



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*

As we close the books on another fulfilling academic year, I am filled with pride and gratitude for the collective achievements of PCER Chembur of which the proud moment of our success and joy is being conferred the Autonomous Status by UGC.

Our students excelled academically, achieving outstanding results in curricular and co-curricular activities. Innovative teaching methods and a supportive learning environment have enabled our learners to reach new heights. Extracurricular activities flourished, with students showcasing their talents in sports, arts, and various competitions, further enriching their educational experience.

We also made significant strides in integrating technology into our classrooms, enhancing the learning experience and equipping our students with vital 21st-century skills. Our commitment to fostering a holistic education has been unwavering, with numerous initiatives aimed at promoting physical, emotional, and social well-being.

Reflecting on the year's achievements, I am particularly proud of the collaborative spirit that has defined our relentless efforts by the teaching and non-teaching staff. All have worked together seamlessly, creating a nurturing environment where every student can thrive to achieve success. This unity has been our strength, enabling us to overcome obstacles and celebrate successes together.

As we look forward to the coming year, I am confident that PCER, Chembur will continue to build on this year's successes. Thank you for your unwavering support and dedication. Let's continue to inspire, innovate, and achieve together.



# MAY 2024 HORIZON

1. Principal's Message
2. Editorial
3. Faculty Achievements
4. Content Enrichment Program
5. Action Research Seminar
6. International Museum Day
7. Mental Health Awareness Month
8. Alumni Corner
9. Students Corner

## **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. Vabriena DSouza



# EDITORIAL



*Ms. Diandra Pinto*  
*Assistant Professor, PCER Chembur*

Mental Health is not something we often think about unless we're experiencing crippling anxiety or fear in some area of our lives, or we hear of another suicide that has everyone in shock because the person seemed so happy.

While mental health mainly refers to the state of our psychological and emotional well-being it is important to remember that our overall physical health has an impact on our mental health. It encompasses a broad range of conditions and experiences, from mental illnesses and disorders to the absence of these issues. Key aspects of mental health include our psychological functioning which includes our ability to manage stress, relate to others and make decisions. It includes our emotional stability and our ability to regulate our emotions. Mental health often involves the identification and management of mental disorders such as depression, anxiety, bipolar disorder, and schizophrenia which is mainly the domain of mental health professionals, such as psychologists, psychiatrists, and counsellors, who provide therapy, medication, and other treatments to manage and alleviate symptoms.

Mental wellness, on the other hand, is a proactive, holistic, and positive approach to living. It involves actively cultivating a state of well-being that goes beyond the mere absence of mental illness. Mental wellness emphasises cultivating positive thoughts, resilience, and optimism. It focuses on strengths and growth rather than deficits. It involves a holistic view of health which considers the interconnectedness of mental, physical, emotional, and spiritual health. Practices like mindfulness, meditation, physical exercise, healthy eating, and adequate sleep are integral. Mental wellness encourages practices and lifestyles that prevent mental health issues before they arise. This includes stress management, fostering healthy relationships, and engaging in meaningful activities. The aim of mental wellness is self-actualization where we attempt to realise our potential and strive for balance and satisfaction in all areas of life.

By understanding both mental health and mental wellness, we can better navigate our thoughts, emotions and actions, aiming not just for the absence of mental illness but for a thriving, balanced, and fulfilling life.



# FACULTY ACHIEVEMENTS

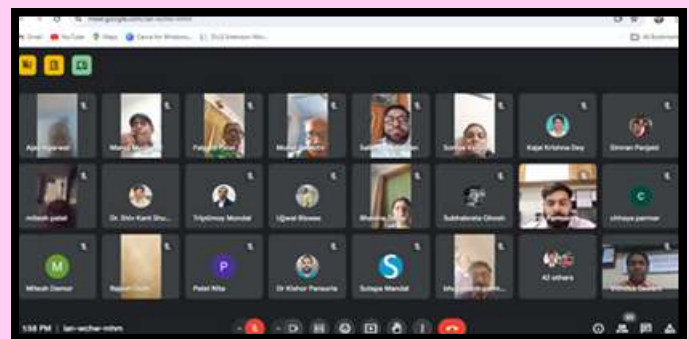


- Dr. Reni Francis, Dr. Jaya Cherian, Ms. Achala Bhor, Ms. Dharti Latke and Ms. Athira SR have been granted a patent for AI Based Student Training Device by The Patent Office, Government of India.

- Dr. Jaya Cherian and Ms. Diandra Pinto published a paper titled, “Enhancing Soft Skills In Student Teachers Through B.Ed Internship Program” in Scholarly Research Journal for Interdisciplinary Studies.



- Dr. Reni Francis, Dr. Jaya Cherian, Dr. Vithoba Sawant, Dr. Rajendra Deshmukh and Ms. Surekha CHidambarnath attended the ‘Online Short Term Course on NEP 2020 Orientation and Sensitization’ from 09-05-2024 to 20-05-2024, conducted by UGC- Malaviya Mission Teacher Training Centre, Gujarat University.



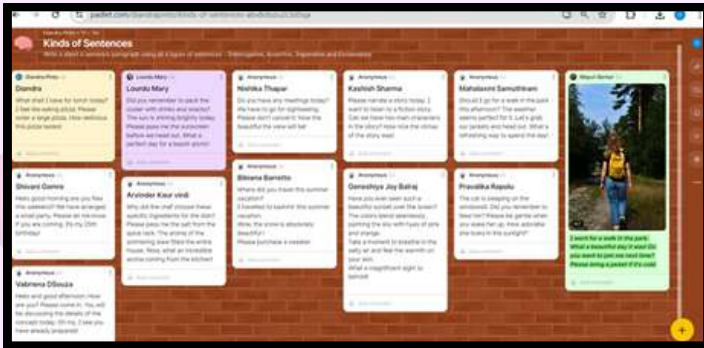
- Dr. Vithoba C. Sawant, Ms. Achala Bhor, Ms. Diandra Pinto and Ms. Surekha Chidambaranath attended the online Faculty Development Program on ‘Orientation on Mapping and Attainment of PO-PSO-CO for Outcome Based Education’ in B.Ed. Program, organised by the IQAC of Rizvi College of Education on 09th May, 2024.



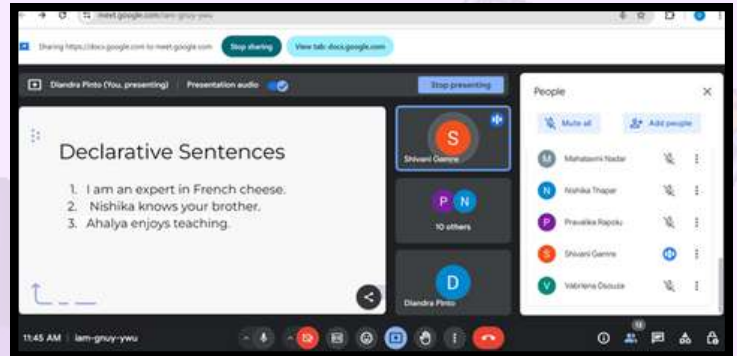
# CONTENT ENRICHMENT PROGRAMME

PCER, Chembur held a Content Enrichment Program from 6th to 18 May for the Sem 2 students who will be beginning their internship from July onwards. This program was held to get the students ready for their internship. All method teachers conducted an in depth 2 week CEP program with weekly student lesson presentations and tests. Teachers led students through activities on a range of important concepts in their respective methods. The sessions were interactive with students gaining practice and constructive feedback on how to improve their lessons.

## English

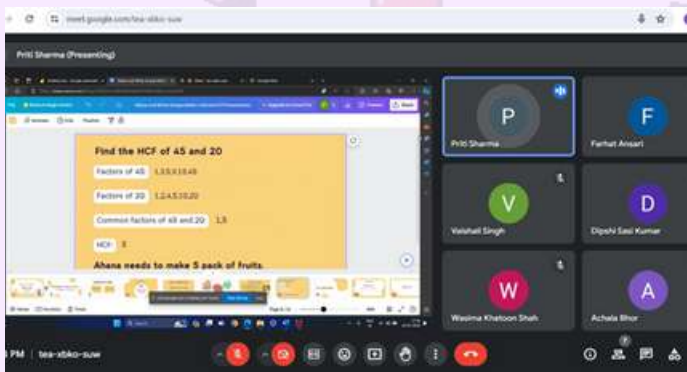


Teacher Demonstrating Inductive Deductive Method while teaching Types of Sentences

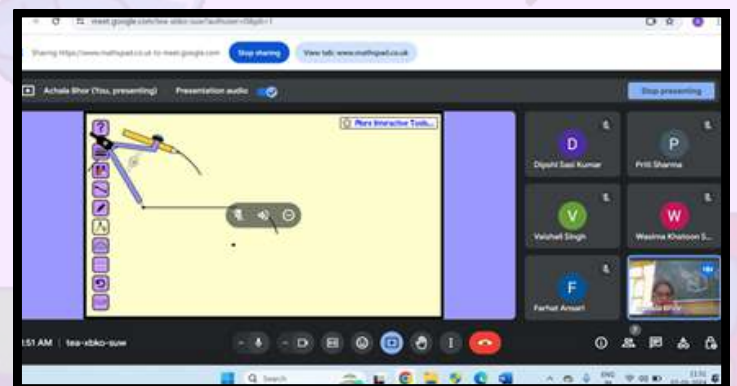


Padlet Activity - Students work on Kinds of Sentences

## Maths

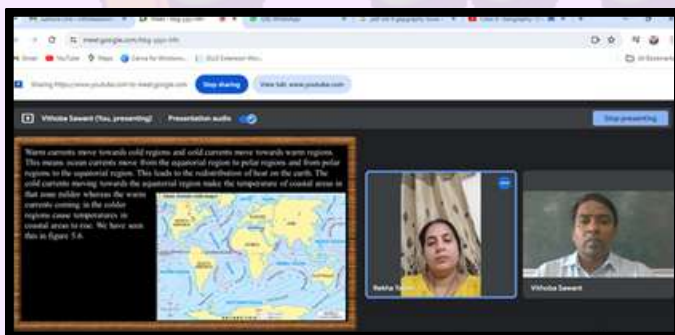


Teacher Demonstrating Mathpad a Digital Tool for teaching Geometrical Constructions

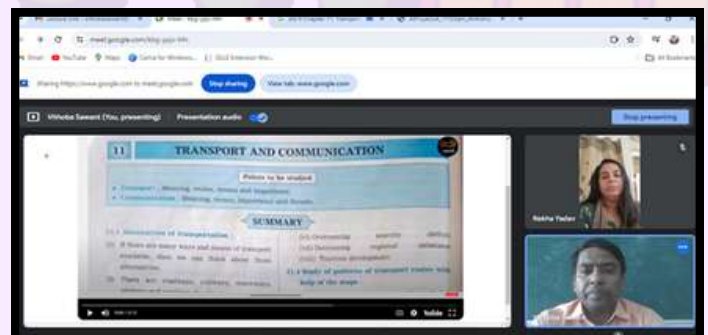


Lesson presentation by student using Jam Board

## Geography



Map Reading

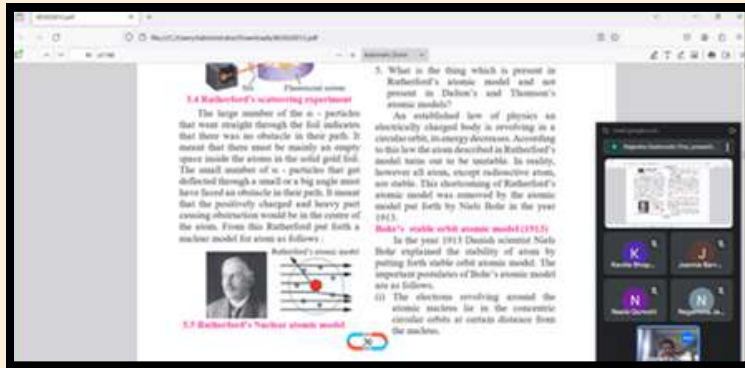


Content Analysis - Transport and Communication

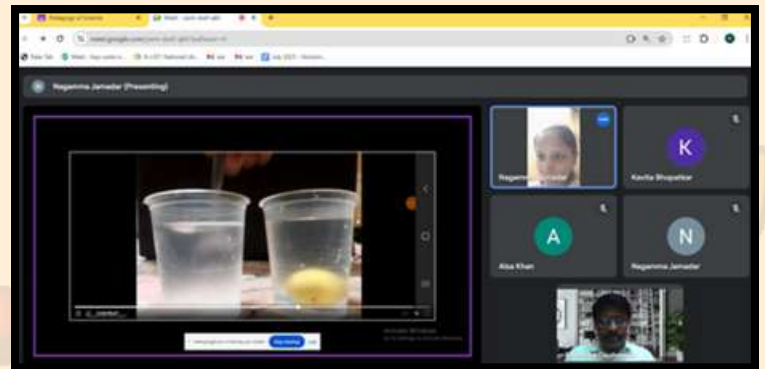


# CONTENT ENRICHMENT PROGRAMME

## Science

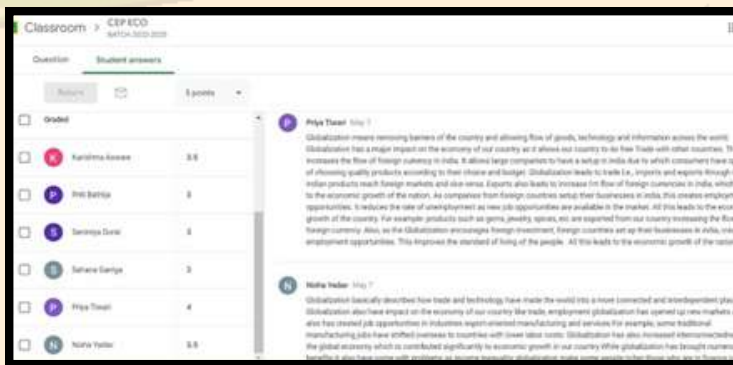


Demonstration by a student teacher to explain the concept - Density

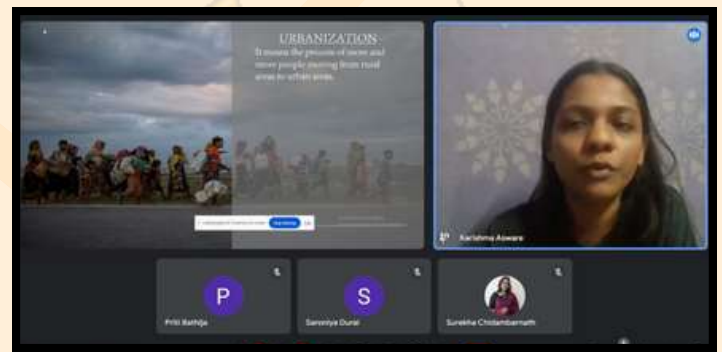


Content Analysis - Models of Structure of Atom

## Economics

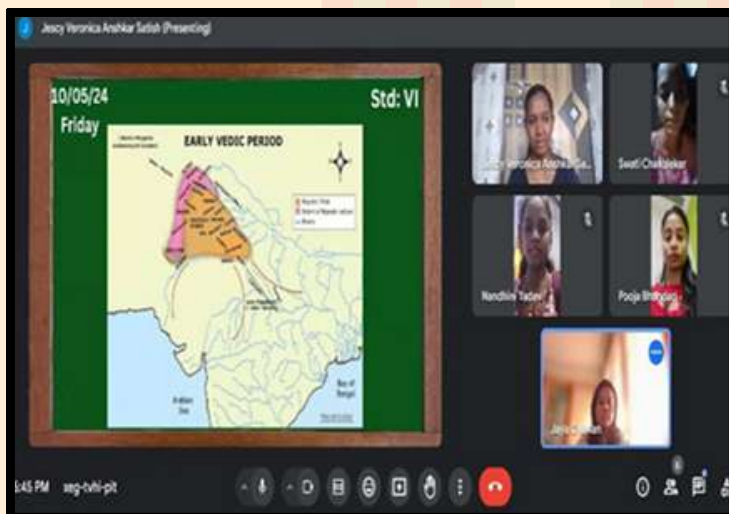


Students responses to questions asked on google classroom



Online Lesson Presentation

## History



Lesson presentation



Timeline in History

# CONTENT ENRICHMENT PROGRAMME

## Commerce

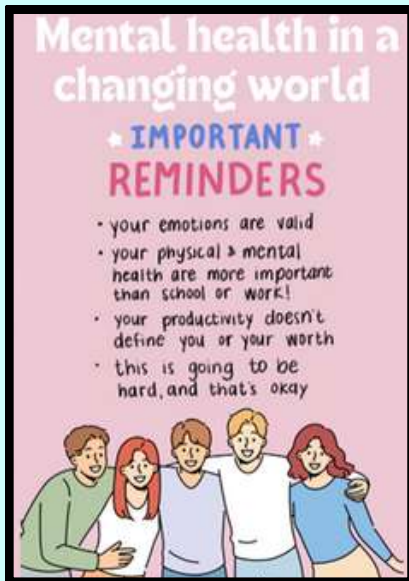


Lecture cum discussion

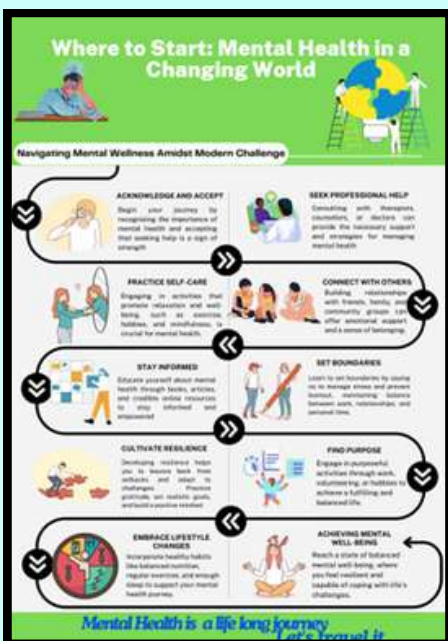


Padlet Activity

# MENTAL HEALTH AWARENESS MONTH



PCER, Chembur observed Mental Health Awareness Month in May 2024 through a poster making event. The theme for this year was ‘Where to Start’ Mental Health in a Changing World’. Students created posters in various art forms highlighting these themes.





# STUDENT TEACHERS ACTION RESEARCH SEMINAR

MES's Pillai College of Education and Research, Chembur, in collaboration with R. R. Trust's B.Ed. College, Mulund, organized the Student Teachers Action Research Seminar (STARS) on 18th May 2024 at 11:00 a.m. via Zoom. The student teachers from H.B. B.Ed. College, Vashi, Kurup College of Education and Research, R.R. Trust's B.Ed. College, Mulund, and Pillai College of Education and Research, Chembur participated in the seminar. The presentations covered diverse educational topics and were well-received. The seminar provided a valuable opportunity for student teachers to share and learn from each other's research.



## INTERNATIONAL MUSEUM DAY

As International Museum Day is celebrated on 18th May, the students of PCER, Chembur were instructed to visit local museums as well as virtual museums. The college provided students with virtual tour links of several famous museums from around the world. Students shared their pictures and reflections on Padlet. Majority of the students opted for the virtual museums as it was a novel experience which gave them exposure to the best international museums in the world.

Mahatma Education Society's Pillai College of Education and Research  
 observes  
**International Museum Day, 2024**  
 Saturday, May 18

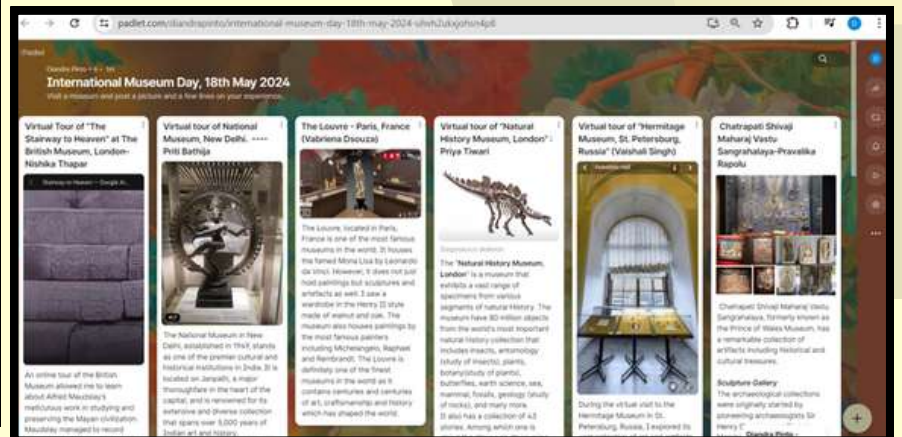
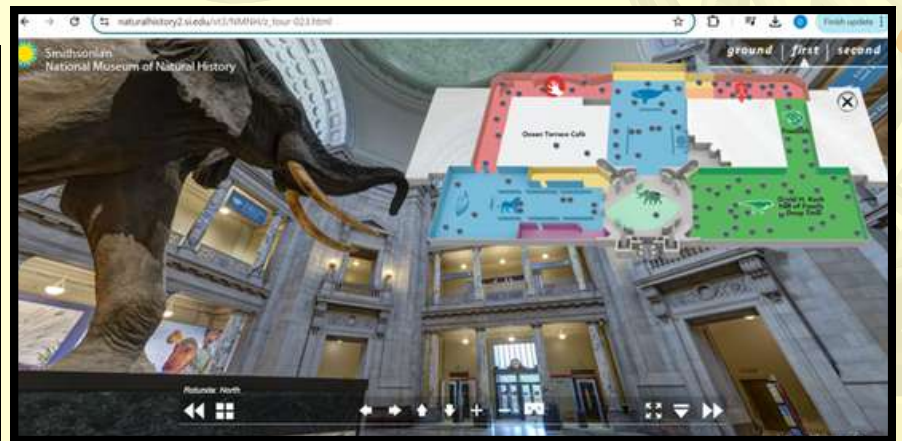
Visit a Nearby Museum

- Mari Bhavan Gandhi Museum, Gamdevi
- Chhatrapati Shivaji Maharaj Vastu Sangrahalaya, Colaba
- Nehru Planetarium, Worli
- Jehangir Art Gallery, Kala Ghoda
- Bhau Daji Lad Museum, Byculla
- Nehru Science Center, Worli

Visit a Virtual Museum

- National Museum, New Delhi
- Louvre, Paris
- Smithsonian, Washington D.C
- Natural History Museum, London
- Hermitage Museum, St. Petersburg, Russia
- The British Museum, London

Visit any museum of your choice and click here to upload a photo and a short report on this padlet link





# ALUMNI CORNER



**Ms. Dharti Latke**  
**B.Ed Batch 2020-2022**





# STUDENTS CORNER



**Jinal Patel**  
**Roll no: 8**  
**Batch 2023-2025**

