



Vivek Education Society's VIVEK COLLEGE OF COMMERCE

Vivek College Road, Siddharth Nagar,
Goregaon West, Mumbai - 400104

Accredited by NAAC & Permanently affiliated to University of Mumbai



Internal Quality Assurance Cell

&

Women's Development Cell

in association with

University of Mumbai
Women's Development Cell

organises

A NATIONAL WEBINAR

Theme:

'Gender Equity and COVID-19'

Sub-Theme:

Mental Health Concerns

Date & Time: Thursday, 16 July 2020 at 10.00 a.m.

CLICK

For Participating in this National Webinar

<https://t.me/joinchat/OKYNIIZgrpIDBOst6iMsAQ>

-We cordially invite various stakeholders to participate in this webinar-

Our Communication platforms



ABOUT COLLEGE:

Vivek Education Society, a Charitable Institution set up in the year 1961, had established Vivek Vidyalaya in 1962 and followed it up by starting Junior College in the streams of Arts, Science & Commerce in 1976. Vivek College of Commerce was started in the year 1986. These Institutions together have been catering to over 7000 Learners studying from Pre-Primary to Post-Graduation level. It is recognized as a vibrant institution working relentlessly for the cause of education.

Vivek College has produced some of the finest and most disciplined learners who excel not only in academics and in their profession, but also in arts and sports. The College is committed to shaping learners into skilled, responsible, disciplined and socially conscious citizens with a strong value base. Vivek College of Commerce has been granted Linguistic Minority (Tamil) Status. It offers various courses at the undergraduate level, post graduate level in aided and self-financing stream. Namely: B.Com, BMS, B.Sc. (I.T.), B.Com (A & F), B.Com (B & I), B.Com (F & M), BMMMC (Mass Media), M.Com in Accountancy and Management, M.Sc. (I.T.).

The college has a Women Development Cell, working on the guidelines of the University of Mumbai. It continuously arranges programmes, workshop etc to insist upon the idea of 'Gender Equity'.

ABOUT UNIVERSITY OF MUMBAI - WOMEN'S DEVELOPMENT CELL (UWDC):

The Women Development Cell (WDC) was established in the University of Mumbai in the year 2001. It was done by the then Hon. Vice Chancellor of the University. The establishment of the WDC is indeed a landmark achievement of the University in pursuance of the policies of women empowerment within the University ambit. The aim is to build a gender sensitive campus. The University has set up the WDC to address concerns of gender discrimination and recommend measures and policies for gender parity at the University. The aim and objective of the WDC is to prevent sexual harassment at workplace (colleges and university campuses) and to promote general well-being of female students, teaching and non-teaching women staff on the University and colleges. The cell is also responsible to undertake the awareness programmes on gender sensitization, women's rights and women empowerment in University campuses and colleges.

OBJECTIVES OF THE WEBINAR:

The aim of the webinar is to provide young minds with a genuine platform amid this uncertainty, enabling them to address their issues related to it. To generate enough strength to speak to demand for integrated mental health with the psycho-sociological environment specially during this period.

1. To discuss the concept of mental health during Covid-19 and mental well-being.
2. To understand this in context of quarantine and isolation but simultaneously orient their skills of mindfulness for supporting the personal well-being.
3. To promote positive personality, emotional stability to cope with the Covid-19 threats and challenges and have the preparedness to handle it.
4. To explore tips, resources and strategies to manage oneself during this phase and speak to the experts on ways to overcome anxiety.
5. The main aim of it is to raise awareness about potential stressors triggered during pandemic in the academic community also.

CONCEPT NOTE OF THE WEBINAR:

The spread of COVID 19 has led to an acute global crisis in the form of a pandemic. As scientists across the world strive to understand and cure the virus, governments across the world are trying to adopt policies and implement strategies best suited to their own contexts. In India, the government declared the first 21 day pandemic lockdown on March 24th 2020. Due to the sudden nature of the announcement, millions of Indian people have been left confused and stranded. Loss of home and loss of livelihood are becoming the cause of several deaths even as the corona deaths are on the rise. As women we realize that the pandemic is not gender neutral. Neither is it neutral to class, or caste, or sexuality. People already marginalised and stigmatized, are the worst hit by the pandemic lockdowns. As 'stay at home' becomes the dictum of the pandemic lockdown, statistics on increased domestic violence pour in. Further, due to orders of 'work from home' issued across various sectors, women's work at home has increased enormously. Not surprisingly, many women have lost their livelihoods and income. Our everyday worlds are witnessing newer forms of patriarchy. As academics and teachers, we are struggling with a non-face to face form of teaching. Our profession, so deeply tied to the idea of personal connect, is redefining itself in startling ways. How will we restore a pedagogic intimacy in the coming world? As we ponder over our own predicament as students and teachers, it becomes important for us not to lose ourselves in the professional race to win, not just to show our online prowess and power. It becomes important for us to draw from within the deepest core of our being, a sensitivity that surpasses any we have seen in our lifetime. The most important task of what we do as academics is critical and empathic reflection on our worlds. This Webinar Series is conceptualized by the Women's Development Cell of the University of Mumbai within the impulse to reflect, pause and think- from the perspectives of the poorest of the poor, the most marginal of the marginal. And dedicate ourselves to the task of re-imagining a just Post COVID world. Conducted in association with its host colleges, we hope the Webinar Series will lead to constructive dialogues among activists, academics and policy makers.

- Dr. Gita Chadha (Chairperson, UWDC) and Dr. Meher Bhoot (Member Secretary, UWDC)

OUR ESTEEMED RESOURCE PERSONS:



ABOUT THE GUEST SPEAKER:

Ms. Pooja Nair

Trainer, Counsellor and Psychotherapist

She is a ciswoman who chooses the pronoun she to describe herself. She has been part of the non-profit sector for over a decade. She is a counsellor/psychotherapist with her independent practice and is also a trainer.

She is faculty at Mariwala Health Initiative's Queer Affirmative Counselling Practice certificate course. She has an MPhil in social work which is a feminist inquiry of child sexual abuse and has worked in the areas of life skills, gender, sexuality, violence and child sexual abuse. She is currently doing her PhD.

ABOUT THE GUEST DISCUSSANT:

Ms. Leena Pujari

Department of Sociology, K. C. College, Mumbai

She is a Feminist Sociologist and Researcher who believes in teaching for social transformation and in nurturing critical and analytical minds.

Currently she is Associate Professor and Head, Department of Sociology, K C College. She specializes in Gender Studies.



WEBINAR SCHEDULE:

TOPIC	TIME	NAME OF THE SPEAKER
National Anthem	10.00 am to 10.02 am	Technical Support
Welcome Address & Introduction of UWDC Organisers	10.02 am to 10.05 am	Prof Maria Muthukumar
About WDC of the college	10.05 am to 10.08 am	Dr. Neelu Khosla WDC Convenor
Principal's Address	10.08 am to 10.10 am	Dr. Vijetha Shetty Principal
Management's Address	10.10 am to 10.15 am	Mr. S. Sriram President, Vivek Education Society
Concept Note of the Webinar	10.15 am to 10.25 am	Dr. Gita Chadha Chairperson, UWDC
Introduction of Guest Speaker & Guest Discussant	10.25 am to 10.30 am	CA Shrikant Marathe IQAC Coordinator
Keynote Address	10.30 am to 11.15 am	Ms. Pooja Nair Trainer, Counsellor & Psychotherapist
Guest Discussant	11.15 am to 11.25 am	Ms. Leena Pujari Department of Sociology, K. C. College
Q & A	11.25 am to 11.40 am	Dr. Gita Chadha & Prof Sukanya Sawant
Concluding Remarks	11.40 am to 11.50 am	Dr. Meher Bhoot Member Secretary, UWDC
Vote of Thanks	11.50 am to 11.55 am	Prof Akshata Pai
General Closure Instructions	11.55 am to 12 noon	Technical Support

INSTRUCTIONS TO PARTICIPANTS:

1. Filing the registration form & joining the Telegram group is compulsory.
2. E-Certificate of Participation will be issued only after the successful submission of feedback form by the participants within 10 to 15 working days. Participants are requested not to put queries related to activation of feedback link frequently in the chat box.
3. Limited seats available (rights of selection reserved with the organiser).
4. Login ID and Password or Link will be provided a day in advance. (Webinar Platform Zoom or YouTube Live)
5. Kindly Turn Off the Video & Mute the Audio once you join the webinar.
6. Q & A will be accepted from the participants in coordination with the organisers.
7. No registration fee.

PATRONS:

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CHAIRPERSON:

DR. VIJETHA SHETTY

PRINCIPAL - VIVEK COLLEGE OF COMMERCE

IQAC COORDINATOR:

PROF. CA. SHRIKANT MARATHE

WDC CONVENOR:

PROF. DR. NEELU KHOSLA

CORE COMMITTEE:

IQAC & WDC MEMBERS, TEACHING STAFF & ADMINISTRATIVE STAFF MEMBERS

[CLICK HERE TO REGISTER](https://forms.gle/dhSsCGtHmSR5q2Vj8)

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