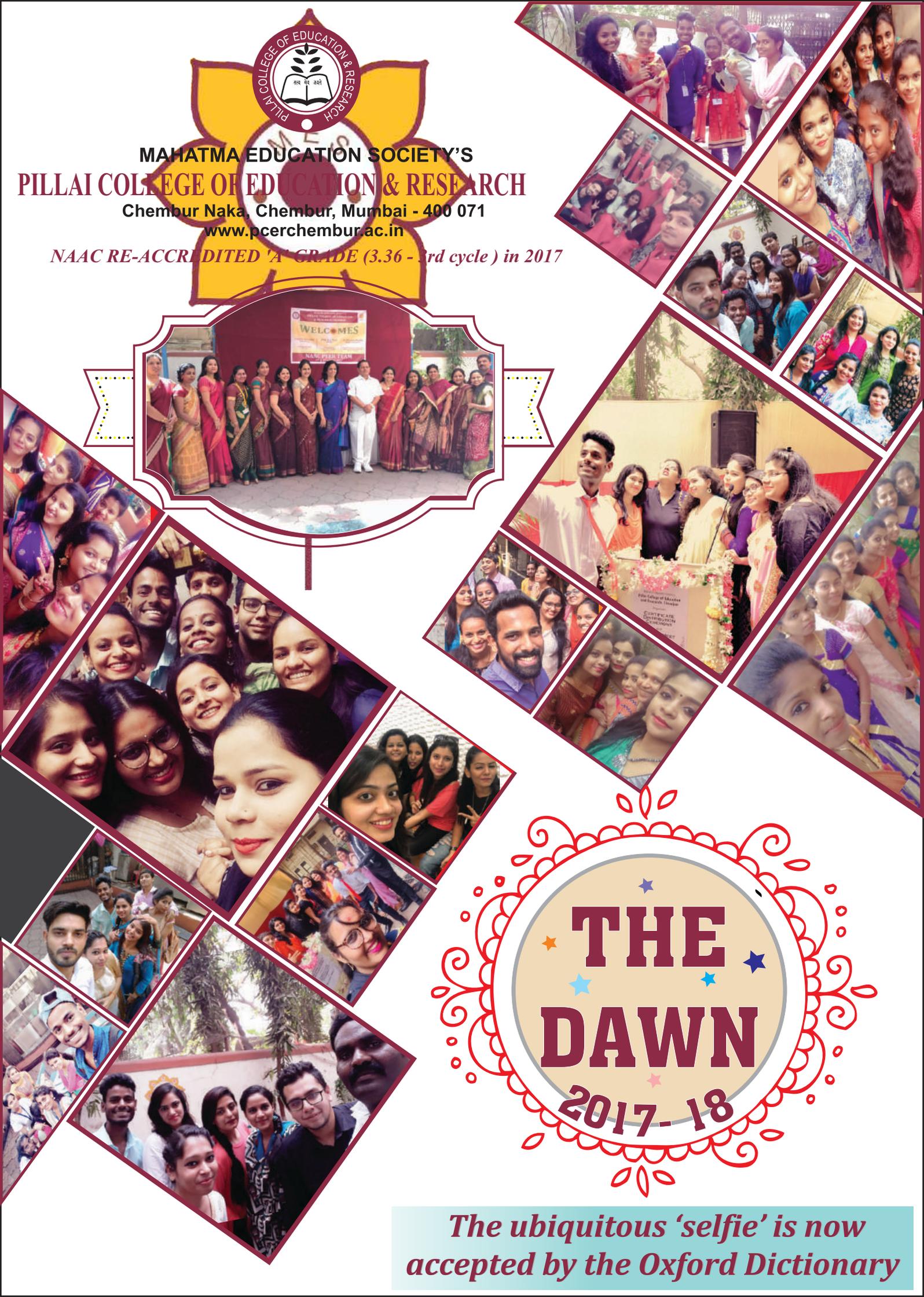




**MAHATMA EDUCATION SOCIETY'S
PILLAI COLLEGE OF EDUCATION & RESEARCH**

Chembur Naka, Chembur, Mumbai - 400 071
www.pcerchembur.ac.in

NAAC RE-ACCREDITED 'A' GRADE (3.36 - 3rd cycle) in 2017



*The ubiquitous 'selfie' is now
accepted by the Oxford Dictionary*

Mahatma Education Society's Pillai College of Education & Research, Chembur



DR. K. M. Vasudevan Pillai
Chairman & C.E.O
Mahatma Education Society



DR. Daphne Pillai
Secretary
Mahatma Education Society



Dr. Priam Pillai
COO
Mahatma Education Society



Mr. Franav Pillai
Deputy C.E.O.
Mahatma Education Society



DR. Sunita Wadikar
Principal



Team PCER - 2017-18

Behind the Scenes





MAHATMA EDUCATION SOCIETY

A TRUSTED NAME IN EDUCATION SINCE 1970



INSTITUTIONS CONDUCTED

SCHOOLS

(S.S.C. PROGRAMME)

- Chembur English Pre-Primary & Primary School - Chembur
- Chembur English High School - Chembur
- Chembur Marathi Madhyamik Shala - Chembur
- Powai Marathi Madhyamik Shala - Powai
- Mahatma School of Academics and Sports - Khanda Colony, New Panvel (Pre-Primary, Primary & Secondary, English & Marathi Media)
- HOC International School - Rasayani (English & Marathi Media)

(CBSE PROGRAMME)

- Mahatma International School Khanda Colony, New Panvel
- HOC International School - Rasayani

JUNIOR COLLEGES

- Chembur English Junior College - Chembur
- Mahatma Night Junior College - Chembur
- Mahatma School of Academics & Sports, Junior College of Arts, Science & Commerce Khanda Colony, New Panvel
- HOC Junior College - Rasayani (Junior College of Arts, Commerce, Science with Vocational)

TEACHERS' TRAINING INSTITUTIONS

D.T.Ed. B.Ed. B.P.Ed. M.Ed. Ph.D.

Approved by National Council for Teacher Education (NCTE) (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.)

- Mahatma Junior College of Education (D.T.Ed.)- Chembur (English & Marathi Media)
- Pillai College of Education & Research (B.Ed.), Chembur Re-Accredited 'A' Grade by NAAC
- Pillai College of Education & Research (B.Ed.), Khanda Colony, New Panvel
- Pillai HOC College of Education & Research (B. Ed), Rasayani
- Vidyadhiraja College of Physical Education & Research (B.P.Ed), Khanda Colony, New Panvel
- Pillai College of Education & Research (M.Ed.), Chembur
- Pillai College of Education & Research (M.Ed.), Khanda Colony, New Panvel
- Pillai College of Education & Research (Ph.D Centre), Khanda Colony, New Panvel

INTERNATIONAL SCHOOLS



INTERNATIONAL JUNIOR COLLEGES

(CIPP / IGCSE/ICSE/IB SCHOOLS)

'A' / 'A' level and 'IB' Programme

- DR. PILLAI GLOBAL ACADEMY - Gorai
- New Panvel

POLYTECHNIC (3-Year Diploma Programme)

(Recognised by Govt. of Maharashtra & AICTE)

- Pillai HOC Polytechnic - Rasayani
Diploma in Computer Engineering
Diploma in Electronics Engineering
Diploma in Information Technology
Diploma in Electronics & Tele-communication Engineering
Diploma in Mechanical Engineering
Diploma in Civil Engineering

DEGREE COLLEGES

Bachelor and Master

(Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.)

- Mahatma Night Degree College of Arts & Commerce - Chembur
- Pillai College of Arts, Commerce & Science - New Panvel Re-Accredited 'A' Grade by NAAC
B.Com.
B.Com. (Accounting & Finance)
B.Com. (Financial Markets)
B.M.S.
B.M.M.
B. Sc. (I. T.)
B. Sc. (Computer Science)
B.Sc. (Biotechnology)
M.Sc. (I.T.)
M.Sc. (Biotechnology)
M.Com. (Business Management)
M.Com. (Accounting & Finance)
- Pillai HOC College of Arts, Science & Commerce - Rasayani
B.Com.
B.M.S.
B.Sc. (I. T.)
B.Sc. (Computer Science)

PROPOSED COURSE/S DETAILS:

- B.Com. (Accounting & Finance) • B.M.M
- B.Sc. (Maths, Chemistry, Biology & Physics)
- B.A. (English Ancillary, History & Economics)
- B.A. (Interior Design)

ARCHITECTURE

Bachelor and Master

(Approved by the Council of Architecture and AICTE) (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.)

- Pillai College of Architecture - New Panvel
- Pillai HOC College of Architecture - Rasayani (B.Arch. 5-year degree course)
- M.ARCH. (Urban Design)
- Pillai College of Architecture - New Panvel

MANAGEMENT COURSE

MMS

(Approved by AICTE) (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.)

- NBA Accredited 'A' Grade by DTE, Govt. of Maharashtra
Pillai Institute Of Management Studies & Research - New Panvel
- (MMS: 2-year Post-Graduate Course)
- Executive MBA
- Pillai HOC Institute Of Management Studies & Research - Rasayani (MMS: 2-year Post-Graduate Course)

ENGINEERING COURSE

Bachelor, Master & PhD

(Approved by AICTE)

(Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.)

NBA Accredited

- Pillai College of Engineering - New Panvel
B. E. in Information Technology
B. E. in Computer Engineering
B. E. in Electronics Engineering
B. E. in Mechanical Engineering
B. E. in Electronics & Tele-communication Engineering
B. E. in Automobile Engineering
M. E. in Information Technology
M. E. in Computer Engineering
M. E. in Electronics Engineering
M. E. in Mechanical Engineering (CAD/CAM, Robotics)
M. E. in Mechanical Engineering (Thermal)
- Pillai HOC College of Engineering & Technology, Rasayani
B.E. in Mechanical Engineering
B.E. in Electronics & Telecommunication Engineering
B.E. in Automobile Engineering
B.E. in Information Technology
B.E. in Computer Engineering
B.E. in Civil Engineering
B.E. in Electrical Engineering
B.E. in Computer Engineering (Direct second year)
M.E. in Mechanical Engineering (Machine Design)
M.E. in Electronics & Telecommunication Engineering
M.E. in Computer Engineering
M.E. in IT (Information & Cyber Warfare)
M.E. in Civil Engineering (Construction & Management)
M.E. in Computer Engineering (Computer Network & Information Security)

PhD (Technology)
Civil Engineering
Computer Engineering

Read
EduNation

THE DREAM OF AN INDIA EMPOWERED

Dr. K. M. Vasudevan Pillai
Founder: Mahatma Education Society

at www.drvasudevanpillai.com

Available in English, Hindi, Marathi, Malayalam, Kannada, Gujarati and Tamil at Mahatma Education Society, Chembur. Call: 25224856 / 25242981

Price: Rs.180/-

PILLAI GROUP OF INSTITUTIONS

48 Institutions Over 2000 Teachers Over 30,000 Students



To create opportunities for value-based transactions and empower student-teachers to tackle professional and global issues through collaborations in a techno-savvy era.



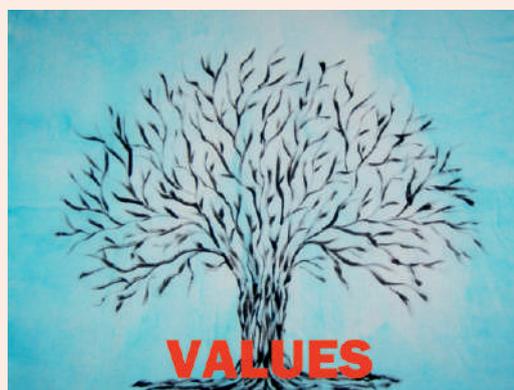
To promote academic excellence & create humane, self-reliant teachers to meet the local and global challenges of the society.



- ◆ *To prepare student-teachers to bring in quality in all their endeavours.*
- ◆ *To inculcate research skills to find solutions to classroom problems.*
- ◆ *To inspire individual, social, emotional and intellectual competence.*
- ◆ *To create an awareness among the student-teachers about community, national and global issues.*
- ◆ *To provide opportunities to interact with experts in the field of education.*
- ◆ *To develop net working skills with their contemporaries.*
- ◆ *To cultivate organizational skills through teamwork, collaboration and co-operation.*
- ◆ *To train the student-teachers in imparting and evaluating learning experiences.*
- ◆ *To inspire student-teachers to meet the challenges of dynamic society.*
- ◆ *To provide supportive skills in dealing with academic and personal problems of learners.*
- ◆ *To nurture the thirst for knowledge and skills in the latest innovations and technologies in education.*
- ◆ *To sensitize the student-teachers towards the threatening environmental issues.*
- ◆ *To direct the student- teachers to fulfill their role as nation builders.*



- ◆ *Contributing to National Development*
- ◆ *Fostering Global Competencies among the students*
- ◆ *Inculcating a value system among the students*
- ◆ *Promoting the use of technology*
- ◆ *Quest for Excellence*
- ◆ *Environmental sensitivity*
- ◆ *Democracy*
- ◆ *Humaneness in all dealings*





Teachers' Pledge

*I solemnly pledge
to what I hold most dearly,
that as a teacher I will practice my profession
with honor and integrity. I will be exemplary in the discharge
of my duties and responsibilities, I will guide my students to be good,
humane and useful citizens of our country. I will abstain from practices
considered inappropriate and I will follow the ethics of my profession.
With the quest for excellence, I will continue to learn and enhance
my teaching skills throughout my career. I will be a positive
role model and do all that
I can to help the students.
I will respect and preserve the
finest traditions of my calling.*

Index

- ⌘ Vision/ Mission
- ⌘ Objectives
- ⌘ Values
- ⌘ Teachers Pledge
- ⌘ Index
- ⌘ The Publication & Editorial Team
- ⌘ Our Torchbearers
- ⌘ Our Institution
- ⌘ From the Principal's Desk
- ⌘ Editorial
- ⌘ Moments of Pride
- ⌘ The Year at a Glance
- ⌘ Portfolio Reports
- ⌘ Alumni Section
- ⌘ Our Voice

The PCER, Chembur Publication Committee :- 2017-18



Sitting L -R: Ms. Jaya Cherian, Dr. Reni Francis, Prin. (Dr.) Sunita Wadikar, Dr. Swasti Dhar

Chairperson:
Principal (Dr.) Sunita Wadikar

Editor:
Dr. Swasti Dhar

Co-Editor:
Ms. Sandhya Sarwade

Student - Editors
Ms. Arpitha Cherian
Ms. Jyoti Surgond
Ms. Shweta Hariyani
Ms. Shiny Rebeiro
Mr. Nikhil Fernandes
Mr. Vidyasagar Sharma

Graphics & Design:
Mr. Sanjay Singh &
Mr. Jaiprakash Gorule

Acknowledgements:
MES's Printing Section
Mr. Rammohan Kalappa

The Dawn Editorial Board - 2017-18



The Editorial Team
Sitting: Dr. Swasti Dhar, Prin. (Dr.) Sunita Wadikar,
Standing: Mr. Vidyasagar Sharma, Ms. Jyoti Surgond, Ms. Shiny Rebeiro,
Ms. Shweta Hariyani, Ms. Arpitha Cherian, Mr. Nikhil Fernandes

Our Torchbearers

Educator, author, and visionary extraordinaire, Dr. K. M. Vasudevan Pillai is the Chairman & CEO of Mahatma Education Society which runs 48 institutions in Mumbai and Navi Mumbai. Established in 1970, with a view to eradicate illiteracy and to provide equal opportunities to every child, the Mahatma Education Society has grown to be a multi-institution trust that provides quality education at all levels: from pre-primary to post-graduation.



Dr. K.M. Vasudevan Pillai
Chairman & CEO of MES

The institutions run by Mahatma Education Society offer degree and diploma courses in Engineering, Architecture, Information Technology, Bio-Technology and Business Management besides primary and higher secondary education. The two Dr. Pillai Global Academies are his latest

contribution to educating children to meet the challenges of today's globalised environment.

Dr. K.M. Vasudevan Pillai holds a doctoral degree in English Literature from the University of Mumbai. He also has degrees in Education and Law. He currently lectures on Leadership Studies to post-graduate students of the Pillai Institute of Management Studies and Research.

Dr. K.M. Vasudevan Pillai has pioneered many educational changes. He established the first non grants-in-aid colleges in teacher education (B.Ed. and D.Ed.) and also in Architecture. He pioneered the first private-public sector partnership in education with Hindustan Organic Chemicals Limited to setup an educational township in Rasayani, Maharashtra.

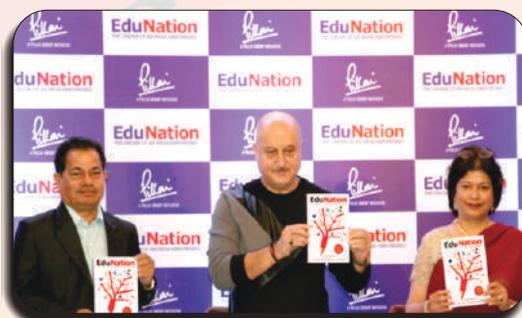
Our Torchbearers

Some Pioneering Endeavours by Dr. K. M. Vasudevan Pillai are

- ❑ The first unaided night college because he believed a working man's dream too needed to be fulfilled
- ❑ The first unaided B.Ed. and D.Ed. colleges in Maharashtra
- ❑ The first unaided College of Architecture
- ❑ The first unaided College of Engineering
- ❑ First to offer Nursery to Post Graduate to Doctoral education under one banner
- ❑ The first to offer exchange programmes with schools in the USA
- ❑ First to enter into a unique private-public sector partnership to develop an educational township to enhance the quality of education for local residents



Dr. K. M. Vasudevan Pillai with Mr. Franav Pillai, Ms. Mabel Chan Pillai and Dr. Priam Pillai give away the winners trophy at Uberrang 2018



Mr. Anupam Kher releases EduNation - The Dream of an India Empowered Which catalogues Dr. K.M. Vasudevan Pillai's journey in the field of Education

Our Torchbearers



Dr. Daphne Pillai in front of the United Nation's Plaza

Dr. Daphne Pillai is the co-founder of the Dr. Pillai Global Academy and the Chairperson of the Management Board of the Mahatma Education Society. Starting off as a Junior College lecturer in English literature, Dr. Daphne Pillai rose to becoming head of the English department at one of the city's leading colleges. Even while she held this exacting post, coordinating a state-wide debate competition and editing the college journal, she taught business communication at the Pillai Institute of Management Studies & Research in her capacity as visiting faculty. With her entry into the Pillai Group of Institutes, she brought her experience and wisdom to the management of over 48 institutions. Dr. Daphne Pillai retired as the Principal of Pillai College of Arts, Science & Commerce (PCACS) in October, 2017. As a Principal, she had ensured accreditation within record time, that, too, with an "A" rating for all the three cycles.

Dr. Daphne Pillai sees herself as both, a custodian of old-world values and an initiator of new-generation change. To this purpose she is involved in several research activities and in community initiatives that will not only secure the future, but create meaningful social change. She is the Founder-President of Soroptimist International, Chembur Sector, a women's service organization that has a seat in the United Nations. In her capacity as President, she had undertaken and implemented several model projects, including a school for tribal children and a literacy drive for women in slums. It is this kind of social consciousness that she hopes to instill in the students of Mahatma Education Society. She dreams that students will use their intellect and their knowledge to create a tangible difference in the lives of others.



Dr. Daphne Pillai addressing the audience at the United Nation's Commission on the Status of Women (CSW) on the topic of 'Achieving Gender Equality and Empowering Rural Girls and Women.'

Our Institution



Pillai College of Education & Research (PCER), Chembur, established in the year 1990 under the aegis of Mahatma Education Society, is permanently affiliated to the University of Mumbai and is recognized by the National Council for Teacher Education (NCTE). PCER envisions empowering trainee-teachers with opportunities to transact value-based curricula in the global scenario. Our institution boasts of being one of the leading institutions imparting quality education by integrating knowledge, values and technology.

Our commitment to quality is reflected in the academic results of our students most of whom go on to hold high positions in reputed schools and colleges. The credit for all our success can be rightly attributed to the Management, the Principal and the faculty members, who work passionately and enthusiastically as a team thereby leading to the college being **reaccredited with an 'A' grade 3.36 in the third cycle** in April 2017 by the National Assessment and Accreditation Council (NAAC)

Through the vision of the institution, trainee-teachers are trained to face and address various local and the global challenges that the world faces today and we take pride in successfully preparing our students to face the world as competent and confident educators.

The institute aims at the holistic development of the trainee-teachers and actively partakes in community services and extension work under the umbrella of the University. PCER was declared as the Lead College for a cluster of 11 other B. Ed colleges by the University of Mumbai in 2012 & got the Best College Award from the prestigious Higher Education Forum in 2015.

From the Principal's Desk



Dr. Sunita Wadikar
Principal

After the very busy year gone by and the stupendous success achieved after the completion of the rigorous NAAC accreditation process, year 2017 -18 seemed to be somewhat hassle free . However, the unanticipated new challenges coming our way, were enough reasons for our worries for the years to come. The most important worry was that of the falling rate of aspirants coming in to the teaching profession because of the two year duration of the B.Ed. course and, of course, the upheaval created due to the drastic restructuring of the new syllabus. Keeping all the apprehensions and concerns on one side and totally focussing on the positive feed back from the members of the NAAC team and the real boost of an impressive grade 'A' with CGPA of 3.36 obtained, we were indeed, highly motivated again. With our customary zeal and enthusiasm we got involved in organising a number of curricular, co-curricular and extra-curricular activities for the ensuing year ahead.

Some of the major events conducted are mentioned below:

- An International Conference in Collaboration with St. Teresa's College of Education & Research.
- A Workshop on Human Rights sponsored by MHRD, Delhi
- An inter- institutional competition - 'Valuer'
- Consultancy provided to train TISS personnel.
- A number of workshops conducted, especially by our Alumni in the slot of 'Alumni Returns'.
- Accolades in the form of trophies, medals and certificates won by the students at the college and inter college level.
- Faculty enrichment programs taken up in the form of attending refresher courses or by participating in paper presentations at the national and international seminars/conferences.
- Alumni Meet was followed by the Certificate Distribution Ceremony.

- Publication of the research journal TransAcademia and college magazine 'Dawn'.
- Valedictory/ Farewell programme

Kudos !!! to the entire team of the Dawn magazine for its timely release and for making it so impressive. The efforts put in by all are highly praise worthy.

I take this opportunity to express our gratitude to the Management, the teaching and non-teaching faculty, students, Alumni of PCER and the other stake holders for their constant support in all our endeavours. Indeed, the team spirit exhibited throughout the entire journey of the NAAC accreditation process was noteworthy

My dear students, let me congratulate you for completing all your assignments very successfully. As you very well know that you are the future torch bearers, so try to uphold the dignity of the noble teaching profession by conducting yourself with utmost sincerity, commitment, passion and enthusiasm. In today's competitive world let's know very well that success will never lower its standard to accommodate us, but we have to raise our standards to achieve it. So keep up your journey towards excellence and life long learning.

Wishing you all a very successful and bright future. !!!



**Education is the most powerful
weapon which you can use to
change the world.**

Nelson Mandela

Editorial



Dr. Swasti Dhar
Editor

We hope that when you go through the magazine, it brings back memories of the year gone by and gives all of you not only a sense of nostalgia but also a deep sense of pride and accomplishment.

This edition would not have been possible without the help of the Management of MES, who has always supported all our endeavours; Dr. Sunita Wadikar, our Principal who has heartily encouraged us, the Editorial Team, and finally You, dear students!

I congratulate all of you on the successful completion of this academic year and wish all of you the very best in the years to come. Adieu – S.Y., Let your light shine!



Moments of Pride



Principal (Dr.) Sunita Wadikar and Dr. Mary Devkumar (Coordinator) receive the NAAC Exit Report from the NAAC Peer Team which visited PCER on the 7th & 8th of April, 2017. PCER, Chembur was reaccredited with an 'A' Grade (3.36) in its third cycle of assessment by NAAC.



The Principals and Staff of St. Teresa's Institute of Education & Pillai College of Education & Research, Chembur jointly organised an International Seminar on "Promoting Research for Quality Education"

Congratulations to our Faculty

Dr.Reni Francis



- ❑ Became a member of the Board of Studies for the Department of Education
- ❑ Became a Ph.D. Guide for candidates doing their Ph.D. from the University of Mumbai
- ❑ Received the D.Litt (Education) from the University of South America, 2018
- ❑ Received I2OR – Academic Leadership Award 2017 by the International Institute of Organised Research.
- ❑ Authored two books: 'When Love Meets Education' and 'Basics of Commerce Education – Pedagogy of Commerce'

Dr. Mary George Varghese

- ❑ Became a Ph.D. Guide for candidates doing their Ph.D. from the University of Mumbai



Dr. Swasti Dhar

- ❑ Was awarded her Ph.D from the University of Mumbai. Her work dealt with teaching English to secondary school students using Mind Maps. She was guided by **Dr. Sunita Wadikar**, Principal – PCER Chembur



Congratulations! Our Students do us proud 2017-18

Event	Winner	Position
1st - 2nd December, 2017 Planit - E - a step to step up E - quality conducted by St Teresa Institute of Education	Ms. Nanda Deshmukh (F.Y. B.Ed) Ms. Nisha Phulwaria (F.Y. B.Ed) Ms. Jincy James (F.Y. B.Ed) Ms. Shubhashri Sekar (F.Y. B.Ed)	1st Prize - Any eco friendly 3rd Prize - Poster Competition
16th December, 2017 Valeur 2017 intracollegiate competition conducted by PCER	Ms. Punit Matta (S.Y.B.Ed) Ms. Sinduja Asaithambi (S.Y.B.Ed) Ms. Sabiha Khan (F.Y. B.Ed) Ms. Pooja Yadav (F.Y. B.Ed) Ms. Sophia Rodrigues (F.Y. B.Ed)	2nd Prize - Extempore Competition 3rd Prize - Best out of Waste 1st Prize - Mehendi 1st Prize - Nail Art 3rd Prize - Essay
15th and 16th December, 2017 Oasis 2017 conducted by Shree Narayan Guru College of Arts, Science and Commerce	Mr. Chaithra Kumar (F.Y. B.Ed) Ms. Swati Gujral (S.Y. B.Ed)	1 st Prize - Accounting test 2 nd Prize - Accounting test
1st January, 2018 Zeel fest conducted by Guru Nanak College	Ms. Nanda Deshmukh (F.Y. B.Ed) Mr. Kunal Anand (F.Y. B.Ed)	1st Prize - Debate

Congratulations! Our Students do us proud 2017-18

Event	Winner	Position
6 - 7th January, 2018 Talent Mania conducted by Mahatma Night Degree College	Ms. Sabiha Khan (F.Y. B.Ed)	2nd Prize - Mehendi
8th February, 2018 BTTC - HUM TUM conducted by Bombay Teachers Training College	Mr. Nikhil Fernandes (F.Y. B. Ed)	2nd Runners Up - Personality Contest
22nd - 24th February, 2018 Mridaang 2018 conducted by R.R. College of Education	Cricket team (F.Y. B. Ed) Ms. Shilpa Sen (F.Y. B. Ed) Ms. Sabiha Khan (F.Y. B. Ed) Ms. Pooja (F.Y. B. Ed)	1st Prize - Box Cricket 1st Prize - Quiz 2nd Prize - Mehendi 2nd Prize - Nail Art
25th February, 2018 Dr. Madhuri Shah Memorial Intercollegiate Essay Competition conducted by H.J. College of Education	Ms. Sivaranjani Ganesan (S.Y. B.Ed.)	1st Prize



Winners of Intra Collegiate Events**Late Principal Mathews Chacko Memorial Extempore Competition.**

- I Prize - Mr. Punit Singh Matta
II Prize - Ms. Nisha Ganesan
III Prize - Ms. Sivaranjani Ganesan
Consolation Prize - Ms. Amala Pency
Consolation Prize - Ms. Sneha Myakal



The Year at a Glance



Activities for June

Jun 24th

Workshop on Transactional Analysis
for Classroom Management

Resource Person: Dr. Sunita Jain



Jun 27th

Workshop on 'Effective Classroom
Management

Resource Person: Ms. Vinita Desai



Jun 28th

Workshop on Communication Skills

Resource Person: Ms. Jaya Cherian



Jun 29th

Workshop on 'Teacher as a Role Model'

Resource Person: Dr. Reni Francis



Jun 30th

Workshop on 'Emotional Intelligence'

Resource Person: Dr. Sneha Raikar



Activities for July

July 1st

Special Assembly on 'Parents' Day'



July 3rd

Practice Teaching (S.Y) Sem. III
The students of S.Y. started their 10 weeks of Internship with various practice teaching schools

July 6th

Workshop on 'Memory Enhancement Techniques'
Resource person : Ms. Sandhya Sarwade

July 22nd

Visit to a Mobile Laboratory - Science Express Train

July 29th

Spelling Bee Competition

Activities for August

Aug 5th

Inauguration of the Skill Developmental Programme

Dr. K.M. Vasudevan Pillai Chairman & CEO of MES delivered the Key Note Address for the Skill Development Programme. This programme, for the S.Y. focussed on the various skills that a teacher would need.



Aug 15th

Independence Day Celebrations



Activities for September

Sep 7th

Onam and Teachers' Day Celebrations



Sep 11th

Career Cell Organised a talk on 'Education Abroad'



Sep 14th

Hindi Diwas and Ganesh Chaturthi Celebrations



Sep 16th

Extempore Competition



Activities for September

Sep 28th

Welcoming the First Years
Batch of 2017 -2019



Activities for October

Oct. 2nd

Gandhi Jayanti Celebrations



Oct. 12th

International Seminar for Promoting
Research for Quality Education



Prin. Dr. Sunita Wadikar & Dr. Mary Varghese
(Co-ordinator) light the lamp



Releasing of the Conference Proceedings



With Ms. Andrea Sinnot from
Soroptimist International - UK

PCER Chembur organized an International Seminar on "Promoting Research for Quality Education" in collaboration with St. Teresa's Institute of Education, Santacruz. Dr. Cerena D' Cunha (from STIE), Dr. Mary Varghese and Dr Reni Francis were the coordinators of the Seminar.

25th
&
26th Oct

University Exams - S.Y. Semester III

Activities for November

Nov. 11th

Workshop on Enhancing Leadership Skills
Resource Person Ms. Sandhya Sarwade



Nov 14th

Workshop on Using Process Drama
Resource Person Ms. Vani Achari



Nov 17th

Workshop on Resume Writing
Resource Person Dr. Swasti Dhar



Nov 20th

Workshop on Leadership Skills
Resource Person Dr. Mary Devakumar



Activities for November

Nov 25th

One Day Training Programme on National Human Rights Commission
Ms.Vani Achari was convener of the training programme



Women Development Cell of MES's PCER, Chembur organized a National Human Rights Commission, New Delhi, sponsored Training Programme on 'Human Rights for Humaneness' on 25th November, 2017. The main objectives of the training program were to promote an understanding of universality of human rights, international instruments, their principles and methodologies for human rights education.

The Training program was divided into 4 sessions which included

- Introduction to Human Rights
- Human Rights Institutions in India
- Rights of Women and Children
- Rights of Other Vulnerable Groups



Dr. K.M. Vasudevan Pillai
Chairman & CEO of MES
felicitates Dr. Arvind Tiwari -
Dean, School of Law, TISS



Prin. Dr. Sunita
Wadikar welcomes the
gathering



Dr. K.M. Vasudevan Pillai
address the audience



Ms. Vani Achari
(Convenor) puts forth
the details of the
training programme

Activities for December

Dec. 4th

Expert Talk on AIDS Awareness



Prin. Dr. Sunita Wadikar felicitates
Dr. Shankar Chawla

Women Development of Cell of Pillai College of Education and Research organized AIDS Awareness Workshop on 4th December, 2017, in the lecture hall, Room No. 404. The main objective of the workshop was to create awareness about AIDS among the pre-service teachers so that they can spread the awareness among the students in future.

The resource person for the workshop was Dr. Shankar Chawla, LCEH, MD in Homoeopathy, P.G. Course in Classical Homoeopathy from International Academy of Classical Homoeopathy – Greece, Post-Graduate in Preventive Health Care from Apollo Hospitals, Hyderabad and has been practising homeopathy from last 32 years.

Pre-service teachers were oriented about the symptoms of AIDS and what preventive measures need to be taken. He clarified the myths and misconceptions of this dreadful disease.

Dec 9th

Workshop on Classroom Management

Resource Person: Ms. Vinita Desai



6th
to
22nd Dec

Practice Teaching (S.Y) Sem. IV

The students of S.Y. completed 3 weeks out of
6 weeks of practice teaching internship

Activities for January

Jan 26th

Republic Day Celebrations



Jan 27th

Community Service Day



MES dedicates an entire day towards Community Service and this year, the students of PCER hosted the group from NASEOH at Panvel. This day is dedicated to strengthen the bond between PCER and the NGO.

Jan 29th to
31st

University Exams (FY) Sem I

Activities for February

Feb 3rd

Workshop on Inclusion in Action
by Ms. Vasundhara Kaul as a part of
ALUMNI RETURNS



15th Jan
to
9th Feb

Practice Teaching (S.Y.) Sem IV
The students of S.Y. complete the remaining 3 weeks out of
6 weeks of practice teaching internship

Feb 5th
to
Feb 26th

Practice Teaching (F.Y.) Sem II
The students of F.Y. completed 3 weeks of
practice teaching internship

Feb 27th

Marathi Bhasha Divas Celebrations



Activities for February

Feb 28th

College Picnic & Institutional Visit

The Principal, Staff and students of PCER enjoyed a full filled day at Franav Farms and took part in adventure sports and stumptuous lunch. This was followed by a trip to visit the campus at Rasayani where Dr. K.M. Vasudevan Pillai, Chairman and CEO of MES interacted with the students



Activities for March

March 5th

Marathi Divas Celebrations



The birthday of Kusumagranj is celebrated as Marathi Divas in India. In PCER, we celebrated Marathi Divas as a special assembly. The students spoke about the greatness of Kusumagranj and also recited poems written by him.

March 8th

International Womens' Day Celebrations



Womens' Day was celebrated throughout the day starting with a special assembly in which the achievements and importance of Womens' Day was elaborated upon. This was followed by a Gallery Walk about women achievers followed by roleplay by the students who dressed up as women they admire.

Activities for March

International Womens' Day Celebrations



March 13th

Science Day Celebrations



March 15th

Alumni Meet & Degree Certificate Distribution



Dr. Sunita Wadikar, Shri G.T. Ochani along with the Alumni who were felicitated for their Academic Achievements

Activities for April

April 4th

Poetry Recitation and TED Talk



April 21st

Valedictory Programme

Portfolio Reports



Practice Teaching

Students interact and intern with a school during Practice Teaching (PT) and this forms a very important part of their B. Ed. Curriculum. Students undergo Internship for 18 to 20 weeks during the second, third and fourth semester of this two-year programme.

For the academic year 2017-18, the students of PCER went to 10 different schools and colleges for their Internship wherein they shadowed the school subject teachers, gave lessons in their chosen pedagogy and completed a myriad of activities.

Lions Pioneer High School, Matunga



OLPS, Chembur



CEHS, Chembur



AFAC English School



Padua High School Mankhurd



CEJC, Chembur



St. Sebastian School, Chembur



Vidyaniketan Junior College, Pant Nagar



SIES High School, Matunga



Extension Activities 2017-18

F Y B. Ed Students actively participated in extension activities of the Department of Life Long Learning & Extension, Mumbai University. Students conducted their activities at college and University levels. At the university level students carried out the project activities, general awareness

lessons and debate on “Should Menstruation and Sanitary Napkins be discussed Openly in the Public Platforms”. Students actively participated in the debate and took a vow on spreading the message among the general public and student community.



Students and Teachers talk about social issues



Participation in UDAAN 2018

Students participated in University Extension festival-UDAAN 2018. Students

performed Street Play on the theme 'Save Food' and Poster Making Competition



Receiving the certificate of participation at the UDAAN festival



The students with Ext. incharge Dr. Mary Varghese

Community Service

With the objective of extending the services and resources to the needy and sensitizing and accepting the disparities of the society, students of PCER carried out the community services. The students were allocated to various NGOs where they carried out various activities as per the requirement of the centre. Some of the activities conducted were craftworks, candle and flower making, paper bags making etc. some of the centres our students conducted remedial coaching and language training also.

As a culmination to the entire community service activities, students celebrated

community service day which was organized by Mahatma Education Society on 27th Jan 2018. Students from NASEOH were invited and taken to Panvel for the celebration. Students conducted various activities for the NASEOH students and spent time fruitfully.

Students and faculty members organized 'Fistful of Grains' on 14th Dec 2016 and collected Rice and Dal. Students identified different places viz. Kurla, Sion GTP, Matunga etc. and distributed to the collected grains to the needy ones who stays on the roadside tent houses.

Fistful of Grains



Community Service Day at Panvel



The staff & Students of PCER with the students of NASEOH

The ALD Programme

The Adult Literacy Drive or the ALD programme is an on-going yearly community service programme that has been taken up by PCER, Chembur in collaboration with the Soroptimist International Bombay Chembur (SIBC), a non-profit women's organisation working towards women and girl child welfare.

Under the ALD project, the staff and students of MES pitch in to teach spoken English and communication skills to all the participants. This year, the participants opted for either to develop beautician skills or upgrade their computer skills. Ms. Nasreen Khan (from MES) and Ms. Archana Pandey (an ALD participant herself) offered their expertise for teaching various beauty skills while our PCER students helped the ALD participants to learn computer skills.

We were fortunate to receive a donation of Rs. 10,000 from the Inner Wheel Club of Deonar towards the Beautician

programme.

In the month of December, all the ALD participants and the members of SIBC celebrated Christmas by singing carols and playing games. It was an evening of gaiety and fun.

All participants honed their spoken English skills and the eight-month programme culminated with a fashion show on the theme 'India and its Diversity' on 8th March on the occasion of Women's Day, wherein the ALD participants spoke about the various states of India and showcased the states through a PPT (prepared by them) and also by dressing up as persons from that state.

Watching their feeling of empowerment and witnessing them confidently presenting themselves to the world indeed brings a sense of contentment to all. We look forward to once again taking this project further next academic year



Dr. Daphne Pillai & Ms. Yvette Lee take a session



Dr. Reni Franics explains the degrees of Adjectives



Receiving a Cheque from the Inner Wheel Club of Deonar



Practicing speaking aloud



Learning how to drape a saree



Writing in English



Honing their computer skills



Christmas Party



Team ALD

VALEUR

The Pillai College's annual festival 'Valuer' is a highly awaited event where enthusiastic students showcase their talents and gain recognition. The fest offers an array of activities for students to participate in. Students from various colleges of Mumbai come together on this occasion. It is a great opportunity to bring students together under one platform, enhance social interaction and facilitate exchange of cultural ideas and thoughts.

The theme for 'Valuer' for the year 2017 was 'Values.' The day began with the welcome programme inaugurated by our Principal Dr. Sunita Wadikar and it was followed by the first event – the highly

energetic Extempore competition. Other activities like mehendi competition, rangoli competition and nail art took place simultaneously during the first half of the day.

In the second half, the most awaited event of the day was the street play competition; it brought out impactful performances by students and left powerful messages on values in the minds of the audience. The last event for the day was the Ad Mad Show where innovative products were very creatively sold by the participants. The day ended on a high with the prize distribution ceremony where students were applauded for their achievements.



At the reception desk

Dr. Mary Devakumar & Ms. Vani Achari
taking the lead



The Winners!

Moments from Valeur 2017



The College level Winners

Career Cell Report 2017-18

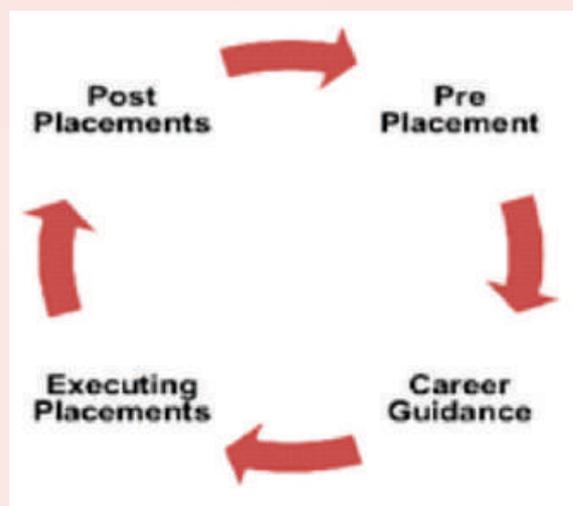
It's a moment of happiness and pride for the Career Cell of PCER Chembur for successfully completing the Final placement for the batch of 2016-18 which saw various Educational Institutes. It is also a reflection of the amount of trust and confidence that the educational institutes bestow on the Institute and its students.

The Career Cell is headed by our Principal, Dr. Sunita Wadikar and the teaching faculty Prof. Ms. Sandhya Sarwade and Dr. Sneha Raikar. The Career Cell of PCER aims at making available quality placement opportunities for the student teachers of the college. This has been possible due to the availability of a diverse pool of students for the wide range of profiles offered by the educational institutions across different disciplines. The recruiting institutions and students had the opportunity to meet mutual aspirations and expectations due to the transparent process followed at the Career Cell of PCER.

Our Career Cell follows a four stage process model involving the Pre Placement activities, Career Guidance, Executing Placement and Post Placement reviews.

Like the previous years, this year also the

career cell organized several workshops for student teachers – Resume Writing, How to face an interview, Study Abroad, and SWOC Analysis. A number of educational institutes, NGOs visited the campus for placements that started in the month of December with the arrival of Universal School, Podar School, Arya Vidya



Mandir, and Shishuvan. The second round of campus interviews was held in the month of February by P.G. Garodia School, Kotak Education, Avalon Heights.

With relentless support from our Management, Principal, Faculty, Non-teaching staff and student teachers, the Career Cell has been growing from strength to strength and is striving towards the ultimate goal of 100% placement for the student teachers.

Interview Session with various schools



Alumni Section

The Alumni Association of PCER-Chembur is a registered body and has a strong presence in the B. Ed. Curriculum. It operates through The Intellectual Capacity Building Network Centre (ICBN) which works in collaboration with PCER to build the intellectual capacity of the faculty of MES's Chembur Campus. It helps organise workshops, seminars, research-based paper presentations etc. It helps organise interactions with the alumni through its programme of **Alumni Returns** by which our alumni come back to their alma mater and share their experiences in the field. This helps bridge the skill gap and also builds a connect between the alumni and the current batch of students.

Another way in which the Alumni interacts is through the section called **Alumni Writes**. Through their writings and articles, the alumni reach out to the college and the students with their thoughts.

The **Alumni Meet** is an annual programme when the toppers of the previous batch are felicitated and the alumni interact with the students of PCER. It is in this forum that the **Alumni Felicitations** also take place

Alumni Returns



Ms. Nadia Mendes Batch of 2015-17, took an interactive session on 'Apps and Technology in Education'



Ms. Vasundhara Kaul, Batch 2013-14 took an interactive session on 'Inclusion in Education' on the 3rd of February 2018

Alumni Writes**The B.Ed program – My perspective**

The world is an ever evolving, dynamic and restless playground which always keeps us mere mortals on our toes. In this dynamic scene, it is imperative that one has to constantly improvise on one's limitations and learn new techniques to stay afloat in the fiercely competitive job market.

If we zero in on the noble profession of teaching, this is also an inherent responsibility due to the fact that as teachers we hold the key to influence the tender and malleable minds of our students who look up to us in more ways than one.

In this context, the Bachelors in Education degree program offers a wide variety of skill sets along with value education which is a must for wannabe educators. The duration of the program, which has over the past couple of years been raised to two years, is a comprehensive and in depth program for people who are new to the field of teaching. Apart from a micro view into Child Psychology and Assessment Techniques, it also enriches the learner on the need of the hour i.e. Inclusive Education. While the program offers the method based on the learners basic qualifications, it also gives the learner enough opportunities to learn the best possible ways to interact with students so that learning can be more holistic in nature. This program also places emphasis on the importance of Drama and Technology

which can be used in the 21st century classrooms. It provides opportunities for future teachers to indulge in self reflection and also express their thoughts in a creative manner. Through practical avenues like Lesson planning, Unit planning, Practice Teaching, Co Teaching lessons and Value based lessons, student teachers receive a plethora of opportunities to overcome their inhibitions and stage fear.

The B.Ed. program offers its learners lessons on time management and team work from day one as multiple activities are organised in a synchronised fashion with each being a team activity. Student teachers are taught to juggle various responsibilities and enhance their people skills, which offer a simulation of a teacher's work experience in school.

From my perspective the B.Ed program has been a training ground which has helped me to build up my resilience and tolerance which will definitely hold me in good stead in the varied circumstances which i may have to face in my road ahead. It has been a wonderful and enriching experience and has added a few more dimensions to my personality which I never knew about earlier.

Ms. Priya Arun
Batch of 2015-17

An Experiment in Education

Emerson, a great essayist, wrote, "All life is an experiment." We cannot know in the process of living life what the outcome of this experiment will be. To get the best possible outcome therefore one must focus on the seemingly inconsequential details of everyday living. At some point, intuition will bring to us the joy and truth of life, the desired outcome.

In a similar fashion, studying for a B.Ed. degree was like an experiment in education. We couldn't, at that moment, know how it would all help us. Many said the real experience of teaching in a school would be very different from giving lessons in front of peers and professors.

They were right. In the present educational setting, parents have a plethora of options in terms of schools: state-run and private schools; and SSC, CBSE, ICSE, CIE and IB schools. A single course of teacher education cannot prepare students comprehensively for teaching in each one of these schools.

Then, how does a B.Ed. course help you?

English author Michael Morpurgo said, "It's the teacher that makes the difference, not the classroom." All good teachers have

certain common characteristics, no matter which school they teach in. In my experience of the B.Ed. course, I learnt some things about being a teacher.

Working hard or hardly working?

Being a trainee-teacher is very different from being a teacher in a school. Nonetheless, everything that we did as part of our course – from charts and projects to lessons and assemblies, skits and events – is part of a teacher's life. Teaching is not just about teaching a subject; it includes being part of the students' all-round school experience, which involves academic instruction as well as co-curricular activities. And yes, it is hard work, something I can say about the B.Ed. course as well.

Good teaching is $\frac{1}{4}$ preparation and $\frac{3}{4}$ theatre.

- Gail Godwin

How true this statement holds for giving lessons! Don't begrudge the long lesson plans and miniscule details involved in presenting lessons during Practice Teaching, including the carefully mapped out blackboard work and painstakingly prepared teaching aids. Presentation is a

vital part of teaching. It is also important for the demo lessons one has to give as part of the interview process to get that teaching job in the first place!

A perpetual student

Like one of Anton Chekhov's characters in the play 'The Cherry Orchard', teachers are learners forever. One can never say learning is complete with a course, nor can

one close one's mind to learning on the job. It is by learning that we grow, as educators and human beings.

To conclude, I hope and pray that your experiment is a success. Godspeed!

Ms. Blossom D'Souza
Batch of 2015-17



Alumni Meet 2017-18

Alumni meet was organized on 15th March, 2018 at Chembur Campus. Students of the batch 2016-18 were invited for the Alumni meet followed by the certificate distribution ceremony. The toppers of the batch were invited as chief guests. They were felicitated by our Principal Dr Sunita Wadikar and Deputy CEO Sri G.T Ochani sir. Our Principal Dr Sunita Wadikar and Deputy CEO Sri G.T Ochani sir addressed the gathering and congratulated the student achievers for their outstanding

performance. The achievers shared their experiences and gains through the journey of B.Ed and provided valuable inputs to the present batch. Ms Anu Madhok, ex student from 2012-13 batch was felicitated for completing her Masters Degree from the USA. Ms Anita Rangaswamy from batch 2014-15 was felicitated for getting the best teacher award in Guru Nanak College of Commerce, Mumbai. This was followed by cultural programme and certificate distribution



The College Level Toppers from the Batch of 2015-17 take their place on the dais

Moments from the Alumni Meet



Ms. Priya Arun

The Toppers speak to the audience



Ms. Sabrina Mukadam



The MC's



The Students put up a great show



Certificate Distribution Ceremony



The Proctors of PCER



Dr. Sunita Wadikar hands over the degree to a student



Dr. Reni Francis and Dr. Sunita Jain take charge



Dr. Sharada Sharma and Dr. Swasti Dhar, both from the Batch of 2007, 08 with their Ph.D Degree

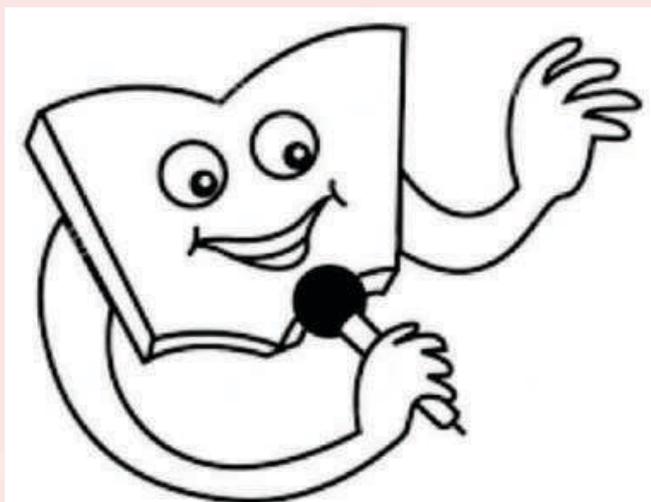


We have graduated!!!



The Final Signature

Our Voice



Imagine
With all
your mind.
Believe
With all
your heart.
Achieve
With all
your might.



Cyber Hygiene – Need of the Hour

As kids we have learnt a lot on personal hygiene and the importance of keeping ourselves and our surrounding clean and staying healthy. Today technology has seeped into our system not only as a gadget but as a way of life. We can't avoid technology nor can we disown its existence today, but we can surely be careful of the way we use these gadgets in our daily life and hence Cyber hygiene is of prime importance.

Cyber hygiene is forming and maintaining of an individual's daily routines, occasional checks and general behaviours for online "health" security. Improving cyber hygiene requires training and education. It begins with educating everyone about the risks of their online actions. This must start early during the people's formative years because most children get poor cyber habits early in their lives. Improving hygiene also requires better training for people to improve their ability to detect online fraud. Such training must focus on making people aware of online safety protocols, safe browsing practices, secure password creation and storage, and on procedures for sequestering and reporting suspicious activity. At its core developing better cyber hygiene requires us to replace

poor cyber habits with smarter habits.

Cyber Security Best Practices

1. Limit Personally Identifiable Information on Social Media

Many social media services will make attempts to enter information like date of birth, home address, location details and mobile numbers to make it easier for other people to find you. But this dramatically increases your cyber security risk as cyber criminals find ways to locate this information. If you've already added this information set it to hidden; or better still, remove it from your profile.

2. Enable Privacy Settings, increase the default security settings, and set up alerts

Many social networks are opened by default, privacy is basic or turned off, and security is optional. Review the privacy and security options available to you and enable them. Be careful about making your account visible. Use an Authenticator application like Google, Microsoft, Symantec to SMS. Enable alerts and notifications on your accounts so you are quickly advised of any suspicious activity. Get notified when anyone attempts to tag you.

3. Use Stronger passwords and change them at least once per year

When choosing a password make it long, strong and unique to that account. Then change it at least once per year. The average age of a social media password today is years, and social media platforms don't do a great job of reminding you how old your password is, pointing out how weak it is, or telling you when it's a good time to change it. Never use the same password multiple times.

4. Never use social logins, as tempting as it may be

Wherever possible, log into original accounts using the unique login you created for that account rather than using social logins.

5. Maintain and use multiple Digital Identities

Create multiple accounts to de-risk your information. Set up multiple email accounts with different purposes: use one email address for low-risk communication; one for subscribing to online newsletters, airport Wi-Fi and other services that require an email address; one for shopping online, and another for resetting passwords (which has higher security settings). This lowers the chance that your

information will be compromised, and limits the risks associated with having all your eggs in one basket.

6. Limit what you do over public Wi-Fi and apply the following practices when using it:

- a. It's best not to use a public Wi-Fi network without VPN. Rather use your cell network when security is important (3G/4G/LTE).
- b. When using public Wi-Fi ask the vendor for the correct name of the Wi-Fi Access point and confirm that it has security. It is common for hackers to publish their own Wi-Fi ID with similar names.
- c. Disable Auto Connect Wi-Fi or enable Ask to Join Networks. Hackers use Wi-Fi access points with common names like 'Airport' or 'Café' so your device will auto-connect without your knowledge. Never opt to remember the Wi-Fi network on public access points.
- d. Use the latest web browsers as they have improved security for fake websites. This prevents someone from hosting their own 'Facebook' website, for example, waiting for you to enter your credentials.
- e. Do not click on suspicious links like videos, even via social chat.
- f. Beware of advertisements. They could

direct you to compromised websites.

- g. Use a least privileged user or standard user while browsing as this will significantly reduce the possibility of malicious malware being installed.
- h. Always assume someone is monitoring your data over public Wi-Fi. Do not access your sensitive data like financial information over public Wi-Fi.
- i. Do not change your passwords, and be wary of entering any personal credentials while using public Wi-Fi.
- j. If you have a mobile device with a personal hotspot function, choose this over public Wi-Fi where possible—but still be cautious.

7. Limit on how often you like a status, follow a page, or allow an application to access your social media profile

If you're a frequent user of any social media platform be aware of the risks of liking posts, following pages or allowing different applications to access your profile. You're accumulating a trail of activity that is time consuming, or even impossible to reverse. When you grant access to a social media app you must practice good cyber hygiene—remove the app's access when it's no longer required. Apps may share your information (and sometimes that of your friends) and unless you revoke access the app will continue to have access to your

profile data and more. On occasion, go into your account and review which apps have your approved access and revoke access if you no longer need the app.

8. Before clicking on anything, stop, think and check if it is expected, valid and trusted

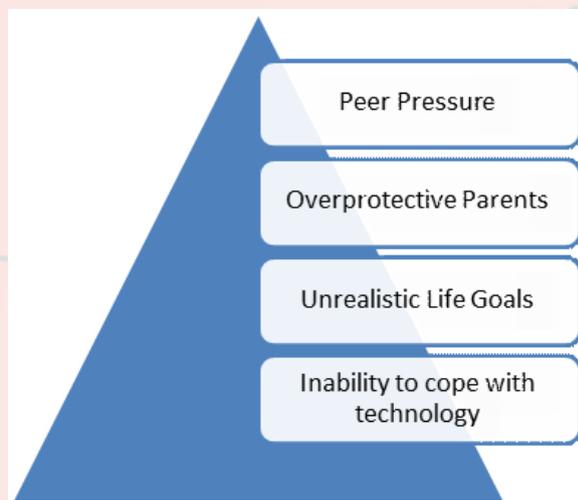
We are a society of clickers; we like to click on hyperlinks. But be cautious of any message you receive that contains a hyperlink, even if it looks like a legitimate message from a friend or a trusted organization. Stop and ask yourself if the message was expected. Do you know the person who sent it, and is it really from them? Or could they have been hacked? Could it be a phishing email—a message that looks exactly like one you might receive from a familiar organization but is really a set-up to get your information. If you're unsure of the authenticity of the message contact the sender by phone or via a new message and ask if they sent you the link. It could be malware, ransomware, a remote access tool or something that could steal or access your data.

Stay safe online with these cyber security best practices and avoid becoming the next victim of cyber crime.

Dr. Reni Francis
Asst. Professor
PCER, Chembur

The Storm And Stress Of Adolescence

The need to identify and mentor adolescent suffering from stress has become the need of the hour of the 21st century. Adolescence is marked with lot of physiological and psychological changes which sometimes itself becomes a cause of stress. If stress is not addressed at the right time it may lead to fatal problems like indifferent attitude, isolation from peers, family and society and sometimes leads to suicide too. So it is imperative to find out first whether the child is in dilemma with respect to any issues. There can be various causes of adolescent stress, to name a few, we have



Adolescent issues should be handled with lot of confidentiality. This is the period where they will either make or break their life. So as parents, elders, teachers we have

take the onus for the well being of the child. First and foremost we have to listen to them selflessly, let our children vent out their emotions without any conditions. Half of the problem is sorted when they speak their heart out because they seldom have a habit of self introspection.

If still the problem persists they need lot of guidance. It's easy to preach than practice so it's better to share with them lot of real life experiences to make them aware that you have also sailed through similar boat. At the end let us remember that this is a passing phase so develop faith among them and inspire that they are unique and important in our life.

Dr. Sunita Jain
Asst. Professor
PCER, Chembur

Self Regulation and Teacher Wellbeing

“The True Teachers are the one’s who help us to think for ourselves”

Dr. S Radhakrishnan

Education builds the future of every nation and teachers are the pivots of the education system. Quality teaching is the result of having an underlying structure that supports both the learner and the teacher. If the structure does not allow space to breathe for those within in it, the inhabitants are sure to suffocate. So it is very important that teachers should lead a balanced life inside and outside school, which in turn delivers an implicit message that teachers and their well-being are valued and valuable.

Well-being is not just about happiness. It is much more than this. It is about living life well, developing ourselves and in our full potential; developing relationships with ourselves and others and contributing to our society, our world. Well-being in schools is a fundamental pre-requisite for healthy, constructive and productive quality teaching and learning. Both students and teachers need to be supported, fit and well to be inspired and inspiring.

Why we need teacher-wellbeing programs?

The various changes around the world and in education specifically, causes teacher-burnouts. These constant changes in the personal and professional life causes stress on teachers. A stressed teacher will have increased adrenalin pumping through their body. So they are likely to be more easily agitated, less tolerant, quick to judge and of course feel fatigued and run down. Their mind will be full, racing and possibly turbulent. Negative thoughts are likely to be rampant and the inner critic will be actively at work at different areas unnecessarily which creates internal and external conflicts in them. Their creativity will be stunted and their ability to think clearly will take great effort. Their emotional landscape is potentially in tatters resulting disturbed relationship with colleagues and students. Self-esteem can plummet and low morale is common when teachers are out of balance. Learning is less likely to take place if the teacher isn't well. If the teacher feels physically ill, they will be distracted by their symptoms. Learning is very difficult if the classroom is not managed well and behaviour is hard to manage when a teacher is struggling.

Relationships are key to productive,

progressive learning. Without happy and healthy relationships, there is no hope of honest, open communication, respectful attitudes, kind behaviour or constructive support. And moreover there is no room to grow, develop or understand how to be assertive rather than reactive, aggressive or passive aggressive.

Teaching at its best arises from healthy teachers who are well rested, open minded, clear thinking and compassionate towards the challenges of learning. A Mindful teacher is fully present, able to support and encourage whilst simultaneously challenge their students to reach beyond expectations. Relaxed teachers are flexible teachers. Flexible teachers are more likely to be resilient.

Practicing Mental Health Among Teachers

We all know the basic requirements to maintain good physical health. We know we must eat well, exercise regularly, drink plenty of water, sleep well etc. When it comes to mental health, however, we've been taking a different track; most of us wait for mental illness symptoms to arise before giving the health of our minds any consideration.

Here are some tips for promoting good mental health in schools:

- Eat Nutritious diet and drink plenty of water
- Get enough sleep and exercise
- Keep an open mind, don't gossip and snipe
- Stay connected to friends, family and God
- Get involved and proactive
- Embrace your hobbies
- Find time for leisure and creative activities
- Listen to music, read short stories and novels
- Incorporate more physical activity as sedentary lifestyle is terrible for mental health, since the body and the brain work in tandem. So you can incorporate exercise into the school day, without too much disruption.
- A 10-minute yoga activity, will help to retain an increase in energy levels, attention spans etc.

Life is precious and Beautiful!! What are you doing to ensure yourself fit, well and flourishing?

Dr. Mary George Varghese,
Asst. Professor
PCER, Chembur

Do apps help you or just waste your time?

Applications (Apps), the soft wares without which our lives today can come to a standstill. Budgeting, education, calculating, writing, reading, playing, connecting, etc. there is an app for everything. When technology consumes people's daily existence, it wastes them a lot of valuable time they could use in real productivity. However, the right app can only be beneficial when we use it in the right time.

The apps keep me connected, but also distract me from more productive things I could be doing. So, are applications beneficial or a waste a time? I am not quite sure. Apps can be very useful and productive, but it mainly depends on how and for what the individual uses the application.

making the user's life simpler, but in reality it could just take away from their time, whereas someone else might be able to make the most of their time with the same application. Because I believe that smart phones themselves are highly distracting, it is hard for any application on a smart phone to be non-distracting. It all depends on personal preference and how people use their applications for productivity without letting other factors of the phone waste their time.

So, I find apps useful and also waste of time at some instances.

Lastly I would like to conclude with a quote: "Technology is a useful servant but a dangerous master". So use it wisely

Mr. Punit Singh

S. Y. B. Ed.

An app can be designed with the purpose of



The Green Kurti

Every time I wore my green kurti, something seemed to go wrong. A thought had cropped in; is this kurti unlucky for me? Now, I told myself- 'Come on! You are a broad minded woman of the 21st century; you can't possibly believe that? It's just a coincidence.' But, the seeds of doubt had begun germinating in my mind. However, I wasn't ready to give in to these doubts.

To silence the superstitious thoughts in my mind and prove them wrong, I decided to be rational and use my scientific temper. I thought to myself what would a person with scientific temper do? She would test, observe and analyse; and so began the period of testing. In this period, I wore my green kurti more often and observed and made a note of the happenings of the day.

Alas! The findings were the same; something always went wrong and my bad luck seemed to continue on my green kurti days.

Then, a new thought arose, maybe I should wear this particular kurti with a different pair of jeans or maybe I should wear it with a different pair of sandals. And, so began my experiment with different

permutations and combinations. Suffice to say, nothing seemed to work, too many coincidences and I had started to believe this green kurti was definitely unlucky for me.

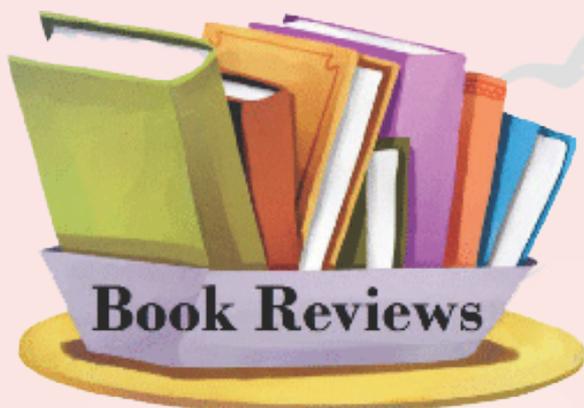
My inner self just couldn't rest with this notion and told me I must think positive, maybe this kurti is actually my protection against some bigger failure. It's keeping the bigger fall at bay. Then, this would mean, it is actually lucky for me.

Anyways, I decided to face the world again in my green kurti loaded with my positive thoughts. Lo and behold, another bad day. My positivity just didn't work. So, for now, my green kurti has been banished to the back of my cupboard in wait of a brighter day!

Eureka! My inner self exclaimed. I had a question - If not for the green kurti, would you have ever written this article? I guess the kurti isn't so unlucky after all?

Ms. Arpitha Cherian

S.Y. B. Ed.

Book Review**'How Will you measure your life'**

“Self Motivation leads to success”. Positive approach and attitude leads and helps to handle any situation. This book “How will you measure your life” talks about self-motivation and how to measure happiness in life with respect to money, time, satisfaction, success in career, and in relationship with people etc.,

“Both Success and Failure depends on us.” Money alone does not bring success in life; even a small smile makes a lot of difference in our life. This book contains many real and live examples. This book talks about how to maintain balance both in career and in family relationship. It also helps to handle situations practically. It helps us to identify the root cause for any problem, for the failure of any individual as a person or a concern as a whole.

Though the book gives valuable information, but sometimes we feel bored reading the book as there are no picture representation, tabular column or statistics and this book is text-heavy. The language used is a little difficult, but it enables us to understand new words by referring to the in-built Dictionary for their meanings and thus it enhances our reading habit and thinking process.

Overall this book is interesting as all the topics are interrelated, it enhances good reading habits. It creates confidence in me, motivates me. It changes my way of thinking.

“Build confidence in yourself by reading this book, face the world with a Smile and confidence”. I did it, How about you all?

Ms. Srividhya Srinivasan

S. Y. B.Ed.

Realizations Of A Stay-at-home Mom

I watched my daughter pretend play - she had draped a duppatta around herself and was busy in her world of imagination playing mom with a baby doll around her hips. It amused me watching her going about cooking, cleaning and being a mom. I asked her why she didn't go out to work. Pat came her reply, "Because neither do you and besides who would look after my child?" I gave her various options, but she looked at me bewildered and said, "But I want to be just like you."

Her answer stung me and got me thinking - Is this what my daughter thinks of me? Is this what she sees? How, do I explain to her that the life I lead is by choice? I chose, to give up my job and career. I chose to be a stay at home mom. It wasn't imposed on me. How, shall I tell her, there is more to

me? How do I tell her that she has a choice to do what she wants with her life? To follow her heart. She doesn't have to be me. I then thought about my own mother who was a working mom and I remember, as a child, I was proud of my mother's achievements, proud of the fact that she worked for a living.

Realization dawned on me. I wanted to show my daughter another way of life, to show her there is so much more she could do. I wanted her to have other memories of me.

So, I resolved to show my daughter another side to me - the working mom - a teacher!

Ms. Arpitha Cherian

S.Y. B. Ed.



Experience -the Best Teacher

The simple pleasures of eating an ice – cream, drinking a steaming cup of tea, getting wet in the rains or having a good laugh has to be experienced. Likewise, the fresh earthy scent of wet mud after the rains, the site of a rainbow or a shooting star; no amount of description is going to give you that joy of experiencing it.

It is only when we feel a sense of unfulfillment in our careers and in life on the whole; do we move out of our comfort zone and start searching for meaning and purpose in life.

It is only when we hear of the untimely death of a known person does realization dawn that this life is temporary; death is lurking around the corner and can seize us at any moment. Similarly, no one realizes how precious life is until they nearly lose it.

It is only when we lose a loved one can one understand the grief of a person who has lost a loved one. It is only when we experience abandonment and loneliness can we truly understand it. The meaninglessness of well-intended messages of 'you need to move on', 'you need to be strong and face life as it comes' or 'everything will be alright' can only be felt by the sufferer.

The physical pain experienced by the ailing can only be known when one goes through the same. No amount of hearing the accounts of other people is going to prepare you for the pain.

It is only when you give birth to a child, will you experience the amazement of creating this tiny human; understand the joy of parenthood and the feelings of love and protectiveness.

It is only when our full proof plans change do we understand that it is pointless to attach ourselves to one solid plan.

It is only when a person goes out of their way to help us do we truly understand and experience gratitude. Similarly, experiencing kindness teaches us to be kind.

It is only when we survive hardships and bounce back optimistic do we learn that we are strong. It is only when we put ourselves in the spot of vulnerability do we experience courage and it is only through the experience of failure and despair can we truly cherish success.

Thus, Experience is truly the best teacher.

One thorn of experience is worth a wilderness of warning – James Russell Lowell

Adieu PCER!

Joining B.Ed. was not easy for me as I had the responsibility of my 17 month old son as well as home. It became very difficult for me to decide whether I should join B.Ed or not. Upon such confusion, there were some people to hold me back by reminding me that having child how one can pursue education. But fortunately, I have a supportive husband. With his support and motivation, I just made 2 years of B.Ed. possible.

As it is always said, learning never stops. Throughout B.Ed I have learnt many things. In my school and college life, I never participated in any activities. In case I ever did so, I would fall sick on the performance day. But in B.Ed., I have learned how to participate and the fear of talking in front of mass audience was eliminated from me.

As I mentioned before, it was not easy to join B.Ed, because to handle house responsibilities, small kid, and college was quite challenging for me. But through all these hardships I have learnt to multi task and also inculcated patience in me up to very high level. During B.Ed., there were number of situations where I learned how to prioritise. Basically I developed the quality of decision making.

Generally, I never use to mix around much with people, but then activities, participation, formation of different groups developed my social skills. Talking about my B.Ed teachers - they are really awesome. The motivation, encouragement, helping nature they carry, is what I admire a lot.

Once during my lecture, my teacher told one sentence "start saying NO" which is for your betterment. By applying such positive rule, though the sentence is negative, I have seen changes in me as well as the people around me. B.Ed also taught me how to be focused when you want to achieve something.

Yes, definitely, B.Ed is for school environment, students, methods, etc, but it also has to do a lot with one's personality grooming. Two years of B.Ed not only teaches how to handle classroom situations but also to tackle life situations. Along with all such changes, I had fun and enjoyed with teachers and friends. Last but not the least, as we always say, "Life is all about learning; so never stop learning." B.Ed teaches one to be a lifelong learner - which I certainly am.

Ms. Hina Shaikh
S.Y. B.Ed.

Try, Try

When we do something, we expect success.

If we do not get success, we become sad and depressed

We stop trying again, It is wrong on our part

We should not expect that we must always succeed.

If we fail, we should try to know the reason of our failure

Each failure teaches us something.

It has been rightly said: "Failure is the stepping stone to success".

We should calmly try to find out the reason of our failure

Then we should try again.

Even if we fail for the second time, we should not give up effort.

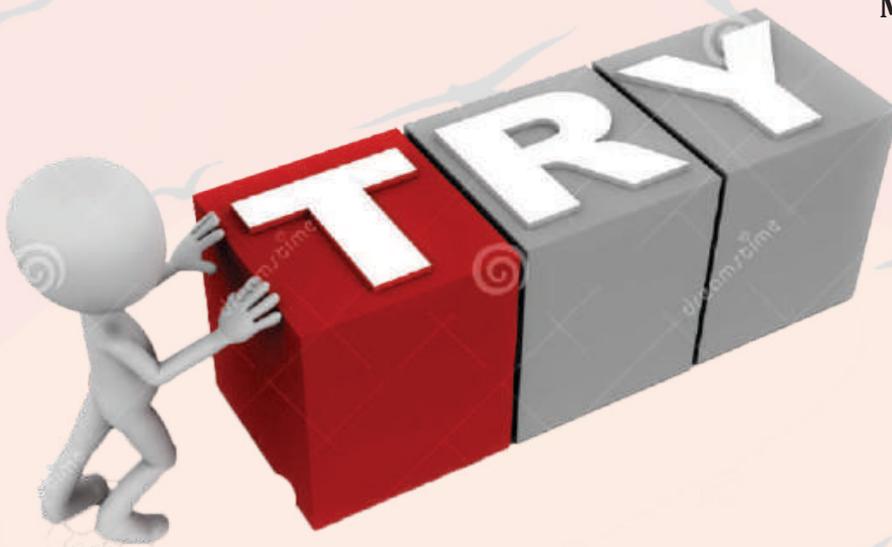
We should try again

Constant effort brings success at last.

We should keep on trying, trying and trying till the last.

Ms. Dilween Bhasin

S.Y. B. Ed.



Assembly Time: It really helps!

I am a kind of person who normally does not like to mingle with people and I always like to stay alone and stay away from others. After joining the B.Ed course in Pillai College, the very first day I just sat alone without talking to anyone but later I started joining up with other students in the classroom. I started talking with them and interacting with them and later I started participating in the various activities which took place in our class, such as Debates, daily assembly, drama etc.

Soon I started to go and stand in front of the class and expressed and kept my opinions. Normally I do not wish to go and stand in front of people and talk but once I started participating in our class activities, I found myself feeling confident.

In my first assembly, I was scared and because of low confidence I was not able to

perform properly. Whatever I had planned came out as a great mess and made the assembly boring. But after interacting with others and participating in group discussions and various other activities, I did not get stage fear any more and I can easily express my views and opinions in front of the class.

Such participation has helped increase my confidence level and after joining B.Ed., my way of speaking with others has also changed a lot. My vocabulary is much improved and my family and close friends have also commented that my manner of speaking, the words I use and the confidence I display is much improved.

Ms. S. Esther
F.Y. B.Ed.

Experiences about Practice Teaching

Before entering into the B.E.d course, I felt that the teaching job is a simple job with no pressure, no workload unlike other professions. But on the direct day of my practice teaching, I realized that my thinking was totally wrong. I experienced lot many things in every single day and each day was like a new beginning for me.

There were many challenges faced each day during PT right from class control, time management, students response, arranging timetable, etc. So, it was a good experience for me with all the ups and downs. And I am sure, while completing my B. Ed course, I'll be moulding myself into a perfect teacher.

My first day teaching experience.

I was very nervous about my first day teaching at SIES High School in Matunga. On my first day I was super excited and at the same time I was literally very nervous as to how I am going to take lesson and how the students will react and whether they like my lesson or not. I was a bit confused when I entered the school.

I started to revise my planned lessons. After practicing so many times I gained much confidence that I can give a good lesson on my first day of practice teaching. The bell rang and it was my turn to enter

the class in the 6th period. I entered the class room to teach but the students were busy interacting among themselves and nobody was ready to listen to me but I tried my level best to control the class. I started teaching and soon the students started concentrating on my lecture and I gave a good teaching session and I felt very happy. I completed my lesson within 20 minutes and the rest of the time I was solving their queries. Overall It was a happy day!

Ms. Mounika Chinnathambi
F. Y. B.Ed.

Failure

It's only a word.
 But it carries with it so much pain
 and so little concern
 so much frustration
 and so little respect,
 so much stress and so little
 understanding
 that people spend their lives
 running through their days
 in the hope of avoiding the long arm
 of this little word.

To test our vision, you must risk
 failure.

To temper your ego, you must attempt
 the impossible.

To tell your story, you must
 take a chance.

To see beyond the horizon, you must
 spread your wings.

To be all you can be, you must
 stretch, flex, try, and go beyond
 your proven limits.

To bridge the silence, you must risk
 rejection.

To advance into the unknown, you must
 risk the peril of all your
 previous beliefs and emotions
 that feel so secure.

Failure is not negative. It is a teacher.
 It molds, refines, and polishes you
 so that one day your light will
 shine for all to see.

It isn't the failure you experience
 that will determine your destiny,
 but your next step and then the next
 that will tell
 the story of your life.

Ms. Shaikh Rashida Banu

S.Y. B.Ed.



Jokes

- टीचर : वाक्य को अंग्रेजी में ट्रान्सलेट करो वसंत ने मुझे मुक्का मारा |
संजू : वसन्तपंचमी

- बेटा : पापा आप परेशान क्यों है?

पापा : जिनके नसीब में सुख न लिखा हो ना बेटा, उनकी बीबी छुट्टीयों में भी मायके नहीं जाती |

- LKG के बच्चे के पेपर में 0 आया

गुस्से से पिता : यह क्या है ?

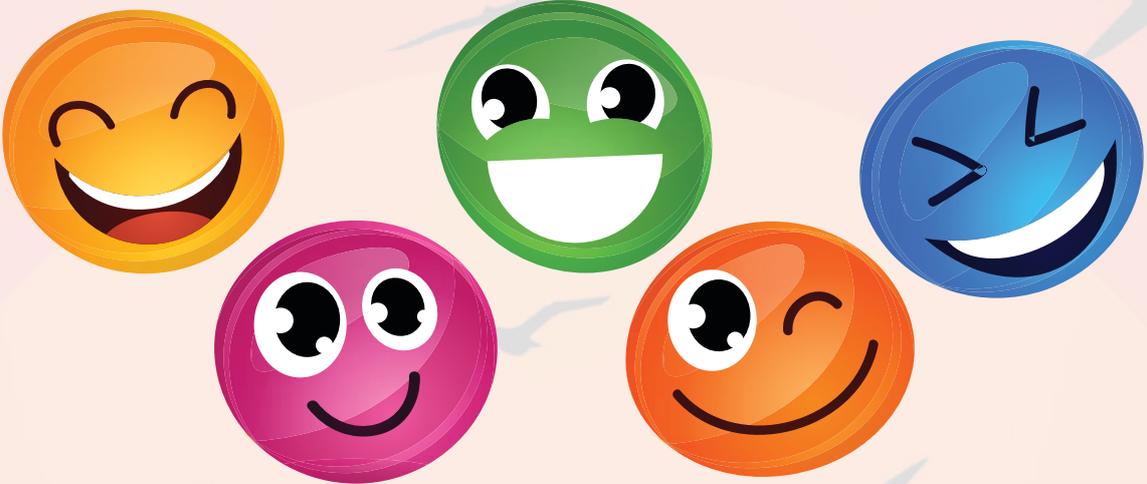
बच्चा : पिताजी, शिक्षक के पास स्टार खत्म हो गए थे, इसलिए उसने मून दे दिया |

- बाप : इतने कम मार्क्स ?? दो थप्पड मारने चाहिए |

पप्पू : हॉ पापा, जल्दी चलो, मैंने उस साले मास्टर का घर भी देख रखा है |

- बेटा : मुझे शादी नहीं करनी | मुझे सभी औरतों से डर लगता है |

पिता : कर ले बेटा फिर एक ही औरत से डर लगेगा, बाकी सब अच्छी लगेंगी |



My Practice Teaching Experience

During practice teaching, I spent a lot of time preparing each lesson plan. It was beyond teaching. I learned to do in depth research on the topic that I had chosen. Each day presented was a challenge. The first lesson plan prepared, made me reflective on a holistic view. It not only included teaching but also connecting our thoughts with the student's. I looked for interactive lesson so that my student could enjoy. I realized that we need to be prepared as much as possible and flexible enough with the explanation and questions because we never know what's going to come up or what will catch then student's attention. Lesson's prepared by us and guided by our professor's made us feel impel in teaching. The proper teaching process is learned after entering to B.ED course.

Immersing myself with other teachers and taking advantage of every opportunity afforded me to enrich my student teaching experience. Confidence is crucial for a great ideal to be. I had to see that I know what am I talking about on the particular topic and grasp the student's

attention. As I fell into my grove and gained more confidence as a teacher, I found that my students not only respected me but felt more comfortable talking to me.

More than getting feedback by the supervisors, getting an appraisal from the students is a feeling of crown on our head and sensing the prestigious teacher in their eyes. I see to it that the content created makes them feel easy to study and remember and indulge into the subject. Each day had a new mistake to recover and turn it into an experience. Feedback provided by the supervisors was also very much jovial as a start, more improvement with more innovative is my utmost aim for teaching.

Student teaching was a great experience. It had its ups and downs, but I became a better teacher by working to make the most of my experience and looking for opportunities to learn.

**Ms Jincy James,
F. Y. B.Ed.**

Jokes

In the Examination Hall

Teacher: If you have any doubts, please ask me.

Student: Sir, in the question paper there are questions but in answer paper no answer is given.

Teacher: Suppose, you are offered either money or knowledge and you have to take one of them, which one you should choose?

Student: Money.

Teacher: I would have taken knowledge. But why would you take money?

Student: Each one takes whatever he lacks, Sir.

Teacher: How can we keep the school clean?

Student: By staying at home.



Riddles

1. Which word begins and ends with an E but only has one letter?

- ♦ Envelope

2. Which letter of the alphabet is filled with water?

- ♦ The letter C

3. What has to be broken before you can use it?

- ♦ An egg

By: Sindhuja
S.Y. B. Ed.

4. Which letter is next in the sequence JFMAMJJASON__

- ♦ The letter 'D' as each letter is the first letter of the months in a year



By: C. Emili
F.Y. B. Ed.

Q. I am tall when I am young and short when I am old. What am I?

A: A Candle

Q: What starts with the letter 't', ends with the letter 't' and is filled with 't'?

A: A Teapot

Q: We see it once in a year, twice in a week but never in a day. What is it?

A: The letter 'E'

Q: What costs nothing but is very hard to find and can easily be lost?

A: True friendship.

Q: I have a head and a tail but no body. What am I?

A: A Coin

Q: What do you call a Bear without an ear?

A: A B



By: Jahaara
F.Y. B. Ed.

Why I Want To Become A Teacher!

Education is one of the most essential possessions in life. It is necessary for success, and it provides an enhanced future. People need to be educated to communicate effectively with other people. So, education plays a very important role in every individual's life.

My mother has been a true role model and inspiration for me. My mother always motivated me and made me realize that nothing was impossible when you have a set of goals in mind. She made me feel that I have the potential to do anything that I desired to do. Having somebody pushing you all the time can get annoying, but in the end it pays off.

My thoughts of becoming a teacher became increasingly clearer as I love to work with children. Children and I seem to connect well together. I think teaching is a part of my family's heritage as most of my family members have been teachers. Therefore I feel teaching is the profession for me as well. So to become a teacher will be my greatest achievement in life.



Ms. Keerthika
F. Y. B. Ed.

The Personality Contest - My Experience In B. Ed.

My experience at my first ever inter college personality competition was somewhat unexpected. My class mate Mrs. Sneha Dodhi and I were selected to represent our college at Bombay Teachers Training College (BTTC) Colaba on the 8th of February 2018. This, being my first inter college event I was a bit nervous and was in two minds, whether to go or not. After being mentally prepared to go for the event I now wasn't too sure of how to prepare myself to best perform at the event as I had never been for any such event in the past. The only thing I kept telling myself was "You got this, you can do it, it's going to be a great experience.

On The day of the event, we reached the college by 11:30am and our event was scheduled for 1:00pm. We finished with our registrations and were told to wait in the library until all the other contestants arrived. The event began by 1:30pm and we faced 3 rounds at the end of which the results were declared.

The first round was the introduction round where we had to use an object or a person to introduce ourselves. The second round was a round to interact with the judges where we were asked a question by the

judges and the final round was the display round. At the end of the competition when the results were being declared I was surprised when I heard my name as I won the second runner up. It was not something that I thought I would get but it surely made me feel good.

This experience has made me realize that no matter if it be the first attempt or an "Nth" number of attempt, It is very important to give your best and to do so confidently, as otherwise we may not yet know our full potential, what we ourselves are capable of.

I am sharing this experience and wish to say only one thing. "Do not hold back, you get only one opportunity for every new kind of situation, give it your best."

Mr. Nikhil Fernandes
F. Y. B. Ed

Parenting and Childhood

Parenting is the most talked about topic in any society. It is a subject which is beautiful and at the same time challengingly complicated. Parents mould a child to become a respectable human being in a society. A human being learns most of the values, morals, principles right in its childhood.

A child learns what they observe from their surroundings. It is true that both mother and father play a significant role in moulding a child as children learn most of their habits, like how to talk, what to say, how to reply etc. from their parents. Therefore, it is very important for the parents be very careful in each and every activity they do.

As childhood is all about exploring the senses and learning through observation, it is recommended that the parents should involve their children from early age in certain activity or conversation which will help them to develop cognitive and social skills. Parents should always be as responsive as their children in increasing the child's curiosity in knowing things. They should encourage children to ask queries. It will make them know the child's interests in general and also encourages

the child to be fearless in asking queries. This exercise helps the child to get rid of any anxiety or panic issues. A child should always be introduced to many different activities, things in general and various topics to get their mind fueling. It makes them to think which nobody can teach anyone but can only aid them to think in a certain way.

Perhaps the most important aspect in parenting is bonding. Trust is a connection between a child and the parent. Young children's acquisition of problem solving, language and social-emotional skills are facilitated by interactions with their parents. The mechanism by which responsiveness supports a child's development may be dependent on consistency across development in the parenting style. Repeated positive experiences, a trust and bond develop between the child and parent that in turn allow the child to ultimately internalize this trust and then generalize their learning to new experiences.

Ms. Amalency
S.Y.B.Ed.



Delicious Teacher!

(Disclaimer: Beware Readers! This article may be more complex than it appears.)

The universal truth is every person, every events of the life teaches us something, and the outcome may be positive or negative. However, there are some human beings on the earth who have huge influence on us, they inspire us by imparting a fragment of their knowledge, and we call them as 'TEACHERS'.

Few days ago, I happened to meet my schoolmate at the railway station. We went back to our old memories of school. Wow! They are unforgettable days of my life. She reminded me about one of my school teachers – Young, Funny, Inspiring and a motivating person. My idea of sharing this with you all is to tell that, we all have preferences with our teachers. Thus, it is difficult to tell the exact definition of a perfect teacher.

As a student, who is going to be a teacher in the future, I would like to present the recipe of my kind of teacher which when made with love and joy results into the DELICIOUS Teacher: favorite of students of any age.

RECIPE

Ingredients:

1. 1 tbsp inspiration
2. 1 tbsp motivation
3. 1 full cup patience
4. ½ liter creative ideas
5. 2 full cup of tolerance
6. 2 full cup of unbiased nature
7. 3 tbsp of skills, open-mindedness and techniques
8. Pinch of all kind of understanding, empathy and sympathy depending on need. (brand suggestion: psychology of child or teenager)

Procedure:

1. Pre heat the pan of knowledge.
2. Take an empty bowl and pour creative ideas.
3. Mix the liquid with a tbsp of skill till the technique begins to reach on surface. (avoid mixing too aggressively as it may lead to pungent smell of agenda and unhappy students)
4. Leave the mixture of passion in the refrigerator for an hour
5. Take out mixture from fridge only if smell of enthusiasm is prominent.
6. Pour a cup of patience and pinch of all

kind of understanding, empathy and sympathy from our favorite brand of psychology while beating the mixture.

7. Continue whipping till batter becomes stiff.
8. Add 2 full cups of tolerance and unbiased nature.
9. Sprinkle motivation and inspiration to it.
10. Place the batter in an oven of young minds to allow it to rise for 40 minutes.
11. Keep it to room temperature for ten minutes and then place in refrigerator
12. Serve with compassion to feed hungry minds.

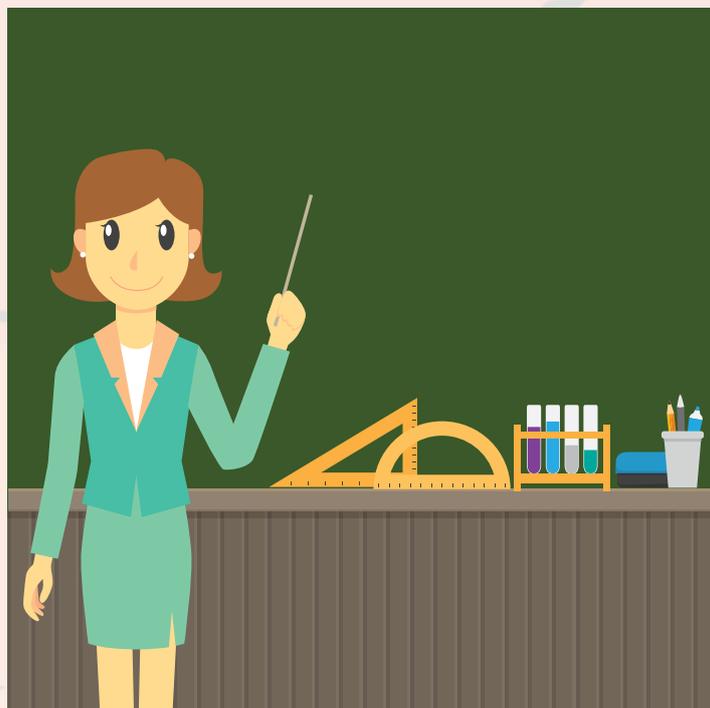
Precautions:

1. Do not over heat the pan to avoid basic superiority complex and burning
2. Do not pour patience more than a cup, it may lead to explosion.
3. If unbiased nature is not in proportion than the dish will be too sweet for one and too bitter for another
4. Finally add all the ingredients gradually so that batter becomes smooth and soft.

Dear readers,

I do understand the fact that my idea of such teacher may or may not exist in real life. But for me, this is my favorite one, did you like it too?

Ms. Pooja Khatri
F.Y. B. Ed.



What Goes Around Comes Around!

An elderly carpenter was ready to retire, and he told his boss of his plans to leave and live a more leisurely life with his wife. He would miss the paycheck, he could get by, but he needed to retire.

The contractor was sorry to see such a good worker go, and he asked the carpenter to build just one more house as a personal favor.

The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career. When the carpenter finished his work, the contractor came to inspect the house. He handed the front-door key to the carpenter.

"This is your house," contractor said. "It is my gift to you."

The carpenter was shocked! What a shame! If he had only known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then with a shock we realize we have to live in the house we have built. If we could do it over, we would do it much differently. But we cannot go back...

You are the carpenter of your life. Each day you hammer a nail, place a board, or erect a wall. Your attitudes and the choices you make today build your "house" for tomorrow...

Ms. Rajkumari Chouhan
S.Y.B.Ed.



Teaching and Learning

Teaching is an art,
Which connects learner's heart.

Teaching is planning,
Makes a learner shining.

Learning is an acquisition,
To adjust to new situation.

It strengthens our new behaviour,
And weakens our old behaviour.

Both is a process,
To satisfy the interest.

Of both the Learner
And the Teacher



Ms. Rebeka Rabi
F.Y. B. Ed.

Best Friends Forever

I sit alone thinking of you
and all the things we've both been
through

You are my soul mate, my very best friend
and I know you'll be there until the end

Your shoulder to cry on will soon be gone
who will be there when something is
wrong

When times are tough you're always there
It shows me just how much you care

Although were going separate ways
you're in my heart till my final days
Nothing can make a person see
how special a friend you are to me

I dreamed of a friend just like you
and finally my dream came true
Nothing else could ever fulfill
everything you're friendship will

You understand a side of me
that no one else could ever see
You know what's wrong before i cry
but if I do, you will always know why

A friend like you is hard to find
you put my problems all behind

You were there when no one cared
the best times were the ones we shared

We've been together through good and
bad

you made me laugh when I was sad
And no one else could ever be
as good of a friend you are to me

Our time together is wilting away
more and more everyday
But now until the very end
you'll always be my special friend.

Ms. Shazia Khan

S.Y. B. Ed.



Experiences During Practice Teaching

'Teaching is a noble profession' as it is said but a lot of efforts and lot of hard work go hand-in-hand. Efforts which cannot be expressed, efforts which you cannot show to others. PRACTICE TEACHING- on the first day of my teaching I was very nervous. There was a lot of confusion in my mind with all the steps to be conducted. Besides teaching, I faced other problems such as class management and low student-teacher interaction.

There was a lot of hullabaloo in the class which scared me and led to me giving an ineffective and unsatisfactory lesson. I was disappointed with myself but the kind and motivating words of my supervisor Prof. Vani Acharya helped me gather myself up for the second lesson. With improvisations and learning from my mistakes of previous lessons I went for my second lesson and it was a good one. A well done and satisfactory one for sure with more scope for improvement. After the second lesson I

didn't let myself get disappointed as I understood it will get better lesson by lesson.

A smile of contentment prevailed after all my future lessons. Practice Teaching really helped me boost my confidence helped me in my belief in myself and my decision to be a teacher. I could see myself feeling happy while giving the lesson. The further practice teaching lessons I purely hope it will build me more. The hours and hours of efforts to be put behind one lesson helped me to mentally prepare myself with all the steps and format in a systematic manner and not just in a haphazard way.

A big thank you to all the teachers and to Principal Mam for being with me with all the guidance and help required!

Ms. Shiny S. Rebeiro
F.Y.B.Ed



My Nostalgic Moments At Pillai's

Life is a journey, and as we have all heard, it is a short journey. Make every day count, appreciate every moment and take from it everything you possibly can.

As the proverb truly says,

“If you want to create a beautiful painting, you need a canvas. If you want to climb stairs, you need steps and even a river needs a solid bed to run smoothly to reach its destination.” Similarly if you want to achieve your academic and extra-curricular activity, you not only need solid support from parents, but also from a teaching faculty with a vision and mission behind all the success. And all this I have received in my prestigious institution 'Pillai college of Education and Research.'

Transformation began on 19th September, 2016 which brought a drastic change in my life and changed me to what I am today. Life was filled with all positive energy and I was ready to explore the world which was all due to the changes which took place in the academic year of 2016-18. The journey was filled with happiness, sorrow, pain, struggles, togetherness and many more magical feelings which can be cherished today as my best memories - The challenging two years of my education

struggle which turned to be the best progressing year in my life.

PCER has been, for me, the temple wherein I was guided, instructed and moulded. It has been the garden in which I was planted. My teachers were the ones who have played an important role in my life who introduced me to new ideas, concepts, discoveries and the world of knowledge. They provided my famished mind with an elasticity that gave me a broad outlook towards life.

And so this just reminds me of a potter who moulds his pot to be the best, connecting this to my life where my teachers have mould me in the best way to face a better world tomorrow. Learning was always a part of my education, but to be a good human was developed even more in a better way by my college and teachers. It is said that time is important to achieve things in life but now to achieve that particular things in the given time was all that I learnt in the journey of 2016-18, which made me “A BETTER ME”.

Pillai shaped me beautifully and transformed me from an ordinary stone to what I am a precious gemstone. I owe

everything I am today, to my beloved college the great temple of education where I received not just textbook knowledge but also lessons for life-long development. Though words cannot express all my gratitude to my alma mater who has offered me irreplaceable opportunities to realize my potential and strengths, to put meaning into my life and that of other with whom I've liked and worked.

As I step out of Pillai's, I'd like to thank each one of you for being a blessing. I

thank God for the precious years of connectedness with you. There are precious memories which shall always be cherished in the years to come and so I would like to conclude by saying

“BE A BETTER PERSON FOR THE WORLD TO LOOK AT YOU AS A ROLE MODEL”.

Ms. Sivaranjani Ganesan
S.Y.B.Ed.





Batch of 2016-18



Batch of 2017-19



Student Council S.Y. B.Ed.



Student Council F.Y. B.Ed.



Extension Managers

WE ARE NOT
A TEAM
BECAUSE WE
WORK TOGETHER.
WE ARE
a team because
WE RESPECT,
trust, and care
for each other.
...
@VidyaApar

As we leave the portals...

Difficult roads lead to beautiful destinations. This sums up my B. Ed.. journey. I would like to thank my classmates and teachers for all the support and guidance. Will miss you all!

Delna Davis

My 2 years of B. Ed.. was the most ENRICHING PART OF my life. It MADE ME UNDERSTAND THE MANY FACETS OF A GURU-SHISHYA RELATIONSHIP. Will miss you all.

REBECCA SWAMY

B. Ed. was my journey of 2 years of self-discovery. Will miss this. Goodbye.

Simran Saini

The 2 year B. Ed. course was a roller coaster ride worth trying

Mereena Jose

My 2 year B.Ed. journey was a life changing experience for me. It has given me the confidence to move ahead in my career. Will miss you all.

Vidhya

The B. Ed. journey was a fascinating one unlike any other. Have an open mind and courage to follow your heart. All the best.

Sneha Myakal

My experience in college has given me a chance to sharpen my skills in my field of choice and I know that this valuable experience is surely going to help me a lot.

Jyoti S

B. Ed. gave me an opportunity to mould myself as a teacher. Hard work and determination will make your dreams come true.

Khan Sajiva

A wonderful journey that helped us to grow and nurtured us with great care.

Jigna Sampat

“ My 2 year B. Ed. journey was the most beautiful learning experience as it helped me mould myself to become a better person. My heartfelt thanks to my friends and teachers for helping me in this journey.

Nisha Ganesan”

“ My B. Ed. journey was not an easy one. But, I gave my best shot and will continue being a learner throughout my life because this is what makes one a successful teacher.

Pency”

“ A good education can change anyone but a good teacher can change everything, so let us thrive to become one. Love, laugh and enjoy what you are doing. All the best!

Pooja.K.Nair”

“ My bittersweet B. Ed. journey- full of surprises and challenges. Just give your best throughout

Roshni Joseph”

“ Transformation from a stone to a gem is what took place in my two special years of B. Ed. and I am sure my juniors will experience the same. All the best.

Sivaranjani Ganesan”

“ Life isn't about finding yourself. Life is about creating yourself. Thank you one and all; my family, teachers and friends for being part of this wonderful experience.

Jyoti Chavan”

“ The B. Ed. course has nurtured my passion for teaching and has transformed me. It has made me a reflector. A big thank you to my teachers and classmates.

Shaikh Hina”

“ The B. Ed. course taught me to be a multi-tasker. May you all gain this valuable lesson.

Ashwini”

“ B. Ed. helped me to develop my confidence. I thank my wonderful professors for all their guidance.

Shobha”

“ Get ready to climb the ladder of success with the 3 D's – desire, determination and dedication with the support of our teachers and friends.

Srividhya

“ B.Ed. provided me with a lot of opportunities and helped me realize my potential

Punit Singh

“ These two years of my B. Ed. journey has been one of the best learning experiences wherein we have enriched ourselves to become future teachers. Thank you all for your valuable friendship and cooperation and a special thank you to my teachers for all your support.

Swati Gujral

“ If you can learn, that is good .But. if you can teach, that is life changing. I would like to thank my Principal and excellent teachers for moulding my life and inspiring me to be a good teacher.

Shreya Tambe

“ Pursuing B. Ed. gave me a sense of purpose and direction. It brought about a revival in me. I am ever grateful to my principal, professors and friends for all the motivation and inspiration. Wishing my juniors luck; may you find your sense of purpose.

Arpitha Cherian

“ If you can learn, that is good .But. if you can teach, that is life changing. I would like to thank my Principal and excellent teachers for moulding my life and inspiring me to be a good teacher.

Shreya Tambe

“ The two years of B. Ed. were the most important years of my life. It taught me a magic word – self-motivation. It is my best outfit. I want to keep it and own it throughout my life

Priya Thangaraj