



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

The month of May provided an opportunity to reflect on the values and experiences that shape us as future educators. As we continue our journey of learning and growth, we are reminded that education extends beyond classrooms and textbooks—it inspires curiosity, creativity, and lifelong learning.

At PCER, Chembur we remain committed to nurturing responsible, compassionate, and competent teachers who will contribute positively to the society. Every new month brings fresh aspirations and renewed motivation to strive for excellence in both personal and professional development.

We extend our best wishes to all students, faculty members, and well-wishers and look forward to many more achievements and memorable moments in the months ahead.

"The future belongs to those who believe in the beauty of their dreams."



MENTAL HEALTH AWARENESS MONTH

May is recognized as Mental Health Awareness Month in India and globally, aimed at reducing stigma, educating the public, and encouraging open conversations about emotional well-being.

“Why Mental Health Matters in Education”

Teachers are the adults in the classroom who implement the education system, curriculum, methods, policies. The ultimate effectiveness of any education system rests largely on the teacher-student interactions in the classroom within the larger system. Thus teachers' mental health has far reaching consequences on their students. Teachers' mindsets shape students' self confidence, interests in various subjects, motivation to learn in addition to the immediate learning environment and the students ability to be receptive to what they need to learn. Therefore teachers' mental health is crucial as it impacts the learning process directly.

When students see models of adults who can regulate their emotions effectively, cope with stressful situations, manage conflicts effectively, they are more likely to imitate and try to emulate these behaviours. Teachers and parents are those role models and are often the first responders to emotional distress in children. The socio-emotional skills of these responders shape the way children process their feelings, and teach them how to regulate themselves. With a lack of good role models students are lost when they are confronted with uncomfortable emotions. Learning cannot take place without relaxed alertness, and therefore, whether in the classroom or out, emotional well being is crucial for learning on a daily basis and is a component of academic success. Thus schools need to be emotionally safe spaces so that children may learn more effectively and learn to grow not just academically but also socially and emotionally so that they may function as well adjusted members of society.

“Mental Health: Myths vs Facts”

MYTHS

“Mental health problems are rare.”

“Children don't experience mental health issues.”

“Talking about feelings is weakness.”

“Teachers only teach subjects.”

FACTS

Many people experience stress, anxiety, or emotional difficulties.

Children and adolescents can experience anxiety, depression, and emotional stress.

Emotional expression supports resilience and healing.

Teachers strongly influence emotional climate and student well-being.



QUICK AWARENESS BOX

“Signs Someone May Need Support”

- sudden withdrawal
- irritability
- difficulty concentrating
- fatigue
- hopelessness
- excessive worry
- changes in sleep/eating
- loss of interest



“Not every sign means a mental health condition. Pay attention to patterns, and remember, compassion and listening matter.”



“WHAT SCHOOL STUDENTS NEED MOST”

- emotional safety _____
- encouragement _____
- sleep _____
- play _____
- healthy routines _____
- listening adults _____
- friendships _____
- balanced expectations _____

“Children learn best when they feel safe, seen, and supported.”

“HOW PARENTS CAN SUPPORT EMOTIONAL WELL-BEING”

- Listen without immediately judging
- Avoid constant comparison
- Praise effort, not only marks
- Create screen-free family time
- Normalize asking for help
- Encourage healthy routines
- Let children express emotions safely

“Connection before correction.”

"SELF-CARE FOR EDUCATORS"

Daily Mental Wellness Habits

- pause between tasks
- mindful breathing
- peer support
- journaling
- movement/exercise
- realistic expectations
- hobbies and rest
- asking for support

CLASSROOM PRACTICES BOX

"How Teachers Can Build Emotionally Safe Classrooms"

- greet students warmly
- avoid humiliation/shaming
- encourage participation
- appreciate small progress
- use inclusive language
- allow mistakes
- integrate SEL activities

PICK A DAILY PRACTICE

Write down things you're grateful for



2 minutes dance like no one is watching

Deep breathe while you get some morning sun



Spend time in nature/plants at home

Walk and/or talk to a friend



EXERCISE

Move your body anyway you like

"In education, we shape not only minds, but lives. When schools nurture emotional well-being alongside academic growth, they help create compassionate individuals and healthier communities."