Volume 1, Issue 1

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UTORIAL NO:8

BECTRUM

Need for ICT in Education

The first question that comes to the mind is 'Was there no learning before the introduction of ICT?' and the answer is yes there was. But we as budding teachers have to understand that Education mainly comprise of the teaching learning process. It is very dynamic in nature. With the concept of globalization and inclusiveness the concept of ICT also needs to be incorporated into the education of scenario.

We as individuals are always in the process of growing and seeking growth in terms of mental, physical, psychological health. This is possible with the evolution of human beings and today the evolution is taking place in the form of Technology.

One cannot take a step back from the soaring trend and say be left behind. ICT has

Objectives

- 1. To be develop an understanding towards the importance of team work in the working of the events.
- 2. To develop an understanding towards the importance of the celebration of Ganapati and the significance of it in today's society.
- 3. To develop an understanding towards the

Sneak Peek:

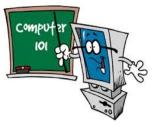
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many advantages and disadvantages.

ICT has many benefits especially for the students and teachers in an educational set-up. The advantages are as follows:

Internet provides many learning opportunities for the students anywhere and anytime.

The Internet promotes fast communication across geographical barriers. Students can join collaborative projects that involve students



from different states, countries or continents.

If students are required to publish their work on the Internet, they have to develop hypertext skills. These skills help students gain experience in nonsequential writings.

OUR TEAM

Contributor	Ashwani	71
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FESTIVE MODE ON

GANESH CHATURTHI CELEBRATION

- Femila Rose

On 9thSeptember2015, our tutorial conducted a special assembly .The special assembly was based on celebration of "Ganesh Chaturthi". So, we focused on the celebration of Ganesh Chaturthi in an "eco-friendly manner". Each member took equal participation by making charts and playing different roles in the skit. At 11:00 am, our Principal, lecturers and classmates gathered for the assembly. We started our celebration with a prayer song "vakratunda". Then, Prateeksha one of our member addressed the gathering with a welcome speech. Then the celebration continued with a short skit by our tutorial members. Through the skit performance, we portrayed Ganpathi's of different area and the wishes of the devotees and the harm they



During recitation of prayer (vakratunda)

cause to the environment trough such celebration. Then we conveyed the message of celebrating the festival in an eco- friendly manner than to have a grand celebration and harm the environment. Then, Selvakani from our group gave a short speech about the birth of Lord Ganesha and the secret behind 10 days of celebration. The speech felt quite interesting because everyone got to know more about the unknown facts of Lord Ganesha. To make our assembly remarkable and as a remembrance, we presented a small gift to all the dignitaries who were present with a small Idol of Lord Ganesha made from paper cups. Then, celebration was concluded by Jenifer and Thenmoli with a small speech followed by a vote of thanks.



ONE OF THE BASIC NECESSITY: FOOD

FOOD MELA OF PILLAI COLLEGE

- Jenifer Shekar

The Mahatma Educational Society Food Mela was held on September 19,2015 at Pillai College of Education and Re-search, Chembur. The food mela features food, tastings, juice etc. The Food Mela started at 9:00am and the breakfast food items were kept for sale from 9:00am to 12:00am then thelunch was from 1:00pm to 5:00pm.



"A White layer with colorful love stuffing's. Peek in through to know more about the love stuffing "

The Event was organized in the memory of Late Principal Matthew Chacko. Our tutorial group prepared Breakfast and kept chatni sandwich for sale. To prepare chatni sandwich we require bread, chatni, butter and for serving we require tissue, plate. Our chatni sandwich was sold for 25Rs each. This Event was quite adventurous. I learned that when a team works well together as a unit they are able to accomplish more than the individual members can do alone. We 10 members divided the work among ourselves. Each one of us actively engaged ourselves in preparing food, serving, accounting, maintaining cash counter, giving coupons which in turn helped us to gain profit. This Food Mela improved our skill of organizing programmes.



MOMENT OF PRIDE TO BE IN & BLACK ATTIRE

DEGREE DISTRIBUTION CEREMONY

- Selvakani Daniel

The event was held on 21st Jan 2016 started at 3.30 pm with the lightening of lamp. Honorable Chancellor, Vice Chancellor, CEO, and professors of PCER were all seated on the stage. Then the ceremony started with an introductory speech by Dr. Sunita Jain.

After the speech the prize winners of the previous Academic year



2014-2015 were all felicitated for their achievement by our chief guest. This was the Alumni meet. After the Alumni meet there was a short break during which refreshments were distributed. Also to keep the Alumni occupied certain activities like dancing, singing, etc were performed. After the break, the degrees were distributed ceremony where all the students of the previous year wearing the robe and gown while receiving their certificates one after the other. Pictures and photographers were taken. Our tutorial was given the job in arranging and serving the snacks to the exstudents and to the parents who had accompanied along with the

students to rejoice in the proud moment of their children.

Finally teachers thanked and congratulated all the alumni for their participation then the ceremony ended by singing our National Anthem.



Spirit of team work in the Refreshment corner

WE ARE NOT LESS THAN ANY ONE

WOMEN EMPOWERMENT -Veena yadav

On 23/08/2016 special assembly Mahatma Pillai College timing 11 AM Women empowerment knowledge group discussion. First and for most we begin with small prayer thanking the laud for having given us life to live for group. Than we presented small skit based on women empowerment to sensitive the audience order to bring about .equality between both men and women. We are supporting to women empowerment and we also motivated to women empowerment. We want to changes in women and we also give lot of informant give lot of information give student about women empowerment. Teacher appreciate are ma'am also say you all done good job ma'am is telling. I am very important work is done here every person is impress and ma'am is telling very good sensation u give to women empowerment.



PROCESS OF LEARNING BY DOING

ENVELOPE MAKING

-Seema Verma On 6-10-2015 my tutorial group conducted the workshop on how to make envelope in Pillai College of Education and Research.

We made an eco-friendly envelop which is easily disposable. We used natural colour to make envelope. This type of envelope does not harm the environment. We made in less cost which makes it easy for everybody. We use card paper to make envelope. We cut the card paper. We decorated the envelope in a systematic manner. After making envelope we submitted it to our tutorial teacher. Ma'am appreciated our work. Ma'am also told us to write each and every step in our notebook regarding how to make eco -friendly envelope. Ma'am told us to give proper guidance to students and teach the benefit of eco-friendly envelope to our class mates.



Group of students posing after making their envelope.

FUN TIME WITH DETECTIVE AGENCY

<u>A PLAY ON SHERLOCK HOLMES</u> - Krupali Doshi

Our group was been assigned to narrate street play on the famous detective Sherlock Holmes where this character was created and narrated by famous British author Sir Conan Doyle. Each group was been assigned to act a play for 30 minute to be presented in front of entire class. The, main motive was that we were been given names of famous authors not only in English literature and also in Hindi Literature. One of such famous authors were Prem Chand , Willam shakespear etc .There were many plays on which every group enacted on such as Umbrella Man, Merchant of Venice ,Sherlock Holmes series etc. there were many authors who

had wrote marvelous plays and also many series of a particular group. The man motive of our teachers was that we as a student teachers we should understand about different famous authors and their famous literary article. And also to face the crowd in any circumstances and to eliminate the stage fear that every individual



(During the play of Sherlock Holmes)

possessed this also gave us information about the authors as well as made us knew about different stories which were quiet enjoying and interesting. As this was the first play for our group there were lots and lots error made by every person in the group, so we were tested on our patience level. And we had made a note to change our mistakes from this. As well we were trained for team work and co-operation among each member in the group. Through this play we had a lot of learning experience and helped us to put in practice. We also enjoyed in every one's play which was enacted by every group. I personally gained a lot of extra knowledge about various authors and their creative literary piece

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CAN DO BETTER	ADVERISEMENT	
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NO	35%- 70%	
TO SOME EXTENT	70%-100%	
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SPECTRUM GROUPS

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PRESENTATION ON THE SYMBOL OF "LOVE"

MONUMENT OF TAJMAHAL

-Vanniar Thenmoli On 25-2-2016 our group had given a presentation on Taj Mahal. For the presentation, we had divided for 11members in the group. And the presentation had to be completed within 15 minutes. In that, we all wore white dress to represent the white colour of Taj mahal and we talked about the facts of Tajmahal like its structure, architecture, and the material used for its construction. We also talked about a few unknown facts of the Taj mahal. Each one of us had presented using pictures and photographs for making the presentation attractive and to capture the audience's attention. We all had put in a lot of hard work to make this presentation informative and interesting. We got good feedback from our teacher and our classmates. We got to learn a lot from this activity. We were able to develop the important skills of delivery of content without any reference. Overall, this was a very good learning experience for all of us as it made us confident as speakers and everyone could notice a drastic change in our personalities because of the confidence that this activity gave us. Such experiences will always shape and prepare for a better



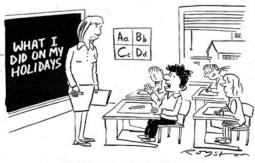
DURING THE PRESENTATION

FOLLOWING BAPPU'S FOOTSTEPS

GANDHIAN WEEK

On 19-10-2015, our group members conducted a special assembly. As we all know October 2 was celebrated as Gandhi jayanthi we started our special assembly with a prayer song 'maan ka vishwaas', then our group member Ruksana addressed the gathering with a welcome speech and continued the speech with the concept, ideas on Gandhian principles and values and issues on women empowerment. We conducted the assembly based on women empowerment one of the principle of Gandhiji .Through a skit performance we conveyed the message that women should not be cornered inside the 4 walls of the house they should encouraged to do the skills in which they are good like tailoring, spinning, stitching etc. we concluded our assembly by saying that through their skills, women stand independently. Our group members conducted an activity, in this activity we gave small chits where some Gandhian principles written on it, that our ma'am and classmates has to enact it and help the class to find out the Gandhian principle they got. Then we concluded with a motivational speech.

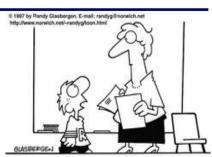
STRESS BUSTER - JOKES

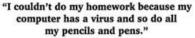


"Can't I just email you a link to my blog, miss?"



"How do you expect me to write with this? It doesn't even have a USB port for a keyboard!"





PSYCHOLOGICAL IMPACT OF SOCIAL MEDIA

Prior to the dawn of modern computers and the worldwide web, Freud's (1923) psychoanalytic theory served as a cornerstone of psychology and the analysis of the structure of human personality. Freud believed that personality has three structures: the id, the ego and the super-ego. The id is the structure of personality that consists of instincts. It is totally unconscious and has no contact with reality. The ego is the structure that concerns with reality and is considered as the "reasoning" and "decision-making" part of personality. Both the id and the ego have no morality, an aspect of the personality taken care of by the superego. The superego is often referred to as the conscience. The rapid and accelerated developments in information technology have changed the way in which people do things, pervading all aspects of life. The invention of social

networking sites (SNS) such as Face book, Twitter, Yahoo Mail and others, paved the way for a virtual human interaction cutting across geographic, time, race, and socio economic boundaries. Thus, human civilizations now characterized as a civilization living in two worlds: the real world and the virtual world. This state-of-affairs is very much different from the world perceived by Freud (1923) and Jung(1948). Consequently, it is not surprising that personality theories were crafted and developed when the world was a simpler world, has to be refined and enhanced to explain what modern human beings are experiencing

10 Psychological effects are as follows:-

1.Social media is addictive.

2.Social media makes us compare our lives with others'.

3.Social media makes us restless.4.Social media gives rise to cyber bullying.

5.Social media glamorizes drug and alcohol use.

6.Social media can make us unhappy.

7.Social media can lead to fear of missing out8.Social media often leads to multitask-

ing.

9.Social media enhances our connectivity. 10.Social media can help with socialization.



GURU WITH HER TECHNOLOGY

Earlier, technology in education was a debatable topic amongst the society. Everyone had their own views on modernizing education and making it technology aided. There were a huge number of positives and negatives to education technology. But, gradually as technology was embraced by the educational institutes, they realized the importance of technology in edu-

'Secret behind success is going in search of hard work, and making wise use

cation. Its positives outnumbered the negatives and now, with technology, education has taken a whole new meaning that it leaves us with no doubt that our educational system has been transformed owing to the ever-advancing technology. Technology and education are a great combination if used together with a right reason and vision. Similarly along with the technology we should use of brain to some extent to avoid dependency. And also to make sure of using technology just in a friendly than making it basic need.

TIME FOR BRAIN STORMING

<u>Crack the secret behind the jumbled</u> words:	6. Moipmtsi - 7. terdintaomein -	
HINTS: values	8. tavliyti –	
1. Lssecainle -	9. esntyire -	
2. Csleralusmi -	10. Yfidielt -	
3. Opcerotveai -	A	
4. Rogecua -	1 Find the total number of triangles	
5. Yotaylol -	present in this image	



Answers:

l.cleanliness,2.secularism,3.cooperative,4.courage,5.loy alty,6.optimism,7.determination,8.vitality,9.serenity,10.f delity

PHYSIOLOGICAL IMPACT OF SOCIAL MEDIA

According the current century social media plays an important in every individual life. The era has turned so much that it is difficult to pass a day without social media. The over usage of this was done by teenager but now from a school going kid to an aged person has become addicted to social media. Social media has given us a lot of benefits but due to over usage of social media has risked many lives, some are even worse that it can take lives of many people. The effect of social media in an individual life is as follows. There are many dangers of social media, touching on all topics including mental and physical implications. some physical effects of social media are, weight gain, poor posture, eye strain and poor circulation. Social me-

dia use has also been linked to increased cancer risks. An article explains that the increased isolation that comes from frequent social media use may alter the way genes work and upset immune system responses thus increasing the risk for serious diseases. Social media may also have effects on mental health, such as lower self esteem, depression, addiction and also suicide in extreme cases. The risks of social media tends to affect a certain demographic more than others, adolescents are said to be more affected because of their increased exposure to social media and networking. Teenagers who engage with social media during the night could be damaging their sleep and increasing their risk of anxiety and depression. The

symbol of facebook "f" itself denotes the risk of bending your neck to review or view the posts in facebook. And due to this there is chance's of affecting the body posture and it produces strain in the neck region and also risks in the memory and will lead to more health issues. Another area of concern is body image. Body dysmorphia also known as body dysmorphic disorder is "a preoccupation with what they imagine to be a defective body part or a distorted view of some small and insignificant defect."



MAKE YOUR SELF HEALTHIER WITH MY MUDRAS

Everything we do calls for stress and constant running around. In the middle of all this chaos, yoga is a great way to connect with your inner self and stay healthy at the same time. Through its deep breathing, stretching, mindful exercise, yoga is also an effective method to keep most stress-related diseases at bay. In fact, no matter what your lifestyle, you could learn a thing or two from this ancient exercise form that benefits your

" Every thing in our life happens due to some reason. Find the connection behind yoga and health "

mind ,soul and body. Yoga helps combat stress. The National Center for Complementary and Alternative Medicine found that yoga has a positive impact on various kinds of neurological disorders yoga may boost happy hormones by diminishing stress levels. Yoga helps in battling weight loss in middle age yoga helps increase strength and flexibility. Practicing yoga on daily boost up you well and also help to be fit and healthy.



KADAM KADAM BADHAYEJA ICT SIKHTE JA...

When you first switch your computer and monitor on, your screen might look something like this below This is the Windows XP Desktop. There are a number of thing to notice about the Desktop. First, all those little pictures on top of the big picture. (Your screen may well be nice and colorful). There are 4 in the image



above. The pictures are called icons.

To get some practice with using your mouse, click on each of your Desktop icons. (If you have only one icon, the Recycle Bin, then practice with that for the time being. We'll see how to add shortcuts soon.) Click on them with your Left mouse button, a Single Click. You should notice that the icons change colour, usually blue. When they do change colour, the icon is said to be selected. Now click on any of your icons with the Right mouse button, again a Single Click. What happens now?You should see a menu popping up with a list of items on it. The menu pops up because of that Right Click - the Right click is usually a shortcut click. Each icon on your Desktop has a shortcut associated with it. Indeed, the icons themselves are shortcuts. Each picture is associated with a programme on your computer. When you clicked an icon with your left mouse button, the only thing that happened was that it turned a different colour. You had selected it by clicking the icon with your left mouse button. Now try to double click each icon with the Left mouse button and see what happens. You should find that some sort of software, or programme is launched.





WORLD WITHOUT ICT IS INCOMPLETE NOW

LEARNING OUTCOMES

- 1. The pupil will able to work in cooperation during the event to make a success.
- 2. The students were well coordinated during the event.
- 3. The pupils were able to develop an understanding towards the importance of eco friendly celebration of Ganapati.
- 4. The pupil was able to appreciate the importance of the role of women in the society.
- 5. The pupil was able to develop a sense of deeper understanding towards the role of women in the society.
- 6. The pupil was able to develop sensitivity towards the prevalent issues of women in the society.

DIFFERENT PHASES OF SPECTRUM MEMBERS

Sharing one year experience

- Shiny Sebastin

Everyone in our group had a different experience . And all went through a lot of changes in this one year experience. Those who were timid had broken out from their shell and some had a change over from their stage fear, some had developed confidence etc. There were innumerable experience for every person. Now lets see the personal experience of every member and their different phases within this one year gap.

1. <u>Ashwani Tripathi</u>: Initially I had stage fear, and was nervous about the fact, that I am a student from vernacular medium it is really going to tough throughout the B.Ed process. Indeed time passed by the stage fear which I had is now completely gone. And I could communicate well with everyone despite of any language fear.

2.<u>Thenmoli Vanniar:</u> I was very shy type and had a lack co- operative skill with my team mates and showed disinterest to do anything. But now I can approach well with my team mates and my shy character has gone down completely.

3. Veena Yadav: In the start I was a person of a very timid character I used to fear to speak in front of everyone and would never give ideas I lacked much, but now I got used to speaking in front many and also improving in my initiative.

4. <u>Krupali Doshi:</u> I had amazing experience, initially we had clash within our group members. But everyone has a care for each one. I was a active participant along with other member I got to learn many things and improve my vocabulary.

5.<u>Selvakani Daniel:</u> I was very active and provided creative ideas and took initiative in any group activities. I lacked the spirit of seriousness but now I am serious in the work allotted to me and also improved in my confidence.

6. Seema Verma: In the beginning I was irregular, had disinterest in any activities and had lacked team spirit, indeed now I have inculcated interest and I also help my team mates in any work. And have built confidence to face the audience. 7. **Prateeksha Pandey :** This one year of year was like a heart. A work laid in heart beat but a heart beat nonetheless. I am really grateful to all my teachers for being the constant support that they have been.

8. <u>Femila Rose:</u> I was a person with low self confidence and had a stage fear but after participating my attitude changed. I gained self confidence along with that I started trusting myself .and lost my stage fear and I could realize new things happening within me.

9. Shiny Sebastin: I had a good experience throughout this one year time, got many things to learn, learnt to adjust and take initiative and I created an opportunity to build up my confidence level

10. Jenifer Sekar: During this one year course along with theoretical knowledge I had gained practical experience too. I have changed myself along with the ever changing curriculum . I am not the same as I was before

11.**Ruksana Saudagar:** I lost my stage fear and increased my confidence level along with that learnt newer skills in teaching. This one year experience was really grateful.