



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



**Illuminating Minds, Inspiring Hearts !!!**

As we celebrate the festival of lights, we are reminded of the invaluable role as teachers we play in lighting up the lives of your students. Like diyas, you guide them through the darkness of ignorance, inspire us with your wisdom, and ignite the spark of knowledge and hope within them. Let the festival of LIGHTS reflect core values of love, peace, and moral strength, much like the symbolism of Diwali's lights, spreading positivity and unity.

**L – Leadership:** Lead by example and inspire others with your actions.

**I – Inclusion:** Embrace diversity and make space for everyone.

**G – Generosity:** Share what you have with those in need.

**H – Hope:** Keep faith in brighter days, even during challenges.

**T – Trust:** Build relationships based on honesty and reliability.

**S – Strength:** Stay resilient in the face of adversity.

At our institution, we strive to uphold these values every day. Just as diyas light up the darkest corners, education illuminates the path to growth, understanding, and a brighter future. Teachers, you are the torchbearers who ignite curiosity and guide our students toward becoming responsible and compassionate individuals. Students are the sparks of inspiration, carrying the light of knowledge into the world beyond.

This Diwali, let us pledge to spread positivity, share our blessings with those in need, and embrace harmony in our thoughts and actions. Let the brilliance of this festival inspire us to work together to build a more inclusive and sustainable future for all.

# OCTOBER 2024 Horizon

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## TEACHER EDITORS

**Dr. Reni Francis (Principal)**

**Dr. Jaya Cherian**

**Dr. Rajendra Deshmukh**

**Ms. Achala Bhor**

**Ms. Diandra Pinto**

**Ms. Surekha Chidambaranath**

**Dr. Vithoba Sawant**

**Ms. Athira S. R.**

## STUDENT EDITORS

**Ms. Naela Qureshi**

**Ms. Vabriena Dsouza**



**Ms. Surekha Chidambaranath**  
**Assistant Professor**

Health   
is wealth

In India, the alarming rise of heart disease, stress, and depression demands urgent attention. But beneath the statistics lies a deeper truth: mental health affects every aspect of our lives.

Did you know that anxiety and depression can increase heart disease risk by 35%? Or that chronic stress raises cardiovascular risk by 22%? These statistics highlight the urgent need for integrated mental health and cardiovascular care in India.

However, mental health issues are often stigmatized, discouraging people from seeking help or openly discussing their struggles due to fear of judgment, discrimination, shame, low self-esteem, and isolation.

But people must realize that mental health is not a weakness; it's a vital part of our humanity that profoundly impacts every aspect of life, from relationships and professional achievements to personal growth and social engagement. When mental health is supported, individuals can navigate work pressures, contribute positively to family and community life, and pursue personal goals with clarity and resilience.

A proactive approach to mental health involves regularly tending to emotional well-being and stress management, essential for a balanced and fulfilling life. Just as physical health requires regular care, maintaining mental health helps individuals build resilience, cope effectively with challenges, and pursue personal growth.

This approach entails prioritizing self-care routines, seeking mental health education, and practicing mindfulness or relaxation techniques to maintain a stable, positive outlook. Find that one person who provides comfort and understands you better than yourself. Take their support in asking for help. Support networks, including friends, family, colleagues, and professional resources, are vital. They offer emotional and practical support, reduce feelings of isolation, and provide early intervention when struggling.

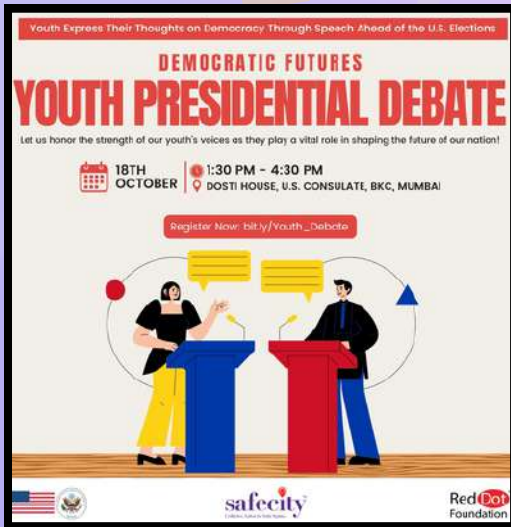
There is no shame in reaching out for help when life's stressors feel overwhelming. With guidance, you can steer your life in a healthy, meaningful direction, finding strength in others' support and regaining control over your path forward.

Noam Shpancer aptly noted, "Mental health...is not a destination, but a process. It's about how you drive, not where you're going." Mental health is an ongoing journey rather than a single goal. It's about handling life's ups and downs daily, rather than reaching a "perfect" state of mind. Just like driving carefully and adjusting as needed, taking care of mental health means consistently putting effort into managing stress and emotions healthily.

Prioritizing mental health isn't just about overcoming challenges; it's about building a foundation for a richer, more resilient life. By embracing mental well-being and seeking support when needed, we take meaningful steps toward a healthier society where everyone can thrive.

# Student Achievements - Youth Presidential Debate

PCER, Chembur congratulates S.Y. B.Ed students Naela Qureshi and Pravalika Ropolu on securing the First Place in the Youth Presidential Debate conducted by Red Dot Foundation and the US consulate held on 18th October, 2024 at the American Library, BKC.



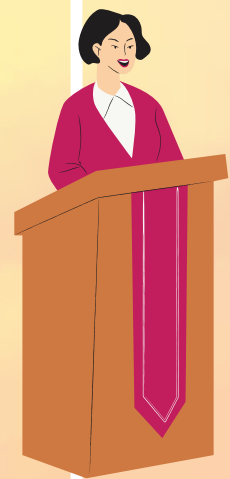
## Faculty Achievements

- Dr. Reni Francis published a paper titled "Hybrid Mode of Learning: The Ideal Pedagogy for Future Generation" in Cognitive Discourses: International Multidisciplinary Journal.
- Dr. Vithoba Sawant has been appointed as the Field Coordinator for the Monitoring and Evaluation of Extension Work Activities at the Department of Lifelong Learning and Extension, University of Mumbai.
- Dr. Reni Francis and Athira S R published a paper titled "Enhancing Educational Outcomes: The Influence of AI-Enhanced Learning on Metacognitive Abilities Among B.Ed. Students" in Cognitive Discourses: International Multidisciplinary Journal
- Dr. Vithoba Sawant, the Conference Coordinator, participated in and presented a paper at the International Conference on Artificial Intelligence and NEP 2020: Shaping the Future in Higher Education titled 'Artificial Intelligence for Inclusive Education: Enhancing Accessibility and Learning for All'.
- Dr. Vithoba Sawant, Appointed as 'Joint Chief Conductor for University Examinations', University of Mumbai.
- Ms. Achala Bhor published a paper titled "Improving Education with STEAM: Implementation, Benefits, and Challenges" in Cognitive Discourses: International Multidisciplinary Journal

# FELIZIA 2024 - Inter-Collegiate Event

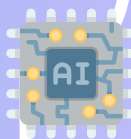


The Department of Lifelong Learning and Extension (DLLE) of the University of Mumbai, in collaboration with MES's Pillai College of Education and Research (Autonomous), Chembur, organised FELIZIA 2024, an inter-collegiate fest on October 5th, celebrating the artistic and intellectual talents of students from various colleges. This year's fest featured 14 diverse events, including Short Story Writing, Live Origami, Nail Art, Tattoo Making, Mehendi, Happy Moments (Photo Montage), Solo Dance, Elocution, Mono Acting, Newspaper Dressing, Poster Making, Ideathon, Fireless Cooking, and Rangoli. Students from Mumbai and Navi Mumbai actively participated, creating a vibrant atmosphere of creativity and competition. Certificates and cash prizes were awarded to the winners, making FELIZIA 2024 a true celebration of student talent and collaboration.

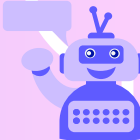


# Felizia 2024 Memories

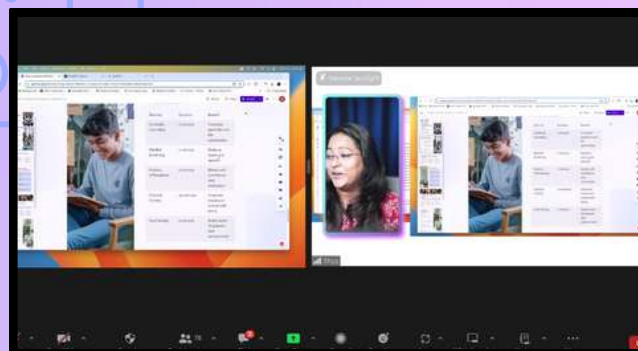
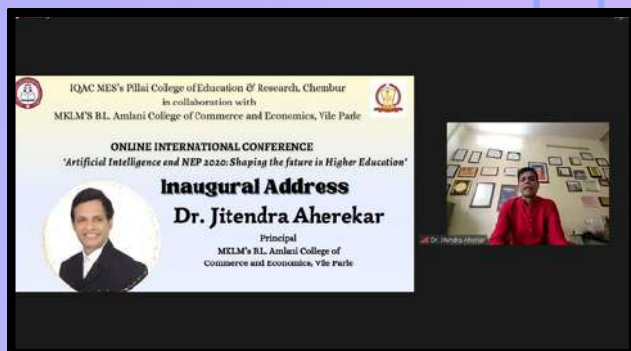




# Online International Conference – Artificial Intelligence and NEP 2020: Shaping the Future in Higher Education



On 8th October 2024, the IQAC of MES's Pillai College of Education and Research, Chembur, in collaboration with MKLM's B.L. Amlani College of Commerce and Economics, Vile Parle (W), organized an International Conference on "Artificial Intelligence and NEP 2020: Shaping the Future in Higher Education." The event began with a virtual lamp lighting and a prayer. Dr. Reni Francis, Principal of PCER, emphasized AI's role in fostering personalized, inclusive learning aligned with NEP 2020. The inaugural address by Dr. Jitendra Aherkar highlighted AI's transformative impact on education. Keynote speaker Ms. Rhea Willibrord demonstrated AI tools like Gamma, ChatGPT, and Brisk Teaching for enhancing teaching efficiency. Nine research papers were presented, followed by a valedictory session. Dr. Vithoba Sawant concluded with a vote of thanks.



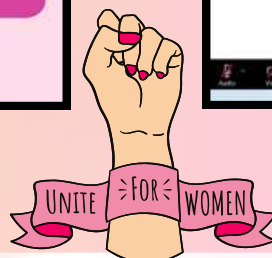
# Dussehra

On 5th October, MES's Pillai College of Education and Research (PCER), Chembur, celebrated Dussehra with great enthusiasm. A vibrant Dandiya Raas competition was organised for both FY and SY students. The event featured awards for Best Costume and Best Dancer, adding excitement and fostering a festive spirit among the participants. Students showcased their creativity and talent, making the celebration a memorable one.



## International Girl Child Day

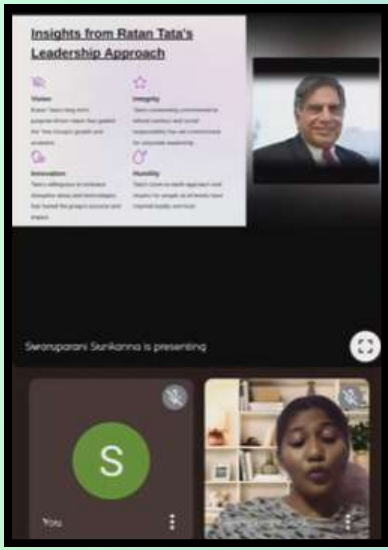
On 11th October 2024, Women Development Cell of MES's Pillai College of Education and Research (PCER), Chembur, in collaboration with Soroptimist Welfare Association (SIBC), organized an insightful session on the theme "Save the Girl Child." The session was conducted by Ms. Gia Alvares, Program and Outreach Officer at the Red Dot Foundation and a representative of the United Nations Economic and Social Council (UN-ECOSOC). The session highlighted the importance of gender equality, the need for safer environments for girls, and the crucial role of teachers in fostering a supportive atmosphere for the girl child.





# Inspiring Minds through the Legacy of Ratan Tata

Drawing inspiration from one of India's greatest legends, Ratan Tata, B.Ed students engaged in a reflective activity centred around his transformative strategies - whether innovation, social responsibility, global expansion, or sustainability. Each student examined how these strategies have uplifted society and contributed to national growth. Through their reflections, they connected Tata's visionary leadership with their personal aspirations as future educators, discussing how his values motivate them to contribute meaningfully to the world. The aim of the activity was to instil a deeper sense of purpose and responsibility, encouraging students to incorporate these principles into their educational journeys.



## Alumni Session



PCER Chembur organised a session on Career Guidance as part of the Alumni Learning Q-EST Series. The session was conducted on 19th October, 2024 at 11.00 am. by Ms. Rasika Bhujbalrao, PCER Alumna 2020-22 B.Ed batch. Ms. Rasika Bhujbalrao is Manager, October Partners Limited, consulting for the school education department of Maharashtra. The session focused on curriculum development as a career option for student teachers. They were oriented regarding the different aspects related to curriculum development. The session also highlighted the career opportunities for student teachers with Non Governmental Organisations working in the field of education.





## Session on Electoral Awareness



The Chembur Vidhan Sabha Matdaar Sangh (Assembly Constituency) conducted a SVEEP session on electoral awareness for the students of PCER, Chembur. SVEEP is the flagship program of the Election Commission of India for voter education, spreading voter awareness and promoting voter literacy in India. The session was very informative, interactive and impactful.

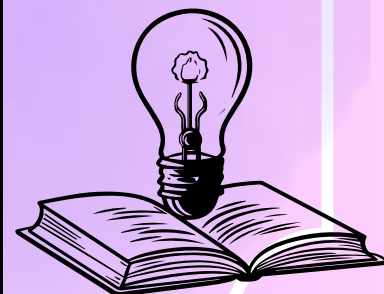
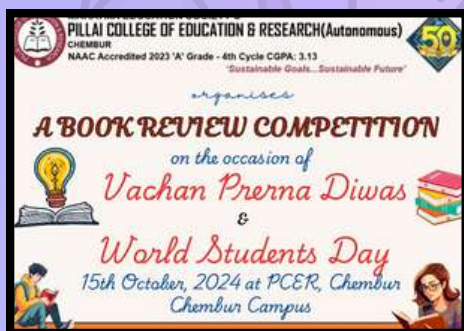


## KHAS Series



## K - World Student Day – Book Review Competition

In celebration of World Students' Day and Vachan Prerna Diwas on 15th October 2024, MES's Pillai College of Education and Research, Chembur, organized a Book Review Competition. The competition was organized for both First Year B.Ed. and Second Year B.Ed. students. The event commenced with an assembly highlighting the significance of World Students' Day and Vachan Prerna Diwas. This was followed by a book review competition. The competition was judged by Mr. Anil Bewoor. Participants were required to select a book of their choice, critically analyze its content, and present their reviews. Mr. Anil evaluated the reviews based on clarity, depth of analysis, presentation style, and overall impact. Winners and the participants were awarded certificates for their performances.



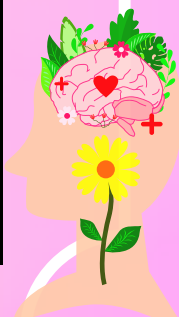
# World Mental Health Day: Introducing Mind Gym

On 9th October, 2024 PCER, Chembur in collaboration with Innerminded organised a session on the occasion of World Mental Health Day on the topic Introducing and practising MindGym. MindGym is an initiative by Innerminded and PCER, Chembur to Enhance Emotional Fitness for Students, Families, and Teachers. MindGym aims to improve the life of young people using a non-stigmatized, neuroscience-based approach that prepares them for success in every aspect of life – professionally, academically, socially, and personally. The session was conducted by Nivedeta Chandra from Innerminded. She spoke about simple strategies to improve our emotional health and gave a comprehensive look at how to use MindGym effectively.



## Achieving Holistic Mental Health with Indian Wisdom

PCER, Chembur in collaboration with Chembur Comprehensive College of Education organized a session on Achieving Holistic Mental Health with Indian Wisdom on Monday, 14th October, 2024. The session was held at Chembur Comprehensive campus by the college principal, Dr. Chakradeo. He conducted a lively, interactive and highly informative full day workshop on achieving all round physical and mental health based on the Indian Knowledge System, Ayurveda. The students learned very valuable lessons about improving their holistic health.





# H - World Food Day and Eradication of Poverty – Fistful of Grains.



On 17th October 2024, MES's Pillai College of Education and Research (Autonomous), Chembur, in collaboration with Soroptimist International Bombay Chembur (SIBC), organised the 'Fistful of Grains' initiative to commemorate World Food Day and the International Day for the Eradication of Poverty. The collection drive amassed 60 kgs of rice, 60 kgs of sugar, and 40 kgs of dal, which were distributed to over 100 families near Chembur Signal and the Eastern Express Highway. Students led door-to-door distribution, guided by supportive local residents.



MES's Pillai College of Education and Research, Chembur  
in collaboration with  
Soroptimist International Bombay Chembur (SIBC)  
Celebrating  
**World Food Day and Eradication of Poverty**  
**'Fistful of Grains'**  
on  
17th October, 2024

Join us to contribute and distribute the items like Tur Dal, Moong Dal, Masoor Dal, Sugar and Rice to the needy  
Distribution will be done at 10:00 am @ Chembur Signal, Eastern Express Highway.

**With a fistful of grains, we can sow the seeds of hope, nourish hungry, and pave the path to a world free from poverty.'**



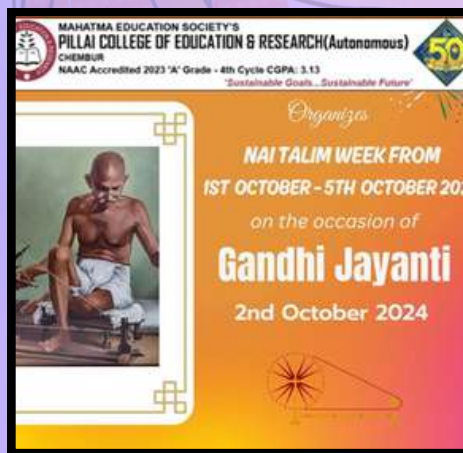


# A - Nai Talim Week 1st -5th Oct, 2024 - Gandhi



## Jayanti Celebration

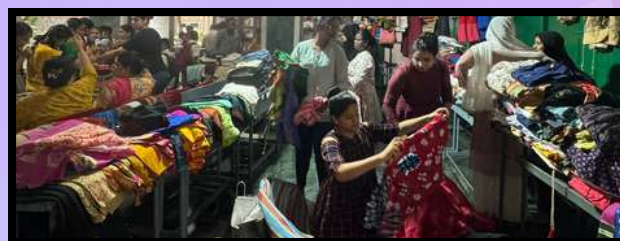
MES's Pillai College of Education and Research, Chembur, celebrated Nai Talim Week from 1st to 5th October 2024 to honour Mahatma Gandhi's life and philosophy. The event began with a special assembly on Gandhi Jayanti, where the students paid tribute to Gandhiji through prayers, speeches, and a skit highlighting his educational ideals, vocational skills, and self-reliance. Throughout the week, second-year B.Ed students, during their internships, conducted activities in their respective practice-teaching schools, such as skits, extempore competitions, and problem-solving tasks that reflected Gandhian values of simplicity, truth, and community service. The activities conducted in Nai Talim week helped the B.Ed students to reflect on and apply the principles of Nai Talim in their teaching practices, ensuring Gandhiji's vision of education as a means of holistic development.



## Jumble Sale



Mahatma Education Society's Pillai College of Education and Research Chembur in association with the Soroptimist International Bombay Chembur(SIBC) organised the 'Jumble Sale' on 24th October 2024. The students and faculty donated clothes, books, household items, etc to be sold for charity. The PCER Chembur students and faculty helped in organising the event.



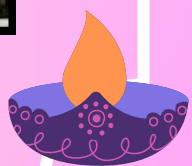
DONATION DONATION



# S - Diya Making



On 22nd October, 2024, PCER, Chembur, organised a Diya Decoration Competition for FY and SY B.Ed. students, celebrating Diwali's spirit and giving students a platform to showcase their artistic talents. Students creatively decorated clay diyas using paint, glitter, beads, and flowers, with designs ranging from traditional to contemporary motifs reflecting Indian heritage. Judged on creativity, neatness, and theme relevance, Ms. Anushiya secured first place, followed by Ms. Shiny Christina in second and Ms. Revathi Krishnan in third. Consolation prizes went to Ms. Priti Sharma and Ms. Jinal Patel





# Diwali Celebration



The students of PCER, Chembur celebrated Diwali with a special assembly and fun filled cultural programme. The FYs conducted the special assembly. They spoke about the significance of Diwali. The students put up a skit on being sensitive to others as we celebrate Diwali. Both FY and SY students put up lively dance performances. This was the first joint major festival celebration for both the batches together. The students put up an impressive programme and had an enjoyable get together before breaking for the Diwali holidays.

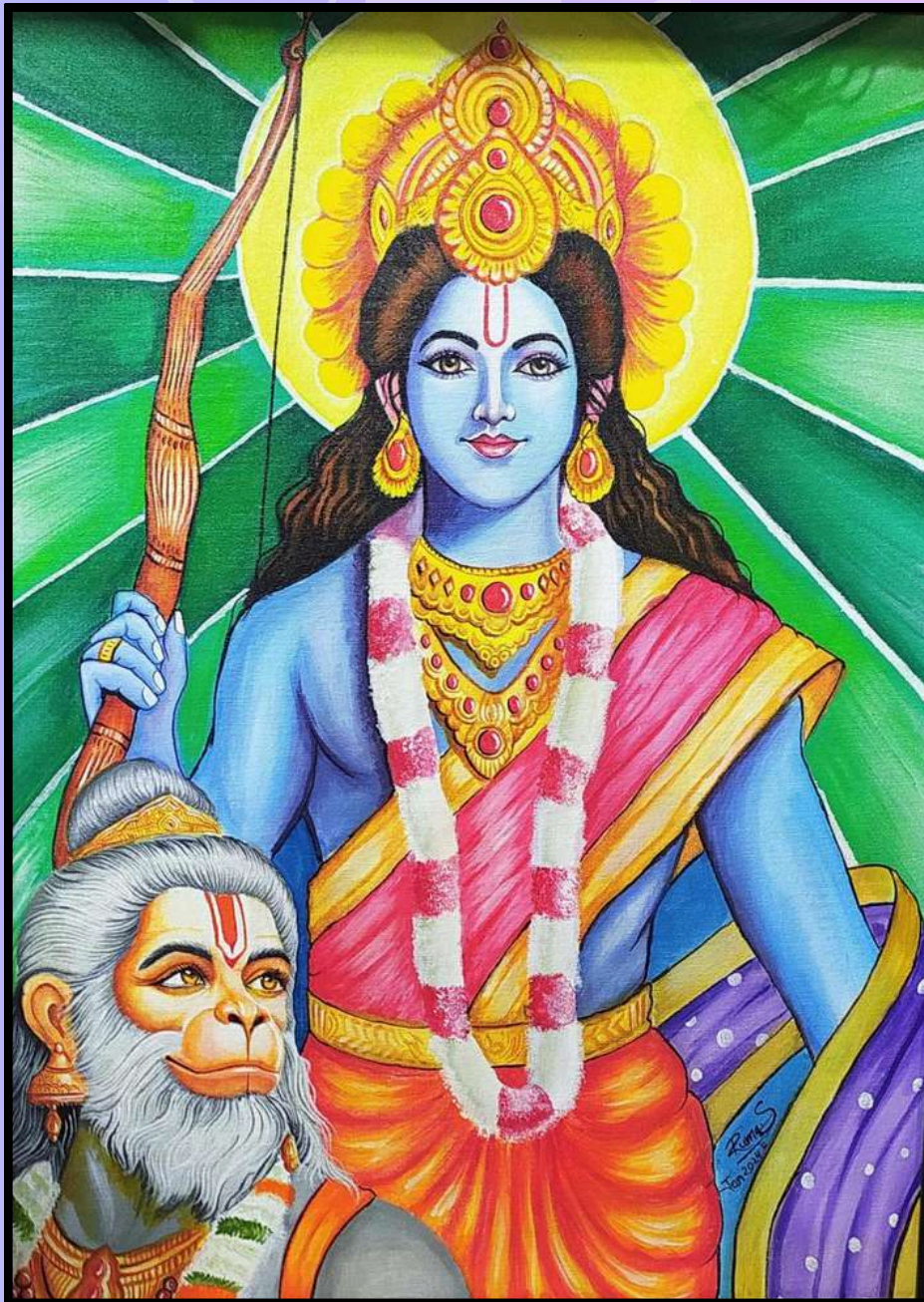


## Alumni Corner



**Ms. Ruma Saha**  
**Batch 2022-2024**

**Homeroom Teacher of Grade 1**  
**NES International School Mumbai**



**The eternal bond of Ram and Hanuman reminds us that true devotion leads to victory over challenges - just as Diwali celebrates the triumph of light.**



# Students Corner



**Ms. Falak Naaz Ansari**  
**Batch 2024-2026**  
**Roll no: 02**

