



MAHATMA EDUCATION SOCIETY'S
PILLAI COLLEGE OF EDUCATION & RESEARCH(Autonomous)
CHEMBUR
NAAC Accredited 2023 'A' Grade - 4th Cycle CGPA: 3.13



'Sustainable Goals...Sustainable Future'

HORIZON PRINCIPAL'S MESSAGE



DR. RENI FRANCIS

March is often remembered as a season of endings, but it is equally a season of new beginnings. As the academic year gradually approaches its culmination, I am reminded of a short story.

A teacher once gave her students a tiny seed and asked them to care for it. Some students watered it daily, some forgot about it, and some thought the seed would never grow. Weeks later, a small green sprout emerged from one pot. The teacher smiled and said, "Growth is never instant. It happens quietly through patience, care, and consistency."

Education is much like that seed. Every lesson learned, every challenge faced, every effort made inside and outside the classroom contributes silently to growth. At PCER, we strive to nurture not only academic excellence but also resilience, values, creativity, and compassion in every learner.

As we move ahead, let us continue to grow with patience, purpose, and positivity, remembering that even the smallest step forward contributes to a brighter future.



FEBRUARY 2026 HORIZON

1. Principal's Message
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4. Student Achievements
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- World Water Day

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- Pi DAY

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- Happiness Day
- Lang Club Activity

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TEACHER EDITORS

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

STUDENT EDITORS

Ms. Stefina Arokiaraj
Ms. Harnain Kaur



EDITORIAL



Ms. Surekha Chidambaranath
Assistant Professor

Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment. It includes doing activities that make us feel good, like following our hobbies, reading, watching a movie, spending time with loved ones, or simply going for a walk on the beach at sunset.

But how often do we really do these things? Most of the time, we stay busy with what we think is important—work, studies, responsibilities—and forget to make time for our own happiness.

The International Day of Happiness is celebrated across the world on 20 March. It was established by the United Nations General Assembly on 28 June 2012. This day reminds people that happiness is not a luxury, but a basic human goal. Countries are encouraged to focus not only on economic growth but also on the well-being of their people. For example, some countries even measure happiness through reports like the World Happiness Report.

Happiness is important because it affects both our mind and body. Research shows that happy people tend to have better health, stronger relationships, and a more positive outlook on life. When we are happy, we are more creative, more productive, and better able to handle stress.

Many people believe that making others happy should come first. While caring for others is important, we cannot truly support others if we are emotionally exhausted. Just like we are told to wear our own oxygen mask first in an airplane, we need to take care of our own happiness before we can spread it to others. When we feel balanced and content, our kindness and care become more genuine and sustainable.

Here are some simple ways to bring more happiness into our daily lives:

- Make time for yourself – Even a few minutes a day to do what you enjoy can make a big difference.
- Stay connected – Spend time with family and friends who uplift you.
- Practice gratitude – Focus on what you have rather than what you lack.
- Take care of your body – Exercise, eat well, and get enough rest.
- Live in the present – Avoid overthinking the past or worrying too much about the future.
- Help others – Small acts of kindness can bring joy to both you and others.

In the end, happiness is not something we should postpone for “later.” It is something we need to include in our daily lives. Even small moments of joy matter. When we start valuing our own happiness, we not only improve our own lives but also create a more positive environment for everyone around us.



be happy ♥



FACULTY ACHIEVEMENTS



- Dr. Reni Francis was honoured with the Best Presentation Award at the National Seminar on “Integrating Life Skills into Curriculum: Best Practices under NEP 2020.” The seminar was organized by R. R. Educational Trust’s B.Ed. College and sponsored by the Western Regional Centre (WRC), ICSSR, Mumbai.

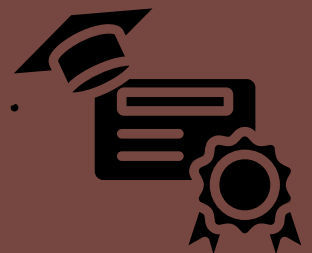


- Ms. Surekha Chidambaranath completed a certificate course on “Prompt Engineering for Educators”



- Dr. Vithoba Sawant participated in and presented a paper titled “Artificial Intelligence and Empowerment” at a one-day National Seminar organized by H.B. B.Ed. College, Vashi, on 7th March 2026.

STUDENT ACHIEVEMENTS



- We are proud to congratulate Ms. Preet Kaur Saini, Ms. Punya Phull, Ms. Saloni Prajapati, Mr. Ashish Kumar, and Mr. Immanuel Daniel on successfully clearing the Central Teacher Eligibility (CTET) Test examination. We wish them continued success in all their future endeavours.



VIKAS SERIES

V – VALUE DRIVEN INTERNATIONAL WOMEN’S DAY



On the occasion of International Women’s Day, MES Pillai College of Education and Research organised a community visit to Marouli, Chembur East, on 7th March 2026. Under the guidance of the Principal and faculty, student volunteers distributed 100 essential utility hampers to women in the area. The initiative created a warm and positive atmosphere and served as a meaningful effort to honour and appreciate the strength and contribution of women in society.



8 मार्च ते १६ मार्च २०२६ Email: manojnhatre9324@gmail.com **पिपल्स मुव्हमेंट**

चेंबूरमध्ये महिला दिनानिमित्त उपयुक्त हॅम्परचे वितरण

विषय - राष्ट्रीय महिला दिनाच्या निमित्त 'पिपल्स मुव्हमेंट' या कार्यक्रमात उपयुक्त उपकरणांचा वितरण कार्यक्रम आयोजित करण्यात आला.

दिनांक - ७ मार्च २०२६, सोमवार (पूर्व)

व्यवस्थापक - डॉ. विवेक शर्मा, प्राचार्य/कार्यवाही अधिकारी

सहकार्यकर्ते - डॉ. मनीषा शर्मा, प्राचार्य/कार्यवाही अधिकारी

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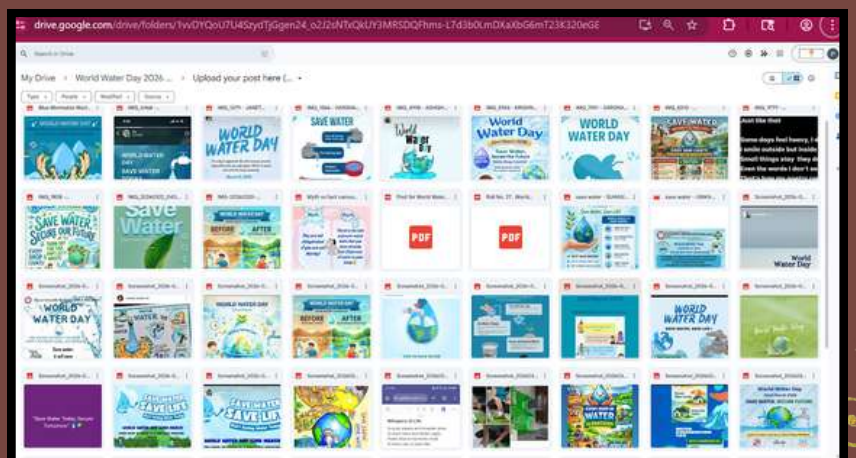
सहकार्यकर्ते - डॉ. मनीषा शर्मा, प्राचार्य/कार्यवाही अधिकारी

International
WOMEN'S
Day

WORLD WATER DAY



MES's Pillai College of Education and Research organized an online awareness activity on World Water Day, 22nd March 2026, with the aim of encouraging students to understand the value of water, the need to conserve it and spread this message to all. Students were encouraged to express their ideas creatively on the theme of saving water through any medium on social media. They could choose from various options such as slogans, posters, artwork, reels, before and after challenges and myth vs fact posts. This activity gave students the freedom to think, create, and share meaningful messages in their own unique ways. They actively participated and used their creativity to spread awareness about water conservation. After posting their work, students submitted screenshots on the given link. This initiative thoughtfully served the purpose by combining awareness with creativity. Overall, the celebration of World Water Day was meaningful, and impactful.



I – INNOVATIVE PEDAGOGY

WORLD WILDLIFE DAY

INFOGRAPHIC MAKING



To commemorate World Wildlife Day on 3rd March 2026, MES Pillai College of Education and Research organised an online infographic making activity. The theme for this year was, “Medicinal and Aromatic Plants: Conserving Health, Heritage and Livelihoods,” highlighting the vital role that plants play in maintaining ecological balance and supporting traditional systems of medicine and rural economies. Students were encouraged to explore how medicinal and aromatic plants contribute not only to healthcare but also to cultural heritage and sustainable livelihoods. Students were instructed to design informative and visually appealing infographics using Canva. The activity aimed to enhance students’ research skills, creativity, digital literacy, and environmental awareness. Students were asked to upload their completed infographics to the Google Classroom. The response from the students was enthusiastic and encouraging. The infographics reflected a sound understanding of the importance of conserving medicinal and aromatic plants and the need for responsible environmental practices. The activity also provided students with an opportunity to express their ideas creatively while engaging with a globally significant environmental issue. This activity not only marked the observance of World Wildlife Day in a meaningful manner but also encouraged students to recognise their responsibility towards protecting biodiversity for future generations.

Turmeric
The Golden Healer

WHAT IS TURMERIC?

- Scientific name: *Curcuma longa*
- A bright yellow spice widely used in Indian cooking and Ayurveda
- Known for its powerful healing compound called curcumin

MEDICINAL USES

- Reduces inflammation
- Helps heal wounds and cuts
- Improves digestion
- Boosts immunity
- Used in skin care and healing

CULTURAL IMPORTANCE

- Used in Indian rituals and weddings (Shikha ceremony)
- Symbol of purity and protection

AROMATIC & EVERYDAY USES

- Used in herbal drinks and teas
- Found in Ayurvedic medicines and cosmetics

LIVELIHOODS

Supports farmers, herbal medicine companies, and natural product industries

THIS WORLD WILDLIFE DAY, LET'S CELEBRATE TURMERIC, A GOLDEN PLANT THAT REFLECTS THE POWER OF NATURE IN SUPPORTING HEALTH, CULTURE, AND LIVELIHOODS

The Benefits of Lavender

- Supports sleep
- Reduces pain and inflammation
- Relieves menstrual pain
- Helps with mood, anxiety and depression
- Reduces colic symptoms
- Kills viruses and bacteria

MAHATMA EDUCATION SOCIETY'S
PILLAI COLLEGE OF EDUCATION & RESEARCH (Autonomous)
CHENNAI
NAAC Accredited 2023 'A' Grade - 4th Cycle (2019, 21, 23)
"Sustainable Growth... Sustainable Future"

World Wildlife Day
3rd March, 2026

NEEM
THE VILLAGE PHARMACY

What is Neem?

Neem, also known as *Azadirachta indica*, is a sacred tree in India, famous for its medicinal properties and widely used in Ayurveda and traditional medicines for centuries.

Interesting Facts

Neem is often called "The Village Pharmacy" due to its multiple uses. All parts of the tree - bark, leaves, flowers, seeds, fruits, and oils are used. Neem possesses potent antibacterial and antifungal properties.

Health Benefits

- Improves skin health
- Supports oral hygiene
- Purifies blood
- Manages blood sugar levels

Common Uses

- Neem oil
- Neem leaf powder
- Neem bark and twigs

Conservation Message

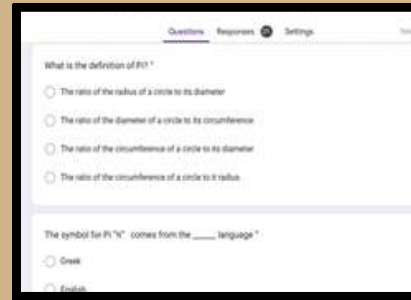
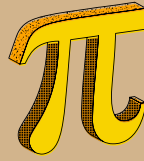
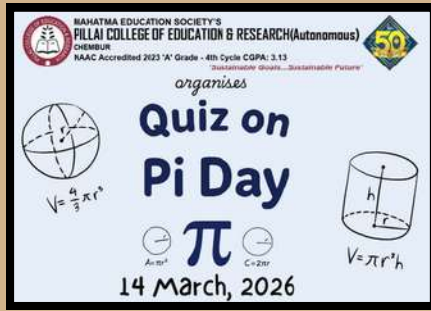
Trees like Neem are invaluable for health. Conserving tree diversity ensures we protect these powerful natural remedies for future generations.



K – KNOWLEDGE EMPOWERMENT PI DAY



To celebrate mathematical constant π (Pi), an online quiz was organised on 14th March 2026. The activity was conducted through a Google Form. The quiz included a variety of questions covering the definition and value of Pi, its history and discovery, interesting facts, and its practical applications in areas such as calculating the circumference and area of circles, as well as its use in engineering, architecture, and science. The questions ranged from simple to thought-provoking, encouraging students to think critically and apply their knowledge while also revising important concepts. The Pi Day quiz was a meaningful activity that helped develop a positive attitude towards mathematics and encouraged student teachers to use creative and innovative teaching methods.



A – ACTIVE LEARNING WORLD POETRY DAY

MES Pillai College of Education and Research celebrated World Poetry Day with an engaging and creative online activity for students. As a part of this celebration students were encouraged to write poems independently on any theme of their choice. Students were provided with the Padlet link one week in advance, allowing them ample time to reflect and compose their poems. They were given the freedom to write in a language of their choice and explore any theme that was comfortable to them. This encouraged creativity and personal expression. The activity also allowed students to present their poems on Padlet, fostering a sense of participation and shared learning. This initiative created a supportive environment for students to express themselves through poetry and appreciate the art of creative writing. It was a thoughtful effort to celebrate World Poetry Day in a meaningful and inclusive manner.





PSYCHOLOGICAL EXPERIMENTS



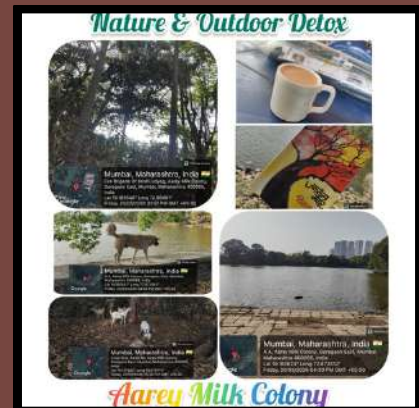
A psychological experiment on “Transfer of Learning” was conducted to help students understand how previously learned skills influence new learning. Vithoba Sir explained the concept of positive transfer, where prior experience improves performance in a new task. Students performed a mirror star tracing activity in pairs. The first trial was done with the unskilled hand, the next trials with the skilled hand, and the final trial again with the unskilled hand. Though initially difficult due to the mirror’s reversed image, students showed improvement with practice. The experiment clearly demonstrated that prior learning and practice enhance performance in new tasks.

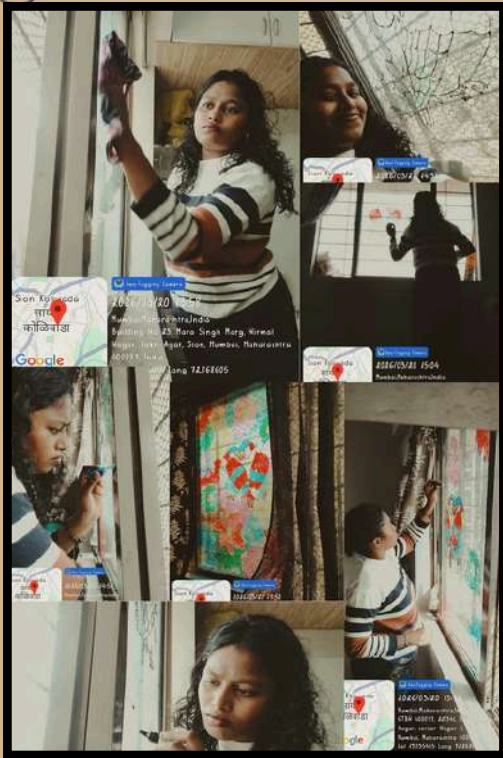


S – STUDENT-CENTRIC APPROACH HAPPINESS DAY



On the occasion of the International Day of Happiness (20th March), MES Pillai College of Education and Research organized a “Digital Detox Day” to promote well-being in the digital age. Inspired by the concept of Gross National Happiness introduced by Bhutan, the activity encouraged students to step away from social media and engage in meaningful real-world experiences. Students spent 2–3 hours exploring their surroundings through activities involving nature, culture, or social interaction. They captured these moments through geo-tagged photographs and created collages, which were uploaded within the given time. The submissions reflected genuine experiences of happiness beyond screens, making the initiative both refreshing and impactful.

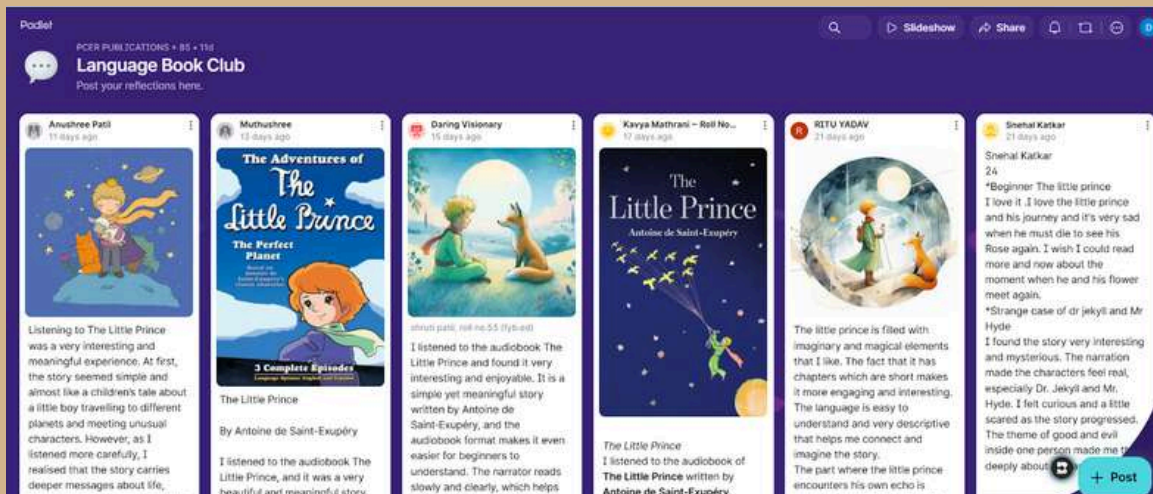




LANGUAGE CLUB ACTIVITY



The Language Club Activity for the month of March included listening to one of two audiobooks and sharing reflections on Padlet. The students were provided with two audiobook options based on different proficiency levels. For the beginner level, students listened to *The Little Prince* by Antoine de Saint-Exupéry. For the advanced level, students chose *Strange Case of Dr Jekyll and Mr Hyde* by Robert Louis Stevenson. Students were free to select the book according to their comfort level and interest. After listening to the audiobooks, students were asked to write about their experience and share their reflections on Padlet. This activity helped in improving listening skills, vocabulary, comprehension, and expressive writing. It also encouraged students to think critically about the content and articulate their thoughts clearly. The activity was engaging and planned thoughtfully, as it catered to different learning levels. Overall, it was an enjoyable and meaningful way of enhancing English language skills through interactive learning.



ALUMNI CORNER



Mr. Melvin Vargheese
Alumni, Batch 2020-2022

Teacher, Chhabildas
English High School
(CBSE)

Oh women of today,
I am sorry is what I have to say.
I see demons every day,
Or should I say that I see some rapists on my way?
I see a rise in toxicity each day,
A rapid growth in unhealthy nature they convey.
Eve Teasing is all you get,
From all whom you met.
I hear that boy,
Talk about using you as a toy.
I stroll past husband beating their wife ,
And glide through daughters denied of their educational life
I roll around where girls are oppressed to marry,
I haul through ladies being pressured to give outjie
I see you not getting equal pay,
Isn't that too cliché?
I notice you being condemned,
For simply being a women.
I witness society mislead,
Just Because you bleed
I witness people wanting for you to be perfect,
Moulded into shapes and skin that's their delight.
I see it here, I see it there, I see it all over
And yet, I stand here doing nothing, moreover
Listening, smiling,
Maybe, in a way, motivating.
Each rape, each hit,
Every denial that you persist
It horrifies me, It terrifies me,
But I am still speechless, Letting it all happen in front of me.
I am sorry, For not speaking.
I am sorry, For not reacting.
I know I'm unforgivable, But please forgive me.
I know I'm unbearable, But please bear with me.
For I was never taught, But I am learning.
For I was never made aware, But I am trying.
For I am slowly trying, To fight back with you.
Lend me a hand to reach the other side, And forgive me, will you?
Yours sincerely,
Men!





STUDENTS CORNER



Ms. Priyanka Panchal
F.Y.B.Ed Batch 2025 -2027
Roll No. 49



A GARDEN OF SERENITY FLOATING ON BLUE WHISPERS

