

Navigating You Through Media and Technology in Education

The Cyber Nautica

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Health And TECHNOLOGY

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acp
Engaging the Future



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Editor's *Note*

Digital innovations have definitely improved the health care around the world. The advanced technologies have allowed the ease of compilation of a patient's medical information and improved the manufacturing of better medical equipment. In the olden days, medical professionals relied heavily on scripting of the patients' information on cards for future references; and surgeries on patients were conducted with little and or no technological machines. In today's medical field, the medical professionals are able to provide quicker and accurate diagnosis and extend less painful treatments.

We do note that technology has become an integral part of everyone's lifestyle. It has become in evident for one to use the technological inventions in one way or another. This is especially so with the invention of smartphones. It is not only a telecommunication device, but has built in a number of devices like camera, video recorder, calculator, watch, alarm clock, music player, voice recorder, photo album and library of books. With such an attractive gadget, it is apparent that one may get obsessive with it. Complaints of smartphone stress and technological related illness are commonplace as well.

So with the advances in technology, is everyone getting healthier or otherwise?

Erwin

Email the editor!

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YOUR THOUGHT MATTERS



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ACP News

New Year, New Clients

ACP opened the year of the horse with new clients to deliver Learning Management System.

SINGAPORE
POLYTECHNIC **SP**



Academy of Medicine
Singapore



INLAND REVENUE
AUTHORITY OF
SINGAPORE

ACP acquired new MOE School Clients

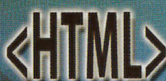


Last March 2014, ACP had substantially increased its line of clients and acquired 40% more new MOE School clients to deliver its website development services.

Thank you all for your support!

NEW AND ENHANCED WEBSITE DEVELOPMENT SERVICES

POWER UP your web presence with more options and improved secured solutions!



HEALTH IS WEALTH ACP BELIEVES IN IT!

“As ACP strives to upgrade herself with the fast moving technology, the human resource unit does recognise that a healthy workforce will definitely motivate everyone to uphold ACP’s slogan - Engaging the Future.”

Being in the technological field; it is inevitable for our colleagues to be working on computers constantly. Thus, we do not want our staff to be diagnosed with the undesirable side effects of prolonged hours of typing away on a keyboard and glaring at the computers’ screens.

Besides the daily boast of brewed healthy drinks being offered to our colleagues to build up their immunity systems, we had organised many workshops, like chronic medical conditions talk and physical activities to take them away from their desks.

Do join us as we recollect all those fun and exciting events at ACP that promotes health and wellness for the past year.



EAT SMART EAT WELL

Some of our colleagues were “anguished” with the idea of the need to cut down on char kway teow, chicken rice and others; to eat smart and eat well.



BASIC HEALTH SCREENING

ACP sponsored health screening for all her staff. Always remember that it is better to detect early than late.....



Obesity Prevention and Hypertension Workshop

It may sound effortless doing the simple exercises, but not so when you realised most of us are pretty “inactive” workers.



NUTRITION TRAIL

This was the amazing race for all our staffs! Tiring to run around shopping malls; but it was FUN!



FUN-TIME FRIDAY!

As part of promoting work-life balance, all employees are encouraged to leave their work earlier than the usual knock off time on the last Friday of every month.



DRAGON-BOAT EVENT

It was certainly an afternoon to remember as all of us had thoroughly enjoyed ourselves under the hot sun at the Kallang Water Sports Center for the rowing expedition.

Yes, there will be more upcoming activities as **Health is Wealth and ACP believes in it!**

GREAT LEARNING OUTCOMES WITH iNFORMATION LITERACY PROGRAMME



- Evaluate Authenticity of Information
- Identify Relevant Information

- Contextualize Information
- Ethically and Legally Access Information

GREAT SAVINGS @ S\$49 PER STUDENT ONLY

USUAL PRICE @ S\$84 PER STUDENT

HEALTH EFFECTS OF THE MODERN TECHNOLOGY

“Life expectancy has been on the rise since 1960s. According to source - Department of Statistics Singapore, the life expectancy in Singapore stands at 82 years in 2012, an increase of 20 years since we became independent. Is our modern technology allowing everyone to enjoy a longer life span? But are there no adverse complaints on the health issues that come along with modern technology?”

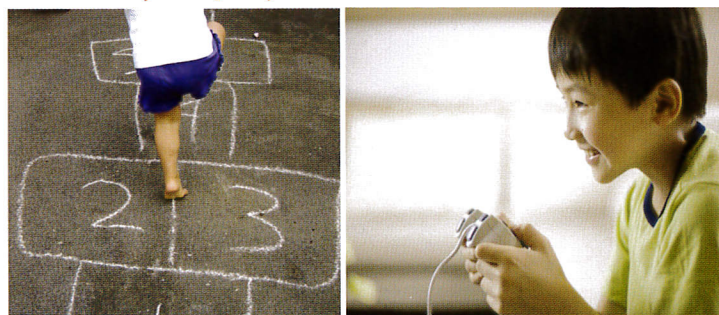


How does technology change our lifestyle?

It is fascinating how technology has breezed through our lives in just a matter of years. The preferred convenience has brought us more time in the way we eat, socialise and work; and are we appreciating it? There is more instant food readily made for consumption in minutes; which we complain about its food nutrition. We are constantly networking with our friends all over the world via online social networks; which no one seems to be interested in chatting face to face upon meeting up anymore. We can access our work documents at anywhere, anytime with our mobile phones readily reachable by us; whereby we would complain is there a break from work?

In Singapore, the level of usage of computers and internet has grown from an average 55% back in 2003 to 71.5% in 2012, according to statistics from iDA, Inforcomm Development Authority of Singapore which changed the way we live.

How do you play?

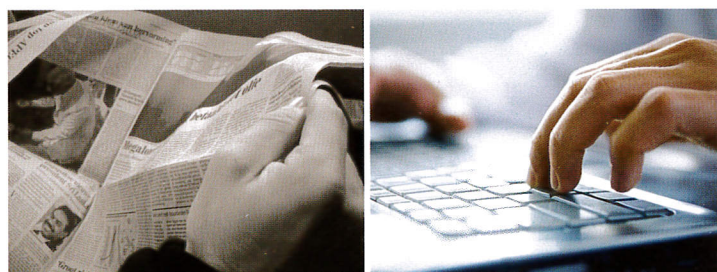


Decades ago we do see children spending most of their free time playing games like hop-sotch, soccer, and police catch thief with their friends. Nowadays, more and more children prefer to stay at home to play video games, with their friends online.

The trend does warrant a concern on the pathological play

of video games among children and even adolescents; not just in Singapore but worldwide. There are adverse reports on addiction to video gaming. Do you hear of children complaining lack of sleep while trying to play a few minutes of hours more on video games? Do you see more abusive children in the schools? Do you see the children becoming weaker in interaction and social skills?

How do you source for information?



People used to read hardcopy newspapers, go to libraries to borrow both reference and story books. Nowadays, people are moving towards digital print to satisfy their needs for information. They turn to computers and internet like Wikipedia, online encyclopedia, Yahoo! News, and many other media tools to provide themselves with the recent information. Physically visiting libraries may be a thing of the past in few decades. more.

Nevertheless, some commonly known problems due to long hours of typing and staring at the screens are (i) carpal tunnel –wrist pain which is caused by prolonged usage or excessive typing; (ii) neck ache – neck pain due to one constantly leaning inward to the screen to read the small print; (iii) back ache –back pain due to persistently hunching over while in working on a computer, laptop or exposure to the glare from the screen. In fact, there are other complaints of one's wellbeing with the convenience brought in by the technology.

How do you communicate?



Not long ago, the only way to communicate with someone is via face to face meeting or over a desk phone. If you had to write to someone, you would have to post a mail over to the recipient's address. We were contented with the limited mode of communication.

In today's generation, people are getting mobile phones to call, conduct video chats, email, message within a group at anytime and anywhere.

Coupled with the popularity of social networking; smart phones are becoming a "necessity" in our lives. It is not unusual to see one putting his head down, looking seriously at his/her smart phone. Either he/she is surfing the web, playing games and/or networking with his/her many friends - friends whom they might not have met before.

In Singapore, the number of smartphone users has outnumbered her population. You do see an increasing trend of people getting smartphone stress. This stress has been found by researchers overseas in last 2012; which they had established and reported a direct association between smart phones and stress as people constantly check messages and alerts which cause anxiety. It is inevident to suggest that the mushrooming use of smartphones to sustain social connections, friendships and personal networks is associated with increased stress.

A Healthier You

With today's technology, medical care is getting better. It a common practice for people to surf on the internet to research on their medical issues. They will look up for symptoms and explore the likely treatments as well as available medicines on the web.

Though it is never a good idea to skip out on the doctor completely, the wide connectivity to ready information has made patients more empowered to make decisions about what to do next.

Technology has also provided better treatment with newer machines and medicines that save many more lives. It has also made patient care safer and more reliable than before. Results of lab tests, records of vital signs, and medicine orders can now be electronically put into a main database that can be referred to later. Nurses and doctors can easily retrieve any patient's medical history and check that they are administering the correct treatment. These electronic databases are also consolidating large amounts of information that are used for medical research. With the vast patient history, scientists can better study trends and causes of ailments. This means more breakthroughs to come.

Besides better healthcare, more people are turning to adopting technology in their exercise regime as well as to monitor and enhance their physical, emotional and mental wellbeing. We may be familiar with learning management systems that are constantly associated with education at anytime and anywhere. Over in ACP, we have our CyberSphere learning management system that promotes learning online. Today, you can also have a virtual personal trainer to assist you in your exercise regime, by setting your personal fitness goals, scheduling your workouts, tracking your progress, checking on what you eat, and achieving your desired goals.

What's Next?

What will be the future for our health with another leap improvement in technology?

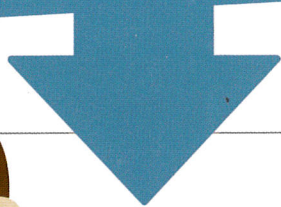
Do we get longevity?



Source from: <http://www.businessinsider.com/6-ways-technology-is-improving-healthcare-2010-12?op=1#ixzz2vpF7SyMa>

Hacking Calories

How much time you need to spend on each of the activities below, just to burn an intake of 2 slices of bread, with 150 Calories ONLY?



1

Typing in a computer

- a. 3.36 hours
- b. 4.36 hours
- c. 5.36 hours
- d. 6.36 hours



2

Using Twitter

- a. 1.83 hours
- b. 2.83 hours
- c. 3.83 hours
- d. 4.83 hours



3

Listening to MP3

- a. 1.84 hours
- b. 2.84 hours
- c. 3.84 hours
- d. 4.84 hours

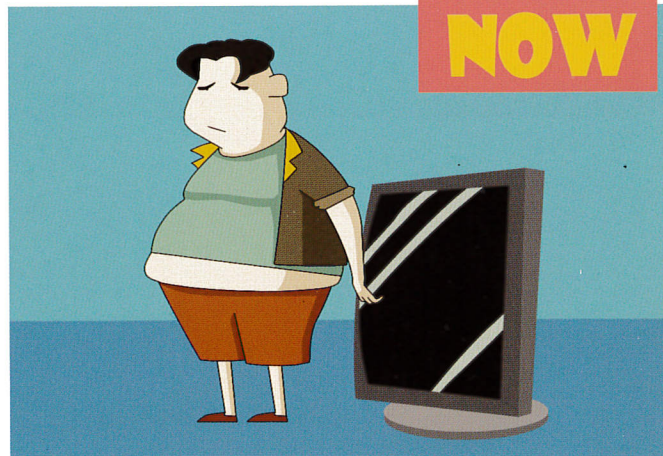
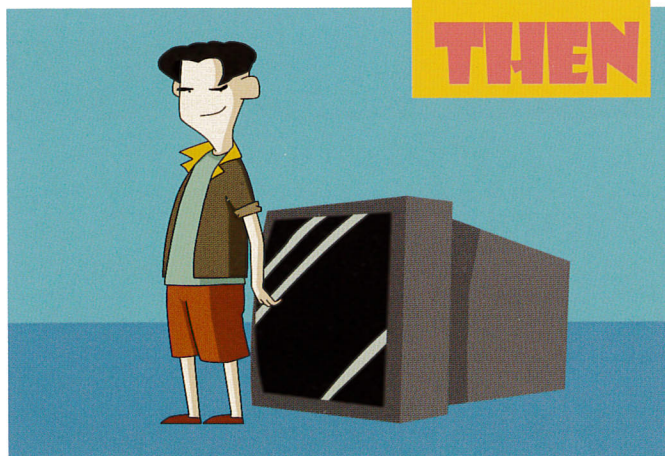


4

Talking over Smartphone

- a. 1.68 hours
- b. 2.68 hours
- c. 3.68 hours
- d. 4.68 hours

Answer:
1. Answer is C. Calories burned per hour of typing is 28. To burn 150 calories you need to type in a computer for at least 5.36 hours.
2. Answer is A. Calories burned per hour of tweeting is 81.80. To burn 150 calories you need to tweet for 1.83 hours.
3. Answer is A. Calories burned per hour of listening to MP3 is 82. To burn 150 calories you need to type in a computer for at least 1.84 hours.
4. Answer is C. Calories burned per hour of talking over the phone is 56. To burn 150 calories you need to type in a computer for at least 2.68 hours.





Khairunnisa works for a cause and not for applause.

I must admit that I have learnt to be more opened minded in my way of handling difficult situations. I do strongly believe that one should always look at the positive side and learn to move on.

My motivation in life is to work at your best and strive towards to achievement of your determined goal. You do not need to seek affirmation and recognition for your efforts as there would definitely be people around whom will appreciate you. I am driven to work for a cause and not for applause.

The experiences gained from training the students as well as the training I received from ACP's sponsored courses have definitely make me a more confident person.

I am confident that I will be able to continue to make positive contribution at ACP. It has been a fruitful experience!



Fauzi enjoys the satisfaction of being able to bring positive impact to the people around him.

It has been heart-warming to see the students at North Vista Secondary putting my training tips and tricks into good use. The experience is indeed beyond description.....

Students do have an impressionable mind. Thus, I have learnt to be an even more self-conscious person as I do want to bring positive impact to the younger generation.

It is indeed interesting to work in a school environment. There is always constant interaction with teachers and students. The exchange of ideas and pointers towards technology is fulfilling. Never underestimate our young kids! I must say my career at ACP is a rewarding one!

Quick Tips

Can prolonged use of smart phone cause **BRAIN TUMOUR?**

There is no concrete medical evidence to show forth the direct association between use of mobile phones and brain tumor. However, mobile phones emit low-energy radiation (microwaves).

Here are some interesting tips:

1. Wear an air tube headset (not regular wired headset). The regular wired headset has been found to intensify radiation into the ear canal. The wire not only transmits the radiation from the cell phone but also serves as an antenna, attracting EMFs from the surroundings.
2. Do not put the cell phone in a pocket or a belt while in use or while it is on. The body tissue in the lower body area has good conductivity and absorbs radiation more quickly than the head.



ACP MONTHLY JOOMLA TRAINING

**Discover and Empower
your Content Management System
with ACP's Training!**

Join ACP in the upcoming training sessions to discover how to maximise the potential of Joomla!

STRUCTURES AND TERMS IN JOOMLA

Learn and understand the frontend and the backend tools of Joomla.

USERS MANAGEMENT

Create and manage multiple users and roles.

CONTENT MANAGEMENT

Understand and learn to use Article Manager to manage your contents easily.

NAVIGATION

Create breadcrumbs to make navigation smooth and easy.

RESOURCE MANAGEMENT

Understand and learn to use Media and Extension Manager.

MODULES AND PLUG-INS

Understand Joomla! modules and plug-ins to explore extending the functionalities of your website.

TRAINING SCHEDULES:

Date: 16 Apr 2014 and 21 May 2014

Duration: 2:00PM to 4:00PM

Location:

ACP Computer Training School Pte. Ltd.

No. 11 Keppel Road, ABI Plaza

#09-02 Singapore 089057

HURRY AND REGISTER 1 WEEK BEFORE EACH SCHEDULED TRAINING DATE:

9 April 2014 for training in April 2014

14 May 2014 training in May 2014

Please call us at 6227 7996 or email us at info@acpcomputer.edu.sg for more information.

ACP Events

ACP'S PROSPERITY TOSS

ACP's HR organised our annual prosperity toss on the 7th February 2014 to welcome the year of Horse. It is every employee's mission to bring ACP to the next greater height in this yet another new year.



LOOK WHO PAID A VISIT TO ACP...

ACP welcomed our extra-ordinary visitor who will bring ACP luck; success; and prosperity in this new motivating year!



ACP CONGRATULATES OUR LOYAL EMPLOYEES

Siti Zulriah and Madam Peh celebrated their 5 years of service at ACP. Thank you and ACP looks forward to work with you for more years to come!



CYBERSPHERE TCM

TOTAL COMPETENCY MANAGEMENT SYSTEM

Combination of e-Learning and Human Capital Development.

• Individual Learning Plan (ILP) • Competency Driven • Report Builder

ACP Computer Training and Consultancy Pte. Ltd.

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