

E- NEWSLETTER

MES's Pillai College of Education & Research, Chembur
Chembur Naka, Chembur, Mumbai-400071.
NAAC Accredited A Grade (3.36 - Third cycle)

HORIZON

JUNE-2020



FROM THE PRINCIPAL'S DESK

Light showers, pleasant climate, diminishing heat waves marked the onset of June 2020. Though we are still in the period of Lockdown and Social distancing with relaxation of curbs in the city, life didn't bounce back to normalcy.

June is the period of Back to School and today School is back at Home. With Online classes, learning has become confined to a screen and its limited reach. Nevertheless, the efforts taken by teachers all across in meeting the student needs are commendable.

As a Country and State we face this deadly virus, we need to maintain a balance of peace, harmony and tranquillity. Let's together meet the dawn of new hope, aspirations and beginning.

Stay safe... Stay blessed.

EDITOR'S DESK

June heralded the start of the academic year 2020-21 and we at PCER, Chembur started the new year with mixed emotions. Coupled with the uncertainties of the COVID-19 lockdown and suspension of college life as we knew it, all of us were also excited to gear up for a new way of doing things.

We were excited as newer avenues and ideas opened up with online teaching as the new reality. June too was action packed with PCER, Chembur launching an ambitious 21-day Yoga for Wellness programme in collaboration with Soroptimist Welfare Association on June 1st itself.

And this was just the start. June saw a wave of Webinars, Expert Talks and sessions with the Alumni and commemoration of important international days through quizzes and competitions. With the second -year students to commence classes in July, a 10 day Content Enrichment Programme was organised pedagogically from the 15th to 24th of June 2020

We are happy to bring you the June edition of Horizon 2020. Do read on for the details of our activities for June!

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SNIPPETS OF ASSEMBLY

Covid-19 broke all the barriers for navigating in the virtual world. Our college took this up as an opportunity in adversity to promote and develop virtual skills among our student teachers. This idea took a real form when our students started posting the everyday assembly in the form of videos on the WhatsApp platform.

These morning assemblies were much awaited and appreciated by all as it promoted a feeling of togetherness and well-being. The assembly consisted of a prayer and a thought for the day, news headlines, personal opinions on values based on the theme of environment and sharing of videos related to Environment protection and sustainability.



CONTENT ENRICHMENT PROGRAMME (CEP)

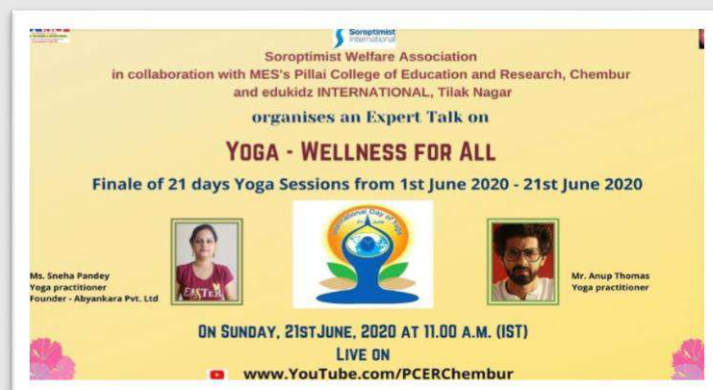
Content knowledge is an indispensable component of effective teaching and with the lockdown firmly in place during this unfortunate COVID-19 pandemic, PCER, Chembur conducted online **Pedagogy-wise CEP** for the students from the Batch of 2019-21 from **15th to 24th June, 2020**.

Individual subject-wise Google Classrooms were created and Google Meets were held for interactive discussions in all the subjects. Various pedagogical topics were discussed and doubts, if any, were cleared and clarified. The students were assessed by means of two content tests.

These sessions helped the students to become more assured and updated with their content-knowledge and to look forward to the upcoming practice teaching in the third semester with confidence.



YOGA : WELLNESS FOR ALL



To commemorate the International Yoga Day on 21st June, **MES's PCER, Chembur in association with Soroptimist Welfare Association** organised a **21-day wellness programme – Yoga: Wellness for All, from 1st to 21st June, 2020**. This activity is in sync with the **Sustainable Development Goals# 3: Good Health and Well Being** practiced by our college.

Due to the COVID-19 pandemic, people across the world are in a lockdown stage. So this was a big opportunity for the participants who registered for the programme to benefit from yoga in the luxury of their homes.

PCER was lucky that **Ms Hansa Mamtara and Mr. Anup Thomas**, who are expert practitioners and teachers of Yoga, willingly volunteered to record their sessions. Every day, yoga sessions would be uploaded on PCER, Chembur's YouTube channel and the link shared with the participants via WhatsApp, for easy access. Along with the video, the participants were given a chunk of knowledge regarding yoga followed by a short quiz to assess their understanding.

280 participants registered for the programme and reported great benefits and difference in wellbeing after the 21 days of continuous yoga.

These 21-day sessions culminated on 21st June 2020 to **commemorate International Yoga Day proposed by the United Nations**. The session was broadcasted live on YouTube with Yoga practitioners **Mr. Anup Thomas and Ms. Sneha Pandey** discussing the importance of Yoga in our daily life.

You can follow the excitement at the following links of **Day 1 and the Finale session**- -:

https://www.youtube.com/watch?v=D_WoVRIJEL4

https://www.youtube.com/watch?v=C-ML_zANb-M&t=1754s



YOUTUBE LIVE WEBINAR ON DIFFERENT APPROACHES IN MANAGEMENT RESEARCH



University of Mumbai (Thane Sub Campus) in association with Vivekanand Education Society Institute of Management Studies & Research and with MES's Pillai College of Education & Research, Chembur organized an online live Webinar on YouTube titled 'Different Approaches in Management Research' on 4th June, 2020 from 3pm to 5pm in the evening. The key speakers were **Dr. Ashish Pandey**, Associate Professor, Shailesh. J Mehta School of Management, IIT Bombay and **Dr. Sanjeev Varshney**, Professor, XLRI, Jamshedpur.

Dr. Ashish Pandey spoke about Social Sciences in general and Management and Research in particular. He illustrated what is the source of research and what constitutes theoretical contribution based on originality and utility factors. He further covered topics namely; building blocks of theoretical contribution and approaches in research. in detail.

Dr. Sanjeev Varshney shared his expertise and practical applications of Research Methodology. He deliberated on topics such as 'the three kinds of knowledge', scientific knowledge, research paradigm, range of management research, data analysis techniques and more.

The webinar witnessed high participation and was greatly appreciated by all the participants.

Link to the YouTube video –

<https://www.youtube.com/watch?v=q5hizSCXfh4>



SHORT TERM COURSE ON INCLUSIVE LEARNING ENVIRONMENT

Inter University Centre for Disability Studies - Mahatma Gandhi University, Kerala in collaboration with MES's PCER, Chembur organised a week long short term course on Inclusive Learning Environment from 10th to 18th June, 2020. The objective of the course was to highlight on Inclusion as a universal human right. This course was in line with the Sustainable Development Goal # 10: Reduced Inequality.

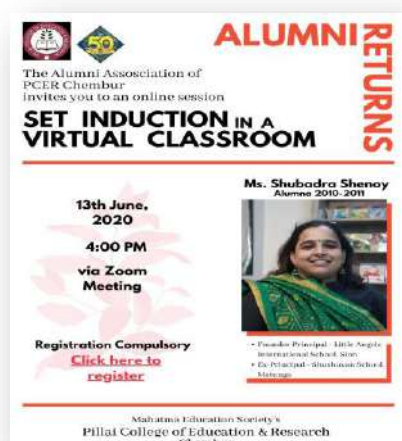
The aim of inclusion is to embrace everyone irrespective of race, gender, disability (medical or otherwise), giving equal access and opportunities to all and getting rid of any discrimination or intolerance. It enables every learner to participate equally, confidently and independently in everyday activities.

The course was self-paced through Google Classroom and topic-wise sessions and assignments were uploaded every day on to the same. The students were expected to see the videos provided, read the references and resources provided and complete and submit the day's assignment by midnight each day. Certificates were provided after course completion.

Link to the short term course:-

<https://forms.gle/8HRUShHQb8MJksnS6>

❖ ALUMNI RETURNS : SET INDUCTION IN A VIRTUAL CLASSROOM BY MS. SHUBADRA SHENOY



The 'Alumni Returns' is a lecture-series where PCER alumni come back to the college and share their expertise with the students. This academic year due to the prevailing situation of the pandemic and the lockdown, PCER commenced the programme in its online form. This is in line with SDG #4 Quality Education.

On 13th June, 2020, Ms. Shubadra Shenoy, Alumna from the Batch of 2010-11 and at present the founder Principal of Little Angels' International School, Sion enthralled the students and alumni by holding a session on Set Induction in a Virtual Classroom via a Zoom Meet.

With 95 live participants, this session focused on the various ways in which teachers can provide innovative and interesting learning experiences to students. The games, strategies and concepts shared by Ms. Shubadra were short, simple and can be used across age-groups and subjects. They can be used to start lessons, during recap and even in the middle of the lessons as energisers. The participants benefited immensely from the session as it threw light on the various possibilities for conducting interactive and effective online teaching learning experiences. Follow the link below for more details:

https://drive.google.com/file/d/1TKtAfSfOFJPrcVf_xvb7E5iCKPwxMRv/view?usp=sharing

❖ **ONCE UPON A TIME ... STORIES TO OVERCOME DEPRESSION, ANXIETY AND STRESS.**



Once upon a time the world was threatened by a tiny germ which had the capacity to knock the life out of anybody who it came in contact with. The nations worldwide were arrested under a lockdown so strict, that it sent across waves of hopelessness and despair. It was like opening Pandora's box all over again!

People were slowly but steadily being snared in the clutches of the evils set out by this doomed box. Apart from the life threatening virus spreading across the world like wildfire, this was a mental virus nobody had a cure for. No medicines, no therapy, no operation could curb this dreadful illness. Until...

One morning our **Principal Dr. Reni Francis** sat down to tell us stories. Through her session on **17th June 2020**, Once upon a time...stories to overcome depression, anxiety, stress, Dr. Reni Francis narrated stories of hope, stories of harmony, stories of positivity. The stories she narrated were of optimism and resilience which gave us a newfound vigour to face life and overcome our difficulties. People from all walks of life listened to the stories ardently. It was like fresh air breathed into the lives of the listeners. The stories nourished us and awakened hope to overcome tough times. It made us believe there is light at the end of the tunnel. That, it is only a matter of endurance and patience required to bring out the best in ourselves.

Just like the Hope that arose last from Pandora's Box, tales of endurance and optimism swept over our hearts and washed away the evil spirits of anxiety, depression and stress. For we realized that the antidote needed for this mental virus could be found nowhere but from within.

And just like that with hope in our hearts and courage in our hands, thanking our dear Principal for rekindling our spirits, we renewed and rejuvenated ourselves to meet the challenges ahead.

Follow the below link to enjoy the stories:

<https://youtu.be/mCjolvWdrBs>.



Expert Talk on Teacher Education Practices Across Boundaries



MES's PCER, Chembur organized an Expert Talk via You Tube Live on the topic **Teacher Education Practices Across Boundaries** by **Dr. Matthew A. Witenstein** on **18 th June 2020**. The session was hosted by **Principal Dr. Reni Francis**.

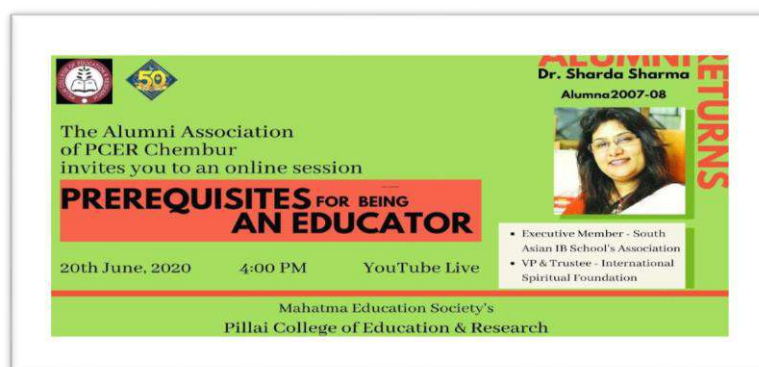
Dr. Matthew A. Witenstein , **Ph.D, Assistant Professor, Department of Educational Administration, School of Education and Health Sciences, University of Dayton** focused on the Teacher Education Practices that need to be adapted in this pandemic. During this period of pandemic we should support our students mentally. He observed that it is important for a teacher to be engaged with the community because when you engage with the community you can connect with them in the classroom. He stated that teacher education and teacher training that provide adaptable framework can really help in guiding the practices.

Follow the link below for more details:

https://youtu.be/xp_9YfpkxsM



Alumni Returns - Prerequisites For Being An Educator by Dr. Sharda Sharma



The Alumni Association of MES's PCER, Chembur conducted an online session through YouTube Live on **20th June, 2020** on Prerequisites For Being An Educator by **Dr. Sharda Sharma**, alumna from the batch of 2007-08. This session was aligned to **SDG 4 - Quality Education**. The focus of the session was on the various international boards in India. Dr. Sharda's expertise is in the study of IB schools which is also the area of study of her doctoral thesis. She explained how the two main international boards accepted in India are the Cambridge and the IB. She provided details about the structure of the two boards and comparisons on the basis of their learner profiles.

Dr. Sharda introduced the students to apps and online platforms such as Voice Thread, Speeko and Orai and also recommended the book 'The Art of Talking to Anyone' by Rosalie Maggio.

At the end of the session, Dr. Sharda answered the queries put up by the audience. She emphasized that one should be a master in one's discipline, have good content knowledge, have insight about the working of international skills and constantly upgrade oneself especially in the use of communication skills.

The session can be viewed at:

<https://www.youtube.com/watch?v=qZ7fdr8QGgM&t=2575s>



ONLINE QUIZZES

1.....ENVIRONMENT QUIZ.....

MES's PCER Chembur, in its Golden Jubilee Year of Mahatma Education Society organised an online Environmental Quiz and Slogan Writing, on **World Environment Day on 5th June**. The Online Quiz and Slogan Writing was organised by the **Environment Club of MES's PCER, Chembur** to emphasize **Sustainable Development Goal 15: Life on Land**. It was open to all educators and students who were interested to join in. The main objective was to sensitize and create interest and awareness about our Green Planet.

The Quiz consisted of 15 compulsory questions, each question carried two points . There was space provided for individuals to express their creativity in the form of Slogans. The theme for the Slogan writing was 'Mother Earth'. Overall there were 740 responses, the major respondents were students and various professionals.

The link used for the online quiz was :-
<https://forms.gle/NmBvGi33HJZ3zJGf7>



2.....FOOD FOR WELLNESS.....

In commemoration of the Golden Jubilee Year of Mahatma Education Society a slogan writing competition 'Food for Wellness' was organized by the **Student Council of MES's PCER, Chembur** on the occasion of **World Food Safety Day on 7th June, 2020**. In keeping with the **SDG goal 3- Good Health and Well Being**, the objective of the slogan writing was to create awareness of the importance of food safety and its impact on our well being.

The registration was free and participants included students and professionals. The slogans had to be original, theme based and not exceeding 2-3 lines. There were 85 participants. The participants received their e-certificates through mail.

The link for the online slogan writing was:-
<https://forms.gle/QyJV6kTSPnFxfYrG9>



3....OCEAN DAY QUIZ.....

In commemoration of the Golden Jubilee Year of Mahatma Education Society, a fun quiz was conducted by the **Department of Co-curricular Activities (CCA) of MES'S PCER, Chembur** to celebrate the global event of **World Oceans Day on 8th June, 2020**. The aim of this quiz was to create awareness among people about life in the oceans in line with the **Sustainable Development Goal 14- Life Below Water**. This quiz was open to all and registration was free. It encouraged as many as 140 participants who took the quiz, which comprised 15 mandatory MCQ type questions. These questions entailed general trivia about oceans, marine life, pollution in oceans, etc. It also gave some information in the beginning of the quiz about the importance of Oceans Day celebration and how it is a dire need to conserve and sustainably use the oceans and save the majestic and mysterious marine life which is hugely unexplored even today. All participants received a certificate via email from the college.

Link to the online quiz -

<https://forms.gle/pTSR5PzwgvUXUNyn8>



WORLD DAY AGAINST CHILD LABOUR - SLOGAN COMPETITION



Every childhood is important but in India, as all over the world, it is the child and his childhood that is abused by bonding them into labour. The International Labour Organization (ILO) defines child labour as work that is mentally, physically, socially or morally dangerous and harmful to children and has dedicated **12th of June**, every year to be commemorated as **World Day against Child Labour**. This is in line with **SDG 10 - Reduced Inequalities**.

This year, the **Department of Co-curricular Activities (CCA)** organized a pan-India Slogan-writing competition for junior and senior college students to raise awareness against this terrible practice.

This was done via sharing the details of the competition on the **12th of June, 2020**. Students were given 5 days to create a slogan less than 30 words and submit it as a PDF. Slogans could be created in English, Hindi or Marathi. These entries were judged and the results declared on the **20th of June, 2020**. Every participant received a participation certificate and the winners were awarded certificates of achievement. This event helped highlight and sensitise students towards the terrible practice of child labour. The link for the quiz was:

https://docs.google.com/forms/d/1lugY0l1bBTu_6w1DQ509cyABXOI4R-asHa-WFT27Yg/edit



.....STUDENTS' ACHIEVEMENTS.....

Ms. Aabha Rohit Bagaikar of MES's PCER, Chembur won **First prize** and a cash prize of 500 rupees in the **'PHOTOTHON' Life Diaries during Lockdown**, in the Nature at its best category a photography contest with a social cause organized by Soroptimist International Welfare Association in collaboration with Mahatma Junior College of Education, Chembur on **26th June, 2020**.



NATURE AT ITS BEST

.....STUDENTS' CORNER.....

LOVE IS...

Love is not always necessary *'to be with each other'*; but love is *'to be there for each other.'*

Love is not just to *'take'* but to *'give'* whole-heartedly, selflessly; and still love is a *'give and take relationship.'*

Love is not to *'expect'* but to *'accept'* for what 'He' or 'She' really is.

Love is *'to understand than to be understood.'*

Love is *'to love without hesitation'*, yet *'hesitating only to hurt.'*

Love is *'to be truly you'* and still it is a *'beautiful change'* in yourself. Love is *'to speak without intention'* with a *'good intention in your mind.'* Love is a *'failure of evil'* and an achievement of *'something good.'*

Love is a *'wave of sad moments'* and an *'ocean of happy moments.'*

Love is *'to be honest even when it hurts.'*

Love is *'self-realization'* without *'sometimes even realizing it.'*

Love is *'to be caught up with feelings'* and still *'having a freedom of thoughts.'*

Love is *'falling in love'* and yet *'rising in life.'*

Love is *'being down to earth'* and still *'on top of the world.'*

Love is *'speeding up with steady pace.'*

Love is a *'light of experiences'* and a *'shadow of memories.'*

Love is *'hard at times'* and is still *'easy going.'*

Love is *'stopping all your fears'* and *'going on with confidence.'*

Ms. Aabha R. Bagaitkar

S.Y.B.Ed.