



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

'Sustainable Goals...Sustainable Future'



HORIZON

PRINCIPAL'S MESSAGE



Dr. Reni Francis

Happy New Year 2024.

This wish comes from the PCER, Chembur family to each one of you.

New year - new aspirations and expectations all revolving around us in a hope and desire to see a brighter and better future. As teachers our role is to ignite the learning community to the realms of learning outcomes and reach their highest potential. Our learning practices need to address the learning challenges that children face in the class we need to practice the principle of GROW to our students and teachers for bridging the gap and encompassing a newer phase of learning.

G- give opportunities

R- redesign curriculum

O- outcome to be measured

W- willingness to change

When we adopt to the practice of GROW, we will witness gradual and meaningful change in our society and the educational front.

This change will become a revolution in education.

Let us as educators be the change the world would witness and match forward as change makers in the New year 2024.

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TEACHER EDITORS

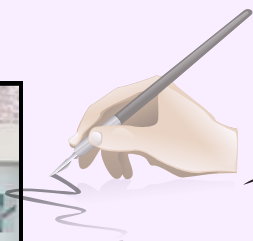
Dr.Reni Francis (Principal)
Dr. Jaya Cherian
Dr. Vithoba Sawant
Dr. Rajendra Deshmukh
Ms. Achala Bhor
Ms. Diandra Pinto
Ms. Surekha Chidambaranath
Ms. Athira S R

STUDENT EDITORS

Ms.Naela Qureshi
Ms.Farhat Ansari



Ms. Diandra Pinto
Assistant Professor



Editorial



As the new year begins it is a time for us to attempt to become newer, better versions of ourselves. It is time to shed old beliefs and negative patterns that keep us trapped in loops of poor decision making resulting in an unfulfilling life. This can only be done when we choose to take a closer look at the health of our mind and body.

International Mind-Body Wellness celebrated on the 3rd of January gives us the opportunity to understand this connection better and take steps to ensure a new, better year than the last. The pillars of mind-body wellness include exercise, nutrition, hydration, sleep and stress reduction. While it is well known that exercise is crucial to our health, we must not get trapped in the web of popular culture thinking that this is limited to gymming and running. Exercise is not only for bulking muscles or losing weight, but also performs more important functions like improving flexibility, balance and range of motion, all in an attempt to have us use all parts of our bodies to the best of our ability. Apart from the basics of calories in versus calories out for weight maintenance, it is important to reduce consumption of processed foods, and include as diverse fruits and vegetables as we can to feed the variety of gut bacteria that is crucial to our physical and mental health. Considering water makes up 75% of the brain, sipping water at regular intervals serves our memory, attention and energy. Hence we get a throbbing headache when we do not drink sufficient water. Sleep is crucial for our body and mind to rest and recover before the next day. Hence even just one night without sleep creates such disorientation and lack of focus and energy. Adopting daily routines that automate and make our lives more efficient will drastically reduce stress levels as we will have more energy for the bigger more complex decisions. Lastly, we will find that if we exercise, eat well, hydrate at regular intervals during the day and sleep well, we will automatically notice reduced levels of stress. If however, these are somewhere unbalanced or unfulfilled you will require targeted stress management techniques to cope. Thus, it is important to treat our mind and body with care, and ensure that we follow these basic but crucial practices to maintain a healthy mind and body.

May we all have a happy and healthy year ahead, and become better versions of ourselves this 2024!

Faculty Achievements

Dr. Reni Francis won the 2024 National Proficient Writer Award from Peet Memorial Training College, Kerala, and Council for Teacher Education Foundation in collaboration with CEAM in January 2024



Dr. Vithoba Sawant was a resource person for a one-day state-level Research Methodology workshop organized by Shri D. D. Bapusaheb Vispute College of Education, New Panvel.

Student Achievements

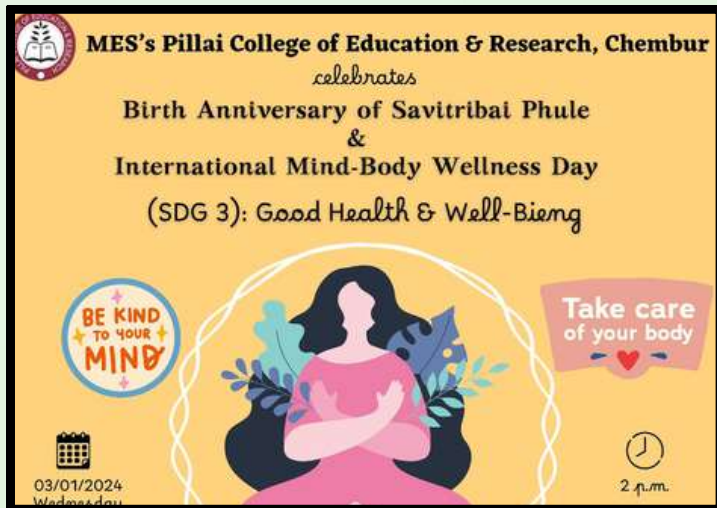
Ms. Ruma Saha and Ms. Epsiba Isaackumar won the silver medal in the poster making competition, and Ms. Mamata Kokaje received a second consolation prize in the elocution competition at UDAAN: Festival, a University level competition conducted by DLLE (Department of Lifelong Learning and Extension).

The annual festival UDAAN : A Flight of Extension 2024 was held on 29th January, 2024 organized at SIES college of Commerce and Economics, Sion. A total of 22 colleges participated in this Udaan festival competition. The students participated in the street play, elocution, poster making and creative writing competition. PCER family congratulates all the participants for their enthusiastic participation.



International Mind Body Wellness Day

On 3rd January, 2024 Pillai College of Education and Research observed International Mind Body Wellness Day with a session to create a deeper awareness of the same. Most people are aware of the general idea that exercise and healthy food are important but the link between physical and mental health is still not clearly understood by many. This session aimed to bridge this gap in understanding and provide students with simple but vital information on how to improve their overall wellbeing as well as those around them. As PCER has long been an advocate for the SDGs, this session was another attempt at championing the goals. SDG 3 which is to ensure healthy lives and promote well-being for all at all ages was the underlying theme of the session.



Job Perfect Session - Inquiry Training Model

As a part of the Value Added Course, Dr. Rajendra B. Deshmukh led the session on the Inquiry Training Model. The session took place on 5th January, 2024, from 11:00 AM to 12:30 PM, for the S. Y. B. Ed. students. It was aimed to foster critical thinking and problem-solving skills among the students and it elucidated the principles and applications of the Inquiry Training Model, emphasizing its relevance in diverse educational settings.

Participants had the opportunity to explore practical strategies for implementing this model effectively. Dr. Deshmukh provided valuable insights and real-world examples, encouraging attendees to actively participate in discussions and activities designed to demonstrate the model's effectiveness.



Vishva Hindi Diwas Poem Recitation Competition

On 10th January, 2024, PCER Chembur organized the Hindi poem recitation competition on the occasion of World Hindi Day. It was celebrated for the promotion and awareness of the Hindi language in the world and to create love for Hindi language. The judge was Mr. Deepak Kumar, assistant teacher in Chembur English High School and Junior College. The celebration not only honored the language, but also served as a reminder of its cultural and historical significance. All participants performed gracefully which elevated the event further. Miss Sonam Gupta won the first prize and Miss Damini Singh won the second prize.



Mock Interviews



PCER, Chembur had conducted a mock interview session on 10th Jan 2024 to enhance students' job readiness. The session was conducted by Ms. Laxmi and Ms. Athira SR. The student-teachers demonstrated varying levels of preparedness in terms of communication skills and positive body language. Some of them struggled with concise responses and handling situational questions indicating areas for improvement. Valuable feedback on presentation and critical thinking skills along rectifications of the errors made in their curriculum vitae was provided. The session successfully highlighted individual strengths and areas needing development contributing to the overall goal of better preparing students for the real-world job interviews.



Investiture Ceremony

The investiture ceremony for the student council of the batch 2023-2025 was held on the 11th of January, 2024. This canvassing took place in December, 2023. The class was sent a google form to cast their votes favouring the candidates of their choice for different posts. After counting all the votes and discussing with the Principal and teachers, the student council was successfully formed.

PCER, Chembur Student Council Batch 2023-2025

General Secretary: Mahalaxmi Samuthiram

Deputy General Secretary: Jinal Patel

Academic incharge: Lourdu Mary

Discipline incharge: Ahalya Yadav

Cultural incharge: Preeti Sharma

Sports incharge: Shivani Gamre

Photography incharge: Ayesha Sayed

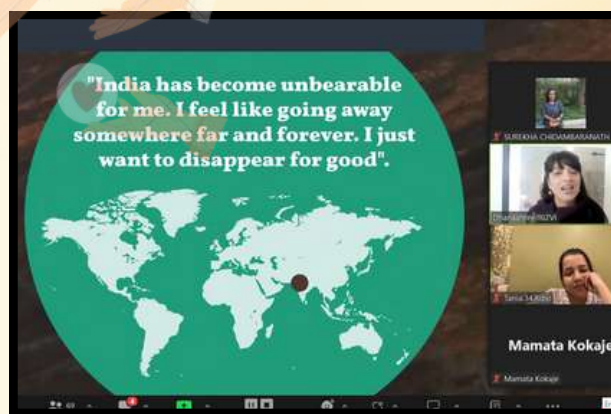
Assembly incharge: Nandhini Yadav & Arvinder Kaur Viridi

Report incharge: Geneshiya Jo



'Umeed- Every Child Matters' Suicide Prevention Training

MES's Pillai College of Education & Research, in collaboration with RES's Rizvi College of Education hosted a two-day Zoom session on suicide prevention led by Ms. Dhanashree Karandikar on 11th & 12th January 2024. The event aimed to explore the root causes of suicide and effective prevention methods. Day one focused on recognizing behavioral and situational cues associated with suicidal tendencies, utilizing the QPR method. The importance of early intervention and identifying risk factors was emphasized. The second day delved into real-life cases, acknowledging the emotional toll of suicide on individuals and communities. The program was highly effective, providing valuable insights for student teachers, who expressed gratitude and a desire for future sessions, praising the QPR method's role in enhancing their understanding of suicide prevention strategies.



Red Dot Session on Diversity and Inclusion

PCER Chembur and Red Dot Foundation organized a session on Diversity and Inclusion. The sessions as conducted by Ms. Pragati Vaishya the Program and Outreach Officer of Red Dot Foundation. A separate session was held for the faculty and students respectively to address that are relevant to their contexts. The session was interactive and enlightening.

Create a **POSITIVE**
and **INCLUSIVE**
learning
ENVIRONMENT



National Youth Day Celebration at Shantivan Old Age Home

The F.Y. B.Ed students of PCER, Chembur celebrated National Youth Day on the 12th of January with the elders of Shantivan Old Age Home, Nere. National Youth Day or Yuva Diwas celebrates the birth anniversary of Swami Vivekananda on January 12th. PCER, Chembur planned a morning of fun activities at Shantivan, home to 43 elders. The students recited poetry and sang some melodious yesteryear music that made the elders nostalgic. The students then led them through some fun group games. The elders were asked for a line of advice for the budding teachers and these were written on individual bookmarks distributed among the F.Y. B.Ed class. PCER, Chembur teachers, students and elders of Shantivan, Panvel had a heartwarming memorable day.



National
Youth Day



Special Assembly Celebrating Lohri, Makar Sankranti & Pongal

A special assembly, dedicated to the Harvest Festival Celebration, took place on January 13, 2024. The purpose of this gathering was to provide a concise overview of various harvest festivals such as Lohri, Pongal, Uttrayan, Makar Sankranti, etc. During the assembly, students shared insights into the significance of harvest festivals, celebrated under different names across various states of India. They eloquently discussed Lohri, Makar Sankranti, Magh Bihu, Pongal, Sankranti, and Uttaryan. Each festival's presentation was skillfully executed, emphasizing the festival's importance, the crucial role of farmers, diverse food preparations, and the unique ways in which each festival is celebrated.



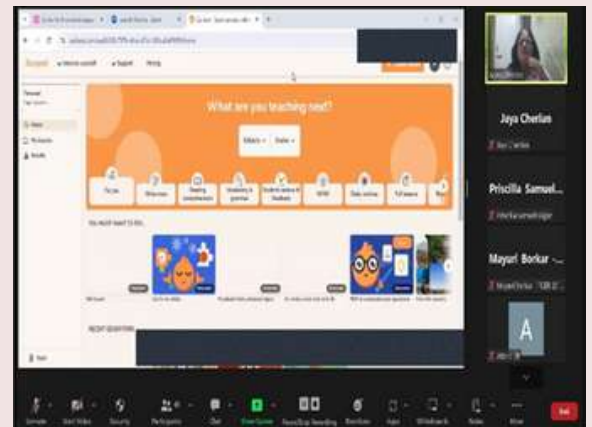
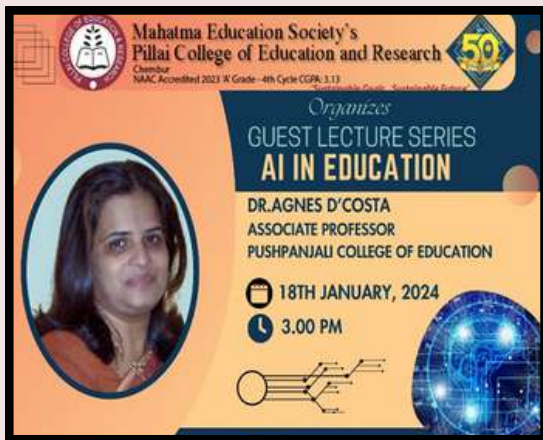
Classroom Management Workshop Series

Classroom Management Workshop Series was conducted by Ms. Laxmi Nair on 15th, 17th and 19th of January, 2024 to provide student-teachers with essential tools for creating a positive learning environment. The workshop addressed challenges emphasizing the importance of strong teacher-student relationships and also focused on understanding classroom dynamics. Effective communication strategies, proactive techniques such as optimizing classroom layout and managing time were discussed. Student-teachers engaged themselves in interactive activities like sharing experiences and learning from case studies. Technology integration and resources for ongoing development were highlighted. Student-teachers were asked to implement effective classroom management strategies that were highlighted in the workshop in their teaching practices.



Guest Lecture Series

PCER chembur initiated a Guest Lecture Series with the objective of enriching the educational experiences of students. The topic for the online session conducted on 18th January 2024 at 3.00 pm was 'AI in Education'. The session was in alignment with SDG 4 Quality in Education. The resource person was Dr. Agnes D'Costa, Associate Professor, Pushpanjali College of Education, Vasai. Ms. Dipshi from F. Y. B. Ed welcomed and introduced the resource person. Through the highly informative and interactive session students learnt how to navigate and aptly utilize AI tools such as GitMind, Magic School, Curipod etc. Dr. Agnes conducted a demonstration lesson through the online classroom using Curipod providing increased clarity regarding usage of the digital tools.



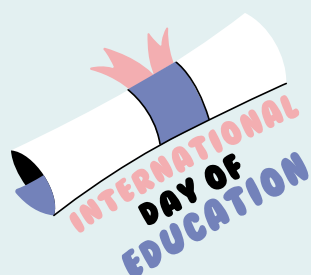
National Girl Child Day

National Girl Child Day is observed on 24th January every year to spread awareness about the inequalities faced by a girl child in Indian society. MES's Pillai College of Education and Research in Chembur organized a pre-marital workshop in collaboration with Stree Mukti Sanghatana on account of National Girl Child Day on 23rd and 24th January 2024, aiming to promote awareness and understanding of gender equality, communication skills, and relationship dynamics among future educators. The resource persons for this two-day premarital workshop Ms. Sangeets Sarf and Mr. Chandrakant Sarvagod provided valuable insights and skills essential for building healthy and equitable relationships. This event emphasized the role of educators in fostering positive societal change and promoting the well-being of individuals and families. From this workshop, students gained a better understanding of the challenges in relationships and a commitment to help build a society that is more inclusive and supportive.



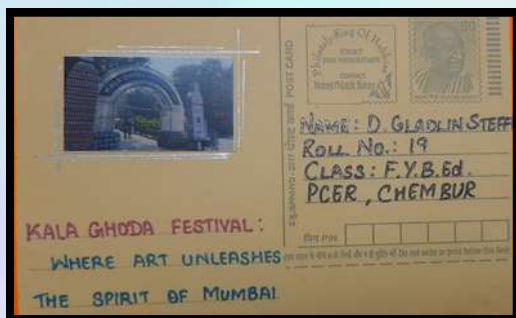
International Day of Education

On 24th Jan, 2024, PCER, Chembur had observed the International Education Day which emphasised the pivotal role education plays in shaping future leaders and fostering global citizenship. A skit titled "The Dream Factory" was performed by the F.Y.B.Ed. students captivating the audience with its insightful portrayal of the transformative power of education. The skit unfolded a narrative that underscored the impact of education on individuals and societies. The story revolved around a fictional "Dream Factory," symbolising the educational institutions that shape dreams and aspirations. As the skit progressed through the educational journey the transformative effects of learning became evident.



National Tourism Day

National Tourism Day is observed on 25th January 2024 to raise awareness about tourism in our country. PCER Chembur marked the event with the students of F.Y.B.Ed visiting the Kala Ghoda Festival. The Kala Ghoda festival is a huge multicultural festival conducted every year in Mumbai that showcases Indian culture, art, music, theater, architecture, cuisine etc. This year the festival was held from 20th to 28th January 2024 at more than 25 venues in Mumbai. The visit provided the students with a vista of the diverse and rich cultural heritage of India.





Republic Day



On the 26th of January, PCER Chembur celebrated Republic Day with great enthusiasm and grandeur, joining hands with other institutes of MES's Chembur campus. Dr. Geeta Menon, the Principal of Chembur English Primary School hoisted the flag and gave an inspiring speech as the chief guest. Adding a musical touch to the festivities, the F.Y. B.Ed. students presented a melodious patriotic song medley. Their performance resonated with the patriotic zeal, capturing the essence of the occasion. The medley served as a tribute to the sacrifices of our freedom fighters and a celebration of the values enshrined in the Indian Constitution.



Mumbai, Maharashtra, India
Mahatma Education Society's Pital College of Education and Research, Chembur
Lat: 19.053243°
Long: 72.883803°

Alumni Corner



Melvin Chacko
Batch 2020-2022
Teacher,
Chhabildas English High School (CBSE)
Dadar West, Mumbai



**Israel vs Palestine, a tale of strife,
In the echoes of conflict, the toll on life.
A land torn apart, histories collide,
In the crucible of chaos, where hope must
abide.**

**Amidst the rubble, where sorrows
intertwine,
Imagine Christ born today, in a troubled
sign.
In Bethlehem's shadow, not a silent night,
But the resonance of gunfire, a star's dim
light.**

**A modern manger, not shielded from the
roar,
Yet, a child is born, with peace at its core.
In the cradle of chaos, a message profound,
Love thy neighbor, let empathy resound.**

**As tears stain the soil, where ancient tales
are told,
A plea for peace, transcending stories old.
For in this modern strife, compassion must
rise,
Bridge the divides, where humanity lies.**

**In the ongoing saga, let wisdom prevail,
A narrative rewritten, where empathy sets
sail.
For if Christ were born amid today's war,
His teachings echo louder than ever before.**



Students Corner



Nisha Dinesh Yadav
Roll no: 44
Batch 2023-2025



Nature's Canvas:
A serene masterpiece that whispers tranquility

