

Webinars

I.A. Report

Her Healthcare: Demystifying Women's Health and Hygiene

Report:

Date: Tuesday, 11th MAY 2021

The Internal Quality Assurance Cell of Vivekananda College, University of Delhi organised a webinar on “Her Healthcare: Demystifying Women's Health and Hygiene” as part of a series on Women Empowerment on 11 May 2021 from 2:30 to 3:30. The webinar was conducted by the efforts of the Convener of IQAC Committee, Dr Vanita Sondhi, Co-Convener, Dr Salma Seth and Coordinator, Ms Vandana Rathore, Ms. Shafaq Zareen, Ms. Sheena Lama along with two student coordinators Ms. Priyanshi Bhatnagar and Ms. Yugmita Kesh.

The meeting link for the event was <https://meet.google.com/fxt-djwi-idx>. The event was simultaneously made live on Facebook.

The discussion was led by Dr Puja Sharma, a renowned obstetrician, gynaecologist and laparoscopy specialist in Delhi. A post-graduate of the prestigious King George's Medical University and gold-medalist in surgery, Dr Puja has many papers and publications in national and international journals to her credit. She leads the Daksh Clinic in Hauz Khas and consults at Rainbow Hospital, Rosewalk Hospital, Apollo Cradle, and Fortis La Femme, among others. She specialises in adolescent health, high-risk pregnancy and laparoscopic surgery.

The audience included teaching and non-teaching staff of Vivekananda college along with some members from the slum area of the Jhilmil colony. The event was attended by women from many age groups; from 18-20-year-old college students, to the varying age groups of the staff members and participants from the Jhilmil areas, everyone found something to take away from the session. Approximately 51 people attended the event which includes teachers, students as well as 15 people were from the slums of Jhilmil colony.

This webinar was part of the comprehensive series of webinars planned by the Internal Quality Assurance Cell of the college. Understanding the physiological and psychological aspects of being a girl, a woman- are prerequisites to empowerment. Dr Puja Sharma accordingly spoke about the same. She highlighted the importance of complete knowledge as well as accurate information when making decisions, of not giving in to societal stigma and pressure, voicing issues, and taking charge of one's own body. The students realised the importance of understanding their own bodies to accept it, and appreciate it, as they saw what was medically and accurately “normal” and when they need to seek professional help. She addressed issues about mental health in women, psychosexual health, infections, dermatological problems, chronic diseases as well as vaccines and screenings. She even touched on many sensitive topics related to pregnancy and sexual health. The event was followed by Q&A session.

We are really grateful to Dr Hina Nandrajog, our Officiating Principal, non-teaching staff of Vivekananda College and the IQAC Committee, for providing us with support in the smooth conduct of the event.

1.B.Poster



Internal Quality Assurance Cell
of
VIVEKANANDA COLLEGE
NAAC "A" GRADE
University of Delhi
presents

'Webinar series on Women Empowerment'

**HER HEALTHCARE: DEMYSTIFYING
WOMEN'S HEALTH AND HYGIENE**

Speaker:
Dr Puja Sharma
MD (Obs & Gynae),
Senior Consultant ,
Obs & Gynaecology,
Daksh Clinic,
Hauz Khas



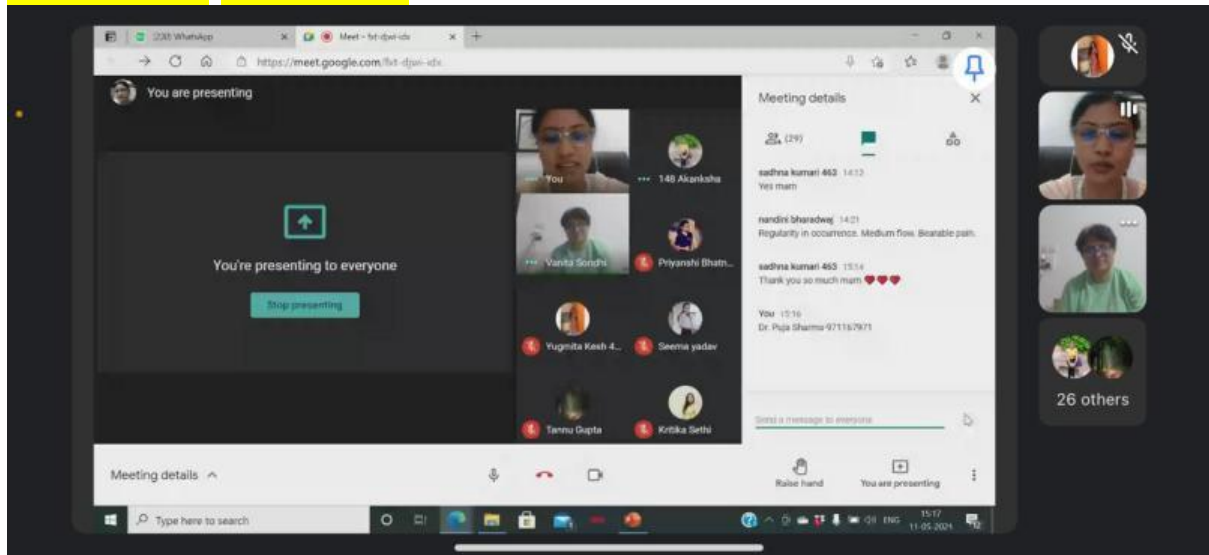
11th May
2 PM

Convenor:
Dr. Vanita Sondhi
Coordinator:
Ms. Vandana Rathore

Officiating Principal:
Dr. Hina Nandrajog

First 100 participants can join with google meet:
<https://meet.google.com/fxt-djwi-idx>
Facebook link: <https://www.facebook.com/vivekananda.librarydu>

1.C.Screenshots from the event



Screenshot from Google meet





Vivekananda CollegeLibrary DU is live now.

36 mins · 🌐



Puja Sharma is presenting

1

LIVE RATION-1 COMMON CONCERNS

- ▶ **Menstrual pain**- can be normal or due to underlying disease
- ▶ **Irregular periods**- less than every 20 days, gap of more than 42 days between two periods, unpredictable cycles. ONE SHOULD GET AT LEAST 4 PERIODS IN ONE YEAR.
- ▶ **Heavy bleeding**- not normal
- ▶ **Abnormal bleeding**- too scanty(less than 2 days) or variable flow
- ▶ **Missing periods**- amenorrhoea, should never be ignored
- ▶ **Menstrual migraine**



Meeting details

Turn Off Video

1

Participants: Puja Sharma, Vanita Sondh, Vandana Rathore, salma oeth, Ravi Shankar, Yugmita Kesh 433, Indian boy, Priyanshi Bhatnag...



Facebook live image

Webinar 2:

2.A.Avenues For Women in Academia: A Step Towards De-stressing the Academic Distress

A webinar entitled *Avenues For Women in Academia: A Step Towards De-stressing the Academic Distress* was organised as a part of the “Women Empowerment Webinar Series” by the IQAC committee of Vivekananda College, University of Delhi on Friday, 21 May (2:30 PM), virtually on Google meet (via following meeting link <https://meet.google.com/kiv-qqed-gjc>).



The event took shape under the guidance of the respected principal, Dr. Hina Nandrajog, convener of the IQAC committee, Dr. Vanita Sondhi, co-convener Dr. Salma Seth, and was coordinated by Ms. Sheena Lama. Also, student coordinator Aayushi (BA H English) helped to note attendance and take photos. In addition, the entire IQAC committee was involved throughout the process.

We invited Ms. Shraddha Namjoshi as the guest speaker for the webinar. Ms. Namjoshi is an Assistant Professor in the Department of Psychology, Faculty of Liberal Arts MIT WPU, Pune. She is an alumna of University of Surrey, UK, where she pursued Msc Health Psychology (2015-16). In addition, she is certified in REBT and Mental Health First Aid.

Besides the core organising team, the webinar was attended by other respected faculty members, Dr. Neeta Mathur, Dr. Ritika Nagpal, Dr. Shafaq Zareen and Ms. Vandana Rathore.


The webinar began on the welcome note where the coordinator introduced the speaker to faculty members including the convener and co-convener. After an exchange of greetings, the speaker was introduced to the house and she right away began with her talk. Since the topic of the webinar falls under the purview of mental health in relation to academia, Ms. Namjoshi discussed important issues like “stress, how to deal with stress, survivor’s guilt, mental health first aid” etc. The webinar, in fact, turned out to be quite interactive for Ms. Namjoshi engaged the house in an activity called “The Stress Bucket” and elicited response from faculty members and students regarding the same. Furthermore, she addressed around five majorly common questions related to the idea of stress and tried to provide possible solutions for the same. All in all, the webinar went smoothly and was of great help to students and teachers, alike. It was concluded with a vote of thanks to the speaker, respected principal, convener and co-convener of the IQAC committee. The webinar was attended by around a hundred students and was live telecasted on the college’s Facebook page.

2.B.Poster



Internal Quality Assurance Cell
Of
Vivekananda College
(NAAC "A" Grade)
University of Delhi
Presents
A Webinar Series on Women Empowerment
**Avenues For Women in Academia: A Step
Towards De-stressing the Academic Distress**


Speaker
Ms. Shraddha Namjoshi
Assistant Professor, Department of Psychology,
School of Liberal Arts, MIT-WPU, Pune.
Certified in REBT & Mental Health First Aid .
Consultant Counsellor and Trainer.



May 21, 2021
Friday
2.30 p.m

| | | |
|--|--|---------------------------------------|
| Patron Dr. Hina Nandrajog (Officiating Principal) | Convener Dr. Vanita Sondhi Co-Convener Dr. Salma Seth | Coordinator Ms. Sheena Lama |
|--|--|---------------------------------------|

First 100 participants can join with Google meet
<https://meet.google.com/kiv-qqed-gjc>
Facebook link: <https://www.facebook.com/vivekananda.librarydu>



2.C. Screenshots

shraddha namjoshi is presenting

We all process stress differently

THE STRESS BUCKET

The stress bucket
You will need-
Two glasses (preferably transparent)
One bottle of water

What does this activity tell you?

MANAGEABLE STRESS LEVEL

STRESS ACTIVITIES, PRESSURES, THREATS, ETC.

Participants: shraddha namjoshi, Priyanshi Bhatnagar 409, Vanita Sondhi, Vandita Jindal358

Avenues For Women in Academia... X

(77)

Because it depends in their past situation

Priyanshi Bhatnagar 409 3:11 PM
We also forget that everyone has a glass like ours, and that they may also be stressed even if we don't always see it.

937Manya Narula 3:11 PM
Stress is like glass of water, think about for a short period of time...hope I will fine soon it"

Anushka Shekhar 3:12 PM
Wow, mam this picture is really cool to understand what are you trying to 😊

Send a message to everyone

Turn on captions shraddha namjoshi is presenting

shraddha namjoshi is presenting

De-stressing Academic Distress

SHRADDHA NAMJOSHI

Participants: shraddha namjoshi, Shruti Sah 419, Yugma Kish 433, salma seth

Avenues For Women in Academia... X

(101)

Anjali Gupta

Anjali Lonia

Anjali Sharma

Anu priya Verma 187

Anushka Shekhar

Anushka Singh

Anchana Chamola

Turn on captions (1)

shraddha namjoshi is presenting

Niti Srivastava 3... and 89 more

100

2:35 PM

Participants: Aayushi Rajwar, shraddha namjoshi, 976 Riya Chaudhary, Priyanshi Bhatnagar 409, salma seth, pooja verma, Preeti 404, Anu priya Verma 187, Vanita Sondhi

Avenues For Women in Academia: A Step To... ^

Turn on captions Present now

Webinar 3

3.A. Activity Report on 'Women Entrepreneurs: Breaking the Gender Stereotypes. May 28, 2021

Internal Quality Assurance Cell (IQAC) team of our Vivekananda College has been organising a webinar series on Women Empowerment. This is, yet, another chapter in the series and the theme is 'Women Entrepreneurs: Breaking the Gender Stereotypes.'

This webinar was held on May 28, 2021 (Friday) at 2.30 pm. The invited speaker was Mrs. Rita Sengupta- a freelance consultant. She was the former director of NIESBUD (National Institute of Entrepreneurship and Small Business Development, Ministry of Skill Development and Entrepreneurship, Government of India). She has 34 years of experience in training, research, and consultancy in Achievement Motivation, Entrepreneurship Development and Education, Motivation and Excellence, Women Empowerment, Livelihoods and Micro-enterprise, Training Pedagogy, and Impact Assessment. Mrs. Sengupta has worked very closely with the Women Spring Board Programme of British Council and designed and delivered a program on Gender Equity through Entrepreneurship Development in more than 12 universities. Currently, she is the consultant with Rajiv Gandhi Foundation and visiting advisor to NIESBUD.

In her very engaging presentation, she highlighted that in order to bridge the gender gap in primary and secondary education, in their earnings, in their political participation and in decision-making, perception and thinking about women's productive and reproductive roles need to be changed. Gender mainstreaming is very important. Women empowerment shall be possible when women realise the power within. One way of doing so is through entrepreneurship. It is a process and experience which is learnt. It is a conviction which is to be internalised. It is a continuous process which works at two levels: external and internal (refers to your passion and self-fulfilling strategy).

Women enter into entrepreneurship due to multiple reasons, viz., economic factors, want to utilise their educational qualifications, due to husband and family support, availability of time and money, desire to be independent, and for personal satisfaction. Psychology plays a major role in entrepreneurship development. The stages involved are:

- Crisis helps in developing a passion to do something
- Identity Search (What to do?)
- Identity Formation (Who Am I?)
- Identity Establishing- includes women entrepreneurs breaking the conventional mind-set, balancing of roles, equal participation, economic urge, and internal locus of control.
- Triggering an action through positive self-concept and through developing of competencies (occupational competencies, social skills, operational and management skills, networking, empowering, sustenance and coping)
- Future Planning (taking feedback, use of intuition)

Mrs. Sengupta pointed out that there is women domination in food industries, handicrafts, and services sector but now they are also entering into the masculine business-like construction, transport, etc. Times are evolving and the government needs to do serious thinking about gender roles.

The webinar was concluded with a vote of thanks and with quotes of Ms. Nooyi and Ms. Kiran Majumdar Shaw

3.B.Poster



**INTERNAL QUALITY ASSURANCE CELL
OF
VIVEKANANDA COLLEGE
(UNIVERSITY OF DELHI)
NAAC 'A' GRADE**

PRESENTS

**'A Webinar Series On Women
Empowerment'**

**WOMEN ENTREPRENEURS:
BREAKING THE GENDER
STEREOTYPES**

Speaker:
Mrs. Rita Sengupta
A Freelance Consultant,
Former Director of
NIESBUD
(National Institute of
Entrepreneurship and
Small Business
Development)



**MAY 28, 2021
2:30 PM**

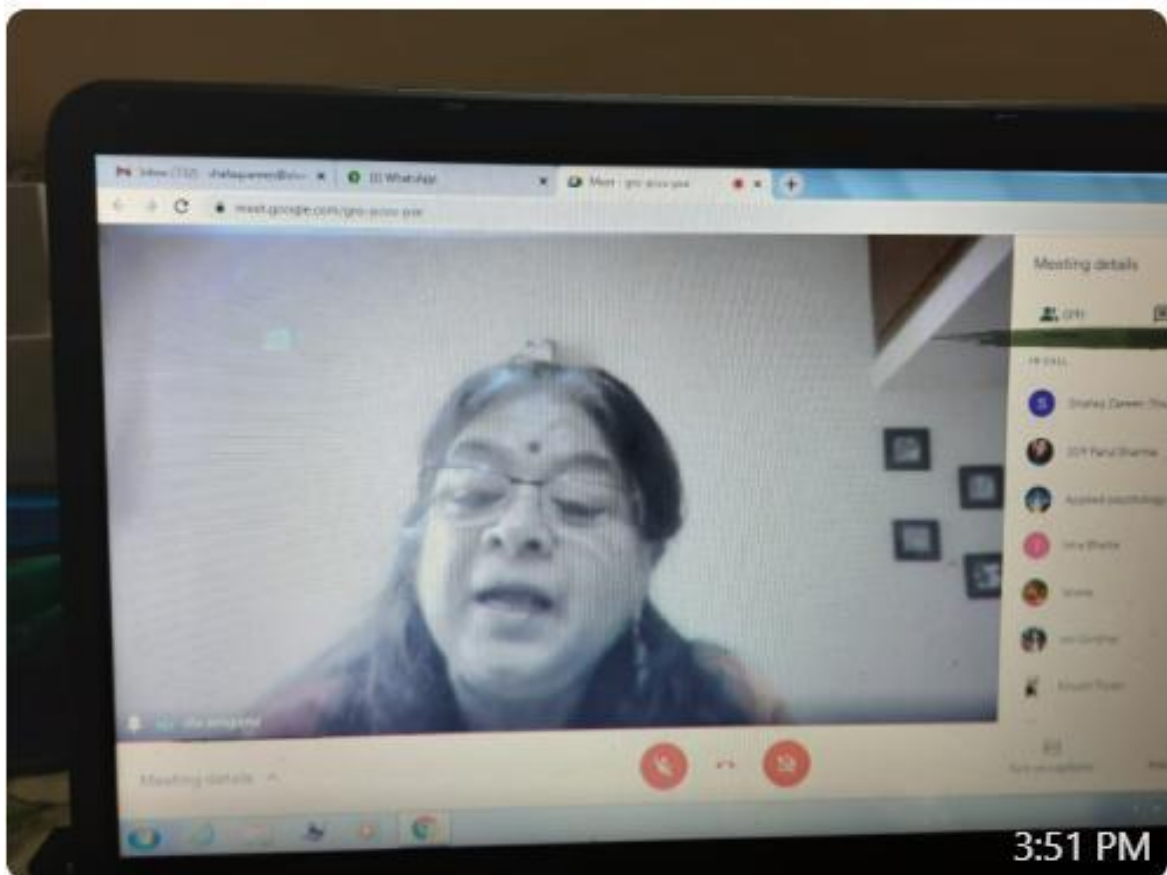
PATRON:
DR. HINA NANDRAJOG
(OFFICIATING PRINCIPAL)

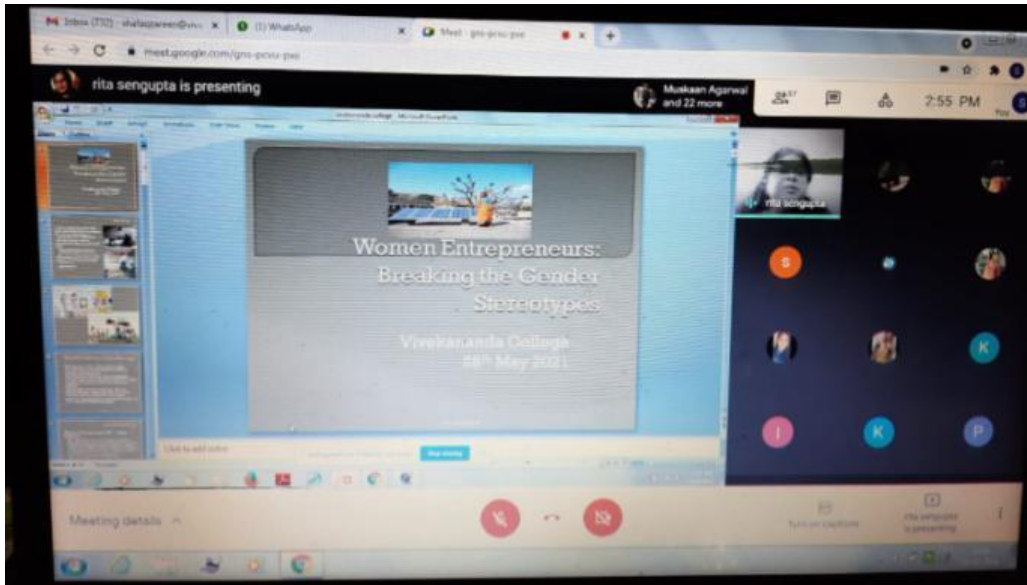
CONVENOR:
DR. VANITA SONDI

COORDINATOR:
DR. SALMA SETH

First 100 participants can join with Google link:
<https://meet.google.com/gns-pcvu-pxe>
Facebook link: <https://www.facebook.com/vivekananda.librarydu>

3.C. Screenshot





Webinar 4

4.A.Report

Shaping the Future Women Leaders' as part of series on women Empowerment

Dates: April 30, 2021

Organized by: IQAC team of VNC

Details of speaker: Mr. Yadav and Ms Ritika Jindal

Mr. Yadav, Ex. IB and Vigilance Officer, Chairperson and Managing Director of the IAShub. Mr. Yadav is one of the most renowned faculty and guide for UPSC preparation of the IAShub. The IAShub has to its credit 34 selections out of Top 100, which is the highest in India. It has two centres----one in Karol Bagh Delhi, and another Regional Centre in Bangalore. Mr. Yadav is also giving free online UPSC coaching to needy students at a Public Library, Nalagarh. The IAShub will also be holding an online Scholarship test to give free coaching to deserving students.

We also had with us a very young and distinguished woman IAS officer of the 2019 batch, **Ms Ritika Jindal**. Ms Jindal is currently undergoing district training at Solan. During district training she held charge of Tehsildar - Kasauli, Solan, Nalagarh and Ram shehar, and EO MC Nalagarh. Born and educated in the small town of Moga, Punjab; Ms Jindal's achievements at such a young age are indeed awe inspiring. Ms Jindal is the youngest IAS officer of 2019 Batch, who became IAS at the age of 22 yrs. She was the Northern India topper of 12th CBSE with All India Rank – 4; CPT All India Rank – 10; Topper of SRCC; Delhi University, 3rd rank; Topper at Mussoorie training academy of IAS. She is also responsible for bringing a slow and gradual change in our society vis -s vis the role and status of Indian women. According to newspaper reports of October 2020, Ms Jindal Jindal, was deputed as tehsildar at Solan, when she was stopped from participating in a havan held at a temple in Himachal Pradesh's Solan, on basis of her gender. However, Jindal fought against the discrimination of women and performed the havan.

Teachers involved: All teachers of IQAC (VNC).Dr Hina Nandrajog (Head of institution), Dr Vanita Sondhi (Convenor)—Applied psychology Associate professor, Dr Salma Seth (Co convenor)---Applied psychology—Associate professor, Dr. Shafaq Zareen (commerce)—, Ms. Sheena Lama (English department)—, Ms Vandana Rathore (Economics)—Mr. Mukesh Burnwal (hindi), Dr. Ritika Nagpal (maths deptt), Dr Neeta Mathur (music)---Associate professor, Mr. Tulsi Chauhan (history), Mrs Timsi Bhatia (Commerce)

Summary of event: The IQAC team of Vivekananda College in collaboration with the IAS hub organised a Webinar on April 30, 2021 at 5 pm on the theme 'Shaping the Future Women Leaders'. The speakers were: Mr. M.K. Yadav (Ex- IB & Vigilance Officer, GOI who has mentored more than 400 IAS officers) and Ms. Ritika Jindal (youngest IAS Officer of the 2019 batch, from SRCC, DU topper, cleared IAS @ 22 years). They talked about the role of an IAS officer, examination pattern and changing trends, and how to become an IAS officer in the 1st attempt. IAS hub also provides scholarships by conducting an online free scholarship test. This NEEV is a social venture helping aspirants financially and providing personal mentorship as well. Both the speakers shared their vivid experiences of breaking the stereotypes. They informed that every year there are about 10 lakh aspirants out of which 6 lakh

give the exam out of which 10, 000 clear the prelims out of which 2, 000 clear the mains and give the interview. 700-800 are final selections out of which 150 are IAS officers. The success story is between the age range of 21-35 (the prime time of one's youth) and 8 percent clear in the 1st attempt. This competitive examination pattern is not fixed and one size does not fit all. Hence, mentorship is very important. According to Mr. Yadav their IAS hub is AI testified (incubated by IIT Kanpur) which helps in identifying the gap areas of the aspirants, converting motivation into a discipline, and managing the ambivalence time. Ms. Jindal emphasised upon the consistency and perseverance in one's preparation, an inner fire, and on coaching. She said that coaching is not necessary but it is important because it provides mentors, good peer group, and smart studying (which includes analytical reasoning). Smart studying covers about 1½ hours of newspaper reading (Indian Express, Hindu, free resources on IAS website), reading NCERT books, specialised books, and extra resources. Preparing notes after 1-4 readings goes a long way. Ms. Jindal shared some videos and links with the IQAC team for the benefit of the students. It is a myth that only toppers become IAS officers. An average performer may, too, become an IAS officer with hard work, discipline, and dedication. Another myth is that these officers are corrupt. Ms. Jindal said that one can maintain one's integrity, carry one's own aura, and one's reputation travels. Stick to the law. After all, we join together to make the system democratic in nature. The webinar was concluded with an interactive session with the students who cleared their doubts, anxieties, and fears. Finally, the speakers were thanked and their efforts were much appreciated.

4.B. Poster

INTERNAL QUALITY ASSURANCE CELL
OF
VIVEKANANDA COLLEGE
(NAAC 'A' GRADE)
UNIVERSITY OF DELHI
in collaboration with
theIAShub
Is Organising a Webinar on
30th April at 5 pm

SHAPING THE FUTURE WOMEN LEADERS

Role of an IAS officer
Examination Pattern & Changing trend in UPSC CSE
How to clear IAS in 1st Attempt

MK YADAV
(Ex-IB & Vigilance Officer, GoI)
Has Mentored more than 400+ IAS Officer

RITIKA JINDAL
Youngest IAS Officer, 2019
From SRCC, DU Topper
Cleared IAS @ 22 years

Organizers
Vivekananda College
Dr. Hina Nandrajog (Officiating Principal)
Dr. Vanita Sondhi (Convenor, IQAC)

theIAShub
Mr. MK YADAV, CMD

Also give Free Online Scholarship Test for IAS GS FOUNDATION COURSE

Forwarded

Join our Cloud HD Video Meeting
Zoom is the leader in modern enterprise video communications, with an easy, reliable cloud platform bit.ly

Dear Students

Internal Quality Assurance Cell, Vivekananda College, DU in Collaboration with **theIAShub** is organizing a webinar.

On **30th April, Tomorrow, Friday at 5 pm**

Topic - Shaping The Future Women Leaders!

Key Resource Persons -
Mr. MK Yadav (Ex. IB & Vig. Officer - who has mentored more than 400 IAS officers)

Ms. Ritika Jindal , Youngest IAS Officer 2019, IAS @ 22 yrs and is Topper of SRCC, DU

About

- » **Role of IAS officer**
- » **Examination Pattern** & Changing Trends
- » **How to Become IAS in 1st Attempt?**

Interested Students may **kindly refer to Zoom Link** for the Seminar -
http://bit.ly/Webinar_MKSir_RitikaMam

Only the first 100 students will be able to join the **Zoom session**.

The session will also be made **live on facebook** at **5pm Tomorrow**
<https://www.facebook.com/vivekananda.librarydu>

Also, an **online free Scholarship Test** will be conducted for GS Foundation Course - NEEV at theIAShub. Link will be shared with registered students.

Also, an **online free Scholarship Test** will be conducted for GS Foundation Course - NEEV at theIAShub. Link will be shared with registered students.

Know about NEEV Scholarship

<https://bit.ly/3xwcF2D>

Know more about the NEEV Course click at -

<https://bit.ly/2QnSbIS>

Learn more about theIAShub CSR initiatives

- <https://theiashub.com/csr-initiative>

Regards

IQAC, Vivekananda College, DU

7:19 PM ✓

4.C.Screenshots

