



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

Greetings! As we step into the vibrant month of November, a time of transition from festive celebrations to renewed academic pursuits. Horizon continues to reflect the heart of our college—a thriving hub of learning, and holistic development. November was a busy month with a lot of activities, inter-collegiate events, workshops, skill development sessions. We aim in creating an environment that ensures our students to FOCUS

F- Follow

O - One's

C - Course/ Commitment

U - Until you

S - Succeed

With the idea of FOCUS we give them an opportunity to shine and learn as per their interest and capacity. This month, we are proud to spotlight various activities, workshops, and initiatives undertaken by our dynamic faculty and students. From skill-development sessions to inclusive teaching strategies and community engagement programs, every effort is aimed at shaping educators who can make a meaningful difference in the lives of their students. I am delighted to see our students actively participate in intercollegiate events and competitions, bringing accolades to the college while fostering a spirit of teamwork. Your enthusiasm and dedication are a testament to the bright future of education. As we move forward, let us continue to embrace change with resilience and optimism. Remember, teaching is not just a profession; it is a mission to inspire and empower minds. Together, let us work towards creating an education system that uplifts, enlightens, and transforms. Wishing you all an enriching month ahead!

NOVEMBER 2024 Horizon

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TEACHER EDITORS

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Dr. Vithoba Sawant
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STUDENT EDITORS

Ms. Naela Qureshi
Ms. Anusha Murugan
Ms. Anushia Selwyndurai



EDITORIAL



Dr. Vithoba Sawant
Assistant Professor



LEARNING
is a
CONTINUOUS
LIFESTYLE

"A teacher's personality is the bridge between knowledge and inspiration, where compassion, wisdom, and authenticity light the path to learning."

Education plays a vital role in shaping a teacher's personality, as it forms the foundation for their personal and professional growth. It provides not just knowledge but also the ability to think critically, boosting self-confidence and self-awareness, which are essential qualities for effective teaching.

A well-educated teacher gains new perspectives that allow them to appreciate diverse cultures, values, and ideas. This understanding fosters empathy and enhances their communication skills, enabling them to connect better with students from varied backgrounds. It also helps teachers recognize their own strengths and areas for improvement, encouraging them to grow continuously in their profession. Through education, teachers learn discipline and adaptability - traits that are crucial for managing classrooms and addressing different challenges in the teaching-learning process. It also instills a sense of responsibility, emotional intelligence, and ethical awareness, helping teachers set a positive example for their students.

By shaping a teacher's character and developing their social awareness, education ensures that they can inspire and guide students effectively. It empowers teachers to reach their full potential, adapt to changes, and lead a meaningful life, making education an essential element of personality development in the teaching profession.

STUDENT ACHIEVEMENTS

FY and SY students of MES's Pillai College of Education and Research, Chembur, participated in PLANIT-E: Eco Fest organized by St.Teresa's Institute of Education on 30th November, 2024.

- Nisha Yadhav, Mahalaxmi Nadar, Pravalika Rapolu, Lourdu Mary, Preet Kaur Saini, Jessica Joseph, Punya Phull and Saloni Prajapati won the first place for Best of Both Worlds (Fashion show cum dance)



- Vebriena Dsouza, Naela Qureshi, Mansi Apake, Shiny Christina and Sharin Nadar won second place for Simply Ad_Dorable (advertisement enactment).



- Immanuel Danie participated in Environpedia, Falak Naaz & Bansari Juikar in Chart Making and Kavita Vijay Bhopatkar in Ted Talk.



FACULTY ACHIEVEMENTS



- **Dr. Reni Francis was a Peer Team member for a NAAC accreditation in Rajasthan on 20th and 21st of November, 2024.**



- **Dr. Reni Francis was elected as the National Association of Soroptimist India (NASI) Communication Officer for the term 2024-2026. NASI belongs to Soroptimist International Great Britain and Ireland (SIGBI) who works to the goals and objectives agreed by all parts of Soroptimist International (SI).**



- **Pillai College of Education and Research(Autonomous),Chembur won the Star Education Award for Best Curriculum.**



- **Dr. Vithoba Sawant participated in an online International Conference, he presented and published a paper titled "Effect of Soft Skills Program on Students' Personality." The paper was published in the Worldwide International Interdisciplinary Research Journal (ISSN: 2454-7951), an SJIF Impact Factor of 8.278 on 25th November, 2024.**



BBA INDUCTION



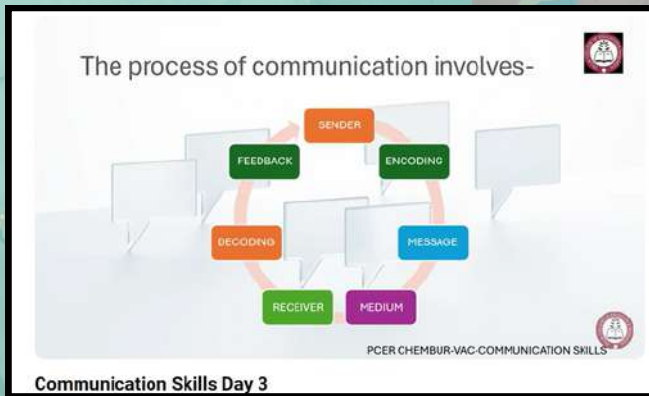
Pillai College of Education and Research(Autonomous), Chembur welcomed the first batch of students of Bachelor of Business Administration(BBA) in November 2024. The students had a 3 week induction program including a range of different topics. They had interactive workshops on Self Awareness, Self Management, Communication Skills, Creative Arts and Culture, Universal and Human Values, Computer Applications as well as a week long community service program.



KHAS SERIES K - VALUE ADDED COURSE



A value added course on Communication Skills was conducted through the online mode for PCER students. The self paced course was conducted from 26th November 2024- 2nd December 2024. The course aimed to promote awareness of the communication process and enhance the communication skills of the students. The course consisted of 10 units that covered several aspects of communication skills such as meaning and importance of communication skills, process of communication, language skills, essentials of communication and so on. Video recordings of the various topics were uploaded on google classroom and assessments were conducted through google forms and essays.



H - SESSION ON MENTAL HEALTH



On November 21, 2024, MES's Pillai College of Education and Research, Chembur, in collaboration with Soroptimist International Bombay Chembur (SIBC) organized a session on Mental Health conducted by Ms. Yvette Lee. The session was attended by B.Ed and BBA students. Ms. Yvette shared valuable insights on mental health and highlighted the importance of understanding and addressing mental health issues in daily life and work.



KHAS Series

A - Community Work



The F.Y.B.Ed. and F.Y.BBA. students of PCER, Chembur, actively participated in community work from 25th November to 30th November, 2024. The program was conducted at two centers: NASEOH in Chembur and Vision Rescue in Kalwa. Students worked with individuals and groups with learning disabilities and children from slum areas, organizing various activities such as teaching sessions, craft-making, games, computer teaching etc. These activities aimed to create a supportive and inclusive environment.

The students approached the tasks with enthusiasm and dedication, contributing to the centers' efforts while gaining practical experience. This initiative provided them with an opportunity to develop empathy, creativity, and teaching skills, making it a rewarding experience for both the student's and the participants.



KHAS SERIES



S - NATIONAL CANCER AWARENESS DAY

On November 7th each year, India observes National Cancer Awareness Day—an initiative that aims to raise awareness about the growing cancer burden in the country and inspire action towards prevention, early detection, and treatment. PCER, Chembur observed this day through infographic making. Students created infographics to create awareness on various kinds of cancer including, breast cancer, colon cancer, bone cancer etc as well general important stats and info on cancer.

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Organizes
Infographic Making
to observe

National Cancer Awareness Day

Create an infographic on Canva to spread awareness of any one type of Cancer.

7th November, 2024

SUPPORT CANCER AWARENESS

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BREAST CANCER

1 IN 8 WOMEN

PREVENTION TIPS

- KNOW THE SIGNS**: REGULAR SELF-EXAMS, MAMMOGRAMS AND AWARENESS, HELP DETECT AT EARLY STAGES
- EAT HEALTHY**: BALANCED DIET WITH FRUITS, VEGETABLES AND WHOLE GRAINS REDUCE RISK
- EXERCISE**: REGULAR EXERCISE LOWERS ESTROGEN LEVELS AND BOOSTS OVERALL HEALTH
- NO SMOKING**: AVOID SMOKING TO REDUCE HORMONE IMBALANCE
- NO ALCOHOL**: AVOID ALCOHOL TO REDUCE ESTROGEN LEVELS

RISK FACTORS

- AGE**: RISK INCREASES AS YOU GET OLDER, ESPECIALLY AFTER 50 YEARS
- OBESITY**: INCREASED BLOOD FAT, ESPECIALLY AFTER MENOPAUSE
- GENETICS**: INHERITED BRCA1 / BRCA2 MUTATION IN GENES
- SEX**: HIGH RISK HPV IS TRANSMITTED THROUGH SEXUAL ACTIVITIES
- ALCOHOL**: INCREASE IN ESTROGEN LEVELS DUE TO EXCESSIVE ALCOHOL

7th NOVEMBER, 2024

BREAST CANCER IS THE UNCONTROLLED GROWTH OF ABNORMAL CELLS IN BREAST TISSUE, FORMING TUMORS

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National Cancer awareness day

What is Breast Cancer?
Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.

What are the statistics?

- 1 in 8 women will be diagnosed with breast cancer in their lifetime
- 40% of all new female cancers diagnosed each year are breast cancer
- There are over 2.6 million female breast cancer survivors in the US

How does it caused?

- Breast cancer occurs almost entirely in women, but men can get breast cancer, too
- The median age of diagnosis is age 62
- The majority of female breast cancer risk is established during the years between puberty and menopause

Breast cancer risk factors?

- Age, Family history, Genetics, Reproductive history, Lifestyle, Hormones, Radiation

Symptoms of breast cancer

- New lump or thickening
- Change in the size or shape
- Red, itchy, or flaking skin that's crusted, scaly, and red
- Bloody or yellow discharge from your nipple
- A flat or inverted nipple
- Burning or itching

Prevention

- Get regular breast cancer screening exams
- Breastfeed for at least one year
- Avoid birth control pills, especially after age 35 or if you smoke
- Avoid hormone therapy for menopause
- Be familiar with your breasts and tell a healthcare provider right away if you notice any changes

For You, For Me And For All

7th November, 2024

7 NOVEMBER, 2024

NATIONAL CANCER AWARENESS DAY REMINDS US THAT,
"EARLY DETECTION IS THE KEY TO SURVIVING CANCER — AWARENESS SAVES LIVES."

NATIONAL CANCER AWARENESS DAY

Skin Cancer

- Skin cancer is detected through regular skin checks and biopsies
- Treatment involves surgical removal, radiation, or immunotherapy depending on the type and stage

Lung Cancer

- Prevention focuses on quitting smoking
- Reducing exposure to harmful chemicals
- Regular screenings, particularly for high-risk individuals (e.g. heavy smokers), can aid in early

Mouth Cancer

- Tobacco avoidance
- Maintaining good oral hygiene
- Regular dental check-ups

Breast Cancer

- Regularly examine your breasts on your own
- Early detection of a lump or mass
- Timely treatment

NATIONAL CANCER AWARENESS DAY

LEUKEMIA
A type of cancer that affects the blood and bone marrow

FOUR TYPES

- ✓ Acute leukemia
- ✓ Chronic leukemia
- ✓ Lymphocytic leukemia
- ✓ Myelogenous leukemia

SYMPTOMS

- ✓ Fatigue, weight loss, pale skin, fever, joint pain, night sweats

CAUSES

- ✓ Genetics, smoking, radiation exposure, viral infection

TREATMENTS

- ✓ Chemotherapy, radiation therapy, clinical trials, stem cell transplantation

"You can be a victim of cancer, or a survivor of cancer. It's a mindset."

SUPPORT CANCER AWARENESS



ALUMNI CORNER



Ms. Shreya Sanal
Batch 2021-2023




Students Corner



Ms. Tanushree Mondal
F.Y B.Ed
Batch:2024-2026
Roll No: 61




The Paradise of Kidonia



In the small town of Kidonia, something extraordinary happened. One morning, the adults woke up to find the world had changed overnight. Not entirely—parents still bustled about, teachers showed up for class, and politicians appeared on television— but their voices no longer carried authority. Instead, every decision, from curfews to constitutional amendments, now rested with the children. No one could explain how it happened, not even the wisest scientists or mystics

Children everywhere took control, and society transformed overnight. Candy shops became national landmarks, schools turned into skateparks, and bedtime was outlawed. Zoe, an 11-year-old with a knack for strategy games, was elected the new President of the United Kids Council. Her campaign promises —"One puppy for every household!" and "Mandatory playtime after lunch!"—made her wildly popular.



The streets of Kidonia were a kaleidoscope of colour. Sidewalks were painted with rainbows, the world gleamed with vibrant chaos. Ice cream trucks blared across highways, distributing free scoops to children who waved their "Yay!" card, the official currency. Homework was declared a relic of the past, replaced by video game tournaments. The tallest skyscrapers became mega-slides, and amusement parks opened 24x7.



For a while, it was paradise. Parents, teachers, and even the grumpiest old folks indulged in the whimsical chaos. But as days turned into weeks, cracks began to show in the utopia. Without adults steering economies, resources grew scarce. Factories churned out endless toys but no medicine. As children hoarded sugary snacks, fruit and vegetables rotted in the fields. Hospitals struggled as kids deemed doctors' coats "boring" and replaced them with superhero capes.



Zoe quickly realized the weight of her crown. During a chaotic meeting at Candy Castle (a former town hall now coated in edible frosting and gumdrop windows), a seven year-old senator proposed banning broccoli countrywide. It passed unanimously until stomach aches swept the population weeks later. Zoe watched her peers cry, clutching their bellies, and began to understand that running the world wasn't all playdates and pillow forts.



She sought advice from the one adult she still trusted: her grandpa, whose wisdom was preserved in bedtime stories he had told her years ago. "Leaders aren't the ones with the loudest voices," he used to say. "They're the ones who listen."

Inspired, Zoe called for an emergency Kid Congress. This time, she urged everyone to think not just about what was fun but what was fair. Her words stirred murmurs among the Council. After hours of debate and snacks new rules emerged.



Doctors taught children how to manage basic care; farmers showed them how to grow food. Gardens were planted alongside playgrounds, and "helping hours" were introduced, where kids worked together to solve problems. Slowly, balance returned.

By the year's end, the world looked different. Streets were cleaner, laughter filled the air, and children had gained a newfound respect for the complexity of life. They still ruled, but with empathy and imagination. Zoe, no longer just a kid but a true leader, stood atop a treehouse podium to address her people.



"Being in charge isn't just about fun," she said, her voice steady. "It's about making a world where everyone feels safe, happy, and cared for. And I think we're getting there."

As cheers erupted below, the sun dipped below the horizon, casting a golden glow over a world shaped by the dreams and lessons of its youngest minds.