

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER



DEPARTMENT OF PSYCHOLOGY

**International/National Seminars/ Conferences/
Workshops**

2020-21

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



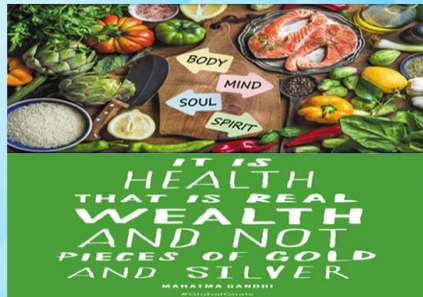
**SOPHIA GIRLS' COLLEGE, AJMER
(AUTONOMOUS)**

*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

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 Nutrifit, 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

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	Psychologist, The Illustrate Official	SARAVIDALDELOLMO@GMAIL.C OM

	(Resource person)	College Of Psychologists of eastern Andalusia, Spain	Mobile No. 34677107770
5.	Dr. Neerja Thergaonkar (Resource person)	Child and Adolescent Psychologist, Mumbai	drthergaonkarneerja@gmail.com m 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.



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International Webinar on Food a... X

148 People | Chat

You 6:34 PM
Feedback Link:
<https://forms.gle/D0nGAIHtH9qwy1JfA>

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

You 6:35 PM
Feedback Link:
<https://forms.gle/D0nGAIHtH9qwy1JfA>

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

You 6:35 PM
Feedback Link:
<https://forms.gle/D0nGAIHtH9qwy1JfA>

Pramod Ameta 6:36 PM
Thanx
A lot

Feedback Link:
<https://forms.gle/D0nGAIHtH9qwy1JfA>

Turn on captions | Present now

meet.google.com/cpq-cnsq-qsm

Aditya Jyoti and 126 more | 144 | 6:36 PM | You

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

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

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, viasni mainur, shweta sharma, Aparna Devi, Sumita sumita.

International Webinar on Food and Well Being C...

Dr. Veena.pptx

18:36 18-07-2020

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, Vijai Laxmi Sharma has left the meeting, viasni mainur, shweta sharma, Aparna Devi, Sumita sumita.

meet.google.com/cpq-cnsq-qsm

Amrit Kaur and 121 more 6:36 PM You

Participants: Aparna Devi, Sophia Principal, webinar sophia, Ritu Rana, Study For History, Uma Joshi, Vijayala Sengar, Rachana Prasad, Neerja Theragonkar, Pramod Ameta, Tripti Kumari, Kiriti Mathur, Deepika Chouhan (has left the meeting), viasni matru, shweta sharma, Samreen Maharaj, Namita S Moyal (Feedback submitted), Sannu sanna

International Webinar on Food and Well Being C...

Turn on captions Present now

meet.google.com/cpq-cnsq-qsm

Ananya Kaushik and 123 more 6:36 PM You

Participants: Aparna Devi, Sophia Principal, webinar sophia, Ritu Rana, Study For History, Uma Joshi, Vijayala Sengar, Rachana Prasad, Neerja Theragonkar, Pramod Ameta, Tripti Kumari, Kiriti Mathur, Gunjan Kachhawa (has left the meeting), viasni matru, shweta sharma, Samreen Maharaj, Varsha jain

International Webinar on Food and Well Being C...

Turn on captions Present now

meet.google.com/cpq-cnsq-qsm 6:37 PM

Participants visible in the grid:

- Aparna Devi
- Sophia Principal
- webinar sophia
- Ritu Bana
- Sushila yadav
- Uma Joshi
- Vijayata Sengar
- Rachana Prasad
- Neerja Thergaonkar
- Ravindar Kaur
- Beatrice Sequeira
- Meesala Sushma
- Rajshree Shekhawat has left the meeting
- shweta sharma
- Samreen Meheraj
- Poonam Jethani

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

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Dr. Veena.pptx

18:37 18-07-2020

meet.google.com/cpq-cnsq-qsm

Several participants left the meeting.

Muskan Garg and 55 more 6:39 PM

Chat messages:

- kumari shilpi: Thank you so much to all of you..very interesting and Informative session
- Monika Rathore: Thanks alot asha mam

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

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Dr. Veena.pptx

18:39 18-07-2020

Certificate of Participation



International Webinar

On

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

17th - 18th July, 2020

Organized by

Department of Home Science and Psychology, Sophia Girls' College (Autonomous), Ajmer (Rajasthan)

This is to certify that **Ms. Vartika Balani**
of **Sophia Girls College, Ajmer**

participated in International Webinar on Food and Well Being Challenges of the 21st Century (A fit body, a calm mind, a house full of love). We appreciate her/his efforts in making it a success.

Sr Pearl

Patron

Dr. Sr. Pearl

Principal

Sophia Girls' College, Ajmer (Autonomous)(Raj.)

Asha Sharma

Convenor

Mrs. Asha Sharma

Head, Department of Psychology

Sophia Girls' College, Ajmer (Autonomous)(Raj.)

Ruchi Mathur

Organising Secretary

Mrs. Ruchi Mathur

Head, Department of Home Science

Sophia Girls' College, Ajmer (Autonomous)(Raj.)



अजमेर 19-07-2020

अजमेर, 19 जुलाई 2020

2020 07 19 19:00:00

‘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।