

E- NEWSLETTER

MES's Pillai College of Education & Research, Chembur

Chembur Naka, Chembur Mumbai-400071.

NAAC Accredited A Grade (3.36- Third cycle)

HORIZON

MAY-2020

FROM THE PRINCIPAL'S DESK

Every year as the month of May sets in bringing a flavour of enjoyment and fun. Setting the mood upright for vacation and extra curricular activities bringing forth a total relaxation to our mind. But this year we were in a total contrast. We were in a period of Lockdown and total social distancing, our plans for vacation and outing might be foiled, yet we remained focused and showcased a great strength of mind during this period. Learning and growing have been the mantra for each one of us through various webinars, faculty development programmes, learning sessions and online courses. These kept us occupied and motivated though the times were uncertain.

As teachers we believe that we are lifelong learners and learning never stops, let us keep our spirits high when the times are low and work towards the betterment of ourselves, students and the society.

Stay safe and blessed.



EDITOR'S DESK

As we traverse through the various lockdown phases, we have distanced ourselves from others as well as from so many things that added joy to our lives. This has invariably resulted in people experiencing varying degrees of stress, depression, anxiety and fatigue. But we need not let ourselves be bogged down by these enervating thoughts and feelings. This period provides us with the opportunity to take a different mind path. Just as we see nature around us regenerating from time to time, especially in this month of May which is the period when new plants are growing. We too can utilise this time for reflecting and refocusing our priorities, learning new skills, honing our interests and hobbies and rejuvenating ourselves.

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.

HIGHLIGHTS

- ◆ Principal's Message
- ◆ From the Editor's Desk
- ◆ Webinar on “ Reshaping Education in the New World- Pandemic Effect” -
Topic 1: Teaching and Learning - Paradigm Shift
Topic 2: Psychological Care for Emotional well- being during Pandemic
- ◆ Value-Added Course organised by The Alumni Association of PCER, Chembur on Learning Q-EST: Emotional, Social and Teaching Quotient
- ◆ E- Valedictory of B.Ed Students Batch 2018-20
- ◆ Flavours from the Homes- Recipe Contest for a Social Cause
- ◆ YouTube Live Sessions
- ◆ Faculty Development Programme on Online Teaching and Learning, Collaborative efforts with P.E.S's College of Education, Ponda, Goa
- ◆ Online Quiz
- ◆ Live Session on Parenting Styles
- ◆ Students Achievements
- ◆ Students Corner

Reshaping Education in the New World – Pandemic Effect'



Collaborative efforts of
School of Education & Research,
MIT Art, Design & Technology University, Pune
& **Pillai College of Education & Research, Chembur, Mumbai**



MIT-ADT
UNIVERSITY
PUNE, INDIA
REDESIGNING THE FUTURE

Join us for a free live **WEBINAR**

Reshaping Education in the New World - Pandemic Effect

Speakers

Prof. Dr. Mangesh Karad
Executive President
MIT Art, Design & Technology
University, Pune

Vimala Nandakumar
Chairperson
Shakti Girls Education Trust

Keynote Address

11:30 AM - 12:15 PM

Lakshmi Kumar

Founder Director,
Orchid School
& *Director,*
Pradnya Niketan Educational
Society, Pune

03:00 PM - 03:30 PM

Hiromi Willingham

American licensed
Psychotherapist
& *Certified Hakomi Trainer*
Hakomi Institute, USA

03:30 PM - 04:30 PM



On Friday,
1st May, 2020

Go to the following link to register

<https://bit.ly/3bDyNwC>

In these challenging times, *exploring new teaching - learning avenues* and emphasizing on innovative ways of *transmitting information* and adapting to *dynamic learning environment* and also catering to the *emotional well-being* of the students is the need of the hour. This webinar intends to throw light on the following topics :

1. Teaching & Learning - Paradigm Shift

2. Psychological Care for Emotional Well-Being during Pandemic



- Meaningful student engagement
- Sustaining students' attention and interest
- Implementation of robust evaluation system
- Psychological stress
- Social distancing

In span of few months education has transformed its reach from face to face learning to virtual classroom. Teachers and academicians have assumed new role in this dynamic and demanding scenario by managing *virtual classrooms, online communication over social media & e-sharing of resources*. As we traverse this new path, there are few challenges that we foresee such as :

The coronavirus pandemic is reshaping education and we're witnessing a new evolution in the making. Addressing what comes next, **MES's Pillai College of Education and Research, Chembur** in collaboration with **MIT-ADT School of Education & Research, MIT Art, Design & Technology University, Pune** organized a **Free Live Webinar, on 'Reshaping Education in the New World – Pandemic Effect' on 1st May, 2020.**

Mrs. Vimla Nandakumar, Chairperson, Shakti Girls Education Trust, was the speaker for the morning session. She focused on the role of a teacher in the classroom and how teachers can be effective.

Dr. Mangesh Karad, Executive president of MIT ADT University and the Trustee and secretary of the School of Education. According to Dr. Mangesh, there are a lot of positive changes happening due to covid-19, which is a good part of covid-19. Dr. Mangesh shared his views on the nature of jobs post Covid19.

Mrs. Laxmi Kumar, Founder Director, Pragya Niketan Education Society & The Orchids International School,

Pune. Dr. Kumar focussed on how we can steer the Paradigm shift due to Covid-19 in the coming days, months and years as the effect of this will remain there for a long time. She urged the need to redesign or re attempt for a new curriculum. She spoke about the need to understand the new normalcy. As a part of it, she shared 7C's to focus. These 7C's are Curriculum, Continuous, Context, Connect, Communicate, Campaign and Commit. Thus Dr. Laxmi elaborated the 7C's Model in relation to the paradigm shift.

Ms. Hiromi Willingham, Psychotherapist and certified Hakomi Practitioner from the USA. She started her session with breathing exercises and she focused on the importance of having mindfulness to fight with the Pandemic Drama- Covid-19. We educators need to know the impact of covid-19 on people, like denial, anger and fight over it and later on people are anxious and start to feel grief about and later people settle with it. Ms. Hiromi focused on some of the coping skills required to fight covid-19. She mentioned yoga and mindfulness to fight against the present situation. There were several questions from the participants like how to prepare teachers/ what need to be done to adapt to the situation etc. The resource persons answered it and advised the participants to continue learning and use time wisely.

Overall, the webinar was very effective and received an overwhelming participation across the globe.

Value-Added Course : Learning Q-est Emotional, Social and Teaching

The Alumni Association of PCER, Chembur in collaboration with PCER, Chembur reached out to the students and alumni via a three-day value-added course organised and delivered by the alumni themselves.

This was conducted via YouTube Live hosted by PCER Chembur on the 4th, 5th and 6th of May, 2020. The three-day course focussed on the three quotients that are needed for any teacher, viz. the Emotional Quotient (EQ), the Social Quotient (SQ) and the overall Teacher Quotient (TQ).

The resource persons were our own alumni **Ms. Priti Roy** from the Batch of 2014-15, now a neuro-linguistic programming (NLP) practitioner and a Prevention of Sexual Harassment (POSH) and Protection of Children from Sexual Offences (POCSO) enabler spoke on EQ and elaborated how necessary it is for a teacher to be aware of his/ her own emotions and then pass on the same skill to each child she teaches.

Ms. Sneha Shah from the Batch of 2014-15, a Senior Faculty & Content Writer at Collegepond Education Pvt. Limited spoke about how a teacher may develop her SQ as the school is a miniature society, children should learn the skill to live well in a society.

Ms. Parveen Shaikh, from the Batch of 2013-14 and the Principal of The Somaiya School, Ghatkopar collated all the skills together and spoke about the need and strategies for a teacher to connect with her students.

To see their sessions please go to:

Day 1: <https://www.youtube.com/watch?v=0Rb8oSgYY0Q&t=1612s>

Day 2: <https://www.youtube.com/watch?v=yIVjuOtJRi4&t=1476s>

Day 3: <https://www.youtube.com/watch?v=nhFLjOlqy8k&t=131s>



**THE ALUMNI ASSOCIATION OF PCER CHEMBUR**

presents
A Value added Course

LEARNING Q-EST: EMOTIONAL, SOCIAL AND TEACHING

 Ms. Priti Roy Alumna Batch 2014-15 Corporate Trainer and Master NLP Practitioner	 Ms. Sneha Shah Alumna Batch 2014-15 Senior Faculty Member & Content Writer	 Ms. Parveen Shaikh Alumna Batch 2013-14 Principal - The Somaiya School, Vidyavihar
EMOTIONAL QUOTIENT 4th May, 2020 5pm - 6 pm	SOCIAL QUOTIENT 5th May, 2020 5pm - 6 pm	TEACHER QUOTIENT 6th May, 2020 8 pm - 9 pm

Join us on PCER Chembur on 



E-FAREWEL

PCER, Chembur hosted the Valedictory Function 2020 for S.Y. B.Ed. (2018-20) in a very unique way. Due to COVID19 pandemic, we were under a complete lockdown but this did not dampen the spirit of F.Y. B.Ed. (2019-21) batch to host the Valedictory Function as 'E-Valedictory function' using e- resources and online platforms, in a very creative and innovative way for their senior batch .

The S.Y. B.Ed. (2018-20) were given a surprise on the morning of 9th May, 2020. They were taken by surprise when the Display Picture of the class WhatsApp group was changed to a collage with a message from all their teachers, and the name of the group was changed by our Principal, Dr. Reni Francis. Their curiosity was awakened when they were provided with a link to be viewed. This link was to the thoughtfully designed and crafted e-valedictory programme that the first year students and the teachers had planned and executed over the past month.

In the evening, the first years hosted a game via WhatsApp titled 'Fastest Fingers First' which was based on students guessing the answer to clues given and answering in the form of a picture/ photo taken.

The Seniors thoroughly enjoyed the game to the fullest and thanked the Principal, teachers and the first year students for organizing such a wonderful E-Valedictory Function which they would cherish forever.

The complete e-valedictory programme can be viewed at:

<https://www.youtube.com/watch?v=0gEwBw1dBWU&t=50s>



Flavours from your Home



Soroptimist Welfare Association in collaboration with MES's Pillai College of Education & Research, Chembur organised ***Flavours from your Homes***, a recipe contest for a Social Cause.

Dr. Daphne Pillai and Dr. Reni Francis articulated the impactful event with perfection. The event was launched live on You Tube on 3rd May, 2020. This helped the audience to be acquainted with the purpose and objectives of the event.

In a week's time, the event had 71 registration and collected a amount of Rs 61,224/-. The recipe contest had around 40 entries out of which 28 contestants were validated for the final round. There were two categories: Traditional and Fusion. **Mr. Rohit Kankariya, Director of Rossh Company**, sponsored the prizes for three winners in each category.

The grand finale was broadcasted on the eve of **Mother's Day on 10th May, 2020**. The eminent judges **Ms. Nimisha Dugar, Managing Director, Morsel & Tissane** and **Chef Raghu Ramaswamy**, The Goodfood Guys congratulated all the winners as well as the contestants, shared their expertise and the criteria on which they



The money collected were generously donated to **Milaap Foundation**, who has taken the initiative to feed more than 5000 people from the marginalized group like migrant workers, jobless and homeless people every day. All the audience and participants applauded the event, as it is the need of the hour to lend our hand and support people in need, during this tough phase of Covid-19 pandemic crisis. Visit the link below for more details: <https://www.youtube.com/watch?v=OokMFxgjbio>



You Tube Live Sessions

WHY SHOULD YOU CHOOSE TEACHING AS A PROFESSION ?

In a world where different professions prevail and teaching being a profession that has been a career for many individuals from the beginning. PCER, chembur took the initiative to discuss the topic **WHY SHOULD YOU CHOOSE TEACHING A PROFESSION** on 17th May, 2020. The panelists were from different backgrounds of the teaching profession. **Master Sharvesh Bharat**, a class 9 student from **Chembur English High School**; **Ms.Chandrani Banerjee**, a B.Ed Aspirant; **Ms.Sherry Jose**, F.Y B.Ed student of **PCER Chembur** & **Ms. Sabrina Mukadam**, Primary teacher from **Don Bosco International School** were the **panelists for the discussion**. **Principal, Dr Reni Francis** hosted the panel discussion on an online portal. The discussion was live on YouTube and Facebook page of PCER. The discussion was riveting and it ended with questions posed by the viewers. The panel discussion was appreciated by all and the response of the viewers were overwhelming. Watch the link below for more details:

<https://www.youtube.com/watch?v=ackDT4vpQFo> to view the session.



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

PANEL DISCUSSION ON
**WHY SHOULD YOU CHOOSE
TEACHING AS A PROFESSION?**

 Sharvesh Bharat Std IX Chembur English High School	 Chandrani Banerjee B.Ed Aspirant (filled MH- CET 2020)	 Sherry Sam Jose F.Y. B.Ed Student- Batch 2019-21	 Sabrina Mukadam Teacher - Don Bosco International School
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**JOIN US ON
SUNDAY,
17TH MAY, 2020
5:00PM SHARP**

Live on
www.YouTube.com/PCERChembur
www.Facebook.com/ChemburPCER

You Tube Live Sessions

'Journey to be a Teacher' Student Teachers' view point

On 21st May 2020, a live panel discussion was organized on the journey to be a teacher by MES's Pillai College of Education and Research.

The panel comprised of second year student speakers - **Ms. Tanmayee** and **Ms. Niharika**. The panel discussion was anchored by first year student - **Ms. Cristin**.

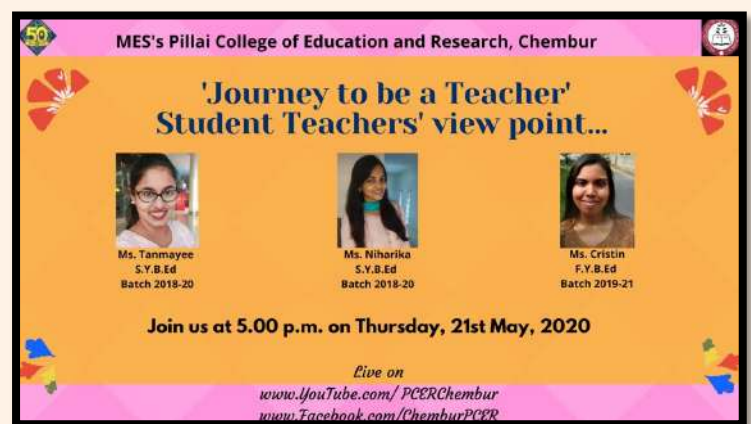
Through a series of questions and answers, the panelists walked their audience through the journey of transforming into an efficient teacher. Starting with choices and ambitions to highlight the important aspects of the course, the speakers provided a wholesome picture of the Bachelors of Education course. The speakers' passion and enthusiasm towards teaching was well reflected throughout the discussion.

The panel discussion was attended by student teachers, teachers and those aspiring to take up teaching as a profession in the future.

Under the steady guidance of Dr. Reni Francis, Principal of Pillai college, the session proved to be fruitful in covering all the key aspects and efforts that go into the journey of becoming a teacher.

Watch the link below:

https://www.youtube.com/watch?v=PXRxK_aP0zc&t=200s



Should men opt for teaching as a profession?

A Panel discussion on 'Should Men opt for Teaching as a profession?' was organized by MES's Pillai College of Education and Research,Chembur. **The discussion was moderated by Ms.Farzana Dohadwala , The three panelist on the discussion was :-**

Mr. Suresh Shetty, Academic Head, Mahesh Tutorials

Mr. Shelwin Pereira, President, Theresa High School

Mr. Nikil Fernandes, Teacher, Christ Church School

Choosing Teaching as a Profession for a male teacher was a choice for them, right from ages, when we say Teacher we think of a female teacher , where most of the schools had a male teacher as physical training, drawing, or craft teacher . As of all we say that the teacher is a second mother who is caring, kind and considerate. But as a male teacher , they faced challenges from the student point of view that a male teacher is strict, tough and rigid to them but nowadays, even a male teacher is kind towards the student. In all, a male teacher tries to keep the class enthusiastic, so that the students interact with them and the class will be interesting. At last in the end of the discussion Mr. Suresh Shetty said ,

"If you do what you enjoy and you can achieve excellence in that and once you achieve excellence in any field, you have great career in any field , In any field you enjoy doing you can achieve excellence in that and once you achieve excellence everything else will follow."

Watch the link attached for more details:

<https://www.youtube.com/watch?v=iA3p4c2jK8I&t=177s>



Faculty Development Program on Online Teaching & Learning

Mahatma Education Society's Pillai College of Education and Research Chembur Organised a faculty development program on 'Online Teaching and Learning' for Ponda Education Society's College of Education, Farmagudi, Ponda . This was the first initiative under collaboration with the Ponda College of Education, Goa. The online session was conducted from 22nd May 2020 to 29th May 2020. The faculty development programme sessions were conducted by **Dr. Reni Francis**. The sessions were conducted everyday from 10:30 am to 11:30 am.

The need based program was attended by staff members of PES's College of Education The FDP program majorly focused on various Google tools which are required to conduct an online teaching learning process. The various topics covered through FDP were, Google classroom, how to prepare google slide, docs and other tools and also how to conduct evaluation using google tools.

The Valedictory program was conducted on 29th May 2020. The staff members of PCER Chembur and Management representatives of Ponda Education society's College of Education and staff members were present during the valedictory program. The Management, Principal and Staff of Ponda Education Society's College of Education expressed their gratitude and feedback about the FDP program on 'Online Teaching and Learning'

Overall the initiative of Pillai College of Education and Research, Chembur was much appreciated.

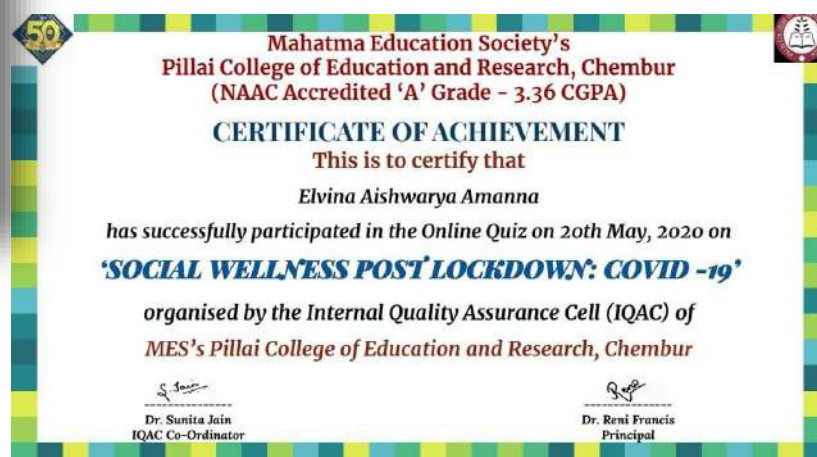


Online Quiz Competition

MES's Pillai College of Education & Research, Chembur organized two Online Quizzes related to the Covid -19 pandemic and the subsequent lockdown. An online quiz competition on “ **Social Wellness Post Lockdown: Covid-19**” was organized by the Internal Quality Assurance Cell (IQAC) of PCER on 20th May, 2020. Another online quiz ‘**Physical Wellness post Covid-19 Lockdown**’ was organized by the Student Council of PCER on 28th May, 2020. Both the quizzes received huge participation that included Principals, teachers, educationists, students and others.

The quiz on ‘**Social Wellness Post Lockdown: Covid-19**’ had 890 participants. The objective of the quiz was to focus on social wellness among individuals post lockdown. Social Wellness is an essential aspect for positive being and social compatibility. The quiz consisted of multiple choice questions of 30 marks pertaining to social wellness post covid-19.

The quiz on ‘**Physical Wellness post Covid-19 Lockdown**’ had 867 participants. It focused on awareness on personal care and wellness post covid-19 lockdown period. The quiz consisted of 20 multiple choice questions of total 40 marks, There was no negative marking for both the quizzes. The participants received an e certificate upon completion of the quiz.



Live Session on Parenting Styles

This session was conducted by **Principal, Dr. Reni Francis** for the parents of **Chembur English High School** on **Saturday, 30th May**. Dr. Reni used the following mnemonics and narrated vivid stories to illustrate the ideas very effectively.

P- Positive and patient,
A-Attitude and Actions,
R-Reassuring and realistic
E-Emotional and empathetic,
N- Nourish and nurture,
T-Togetherness



The session made a great impact on the audience especially since there is a lot of anxiety and restlessness among the members of the family during this Covid-19 lockdown. **Dr. Daphne Pillai**, Chairperson of the Management Board of Mahatma Education Society rightly expressed Dr. Reni's session as "**Excellent session in storytelling format which kept the viewers' attention from start to finish**". Watch this on the following link:

<https://www.youtube.com/watch?v=vTQJ1RKqJW0>





MES'S CHEMBUR ENGLISH HIGH SCHOOL

organises Live session on

Parenting Styles

by Dr. Reni Francis

Principal, MES's Pillai College of Education and Research, Chembur


Date: Saturday 30th May, 2020

Time: 11.00 a.m.

LIVE ON

WWW.YOUTUBE.COM/ PCERCHEMBUR

WWW.FACEBOOK.COM/CHEMBURPCER



Student's Awards

Category Students Name

BEST ACTION RESEARCH (TUTORIALWISE)

- Ms. TANMAYEE DHUMAL
- Mr. ANSON VAZHAKALA ANTHONY
- Ms. RAMALAKSHMI LAKSHMANAN
- Ms. LIZA DSOUZA
- Ms. TAMANNA MIDDAY
- Ms. ANKITA SINGH
- Ms. ANGEL NADAR
- Ms. AMALA NADAR

MOST ILLUSTRIOUS STUDENT (TUTORIALWISE)

- Ms. ASRA KHAN
- Ms. BHAVIKA SENGHANI
- Ms. SHILPA PAL
- Ms. SABINA ROSE
- Ms. TAMANNA MIDDAY
- Ms. ANANTHI ANANDARAJ
- Ms. ANUJA KANSE
- Ms. DISHA KANOJIA

MOST OUTSTANDING STUDENT ACADEMICS

Ms. TANMAYEE DHUMAL

WALKING THE EXTRA MILE (TUTORIAL WISE)

- Ms. REGINA SOFISTIC
- Ms. NEHA PATIL
- Ms. RAMALAKSHMI LAKSHMANAN
- Ms. DIVYA DANGE
- Ms. CATHERINE SUDHA
- Ms. ANANTHI ANANDARAJ
- Ms. MAHESHWARI PATHER
- Ms. DISHA KANOJIA

MOST CREATIVE LESSON

(METHOD WISE)

- Ms. BHAVIKA SENGHANI (COMMERCE)
- Ms. ANANTHI ANANDARAJ (MATHEMATICS)
- Ms. ANKITA SINGH (ECONOMICS)
- Ms. VARSHA NAIR (ENGLISH)
- Ms. SHIVANI KOPPIKAR (HISTORY)
- Ms. AMALA NADAR (SCIENCE)

MOST COMMITTED STUDENT

- Ms. SABINA ROSE

BEST HANDWRITING

Ms. RAFFELLIA FONSECA

BEST GROUP LEADER FOR PRACTICE TEACHING	<ul style="list-style-type: none"> Ms. ANANTHI ANANDARAJ <p>(South Indian Education Society's High School)</p> <ul style="list-style-type: none"> Ms. DISHA KANOJIA <p>(Chembur English High School, Chembur)</p>
OUTSTANDING CONTRIBUTION	<ul style="list-style-type: none"> Mr. ANSON VAZHAKALA ANTHONY Ms. REGINA SOFISTIC Ms. RUMANA SHAIKH Ms. LIZA D'SOUZA Ms. CHIARA D'SOUZA Ms. ANGEL NADAR Fr. PADAYACHI CHARLIN CHANDRAN Ms. DISHA KANOJIA
PUBLICATIONS	
OUTSTANDING CONTRIBUTION COMMUNITY SERVICE	<ul style="list-style-type: none"> Mr. ESAIRAJA SAMUDRA Mr. SHIVAM SINGH
OUTSTANDING CULTURAL CONTRIBUTION (DANCE)	<ul style="list-style-type: none"> Ms. NIHARIKA SINGH Ms. DIVYA DANGE
OUTSTANDING CULTURAL CONTRIBUTION (RANGOLI)	<ul style="list-style-type: none"> Ms. NEETYANANDI NADAR Ms. RAMALAKSHMI LAKSHMANAN
BEST BLACKBOARD WORK	<ul style="list-style-type: none"> Ms. MAHESHWARI PATHER Ms. ANAAM KHAN
BEST PHOTOGRAPHER	<ul style="list-style-type: none"> Ms. AISHANOOR KHAN Mr. ANSON ANTHONY
BEST IDEA INITIATOR	<ul style="list-style-type: none"> Ms. MACHARLA ROJA Ms. REGINA SOFISTIC
BEST PLANNER OF ACTIVITIES	<ul style="list-style-type: none"> Ms. VIDHI RAJPAL MS. LIZA D'SOUZA

Students' Achievements

Ms. Regina Peter of MES's Pillai College of Education and Research, Chembur secured **1st position** in the **"Lockdown Tales 2020-Snap Alert Competition"** organized by Pillai HOC College of Arts, Science & Commerce, Rasayani on 28th April, 2020.



Ms. Mamta Ettem of MES's Pillai College of Education and Research, Chembur secured **3rd position** in the **'Slogan Competition'** organized by Pillai HOC College of Arts, Science & Commerce, Rasayani on 28th April, 2020.

Ms. Ananthi Anandaraj of MES's Pillai College of Education and Research, Chembur won **1st prize** as cash prize in the **'Flavours from your Homes' in the traditional cuisine category**, a recipe contest for a cause organized by SIBC in collaboration with PCER, Chembur on 10th May, 2020.



Student Corner



AAISA BHI DIN AAYEGA KISI NE SOCHA NAH
THA ...INSAN KHUD JHUK JAYEGA KISHI NE SOCHA
NAH THANAH KOI TAUHAR HOGA NAH HE KOI
KHUSHIYA ...NAH VO MITHAI HOGI NAH HE VO
SEVIYAN...INTA ZULM MAT KARNA KI ANDHKAR CHA
JAYEGA....JAHA INSAN KHUD SEH DAREGA AUR
BHAGWAN KA DUVAR KHATKAYEGA ...PATTA NAH THA
KI BHAGWAN BHI MUH MODH LEGA ...AUR INSAN
KHUDKO KHUDA KEHLAYEGA ...ABH BHI WAQT HAIN
PYAARE BADAL DE KHUDKO VARNA KABHI NAH
VAPAS AAYEGA ..DEKH PHIR KYA KYA HOTA
HAIN ...KAL NAYA ZAMANA AAYEGA ..PHIR VAHI
KHUSHIYA AUR NAYA SAWERA AAYEGA ..

#Divya Dange .