

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER



DEPARTMENT OF HOME SCIENCE

2020-21



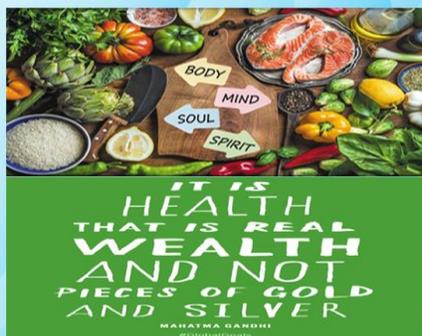
**SOPHIA GIRLS' COLLEGE, AJMER
(AUTONOMOUS)**

*International Webinar
on*

*“Food and Well Being Challenges of
the 21st Century”*

(A fit body, a calm mind, a house full of love)

17th and 18th July, 2020 (4:00pm - 6:00pm)



*Organized by
Department of Home Science and Psychology*

Link for Registration :

<https://forms.gle/VCv5donR4i9ynez8>

About the Webinar

The Importance of Right Nutrition and Health has been severely emphasized during this year. In the clutter of opinions, nutrition, mental health and well being become something complicated for a layman. The webinar aims to simplify physical and mental health for its participants.

Objectives of the Webinar

- To provide knowledge regarding the relationship between health and well being in the present times.*
- To focus on the importance of Bio- Psycho-Social perspective on health and well being.*
- To provide guidance regarding the impact of Indian Dietary Habits and Lifestyle in boosting immunity.*
- To offer practical solutions to manage stress and anxiety for ensuring better adjustment during the crisis.*

*Target Participants : Faculty Members, Research Scholars and Students
No Registration Fee*

E – Certificate will be issued to the participants

Webinar Committee

Patron

*Dr. Sr. Pearl
Principal*

Sophia Girls' College, Ajmer (Autonomous)

Convener

*Mrs. Asha Sharma
Assistant Professor and Head
Department of Psychology*

Organising Secretary

*Mrs. Ruchi Mathur
Assistant Professor and Head
Department of Home Science*

Organising Member

*Mrs. Shweta Sharma
Assistant Professor, Department of Home Science*

Contact Details

Mrs. Asha Sharma - +919166955578

Mrs. Ruchi Mathur - +919829441300

Email id - psychology@sophiacollegeajmer.in

Our Esteemed Speakers



Dr. Medhavi Gautam Dixit
Director and Consultant Dietician,
Dr. Medhavi's Nutrfit, Jaipur
Keynote speaker - Inaugral Session



Dr. Ritu Rana
Nutrition Research Advisor,
GOAL Global, Ireland &
Assistant Professor, IIPHG, India



Mrs. Sofia Martinez Quiles
Assistant Clinical Psychologist of Emergencies,
Italy



Mrs. Sara Vidal Del Olmo
Psychologist, Spain



Dr. Vijayata Sengar
Assistant Professor
Dept. Of Foods and Nutrition
The Maharaja Sayajirao University of
Baroda



Dr. Neerja Thergaonkar
1. Child and Adolescent Psychologist, Mumbai
2. Founder- Aarohaonline.com



Ms. Veena Panjwani
1. Psychotherapist and Clinical
Hypnotherapist
2. Director, Swayam – for uncluttered minds,
Baroda

Activity Details :-

Date – 17th -18th July 2020

Level – International Webinar

Venue – Online

Title of event – Food and Well Being Challenges of the 21st Century (A fit body, a calm mind, a house full of love)

No. of Participants – 2162

Resource Persons –

S. No.	Name	Designation	Contact details
1.	Dr.Medhavi Gautam Dixit (Key Note Speaker)	Director and Consultant Dietician, Dr. Medhavi's Nutrifit, Jaipur	dr.medhavigautamdixit@gmail.com Mobile No. 9829064411
2.	Dr, Vijayata Sengar (Resource person)	Assistant Professor Dept. Of Foods and Nutrition The Maharaja Sayajirao University of Baroda Gujarat	Vijayata.sengar-fn@msubaroda.ac.in Mobile No. 9879540227
3.	Sofia Martinez Quiles (Resource person)	Psychologist of Emergencies, The Illustrate Official College Of Psychologists of eastern Andalusia, Spain	Sofiamq13@gmail.com Mobile No. 34652805177
4.	Sara Vidal Del Olmo (Resource person)	Psychologist, The Illustrate Official College Of Psychologists of eastern Andalusia, Spain	SARAVIDALDELOLMO@GMAIL.COM Mobile No. 34677107770

5.	Dr. Neerja Thergaonkar (Resource person)	Child and Adolescent Psychologist, Mumbai	drthergaonkarneerja@gmail.com Mobile No. 9910071253
6.	Ms. Veena Panjwani (Resource person)	Psychotherapist and Clinical Hypnotherapist , Baroda	swayam.veena21@gmail.com Mobile No. 9879627874
7.	Dr, Uma Joshi (Resource person)	Former, Dean, Humanities, Social Science and Liberal Arts & Director, AIBAS, Amity University, Rajasthan	umasudhirjoshi@gmail.com Mobile No. 9414212834
8.	Dr. Ritu Rana (Chief Guest- Valedictory session)	Nutrition Research Advisor, GOAL Global, Ireland & Assistant Professor, IIPHG, India.	riturananfgh@gmail.com Mobile No. 9726075234

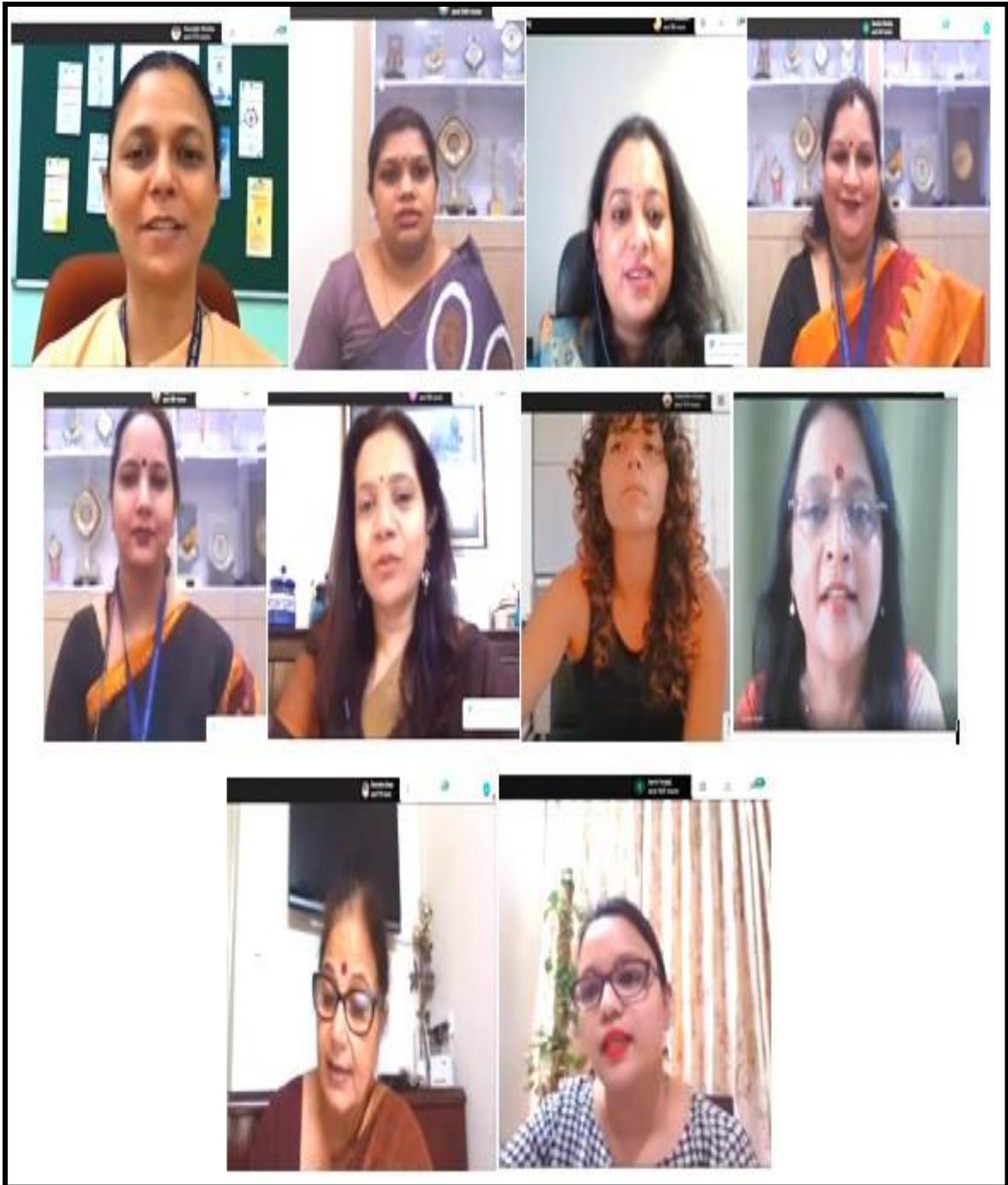
Description :-

The Importance of Right Nutrition and Health has been severely emphasized during the year 2020. In the clutter of opinions, nutrition, mental health and well being become something complicated for a layman. The webinar aims to simplify physical and mental health for its participants.

Learning Outcome

On the completion of the above activity the students will be able to –

- Acquire the knowledge regarding the relationship between , Health and Well Being in the present times
- Understand the importance of Bio- Psycho-Social perspective on health and well being
- Gain knowledge regarding practical solutions to manage stress and anxiety for ensuring better adjustment during the crisis.



International Webinar on Food and Well B...

People (148)

Chat

You 6:34 PM
Feedback Link:
<https://forms.gle/DQnGAIHt9bqwY1JF>

Shikha dubey 6:35 PM
Thank you for the informative webinar

You 6:35 PM
Feedback Link:
<https://forms.gle/DQnGAIHt9bqwY1JF>

Ritu Rana 6:35 PM
@All thanks for joining us!

You 6:35 PM
Feedback Link:
<https://forms.gle/DQnGAIHt9bqwY1JF>

Pramod Ameta 6:36 PM
Thanx
A lot

Feedback Link:
<https://forms.gle/DQnGAIHt9bqwY1JF>

Dr. Veena.pptx

18:36
18-07-2020

Aditya Jyoti and 126 more

6:36 PM

Sophia Principal, webinar sophia, Ritu Rana, Uma Joshi, Neerja Thergaonkar, Vidushi Mathur, Mamma Yogi, Study For History, Rachana Prasad, Pramod Ameta, Tripti Kumari, Sumita sumita, Monika Ranjan, Kirti Mathur, Samreen Maharaj, Nivedita Singh Chundawat

International Webinar on Food and Well Being C...

Dr. Veena.pptx

18:36
18-07-2020

Browser tabs: Inbox (15) - webinar@sophiacolli, My Drive - Google Drive, Untitled form - Google Forms, Meet - International Webinars

Address bar: meet.google.com/cpq-cnsq-qsm

Header: Aina Jain and 122 more, 140 participants, 6:36 PM, You

Grid of participants:

- Mamita
- Sophia Principal
- webinar sophia
- Ritu Rana
- Study For History
- Uma Joshi
- Vijayata Sengar
- Rachana Prasad
- Neerja Thergaonkar
- Pramod Ameta
- Tripti Kumari
- Kirti Mathur
- tanvi bajaj has left the meeting
- vioushi mainur
- shweta sharma
- Aparna Devi
- Sumita sumita

Meeting controls: International Webinar on Food and Well Being C..., Turn on captions, Present now

Shared content: Dr. Veena.pptx

System tray: 18:36, 18-07-2020

Browser tabs: Inbox (15) - webinar@sophiacolli, My Drive - Google Drive, Untitled form - Google Forms, Meet - International Webinars

Address bar: meet.google.com/cpq-cnsq-qsm

Header: Amrendra Jha and 122 more, 140 participants, 6:36 PM, You

Grid of participants:

- Mamita
- Sophia Principal
- webinar sophia
- Ritu Rana
- Study For History
- Uma Joshi
- Vijayata Sengar
- Rachana Prasad
- Neerja Thergaonkar
- Pramod Ameta
- Tripti Kumari
- Kirti Mathur
- Vijal Laxmi Sharma has left the meeting
- vioushi mainur
- shweta sharma
- Aparna Devi
- Sumita sumita

Meeting controls: International Webinar on Food and Well Being C..., Turn on captions, Present now

Shared content: Dr. Veena.pptx

System tray: 18:36, 18-07-2020

Browser tabs: Inbox (15) - webinar@sophiacol... | My Drive - Google Drive | Untitled form - Google Forms | Meet - International Webin... | +

Address bar: meet.google.com/cpq-cnsq-qsm

Meeting controls: Amrit Kaur and 121 more | 139 | 6:36 PM | You

Participants (18):

- Aparna Devi
- Sophia Principal
- webinar sophia
- Ritu Rana
- Study For History
- Uma Joshi
- Vijayata Sengar
- Rachana Prasad
- Neerja Thergaonkar
- Pramod Ameta
- Tripti Kumari
- Kirti Mathur
- Deepika Chouhan has left the meeting
- vioushi maanur
- shweta sharma
- Samreen Maharaj
- Namita S Moyal Feedback submitted
- Sunita sunita

Meeting title: International Webinar on Food and Well Being C...

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System tray: 18:36 18-07-2020

Browser tabs: Inbox (15) - webinar@sophiacol... | My Drive - Google Drive | Untitled form - Google Forms | Meet - International Webin... | +

Address bar: meet.google.com/cpq-cnsq-qsm

Meeting controls: Ananya Kaushik and 123 more | 141 | 6:36 PM | You

Participants (18):

- Aparna Devi
- Sophia Principal
- webinar sophia
- Ritu Rana
- Study For History
- Uma Joshi
- Vijayata Sengar
- Rachana Prasad
- Neerja Thergaonkar
- Pramod Ameta
- Tripti Kumari
- Kirti Mathur
- Gunjan Kachhawa has left the meeting
- vioushi maanur
- shweta sharma
- Samreen Maharaj
- Varsha jain

Meeting title: International Webinar on Food and Well Being C...

Dr. Veena.pptx

System tray: 18:36 18-07-2020

Meet - International Webinar on Food and Well Being C...
 DIVYA PANWAR and 116 more
 6:37 PM
 You

International Webinar on Food and Well Being C...
 Turn on captions Present now

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 18:37 18-07-2020

Meet - International Webinar on Food and Well Being C...
 Muskan Garg and 55 more
 6:39 PM
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International Webinar on Food and Well Being C...
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 18:39 18-07-2020

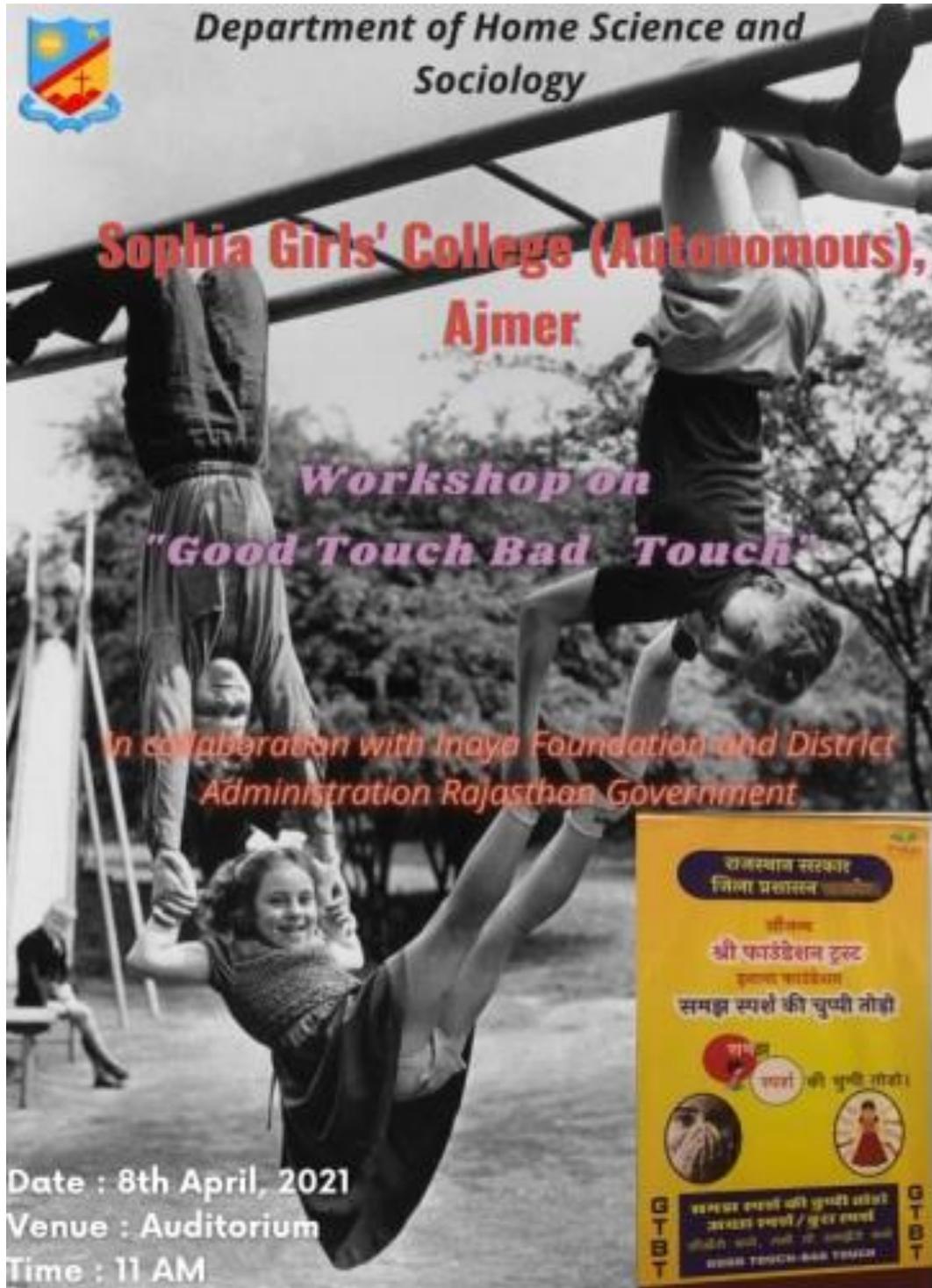


अजमेर 19-07-2020

'21 वीं सदी की चुनौतियां - खाद्य और कल्याण' पर वेबिनार का आयोजन

अजमेर| सोफिया गर्ल्स कॉलेज के गृह विज्ञान और मनोविज्ञान विभाग द्वारा आयोजित "21 वीं सदी की चुनौतियां - खाद्य और कल्याण " विषय पर दो दिवसीय अंतर्राष्ट्रीय वेबिनार का आयोजन किया गया। आयोजन सचिव रूचि माथुर ने प्रतिभागियों का स्वागत किया। शुभारंभ सत्र के दौरान प्रिंसिपल डॉ. सिस्टर पर्ल ने वक्ताओं का स्वागत किया। आहार विशेषज्ञ डॉ. मेधावी गौतम दीक्षित ने कहा कि तनाव प्रबंधन में पोषण की अहम भूमिका है। पहले सत्र में बड़ौदा के एमएस यूनिवर्सिटी की डॉ. विजयता सेंगर और दूसरे सत्र की स्पीकर स्पेन की सोफिया मार्टिनेज क्वाइल्स और सारा विडाल थीं। अंतिम दिन शुभारंभ सत्र में मनोवैज्ञानिक डॉ. नीरजा थेरगांवकर, प्रो. उमा जोशी और वीणा पंजवानी ने विचार रखे। अंतिम सत्र में पोषण अनुसंधान सलाहकार डॉ. रितु राणा बतौर मुख्य अतिथि थीं। वेबिनार में 2000 से ज्यादा प्रतिभागी शामिल हुए।

Workshop on Good Touch Bad Touch





Department of Home Science and
Sociology

**Sophia Girls' College (Autonomous),
Ajmer**

**Workshop on
"Good Touch Bad Touch"**

*In collaboration with Inaya Foundation and District
Administration Rajasthan Government*

Date : 8th April, 2021
Venue : Auditorium
Time : 11 AM

राजस्थान सरकार
जिला प्रशासन

श्रीलक्ष्मी
श्री फाउंडेशन ट्रस्ट
दुर्गापुरा फाउंडेशन
समझ स्पर्स की चुप्पी तोड़ी

समझ
स्पर्स की चुप्पी तोड़ी।

समझ स्पर्स की चुप्पी तोड़ी
जब तक स्पर्स / चुप्पी स्पर्स
तोड़ेंगे नहीं, तब तक समझ स्पर्स
GOOD TOUCH-BAD TOUCH

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Date: 8th April 2021

Level: Inter Departmental

Venue: College Campus

Title of the event: workshop on Good Touch Bad Touch

Time: 11:00 A.M.

Total no of students: 25

Learning Outcome: Making aware and sensitizing the children about various issues on good touch and bad touch which would help them grow emotionally strong and impact their overall personality.

Report:

A workshop on Good Touch Bad Touch was organised by the Department of Home Science, WDC and Sociology in collaboration with Inaya Foundation and District Administration Rajasthan Government on 8th of April in the college auditorium at 11am. The workshop highlighted the types of touch and how it is good or bad. The Resource persons of the workshop showed a puppet dance to the students.

