

**National Commission for Women,
Govt. of India, New Delhi**

Sponsored



National Level Virtual Seminar on

Physical And Psychological Wellness of Women at Home and Work Place



Organized By :

**Columbia Institute Of Pharmacy
Tekari, Raipur (C.G.)**

An NBA Accredited Institute for UG program (B. Pharm) and DST-FIST sponsored departments for PG courses (M.Pharm)

25th -26th November, 2020

About The Virtual Seminar :

This aim of this webinar cum virtual seminar is to raise the standard of living of females and women in the society. This webinar will provide the basic information and motivation to women to fulfill their goals and dreams by being physically and mentally fit.

Objectives of the Webinar :

The main emphasis will be on :

- To raise confidence level of women at home and work place
- Issues related to gender equality
- Safety, protection of women at home and outside home (in schools, colleges, institutes, companies/organization)
- Increase the knowledge and public's perception about mentally for women in the society.

Who Can Participate?

Women of all age group are eligible to participate in this webinar to acquire information and knowledge about the theme.

Please register using the following link:

https://docs.google.com/forms/d/e/1FAIpQLSdQhoZcve3pisVTL3pVVVZsCGc1_uYHXgIKisGt9MCj0oLsjw/viewform?usp=sf_link



Last date for Registration:

24th November 2020 📅

General Instructions

- Registration is compulsory
- No Registration Fees
- E-Certificate will be provided to the participants attending full session



Mode of Webinar :
Through **Google Meet**

Link : meet.google.com/bsy-noth-wyc

COLUMBIA INSTITUTE OF PHARMACY, RAIPUR (C.G.)

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About the Columbia Institute of Pharmacy :

Columbia Institute of Pharmacy (CIP) is a premiere Institute in Chhattisgarh is managed and run by Jan Pragati Education Society. The Institute conducts D. Pharm, B. Pharm and M. Pharm courses. All the courses are approved by PCI, New Delhi and affiliated to CSVTU, Bhilai. Columbia Institute of Pharmacy is also an approved research centre of CSVTU, Bhilai for conducting Ph.D programme. The UG course is accredited by National Board of Accreditation (NBA), New Delhi. The PG laboratories are supported by DST – FIST, New Delhi. The institute has well equipped and sophisticated instrument facility like UV-Visible Spectrometer, FTIR, HPLC, Flash Chromatography, Lyophilizer etc. The institute has a well maintained experimental animal House facility and cell line laboratory for the purpose of education, research and breeding of experimental animals. 18 gold medalist are from our institute in CSVTU till date. The institute has signed an MOU with Burapha University (Thailand) and Bharat Serum and Vaccines Limited, Household Pharmaceuticals Ltd., Adroit Pharmaceutical Private Ltd., Sunflag Agrotech, Sonal Industries and Coral petrochemicals. Research Grants of more than 1 crore has been received for various Research Promotion Scheme (RPS), Mini Research Projects (MRPs), Modernization & Removal of Obsolescence MODROB & staff development programmes from government bodies like AICTE, DST, DBT, ICMR, CCOST etc. including International and national seminars, conferences, workshops and training programs to improve skills of the students and teachers. Entrepreneurship development programmes are conducted regularly with an aim to train students the essentials of conceiving, planning, initiating and launching start ups.

About National Commission for Women (NCW)

The National Commission for Women (NCW) is the statutory body of the Government of India, generally concerned with advising the government on all policy matters affecting women. It was established in 31 January 1992 under the provisions of the Indian Constitution,[1] as defined in the 1990 National Commission for Women Act. The objective of the NCW is to represent the rights of women in India and to provide a voice for their issues and concerns.

The commission sponsor grants to institutions / organizations willing to undertake Research / Studies, Seminars / Conferences /workshops, Public Hearings, Legal Awareness Programmes and Parivarik Mahila Lok Adalats.

DAY-1 | 25th November, 2020

Start of Webinar - 10:30 AM

INAUGURAL FUNCTION

Welcome Note by Shri. Harjeet Singh Hura

About the Webinar : Prof. Amit Roy, Principal, CIP, Raipur (C.G.)

Chief Guest : Prof. Swarnlata Saraf, Dean & Director, UIOP, Pt. RSSU, Raipur (C.G.)

Vote of Thanks : Dr. Beena Gidwani

Session	Time	Name of Speakers
Session - I	11:30 to 12:10pm	 Prof. Swarnlata Saraf Dean & Director, UIOP, Pt. RSSU, Raipur (C.G.)
Session - II	12:15 to 12:55pm	 Ms. Harsha Sharda Soft Skills and Leadership Coach, Career Consultant & Counsellor, Raipur (C.G.)
Session - III	01:00 to 01:40pm	 Dr. Sadhana Shahi Associate Professor, Dept. of Pharmaceutics Govt. College of Pharmacy, Aurangabad

DAY-2 | 26th November, 2020

Session - IV	11:15 to 11:55pm	 Dr. Meenakshi Sinha Professor , Department of Physiology, AIIMS, Raipur (C.G.)
Session - V	12:00 to 12:40pm	 Dr. Anita Dhagamwar Principal, Columbia College of Nursing Raipur (C.G.)

Concluding note about the Webinar – Dr. Beena Gidwani

Vote of thanks : Ms. Pragya Baghel

Summary

A very pleasant morning to one & all present here I Dr. Beena Gidwani once again welcome all of you in NCW sponsored virtual seminar on “Physical & Psychological wellness of women at Home & Work Place”. The basic aim of this webinar was to motivate & impart wellness to the women both physically & mentally during their house hold activities & the work place. It was held on 25th and 26th November, 2020 at Columbia Institute of Pharmacy, Raipur.

The webinar was initiated with total registration of 165 women from various places. The registration & participation were from Chhattisgarh, Madhya Pradesh, Maharashtra, Uttar Pradesh, Andhra Pradesh & various other places & work culture environment.

Inaugural Function -

The webinar was initiated with the inaugural function; welcome note was delivered by Shri Kishore Jadwani Ji, Chairman, Jan Pragati Education Society, Raipur. Shri Harjeet Singh Hura ji, Secretary, Jan Pragati Education Society, Raipur shared his view on this auspicious day about the programme. Prof. Amit Roy, Principal, Columbia Institute of Pharmacy, Raipur highlighted the key points about existence of Women from time immemorial. Prof. Swarnlata Saraf Madam, Chief Guest of inaugural function highlighted about the growth of women globally from ancient to recent era. Madam focused on the importance of women in growth of society & the country. The inaugural function was ended with the vote of thanks proposed by Dr. Beena Gidwani, the convener of webinar. The inaugural function was followed by the scientific session. There were total 5 sessions.

Scientific Sessions

On the first day of webinar i.e. on 25th November, 2020 three sessions were held.

First Scientific Session [by Prof. Swarnlata Saraf] on topic WELLNESS.

The first scientific session was delivered by Prof. Swarnlata Saraf madam, Dean & Director, University Institute of Pharmacy, Pt. Ravi Shankar Shukla University, Raipur (C.G.). She delivered her talk on “Wellness”. Madam explained the definition of wellness according to WHO, the key areas, eight dimensions & trends to be followed by women for maintaining health & wellness of body both physically, psychologically & spiritually.

Second Scientific Session [by Ms. Harsha Sharda] on topic GENDER EQUALITY.

The Second scientific session was delivered by Ms. Harsha Sharda Ji, Soft skills & leadership coach, counsellor, Raipur. Madam delivered her talk on topic of “Gender Equality”, where she discussed that discrimination between male & female starts from our home itself. She explained the possible causes of gender inequality & the steps to overcome these issues. She explained how to balance the condition of women at home & office. The basics of what & how these differences in gender arise & the possible solution of these limitations were explained by madam.

Third Scientific Session [by Dr. Sadhana Shahi] on topic EMOTIONAL QUOTIENT MANAGEMENT.

The third scientific session was delivered by Dr. Sadhana Shahi Madam, Govt. College of Pharmacy, Aurangabad. She delivered her talk on “Emotional Quotient”. How to express the emotions on every situation & to handle those emotions in day to day life was covered by madam. She explained the difference between empathy and sympathy with certain examples. The significance of emotions and how these emotions could be used for intelligence was discussed in her session.

On second day i.e. on 26th November 2020, two sessions were held.

Fourth Scientific Session [by Dr. Meenakshi Sinha] on topic Psychological Health & Women Wellness.

In continuation , the fourth session was delivered on topic “Psychological Health & Women Wellness” by Dr. Meenakshi Sinha, Dept. of Physiology, All India Institute of Medical Sciences; Raipur. She focused on the data given to explain mental status of women. Madam explained about the mental health i.e. healthy brain in case of male & female. She told that as per WHO, with ageing women are more likely to suffer with poor mental health. This happens because of the lot of changes that occurs in body of women anatomically & physiologically. The impact of society also affects the brain of women; she concluded about her talk by highlighting the eight key points to maintain mental health & wellness. She highlighted her survey report on covid-19 pandemic & women’s well being” which was published in Journal of public health research, Dove press.

Fifth Scientific Session [by Dr. Anita Dhagamwar] on topic Work life balance.

The Fifth & last scientific session was delivered by Dr. Anita Dhagamwar, Principal, Columbia College of Nursing Raipur. She delivered her talk on topic “Work life balance” & explained the factors affecting & importance of work & life balance simultaneously. She highlighted the consequences of poor work, life balance & various models for work life balance.

With these 5 sessions, we come to an end to this NCW sponsored national webinar. All the participants were benefited by the scientific sessions. Feedback form filled by the participants was collected through email and then e-certificates were provided to them. I thank everyone who has directly or indirectly participated in this webinar.

Thank you.