



**Mahatma Education Society's  
Pillai College of Education and Research**  
Chembur  
NAAC 'A' Grade

*'Sustainable Goals...Sustainable Future'*



# HORIZON

## FROM PRINCIPAL'S DESK



**Dr. Reni Francis**



**Wishing each one a very happy and prosperous Diwali. As we come together in celebrating the festival of light, colour, joy, happiness after a long break due to covid, our hearts swell in joy and excitement and making the best during these festive season.**

**Diwali the festival of light resembles so closely to the role of a teacher, the lights dispel darkness and the teacher leads every student from ignorance to knowledge.**

**Let's us understand this festival through the word LIGHTS.**

**L - let us**

**I - ignite our students to be**

**G - gentle and generous**

**H - humble and humane**

**T - truthful and trust worthy**

**S - sincere**

**When we as teachers take the onus of being the light in the life of every student, then we become the lamp that keeps burning always and lighting other lamps.**

**So enjoy this Festival of Lights. Wishing my teachers, non teaching faculty, students and all our well wishers a very Happy Diwali**



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## TEACHER EDITORS

- Dr. Reni Francis (Principal)
- Dr. Jaya Cherian
- Mr. Rajendra Deshmukh
- Ms. Achala Bhor
- Ms. Diandra Pinto
- Ms. Surekha Chidambaranath

## STUDENT EDITORS

- Ms. Nikitha John
- Ms. Shannen Rodrigues
- Ms. Asma Shaikh
- Ms. Ankita Singh
- Mr. Deepak Sharma
- Mr. Pramod Pandey
- Mr. Robert Fernandes
- Ms. Sana Shaikh
- Ms. Santhana Preetha
- Mr. Sayed Haider
- Ms. Shilpa Sharma
- Ms. Siddhi Kundalia





As Diwali is the festival of lights, may we reflect on how we can be lights to ourselves and others.

Apart from our lives and roles as students, teachers, parents, children, spouses etc we also are individual beings with our own sets of values, ideas, triggers, hopes and dreams. Being a light unto others seems relatively easy to comprehend as we are explicitly taught the values of kindness and generosity for others. We 'know' that we need to be helpful, caring and supportive to our family, friends and even strangers. What some of us are not taught, and sadly some never discover, is that we need to be the same to ourselves.



Ms. Diandra Pinto

While it is important to be kind, generous, helpful, caring and supportive to those around us, we must also learn to do the same for ourselves. We need to let our light illuminate our own lives first before we can share this light with others. How can we do this?

- Let your light of kindness be expressed in your self talk. Be kind to yourselves while also being able to hold yourself accountable. When you get frustrated with those around you, realize that, that is a reflection of how you feel about yourself. Stop blaming others or yourself. Observe the negative talk that comes up in your mind and try to change that to words of kindness. Imagine if you had to express those feelings to a 3 year old child. Would you speak so harshly to them? While you may not be a 3 year old, you still deserve the same kindness and compassion.
- Direct your light of love and care to yourselves first. Very often the reason we feel the compulsive need to 'help' others is because there is an unmet need inside of us. There was, most likely, a time when we desperately needed love and care, and sadly there was no one to give it to us. Those times left us with a deep need to reach out and help others in 'need'. What we have to realize is that self love and self care come first. Until we are able to master this, we will keep trying to force our 'help' on others whether they truly need it or not. Love yourselves by making time to figure out your strengths and do more of that; figure out your weaknesses and try to improve them. Taking time out to do the things you enjoy is the easiest way to care for yourself. Resting when you need it is also one of the best forms of self care.

As we wish one another happiness and prosperity this Diwali, may we remember that we deserve the same. May we recognize that the first step to our happiness lies within us, in the way we treat ourselves. May we be kind to ourselves and make time in our busy lives for self love and self care which will help us shine brighter for those around us.



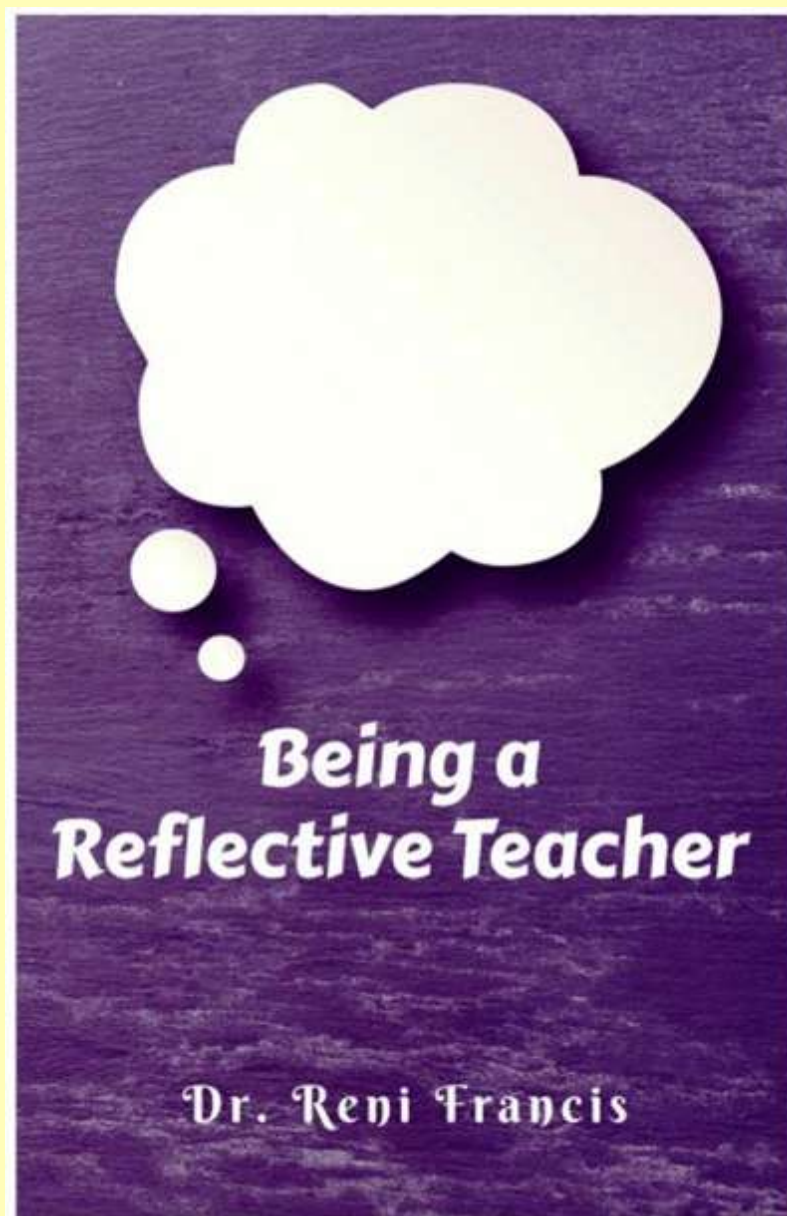


# FACULTY ACHIEVEMENT



## **'Being a Reflective Teacher'**

**Dr. Reni Francis published the book 'Being a Reflective Teacher' which will be soon listed on Amazon and Flipkart**





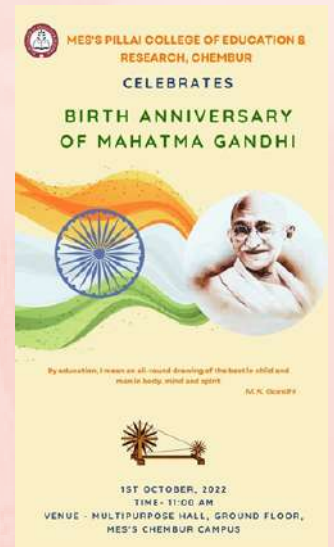
# Special Assembly Gandhi Jayanthi

1st October, 2022 saw Pillai College of Education and Research wear a look of excitement as, the F.Y.B.Ed students got ready for a dual celebration of Mahatma Gandhi's birthday and Navratri. The hosts Miss Neha and Mr. Deepak set the mood for the assembly as they introduced the event with a touching quote by Gandhiji, "You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty." Gandhiji let his light shine through the values that he propagated throughout his life. And what better start could there be to the special assembly, dedicated to him than by lighting the lamp, by the professors. This was followed by invoking the presence of the divine as Miss Cheryl led the audience in prayer. Next Miss Amrita helped us all reflect on the thought of the day and Miss Amelia dwelt upon Gandhiji's teachings through a speech which encompassed the life of Gandhiji.

All these thought provoking activities kept the audience riveted to their seats. The melodious singing of 'Bande Mein Tha Dum' by Miss Shweta, Miss Preetha, Miss Aishwarya and Miss Asma brought in an air of patriotism and filled everyone with awe and admiration towards the deeds of Mahatma Gandhi. Professor Rajendra then delivered a heart warming talk on Gandhiji, inspiring everyone to walk their talk like Gandhiji. A video on Gandhiji prepared by Miss Riddhi Maru, Mr Sujoy Mitra and Mr Deepak Sharma further intensified the patriotism of the moment as the audience also reflected on its duty towards the country through the Swachh Bharat Abhiyan.

Everyone was then fed an inspirational poem on Gandhi Jayanti by Miss Aasma which made our hearts swell with pride knowing that we had such a great person who belonged to our country.

The principal of PCER, Chembur Dr .Reni Francis captivated the hearts of everyone as she emphasized on the teachings of Gandhiji to be brave and bold and face the challenges that come across our way. She also highlighted the Mahatma's quality of humility and his desire for unity and encouraged us all to be humble in our dealings with people and cultivate unity in our midst. Ms. Alia proposed vote of thanks.







# JUMBLE SALE

**Mahatma Education Society's Pillai College of Education and Research Chembur in association with the Soroptmist International Bombay Chembur(SIBC) organised the 'Jumble Sale' on 7th and 8th October 2022.**

**The students and faculty donated the things in proper condition but unused at home. The things were sold in the 'Jumble Sale' and the money obtained from the sale were donated to the needy. The PCER Chembur students and faculty helped in organising the event besides contributing the materials for sale. One of its kind initiatives of PCER chembur and SIBC is practiced every year and it provides an opportunity for all at PCER to do something for the underprivileged.**



# SALE



# Red Dot Foundation Session

In the light of empowering women and celebrating their equal rights in every aspect of life, MES's Pillai College of Education and Research, Chembur Mumbai organized a session for the F. Y. B.Ed students on 10th October 2022.

This session was conducted by Ms. Ritu Verma. She is associated with the Red Dot Foundation and she is a trained counselor, mentor, behavioural specialist, sex educationalist and child abuse consultant.

Ms. Verma spoke about street harassment and the various crucial measures women can undertake whilst facing a harassment situation.

The session was very fruitful one.



## Special Assembly : International Girl Child Day and World Mental Health Day

PCER Chembur organized a special assembly programme on the occasion of International Girl Child Day and World Mental Health Day on 10th October 2022. The assembly was planned and organized by the student council. The objective of the programme was to focus attention and create awareness on two crucial topics: the challenges and issues faced by girls today and the issues related to mental health.

International Girl Child Day is observed on 11th October to shed light on the numerous difficulties faced by girls with respect to their health, education and mental well being. It highlights the problems faced by, specially challenged girls in order to access services for a better life. World Mental Health Day is observed on 10th October to spread awareness about mental health and the need to talk about it and encourage people to focus on their mental well being.

The First year students of PCER made a creative and interesting presentation through a wide range of activities. The programme was anchored by Ms. Asma Sarang. The programme commenced with a prayer by Ms. Sejal. Through speeches delivered by Ms. Anita Jain and Ms. Janhvi Yadav, a poem recited by Ms. Ruchika, video by Ms. Jocelyn, the various aspects and issues related to Girl Child and Mental Health were conveyed.

The students presented a beautiful dance drama that portrayed the difficulties faced by the girl child and how she yearns for freedom and equality in a society that is focused on keeping her within barriers. Principal Dr. Reni Francis addressed the students on the occasion and highlighted the importance of focusing on one's mental health and the need for girl children to be provided with opportunities for their growth. The programme concluded with the vote of thanks by Ms. Vinita.

The programme was highly appreciated by everyone as it very creatively shed light on the two vital topics of today.

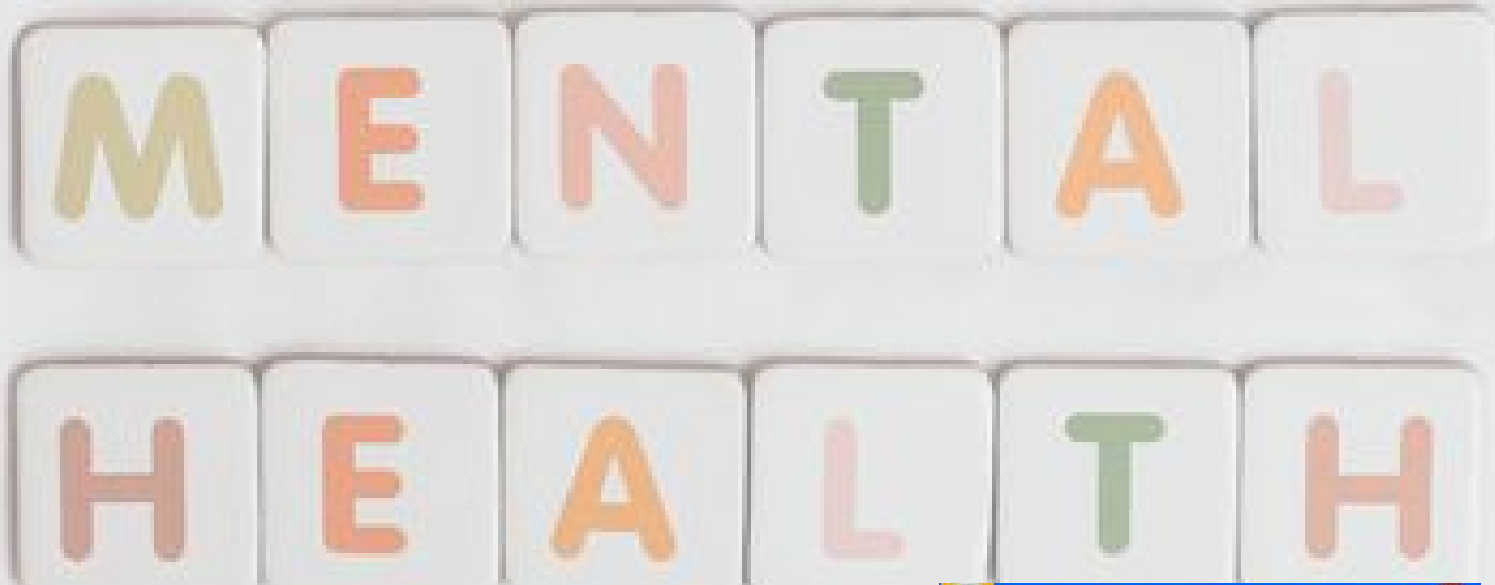






# Online course on Mental Health

Good mental health is important for the overall well-being of an individual. We at PCER, Chembur understand the benefits of good mental health and its role in the holistic development of an individual and hence, in collaboration with 'Inter University for Disability Studies Mahatma Gandhi University, Kerala, a one week online certificate course on Mental Health was launched on PCER, Chembur MOOC Platform 'Prabal MOOC' containing seven 7 Modules.



**CERTIFICATE COURSE IN MENTAL HEALTH**  
Inter University Centre for Disability Studies  
Mahatma Gandhi University, Kerala  
in collaboration with  
MES's Pillai College of Education and Research, Chembur

**CCMH-01: Mental Health and Wellbeing**  
**CCMH-02: Mental Health and Nutrition**  
**CCMH-03: Mental health - pursuit to happiness**  
**CCMH-04: Mindfulness**  
**CCMH-05: Resilience - Coping with stress**  
**CCMH-06: SWOC**  
**CCMH 07: Psychology of Emotion**

- Registration Fee: Rs 750/-
- Payable at : <https://pages.razorpay.com/pcer-chembur-mh2022>
- Details of Registration will be shared to registered participants.
- Participants completing the course will receive hard copy of the certificate



**Online Certificate Course**

Inter University Centre for Disability Studies  
Mahatma Gandhi University, Kerala  
in collaboration with  
MES's Pillai College of Education and Research, Chembur  
**CERTIFICATE COURSE IN MENTAL HEALTH**



- Course will be Self-paced on MOOC
- Course Completion Certificates will be provided.
- Course begins from 10th October - 16th October, 2022

**Participant Profile:**

- Under Graduate, Graduate, Post Graduate students
- School/ Special Ed/ College teachers,
- Community Based Rehabilitation professionals
- Parents

**Course Directors**  
Dr. P.T. Baburaj - Hon. Director, IUCCDS, MGM University  
Dr. Reni Francis - Principal, PCER, Chembur





# World Cotton Day : Workshop on Cloth Bag Making

On account of World Cotton day, PCER, Chembur organized a workshop on Cloth Bag Making where students were taught how to make bags out of old Jeans or waste cloth pieces.

The session was conducted by Ms. Rekha Sachin Sarvagod. She is the wife of our Non-teaching Staff, Mr. Sachin Sarvagod. She shared her experience on how she started making cloth bags during the pandemic with just watching youtube tutorials and now she has mastered the art.



C2, Gulmarg Society, Runwal Park, Sindhi Society, Chembur,  
Mumbai, Maharashtra 400071, India

Latitude  
19.0527081°

Longitude  
72.8929763°

Local 11:42:13 AM

Altitude -58.3 meters

GMT 06:12:13 AM

Tuesday, 11.10.2022







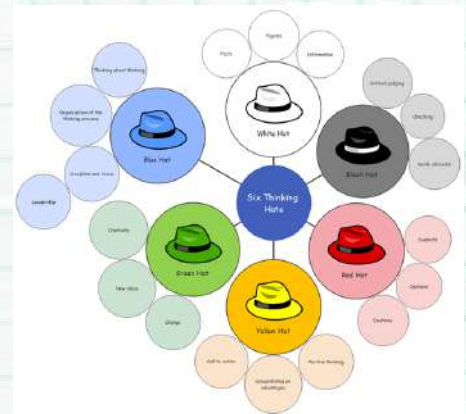
# Workshop on 6 Thinking Hats

To foster thinking skills and to introduce the student teachers to the use of the 6 Thinking Hats technique in the classroom, a workshop was organised on 11th October, 2022 by Ms. Surekha C.

The Six Thinking Hats is a great thinking tool for helping children to think for themselves. There are certain scenarios in which the hats provide an effective means to structure thoughts and reach a desirable outcome.

By using this approach in the classroom, students have an understanding of the thinking behind each of the hats and the ability to apply this knowledge. That's why Six Thinking Hats is becoming a very effective and useful teaching technique in the teaching-learning process now-a-days.

All the students participated well in the workshop.



## Workshop on Life Skills

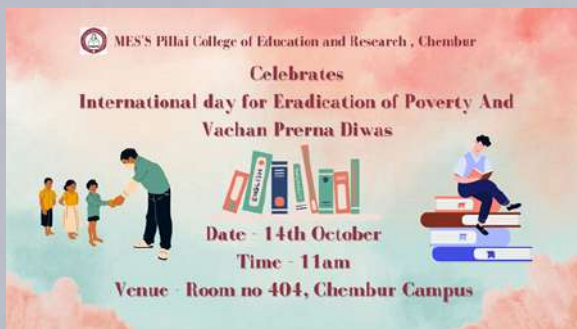
On 12th October, an interactive, experiential workshop was organised by the PCER faculty Ms. Diandra Pinto on the ten core Life Skills as outlined by the WHO, UNESCO and UNICEF. The students were divided into ten groups for each life skill and then worked in their teams to come up with experiential learning activities. The facilitator closely scaffolded each group's work to ensure alignment with the outcomes of the workshop. Each group then led the class through engaging, thought provoking activities to develop the specific skills assigned to their groups. Each group member contributed to their group presentation. The students left the workshop with actionable points and simple activities they could use to further develop their respective skills based on their strengths and weaknesses as reflected upon during life skill number 5 on self awareness.





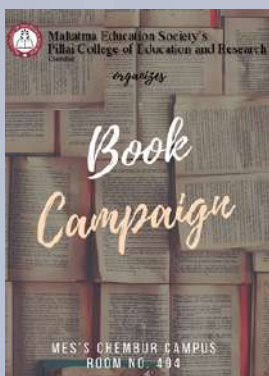
# Special Assembly : International Day of Eradication of Poverty and Vachan Prerna Diwas

Students of Batch 2021-2023 of PCER, Chembur, put up an amazing assembly celebrating International day for Eradication of Poverty and Vachan Prerna Diwas on 14th October, 2022. They highlighted the importance of Education and how it helps in eradication of poverty. They also spoke about the benefits of reading and encouraged everyone to develop the habit of reading.



## Book Campaign

PCER, Chembur celebrated World Student's Day and Vachan Prerna Din by organizing a Book Campaign for the F. Y. B. Ed. Students Batch 2021-2023. It was a campaign where students who loved reading books would campaign for their favourite book and the audience would vote for the book they would like to read. The 1st, 2nd and 3rd winners were given cash prizes. This campaign was organized to encourage everyone to integrate the habit of reading in them.







# FOOD FESTIVAL



PCER, Chembur celebrated World Food Day and World Tourism Day by setting up food stalls of different regions of the world. The Food festival started at 9:30 am and ended at noon. The F.Y B.Ed students put up food stalls, with the guidance and support of PCER's respected Principal Dr. Reni Francis, and the professors. The B.Ed students decorated the stalls with charts and pictures to share knowledge about the part of the country where the food belonged. Six food stalls were set up, Mexican, Italian, Middle Eastern, American, Indian and Spanish. The students, parents and teachers ate heartily.





दिवाली निमित्त हार्दिक शुभेच्छा।



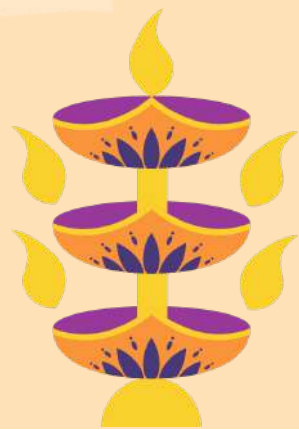
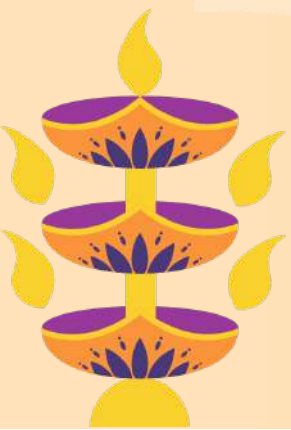
# SPECIAL ASSEMBLY DIWALI

Diwali was celebrated through a special assembly held on 18th October 2022. Charts, rangoli, and various other decorations lit up the campus. Miss Mhavash was the host of the assembly. The assembly began with a prayer led by Miss Shilpa, followed by a thought for the day given by Miss Neha. Miss Sushmita came forward to deliver a speech on this joyous occasion, speaking about the reasons for celebrating this auspicious festival. She truly caught the attention of the audience with her words. Mr. Pramod then shared one of his self-written poems. Mr. Santosh Sutar sang a few retro songs. The audience grooved to the music and sang along. The students presented a handmade card to the professors to showcase their love and respect, as well as to share heartfelt wishes for the festival.

The Principal Dr. Reni Francis addressed the students via a video message, enlightening them with words of knowledge and sharing wishes on the occasion of Diwali. The assembly ended with a Vote of Thanks given by Miss Jaishree.



HAPPY  
DIWALI



# ALUMNI CORNER



**Ms. Siddhi Sanjay Surve**  
**(Batch- 2020-22)**  
**Teacher**  
**St. Paul's High School, (Dadar)**

# STUDENT CORNER



**Ms. Sushmita Solanki**  
**S.Y.BEd**  
**Roll No.**