembly. Ms. Nidhi Narula marked the auspicious commencement of the programme with a prayer to the Almighty. Ms. Mangal Chikane presented the thought for the day through reciting a short Sanskrit shloka in reverence of the Guru and provided a clear exposition of the same. Ms. Namrata Singh through her melodious song dedicated to teachers praised the efforts and services of the teacher. The significance of Doctors Day was elaborated by Ms. Pramila Nadar who highlighted the extraordinary services provided by the medical fraternity especially in today's pandemic context



Ms. Namrata Singh's presentation elaborated on the impact of growing population on our society, environment and education and the necessity to deal with this challenge. Ms. Ninoshka Rodrigues's poem on International Day for Criminal Justice very meaningfully conveyed the need for providing justice to those who seek it and highlighted the need to honour the human rights of victims of criminal acts. Ms. Natasha Palliniswamy spoke about the various aspects of mental health focusing on the teacher's perspective in the current online educational scenario. She provided a few tips that teachers can follow to prioritize and improve their mental health. An online interactive quiz competition was conducted through Kahoot that was highly enjoyed by everyone. The quiz was conducted by Ms. Nidhi Narula and other contributors included Ms. Munira Majal, Ms. Pooja Pal and Ms. Michelle David. The winners of the Quiz Competition were: Dr. Reni Francis- 1st Position, Ms. Amita Boria-2nd Position and Ms. Janet Joy-3rd Position. Principal Dr. Reni Francis addressed the audience on the occasion highlighting the significance of the important days and greatly appreciated everyone's efforts in organizing the virtual assembly. Ms. Pooja Mishra presented the vote of thanks expressing gratitude towards all who contributed to the success of the assembly programme.



**MES'S PILLAI COLLEGE OF EDUCATION AND RESEARCH,
CHEMBUR**

INVITES ALL FOR THE ONLINE ASSEMBLY





On the occasion of

Doctors Day

World Population Day

Guru Purnima

International Day of Criminal Justice



Date : 30 -7-2021
Time: 5 pm

Launch of MAHA TET Online Crash Course



MES's Pillai College of Education and Research, Chembur

MAHA TET EXAM 2021

Registration closes in 5 days

ONLINE CRASH COURSE
Learn from Experts...
Over 30 years of experience in Teacher Training

We are ready set ... to start our TET course

Batch I commences on 31st July, 2021.

- Live Sessions
- Recorded Lectures
- Free Sample Test PDF
- Free Mock Test
- Course fees Rs 1000/- only.



Contact
Mob: 7208742822. Email: rfrancis@mes.ac.in

MAHA TET also known as the Maharashtra Teacher Eligibility Test managed through Maharashtra State Council of Examination to provide jobs of teachers in Primary and Upper Primary schools in Maharashtra State. MES's Pillai College of Education and Research, Chembur launched an Online Crash Course in preparation towards the MAHA TET Exam 2021. This online crash course received an overwhelming response from the budding teachers and began from 31st July, 2021 with an orientation session regarding the schedule, syllabus and resources for the course.



Alumni Corner

This month we showcase our alumna Ms. Pallavi Priya from the 2018-20 Batch. Apart from being a teacher, she is a budding poet. These are her feelings on the occasion of World Population Day 2021.



Ms. Pallavi Priya
2018-20 Batch

बढ़ती जनसंख्या भी एक महामारी है,
जिसकी वजह से समस्याएं बहुत सारी है..

जन-सैलाब की असीमित इच्छापूर्ति में
तबाह हो रही ये प्यारी वसुधा हमारी है...

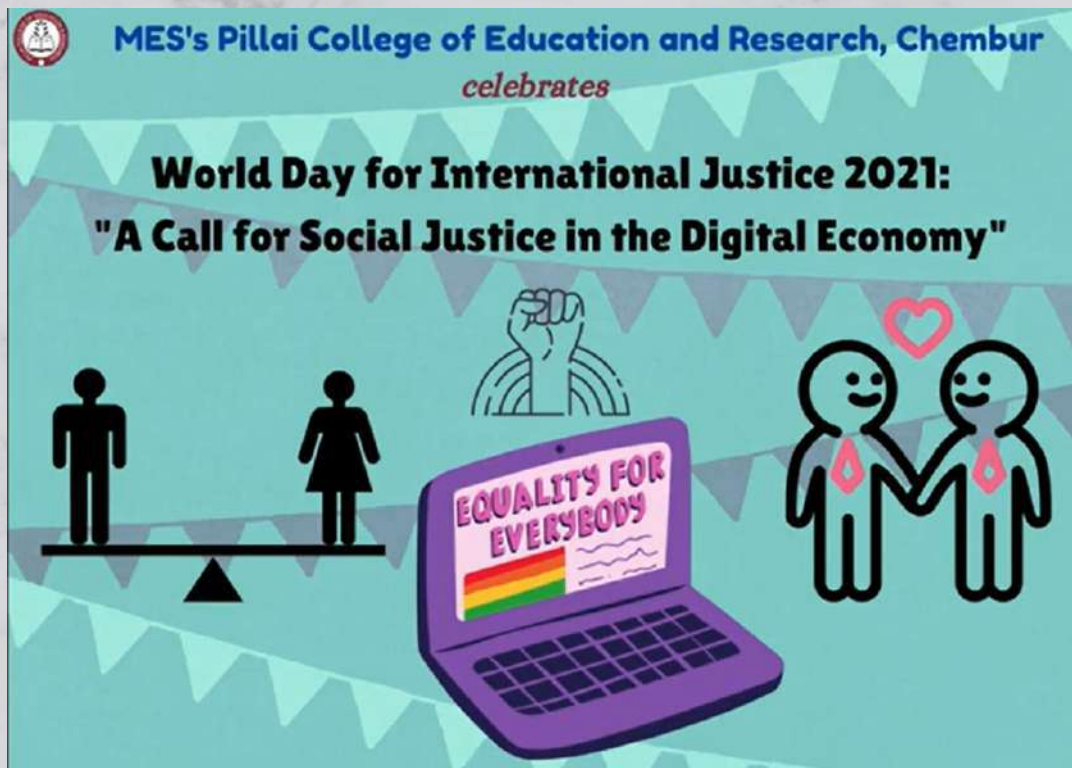
चलो, प्रण करें जनसंख्या नियंत्रण करने को
अशिक्षा, प्रदूषण, गरीबी व बेरोज़गारी के.....

इस प्रमुख वज़ह को नियंत्रित करने की
अब युवाओं की सर्वश्रेष्ठ ज़िम्मेदारी है

Students' Corner

International Justice Day

On the occasion of World Day for International Justice 2021, the student council of MES's Pillai College of Education and Research, Chembur created a thought provoking video based on the theme, “A Call for Social Justice in the Digital Economy”.



Video created by the
Student Council of
MES's Pillai College of
Education and Research,
Chembur
Batch 2020-22



Article by Maitree Vora, Batch 2020 - 2022

Growing up, I always associated the word courage with some heroic actions such as saving someone's life or chasing down a criminal. Little did I know what an important role this seven letter word played in our daily lives and happiness.

Plato considered four virtues being the most important and courage was one of them. However, he viewed courage as something manifested on the battlefield. Nowadays, courage requires manifestation in every field of interest we step in.

As Dr. Brené Brown breaks down the anatomy of the word, "The root of the word courage is cor- the Latin word for heart. In one of its earliest forms, the word courage meant 'to speak one's mind by telling one's heart'."

Courage is not only an important virtue but also a base of many virtues. It takes courage to be happy. It takes courage to practice unconditional self-acceptance. It takes courage to be assertive. It takes courage to show up. It is something as simple as making the first move or voicing your opinion in a meeting.

Martin Luther King Jr. once said that 'the ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy'. Every time you choose courage, you step out of your comfort zone.

Even though you step out of your comfort zone, there is enough research that supports the fact that courage boosts wellbeing. Courage is the foundation of good leadership. The best part about courage is that it is not a fixed attribute like one's features. It is a skill that is learnable, teachable and practicable.

Tips to activate the courage in you:

- **Self-Please over People Please**

'The Courage to be Disliked'- a Japanese book written by Ichiro Kishimi and Fumitake Koga talks about how one must believe one's innate strengths to achieve happiness and brush off social pressures of pleasing people. In an attempt to please others, we often lose our authenticity and that leads to lack of courage. If you stand up for what you truly believe in, you will be able to stand strong.

- **Consider 'Probability'**

A wise man once said that if you try, you risk failure. If you don't, you ensure it. As simple as it may seem, trying will lead to 50% chances of failure. However, not trying will lead to 100% chances of failure. 50% is worth the risk. Think it over.

- **Fundamentals, Fundamentals, Fundamentals!!!!**

Having one's fundamentals clear solves a lot of issues and brings clarity. Fundamentals are your WHY. Knowing your why is extremely important in taking steps to courage. If you know them well, accurate and calculated steps can be taken.

- **Don't shy away from vulnerability, embrace it**

We have always attached vulnerability with weakness. But the truth is, vulnerability gives birth to courage. We cannot control the outcome all the time. Accepting the outcome as well as oneself in true essence and showing up is what vulnerability is. It is when we lean into vulnerability, we step out of our comfort zone. So, embrace vulnerability, step into your discomfort and call out to courage!



Drawing by Kavita Jawani



Drawing by Preeti Darveshi



Student Achievement

Mr. Melvin Chacko, student from F.Y.B.Ed class was nominated for the 6th Perfect Achievers Award 2021 under the category Excellence in Writing and Excellence as an Author/Poet by the Perfect Woman-India's Leading Monthly Magazine.

