

Indira College of Commerce and Science, Pune

HEALTHY PRACTICES

Topic: “Dealing with negative emotions and positive emotional wellbeing”

Date: 6th Jan 2021 **Time:** 11.00 am to 12.30 pm

Class: Faculties, Students of SY all course and NSS students

Venue: MS Teams Live **Session Speaker:**

Name – Mrs. Anuja Kulkarni

Designation- Co-founder -Jidnyasa

Objective:

- ✓ Have an understanding of the terms ‘mental health’ and ‘emotional wellbeing’.
- ✓ Have an understanding of what stress is and the different ways that people experience stress.
- ✓ Understand how thoughts, feelings and actions link together to impact on stress levels.
- ✓ Being able to identify emotions in self and others
- ✓ Being able to express emotions and take steps to cope with negative emotions

Link:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_NTYyMGJIODMtZGZjMy00Y2MzLWFmN2MtMWJkNmQ5NmRhMjQ4%40thread.v2/0?context=%7b%22Tid%22%3a%227676ed11-82d5-40f2-ae3c-7d482c942c46%22%2c%22Oid%22%3a%2287aaf14a-787b-4c40-b384-7bef7c500c29%22%2c%22IsBroadcastMeeting%22%3atrue%7d

Pics:-

SHREE CHANAKYA EDUCATION SOCIETY'S
**INDIRA COLLEGE OF
COMMERCE AND SCIENCE**

IN COLLABORATION WITH
C.H.A.M.P CLUB

W.E.L.C.O.M.E.S

YOU ALL TO THE WEBINAR ON
**TOPIC: DEALING WITH NEGATIVE EMOTIONS AND
POSITIVE EMOTIONAL WELL-BEING**

BY: MRS. ANUJA KULKARNI
PSYCHOLOGIST | CO-FOUNDER: JIDNYASA

INDIRA C.H.A.M.P

Welcome Banner

SHREE CHANAKYA EDUCATION SOCIETY'S
**INDIRA COLLEGE OF
COMMERCE AND SCIENCE**

In Association With
C.H.A.M.P CLUB
(CONNECTING HEART AND MIND PROGRAMME)

Presents
A webinar on

**Topic : Dealing with negative emotions
and positive emotional well-being.**

SPEAKER : Mrs. Anuja Kulkarni
Psychologist | Co-founder: Jidnyasa

DATE : Wednesday, January 6, 2021

TIME : 11:00 AM

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contact.champclub@gmail.com

Flyer to Circulate Students regarding Webinar

What is anxiety?

- Tendency for constant worrying
- Vulnerability for anxiety
- How can you deal with it?

Jidnyasa

Live Session by Mrs. Anuja Kulkarni

Mental Health

- P- Positive emotions
- E- Engagement
- R- Relationships
- M-Meaning
- A- Achievements

Jidnyasa

Students and Faculties at time of session

What are effective coping mechanisms?

- Healthy replacements pastime activities
- Reducing boredom
- Creating positive experiences
- Breaking own patterns
- Dealing with anger towards self and others
- Taking help from a professional

asa
Assessment | Counselling

42:13

Request control

SD

RT

George (Hemant)...

RS (Rajshree)...

Ashwika (A)...

Kanav (Kanav)...

Geeta (Hemant)...

42:13

ENG

11/2/2021

Type here to search

Presentation at the time of Session

Live event Q&A

New (4) Published (11) Deleted (0)

Open Most recent

cannot keep the negative at bay for too long ya, sometime or the other they bounce up and then it is transferring to deal with them.

Apply

— 11/02/21 12:52 PM

M'am can a guide on killing procrastination. It is very bad habit

Apply

Anonymous 11/02/21 12:52 PM

How to deal with stubborn parents

Apply

Anonymous 11/02/21 12:52 PM

Hello m'am sometimes i feel like i am pretending to be happy just for the sake of others...

Apply

Anonymous 11/02/21 12:52 PM

Do mental issues affect memory?

Make an announcement

42:13

ENG

11/2/2021

Type here to search

Question answer session

Topic: International Yoga Day 2020

Date: 21th June 2020 **Time :** 9.30 am to 11.00 am

Class: Faculties, Students of SY And TY Year of B.Sc.(CS) , B.Sc.(IT), BBA(CA), B.C.A. (Sci)

Venue: MS Teams Live Session

Speaker:

Speaker 1 Name – Mr. Shivshankar Renukatalwar

Designation- Yoga Teacher

Topic - Live Yoga and Meditation Exercise

Objective: To let people know the amazing and natural benefits of yoga and to connect people to the nature by practicing yoga

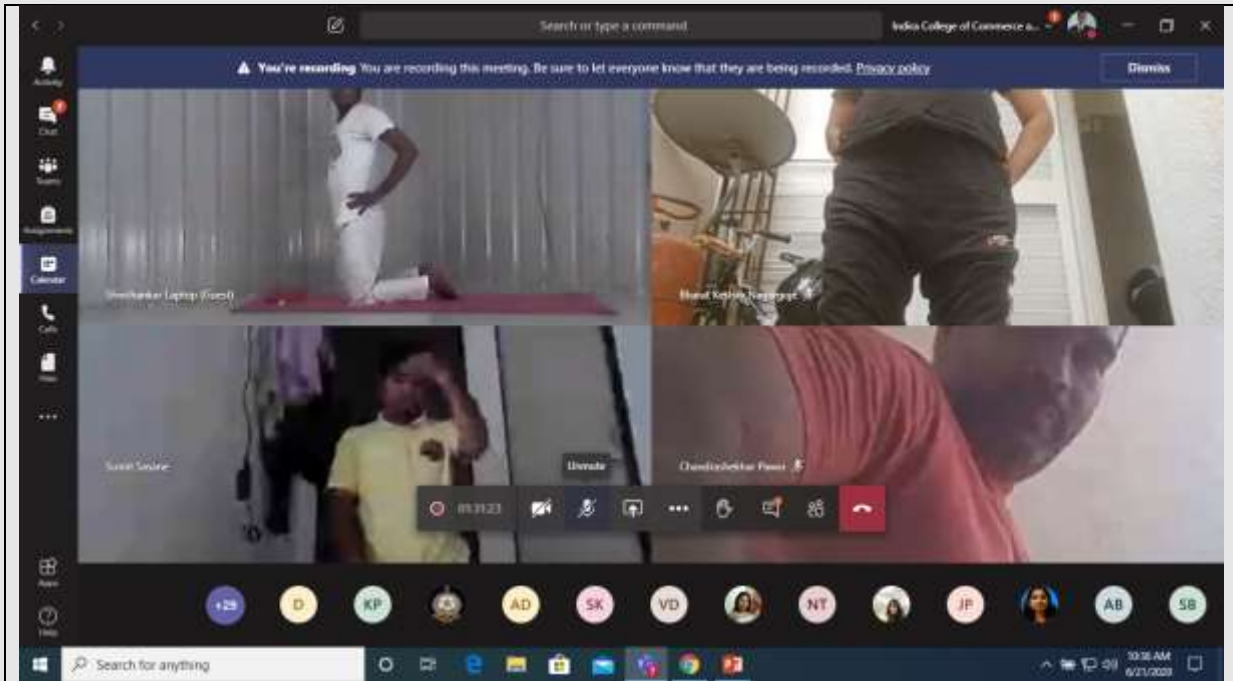
Link: https://teams.microsoft.com/meetingOptions/?organizerId=e0f83d4f-30fb-4280-b16f-718a26a30f60&tenantId=7676ed11-82d5-40f2-ae3c-7d482c942c46&threadId=19_meeting_Mjk4ZmRjYTMtOTVjZC00MjY2LWJlNjItNWQ3MjVmNmE1ODAz@thread.v2&messageId=0&language=en-IN

Pics

The banner features a blue background with white and red text. At the top left is the logo of Shree Chanakya Education Society's Indira College of Commerce and Science, which includes a green tree and a person silhouette. To the right is a circular logo with an orange and red design. The main text reads: "Celebrates International Yoga Day 21 June 2020 'Hum Fit Toh India Fit'". On the right side, there is a logo for International Yoga Day, showing a black silhouette of a person in a yoga pose against a red and orange flame-like background with the word "YOGA" below it. At the bottom, it says "21st Yoga Day Banner".



Faculties are Involved in Yoga Session



Mr. Shivshankar Renukatalwar and Students

Topic: Visit to Blind Orphanage- Shirgoan.

Date - 10 March 21

Venue; - “Mai Bhavan” Shirgoan

Resource Person: - Mrs Pradnya Deshpande

Faculty In-charge:-

- 1) Prof. Sumit Sasane
- 2) Dr.Chandrashekhar Pawar
- 3) Dr.Kishor Pathare

Objective:-

The objective of this visit was to make everyone understand the power of empathy, integration, empowerment to a special section of society who are special for living their lives beautifully with self-confidence, dignity and self-control and Students should be aware of helping the disabled, blind and poor people in the society.

We will plan such visits in future too

Details:-

Indira College of commerce and science, National Service Scheme (NSS) Pune visited “Mai Bhavan” Shirgoan.

There are nearly 30 blind students where we distributed stationary material which helps them for their studies. And some sweets and biscuits as token of love to all of them.

Mode of Delivery: - Visit (offline)

Type of Event / Category: - Social Activity

Pictures:



“Mai Bhavan” Shirgoan



Students of mai bhavan and staff



Distribution of stationary material



Distribution of sweets and biscuits

Topic: “Gender Just Society...Is It a Still Dream for We Indian?”

Event: Guest lecture on Gender Just Society...Is It a Still Dream for We Indian?

Date: 5th Jan. 2021 **Time:** 10:30am to 11:30 am

Class: All First Year Students

Venue: MS Teams

Speaker Name: Adv. Mrs. Archana Bogaonkar

Designation: Advocate

Objective: a) To know the importance of gender equality.

b) To create awareness of gender just society among the learners.

Outcome: The speaker, Adv. Mrs. Archana Bogaonkar created awareness among the students for serving equal respect to each other. She made the learners understand how law is helpful in decreasing gender inequality. The session was very fruitful for all. They learnt how gender equality contributes to create a healthy society.

No. of Participants: 520

Webinar on "Gender Just Society" 41:20 470 attendees **Live**

Queue: Guest 1's desktop and Guest 1 | Live event: Guest 1's desktop and Guest 1 are live

GENDER EQUALITY CONTRIBUTES TO A HEALTHY SOCIETY

The healthy society is a society where both women and men have a role. We live in a society where both genders need to contribute to a good family life to be the best citizens of the society. To ensure this we need to make sure a balanced distribution of gender diversity, which is an equal number of men and women, is maintained and that their attributes are respected.

Gender Equality was only for boys and now the concept is broken. As a good for both men and women. Making who represents a balance with the boys and the girls number of both shall thus leaving the girls nothing.

Benefits that give diversity and give an equal role and treatment...
Economic benefits from gender equality.

The biggest benefits passed by parents. Parents are 100% for the girl and 100% for the boy.

Presenters: Guest 1, G2, BJ, Roundtable... | Content: Guest 1's desktop

10:41 AM 1/5/2021

Webinar on "Gender Just Society" 41:36 520 attendees **Live**

Queue: Guest 1's desktop and Guest 1 | Live event: Guest 1's desktop and Guest 1 are live

EDUCATION OF LAWS FOR BOTH GENDERS

- GENDER equality means that women and men have equal rights in all spheres of life and that they are treated equally. This is the concept of gender equality and gender justice.
- GENDER equality is a society where both genders need to contribute to a good family life to be the best citizens of the society. To ensure this we need to make sure a balanced distribution of gender diversity, which is an equal number of men and women, is maintained and that their attributes are respected.
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Presenters: Guest 1, G2, BJ, Roundtable... | Content: Guest 1's desktop

10:47 AM 1/5/2021

Webinar on "Gender Just Society" 01:12:50 418 attendees **LIVE** Need help? Leave

Queue Guest 1's desktop and Guest 1 **Live event** Guest 1's desktop and Guest 1 are live

OUR LAWS CAN HELP IF YOU APPROACH

- The POBH Act has been enacted with the objective of preventing and protecting women against workplace, sexual harassment and to ensure effective redressal.
- This law was enacted in the aftermath of the December 2012 rape of a young student in Delhi that led to mobilisation both in the streets and in the setting up of the Justice Verma Committee. It was passed by the upper house in February 2013 and given presidential assent in April 2013.
- To stop crimes CCTVs are installed in public places and is mandatory to have such surveillance in all places.
- Cyber crime branch.

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Presenters **You** **Content**

Guest 1 G2 [Avatar] [Avatar] [Avatar] Guest 1's desktop

Share Mute all

Type here to search 10:11 AM (1/3/20)