

Bonne Pensée

M E S ' S P I L L A I C O L L E G E O F E D U C A T I O N A N D
R E S E A R C H , C H E M B U R
T U T O R I A L G R O U P N O : 1

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Exploring Mental Health

“To be healthy as a whole, mental wellness plays a role.”

Mental health is the foundation for well-being and effective functioning for an individual and for a community. It is more than the absence of mental illness. Despite this, mental health is still portrayed by some as a luxury.

Neither mental nor physical health can exist alone. Mental, physical and social functioning are interdependent. Furthermore, health and illness may co-exist. They are mutually exclusive only if health is defined in a restrictive way as the absence of disease.

“There is no health without mental health.”

This statement from the World Health Organization emphasizes how mental health involves everybody. Mental health – the way we think or feel about ourselves and what is going on around us, and how we cope with the stresses of life – affects our sense of wellbeing as well as our physical health. In this sense everyone has mental health. Good mental health is vital for learning and

life.

Children who are mentally healthy are better equipped to meet life's challenges. They also learn better and get on better with others. Good mental health helps children enjoy and benefit from their everyday experiences, have positive relationships with their families, friends and school staff, and contribute to their community in ways that are appropriate for their age.

Good mental health in childhood provides a foundation for positive mental health and well-being, now and into the future. Having good mental health does not mean never having worries or feelings of distress. Everyone goes through ups and downs which can affect the way they feel and behave. Feeling worried, sad, frustrated or angry are all normal emotions

Mentally healthy children are able to use positive coping skills appropriate to their age

to manage feelings and deal with difficulties. They develop helpful coping skills as part of their normal development and are not held back by emotional or behavioral problems.



Good mental health in childhood provides a foundation for positive mental health and wellbeing

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Mental Health Improves the Quality of Life

When we are free of depression, anxiety, excessive stress and worry, addictions, and other psychological problems, we are more able to live our lives to the fullest.

Peace of mind is a natural condition, and is available to everyone.

Mental health strengthens and supports our ability to:

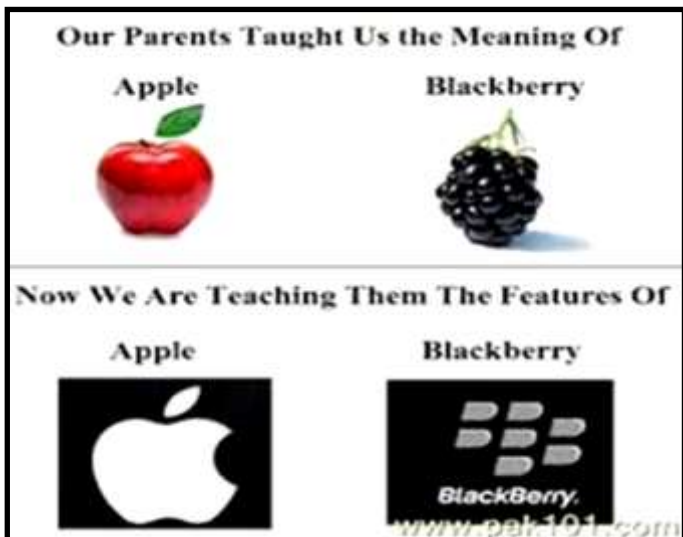
- have healthy relationships

- make good life choices
- maintain physical health and well-being
- handle the natural ups and downs of life
- discover and grow toward our potential

So, young or old, mental wellness is crucial to have a good, peaceful life.



FUN ZONE



Information and communication technology (ICT) seems to be ever more important in all spheres of life and has taken a central place in the field of education as well. But how is this ICT helpful in the field of education and how can it be used effectively to improve the quality of education? Let's explore how we can use ICT in our classrooms.

in making the complicated concepts simple and easy to understand. It gives students an opportunity to become a part of the global IT village enhancing their technical and communication skills.

survive in the recession-struck 21st century job market.

[illegible]

Many curriculum-based websites offer free tutorials, vocabulary tools and quick lesson summaries which can be used in numerous ways in classrooms and at home. Teachers can also use online diagrams and games to explain complex subject matters in an engaging way and even design worksheets to keep their students interested. Besides, since students would have watched and inter-

Students can be encouraged to write online and email their essays, reports, observations and descriptions. This way it would be easier for them to plan, draft, proofread and present their work

Similarly, science and mathematics teachers can incorporate ICT to make the most boring lessons come to life. For example, instead of drawing the pie and bar charts on the whiteboard to represent and interpret data in math, teachers can use PowerPoint

ICT can change the entire outlook of present-day education. However, it needs to be planned and structured proficiently to bring a difference in the way our students learn.

When the world was old

*A computer was something on TV
 From a science fiction show of note
 A window was something you hated to
 clean
 And ram was the cousin of a goat.

 Meg was the name of my girlfriend
 And gig was a job for the nights
 Now they all mean different things
 And that really mega bytes.

 An application was for employment
 A program was a TV show
 A cursor used profanity
 A keyboard was a piano.

 Memory was something that you lost
 with age
 A CD was a bank account
 And if you had a 3-inch Floppy
 You hoped nobody found out.

 Compress was something you did to the
 garbage
 Not something you did to a file
 And if you unzipped anything in public
 You'd be in jail for a while.*

TECHNOLOGY IN MENTAL HEALTH CARE

Technology has opened a new frontier in mental health support and data collection. Mobile devices like cell phones, smartphones, and tablets are giving the public, doctors, and researchers new ways to access help, monitor progress, and increase understanding of mental wellbeing.

Mobile mental health support can be very simple but effective. For example, anyone with the ability to send a text message can contact a crisis center. New technology can also be packaged into an extremely sophisticated app for smartphones or tablets. Such apps might use the device's built-in sensors to collect information on a user's typical

apps are stand-alone programs that promise to improve memory or thinking skills. Others help the user connect to a peer counselor or to a health care professional.

Excitement about the huge range of opportunities has led to a burst of app development. There are thousands of mental health apps available in iTunes and Android app stores, and the number is growing every year.

Experts believe that technology has a lot of potential for clients and clinicians alike. A few of the advantages of mobile care include:

Convenience: Treatment can take place anytime and anywhere (e.g., at home in the middle of the night or on a bus on the way to work)

Anonymity: Clients can seek treatment options without involving other people.

An introduction to care: Technology may be a good first step for those who have avoided mental health care in the past.

Lower cost: Some apps are free or cost less than traditional care.



behavior patterns.

If the app detects a change in behavior, it may provide a signal that help is needed before a crisis occurs. Some

A FEW ADVANCED ICT TOOLS FOR MENTAL WELL BEING ARE:

Self-Management Apps	"Self-management" means that the user puts information into the app so that the app can provide feedback. For example, the user might set up medication reminders, or use the app to track their heart rate, breathing patterns, blood pressure, etc. and thus track progress and receive feedback. This helps the user to track his mental and physical wellbeing.
Illness Management, Supported Care	This app may help the user connect with peer support or may send information to a trained health care provider who can offer guidance and therapy options. Researchers are working to learn how much human interaction people need for app-based treatments to be effective.
Virtual reality exposure therapy	The VR system offers a sense of realism in a safe environment. By gradually exposing the person to their fear with a Virtual Environment the patient becomes accustomed to the trigger of their problem to an extent that it no longer becomes an issue. This form of treatment has also been applied to other mental health problems such as phobias (where anxiety is triggered by a certain situation). For example, fear of flying or arachnophobia (fear of spiders). Computer games have also been used to provide therapy for adolescents
Apps for Improving Thinking Skills	Apps that help the user with cognitive remediation (improved thinking skills) are promising. These apps are often targeted toward people with serious mental illnesses.
Skill-Training Apps	Skill-training apps may feel more like games than other mental health apps as they help users learn new coping or thinking skills. The user might watch an educational video about anxiety management or the importance of social support. Next, the user might pick some new strategies to try and then use the app to track how often those new skills are practiced

FUN ZONE



Implications of ICT on Mental health in Schools

School participation is an integral component of care planning for students requiring clinical intervention. Schools can support students' mental health and social and emotional wellbeing by working in partnership with information and technology.

Talk with young people about how they use Advanced ict tools for mental well being and to have healthy relationships and educational experiences in a healthy way or inhibit them?

The school can deliver information about stress and anxiety around exam time, or tips about alcohol, drugs and safe sex around the time when post-school celebrations are beginning. The provision of reliable information about mental health issues and health services can also prompt other help seeking behaviours in young people

Website

Having a website is now a basic requirement for the schools to provide information to young people. A website can be a simple site provid-



ing contact details or it can be a comprehensive portal providing access to a range of information, powerful applications, and interactive services.

Twitter

Twitter provides real-time information in short text bursts delivered by mobile or web. Tweets are received by users who sign up to 'follow' a 'tweeter' on Twitter.

School can use tweeter to

Tweeting is considered one of the fastest broadcast strategies to alert



young people, and to mental awareness to the from an organisation promoting good mental health, they can then retweet the message to their own twitter followers, thus creating a 'viral' spread of the information.

Apps

Applications for mobile computing devices such as smartphones and tablets are called 'apps'. These small software programs have a very specific purpose – to engage users in an activity that is leisure-based, informative or both. Apps are particularly useful for regular and repeated engagement (they can be used, for example, to record weight loss and gain, monitor heart rates, record sleep cycles and so on). Health apps are becoming increasingly popular,



and can be used in school for monitoring mental health.

Video

Online videos are an increasingly popular way to communicate complex ideas or messages quickly and succinctly. Videos can be viewed on desktop computers, laptops, tablets, smart-TV and smartphones.



E- Counselling

Traditionally, e-counselling was carried out using only asynchronous modes (email). Today, it is delivered using messenger programs or chat rooms in synchronous communication. Counselling techniques are based on narrative therapy styles (Payne 2006), involving introspection and clinical dialogue, while drawing on the typical rapport-building skills that face-to-face therapy

Peer Support Forums–

The ReachOut.com online youth mental health service provides online



forums where young people can discuss issues related to mental health and wellbeing – from everyday troubles to serious difficulties. They provide a safe, stigma-free space for young people to access information and to be supported by, and feel part of, a community of their peers (Webb et al. 2008).



Young people can ask questions, follow discussions and share positive self-help or formal-help experiences. The forums provide a space where young people can seek help, find out what has worked for other young people, and seek reassurance that they are not alone in their experience.

Blogs and Vlogs

Some young people like to keep a reflective journal. More and more often, they are choosing to keep their journal online as a blog (short for web-log) or video, known as a vlog (usually YouTube videos or a private YouTube Channel). Blogs and vlogs can be useful as a supportive reflection tool between appointments with health care pro-



viders. If the young person is open to it, a blog or vlog can also help them connect with others who suffer from similar problems or who simply relate to the situation of the young person.

Virtual therapy

Virtual worlds have come a long way from Dungeons and Dragons. Today, worlds such as Second Life (secondlife.com) and Linden Labs (lindenlabs.com), can be used as locations for online therapy. The virtual world can provide a private, simulated counselling environment, using avatars (animated characters representing the client and counsellor).



Essentially, counselling can occur entirely in the virtual world, using synchronous text or voice at any time of the day or night. The virtual world provides visual experiences as well, which can provide a pleasant and calm environment for the client, or can even be used as a resource stimulus for desensitising therapy for phobias.

Serious Games

Serious games are video games (PC or console) that have a positive effect on the person using them, either physically or mentally. Serious games for behavioural issues are only recently being created, but are faced with the added challenge that their appeal to young people must be as



strong as commercial, mainstream, entertainment games. As such, the most successful and popular serious games to date have been 'exergames' and brain training.

The dawn of ICT is a real boon to schools who can do holistic well being of student. Technology can therefore be used in innovative ways to provide support to children to help them in their all round development.

OUR MILESTONES 2015-2016

Krishna Utsav

The Janmastami celebration was conducted on 12th Sep 2015 by us, Tutorial group no. 1.

The main focus of our assembly was to celebrate Janmastami in an eco-friendly way. Before the celebration all the members in the group discussed and made a plan for the celebration.

The assembly started with the prayer song. Then one of us spoke about what is Janmastami and why it is celebrated. After that we presented a silent skit depicting Krishna and his friends. The central idea of the

skit was the virtue of sharing with the needy. We then presented another skit on the concept of celebrating Janmastami in an eco-friendly way.

We then concluded our assembly by giving out a strong positive message about celebrating this festival in an eco-friendly manner. We concluded with the vote of thanks. In the end our Principal, Dr. Sunita Wadekar, spoke a few words about the significance of this festival and encouraged all of us students to be eco-friendly

this Janmashtami.



Eat Street

On 19th Sept, 2015 in the memory of late Mr. Mathews Chacko, our college organized their yearly festival called as "Valeur: Inter-Institution Fiesta". Late Principal Mathews Chacko Extempore Elocution Competition.

This event comprised of different competitions in which students from the various institutions of Mahatma Education Society participated. These competitions included mehendi competition, wealth from waste, essay writing, Group dance and most importantly the extempore elocution competition.

For this event, each tutorial

group was given a specific task to perform. We the tutorial group no. 1, along with a few other groups were assigned the duty of preparing some snacks for the guests. Our group decided to prepare Chinese bhel.

This activity was the first activity in which we got a chance to come together and work hand-in-hand. It helped to enhance our confidence and also to build new relations. It was a fun day wherein all teachers and students came forward together for the first time. This full competition helped us to work as a team and develop a team spirit among us.



Feliz Cumpleaños To Gandhi

Our college came up with an idea to honour Gandhiji by celebrating the entire month of October as Gandhian Month. Each week one tutorial group had to present a special assembly. On 20th Oct, 2015 our tutorial conducted a special assembly. The main theme of our special assembly was the principles of Mahatma Gandhi.

We made our special assembly very lively and interesting by linking it to the concept which was depicted in the movie "Lage Raho Munna Bhai".

We enacted a skit which had a radio station called as "PCER" Radio station where-

in the radio jockey had invited Munna Bhai and Circuit on the show and callers from the entire country would call and ask for solutions to their problems in the Gandhian way. We had also invited Gandhiji in our assembly which made our show even more interesting and lively.

Through this act we had covered 6 major principles which are as follows :

1. Truth
2. Act with Kindness
3. Chastity
4. Respect for all religion
5. Do not inculcate a habit of stealing

6. Non-Violence

Our this assembly was appreciated a lot by Principal Mam, Professors and our friends.



Graduation Ceremony

On 21st of Jan, 2016 degree distribution ceremony was held in an organized manner by the college. This ceremony laid a platform for the Alumni Meet. Students completed their degree in 2014 also participated in the meet.

The activity was arranged in a systematic manner which included the registration, distribution of degree certificate, refreshments so on. The event started with the gathering of the alumni, they met each other their fellow mates greeted their professors, shared their happiness.

The rank holders were felicitated by the Principal, they shared their experience throughout the course. The rank holders were made to give some encouragement and motivational speech. The degree holders were appreciated and congratulated.

At the end of the ceremony all were given refreshments. The ceremony was grand success.



Republic Day

On 27th Jan, 2016 Republic Day celebration was held as an assembly for tutorial group No.1. The celebration started with a silent prayer followed by pledge. The importance of republic day was the central idea of the assembly

We focused on the different facts of republic day. The group members portraying different freedom fighter gave short speeches about their contribution in the adoption and enactment of our constitution.

We also talked about the present leaders who have made great contributions to the society

particularly in the field of education. We also spoke about the future leaders, that is, we the students, young generation of the society and how we can contribute and become a role model in the society.

An overall conclusion was given about the event focusing

on the value of patriotism. The assembly ended with National Anthem, a pride and respect for our nation.



Saluting Our Amar Jawans

On 30th of January 2016 we conducted a special assembly on martyr's day. The theme of the assembly was to show our respect to those soldiers who sacrificed their life for the country.

We started the assembly with a prayer song. Following that we explained the thought of the day; the thought was **'Martyrdom is not an end, it only a beginning.'** The assembly continued with a skit based on the life of the soldier the sacrifice they made for the nation.

The presentation started with explaining about the different contribution made by soldiers to the nation. It also

highlighted about the people who are actively contributing for our nation. The assembly focused on highlighting the martyrs and their achievements. At the end of the assembly we sang a song as a tribute for the soldiers and thanking them with our whole activity.



FUN ZONE



Save the Girl child

Soroptimist International Chembur Club has been conducting an adult illiteracy programme over the years. For that programme the members of this club requested B.Ed students of our Pillai College of Education and Research, Chembur to conduct the street play on any social issues.

For that activity our tutorial group was asked to do the street play on any social issues. So we had decided to take the topic - **"Save the girl child"**. For that activity we had planned, shared our thoughts and ideas with our

group members. The idea was to portray the importance of a girl child in society and also to pay tribute to the women achievers. Then we started to practice after our lectures and we showed our street play to our tutorial teacher she gave us few more ideas and thoughts to improve our street play and make it more effective. Finally we had presented our street play in front of those

people who had attended the programme. They enjoyed our programme a lot, it was so effective that some had tears in their eyes. Principal and other Professors appreciated our work a lot.

