

STUDENT
SAMPLE
FOLDER

UNIT

SUPPORT

Name of the Student : Jessica Patra

B.Ed. III (A)

EVALUATION SCHEME

No.	Criteria	5	4	3	2	1
1	Unit Plan :					
	• Unit Plan overview	✓				
	• Unit foundation		✓			
	• Instructional Procedures	✓				
	• Accommodations for Differentiated Instruction		✓			
2	Unit Support:					
	• News letter /Brochure on PBL	✓				
3	Student Sample Folder:					
	• Students Presentation / Blog / Publisher	✓				
4	Assessment Folder:					
	• Evaluation tool to assess a power point presentation/blog/ Publisher		✓			
	• Teacher's presentation to gauge students need	✓				
5	Sound & Images Folder: Collection of Image, sound, video etc.	✓				
6	Course Resource:					
	• Work cited documents / Bibliography	✓				
7	Notebook / Hard copy (Neatness)	✓				
8	Showcasing:					
	• Folder Presentation		✓			
	• Oral	✓				
9	Overall Impression		✓			
Total Marks (70)		65				
Total Marks (25)=		23				

Sign of Guide with date:

$$23 + 22 = 45$$

Declaration

I, Jessica Pathak Roll No. 09 declare that the practical submitted by me is original & written by me. I have done this practical under the guidance of Prof. . There is no ambiguity of any kind. In case of any discrepancies occurred in my practical, I will be solely responsible for the consequences. The college will not be, in any kind of responsible for my failure.

Date:



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UNIT

PLAN



Unit Plan Template

Unit Author	
First and Last Name	JESSICA PATHAK
School Name	Arihant College of Education
School City, State	Pune, Maharashtra
Unit Overview	
Module 2: Think of a topic and possible project scenario for your unit. Revise this section as you work through the remaining modules. Write first draft of your Unit Summary.	
Unit Title	
MENTAL HEALTH ISSUES IN ADOLESCENTS	
Unit Summary	
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. Adolescence is a crucial period for developing social and emotional habits important for mental well-being. The more risk factors adolescents are exposed to, the greater the potential impact on their mental health. Eg. exposure to adversity, pressure to conform with peers, media influence, harsh parenting, bullying and exploration of identity. Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following: • Excessive worrying or fear • Feeling excessively sad or low • Confused thinking or problems concentrating and learning • Extreme mood changes, including uncontrollable "highs" or feelings of euphoria • Prolonged or strong feelings of irritability or anger • Avoiding friends and social activities • Difficulties understanding or relating to other people • Changes in sleeping habits or feeling tired and low energy • Changes in eating habits such as increased hunger or lack of appetite Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age group.	

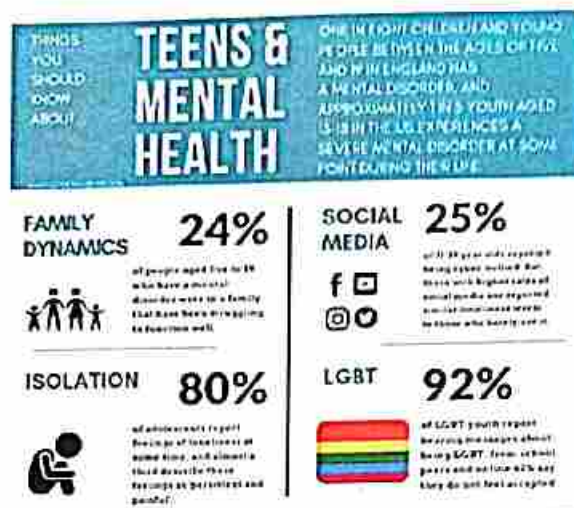


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Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents.

Suicide is the fourth leading cause of death among 15-19 year olds.

The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults



Subject Area

PERSONALITY DEVELOPMENT

Class Level

CLASS IX AND X

Approximate Time Needed

TWO WEEKS

Unit Foundation

- Module 2: Choose 21st century skills, higher-order thinking skills, syllabus guidelines, unit topic, create objectives, and develop Curriculum-Framing Questions for your unit. Revise this section as you work through the remaining modules.

Targeted Syllabus Guidelines

- To understand the concept of Mental Health.
- To learn the different types of mental disorders.
- To identify the factors that negatively affect mental health.
- To understand the symptoms of failing mental health.
- To know the importance of a healthy mental state.
- To learn how to take care of our mental health.
- To learn how to support someone with a mental health problem.

Targeted 21st Century and Higher Order Thinking Skills

LEARNING SKILLS: Communication, Creativity, Collaboration, Critical Thinking

LITERACY SKILLS: Media Literacy, Information Research, Technological Skills

LIFE SKILLS: Social Skills, Perspective Taking, Empathy, Self-awareness

HIGHER ORDER THINKING SKILLS: Creating, Evaluating.



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Student Objectives/Learning Outcomes

- **REMEMBERING:**
 - Student tells the meaning of Mental Health.
 - Student defines Mental Health Disorders.
 - Student tells the different types of Mental Disorders.
 - Student tells who treats Mental Health Issues.
 - Student tells how mental health is different from physical health.
- **UNDERSTANDING**
 - Student explains the factors affecting Mental Health.
 - Student explains the symptoms of failing mental health.
 - Student explains the importance of Mental Health.
- **APPLYING**
 - Student applies knowledge and tells how to support someone having mental disorders.
- **ANALYSING**
 - Student compares between physical health and mental health.

Curriculum-Framing Questions

Essential Question	• Explain in your own words why people should be made aware of mental illnesses. • Why do you think the number of Mental Health problems are increasing among adolescents? • How should we take care of our mental health? • If your friend is suffering from some mental illness, how will you support him/her as a responsible person?
Unit Questions	• Explain in detail the factors that affect mental health negatively? • What are some common symptoms of mental health disorders? • What causes mental health issues? • Why do you think mental health should be taken seriously? Explain its importance. • Role of Social Media on Mental Health. Explain.
Content Questions	• What is the meaning of Mental Health? • What do you mean by Mental Health Disorders? • Name any three types of Mental Health Issues. • Who treats Mental Health problems?

Assessment Plan

- **Module 3:** Draft an Assessment Timeline.
- **Module 6:** Draft an Assessment Summary and create an assessment to gauge student needs. Create an assessment for your student sample.
- **Module 7:** Create an assessment to foster student self-direction and update your Assessment Plan.

Assessment Timeline



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Before project work begins	Students work on projects and complete tasks	After project work is Completed
• Presentation by the Teacher • Visit to the library • Brainstorming sessions • Reading Case study	• Group discussions • Debates • Poster making • Essay writing	• Blogs • Roleplay • Group presentation • Interview a friend

Assessment Summary

Assessment will be done by using Rubrics, Rating scales, Google forms and observational techniques.

Certain content will be evaluated by written, oral and MCQ tests.

Formative assessment includes short pop quizzes, impromptu in-class

Unit Details

Prerequisite Skills

- ☐ Knowledge to operate computer - MS Word, PowerPoint, WordPress
- ☐ Knowledge of Internet research, collection and presentation of data.
- ☐ Skills of listening, reading, writing, speaking.

Instructional Procedures

- o **Module 5:** Create a student sample and draft Instructional Procedures.

Update Instructional Procedures to include:

- o **Module 6:** Assessment methods used throughout unit
- o **Module 7:** Differentiation strategies
- o **Module 8:** Facilitation and implementation strategies

DAY ONE	Will be starting the week by giving students orientation about the topic, having discussion and revising the previous knowledge. Will also give a small gist of the upcoming projects/programs so students can prepare.
DAY TWO	Will start the day by explaining the meaning, concept, definition of Mental Health in detail through PPT.
DAY THREE	Students will be engaged by having discussions on the different types of mental health disorders and their common symptoms. They will be asked to draw a concept map of the content learnt at the end of the class.
DAY FOUR	Students will be asked to sit on the floor and do Introspective Meditation. After that, they will draw the happy and sad thoughts they had. Discussions will also be conducted on the same.
DAY FIVE	It will be a day out in the nature. Students will be guided through yoga and exercises to understand the positive impact of nature on mental health.
DAY SIX	Will explain the factors that negatively affect mental health through PPT. A short pop quiz will be taken on the content to evaluate the knowledge students have grasped.



DAY SEVEN	A day full of different activities (drawing, singing, dancing, whatever the student is interested in) to understand the importance of creative Self-expression and how it is an outlet for emotions and how it relaxes Mental Health.
DAY EIGHT	Will be having Class Discussions on the importance of a healthy mental state. After the discussion, the class will be divided into two groups to have a debate on 'Is physical health more important than Mental Health?'
DAY NINE	A day out where students will sit in a circle surrounded by quiet nature and they will be asked to share their problems and issues. They will also interview each other and learn how important it is to talk our emotions out and the power of listening without judgement.
DAY TEN	Students will give Team Presentations on the content they were assigned. At the end of the class, students will write a short essay on how to take care of our mental health.
DAY ELEVEN	Students will be guided and asked to write a blog.
DAY TWELVE	Will instruct students to make a Poster on Mental Health Awareness Week in school.
DAY THIRTEEN	Will be having a Role Play on how you'll support a friend suffering from a mental illness as a responsible person.
DAY FOURTEEN	Will be having MCQ Test to evaluate students on what they have learnt so far.

Accommodations for Differentiated Instruction

- o **Module 7:** Draft Ideas to support all learners and create student support material.

Special Needs Student	• Will provide a small group of instructions. • Utilize multisensory learning. • Break information down into smaller units. • Utilize peer tutoring and cooperative learning. • Give time to work collaboratively and allow them to do things up to whatever levels they can attain.
Gifted/Talented Student	• Assign them leadership roles, allow them to take lead in discussions and debates. • Allow flexible and in depth learning about the content. • Assign challenging and complex tasks to keep them engaged. • Encourage them to answer higher order questions. • Collaborative learning by allowing them to help/guide slow learners.

Materials and Resources Required for Unit

- o **Module 4:** Identify Internet resources for research, communication, collaboration, and problem solving.
- o **Module 5:** Incorporate into your Instructional Procedures.

Technology—Hardware (Click boxes of all equipment needed)



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☐ Camera ☒ Computer(s)	Laser Disk ☒ Printer	☒ Video Camera
Digital Camera b DVD Player ☒ <u>Internet Connection</u>	Projection System ☒ Scanner <u>Television</u>	Video Conferencing Equip. Other
Technology—Software (Click boxes of all software needed.)		
Database/Spreadsheet ☒ Desktop Publishing E-mail Software ☒ Encyclopedia on CD-ROM	☒ Image Processing <u>Internet Web Browser</u> <u>Multimedia</u>	Web Page Development ☒ Word Processing <u>Other</u>
Printed Materials	Textbook, Other books, Newspapers	
Supplies	Stationary, Charts, Laptop	
Internet Resources	• https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health • https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968 • https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm#:~:text=However%2C%20multiple%20studies%20have%20found,about%20your%20life%20or%20appearance	
Other Resources	Interview with peers, science and technology.	




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As the Buck Institute for Education (BIE) explains, with PBL, students “investigate and respond to an authentic, engaging, and complex problem or challenge” with deep and sustained attention.

BENEFITS OF PBL

- Deeper engagement and interaction with learning content
- Encouragement of higher order thinking and problem-solving skills
- Development of peer and professional networks
- Engagement with potential employers and career mentors
- Fostering of 21st century skills like collaboration and communication
- Enhanced autonomy and agency in learning
- A sense of mastery and self-efficacy
- Gaining valuable career insights.

CORE COMPONENTS OF PBL

- COLLABORATION
- EMPLOYABILITY (21ST CENTURY) SKILLS
- COMMUNITY PARTNERS
- FEEDBACK & REVISION
- PUBLICLY PRESENTED PRODUCT
- REFLECTION



MEANING

Project-based learning (PBL) or project-based instruction is an instructional approach designed to give students the opportunity to develop knowledge and skills through engaging projects set around challenges and problems they may face in the real



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Elements Of Project Based Learning



Why Use Project Based Learning?

The simple answer is that contemporary work is often project-based work.

Many current students' careers will involve working on a series of projects.

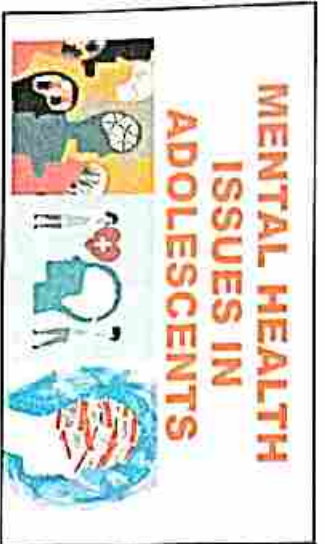
It makes sense for them to have experience with project-based work, along with the knowledge and skills required to be a successful project team member.

PROJECT

BASED

LEARNING





Signs	Physical	Emotional
Constantly feeling tired or exhausted	Changes in eating or sleeping habits	Changes in mood or behavior
Loss of interest in activities	Changes in appearance	Changes in social interactions
Changes in weight	Changes in hygiene	Changes in academic performance
Changes in energy	Changes in physical health	Changes in emotional stability
Changes in appetite	Changes in physical appearance	Changes in social interactions
Changes in sleep	Changes in physical health	Changes in emotional stability

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- COMMON SYMPTOMS OF MENTAL ILLNESSES**
- Emotional Signs and Symptoms of Mental Illness
 - Feeling down or sad
 - Confusion in thinking or reduction in your ability towards concentration
 - Excessive worries or fears, along with excessive guilty feelings
 - Extreme mood swings in between lows and highs
 - Withdrawal from regular activities and from friends
 - Problems in sleeping
 - Excessive tiredness and low energy levels
 - Detachment from schoolwork, distractions and personal
 - Difficulty to manage your stress or cope up with your daily problems



- TYPES OF MENTAL HEALTH ISSUES**
- There are several different types of mental health disorders that each have a certain set of criteria. Mental health disorders can generally be grouped into categories. Some of the most common include:
 - Anxiety disorders
 - Eating disorders
 - Mood disorders
 - Personality disorders
 - Trauma and stress-related disorders
 - Psychotic disorders

WHAT CAUSES MENTAL HEALTH ISSUES?

There are no single cause of mental illness. Mental illnesses are usually the result of a combination of factors, including genetic, developmental, experiences, and environmental factors.

Some common factors that have been linked to mental illness include:

- Genetics: Mental illnesses often run in families. Physical factors, such as brain chemistry, can also play a role in the development of mental illness.
- Environment: Mental illnesses can be caused by a variety of environmental factors, such as trauma, stress, and social isolation.
- Physical development: Mental illnesses can be caused by physical factors, such as brain chemistry, which can be affected by physical development.
- Psychological development: Mental illnesses can be caused by psychological factors, such as trauma, stress, and social isolation.
- The social environment: Mental illnesses can be caused by social factors, such as trauma, stress, and social isolation.
- The social environment: Mental illnesses can be caused by social factors, such as trauma, stress, and social isolation.

- Physical symptoms of mental illness**
- In some cases, a patient may experience a few common physical symptoms related to mental illness. These include:
 - Head pain
 - Stomach pain
 - Headache
 - Unexplained pain and aches
 - Malnutrition
 - Excessive weight loss
 - Electrolyte imbalance
 - Loss of libido
 - Fatigue



HOW WILL YOU SUPPORT A FRIEND HAVING A MENTAL DISORDER

1. Listen to your friend. If your friend is having a mental disorder, it is important that you listen to what they have to say. Do not try to fix their problem or tell them what to do. Just listen and let them talk. This will help them feel better and you will be able to understand their situation better.
2. Help. If your friend is having a mental disorder, it is important that you help them in some way. This could be by taking them to a doctor or a therapist, or by helping them with their school work. Just do whatever you can to help them.
3. Be there for them. If your friend is having a mental disorder, it is important that you be there for them. This means being there for them when they are in need of help, and being there for them when they are not in need of help. Just be there for them.
4. Encourage them to seek help. If your friend is having a mental disorder, it is important that you encourage them to seek help. This means encouraging them to go to a doctor or a therapist, or to seek help from a friend or family member. Just encourage them to seek help.
5. Be a good friend. If your friend is having a mental disorder, it is important that you be a good friend. This means being a good friend to them, and being a good friend to everyone else. Just be a good friend.

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5 TIPS TO SUPPORT SOMEONE

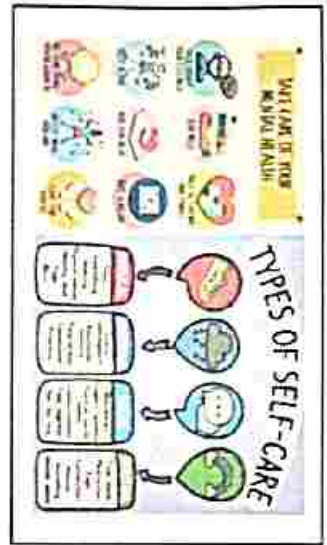
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HOW TO PROMOTE MENTAL WELLNESS IN SCHOOL

- **Encourage Social Time**
Schedule at 30 minutes or an hour every week where students can be social and focus on something other than the curriculum. Encourage them to talk with their peers and complete a task together, like a creative problem or a challenge.
- **Give Learning Choice**
Give students the opportunity to take their mind off things at lunch by having learning clubs. These clubs could be for any activity - arts and crafts, reading, drama club, book club, etc. The more of community, will help students feel included and will relieve the pressure of work for a while.

- **Have an Open Door Policy**
It is essential that students know they can come and talk to you about any issues or concerns they have. Communicate this to your students so they know you are always there to listen. You could even appoint a designated teacher for each year group who can support any students struggling. This person should ideally have training in mental health and know how to help.
- **Make Mental Health Known**
Mental health is still seen as a bit of a taboo subject and something that suffers are embarrassed to talk about. Many also feel judged if they explain their problems. As a result, you should make mental health a focus in your school. Discuss it in PSHE lessons, address it in assemblies, and celebrate awareness days. Like world mental health day, so the students know that it is not alone.

- **Organise a Wellness Week**
To really put wellbeing at the heart of your school, arrange a wellness week in your school. This will benefit both staff and students alike. For your wellness week, you could:
- **Encourage connections** - get students to talk to each other and interact with people they wouldn't usually talk to.
- **Have a sports/activities day** - exercise is known to boost endorphins, so encourage students to participate and get involved in a range of activities. You could even have a sports day or a day where they get a chance to be active.
- **Give to others** - organize charity events, such as a bake sale or a charity dress day, and donate the proceeds to mental health charities. Giving to others is known to reduce stress and improve emotional wellbeing.
- **Be mindful** - host mindfulness sessions and create a calming environment.




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MENTAL HEALTH DISORDERS: UNSEEN UNTOUCHABLE MONSTERS

May 24, 2022

UNSEEN UNTOUCHABLE MONSTERS

An average human brain experiences and comprehends a vast array of emotions, sometimes one at a time or multiple emotions all at once. It is said that a human mind is never stationary; it advances or it retrogrades. A man is constantly feeling, thinking, behaving; incapable of simply just being. These emotions can either be positive or negative, it can either wreak havoc on a person or sometimes completely transform him into something better. A large number of people suffer from destructive thoughts and emotions which lead to dangerous conclusions, but they remain largely unrecognized and untreated only because they're unseen and untouchable. It is a battle with our minds, the war inside our brains and these unseen, untouchable monsters are called as Mental Health Illnesses or Mental Health Disorders.

WHAT IS MENTAL HEALTH?

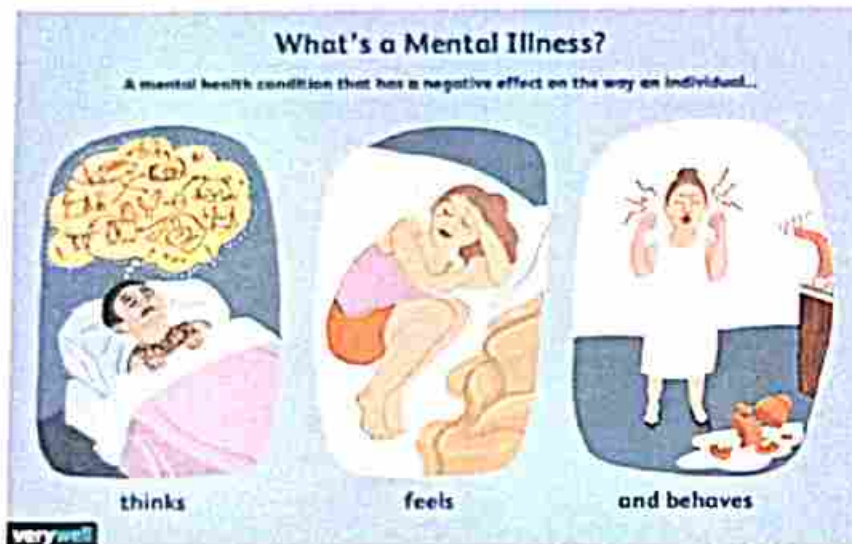


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According to WHO, "Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community."

The WHO stress that mental health is "more than just the absence of mental disorders or disabilities." Peak mental health is about not only avoiding active conditions but also looking after ongoing wellness and happiness.

WHAT ARE MENTAL HEALTH DISORDERS?



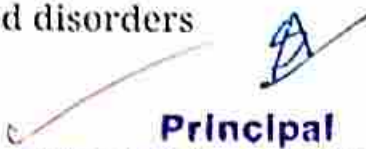
Mental disorders (or mental illnesses) are conditions that affect your thinking, feeling, mood, and behavior. They may be occasional or long-lasting (chronic). They can affect your ability to relate to others and function each day.

What are some types of mental disorders?

There are many different types of mental disorders. Some common ones include:

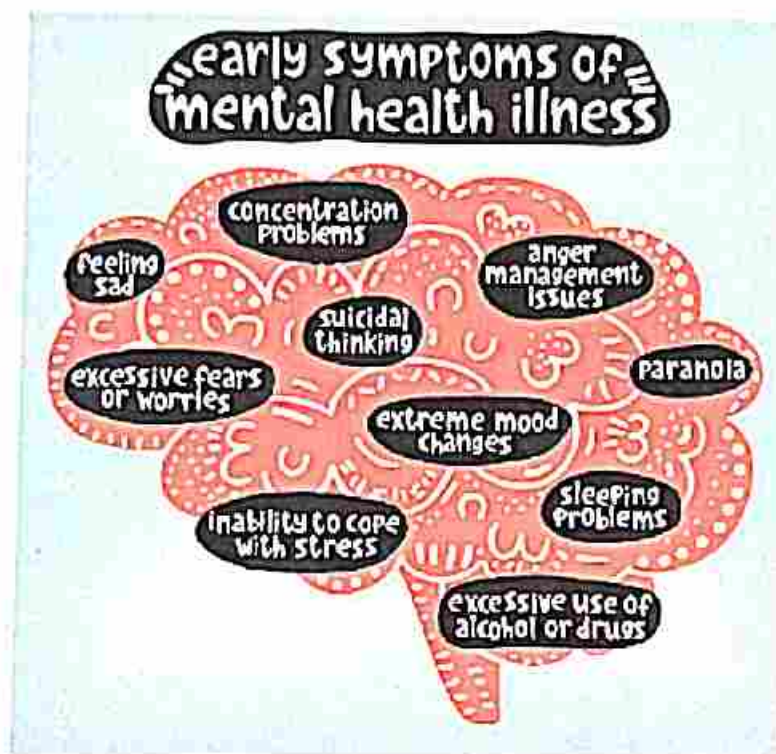
- Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias
- Depression, bipolar disorder, and other mood disorders




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- Eating disorders
- Personality disorders
- Post-traumatic stress disorder
- Psychotic disorders, including schizophrenia

SYMPTOMS



Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviours.

Examples of signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities




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- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

SIMPLE WAYS TO TAKE CARE OF YOUR MENTAL HEALTH

10 ways to look after your mental health



1. Talk to someone you trust

Talking to someone you trust – whether a friend, a family member, or a colleague – can help. You may feel better if you are able to openly share what you are going through with someone who cares about



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you.

2. Look after your physical health

Taking care of your physical health helps improve your mental health and well-being. Be active for at least 30 minutes daily, whether that's running, walking, yoga, dancing, cycling, or even gardening. Eat a balanced and healthy diet. Make sure to get enough sleep.

3. Do activities that you enjoy

Try to continue doing the activities that you find meaningful and enjoyable, such as cooking for yourself or your loved ones, playing with your pet, walking in the park, reading a book, or watching a film or TV series. Having a regular routine with activities that make you feel happy will help you maintain good mental health.

4. Steer away from harmful substances

Don't use harmful substances such as drugs, kava, alcohol or tobacco to cope with what you're feeling. Though these may seem to help you feel better in the short term, they can make you feel worse in the long run.

5. Take two minutes to focus on the world around you

Help free yourself of constantly swirling thoughts by reconnecting yourself with where you are at this moment in time.

- What are five things I can see?
- What are four things I can hear?
- What can I smell?
- What does it feel like to touch my knees or a something else I can reach?
- How does it feel underneath my fingers?

Supporting a Friend or Family Member with Mental Health Problems



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If a friend or family member is showing signs of a mental health problem or reaching out to you for help, offer support by:

- Finding out if the person is getting the care that he or she needs and wants—if not, connect him or her to help.
- Expressing your concern and support.
- Reminding your friend or family member that help is available and that mental health problems can be treated.
- Asking questions, listening to ideas, and being responsive when the topic of mental health problems come up.
- Reassuring your friend or family member that you care about him or her.
- Offering to help your friend or family member with everyday tasks.
- Including your friend or family member in your plans—continue to invite him or her without being overbearing, even if your friend or family member resists your invitations.
- Educating other people so they understand the facts about mental health problems and do not discriminate, never judge.
- Treating people with mental health problems with respect,



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compassion, and empathy.



When to see a Doctor

If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems.

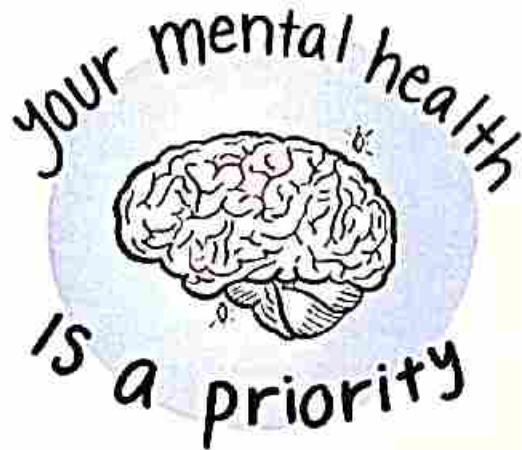
All it takes is a beautiful, fake smile to hide an injured soul and they will never notice how broken you are.

You never know what the person before you is going through, the unseen battles they are fighting and how hard it is for them to go through the simple notions of life. A simple act of kindness, a quick smile, a heartfelt conversation and not judging the person before you can go a long way to changing their day and someday the world. Always remember that you are more than an illness. As it is rightly said, *Every Mind Matters*.



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your mental health
is a priority



Bhavika Dhalawat 25 May 2022 at 00:22

very well written 👍👍



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very well written
very informative

REPLY DELETE



Vish Kolayadath 25 May 2022 at 00:52

Attractive and well organized post. It's great how your post is relevant and is something that needs to be discussed more. Looking forward to your next update, Jess!

REPLY DELETE



Fatema Sharaf 25 May 2022 at 01:32

Well organised and very informative 👍

REPLY DELETE



Juhi choubey 26 May 2022 at 00:46

Very informative 👍

REPLY DELETE



Nayanika 26 May 2022 at 00:54

Very well written and something we all should talk about more!

REPLY DELETE



Veena Methekar 26 May 2022 at 02:32

Good information 👍
Well written 🍷

REPLY DELETE



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UNSEEN UNTOUCHABLE MONSTERS An average human brain experiences and...



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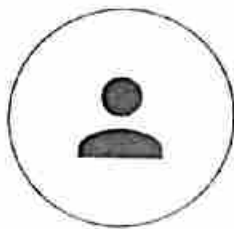


experiences and comprehend a vast array of emotions, sometimes one at a time or, multiple emotions all at once. It is said that a human n

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ASSESSMENT FOLDER



Name of the Institute

Name of the Student

Standard

Roll number

Teacher incharge

Figure 1.1, Rating Scale for Blog

Categories	Excellent (5)	Good (4)	Average (3)	Fair (2)
Content and Accuracy				
Organisation of content				
Grammatical Correctness				
Attractiveness/presentation				
Sources				

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Rating Scale for Group Discussion

Name of the Student:

Roll no:

CATEGORY	EXCELLENT (5)	GOOD (4)	AVERAGE (3)	FAIR (2)	POOR (1)
Organization of Discussion					
Student's willingness to take lead in discussions					
Student's cooperation with other group members					
Involvement of the Student in the Discussion					
Overall Effectiveness of Student in the Discussion					



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Rating Scale for Essay on 'How to Take Care of our Mental Health.'

Name of the Student:

Roll no:

CATEGORY	EXCELLENT (5)	GOOD (4)	AVERAGE (3)	FAIR (2)	POOR (1)
Organization of Content					
Grammar and Vocabulary					
Neatness					
Transition					
Focus on Important Points					



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MENTAL HEALTH ISSUES IN ADOLESCENTS



WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Definition of Mental Health according to the World Health Organisation



VIDEO ON MENTAL HEALTH

WHAT ARE MENTAL HEALTH DISORDERS?

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions – from the short-term stress and behavior changes of mental illness to long-term, chronic disorders, schizophrenia, severe depression and addictive behaviors.

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

A mental illness can make you uncertain and feel unsure of yourself or your ability to do as or better or work or to relationships.



TYPES OF MENTAL HEALTH DISORDERS

1. Anxiety disorders
2. Mood disorders
3. Schizophrenia
4. Personality disorders
5. Substance use disorders
6. Eating disorders
7. Obsessive-compulsive disorder (OCD)
8. Post-traumatic stress disorder (PTSD)
9. Bipolar disorder
10. Borderline personality disorder (BPD)
11. Major depressive disorder
12. Generalized anxiety disorder (GAD)
13. Social anxiety disorder
14. Specific phobia
15. Agoraphobia
16. Panic disorder
17. Compulsive disorder
18. Postnatal depression
19. Postnatal anxiety
20. Postnatal stress
21. Postnatal depression
22. Postnatal anxiety
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1. Anxiety disorders

Excessive, persistent, and unreasonable fear or worry about everyday situations, such as social interactions, public places, or even death.

2. Mood disorders

Depression, bipolar disorder, and other mood disorders affect how you feel and think, and can lead to changes in behavior.

3. Schizophrenia

A chronic mental illness that affects how you think, feel, and behave. It can lead to hallucinations, delusions, and other symptoms.

4. Personality disorders

Long-term, inflexible patterns of thinking, feeling, and behaving that cause problems in relationships and other areas of life.

5. Substance use disorders

Problems with using alcohol, drugs, or other substances that lead to health and social problems.

6. Eating disorders

Problems with eating habits, such as binge eating, anorexia, and bulimia, that can lead to physical and mental health problems.



- Learning and/or growth
- Continued thinking or individual ability to restructure
- Learning from or working on previous learning of goals
- Learning about changes of inputs and laws
- It is not new, novel and unknown
- Significant outcomes, low energy at problem solving
- Outcomes that require information, persistence or habitization
- Involves a mix of skills, problems or stress
- Involves understanding and relating to themselves and to people
- Activities not related to doing one
- Natural changes in study stage
- It focuses on the quality of learning



Further study generally result in a period of **post-weaning** lethargy

- during one treatment, both using an either alone or as an adjunct
- significant increase in an ability to do military combat. Being awarded a certificate as being an able to perform in war, it was found for some time, on being the Vietnam and a Vietnam veteran
- physical recovery for 13 people, a head injury, or a neurological condition such as epilepsy can have the impact on your behaviour and mood (17%)
- importance to both the physical and the mental before working further
- treatment for a mental health condition
- Although therapy for memory loss taking more long, therapy use the 4 of sleep can still affect your memory. In both of your experience a mental health condition they are possibly other factors as well

Mental health is more important than ever before; it impacts every area of our lives. The importance of good mental health extends into everything we do. Read on to see why.



Nurturing mental health doesn't just improve our daily functioning, but it can also help us connect — or at least connect — more of the physical health problems directly linked to mental health conditions. For example, heart disease and stress are related, so managing stress might have a positive outcome on heart disease.

- [illegible]



3. Normal friends with good people

People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends to work on activities where you can meet new people, such as a club, class or support group.

4. Get involved

Volunteer your time and energy to help someone else. You'll feel good about giving something tangible to help someone in need — and it's a great way to meet new people.



5. Learn how to deal with stress

Like a lot of people, a part of life. Practice good coping skills for the things you struggle with. At least, practice. Take a break with your work or your personal life, or a stress ball. Also, remember to eat, sleep, and exercise. It's important to know that things can change and sometimes you just need to take a break and relax.

6. Get your mind

For something, meditation helps you. Meditation exercises and games can improve your mind and help you to deal with stress. You can find many resources online to help you learn more about meditation and its benefits.



7. Get your body

Drinking water and eating healthy, and exercise, are some of the best ways to deal with stress. You might not be able to deal with stress, but you can deal with it. You can also deal with it by taking a break and relaxing. You can also deal with it by taking a break and relaxing.

8. Get your mind

Although you cannot make an instant difference and achieve the things you want, and even a little change of your own mind or a little change of your own mind, you can make a difference. You can make a difference by taking a break and relaxing. You can make a difference by taking a break and relaxing.



9. Avoid alcohol and other drugs

Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only make problems worse.

10. Get help when you need it

Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is available. People who get appropriate care are less likely to have mental illness and achieve and lead full, rewarding lives.



Signs Your Mental Health is Improving

As you improve your mental health, you will notice several signs that your mental health is improving. These signs include:

- Feeling more in control of your emotions and thoughts.
- Feeling more confident in your abilities.
- Feeling more motivated to do things.
- Feeling more relaxed and less stressed.
- Feeling more happy and content.
- Feeling more like yourself.
- Feeling more like you are in control of your life.
- Feeling more like you are in control of your future.



10 Mental Health Tips

1. Get your body.
2. Get your mind.
3. Get your emotions.
4. Get your thoughts.
5. Get your feelings.
6. Get your actions.
7. Get your words.
8. Get your behavior.
9. Get your attitude.
10. Get your life.



How to get a good mental health

10 Steps to Better Mental Health

1. Get your body.
2. Get your mind.
3. Get your emotions.
4. Get your thoughts.
5. Get your feelings.
6. Get your actions.
7. Get your words.
8. Get your behavior.
9. Get your attitude.
10. Get your life.



HOW TO HELP SOMEONE HAVING A MENTAL ILLNESS

1. Get your body.
2. Get your mind.
3. Get your emotions.
4. Get your thoughts.
5. Get your feelings.
6. Get your actions.
7. Get your words.
8. Get your behavior.
9. Get your attitude.
10. Get your life.



1. Keep your body

Get your body in good shape. You can do this by exercising regularly and eating healthy. You can also do this by taking a break and relaxing. You can also do this by taking a break and relaxing.

2. Get your mind

Get your mind in good shape. You can do this by taking a break and relaxing. You can also do this by taking a break and relaxing. You can also do this by taking a break and relaxing.

3. Get your emotions

Get your emotions in good shape. You can do this by taking a break and relaxing. You can also do this by taking a break and relaxing. You can also do this by taking a break and relaxing.

4. Get your thoughts

Get your thoughts in good shape. You can do this by taking a break and relaxing. You can also do this by taking a break and relaxing. You can also do this by taking a break and relaxing.

5. Get your feelings

Get your feelings in good shape. You can do this by taking a break and relaxing. You can also do this by taking a break and relaxing. You can also do this by taking a break and relaxing.

6. Get your actions

Get your actions in good shape. You can do this by taking a break and relaxing. You can also do this by taking a break and relaxing. You can also do this by taking a break and relaxing.

7. Get your words

Get your words in good shape. You can do this by taking a break and relaxing. You can also do this by taking a break and relaxing. You can also do this by taking a break and relaxing.

8. Get your behavior

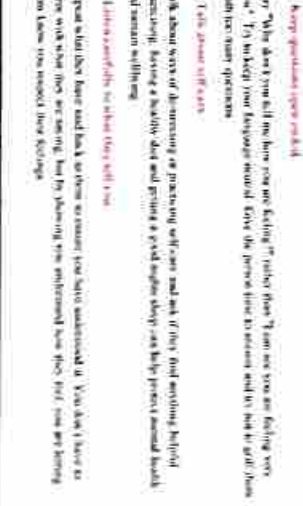
Get your behavior in good shape. You can do this by taking a break and relaxing. You can also do this by taking a break and relaxing. You can also do this by taking a break and relaxing.

9. Get your attitude

Get your attitude in good shape. You can do this by taking a break and relaxing. You can also do this by taking a break and relaxing. You can also do this by taking a break and relaxing.

10. Get your life

Get your life in good shape. You can do this by taking a break and relaxing. You can also do this by taking a break and relaxing. You can also do this by taking a break and relaxing.




how to help a loved one with a mental health problem

1. notice friend mention of their mental health problem
2. ask if they're having any trouble
3. offer to help
4. listen to their story
5. offer to help
6. offer to help
7. offer to help
8. offer to help
9. offer to help
10. offer to help

Offer some help in seeking professional support and provide information on what to do next

You might want to offer to go the GP with them, or help them talk to a friend or family member. Try not to take control and allow them to make decisions.

8. Know Your Limits

You will have your own limits to the support that you can provide. And it's important to take care of yourself too. Don't forget to take time to rest and process what you have said and what has happened. Try to help them access a support network of other friends, relatives and mental health professionals who can help them too.

Remember that if you believe they are in immediate danger or they have injuries that need medical attention, you need to take a quick action to make sure they are safe.

How to help people struggling with their mental health

Start the conversation

- 1. Start the conversation
- 2. Listen to their story
- 3. Offer to help
- 4. Offer to help
- 5. Offer to help
- 6. Offer to help
- 7. Offer to help
- 8. Offer to help
- 9. Offer to help
- 10. Offer to help

Ways to help a loved one with their mental health

- 1. Listen to their story
- 2. Offer to help
- 3. Offer to help
- 4. Offer to help
- 5. Offer to help
- 6. Offer to help
- 7. Offer to help
- 8. Offer to help
- 9. Offer to help
- 10. Offer to help

THE BENEFITS OF BEING BRAVE AND TALKING ABOUT YOUR MENTAL HEALTH

Do' and Don'ts of Dealing with other's Mental Illness

CONCLUSION

- At least one in five youth aged 9-17 years currently has a diagnosable mental health disorder that causes some degree of impairment, one in 10 has a disorder that causes significant impairment.
- The most common mental disorders in adolescents are anxiety, mood, attention, and behavior disorders.
- Suicide is the second leading cause of death in young people aged 15-24 years.
- Children and adolescents who see adolescent psychiatrists are highly likely to see adolescents and young women who have one or more mental health disorders.

- Adolescents with mental illness often engage in acting-out behavior or substance use, which increase their risk of unsafe sexual behavior that may result in pregnancy or sexually transmitted infections (STIs).

Mental health disorders in adolescence are a significant problem, relatively common, and amenable to treatment or intervention. These issues need to be addressed and treated immediately because they can pose as a greater problem later if remain untreated.

Make Your Mental Health a Priority

Things to remember

- 1. Setbacks don't equal failure
- 2. You are allowed to set boundaries
- 3. It's okay to rest
- 4. Not everything you think is true

Let's SPRING CLEAN our MENTAL HEALTH!

How to keep your mental health clean:

- 1. Self-care
- 2. Exercise
- 3. Sleep
- 4. Eat well
- 5. Connect with others
- 6. Seek help



SOUNDS

IMAGES

FOLDER

VIDEOS

1. <https://youtu.be/Ezmyi8fPjx>

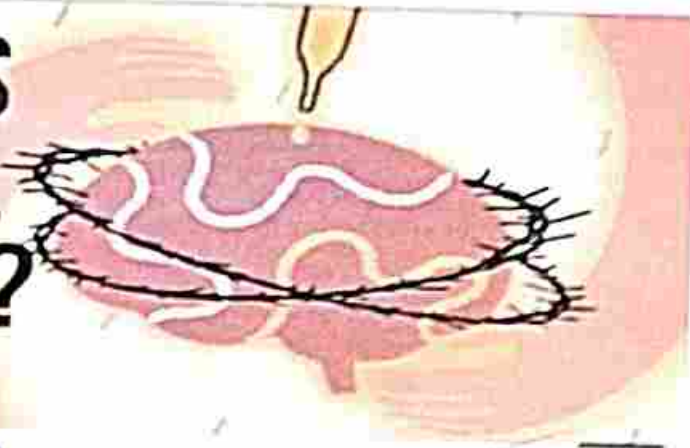
5 Do's and Don'ts of Mental Illnesses

2. <https://youtu.be/3QIfkeA6HBY>



3. <https://youtu.be/oxx564hMBUI>

**WHAT IS
MENTAL
HEALTH?**



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Things you could do to help a friend with a mental health issue:

Show your support

Listen to them

Ask what you can do to help

Ask if they are getting the treatment they want/need

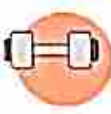
Take care of yourself



10 ways to look after your mental health



Eat well



Exercise



Talk about your feelings



Ask for help



Accept you for you



Take a break



Stay in touch with friends



Do what you're good at

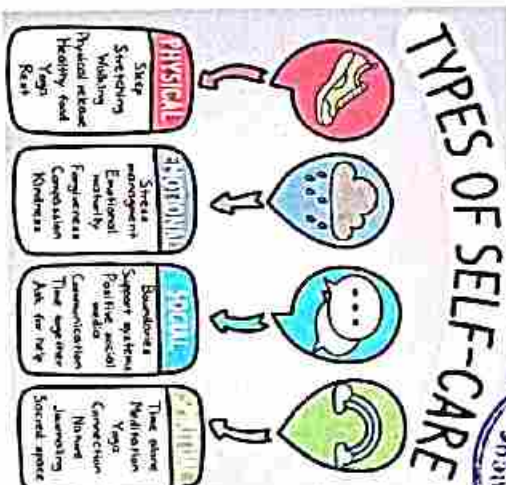
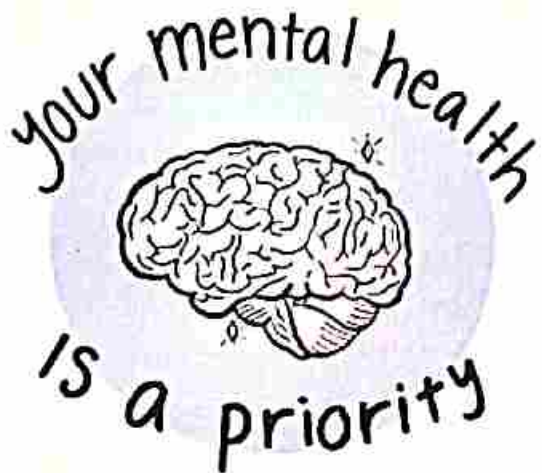


Care for others



Drink sensibly

SAVVO



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Mental Health and Mental Illness

Mental health

Capacity to think, feel and act in ways that enhance our ability to

- Enjoy life
- Deal with challenges

Mental health problems

Diminished capacities (cognitive, emotional, behavioural, etc.) that interfere with

- Enjoyment of life
- Interactions with society and our environment

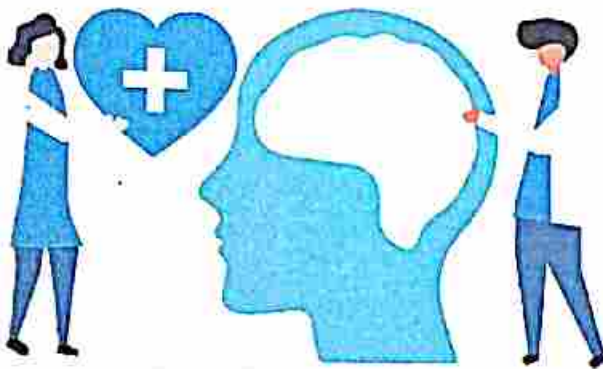
Mental illness

Conditions that affect a person's thinking, feeling, mood, or behaviour, including

- Depression
- Anxiety
- Post-traumatic stress disorder (PTSD)



TAKE CARE OF YOUR
MENTAL HEALTH

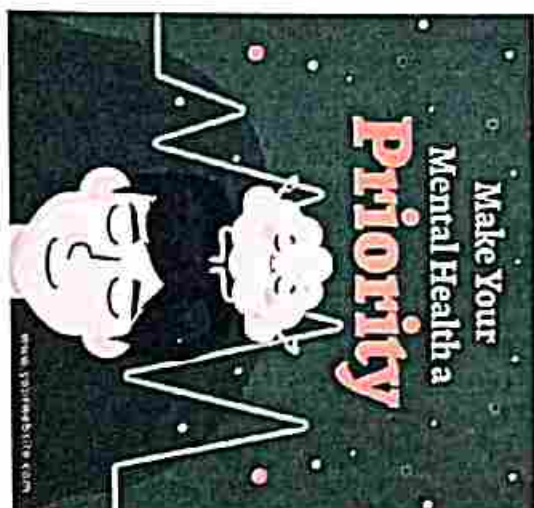
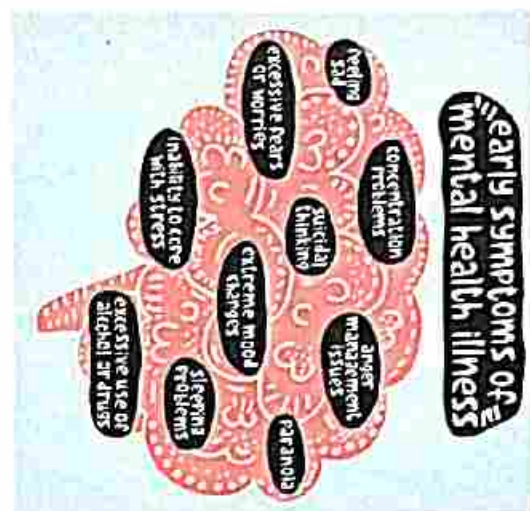


Biological	Psychological	Environmental
Genetic (hereditary)	Severe psychological trauma or stress	Dysfunctional family (i.e. sibling, parents)
Brain defects or injury	Sexual, physical or emotional abuse	Death or divorce
Infections by certain bacteria or viruses (e.g. streptococcus)	Neglect, lack of support from friends and family	Social or cultural expectations
Poor nutrition (lack of certain nutrients growing up such as omega-3)	Family or school violence	Change of environment
Exposure to toxins	Poor social relations	Substance abuse by family members (often parents)
Pre-natal damage	Early loss of a close/ immediate family member or dear friend	School work
		Romantic failure

Table 1.1: List of possible risk factors of mental illnesses



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Things to remember

Setbacks don't equal failure

You are allowed to set boundaries

You are more than an illness

It's okay to rest

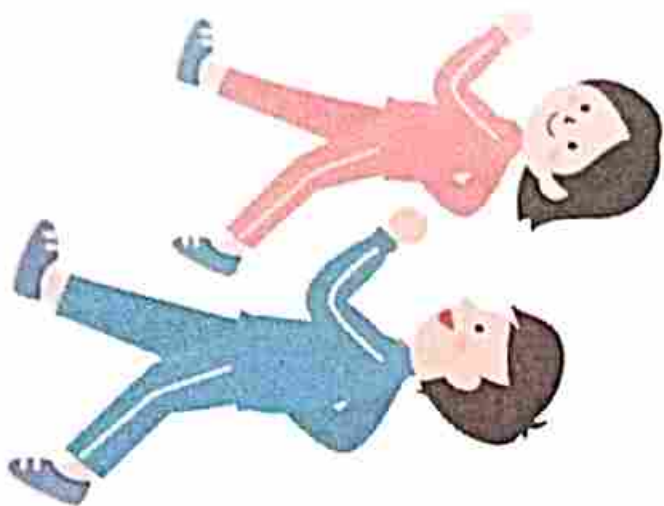
Not everything you think is true



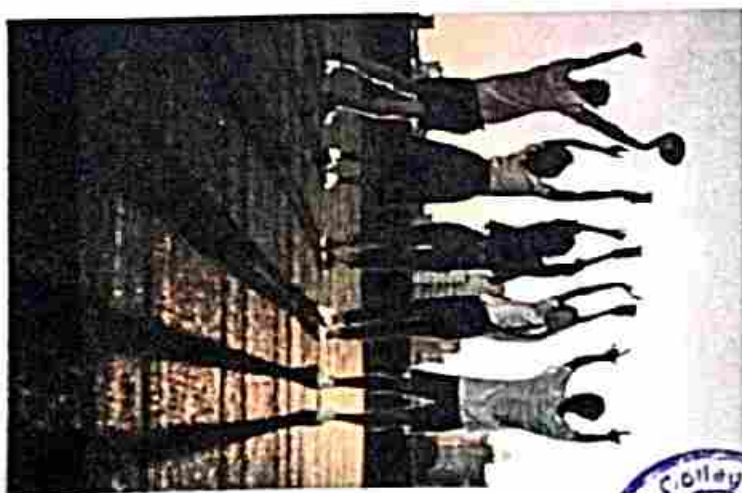
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MENTAL HEALTH MATTERS

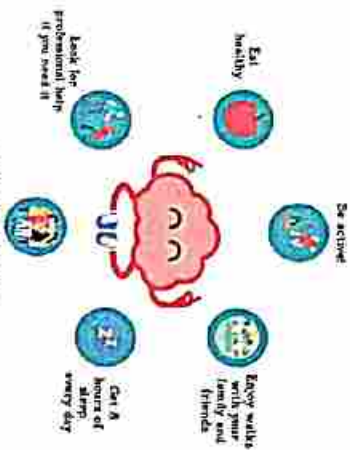


Signs of Mental Health Distress May Include:

- Drinking more heavily than normal.....
- Agitation or anger.....
- Withdrawing from family and friends.....
- Difficulty concentrating.....
- Sadness or depression.....

Small Source: National Institute of Mental Health

Tips for a good mental health



PAHO

World Health Organization

Atishree

Symptoms of Mental illness

- Confused thinking
- Feeling sad
- Suicidal thinking
- Withdrawal from friends
- Excessive fears or worries
- Major changes in eating habits
- Excessive anger, hostility or violence
- Inability to cope with daily problems or stress
- Trouble understanding

Small Source: National Institute of Mental Health

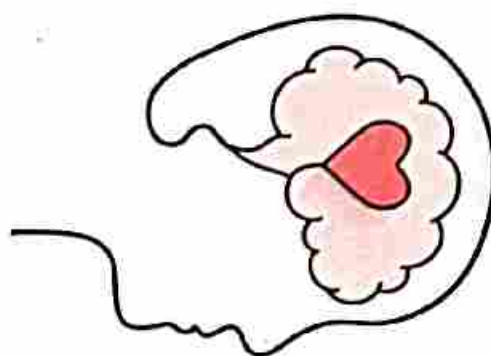
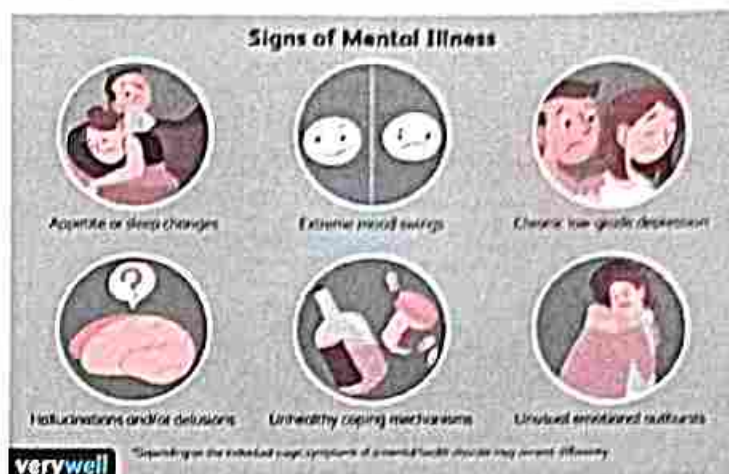
Signs Your Mental Health is Improving

- Accomplishing goals
- Reduction in symptoms and emotional outbursts
- Having a stable appetite
- Sleeping better
- Establishing healthy boundaries
- Looking inward for validation vs. outward

verywell



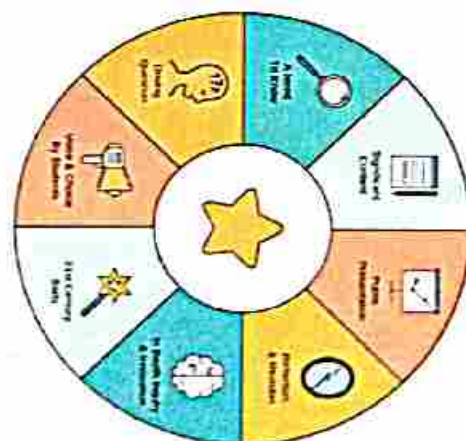
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Definition of Mental Health according to the World Health Organisation



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COURSE RESOURCE

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<https://youtu.be/Ezmyi8fPjxs>

<https://youtu.be/oxx564hMBUI>



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**Arihant Education Foundation's
Arihant College of Education**

Name of the Student: Jessica Pathak
B.Ed. COURSE NO. 11101

Roll No: 09

**ENHANCING PROFESSIONAL CAPACITIES CO-CURRICULAR ACTIVITIES & SOCIAL SERVICE
EVALUATION SCHEME**

Rating Scale - Excellent: 5 Good: 4 Satisfactory: 3 Average: 2 Unsatisfactory: 1

Rating Scale - Excellent: 5 Good: 4 Satisfactory: 3 Average: 2 Unsatisfactory: 1						
Co-curricular Activities						
No.	Criteria	5	4	3	2	1
1	Introduction (meaning, objectives)		✓			
2	Activities – Documentary of Inclusive education & Women Empowerment Discussion		✓			
3	Day Celebrations – • Birth Anniversary Of Swami Vivekanand, Republic Day, Shivjayanti, Marathi Bhasha And Science Day, Women's Day, Dr. Babasaheb Ambedkar & Mahatama Phule Birth Anniversary Eid Celebration	✓				
4	Aazadi ka Amrit Mahotsav Celebration- 75 th Independence Day		✓			
5	Competitions Essay writing, Nail art and Mehendi		✓			
6	Attendance, Participation & Performance	✓				
7	Innovative / Creative co- curricular activities (suggestions)		✓			
8	Overall effect of the report	✓				
Total Marks 40		36				
Social Service						
1	Introduction: Meaning, Objectives of social Service	✓				
2	E-waste collection		✓			
3	Water Plantation Drive	✓				
4	Helping Hand Drive for Deprived Children	✓				
5	Paper Bag Making & Distribution Activity		✓			
6	Creative Innovative Activities for social service (suggestions)		✓			
7	Attendance & Participation		✓			
8	Overall effect of report	✓				
Total Marks 40		36				
Total Out of 80		72				
Total Marks 25		22				

Name of Guide: Prof.
Sign of Guide with date: 23.8.22

Declaration

My self Jessica Pathak Roll No 09 declare that the practical submitted by me is original & written by me. I have done this practical under the guidance of Prof. There is no ambiguity of any kind. In case of any discrepancies occurred in my practical, I will be solely responsible for the consequences. The college will not be, in any kind of responsible for my failure.

Signature of the Student

Pathak



Principal
Arihant College of Education
Pune

CO ~

CURRICULAR

ACTIVITIES

INTRODUCTION

MEANING:

Co-curricular activities (CCAs) earlier known as Extracurricular Activities (ECA) are the components of the non-academic curriculum that helps to develop various facets of the personality development of the child and students. For the all-round development of the child, there is need for emotional, physical, spiritual and moral development that is complemented and supplemented by Co-curricular activities.

Co-curricular Activities have a wide horizon to cater to the cultural, social, aesthetic development of the child.

OBJECTIVES

1. To get a sense of adjustment in the personality of the students.



2. To provide students the opportunity to express themselves and showcase their vivid talents.
3. To inculcate a competitive spirit, leadership, motivation, co-operation and team spirit among students.
4. To share essential ethical values about different cultures, religions, events of national and international importance.
5. To allow students to explore their strengths and talents outside of academics.
6. To help students develop stronger time management and organizational skills by taking them organized curricular activities.

DISCUSSION ON

DOCUMENTARY :

INCLUSIVE EDUCATION

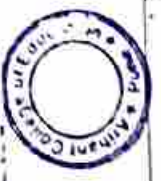
DATE: 15th May, 2022 DAY:

TIME: 10:30 am - 11:30 am VENUE: Teachers' Hall of Education

OBJECTIVE: To understand the importance of Inclusive Education

All children in the same classroom in the same subject is the nature behind inclusive education. Being a college giving B.Ed course training the future teachers it is necessary to make them aware of Inclusive Education. So they can protect it in their own classrooms.

To fulfill the above objective, the teachers of Ashanti College of Education conducted a discussion session on the 10th of May, 2022. The session started at 10:30 am and went on for an hour.



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Kumasi

Students were shown a documentary video on Inclusive education and after that a discussion was done. The documentary video details are as follows:

Inclusive education is it possible by Dr. Nandita & Disinga. This was one of the TEDx Talks given that is available on YouTube.

After everyone had finished watching the video the students shared their views, difficulties faced by teachers, parents, community students themselves and ways in how they as a teacher will make this vision of Inclusive Education possible in their classes. Everyone were enlightened with the whole session and motivated to actually make their classrooms an inclusive one.



DISCUSSION ON WOMEN EMPOWERMENT

DATE: 20th May, 2022

DAY:

TIME: 10:30 to 11:30 am

VENUE: Arthant College of Education

OBJECTIVE: To understand the importance and significance of women Empowerment.

Women Empowerment can be defined to promoting women's sense of self-worth, their ability to determine their own choices and their right to influence social change for themselves and others. Awareness and complete knowledge about this as well as equality is very necessary for the future teachers.

Here a session was held on this very topic for the B.ed students of Arthant College of Education. This session



was conducted on 18th of May, 2022. This session was taken and lead by the teachers. The students were shown 2 videos. The first video was a short ad on story from the brand Praga news. It spoke about how a woman can be imperfect and she does not need to do all the work. Self-care and self-love is okay.

The second video was an interview taken by the famous actress Twinkle Khanna of the great Sudha Murthy. Sudha Murthy is an educator, author, philanthropist who is works for women empowerment. She spoke about how there should be equality in marriage. After watching the video, the students shared their opinions and what changes can be made in society. It was a empowering discussion.



DAY

CELEBRATIONS

NATIONAL YOUTH DAY

DATE: 12 JANUARY '22 DAY: WEDNESDAY
TIME: 2:00 - 3:00 PM
VENUE: GOOGLE MEET

OBJECTIVE: To imbibe the youth with Swami Vivekananda's philosophy and ideals.

Arhant College of Education organised National Youth Day for the FY B.Ed students. This day was celebrated to honour Swami Vivekananda's contribution to the country, to imbibe the students with his philosophy and ideals and also to promote national thinking among youths.

Even though the event was held online on a platform called Google Meet, a number of students participated in this program. A student named Priyanka started the program with an introduction. She is also the one who organised the event. Then the students were told to meditate for a few minutes and Amita is the one who led the students through this excellently.

Elizabeth then showed us a powerpoint presentation on the autobiography of Swami Vivekananda. This was



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REPUBLIC DAY

DATE: 26th JANUARY

DAY: WEDNESDAY TIME: 9:00 AM

VENUE: GOOGLE MEET

Dhruv College of Education, organized Republic Day programme for the B.Ed students. As we all know, India won her freedom on the 15th of August and became Republic on the 26th of January, 1950. The new constitution of free India came into force with effect from this day.

Republic Day is celebrated with great zeal and spirit throughout the whole country. It is no surprise that Aishant College of Education celebrated this day in the same manner. The programme was started by Bhavika, who welcomed everyone warmly with a welcome speech.

Introduction about this day and why it is important to celebrate it. It was followed by a poem by Rabindranath Tagore, "Where the Mind is without Feds and the Head is held high."

No seat is complete without a speech and so Rakma gave a wonderful speech on Republic Day which filled our hearts with pride for our country. Hindi is our national

followed by some line about him by Rakma and some along with karnal who shared some nice quotes written by Swami Vivekananda through ppt.

Students also shared the importance of this day and also gave a fair idea on today's youth. Deepa started an excellent Hindi poem which was followed by Yena who shared her thoughts about Swami Vivekananda and today's youth in Hindi.

The program was concluded by Ranubhavi mham who also shared a few words on his life and the importance of this day.

Swami Vivekananda

"ARISE! AWAKE! STOP NOT UNTIL THE GOAL IS REACHED."



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Aishant College of Education
Raipur

language and so to know the language
on this auspicious day. Kavar shared
her thoughts on this day in Hindi
Heater elected an excellent poem by
Lakshman Tague "Freedom"
Deepa then led us into saying
our pledge together which was followed
by the vote of thanks by Amila who
thanked all the organizers, participants
and everyone who attended the
event. The program was ended by
singing the National Anthem which
truly moved our patriotic hearts.

We were inclusive, friendly and merry.

Dr. Lakshman Tague



SHIVAJI JAYANTI

DATE : 18th, February, '22 **DAY :** Friday

TIME : 10:30 - 12:00 pm

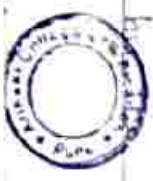
VENUE : Ashant College of Education

OBJECTIVE : To remember and honour
Chhatrapati Shivaji Maharaj's
memory.

"Never bend your head, high always
held it high"
"Freedom is a dream which everyone
has the right to achieve."

Nation will celebrate the 392nd
birth anniversary of the great Maratha
warrior Chhatrapati Shivaji Maharaj on
February 18th, 2022. The birth anniversary
of the great Maratha king Shivaji is
celebrated as Shivaji Jayanti every year.

In the same way, the students
and staff of Ashant College of Education
celebrated this day with much enthusiasm.
The introduction was given by Fatma
and who she gave some information
about the great warrior. After the
introduction, there was a short skit
organized by students Chhatrapati.



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Ashant College of Education

Navari, Anuram, Vishwajayanti etc.) while also including a dance by group of Javira, Deepa, Sonita etc.

It was followed by a group song by Sonita and Yena. After the program came to an end, Javira and Anuram conducted a fun quiz to test everyone's knowledge about Shivaji and his legends.

Before ending the program, Sonita gave the vote of thanks. The cultural activities were very fruitful by everyone. It was a great event and also the first offline one.



CELEBRATION OF

MARATHI DIVAS

DATE : 26 February, 2022 DAY : Saturday

TIME : 10.30 - 11.30 am

VENUE : Auluna
College of Education

OBJECTIVE : To celebrate Marathi language and to understand its importance.

Faculty College of Education celebrated Marathi Bhaskar Diwas along with the staff and students. The program was conducted in Marathi language. The program was started by lighting the lamp before the statue of Shivaji Maharaj. It was done by all the teachers and representatives.

The program was closed by an introduction given by venkateshwar. The cultural conducted a fun quiz where all everyone had to give answers in Marathi.



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Jeeva recited a poem in Marathi.
Vineeta and Shmita sang a song.
Anita also sang a solo Marathi
song.

It was a very fun and
amazing programme arranged by the
students of FY. B.ed.



SCIENCE DAY

DATE: 26 February 2022 **DAY:** Saturday

TIME: 11:30 am - 12:30 pm **VENUE:** Ashwini College
of Education

OBJECTIVE: To understand the importance
of Science and to remember
famous Scientists.

Every year to mark the inauguration
by CV Karan, 28th February is celebrated
as National Science Day. Ashwini College
of Education celebrated Science Day on
26th February, 2022.

The event was kickstarted by an
introduction given by Karan. After
the introduction, a PPT on different
scientists was given by Fatema, Janet
and Anupam. A lot of different
experiments were done by
Anita and Deepa. Deepa and
Joseph gave a presentation on food
adulteration and also did a few
experiments.

A quiz was also conducted by
Anita and Vismayra. The class
was divided into two groups namely



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Clue and Esc. First round was based on information told during the event, to check how attentive everyone was. Round 2 was to pick up clues. The score was kept by Sigabath. Round 3 was a puzzle round. Chitra Puzle hint was shared. The winner was Nam Curie.

After the quiz, Prof. Chaitali Linka shared some information about famous Indian women scientists. The event came to an end with a group picture to make it memorable.



CELEBRATION OF WOMEN'S DAY

DATE: 11th March, 2022 DAY: Friday

TIME: 10:30 - 12:00 pm VENUE: Aribant College of Education

OBJECTIVE: To empower women and to remember women's contribution in our society and life.

The 8th of March, 2022 is celebrated as International Women's Day. Aribant College of Education could not hold back in celebrating this precious day. The program took place on the 8th of March in the college premises in Classroom 105.

All the teachers and students were invited for this celebration. The program was commenced by Jyoti Patil who started the program with an introduction. The students also enacted a skit on how a daughter is a blessing and how she should be educated because she is a girl.



Poems were recited, speeches were delivered, powerpoint presentations on women entrepreneurship was given. A fashion show was also organised. The theme for the same was 'One woman is another woman's strength'. Games were also organised. It

The program was concluded after Prof. Chaitali Sinha spread awareness about the ill-effects of using a pad and how menstrual cups should be used. It was a lovely program, where every important aspect of a woman was celebrated.



CELEBRATION OF DR. B.R. AMBEDKAR JAYANTI, MAHAVIR JAYANTI AND JYOTI RAO PHULE JAYANTI

DATE: 13th April, 2022 **DAY:** Wednesday

TIME: 10:30 to 12:00 pm **VENUE:** Ardhant College of Education

OBJECTIVE: To remember their great personalities and to honour their contributions.

Dr. Bhimrao Ambedkar was born on April 14, 1891 and to pay homage to his contribution to India, every year April 14 is celebrated as Ambedkar Jayanti.

Mahavir Jayanti is the most important and auspicious festival of the Jain as it is marked to celebrate the birth of Lord Mahavir. Devotees commemorate this religious festival in loving memory of the 24th Tirthankara of Jainism, who is the last spiritual leader of April 11 is celebrated each year as the Jyotiba Phule Jayanti in India in the honour of Jyotirao Govind Rao



EID CELEBRATION

DATE: 7th May, 2022 **DAY:** Saturday

TIME: 1:00 to 3:00 pm **VENUE:** Ardhant College of Education

OBJECTIVE: To celebrate Eid as one amongst of any caste/religion.

Eid-ul-Fitr is one of the most celebrated festivals in Islam marks the end of the holy month of Ramadan, a month where Muslims across the world hold fast from dawn to dusk. Muslims celebrate Eid-ul-Fitr in the month of Shawwal.

This year Ramadan started from 2nd April and ended on 2nd May, followed by the celebration of Eid on the 3rd of May 2022. As the Ardhant College of Education believes in celebrating all festivals everyone was looking forward to this. Due to the on-going examinations a small program was planned of having lunch together.

All the Ardhant students came together.



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Phule, the social activist, writer, thinker and anti-caste social reformer.

To celebrate all the 3 Jayanti's together Ardhant College held an event on April 13th. The program started with an introduction and importance of these Jayantis.

A Skit was performed depicting how Jyoti Rao and his wife Savitribai Phule helped girls in

providing education. Komal gave a presentation on Mahavis Jayanti. Yashraj and Manjori gave a presentation on the life of Dr. Ambedkar. Kamaldeepi maini spoke a few words. Pooja gave the vote of thanks. The program concluded with a national anthem.



and arranged a delicious lunch of veg and non-veg biryani. Contribution was taken from all the students. Venue was college, class 105.

Everyone gathered in the classroom by 1pm in the afternoon. Food was kept ready and everyone indulged in it. This was a nice experience for everyone where students and teachers came together and ate. It brought a sense of togetherness and strengthened the bond.



75th INDEPENDENCE

DAY

Shadi Ka Shrut Mahotsav Celebration

DAY: Monday

DATE: 15th August, 2022

TIME: 8:00 am - 11:00 am VENUE: Shikant College of Education

OBJECTIVE: To celebrate our 75th Independence Day and to honour our national flag.

Shikant College of Education organised a program to celebrate the 75th Independence of India. Azadi Ka Amrit Mahotsav. The celebration commenced at 8:00 am in the morning. The college was decked out in Sargam colour, Sargam white and dark green; flowers, balloons, conchati, rangoli, etc. It was a beautiful sight.

Everyone gathered on the ground to honour the national flag. The flag was hoisted by the chief



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Shikant College of Education, PUNE

must dance. Everyone saluted the flag and sung the national anthem.

After gathering in the classroom, various speeches were delivered. Some about our national leaders, some stories about losing tribal lives.

To make the program more enjoyable, groups of girls danced on songs like Doh Rangula. A patriotic song was also sung by a group. Vishnuvijaya also sang a solo patriotic song. The Principal Dr. Sujata Adnath also gave an inspiring speech.

It was a beautiful celebration where everyone felt proud to be Indian!



COMPETITIONS

ESSAY WRITING COMPETITION

DATE: 7th June 2022 DAY: Tuesday

TIME: 10:30 - 11:30 am VENUE: Arihant College
of Education

OBJECTIVE: To test and encourage
creativity among students.

Arihant College of Education
conducted an essay competition on
7th June 2022. The topics for this
competition were:

- a) Your favorite childhood memory
- b) India: A land of diversity
- c) My film in life.

It was mandatory for everyone
to participate. Everyone had an hour
to write an essay on one of the
above topics. Word limit was
500 to 600 words. Everyone
participated enthusiastically.

Everyone's creativity was tested.



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Exhibitor had to use creative words
and various fabrics had to be
coloured and modified.

For a final day, the results
were announced in the afternoon. The
first prize will be celebrated.
The winner will be the
first prize and the third in
Kashmir and the third in
Bihar.

The first prize
winner was the
first prize and the third in
Kashmir and the third in
Bihar.



MAIL ART AND

MEHANDI COMPETITIONS

DATE: 29th August 2022 DAY: Saturday

TIME: 11:00 am

VENUE: Ashraf
College of Education

OBJECTIVE To encourage student
competitions and creativity.

Ashraf College of Education
organized Mail Art and Mehandi
competitions for the L.T.B. II students
at 11:00 am. Everyone was very
excited for these competitions.
Especially the girls but surprisingly
all the boys participated in this
competition too.

The first competition was the
Mehandi competition. Students and
staff with various colors and logos
drawed Mehandi designs. The girls
were drawn in their hands. The
boys were drawn on their hands. The
girls were drawn on their hands.



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Pune

After Mehandi, Nail art competition commenced. Colourful nail paints and designs were drawn on the nails. Judges were welcomed with flowers and introduction about the time for the competition was up. The name of the judges were Dr. Radha Rani Banerji and Miss. Sophia Sanyal.

The winners of the competitions were as follows: Mehandi - D. Sumanya and Bhavika Phalawat. Nail Art D. Sakshi and Harpazie. Not everyone could win but everyone thoroughly enjoyed the competitions. Everyone got to show their creative side.



5. An Annual Day should be organised at the end of the year.

6. Educational Tours, picnics, museum visits should be encouraged.

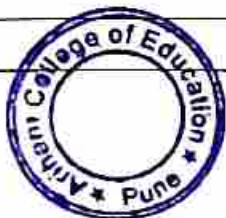
SOCIAL
SERVICE

INTRODUCTION

MEANING

Social service also called as welfare service or social work of numerous publicly or privately provided services; intended to aid disadvantaged, distressed persons or groups. The term social service also denotes the profession engaged in rendering such services. The basic concerns of social welfare poverty, disability and disease, the dependent young and elderly are as old as society itself.

Social service is aimed to promote social change or a development in the society. Students are the future. When the student will grow up and become professionals, they will work for the betterment of the country. So, these students should know how to interact socially, how to understand other people's problem and how to work for the social betterment of the society.



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OBJECTIVES

1. To develop student's personality, social work values and ethics.
2. To allow students to demonstrate an understanding of social work concept.
3. To provide opportunities for students to serve in social work settings.
4. To strengthen the protection of children at risk.
5. To enhance problem solving coping and development capabilities.
6. To develop and improve social policy.
7. To care, cure and change the society.
8. To work people with resources, abilities and opportunities.

WATER PLANTATION

DRIVE

DATE: 5th May, 2022 DAY: Thursday

TIME: 8:00 - 4:00 am VENUE: Jeral Tedi

OBJECTIVE: To involve parents and to avoid quarrying over the hill.

Abstract: A group of children organized a water plantation drive on May 5th 2022 to water all the plants, trees, flowers in Jeral Tedi. The hill is full of plants and huge trees. A perfect spot to create a water plantation drive. May is the hottest month in Jeral and usually all plants and leaves dry up in the hot sun due to shortage of water. So to keep these plants and trees, a drive was organized.

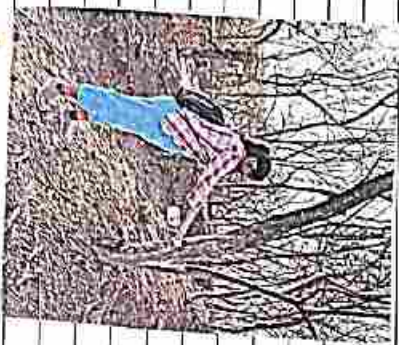
The students of vibrant and bright and lively on the hill all 6:00 am sharp with empty water bottles.



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Ardhani College of Education, Kottayam, Kerala

There were a lot of filled stone
stratage of water all over the
tardi to water the plants and
trees if anyone wished to water.

All the students watered
as many trees and plants they could
on the hill. It was a very fulfilling
activity where everyone could help the
trees and give so much to everyone.
All the trees were watered and
greenery was spread everywhere. The
students enjoyed nature and the
work as they did the water
plantation drive.



E-WASTE

COLLECTION

DAY: 26th February 22 DATE: Sunday

TIME: 2:00 - 5:00 pm VENUE: Ashwari
College of Education

OBJECTIVE: To collect all electronic waste
to recycle and dispose in a
healthy manner.

On the auspicious occasion of
National Science Day PMC and
various social organizations in Pune
had arranged a Mega Drive
named PEHEL for E-waste and
Plastic collection on Sunday 27th
February 2022. The motto of this
drive was 'Plastic and E-waste
Handling for Eco Friendly Lifestyle.'

The students of Ashwari College
of Education were requested to
collect E-waste from their homes,
neighbouring society and families.
The students were given about a



week to collect all electronic waste. On Saturday 26th February, 2022 everyone had to bring their findings in the college. At 5:00 pm, a teachers and student were going to go to give this waste to the PHEI foundation / organization.

All the students collected a lot of E-waste like mobile chargers, wires, monitor, mouse, memory, cells and many more things. Altogether, there were sacks of E-waste collected. It was for a noble cause for the benefit for our society and health and it was nice to see everyone participate eagerly.



HELPING HAND DRIVE FOR DEPRIVED CHILDREN

DATE: 20th May, 2022 **DAY:** Friday

TIME: 4:00 pm - 5:30 pm **VENUE:** St. John's Home for women & children

OBJECTIVE: To help the deprived children and to provide them with resources.

On 20th May, 2022 students of dharmat college of education visited the St. John's Home for women and children. There were children from the age group of 6-15. It was a all girls home.

Before visiting the orphanage, the students had arranged sweets and snacks for the girls. They also made them small packages which consisted of toothbrush, paste, shampoos, soap etc. The students also carried drawing / coloring sheets to engage the students in an activity.



As the girls were excited when they saw the vibrant students. They were just given snacks to eat. After that, the children sang songs and danced. After the dancing, colouring sheets were distributed. The girls loved colouring and enjoyed it very much.

Ganai likes Dum Shasana, Pakda - Pakda and many more were played. The girls were very happy to have us there. Everyone was sad when it was time to go home. Everyone left with glittering eyes and hearts full of warmth, love and gratefulness. To put a smile on someone's face is truly the greatest gift of all.



PAPER BAG MAKING AND

DISTRIBUTION ACTIVITY

DATE: 18th June, 2022 **DAY:** Saturday

TIME: 11:30 - 12:30 pm **VENUE:** Ashant College of Education

OBJECTIVE: To encourage students to replace plastic bags with paper bags.

Ashant College of Education organised a Paper Bag Making and Distribution activity on 18th June 2022. The objective behind this activity was to encourage students to use paper bags instead of plastic bags as plastic is hazardous to the environment.

To use plastic bags, one must learn to make one. Everyone made newspapers everyday, the paper is no longer of use the next day. Instead of throwing or burning these newspapers, one can use it to make paper bags and to follow a healthy, economical lifestyle.



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Ashant College of Education
Purne

all the students gathered in the classroom with glue, papers, strings & scissors to make the paper bags. Everyone eagerly started making the bags with much enthusiasm. Everyone enjoyed doing the activity.

After all the bags were made, everyone took pictures with their respective bags. The students were asked to give the bags they made to any shopkeeper so that they could also encourage people to use paper bags instead of plastic. Everyone should develop a habit to use paper bags for a clean and healthy earth.



PAPER BAG DISTRIBUTION

AT NAVRANG & CO.

STATIONERY SHOP



CREATIVE SUGGESTIONS

The following are the creative / innovative to enhance and improve social service activities:

1. A charity walk or run can be organized.
2. A clothing drive for the poor and the orphans can be arranged.
3. Activities should also include planting trees, flowers, plants etc in parks / gardens.
4. Another innovative idea is to send letters to soldiers and veterans on Republic / Independence Day.
5. School supplies, hygiene, period products can be collected and donated.



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P.O. Box 1000

6. Visit to an animal shelter to play, love and feed rescue animals.

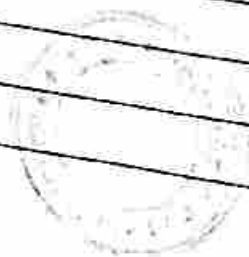
7. Blood donation camp should be organised.

8. Cleanliness drive to clean parks, roads, footpaths or college compound.

9. Making birthday cards for kids in homeless shelters.

10. Putting together a first aid kits for local shelters.

Good
work!



Arihant Education Foundation's

Name of the College : Arihant College of Education
 Name of the Student : Jessica Pathak
 Roll No : 09

**B.Ed. Course No. 112
 ENHANCING PROFESSIONAL CAPACITIES HEALTH & YOGA
 EVALUATION SCHEME**

Rating Scale - Excellent: 5 Good: 4 Satisfactory: 3 Average: 2 Unsatisfactory: 1

No.	Criteria	5	4	3	2	1
1	Introduction (Concept, objectives of Health Programme and explanation of orientation)		✓			
2	Meditation					
	Participation	✓				
	Report writing		✓			
3	Yoga					
	Participation		✓			
	Report writing	✓				
4	Dil Se Daji-KMM		✓			
5	Visit to Vetar Tekdi	✓				
6	Discussion on Stress Management	✓				
7	Body Mass Index (Participation and report writing)	✓				
	Brochure					
8	Content (Accuracy, research behind the information, references)		✓			
	Organization of content (completeness of information, sequence, relevant pictures)	✓				
	Creativity (Colour combination, patterns, font & font size & clarity in presentation)	✓	✓			
	Total Marks (50)	59				

Name of Guide: Prof.

Sign of Guide with date: 22.9.22

Declaration

My self Jessica Pathak Roll No. 09 declare that the practical submitted by me is original & written by me. I have done this practical under the guidance of Prof. Prof. Pathak. There is no ambiguity of any kind. In case of any discrepancies occurred in my practical. I will be solely responsible for the consequences. The college will not be, in any kind of responsible for my failure.



PRINCIPAL
 Arihant College of Education
 Pune

Jessica Pathak
 Signature of the Student