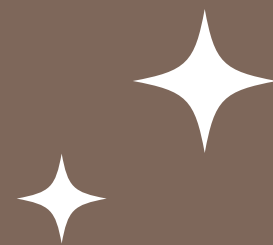


PORTFOLIO



MENTAL HEALTH AND SENIORS (ILL20)



OWAIS AHMAD KUTTY



MATE

MAGYAR AGRÁR- ÉS
ÉLETTUDOMÁNYI EG

Hello



Welcome to my Portfolio

My name is OWAIS AHMAD KUTTY. I am 24. I am from India .I am pursuing Masters in Agricultural Biotechnology from Hungarian University of Agriculture and Life sciences, Godollo, Hungary. This ILiving course is part of my study programme.I have chosen this course because I priortise mental health above all and respect older people whose concern is my responsibility.

First and Second Week:

Things Learnt:

In these starting weeks I learnt a lot of different tools that helped in design thinking. I met my team members and teachers. They were so polite, humble and cooperative. I was very comfortable in just some minutes because of the warm welcome and helping nature of all _____

• Reflection Partner:

My reflection partner was Vinicius Lozano. He is a very nice and talented person. He has a lot of technical skills and I liked his hair.

• Future Skills:

The skills I think to learn and improve are ;

1. Decision competence
2. Initiative competence
3. Self efficacy

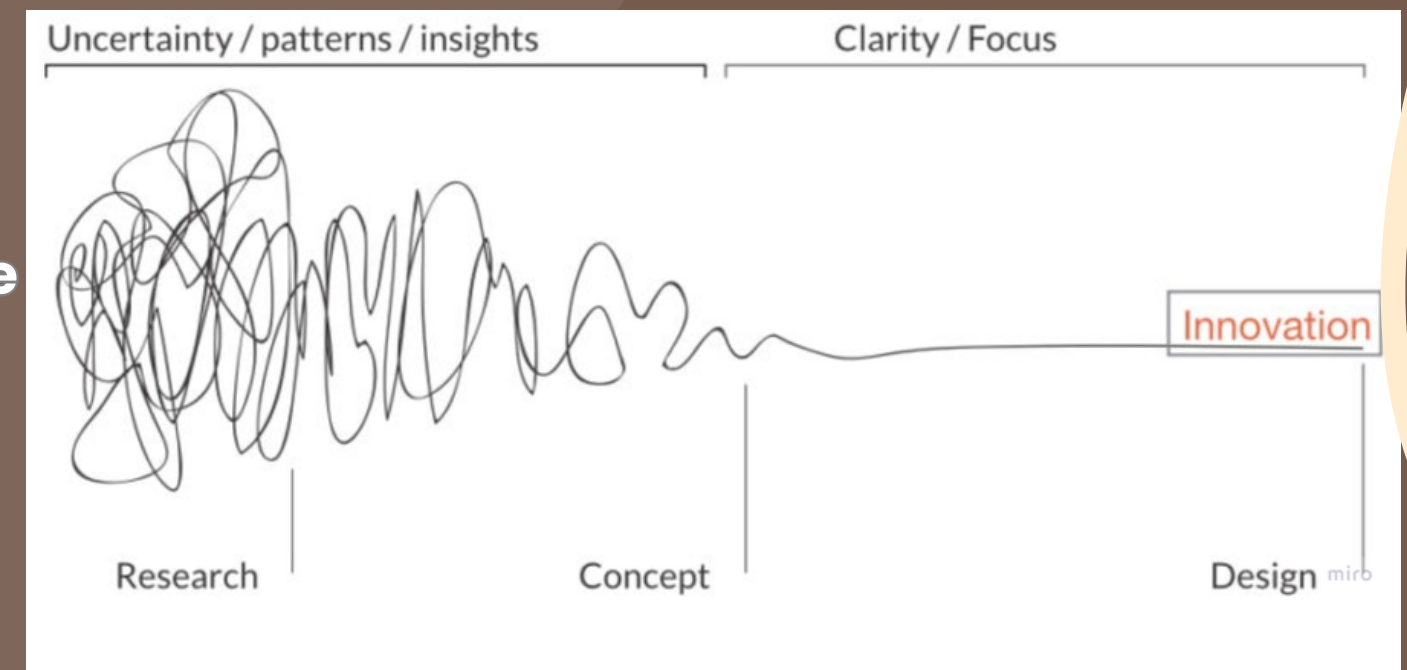
Design Thinking is a human-centered problem solving tool which emphasizes on Empathy, Collaboration, Co-creation and Stakeholder feedback to unlock Creativity and Innovation, which devises feasible and viable Big Idea/solutions.

The key to the process is empathizing with the users (citizens) to uncover unmet needs

by understanding their beliefs, values, motivations, behaviors, pains, gains and challenges and to provide innovative solution concepts.

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1. Decision competence
2. Initiative competence
3. Self efficacy





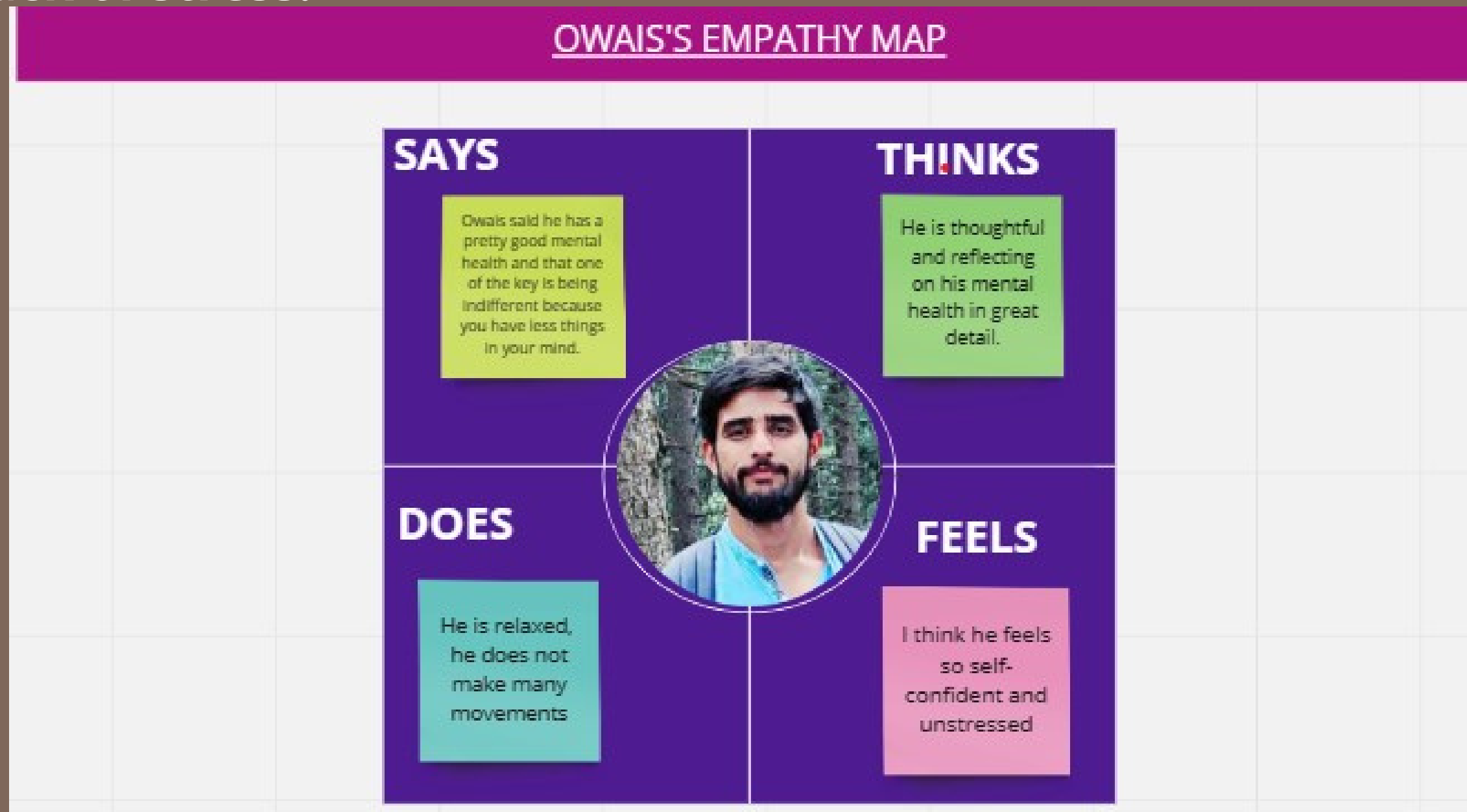
Interview with Seniors:

Experience

The interviewees, who are primarily elderly individuals living alone, often experience feelings of loneliness despite occasional visits from family members. While they maintain sporadic contact with friends, only one interviewee uses social networks to communicate. The greatest challenge they face is witnessing the rapid changes in the world and struggling to keep up with them, which leaves them feeling helpless. Although they acknowledge the ubiquity and usefulness of technology, most lack the necessary skills to navigate it, resulting in limited internet connectivity. They express a desire to enhance their technological proficiency, particularly in using essential applications like Whatsapp, online banking, and medical services.

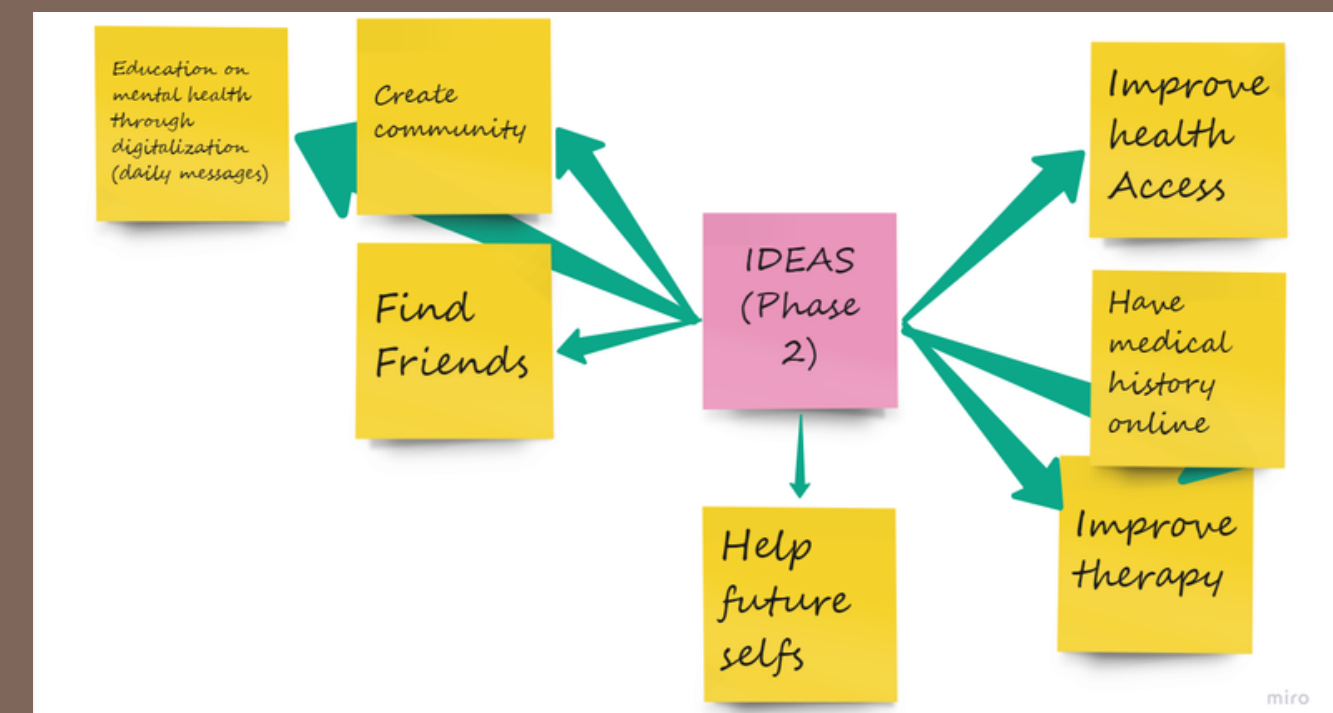
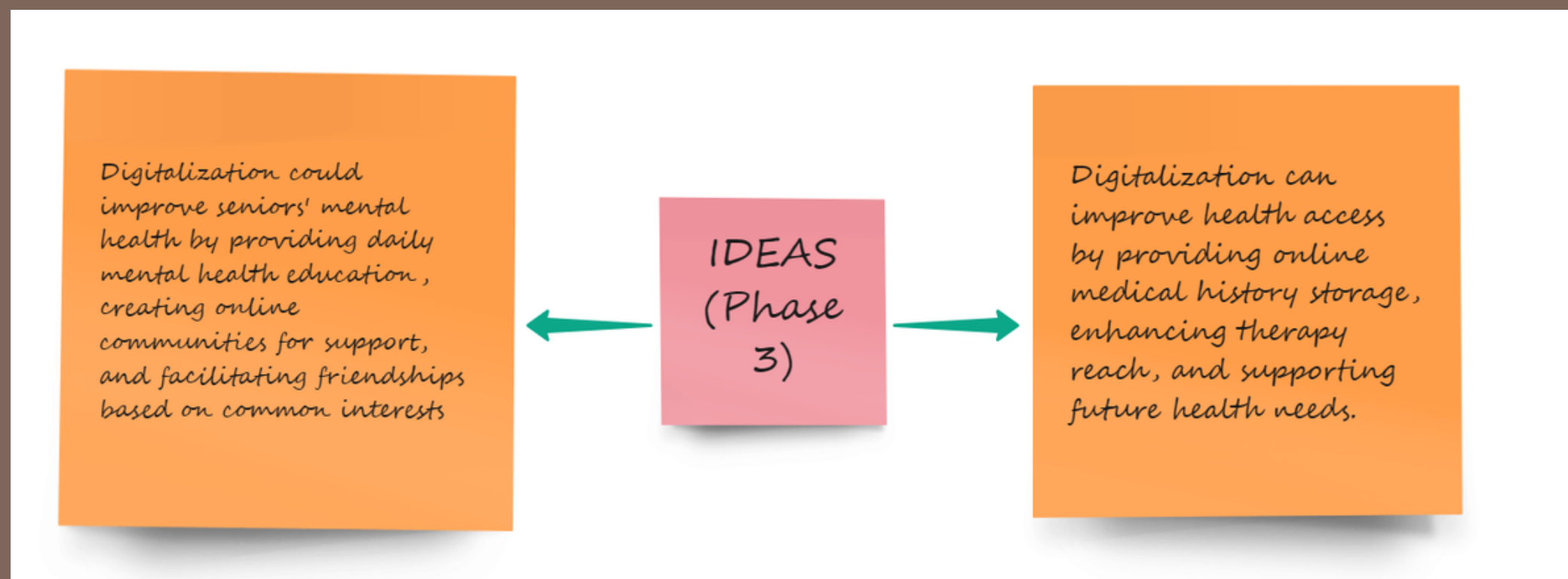
Third Week:

According to my partner's understanding of me, I express having good mental health, attributing it partly to his ability to remain indifferent and have fewer burdens in his mind. He demonstrates thoughtfulness and introspection when it comes to his mental well-being. In terms of actions, he appears relaxed and exhibits minimal physical movements. As for his emotions, he exudes self-confidence and a lack of stress.



Fourth Week:

During this week, our focus was on addressing the challenges faced by older individuals. We explored the concept of a pitch, which involves presenting a future project. To create our own pitch, we underwent four distinct phases aimed at identifying areas in the lives of the elderly that require improvement. I was pleasantly surprised by our team's efficiency, considering there were only three of us. We effectively collaborated, ensuring our ideas complemented each other throughout the four phases. This class was highly productive, as we invested a significant amount of time working together as a cohesive unit.



Fifth Week:

In this week's class, we were introduced to additional resources to develop our prototype. Miha introduced us to Figma, and we commenced the creation of our website. Our project focuses on designing a user-friendly website tailored specifically for the elderly. It offers various features, including video calls with therapists, emergency contacts, access to counselors, chat platforms for users to share their experiences, and a platform to maintain medical history. The primary objective behind this endeavor is to enhance the accessibility of mental health services for older individuals.



Sixth Week:

During the penultimate class of the week, we focused on finalizing the design of our website project. Through collaborative efforts, we worked together in a synchronized manner. Personally, I was responsible for developing the homepage and the section dedicated to video calls with therapists. Additionally, I contributed to the creation of the poster. Throughout our classes, we have cultivated the skills of teamwork and mutual support, recognizing the value of each individual's unique contributions and our ability to assist one another.

My Role:

I have made significant strides in the skills I initially selected, particularly in cooperation. Whereas I used to prefer working independently, I have learned to effectively collaborate with my colleagues and gain valuable insights from them. Although I have also enhanced my ability for self-reflection and self-motivation during these classes, the growth in cooperation stands out the most. I'm grateful for how the other group members warmly embraced my ideas for the poster and worked together cooperatively to incorporate them.



Seventh or Final Week:

We have concluded this subject in our class, and our focus shifted towards discussing the final project. Miha and Bibi, after reviewing our work, provided us with valuable feedback and suggestions. Subsequently, we convened to implement the necessary changes and discussed the process of creating the video.

CONCLUSION:

Throughout these interactions, I have demonstrated significant growth in collaboration, self-reflection, and self-determination. I have learned to appreciate the input of my colleagues, actively engage in teamwork, and contribute ideas effectively. This experience has not only enhanced my skills but also fostered a sense of cooperation and mutual support within the group.





Thank You

For visiting my portofolio



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