

Mental Health : Role of Education



• **Editors** •

Dr. Indira Shukla

Dr. Shubhangi Parkar

Dr. Shilpa Waghchoure

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FORWARD

Mental Health Week on first week of October is utilized for raising issues and creating awareness about Mental Health. WHO has been active in guiding and educating people all over the world since 1950.

The recent spates of crimes against women, senior citizen and children have been reported regularly in print and electronic media. Society is gripped with concern about this kind of trend.

Many surveys and studies have reported rising suicides, juvenile crimes and mental illness in India. Times of India 17 September 2013 has reported according to National Crime Records Bureau daily 371 people are committing suicide out of this more are falling below 40 years of age. There is used to bring various stake holders of society to address and suggest means and ways of ensuring Mental Health.

This conference as a joint collaboration of Gokhale Education Society's College of Education and Research and Department of Psychiatry, Seth G. S. Medical College and KEM Hospital is supported by UGC is targeting to establish dialogue in this direction. The proceeding of the conference will enrich the readers.

Dr. Indira Shukla

Principal

GES's College of Education and Research

Parel, Mumbai.

PREFACE

Mental Health describes a level of psychological well-being, or an absence of a mental disorder. From the perspective of 'positive psychology' or 'holism', mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Mental health can also be defined as an expression of emotions, and as signifying a successful adaptation to a range of demands. Evidence from the World Health Organization suggests that nearly half the world's population is affected by mental illness with an impact on their self-esteem, relationships and ability to function in everyday life. An individual's emotional health can also impact physical health and poor mental health can lead to problems such as substance abuse. Mental health is a socially constructed and socially defined concept; that is, different societies, groups, cultures, institutions and professions have very different ways of conceptualizing its nature and causes, determining what is mentally healthy, and deciding what interventions, if any, are appropriate. Thus, different professionals will have different cultural, class, political and religious backgrounds, which will impact the methodology applied during treatment.

The present book is the output of the contributors of the sequential UGC Sponsored 2nd National Conference on Mental Health: Role of Education. The book is initiated to cover the discussion on Developmental Phases and Issues of Mental Health, Role of Education in Promotion of Mental Health, Role of Family/School/PTA in achieving Mental Health, National Mental Health Programme: Issues and Challenges, Role of Education in Holistic Development, Prevention of Suicide/Substance Abuse/Depression/Aggression. The book covers more than 45 conceptual and research papers in English, Marathi and Hindi languages contributed by the educationalists and the psychiatry professionals throughout the country.

This book will definitely help the students and professionals of Education and Psychiatry in the raising issues of Mental Health.

Editors

Dr. Indira Shukla

Dr. Shubhangi Parkar

Dr. Shilpa Waghchoure

CONTENTS

Mental Health - Medical Perspective Dr. Seema S. Bansode Gokhe	1
Mental Hygiene Mantra for Parents and Educators for handling and protecting Mental Health of the Youth Mr. Amit Hemant Mishal	4
A study of various epidemiological determinants influencing stress levels amongst women domestic workers in the city of Mumbai. Dr. Aparna.S Iyer, Dr. Seema S. BansodeGokhe & Dr. R.R Shinde	10
Study of Self esteem in adolescent students of an elite school in Mumbai Dr. Arundhati Govind Hoskeri	23
National Mental Health Programme: Issues and Challenges in India Ms Patkar Sangita & Mrs. Sanjeevani Paithankar	27
A Study of Mental Health among Students in Relation to Classroom Learning Environment Dr. Pratik Upadhyaya & Dr. Ruchi Dubey	32
A Study of Emotional Intelligence of Secondary Teachers In Relation To Their Mental Health Dr. Sanjay J. Nimbalkar	36
Impact of Short term Comprehensive mental health Program on number of student teachers with respect to characteristics of good mental health. Dr.Seema Kiran Bhandare	40
Study of Mood Disturbance in Patients of Alcohol Dependence in General Hospital Set Up Dr. R. R.Shinde, Dr. Ganesh S. Narwane & Dr. Nandlal S.Prajapati	47
Developmental Phases and Mental Health Dr. Ajita Nayak	52
Mental Health and Role of Education- Panel Discussion Dr. Jahnvi Kedare	54
Coping Strategies for Mental Health through Life Skills Education of B. Ed. Teacher Trainees Dr. Ravindra Mirajkar & Dr. Shraddha Patil	56
Nourishing of B. Ed. Teacher Trainees Mental health Dr. Sharmili Mirajkar	59
Equilibrium of Stress and Mental Health through Yoga Dr. Shraddha Patil & Dr. Ravindra Mirajkar	62
Role of Teachers in Promoting Students Mental Health Mr. Katta Guruvaiah	65
Mental Health in School Ms. Mary Varghese	71

Mental Health of Adolescents and Role of School in Achieving it. Ms. Mary Sara Benny	76
Significance of Organisational Climate for Mental Health Mrs. Neela Kamat	84
Incidence and Rate of suicidal deaths in India: A Report Dr. Shilpa S. Waghchoure	90
A Critical Study of Present Status of Stress and Stressors of Teacher Trainee Dr. (Mrs.) Raamaa A. Bhoslay & Mrs. S. S. Paithankar	95
National Mental Health Programme Issues and Challenges Dr. Vatsala C. Madke	101
Mental Health Improves the Quality of Life M. Ravi Babu	104
A Study of the Relationship between Mental Health and Academic Achievement of Secondary School Students in Ranga Reddy District Mr. Padala Laxman	109
Role of Indian Diaspora: Help in the Field of Mental Health and Hygiene Mr. Salu D' Souza	114
Role of Education in Promotion of Good Mental Health Mr. Vithoba Sawant	119
Role of Non-Governmental Organization towards Mental Health in India Dr. Chetan U. Chavan	122
Factors Affecting Mental Health of School Children Mr. Prashant Kale	125
Depression and Efforts Mr. Sandeep Bajirao Bodke	127
The Role of Health Education in Public Health Mr. Vinod Nakul Gavit	131
Increasing among the teenagers: A warning sign Ms. Sangita Patkar	134
विद्यार्थ्यांच्या सुदृढ मानसिक वाढीतील शाळेची भूमिका प्रा. अर्जना पी. अल्फन्सो	१३९
इयत्ता दहावीच्या विद्यार्थ्यांवरील ताण: एक सर्वेक्षण डॉ. बी.जी. खाडे	१४०
मानसिक आरोग्य राखण्यासाठी समर्थ रामदासांच्या वाङ्मयातील शिकवण प्रा. चंद्रशेखर अशोक चक्रदेव	१४३
कनिष्ठ महाविद्यालयातील (उत्तर कुमरावस्था असलेल्या) विद्यार्थ्यांच्या मानसिक समस्यांचा अभ्यास करून उपाययोजना सूचविणे डॉ. कुसुम विजयकुमार चौधरी	१४९

मानसिक आरोग्याचे शिक्षण देण्यात शिक्षणाची भूमिका डॉ. ज्ञानेश्वर ज. भामरे	१५४
शालेय विद्यार्थ्यांमधील वाढत्या आत्महत्या टाळण्यासाठी समाजातील विविध घटकांची भूमिका. श्री. आर.जी. गांगुर्डे	१५८
मानसिक आरोग्य : शिक्षणाची भूमिका उप-विषय : मानसिक आरोग्य संपादनात कुटुंबाची भूमिका माणिक दिलीप आवारे	१६३
विद्यार्थ्यांच्या मानसिक आरोग्य विकासात पालक - शिक्षक संघटनेची (PTA) भूमिका डॉ. केशर रामचंद्र जाधव - प्रा. उमाकांत वसंतराव देशमुख	१६९
बालगुन्हेगारी, शिक्षक व पालकांसाठी आव्हान प्रा. डॉ. नरेंद्र पी. पाटील	१७४
मानसिक आरोग्य जोपासण्यात शाळेची भूमिका प्रा. सौ. प्रतिभा उरसळ	१७८
आत्महत्या : त्यावर प्रतिबंध! डॉ. नीलिमा अरविंद मोरे	१८३
कुमारावस्थेमधील शालेय विद्यार्थ्यांच्या मानसिक आरोग्याचा अभ्यास. सौ. प्रियांका प्रफुल्ल सुभेदार	१८८
साहित्य और मानसिक स्वास्थ्य डॉ. रत्ना शर्मा	१९१
मानसिक आरोग्य : शिक्षणाची भूमिका सविता संजय आष्टेकर	१९५
मानसिक आरोग्य साध्य करण्यामध्ये कुटुंब व शाळेची भूमिका सौ. उल्का शाम आमले	२०३
मुस्लिम छात्र अध्यापिकांची महत्वाकांक्षा व मानसिक आरोग्य यांचा सहसंबंधात्मक अभ्यास श्रीमती स्मिता तरे	215
गुन्हेगारी- शिक्षकांचा दृष्टिकोण श्रीमती रश्मी सदानंद मोरे	२१९
Inclusion of Mental Health In Curriculum : A Wake UP Call Dr. Indira Shukla	222
Holistic Education: An Introduction Mrs. Kavita H. Karkare	223
Improving Mental and Emotional Health Sandeep B. Bodke	228
मानसिक आरोग्य कुटुंब, शाळा, पालक शिक्षक संघटना यांची भूमिका	२३०



About the Editors



Dr. Indira Shukla

DR. INDIRA SHUKLA – She has persuaded M.Ed, M.A. (Hindi), M.A. (Communication) M.Phil, Ph.D. PGDME. She is in Education field for B.Ed, M.Ed M.A. (Education), for IDOL since 1992. At present she is Principal at Gokhale Education Society's College of Education and Research, Parel, Mumbai. She is Honorary Dean of Education at D. Y. Patil Deemed University. She is the research guide for Education from University of Mumbai and JITU, Rajasthan. Under her guidance two students has awarded Ph.D. degree, eight students are doing research under her guidance. She has organised more than 6 State level, National Level UGC Sponsored, ICSSR Sponsored and NAAC Sponsored Conferences. She has undertaken UGC Major Research Project entitled "Design and Development of a Web Portal for Teacher Education" She is recipient of **BEST TEACHER AWARD** form Gokhale Education Society, Nashik. She has headed as a Chairperson for a session for National and International Conferences. Her area of specialization is Educational Psychology, Educational Management and Educational Research. More than 50 papers are published in the journal and proceedings.



Dr. Shubhangi R. Parkar

DR. SHUBHANGI R. PARKAR - She has pursued DPM, M.D. from Mumbai, M.Sc, Ph.D. from Switzerland. At present she is Dean academics, Professor & Head, Department of Psychiatry, Incharge : Drug De-addiction Center of Excellence at Seth G. S. Medical College & K. E. M. Hospital, University hospital of Maharashtra, Parel, Mumbai. She is the recipient of Indian Psychiatric society's **Marfatia Award** (National award) Indian Psychiatric Society's west zone **Best Paper Award, A. V. Shah Award and Best Publication Award.** She has selected as **Young Scientist** at National level to participate in National Workshop for young Mental health professional, Organized by WHO twice. She held the Organizational Responsibilities as Past President of Bombay Psychiatric Society and Indian Psychiatric society Western Zonal branch. Had been Member of Editorial board of Indian Journal of social psychiatry and Editorial board of Indian Journal psychiatry. Vice president Research society KEM hospital 2000-onwards till date. Member of Board of study Nursing college SNDT University, 2005. She has been Chairperson Medical Education Indian Psychiatric Society 2005-7, 2007-08 and WZB 2004-6. Member Suicide task force -Indian Psychiatric society 2005 onwards and Chairperson Suicide prevention. Task force Indian Psychiatric society WZB 2008. She has More than 300 scientific presentations in national and international conferences. Approximately 103 presentations and Marathi writer.



Dr. Shilpa S. Waghchoure

DR. SHILPA S. WAGHCHOURE is working as Librarian at Gokhale Education Society's College of Education and Research since October 2000. She is the product of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad. She earned M.Sc. (Zoology) with First Class, M.L.I.Sc. with First Class and N.E.T. in Library and Information Science in first attempt. She is recipient of Two Gold Medal for securing highest marks in B.L.I.Sc. Recently she has completed her Ph. D. entitled Design and Development of a Model of Digital Library for College of Education Libraries in Maharashtra. She has presented and published more than 45 research papers at International, National and State Level Conferences and peer reviewed journals. She has invited as the subject expert on the Selection Committee of University of Mumbai. She is been invited as a Resource Person by various colleges in Mumbai. She is the Life Member of Professional Association like ILA, IASLIC, BUCALA, MLOSC etc. Her area of interest is Library Management, Digital Library, Web 2.0.

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