

**M.E.S's
Pillai College Of Education and
Research
2015-2017**

ON - CAMPUS

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Part -I

Learning Outcomes :

- 1.To help people understand the importance and benefits of Historical monuments with the help of mass media and communication.
2. The historical monuments provide economical benefit as well as help people learn many things about the past of their country.
3. To encourage team work, and understand importance of role play in schools.
4. Enabled students to analyze the theme of the play and the essence of literature in our lives.
5. To understand Gandhiji's thought process through the special assembly, and follow his ideologies.

Part -II

Objectives:

1. To understand the significance of Information and communication technology in the world of healthcare.
2. To know the recent advancements in the field of health care.
3. To keep updated with the current trend in the field of ICT.
4. To encourage the teachers to update their understanding about ICT and develop skills for the same.

Role Play



E-Newsletter Date

10/10/2016

Special points of interest:

- *First presented on stage*
- *Henry Higgins makes a bet*
- *Play is a sharp lampoon*

Pygmalion

Pygmalion is a play by George Bernard Shaw, named after a Greek mythological character. It was first presented on stage to the public in 1913.

Professor of phonetics Henry Higgins makes a bet that he can train a bedraggled Cockney flower girl, Eliza Doolittle, to pass for a duchess at an ambassador's garden party by teaching her to assume a

veneer of gentility, the most important element of which, he believes, is impeccable speech. The play is a sharp lampoon of the rigid British class system of the day and a commentary on women's independence.



Day: Saturday

Date: 26/9/15

Place: PCER Campus

The play started at 2:00 p.m. it was a brief roleplay of 15 minutes portraying the essence of the original play by Bernard Shaw. There were total ten characters, played by all the ten members of the group. The characters chosen were based on an efficient audition and team work of the group.

The efforts put by the group were very much evident. The play was a success and could do justice to the Pygmalion's original text.

The essence of the play could reach the audience and that per say was a major



As a team it was a great experience working together on a play, everyone contributed to make this roleplay a success. It was also a huge learning experience for all.

Special Assembly

GANDHI JAYANTHI

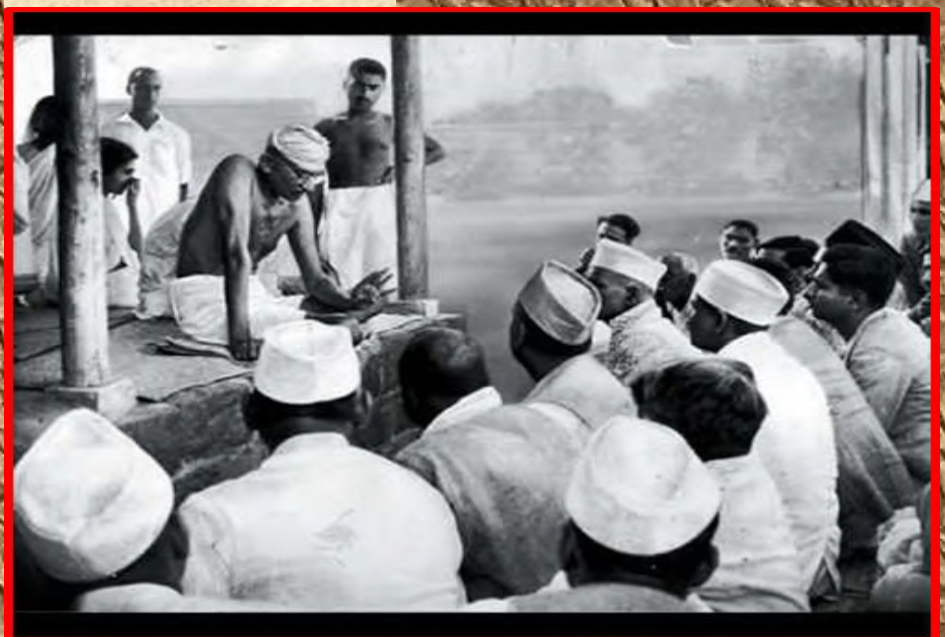
Introduction about the assembly.

On Tuesday 13th October, 2015 in Pillai college of Education and Research, Chembur from our tutorial we all conducted a special assembly and the topic was Gandhi as a teacher. Two days before itself we all sat together and discussed about the prayer song and role play. Finally we selected the prayer song will be 'Raghu Pati Raghav Raja Ram' and after that three Gandhi's teaching one is three monkeys concept, preach before you teach

and the last one is swavalamban. We all together decided to perform a role play on these teachings.

Special points of interest:

- Prayer song "raghu pati ragav raja ram".
- See no evil, hear no evil, and peak no devil.
- Preach before you teach.
- Swavalamban.



See no evil, hear no evil and speak no evil.

On the day we started our assembly by singing prayer song after that we performed the role play one by one and our first role play is on Gandhi's three monkeys concept that is see no evil, hear no evil and speak no evil, here we showed two scenes one is related to

see no evil and in another one hear no evil and speak no evil. Through these the audience learnt that if any violence is happening in the society we should fight against it.



Practice what you preach.

The second teaching was practice what you preach, where in we showed Gandhiji himself delivering his thought through this act. In this we performed one incident which was occurred in his life. So through this, the audience learnt that before teaching anything to others first we need to practice it.



The Historical Monuments in Mumbai

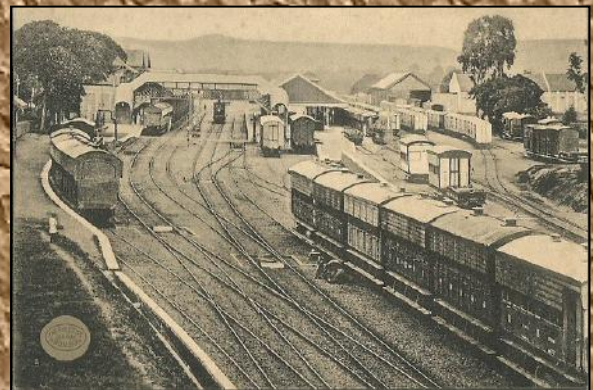
Day - Monday

Date - 22/2/16

We the students of Pillai College Of Education And Research. Currently pursuing B.Ed. were to asked to make presentation on The Historical Monuments in India

As we are divided in tutorial wise . Our tutorial was Number 7 and we were given the topic "The Historical Monument in Mumbai" and that was the oldest station in Mumbai named as"

Chatrapati Shivaji terminus". As we are group of 12 students . We divided our self the respective topic. The topics were as such discussed below.



1. Introduction

One of the member of our group introduced about the topic. Where and when build the CST Station and its importance.



2. Architecture



The glorious station construction was discussed by one of the representatives.

3. History

The history of CST station .it was a first station in the sub-continent And build by British by Queen Victoria.



Importance by UNESCO

Chhatrapati Shivaji Terminus (CST),Is a UNISCO world heritage site and an historic railway station in Mumbai Maharashtra, India which serves as the headquarters of the central railway. It is one of the busiest railway stations in India. Serving as a terminal for both long-distance trains and commuter trains of the Mumbai suburban railway.



eHealth and Fitness

The future of Healthcare

Healthcare in current world



In the current world situation, both the Health care industry and Information and Communication Technology are going hand in hand. ICT is seen to be playing a crucial role in improving health care for individuals as well as communities. From computerized data

operations in hospitals to online websites being built up to help individuals with health care and fitness activities, ICT has definitely taken the age old health care practices to another level. In this article we are going to see the current world eHealth care practices and innovations that are changing the future of the health care industry.

E-Newsletter Date

10/10/2016

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Technology Aided Fitness

The people today are becoming more and more fitness conscious, all thanks to the mass-media, from imitating their favorite celebrities diet plan to their fitness regime. It is all become so reachable in today's technology aided world. From customized diet plans available online to you-tube videos loaded with the various exercise and fitness regime, it is become easy for the people to keep a track of their health and fitness considering the busy lifestyle and lack of time.

5 New Health and Fitness gadgets in 2016

Finding it difficult to keep up with your fitness regime? Here are the latest Health and Fitness gadgets to get fitness to your doorstep. Check out top 5 Health and Fitness gadgets right from this year's Consumer Electronics Show.



1. FitBit Blaze

It is like a smart watch with fitness alarm. With all the other features it comes with one of the most important components i.e. the Fit-Star—a fitness subscription service which provides you with onscreen workouts and shows your heart rate.



2. Withings Thermo

Health products are just getting faster and more convenient. Withings Thermo is a latest product in the health market that has 16 sensors to read your temperature in two seconds. It also can connect via Wi-Fi to an app, where

you can keep track of your readings.

- As stated by popsugar.com, gadget from consumer electronic show.



3. Mira Vivid Wellness Collection

Get a pretty looking activity tracker—The new Mira Vivid Collection. You can get the bracelet in two different finishes: heart of gold or rosé all day. If that's not enough, you can buy a pendant necklace in gold. Though you can't measure sleep or fertility (yet) with

the Mira, the tracker does look at your steps, distance, calories, and elevation gains as stated by the popsugar.com.



4. Relief Band

Scared of travelling? Motion sickness restricts the adventurous you? Here is a gadget for you—the Relief Band. Stated by popsugar.com. Pick a setting that matches how you're feeling, turn it on, and get ready to feel better. How? Using a technique called

neuromodulation, the device produces soft pulses on the underside of the wrist. That creates a mild tingling sensation that travels to your body's central nervous system. "The signals modulate the neural pathways between the brain and the stomach, via the vagus nerve, restoring normal gastric rhythm and relieving nausea," reads the description on Relief band's website.



5. Misfit Ray

Misfit Ray is something that tracks your sleep and activity. Its plus point is it runs on a single battery for long. It is water resistant for 50 - meters, hence is perfect for a dive. This one can fit into another accessories and thus

becomes one of the most stylish health gadgets.

