

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER



DEPARTMENT OF PSYCHOLOGY

2020-21

1. International Webinar on Food and Well Being Challenges of the 21st Century (A fit body, a calm mind, a house full of love)



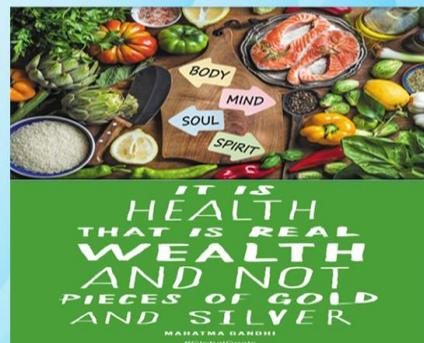
**SOPHIA GIRLS' COLLEGE, AJMER
(AUTONOMOUS)**

*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/VCv5donR4i9ynezb8>

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*

₹ – 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 Nutrifyt, Jaipur
Keynote speaker - Inaugural 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 Nutrify, 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,	Sofiamq13@gmail.com Mobile No. 34652805177

		Spain	
4.	Sara Vidal Del Olmo (Resource person)	Psychologist, The Illustrate Official College Of Psychologists of eastern Andalusia, Spain	SARAVIDALDELOLMO@GM.AIL.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.



meet.google.com/cpq-cnsq-qsm

Participants: Sophia Principal, webinar sophia, Ritu Rana, Uma Joshi, Neerja Thergaonkar, Vidushi Mathur, Anshu Rathore, Study For History, Gaurav Paryani, vijendra khangarot, Nanita Verma, Beatrice Sequeira, sheena parashar, Angel Biju, Deepika Chouhan, Vijayala Sengat.

International Webinar on Food a... X

People (148) Chat

You 6:34 PM
Feedback Link:
<https://forms.gle/D0nGAIHt9bqwY1JfA>

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

You 6:35 PM
Feedback Link:
<https://forms.gle/D0nGAIHt9bqwY1JfA>

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

You 6:35 PM
Feedback Link:
<https://forms.gle/D0nGAIHt9bqwY1JfA>

Pramod Ameta 6:36 PM
Thanx
A lot

Feedback Link:
<https://forms.gle/D0nGAIHt9bqwY1JfA>

Turn on captions Present now

meet.google.com/cpq-cnsq-qsm

Participants: Sophia Principal, webinar sophia, Ritu Rana, Uma Joshi, Neerja Thergaonkar, Vidushi Mathur, Marmta Yoga, Study For History, Rachana Prasad, Pramod Ameta, Tripti Kumari, Sumita sumita, Monika Ranjan, Kiriti Mathur, Samreen Mahara, Nivedita Singh Chundawat.

International Webinar on Food and Well Being C... X

Aditya Jyoti and 126 more 144 6:36 PM You

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meet.google.com/cpq-cnsq-qsm

6:36 PM

Participants: Mamtia, Sophia Principal, webinar sophia, Ritu Rana, Study For History, Uma Joshi, Vijayata Sengar, Rachana Prasad, Neerja Theragonkar, Pramod Ameta, Tripti Kumari, Kirti Mathur, tanvi bajaj has left the meeting, viasna mainur, shweta sharma, Aparna Devi, Sumita sumita

International Webinar on Food and Well Being C...



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Dr. Veena.pptx

18:36 18-07-2020

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Participants: Mamtia, Sophia Principal, webinar sophia, Ritu Rana, Study For History, Uma Joshi, Vijayata Sengar, Rachana Prasad, Neerja Theragonkar, Pramod Ameta, Tripti Kumari, Kirti Mathur, Vijai Laxmi Sharma has left the meeting, viasna mainur, shweta sharma, Aparna Devi, Sumita sumita

International Webinar on Food and Well Being C...



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meet.google.com/cpq-cnsq-qsm

Amrit Kaur and 121 more | 6:36 PM

Participants: Aparna Devi, Sophia Principal, webinar sophia, Ritu Rana, Study For History, Uma Joshi, Vijayata Sengar, Rachana Prasad, Neerja Thergeonkar, Pramod Ameta, Tripti Kumari, Kirti Mathur, Deepika Chouhan has left the meeting, viasna matru, shweta sharma, Samreen Maharaj, Namita S Moyal Feedback submitted, Sunita shrinia

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

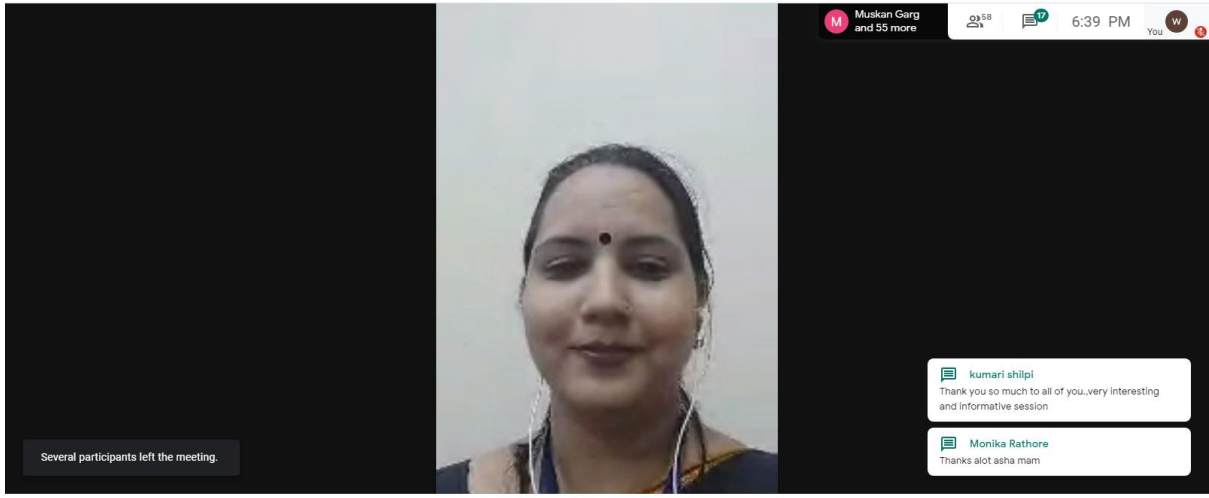
Dr. Veena.pptx | Show all

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

meet.google.com/cpq-cnsq-qsm

Ananya Kaushik and 123 more | 6:36 PM

Participants: Aparna Devi, Sophia Principal, webinar sophia, Ritu Rana, Study For History, Uma Joshi, Vijayata Sengar, Rachana Prasad, Neerja Thergeonkar, Pramod Ameta, Tripti Kumari, Kirti Mathur, Gunjan Kachhawa has left the meeting, viasna matru, shweta sharma, Samreen Maharaj, Varsha jain



2. Online Internship Program

DEPARTMENT OF PSYCHOLOGY



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

**IS ORGANIZING
AN INTERNSHIP
PROGRAM**



**UNDER THE SUPERVISION OF
Dr. NEERJA THERGAONKAR**

**AAROHA
PSYCHOLOGICAL
SERVICES,
MUMBAI**

**25th SEPTEMBER-
20th NOVEMBER
2020
SESSION 2020-21**

Dates – 25th September to 20th November 2020

Level – Departmental – Internship Program with Dr. Neerja Thergaonkar

Venue – Online Internship

Title of event – Online Internship Program

No. of Participants – 41

Resource Person – Dr. Neerja Thergaonkar, Founder of Aaroha Psychological Services, Child Psychologist, Mumbai.

Email Id - drthergaonkarneerja@gmail.com

Mobile No. 9910071253

Description : -

The students of B.A. and Honours Part III have completed their Internship under the supervision of Dr. Neerja Thergaonkar, Aaroha Psychological Services, Mumbai in the session 2020-21. This internship emphasized on the preparation of clinical case study with special reference to basic counseling and communication skills.

Learning Outcomes

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

- Understand the significance of the basic skills of counseling, history taking, interviewing and case study writing.
- Help students to gain practical exposure and knowledge in the field of Clinical & Counseling Psychology.

Latest SSR Format and Data Tem x Meet - zja-zqma-knm x +

meet.google.com/zja-zqma-knm?pli=1&authuser=0

Harshita Goyal is presenting

Sakshi Jain and 29 more

4:24 PM

case history

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SOCIAL HISTORY - HOBBIES

- 1. Artist-** from childhood he was interested in doing art at worst stages of life he expressed his frustration , pain and stress through art and painting.
- 2. Gyming-** he was very passionate towards his fitness but after heart break and all the worst situation of life .He started using his hobby as source of releasing his aggression and frustration.

SUGGESTIONS

- Change your thoughts. Start thinking positive about yourself your thoughts can either uplift or can bring us down. Your positive thoughts will help you in healing from your past and make you stronger than before.
- Use kindness and compassion for you. Stop all forms of self abuse. Be Your Biggest cheerleader rather than the greatest abuser. If you don't appreciate yourself no one other is going to recognise you.
- Let go of all past trauma. Stop thinking about your past. Recognise everything happened for a reason and forgiv... one.

4:21 PM

You

Neerja Thergaon...

Amisha Chandna

Vinita Punjabi

Harshita Banthia

Sakshi Jain

Esha Chibrani

bhavi bhatnagar

16:21 02-11-2020

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Latest SSR Format and Data Tem x Meet - zja-zqma-knm x +

meet.google.com/zja-zqma-knm?pli=1&authuser=0

Sakshi Jain is presenting

Anisha Rathore and 26 more

5:21 PM

TREATMENT

THAT I MAY PLAN AS THERAPIST

Based on my observations during sessions the client seems to be enthusiastic and very cooperative . Though she was uncomfortable talking about the incident but she spoke. It seems like the client unconsciously aware of her fears yet not accept. It appears that the client developed anxiety after the incident that had traumatized her .

After having conversation with informant and the client , it appears that the trauma left mild effects on clients . I would introduce relaxing techniques to the client to help her reduce her anxiety and may proceed with desensitization therapy.

meet.google.com is sharing your screen. Stop sharing Help

17:21 02-11-2020

You

Arpita Mehra

Neerja Thergaon...

bhavi bhatnagar

Palak Sharma

Sakshi Jain

Priya Tilwani

Harshita Goyal

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3. Interactive Session on Psychological First Aid



DEPARTMENT OF PSYCHOLOGY
IN COLLABORATION WITH
THE DEPARTMENT OF WDC

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

is organizing

**AN INTERACTIVE
SESSION ON
PSYCHOLOGICAL
FIRST AID**

**RESOURCE PERSON- MS. SOFIA MARTINEZ
QUILES
PSYCHOLOGIST OF EMERGENCIES, SPAIN.**

**DATE- 30TH OCTOBER, 2020
(VIA GOOGLE MEET)**

Date – 30th October 2020

Level – Departmental

Venue – Online Via Google Meet

Title of event – Psychological First Aid

No. of Participants – 101

Resource Person – Ms. Sofia Martinez Quiles, Psychologist of Emergencies, The Illustrate Official College Of Psychologists of eastern Andalusia, Spain

Email Id- sofiamq13@gmail.com

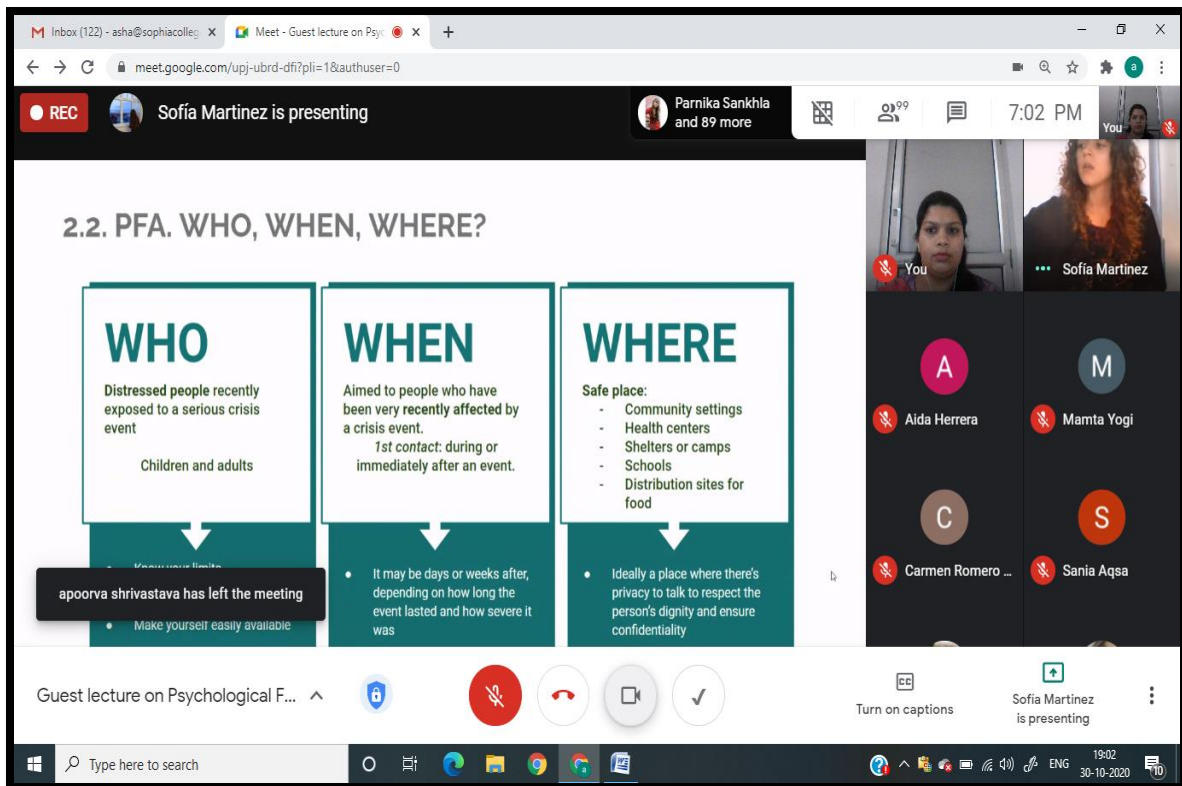
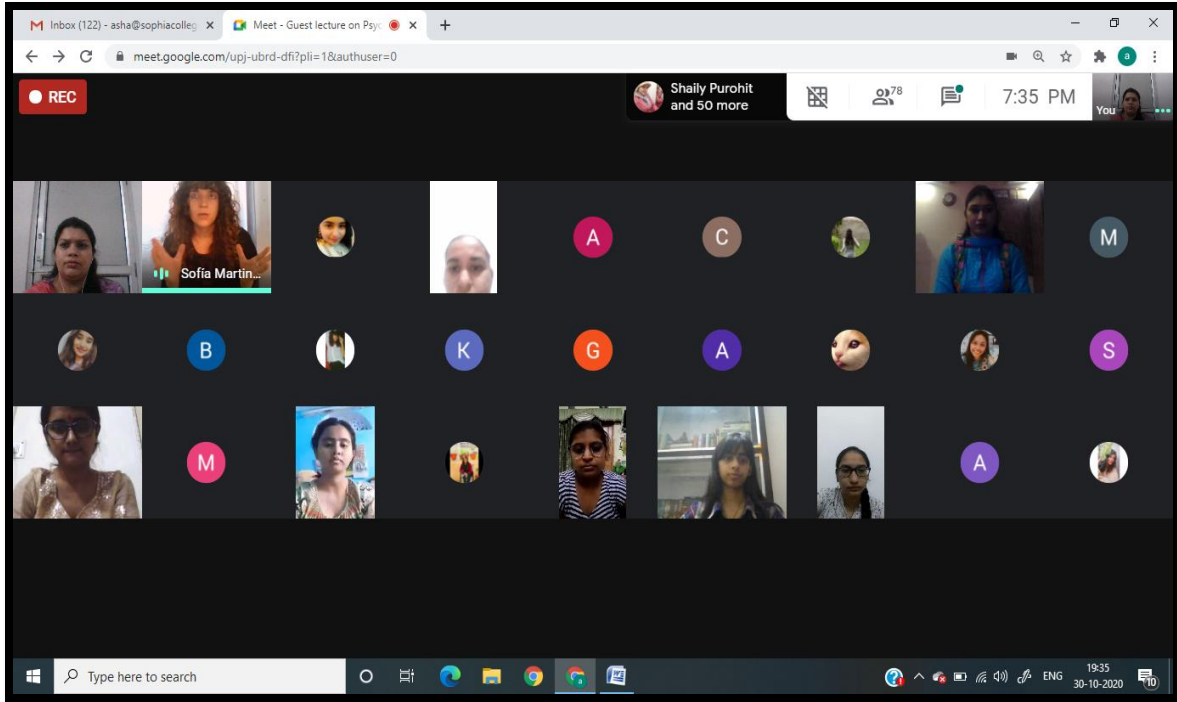
Mobile No. - 34652805177

Description :-

An interactive guest lecture on the topic “Psychological First Aid” was organized for the students on 30th October 2020. The resource person was Sofía Martínez Quiles, Assistant Professor and Psychologist of Emergencies, Spain. Her session highlighted a technique designed to reduce the occurrence of post-traumatic stress disorder. A total of 101 students participated in the session.

Learning Outcome

On the completion of the above activity the students will be able to –
Understand the importance & meaning of Psychological First Aid and how to apply a technique designed to reduce the occurrence of post-traumatic stress disorder in real life traumatic situations.



Browser tabs: Inbox (122) - asha@sophiacolleg... Meet - Guest lecture on Psy...

URL: meet.google.com/upj-ubrd-df?pli=1&authuser=0

REC

Guest lecture on Psychological Fi... X

People (71) Chat

Let everyone send messages

Janvi Jaiswal 6:34 PM
Good evening ma'am 😊

Fabi Singh 6:34 PM
Good Evening Ma'am

bhavi bhatnagar 7:11 PM
Yes ma'am

bhavi bhatnagar 7:34 PM
Ma'am how are we supposed to deal with person who has been in extreme shock due to emergency situation in the case if they do not give reaction or become numb

Send a message to everyone

Windows taskbar: Type here to search, icons for Edge, File Explorer, Chrome, and others. System tray: ENG, 19:41, 30-10-2020.

4. Virtual Interactive Session on Inclusive education: Need, Importance and Scope

**Department of Home Science in
Collaboration with Department
of Psychology**



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

**Virtual Interactive Session on
Inclusive Education : Need,
Importance & Scope**

**Resource Person: Mrs. Kshama
Kakade**

Date: 15th December, 2020

Time: 1:00-2:00 P.M.

Date – 15th December 2020

Level – Departmental

Venue – Online Via Google Meet

Title of event – Inclusive education: Need, Importance and Scope

No. of Participants – 45

Resource Person – Mrs. Kshama Kakade, Chief Functionary at Rajasthan Mahila Kalyan Mandal (RMKM), Chachiyawas, Ajmer.

Mobile No. - 9829140992

Description :-

The Department of Psychology and Home Science of Sophia Girls' College (Autonomous), Ajmer organized an Online Extension lecture on **Inclusive education: Need, Importance and scope** as a part of MOU activity on 15th December from 1.00 – 2.00 pm. Mrs. Kshama, the resource person of the lecture briefed the students about inclusive education and its need in today's scenario.

Learning Outcome :-

On the completion of the above activity the students will be able to –
Understand the importance & meaning of inclusive education and its need in today's scenario.

