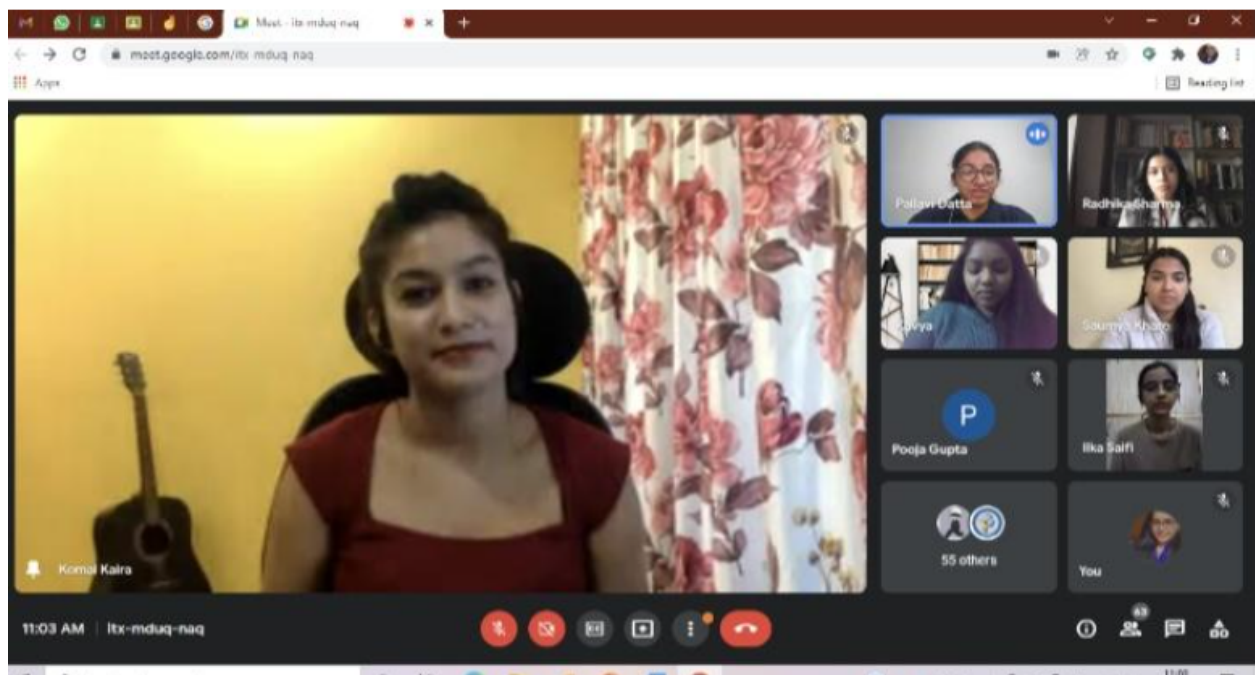


2.3.1 Student Centric Learning

Webinar: QUEER-AFFIRMATIVE THERAPY

The department of Psychology, organized a webinar on the topic “Queer-affirmative Therapy” with the motive to explain students how one can become a successful Therapist supporting thousands of Queer clients. The Guest Speaker for the webinar was Ms. Komal Kaira, an integrative Psychotherapist, and Psychologist.

Ms. Komal focuses on need of Queer- affirmative Counseling, she explains that in today's world for a lot of people Queer is a very new term and the acceptance by society becomes lower as people are not able to understand this concept, hence therapy can be a comfortable place for people who identify as queer to discuss their problems. As the audience consisted of majority of Psychology students she further explained the tips to practice Queer Affirmative Therapy, the do's and don'ts of it.



Webinar: Mental health of Women during COVID-19 to create awareness regarding the importance of mental health in women's life

The department of Psychology, organized a webinar on the topic “Mental health of Women during COVID-19”, with the motive to create awareness regarding the importance of mental health in women's life amongst teaching, non-teaching staff, and students. The Guest Speaker for the webinar was Ms. Prachi Pratap, a prominent advocate at the Supreme Court of India, partner with Pratap and Company, and a social Entrepreneur.

Ms. Prachi highlighted what changes the pandemic has caused in the life of women where she mentioned the following points:

1. Triple burden on Working or non-working women during the pandemic.
2. How is household income related to mental peace?
3. Increase in suicidal cases of women due to depression.
4. Increase in domestic violence in the pandemic.
5. Importance of exercise, reading books, which helps our brain to think and work properly.
6. How cases of marital rape have been increasing in pandemic
7. Online Sexual Harassment
8. Sharing what exactly a woman is going through with her family is quite necessary for the woman to be mentally happy.

Ms. Prachi also mentioned that it is the responsibility of every family member to understand what a woman is feeling and help them in whatever way they can. She shared about many philosophers, researchers and studies during the webinar.



Virtual industrial visit to Yakult Danone India Pvt Ltd

The department of Instrumentation, organized a virtual industrial visit to “Yakult Danone India Pvt Ltd”. The resource person-Mr. Tushar Kumar, Public Relations, Yakult gave a virtual tour of the manufacturing unit of the company. The session was started by giving a brief history about the company, how in 1930 Dr. Minoru Shirota who was a Japanese scientist prepared a special type of drink made up of Lactobacillus casei Shirota. The speaker elaborated further as how the product made by the company is totally natural and most of the products are being made by same ingredients. At the end, a Q & A round was conducted where students cleared all their doubts. Overall it was an interactive session for the students.

Tushar Kumar

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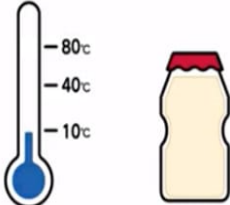
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Yogesh... MAANIKA B... Vaishnav... Tushar Kumar

Yakult

Can we heat up Yakult



Yakult should always be stored below 10°C.

Participants

Invite someone or dial a number

Share invite

Presenters (2) Mute all

- Aadish Organizer
- Tushar Kumar

Attendees (154)

- aakanksha (Guest)
- Aakanksha chokra (Guest)
- Aakanksha (Guest)
- Aarudhi Rauthan (Guest)
- Aashna (Guest)
- Aastha Joshi (Guest)

Tushar Kumar

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