

Mahatma Education Society's

Pillai College of Education and Research

NAAC 'A' Grade

Chembur Naka (E), Mumbai - 400071

BATCH 2015-17

NEW HORIZONS E-NEWS LETTER

:MISSION :

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

: VISION :

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

TOUGH
TIMES
don't last
TOUGH
TEAMS
DO

"CRITICAL UNDERSTANDING OF ICT"

ASSIGNMENT NO - 3





NEW HORIZONS E-NEWS



:Prize Winner: Team

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OUTCOMES V/S OBJECTIVES

PART I ACTIVITIES

- To sensitize student teachers about the importance of teachers in today's world.
- To build entrepreneur qualities in students.
- To use creative resources in teaching learning process.
- To sensitize students about preaching's of Gandhiji
- To sensitize students about the disparities of caste system in the society
- To felicitate and honors our alumni's.
- To develop knowledge of historical monuments of India.
- To give knowledge of women achievements and women empowerment.
- To provide social groups and individuals with an opportunity to be actively involved in all levels in environmental decision making
- To develop understanding about the fundamentals of teaching.

PART II ICT EFFECTS

- To Sensitize the readers about the health issues
- To create Awareness on Health literacy skills with regular use of technology
- To Maintain the correct postures while using the technology
- To make aware the hazardous effect on eye ,wrist and back , so take break while doing work
- Try to Avoid Unnecessary access if not required urgently



"The Show Makers"

Editor :

Divya

Co-ordinator :

Sana Mulla

Rahimunissa

Pooja Vishwakarma

Naveena -

Juhi Singh

Contributor :

Disha Chotaliya

Steffy Fernando

Proof Reader :

Soraya Colaco

Illustrator :

Anna D'souza

Graphic Designer :

Jeenal Dedhia -19

Archana Chauhan—14



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:Prize Winner: Team

ROLE OF TEACHERS IN 21ST CENTURY

HIGHLIGHTS :

Role of a Teacher in 21st Century

Mind mapping Activity

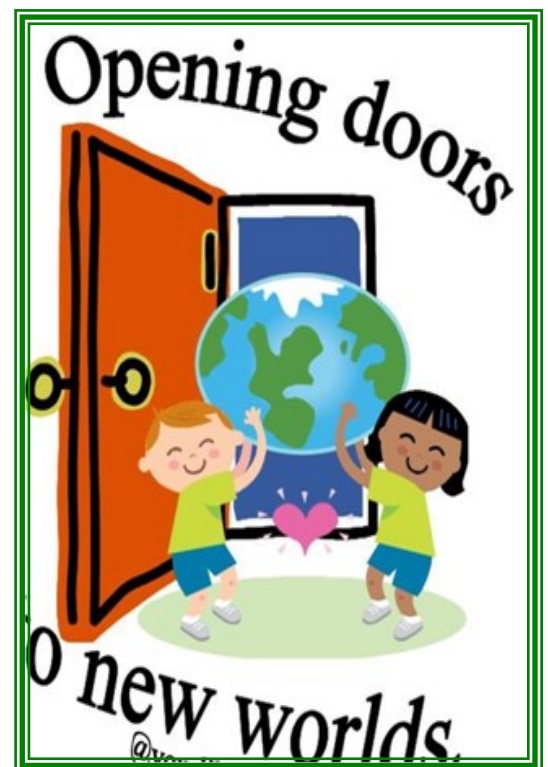
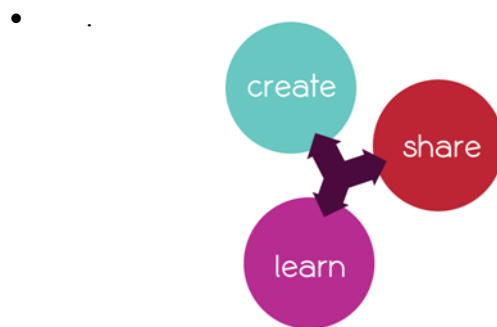
Selection out of the Best

Criteria for Time Line

Spot Topic Presentation

Creativity one of the aspects

It was our first activity on 9th Sept 2015 as a group. We were a newly formed tutorial group and we had in mind map chart making. to prepare a mind map on role of a teacher in 21st century. The activity gave us an insight of our nature and values, we started to know each other. We also won first position We will never forget our first activity, as it was our first step towards teaching learning process. From here our journey started and since then we have done a lots of activities with great fun and frolic yet never forgetting our motives and values.



Special points of interest:

- * Formation of group
- * Won first position in chart making
- * Working together as a team.



ACTIVITY 2 :FOOD MELA.

Every year our college hold's VALUER- Inter Institutional Fiesta and food mela. At this event .we have participants from various institutions. It was our Second group activity which was organized on Saturday, 19 th September, 2015. Our group had put up a stall of pulao & riyta during lunch time. There were various other stall with variety of items. As a group we planned and allocated the work among our selfs. We made a rough draft of expenses and contributed for the same. Archana, Rehma and

Asmita cooked the Pulao & Disha made the riyta . Anna & Jeenal brought other stuffs like plates, serving spoon & banner for the Stall. On day of Food Mela Jeenal collected the coupons, Anna & Divya Mary Served the rita. Archana, Rehma & Asmita served the pulao turn by turn. Soraya helped at the Coupon counter .Disha was in charge of photography for this event. VALUER held included many events organized like Late Principal Mathew Chacko Extempore Elocution

Competition , Essay writing, Wealth from waste, etc. Many of the students participated in them.

In our group two members got prize in wealth from waste Anna received the first prize and Disha second prize. The program ended with a prize distribution ceremony.

**LOVE
FOOD**



Activity Alumni meet and degree distribution ceremony day

MES's PILLAI COLLEGE OF EDUCATION AND RESEARCH, CHEMBUR organized and celebrated the Alumni meet and Degree Distribution Ceremony Day together on 21st January, 2016. The event started with the arrival of chief guests, Shri.G.T.Ochani Deputy CEO, Dr. Sunita Wadikar, Principal of Pillai College of Education and Research, Annamma Paul, Principal of Chembur English High School, Geeta Menon, Principal of Chembur English Primary School and Dr. Padma ragan,

Principal of Mahatma Night Degree College. Then the event was followed by traditional lighting of the lamp by the chief guests. All the students were given the responsibility of organizing the function smoothly. Duties were assigned to each and every student in th tutorial group wise.

I'M PROUD TO BE AN ALUMNI

- [TIGHTBALL & AMP; MJC, (BREAK-A-BITCH COLLEGE)]



TUGHLAQ (Turkish emperor)**PLAY FOR EPC**

In the first semester of our B.Ed course, we had a subject called EPC, where we were asked to conduct a play on different topics. Our group selected the topic on Tughlaq, who was a Turkish emperor. We had discussed and divided the work equally amongst us. We prepared a script and dialogue which we then practiced together as a group. We also sat together and prepared a presentation that we had to present and show to the audience. The play was executed very smoothly and was carried out with smooth flow to it. We all definitely learned a lot from this experience and it was overall a well executed play that was performed by us.



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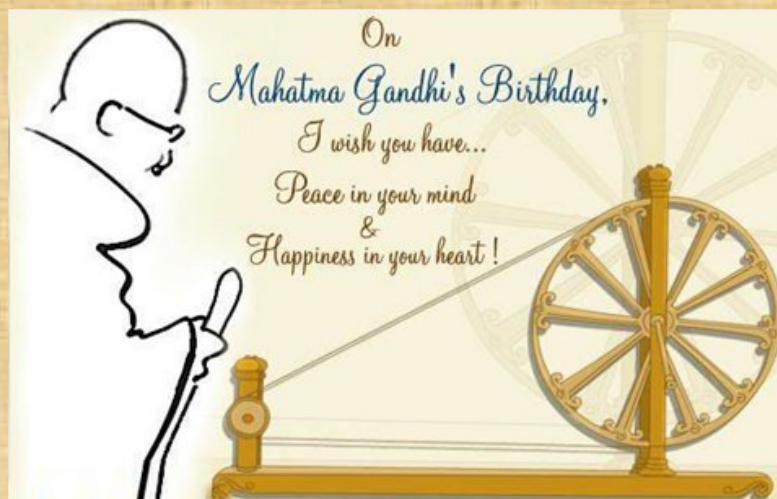
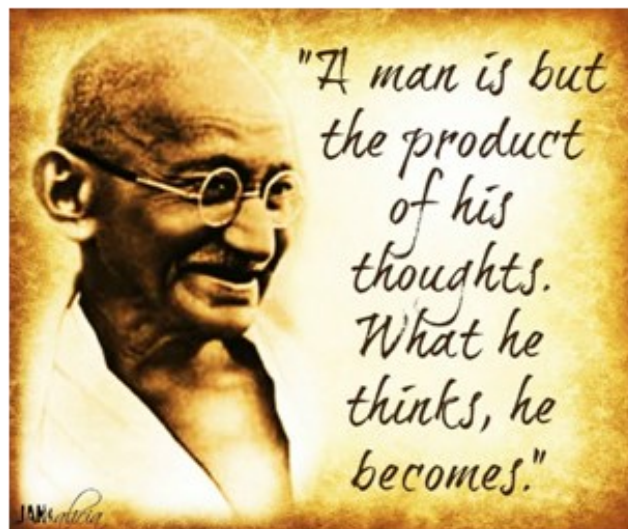
"YOU MUST BE THE CHANGE YOU WISH TO SEE IN THE WORLD"

We as Tutorial group number-2 of MES' Pillai college of Education and Research had performed On occasion of Gandhi Jayanti on 4th October were we group (Divya,Sana,Rehma,Soraya,Disha,Anna,Jeenal,Naveena,Steffy,Pooja and Juhi) had organized several activities on that day as follows :

Prayer ,

Explanation :Thoughts of the day on Gandhiji

Game with Teacher on Loyal thoughts of Gandhiji ,A small skit on Gandhiji Believes with support of Video and audio



"AMER FORT AN INDIAN MONUMENT" HISTORICAL IMPORTANCE OF

As it was a part of our EPC activity/assignment. We had done a PPT presentation on the historical monuments. Our group had got topic to make a presentation and present on AMER FORT. We had talked about all the important structures of the fort and presented about the social, traditional and cultural background. The activity was conducted on 22nd February, 2016. So the presentation was such that we were instructed by the teachers that we have to describe about it and it's specialty like each and every part of the Amer fort. So we had distributed the topic like the sun gate, lion gate, the temples, the festival celebrated the clothing and also the types of food which the people use to eat. Overall it was a very good presentation we had got many things to learn also from it.



Carvings And Architect work of that era



Feb 22, 2016





WOMEN'S DAY CELEBRATION (NARI SHAKTI)

We as Tutorial group had performed the special assembly on Women's day celebration which was the part of our CCA Activity this event had taken place on 11th March 2015

The Main Objective of this event was : To bring about the awareness of women's day celebration and to make the students aware about the achievements of great women's in past ,present and how they are doing in in current scenario

Some values incorporated through this event like, to Equality , to be Honest ,To Promote the Team spirit

Our Assembly had Prayer Song, "On Nari Shakti", Then there was 2 minutes silent prayer .

2nd part of our assembly was the PowerPoint Presentation on great Achievements of the Indian Society .

3rd part of the Assembly was Skit which a message on "Nari- Shakti"

Last but not the least showed a video on hard work for the family and contribution towards her family and how she plays a important role in everyone's life



“We had organized Women Empowerment cell also in that week ,along with the Soroptimist for Women Empowerment”



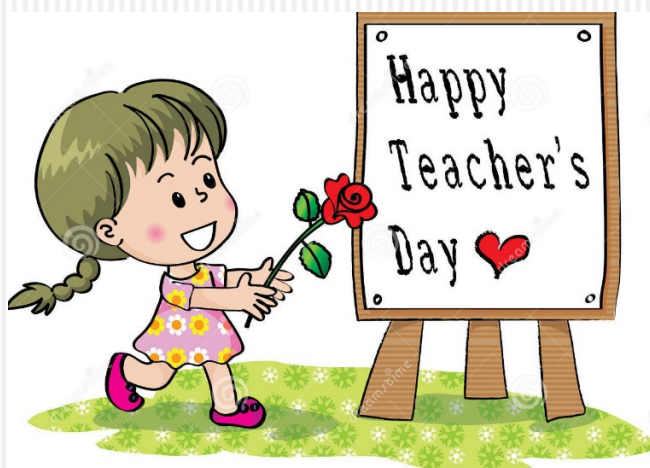
TEACHER'S DAY CELEBRATION

Celebrated on 16th Sept 2016,

A good Teacher has greater influence in shaping the life of an Individual even more then his/her parents. In Our countries culture , a teacher has been given a place next to the almighty god.A good teachers gives a proper guidance and their support it makes great difference in seeking the goal of life.

Every successful individual always remember the constructive role played by his/her teacher in path of his life .

We followed different activities in celebrating dance , thought of the day, Importance of teachers to low strata group of society and how different personalities help them Sana & pooja did fannel work and we concluded the Activity by giving greeting card for all the teacher and Our principal



SUSTAINING ENVIRONMENTAL DEVELOPMENT ON WORLD'S DAY

As it was the world environment day and we as the tutorial group no.2, under the guidance of Swasti Dhar ma'am, we decided to take the crucial topic of sustaining environment and spreading the awareness about the ill effects of the harm causing due to global warming. Therefore we decided to take the causes, effects and also to lighten the situation as it was going to lame we also introduces a funny element of jokes on the animals and birds done by one of our student. Hence, it was a brilliant way of explaining the concept of environment. This is really affecting not only humanity

but also the animals and Mother Nature.



“SUSTAINABLE DEVELOPMENT IS THAT WHICH MEETS THE NEEDS OF THE PRESENT WITHOUT COMPROMISING THE ABILITY OF GENERALIZATION TO MEET THEIR OWN NEEDS”

HEALTH HAZARDS CAUSE DUE TO EXCESSIVE USE OF ICT 2015-17

Eye-Strain

One health issue that can occur after using computers for a long time is **eye-strain** (tiredness of the eyes).

This is caused by looking at a **monitor** which is a **constant distance** away. The muscles that focus your eyes do not move, and so get **tired** and **painful**. Eye-strain can also cause **headaches**.

This problem can be solved:

- **Look away** from the monitor at **regular intervals** – re-focus on distant or close objects to exercise the muscles in the eye.
- **Take regular breaks**.: Use an **anti-glare filter** in front of the monitor to cut down on screen reflections that can also tire the eyes.



Repetitive Strain Injury (RSI) in Wrists and Hands

Any **repetitive** movement (same movement over and over again)

can result in a health problem called **repetitive strain injury (RSI)**.

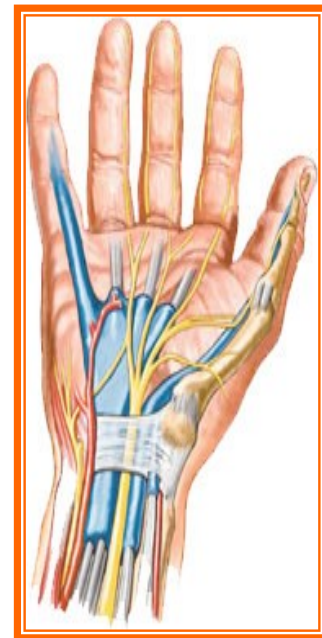
In particular, **typing** and using a **mouse** for long periods are common causes of **RSI** in the **wrist** (it is often called carpal-tunnel syndrome).

This problem can be solved:

- **Use a wrist-rest** to support the wrists while typing and when using the mouse.
- **Take regular breaks** from typing or using the mouse.



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Back and Neck Ache

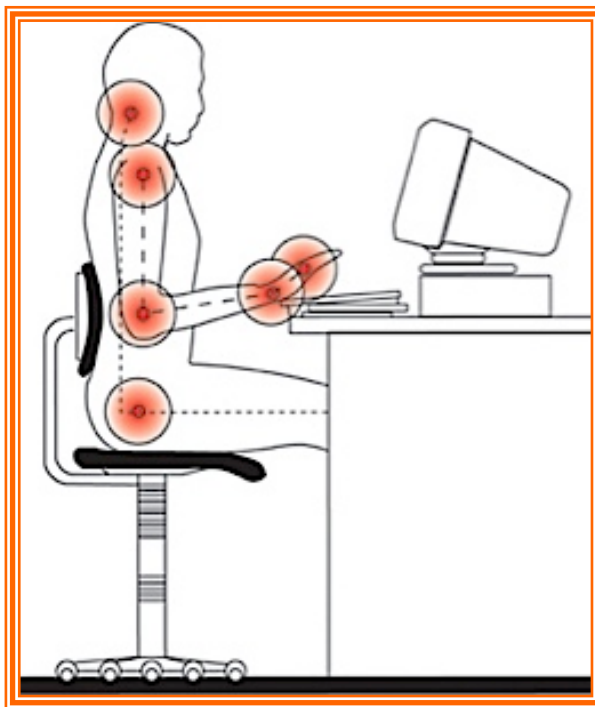
Many people suffer from **back and neck pain** after working at a computer for a long time. This is usually due to them having a **bad sitting posture**.

This problem can be solved:

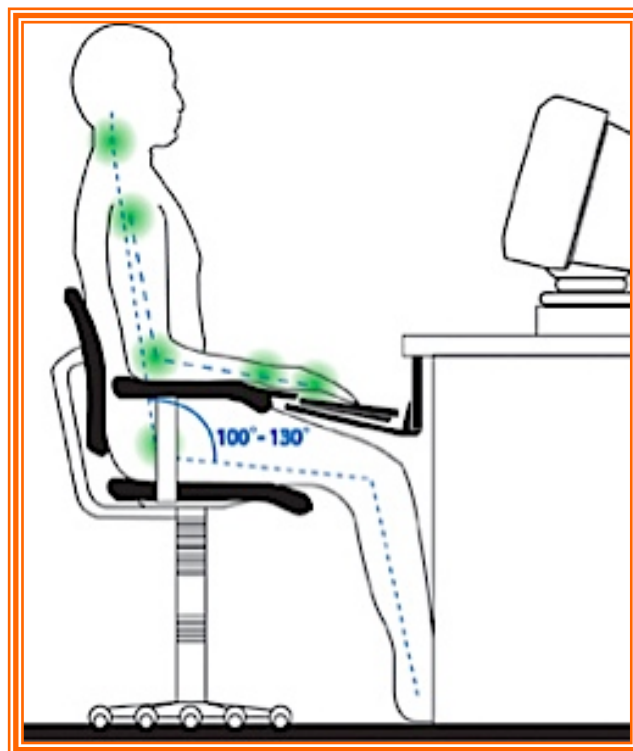
- Use an **adjustable, ergonomic chair**, and take the time to **set it up properly**.
- The computer **keyboard** and **monitor** should be at the **correct height** for the seated person (keyboard lower than the elbow, top of monitor at eye level).

Take regular breaks: get up, walk around, stretch your muscles

INCORRECT POSTURE



CORRECT POSTURE





Natural Health Tips

EYES



- Safe sunlight exposure
- Astaxanthin
- Lutein, Zeaxanthin & Anthocyanins
- Eat fresh, dark green, leafy vegetables

BRAIN



- Coconut oil
- Animal-based omega-3 fats
- Exercise regularly
- Challenge your mind
- Avoid aluminum

LUNGS



- Reduce air pollutants in your home
- Use natural cleaning products & sprays
- Refrain from smoking or being exposed to second-hand smoke

HEART



- Reduce your intake of grains & sweets
- Exercise regularly
- Drink organic whey protein from grass-fed cows
- Keep your stress under control
- Keep your cholesterol within healthy levels

STOMACH & INTESTINES



- Fermented foods
- Probiotics
- Consume raw, whole foods
- Chew your food thoroughly

SKIN



- Eat a healthy diet that is suitable for your nutritional type, focusing on whole, organic foods
- Dark green, leafy vegetables such as kale, spinach & broccoli
- Consider vegetable juicing
- Foods that are high in carotenoids & omega-3 fats
- Use only certified organic skin products

JOINTS (OSTEOARTHRITIS)



- Omega-3
- Vitamins D3 & K
- Curcumin
- Boswellia, ginger & bromelain
- Evening primrose, black currant & borage oils
- Exercise

Visit Here : <http://healthtipsdoc.com/>

TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.



FREE KA ADVICE

FREE HAI BILKUL LELO

5 Ways to Prevent Back and Neck Pain

- 1 Create a spine-friendly workspace.
- 2 Watch your posture.
- 3 Strengthen your core.
- 4 Listen to your body.
- 5 Lift with your legs.



an apple a day
keeps the doctor
away



Thank
YOU