



Issue 15, December 2016

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MAHATMA EDUCATION SOCIETY'S

Pillai College of Education & Research,
Sec 8, Khanda Colony, New Panvel (W)

We are Proud Of!

NAAC "A" Grade

A three-day NAAC Peer Team Visit yielded an "A" Grade to the college with an impressive 3.31 grade point. The grade reflects the able leadership of our Principal Dr. (Ms.) Sally Enos and the efforts put in by the staff and students of PCER.



Another Feather!

Two teachers from PCER Panvel's Ph.D. center were awarded the doctorate degree from the University of Mumbai. Kudos Dr. Bhavna Dave and Dr. Sunita Jain!!!



United for a Cause!

"We make a living by what we get, but we make a life by what we give."

~ Winston Churchill

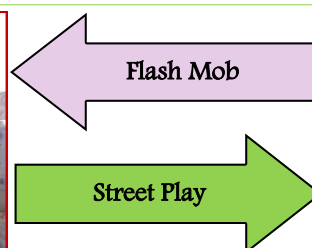
Community Service programme at the slums near Trivedi tower not only filled the student teachers with satisfaction but also gave them a chance to understand what it is to be unprivileged. For the first time, they thanked God for what they have, which seemed less before. The children of the slums were taught basic language and numerical skills in the written and oral form.



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AIDS Awareness week. Along with Jyothi's Care Centre, student teachers of F.Y. B.Ed. conducted a week-long AIDS awareness programme from 5th to 10th December, 2016 to educate the people about the spread of AIDS. They put on their dancing shoes for flash mob, and performed street play with great zeal, at various places like APMC market at Vashi, Pen bus depot, Belapur and Vashi Railway, Panvel Bus Depot and HINDALCO at MIDC Taloja.





INTEGRATING ART AND DRAMA WITH EDUCATION

Workshop on **"The Basics of Drama and Theatre"** was conducted by Mr. Adnan Sarkhot on 17th December, 2016, for our F.Y. B.Ed. students. His session gave an insight into the elements of drama, types of theatre, various acting styles and importance of body language. The practical session followed by a meaningful interaction with the students, enabled them to learn about intonation, emphasis in speech, gestures, expressions, utility of space and synchronization with other characters while engaging in drama.



"Art has the power to transform, to illuminate, to educate, inspire and motivate."



Workshop on **"Integrating art and drama in teaching"** was taken by Mrs. Seema Sharma on 6th January, 2017. She demonstrated and motivated the students to present a script on the content of their school subjects with the help of drama.



HEALTH IS PRECIOUS!

A **Talk on Alcohol and Tobacco Abuse** was given by Dr. Dharav Sunil Shah on 3rd October, 2016. The session focused on creating awareness among the future teachers about the

"Take care of your body. It's the only place you have to live." ~ Jim Rohn

harmful effects of the two social evils; alcohol and tobacco. As per Dr. Shah, both the professionals, teachers and medical practitioners are such professionals who can create mass awareness mainly in the youth of today and the future of tomorrow. He stressed on the fact that both smoking and drinking not only harms individuals, but also the society and nation at large. The use of demographic and compar-

ative records to generate awareness was the plus point of the session and was well received by the student teachers.



GETTING FIRST AID SMART...!!!

This year PCER, Panvel, signed an MOU with MGM' College of Nursing, Kamothe, and as a part of the activities agreed upon, conducted a week long certificate course on **"Basic First Aid"**. The course was conducted in the second week of December 2016 and the sessions included lectures on various emergency situations people face like snake bite, sun stroke, heart attacks, burns, seizures etc. which can be brought



under control by following simple first aid processes. Practical sessions on handling and moving patients gave the students hands-on experience and a confidence to help people when the need arises. At the end of the sessions, the student teachers of F.Y. B.Ed. and S.Y. B.Ed. who enrolled for the course had written and practical assessment. On satisfactory completion of the course, certificates were awarded to the student teachers.

SEMESTER FILLED WITH ACTIVITIES...



Picnic on 28th September, 2016, to Franav Farms proved to be the best way to seal a bond between the first and second year student teachers of B.Ed. and M.Ed.

"That's the whole point of life, you know? To meet new people." ~ Sherman Alexie

A colourful **cultural programme** was organized by the student teachers of S.Y. B.Ed. to welcome the F.Y. B.Ed. followed by **Talent hunt** on 1st October, 2016.



On 8th October, 2016, the student teachers of F.Y. & S.Y. — B.Ed. and M.Ed. both. celebrated **Navratri** and gyrated to the popular tunes of Gujarati folk music.



Student council elections of F.Y. B.Ed. was held on 7th October, 2016. Annu Varghese was elected as the General Secretary, while Sanjana Gandhi and Renu Sharma were elected as the other members of the council.



An **educational visit** to Agastya foundation was planned for the slum children on 25th November, 2016. The students were introduced to mobile laboratory consisting of low cost Science working models.

"A sound soul dwells within a sound mind and a sound body."



Alumni Meet was organized on 13th August, 2016. Cultural programme was put forth by the student teachers of S.Y.B.Ed.



Indoor games were conducted for the student teachers of first year B.Ed. during the second and third week of December 2016. Students competed in games of table tennis, carom, chess and badminton.

NATIONAL LEVEL SEMINAR- YEAR OF PULSES

National Level Seminar on Environmental Re-engineering Series 7: "The International Year of Pulses" was organized by MES's Pillai College of Education and Research, New Panvel, on 22nd October, 2016.

Pulses have been part of our diet for generations but it has gained a lot of attention and importance now, as it is one of the most versatile of food groups which can help us fight food scarcity.

At the inaugural session, the



theme of the seminar was explained and its objectives expressed.

Session 1 was on Sub-theme II: Pulses for enhancing Health and Food Security. Expert speaker was Dr. Shivshankar Timmanpyati, Dietician, Department of Digestive Diseases and Clinical Nutrition, Tata Memorial Hospital. He is a post graduate in Dietetics and Food Service Management, treated the participants with a mix of roasted pulses to eat. He discussed the importance of pulses, clarified the difference between pulses and leg-



umes, presented statistics of pulse production and consumption in various states, security and the role pulses can play in mitigating the situation of food security. He explained the various functions of pulses, its consumption and enhancing their nutritional values. Pulses not only help in weight loss but also help fight cancers of the digestive system, control menopausal symptoms, etc.

Session 2 was on Sub theme I: Pulses for Ecological Benefit and Economic Benefit with our guest speaker Dr. Seema Mishra, Director SIES' Indian Institute of Environment Management, Nerul. Her areas of interest included sustainable development, solid waste management, Total Water Management etc. She elaborated on the importance of pulses and why the consumption of pulses is reduced; historical and geographical aspects of pulse production and spoke on the different types of pulses and the climatic conditions required for the growth of the pulses. She also highlighted the ecological benefit of growing pulses as it improves soil

fertility, helps in reducing greenhouse gas emissions. She discussed the various reasons for reduction of pulses production and some major schemes developed by the Government of India to improve the production of pulses.

The specialty of the day was the special lunch with sprouts as a part



of uncooked salad and cooked form.

Post lunch session included paper presentations which covered a wide range of topics related to Pulses and its deep connection with ecology, economy, our culture, nutrition and health and food security.

The participants got to hear about variety of ways in which pulses can and should be an integral part of the diet. There was a lot of take away for the participants at the end of the day. Overall, the seminar served as a cognitive treat for the intellectual mind.



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