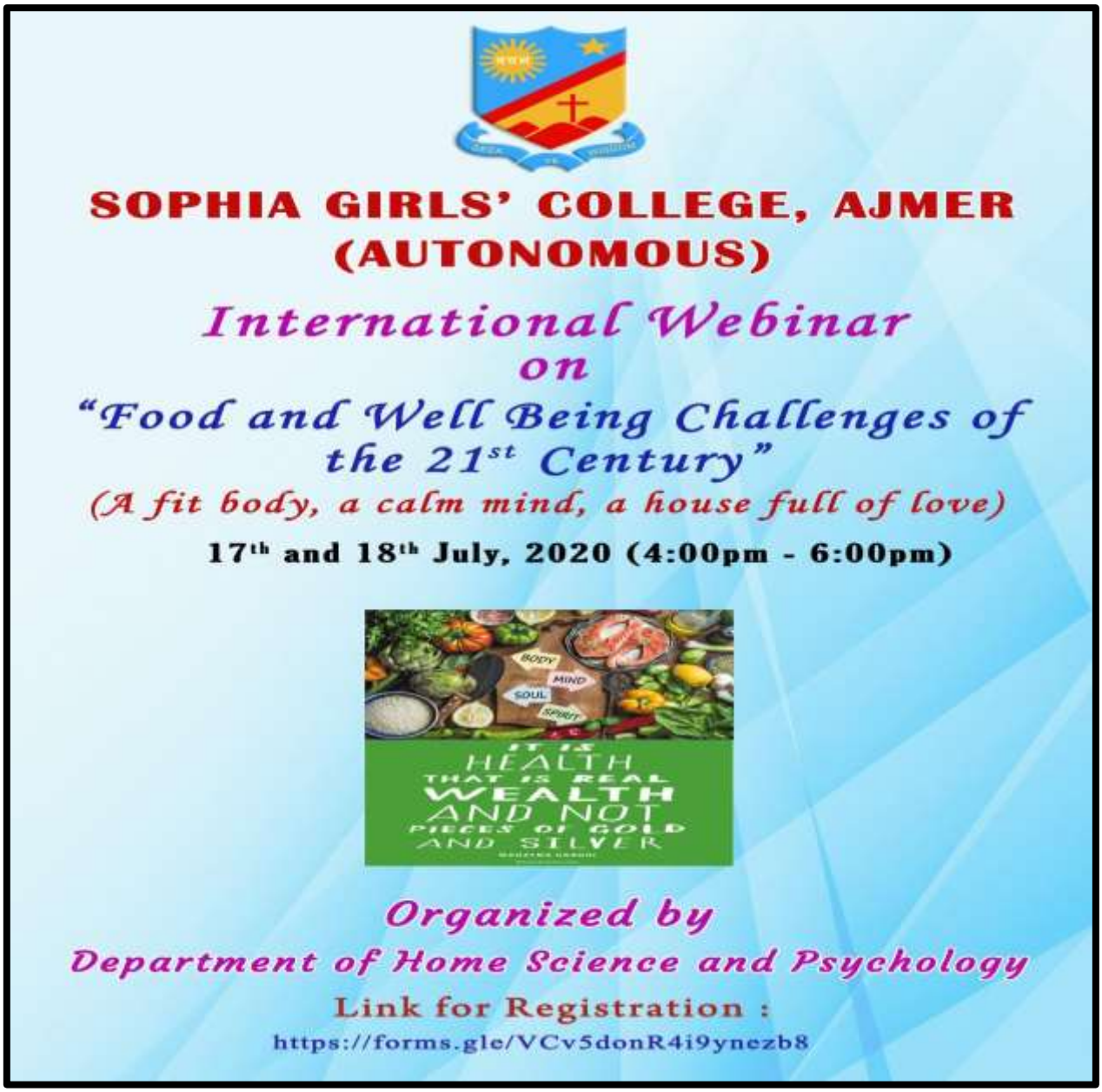
SOPHIA COLLEGE (AUTONOMOUS), AJMER

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)



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.COM

	(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 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.	rituranan fgh@gmail.com Mobile No. 9726075234

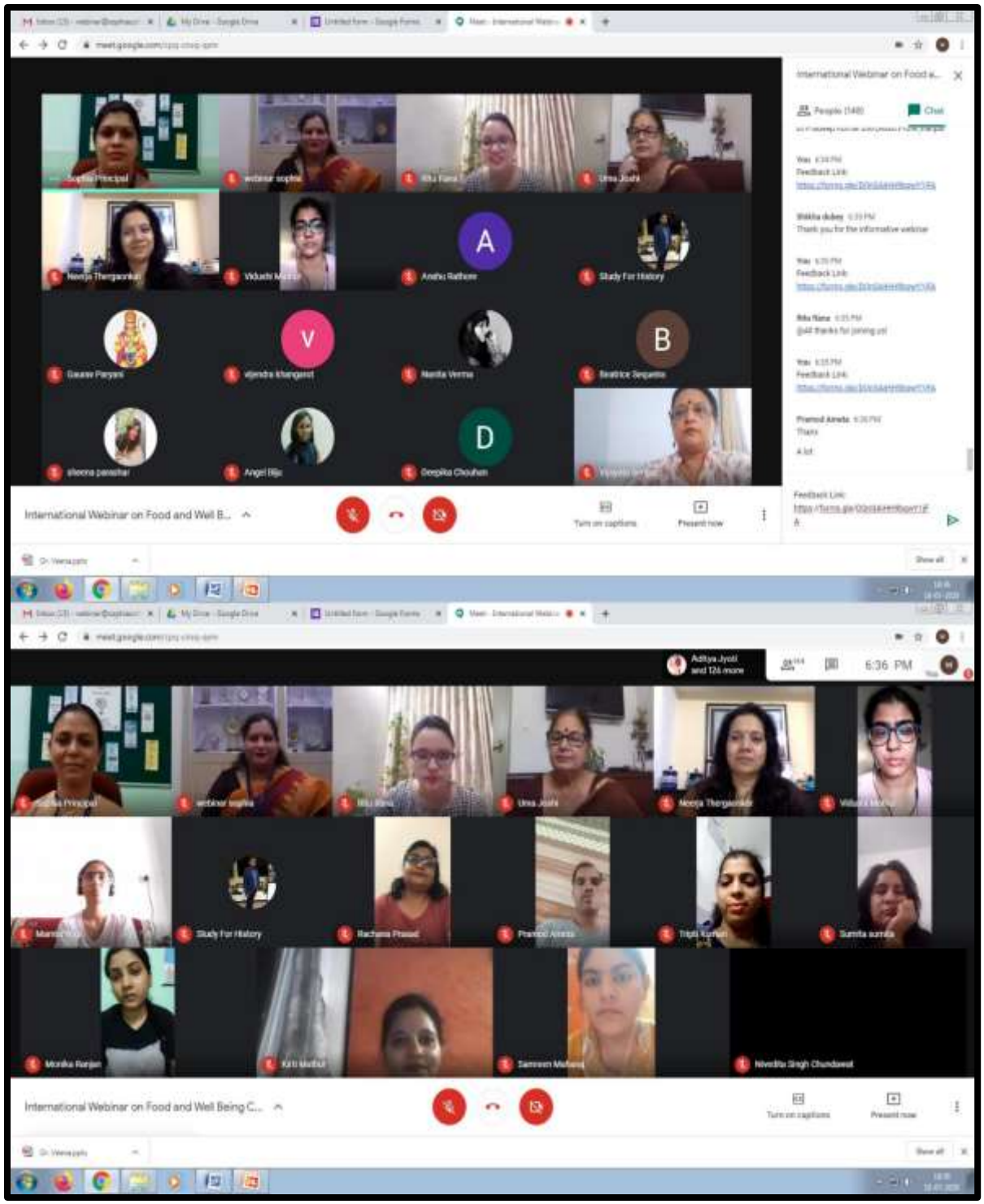
Description :-

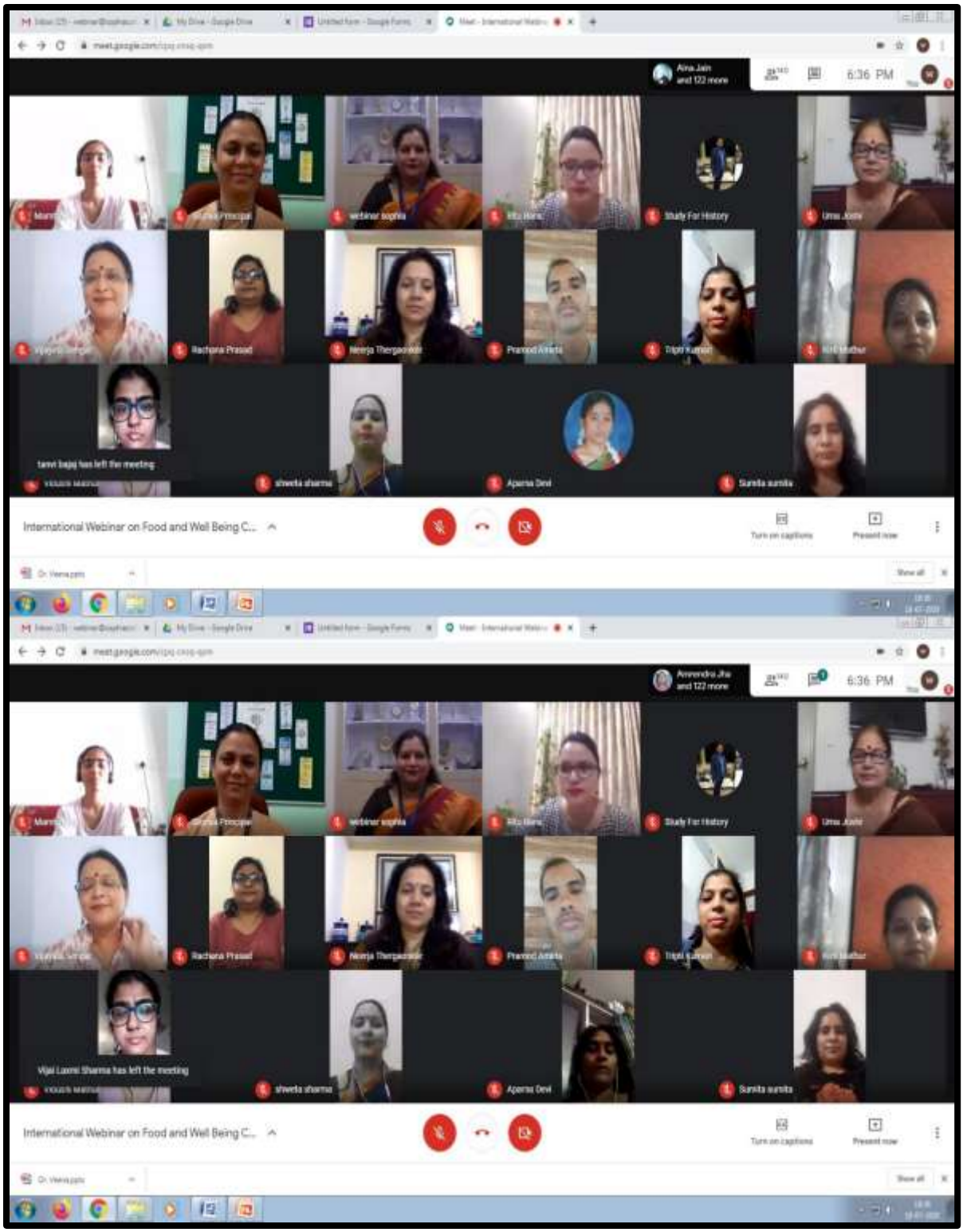
The Importance of Right Nutrition and Health has been severely emphasized during the year 2020. In the clutter of opinions, nutrition, mental health and well being become something complicated for a layman. The webinar aims to simplify physical and mental health for its participants.

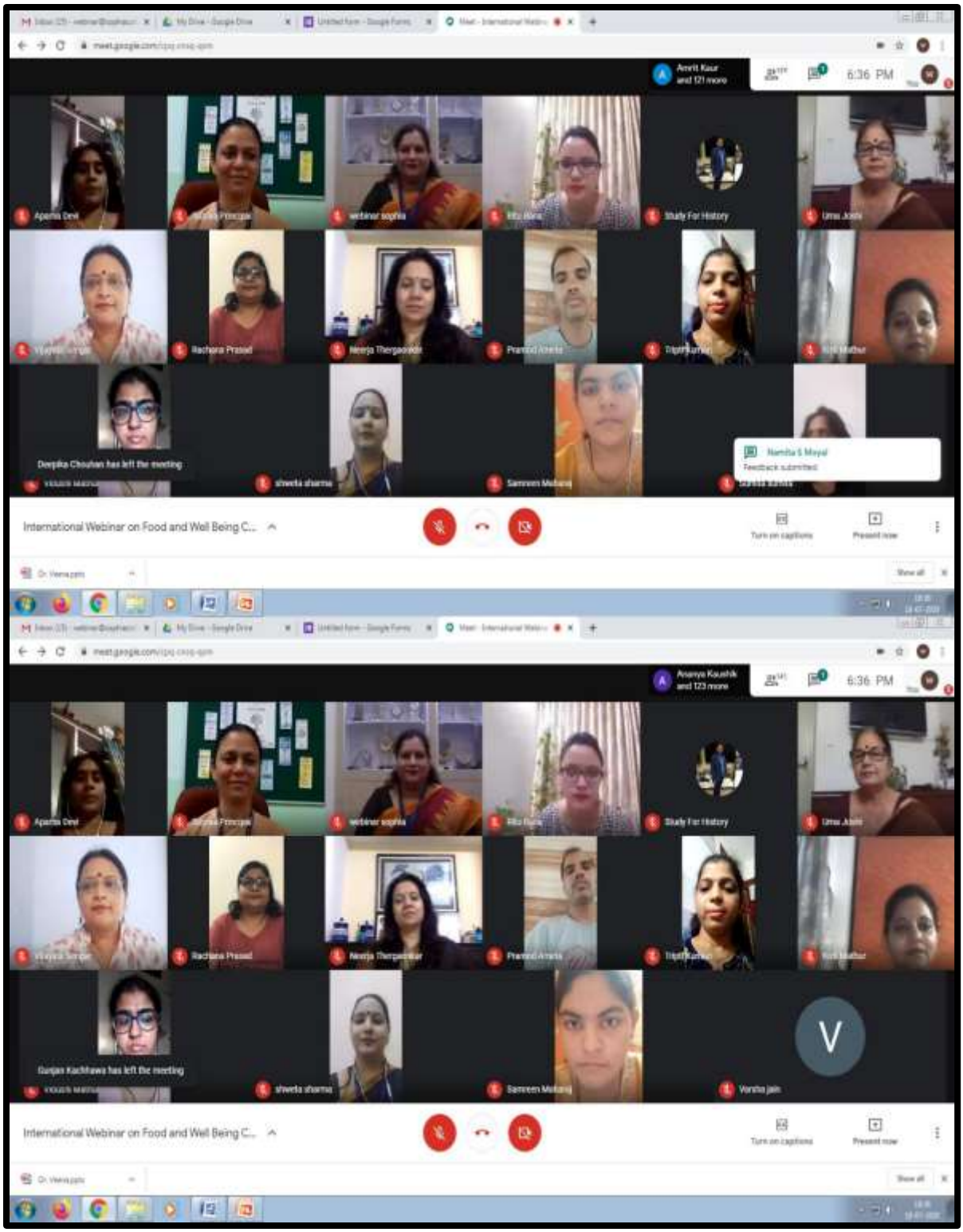
Learning Outcome

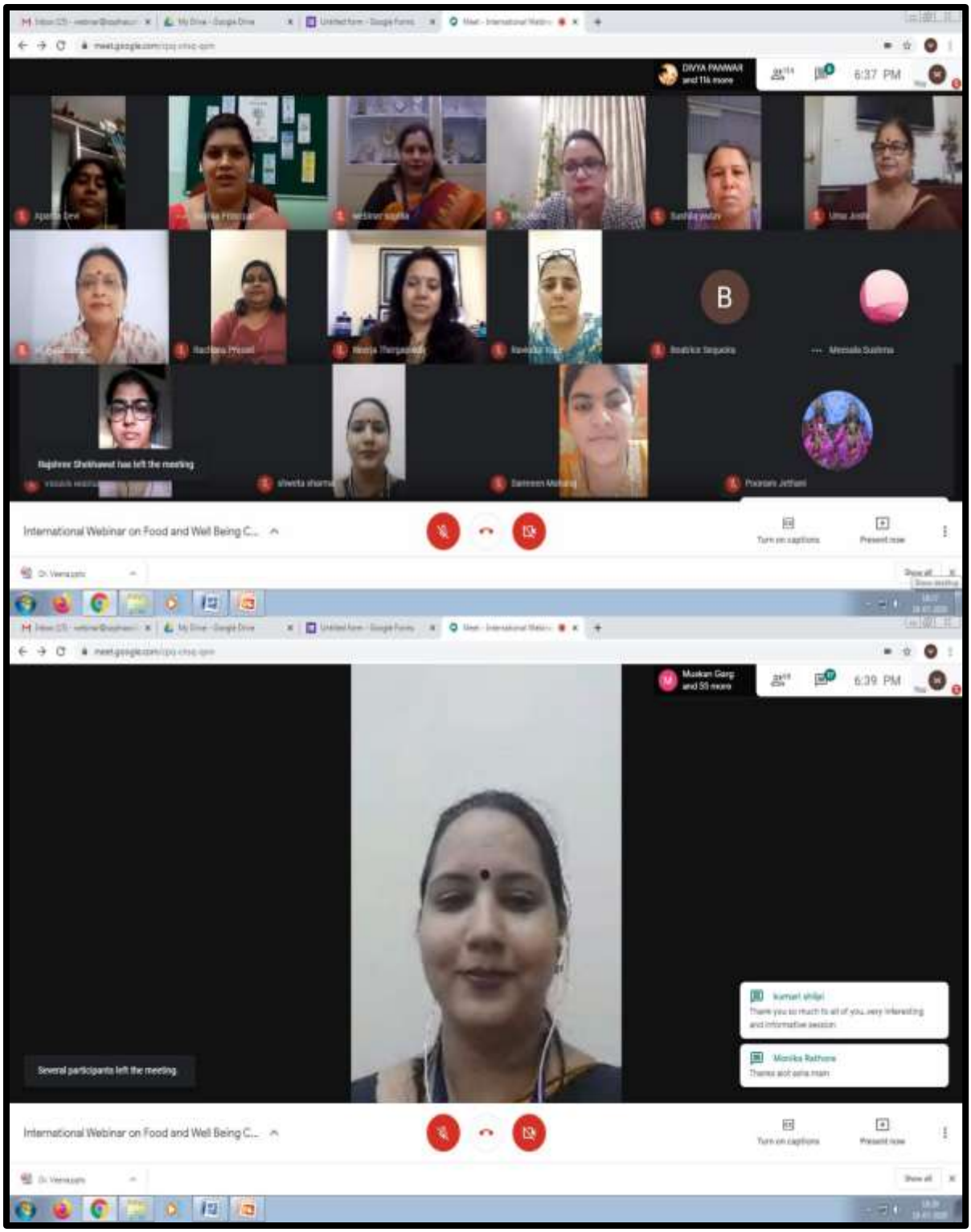
On the completion of the above activity the students will be able to –

- 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...
Turn on captions
Present now
6:36 PM
International Webinar on Food and Well Being C...


Aina Jain and 122 more
6:36 PM
Study For History
Umu Joshi
Rachana Prasad
Neerja Thergaonkar
Pramod Ankita
Tripti Kumari
tanvi bajaj has left the meeting
shweta sharma
Aparna Devi
Sunita sunita
International Webinar on Food and Well Being C...
Turn on captions
Present now
Amrendra Jha and 122 more
6:36 PM
Study For History
Umu Joshi
Rachana Prasad
Neerja Thergaonkar
Pramod Ankita
Tripti Kumari
Vijai Laxmi Sharma has left the meeting
shweta sharma
Aparna Devi
Sunita sunita
International Webinar on Food and Well Being C...
Turn on captions
Present now


Amrit Kaur and 121 more
6:36 PM
Aparna Devi
webinar sophia
Study For History
Uma Joshi
Rachana Prasad
Neerja Thergaonkar
Deepika Chouhan has left the meeting
shweta sharma
Samreen Mehtaraj
Namita S Mayal
Feedback submitted
International Webinar on Food and Well Being C...
Turn on captions
Present now
Ananya Kaushik and 123 more
6:36 PM
Aparna Devi
webinar sophia
Study For History
Uma Joshi
Rachana Prasad
Neerja Thergaonkar
Gunjan Kachhawa has left the meeting
shweta sharma
Samreen Mehtaraj
V
Vanita jain
International Webinar on Food and Well Being C...
Turn on captions
Present now


DIVYA PANWAR and 11k more
6:37 PM
Rajshree Shekhawat has left the meeting
International Webinar on Food and Well Being C...
Turn on captions
Present now
Muskan Garg and 55 more
6:39 PM
Several participants left the meeting
International Webinar on Food and Well Being C...
Turn on captions
Present now

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.

Patron	Convenor	Organising Secretary
Dr. Sr. Pearl	Mrs. Asha Sharma	Mrs. Ruchi Mathur
Principal	Head, Department of Psychology	Head, Department of Home Science
Sophia Girls' College, Ajmer (Autonomous)(Raj.)	Sophia Girls' College, Ajmer (Autonomous)(Raj.)	Sophia Girls' College, Ajmer (Autonomous)(Raj.)

दैनिक भास्कर

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 थी। वेबिनार में 2000 से ज्यादा प्रतिभागी शामिल हुए।