



Kandivli Education Society's
**B. K. SHROFF COLLEGE OF ARTS &
M. H. SHROFF COLLEGE OF COMMERCE**
An Autonomous College • NAAC Re-accredited 'A' Grade • ISO 9001:2015 Certified
Mentor College under UGC's PARAMARSH Scheme • Best College 2017-18 award from University of Mumbai



nidm
Resilient India - Disaster Free India



सत्यमेव जयते

Webinar Report

on

PHYSICAL AND MENTAL WELL-BEING OF WOMEN IN PANDEMIC

[26th July 2021, 11:30 PM – 1:30 PM]

Conducted by

***Women Development and Empowerment Cell of KES
Shroff College of Arts and Commerce (Autonomous),
Mumbai***

in collaboration with

***National Institute of Disaster
Management, Government of
India, New Delhi***

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Webinar Coordinator:

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Ms. Jayshri Lokhande
Member
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Introduction:

Mental health refers to cognitive, behavioural, and emotional well-being. It is all about how people think, feel, and behave. It is difficult to maintain a healthy lifestyle when we are in the middle of a crisis like a pandemic. It was long flouted as being unimportant, but looking after one's mental health, in fact, preserves a person's ability to relish life.

About Kandivali Education Society:

Kandivali Education Society, a pioneer education trust in the western suburbs of Mumbai is imparting quality education for over seven decades. It runs 7 educational institutions with diverse courses catering to the needs of students from different strata of society. Over 19000 students have received quality education in the institutions run by the trust till today.

KES Shroff College of Arts and Commerce:

Kandivali Education Society's B. K. Shroff College of Arts and M. H. Shroff College of Commerce (KESSC), popularly known as KES Shroff College was established in the year 1989. The college received the 'Best College 2017-18' award from University of Mumbai and has recently been granted academic Autonomy. It is accredited with 'A' grade by NAAC in the second cycle and it is an ISO 9001:2015 certified institution. KESSC has completed 30 glorious years igniting the flame of academic excellence and imparting knowledge to more than 9500 students. To equip students to face the ever-evolving corporate world we follow the cafeteria approach providing 15 Undergraduate Programmes and 10 Post Graduate Programmes. The college is also a PhD Research Centre in Commerce affiliated to the University of Mumbai in the subjects of Business Economics and Business Policy and Administration.

Women Development and Empowerment Cell (WDEC):

KES Shroff College of Arts and Commerce has started Women Development and Empowerment Cell (WDEC) in the year 2011. WDEC works as a forum for guidance, counselling, training, and welfare programmes for women in our campus.



The primary objective is to build a Gender Sensitized community within the campus as well as in the society by organizing lectures, workshops, and discussions on topical and pertinent women issues.

About NIDM

The National Institute of Disaster Management (NIDM), is a statutory organization of the Government of India under Ministry of Home Affairs, established to function within the policies & guidelines laid down under the Disaster Management Act, 2005, and to cater the needs of research, training, documentation, and publication in disaster management, including natural (geological, hydrological, climatic), and human induced (chemical, industrial, nuclear, environmental) hazards. It is a premier national institute working for human resource development at the apex level in disaster mitigation and management. The mandate of the institute is to gear up the national, state and district level administration to tackle natural calamities and will also be coordinating research projects, training programmes and will build a database on natural disasters with case studies. The mission of the institute is to work as a think tank for the government by providing policy advice and facilitating capacity building services including strategic learning, research, training, system development and expertise promotion for effective disaster preparedness and mitigation.

NIDM works to design, develop and implement training programmes, undertake and coordinate research, formulate and implement the human resource development plan, provide assistance in national policy formulation, collaborate with and promote other research and training institutes, State Governments and other organizations for successfully discharging their tasks, develop educational wares for dissemination among stakeholders in addition to undertake any other function as assigned to it by the Central Government. The institute also works towards the effective application of disaster risk mitigation and management in India as well as the region by providing technical assistance for capacity building and developing disaster management systems and Institutional framework in the sector.

NIDM is envisioned to be a Centre of Excellence and Advance Learning in the fields of disaster management, in this part of the world. The key activities of the centre include:

- Online Training for at the national/regional, state and district levels to prepare them to

tacklenatural and human induced disaster risks.

- Research on hazard identification & assessment, prevention & mitigation issues, and concerns and lacunae in management of hazards, risk, and loss events with case analysis of lessons learnt from past disasters events.
- Documentation of best practices in disaster management, impact of disasters, case studies, situational analysis of relief and response measures, creation of database, preparation and dissemination of awareness materials, and publications in the form of newsletter, web-resource, flyers, journal, monographs, handbooks, etc.

About the Webinar:

Mental health refers to cognitive, behavioural, and emotional well-being. It is all about how people think, feel, and behave. It is difficult to maintain a healthy lifestyle when we are in the middle of a crisis like a pandemic. It was long flouted as being unimportant, but looking after one's mental health, in fact, preserves a person's ability to relish life. This helps one to attain a balance between day-to-day activities, responsibilities, and efforts for achieving psychological resilience. Various attributes in a people's life including interpersonal connections and physical factors contribute to mental health disruptions. Women's well-being is often ignored and shadowed into the background. Issues like sexual harassment, unequal pay, glass ceilings and discriminatory treatment continue to plague them and often go unaddressed. In most households, the fact that women have to perform all domestic chores is taken for granted, which, in turn, widens the gulf and puts an excessive workload on women, who have to manage their professional careers as well. The absence of creches and domestic help has only added to the woes of working women during the pandemic. This additional workload has taken a toll on the mental health of women as they are hardly left with any "me" time. The absence of a conducive work environment, lack of personal time, breaks, etc. add to the stress and anxiety, leading to depression and other mental society have to cope with closed clubs, snide comments and need to deliver twice as much as the dominant population, to be accepted, which in turn affects their mental health.



Agenda:

To Review the effects of pandemic-related stress on Women's physical, mental and cognitive health and to understand healthful ways to respond to COVID-19 related loss and grief on physical and mental health.

Name of the Speakers:

- 1) Ms. Sweetie Jain Birla, Psychologist and Counsellor at D.G. Khetan International School, Malad, Mumbai.
- 2) Dr. Swati Rane, CEO, SevaShaki Healthcare Consultancy, Mumbai

Programme Schedule:

PROGRAMME SCHEDULE		
11.30- 11.33 am	Host	Dollu Mehta , Student Jt. Secretary, WDEC
11.33 - 11.35 am	Welcome address	Ms. Jayshri Lokhande , Member WDEC
Session 1		
11.35 - 11.37 am	Introduction of the Resource Person: Ms Sweetie Jain	Ms. Jayshri Lokhande , Member WDEC
11.37 - 12.20 pm	Mental Well-being of Women in Pandemic'	By Ms Sweetie Jain , Psychologist and Counsellor
12.20 - 12.30 pm	Questions & Answers	Dollu Mehta , Student Jt. Secretary, WDEC
Session 2		
12.30 – 12.32 pm	Introduction of the Resource Person: Dr. Swati Rane	Ms. Samita Sengupta , Member WDEC
12.32 – 1.15 pm	Physical Well-being of Women in Pandemic	Dr. Swati Rane , CEO, SevaShaki Healthcare Consultancy, Mumbai
1.15 – 1.25 pm	Feedback form & Questions & Answers sessions	Dollu Mehta , Student Jt. Secretary, WDEC
1.25 - 1.30 pm	Vote of thanks	Ms. Vaishali Ojha , member WDEC



**Stay Protected
from Corona**



Wear your Mask
Properly



Wash your Hands
Regularly



Maintain Social
Distancing

Webinar Banner:



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Resilient India • Disaster Free India

Women Development and Empowerment Cell
In association with
National Institute of Disaster Management (NIDM),
Ministry of Home Affairs, Govt. of India
Organizes an national Webinar
on

“Physical and Mental well-being of women in Pandemics”

26th July 2021
Time: 11:30 AM





Dr. Lily Bhushan,
Principal, KES Shroff College



Ms. Sweetie Jain Birla,
Psychologist & Counsellor



Dr. Swati Rane,
CEO, SevaShakti Healthcare
Consultancy



Mr. Manoj Bindal,
Executive Director, NIDM

Event Organizing Team:
Dr. Ajinder Walia, Asst. Prof. NIDM
Dr. Vanitha Esaimani Chairperson
Ms. Vaishali Ojha Member
MS. Arti Gadre, Member
Mr. Rajkumar Gupta, Member

Event Coordinators:
Ms. Samita Sengupta, Convenor
Ms. Jayshri Lokhande, Member

   /nidmhaIndia  /nidmindia

<https://training.nidm.gov.in/>

Website: www.nidm.gov.in



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from Corona**



**Wear your Mask
Properly**



**Wash your Hands
Regularly**



**Maintain Social
Distancing**

List of Participants:

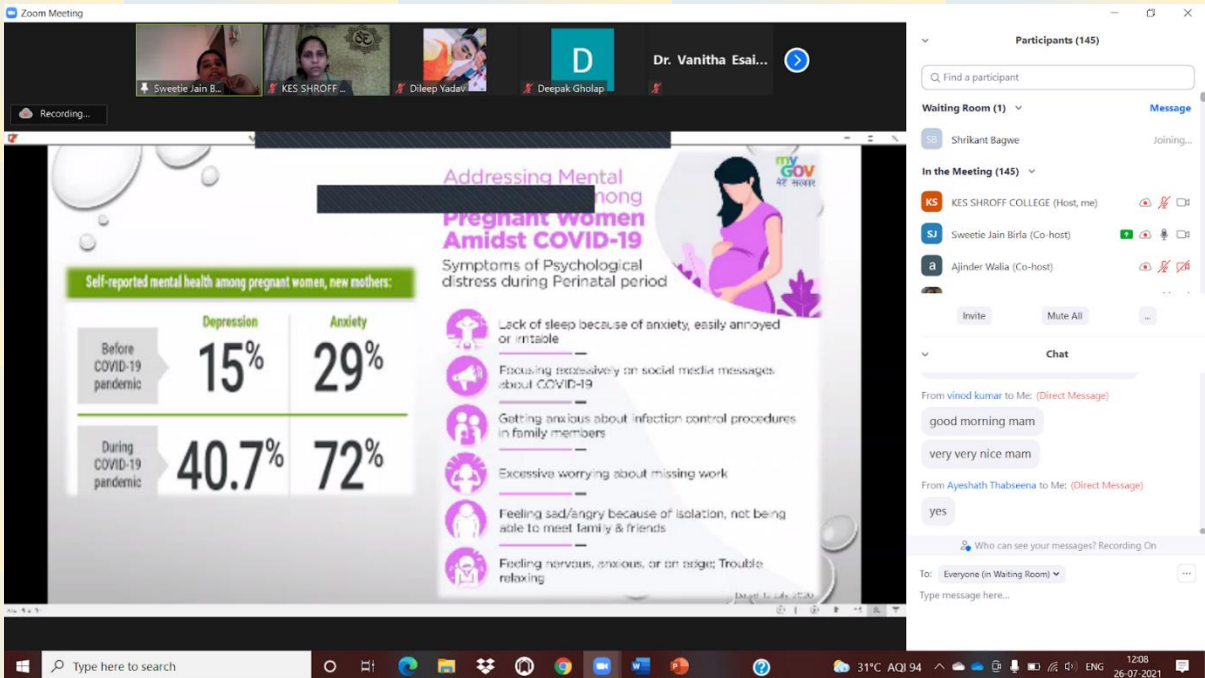
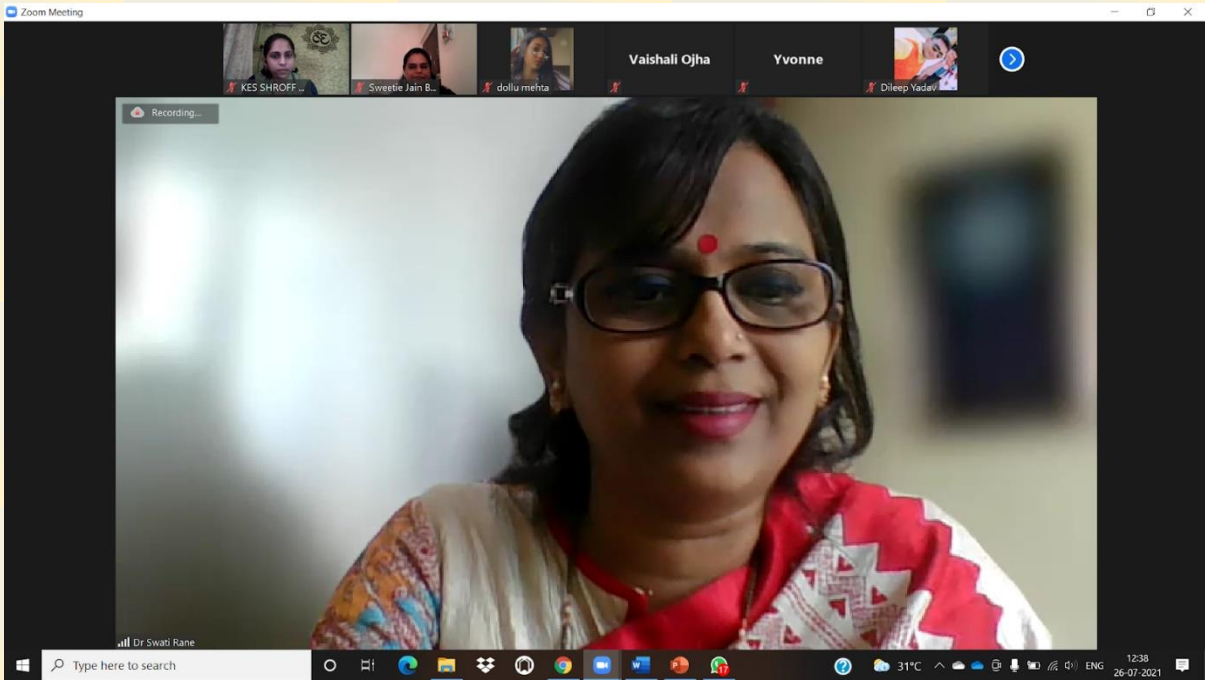
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Photographs of the event:



Zoom Meeting | You are viewing Sweetie Jain Birla's screen | View Options

Recording... | Participants (160)

Dr. Vanitha Esal...

eye

HAS WOMEN BEING PUSHED BACK INTO TRADITIONAL ROLES???

- It is seen that when crisis hits, women somehow put their needs on hold and sacrifice. Catering family needs become the priority.
- Catering needs of every member of the family somehow becomes stressful. It may lead to constraints of space and self-care. Women are constantly under pressure and constantly caring for someone.
- Closure of play schools and crèche has led children and toddlers at home. Women are looked upon as the primary care-givers thus she becomes the teachers to young children who attend classes from home and help with online learning and battling COVID anxiety.
- Unaid and socially arranged tasks is universal and thus women juggle with balancing work and personal life.
- Shutdown of professional caregivers has led women to take care of elderly as well as specially-abled people.
- Thus, somewhere pandemic has pushed women back into traditional roles doing grocery shopping, cooking, helping children with studies, cleaning and other work while meeting deadlines.

Participants (160): KES SHROFF COLLEGE (Host, me), Sweetie Jain Birla (Co-host), Ajinder Walla (Co-host), dollu mehta (Co-host), Dr. Vanitha Esaimani (Co-host), Sweetie Jain (Co-host)

Chat: From vinod kumar to Me: (Direct Message) good morning mam, very very nice mam. From Ayesath Thabiseena to Me: (Direct Message) yes.

System tray: 31°C, 26-07-2021

Zoom Meeting | Participants (154)

Dr. Vanitha Esal...

HELPLINE NUMBERS FOR MENTAL HEALTH SUPPORT

- Government of Maharashtra and BMC has launched a toll-free helpline number: **1800-120-820050**
- National Institute of Mental Health & Neuro Sciences, Bengaluru, has launched a toll free number: **080-4611-0007**
- SAMVAAD- Helpline number for Mental Peace and Wellbeing in Marathi/ Hindi/ English: **1800-102-4040**
- Mental Health Rehabilitation Helpline for Persons with Disabilities: KIRAN: **1800-599-0019**
- AHMS: **1075**
- NCW: National Commission for Women: **Women in Distress: 1091/ 1291/ (011) 2331 7004**
Shakti Shalini: 10920

Participants (154): KES SHROFF COLLEGE (Host, me), Sweetie Jain Birla (Co-host), Ajinder Walla (Co-host), dollu mehta (Co-host), Dr. Vanitha Esaimani (Co-host), Sweetie Jain (Co-host)

Chat: From vinod kumar to Me: (Direct Message) good morning mam, very very nice mam. From Ayesath Thabiseena to Me: (Direct Message) yes.

System tray: 31°C, 26-07-2021

Feedback from the Participants:

Email Address	FULL NAME	Gender	Name of Institution	Role/Occupation	City	State	Country	Event Feedback [The Concept of the Webinar]	Event Feedback [Relevance of the Information provided]	Event Feedback [Management]	Event Feedback [Learning outcome from the Webinar]	Feedback for the Dr. Swati Rane [Had in-depth knowledge of the subject]	Feedback for the Dr. Swati Rane [Relevance of the Content]	Feedback for the Dr. Swati Rane [Presentation of the Content]	Feedback for the Ms. Sweetie Jain Birla [Had in-depth knowledge of the subject]	Feedback for the Ms. Sweetie Jain Birla [Relevance of the Content]	Feedback for the Ms. Sweetie Jain Birla [Presentation of The Content]	Any Other Suggestions
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PANDYADEV505@GMAIL.COM	DEV BHAVESH PANDYA	Male	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharashtra	India	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Please keep such session for us
nileshnavjeevan@gmail.com	Nilesh Panchal	Male	Navjeevan charitable trust,memnagargam	Special educator	Ahmedabad	Gujarat	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	No
Arti@kessc.edu.in	Arti Gadre	Female	KES Shroff College of Arts and Commerce, Mumbai	Assistant Professor	Mumbai	Maharashtra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	No
ayeshathabseena@gmail.com	AYESHATH THABSEENA	Female	Roshni nilaya school of social work Valencia Mangalore Karnataka	Student	Mangalore	Karnataka	India	Good	Good	Good	Good	Good	Good	Good	Good	Good	Good	Wonderful session
deepujadaun95@gmail.com	Deepu Jadaun	Female	Dayalbagh Educational Institute	Research Scholar	Agra	Uttar Pradesh	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Highly insightful and engaging session
rajesh.kumar.pramanik@gmail.com	RAJESH KUMAR PRAMANIK	Male	Kolhan University, Chaibasa	Researcher	Chaibasa	Jharkhand	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent Session
dasanvaishnavi@gmail.com	Vaishnavi K	Female	Madurai Kamaraj University	Research Scholar	Madurai	Tamilnadu	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Conduct more like this it was very good

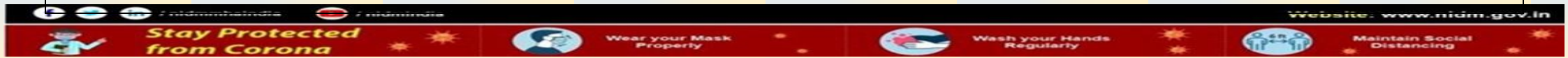
rikitorah05@gmail.com	Rikita Borah	Female	Guwahati commerce college	Student	Assam, Nagaon	Assam	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent session!
dr.achsahjoanna@gmail.com	Dr. Achsah Mabel Joanna	Female	Davao Medical School Foundation	UG Medical Graduate	Chennai	Tamil Nadu	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	NA
arpi741245@gmail.com	Arpita Roy	Female	Visva Bharati	Student	Madanpur	West Bengal	India	Very Good	Excellent	Very Good	Excellent	Very Good	Excellent	Excellent	Very Good	Excellent	Excellent	Excellent	Very informative discussion
jsunita67@gmail.com	Sunita P Jaiswal	Female	College of Home science Nirjala Niketan	Associate Professor	Mumbai	Maharashtra	India	Excellent	Very Good	Very Good	Excellent	Very Good	Very Good	Very Good	Excellent	Very Good	Very Good	Very Good	V good information
drkalpanahari@gmail.com	Dr.Mrs.M.Kalpana Krishnaiah	Female	Women's Studies Centre, Sri Krishna devaraha University, Ananthapuram, Andhra Pradesh India	Assistant Professor	Ananthapuram,	Andhra Pradesh	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent sessions.Tq.
bhatraina105@gmail.com	Raina Bhattacharjee	Female	Hemwati Nandan Bahuguna Garhwal Uttarakhand, Srinagar, Uttarakhand	Student	Dibrugarh	Assam	India	Excellent	Very Good	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	The participation was worth watching.
sukaljash70@gmail.com	Jash Sukal	Male	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharashtra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	It was very helpful
nathanfernandez1234566@gmail.com	Nathan Zachary Fernandez	Male	Christ (Deemed to be) University	Student	Panaji	Goa	India	Excellent	Very Good	Very Good	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	No
patil.riya3222@gmail.com	Riya Patil	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharashtra	India	Excellent	Very Good	Excellent	Excellent	Very Good	Excellent	Very Good	Excellent	Very Good	Excellent	Excellent	Should be held such webinars in future!!
aardhyaangha@gmail.com	Angha Ptashant Satvase	Female	Vacha	Social worker	Mumbai	Maharashtra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	No
divyamkhandait@gmail.com	Mamta Khandait	Female	KES Shroff College of Arts and Commerce, Mumbai	Teacher PGT	Itarsi (MP)	Madhya Pradesh	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Nice for us



guptadivesh0238@gmail.com	Divesh Yogendra Gupta	Male	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Very Good	Excellent	Very Good	Excellent	Excellent	Very Good	Good	Excellent	Very Good	Very Good	No
uchilshravan1@gmail.com	Shravan Uchil	Male	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Fair	Poor	Good	Fair	Poor	Fair	Good, Fair	Fair	Poor	Good, Fair	No
nabila_024@yahoo.co.in	Nabila Qureshi	Female	Faculty of Social Work, The Maharaja Sayajirao University of Baroda	Assistant Professor	Vadodara	Gujarat	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Very Good and relevant topics covered in todays times of Covid-19
shahsrushti125@gmail.com	Srushti Shah	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Valsad	Gujarat	India	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	No
abhishekug@gmail.com	Abhishek Gokhale	Male	Balasaheb Thackeray Law College, Mumbai	Student	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Overall Excellent Session
panchalmihir090@gmail.com	Mihir Prakash Panchal	Male	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Very Good	Excellent	Very Good	Very Good	Very Good	Very Good	Excellent	Excellent	Very Good	Very Good	No
nbr2193@gmail.com	NABONITA RAKSHIT	Female	RABINDRA BHARATI UNIVERSITY	Student	KOLKATA	WEST BENGAL	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	NO
taqdees.p@gmail.com	Ms. Taqdees Shaikh	Female	Chetana's H. S. College of Commerce and Economics (Self Financing Section)	Assistant Professor	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Very good.
tiwarijyoti777@gmail.com	Jyoti S. Tiwari	Female	Billabong High International school Malad west	PGT	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Very informative session
saakshit1919@gmail.com	Saakshi arvind Tripathi	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Would love to attend more webinars on the same topic
bakbarali80@gmail.com	Dr. B. Akbar Ali	Male	Hajee Karutha Rowther Howdia College	Director of Physical Education	Uthamapalayam	Tamil Nadu	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Good

pmgudli@gmail.com	PALLABI MOHANTY	Female	S.B Women's (Auto) College,Cuttack	Student	Cuttack	Odisha	India	Excellent	Very Good	Good	Excellent	Excellent	Excellent	Good	Very Good	Very Good	Very Good	Very Good	It's a graet experience for me.
m_mayurakshi@yahoo.co.in	Dr. Mayurakshi Mitra	Female	Maharashtra College of Arts Science and Commerce	Assistant Professor	Mumbai	Maharastra	India	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Na
ldevasena@ibsindia.org	Lakshmi Devasena C	Female	IBS Hyderabad, IFHE University	Associate Professor	Hyderabad	Telangana	India	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Nice. Conduct such informative webinar in future also.
padmajaprasad93@gmail.com	Dr. PADMAJA MUSUNURU	Female	CH.S.D. ST.THERESA'S COLLEGE FOR WOMEN (A).ELURU,AP	Assistant Professor	Eluru	Andhra Pradesh	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Wonderful Session
manumca17@gmail.com	Manoj Singh	Male	KES Shroff College of Arts and Commerce, Mumbai	Assistant Professor	Mumbai	Maharastra	India	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Thanks
prathammehta9096@gmail.com	Pratham mukesh mehta	Male	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Good	Good	Good	Good	Good	Good	Good	Good	Good	Good	Good	This type of session have to appreciate and always have to conduct
dhruidhanak@gmail.com	Dhruvi Pankaj Dhanak	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	It was so nice 🙌
th.sunn@gmail.com	Thingnam Subadani Devi	Female	Pgimer, Chandigarh	Nursing Officer	Chandigarh	UT chandigarh	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	It was very informative session and all topics were well explained.
amandeepbhullar070@gmail.com	Amandeep Kaur	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	*
nikitamaity1122@gmail.com	NIKITA N MAITY	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Fair	Fair	Fair	Fair	Fair	Fair	Fair	Good	Good	Fair	Fair	Thankyou for sessions hope that i can listen to your's sessions again.
suryaprakashvyas68@gmail.com	SURYA PRAKASH VYAS	Male	J.N.V.U.JODHPUR	Research Scholar	Jodhpur	Rajasthan	India	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Thanks.
singhishaan306@gmail.com	Kiran Singh	Female	Guru Harkishan High school	Teacher	Mumbai	Maharastra	India	Good	Very Good	Very Good	Good	Very Good	Very Good	Good	Good	Very Good	Very Good	Very Good	Thanks

kavitav079@gmail.com	Ms. KAVITA VISHWAKARMA	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	No , it was awesome session...
sengupta0603@gmail.com	Samita Sengupta	Female	KES Shroff College of Arts and Commerce, Mumbai	Assistant Professor	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Very informative session
suvama67patil@gmail.com	Suvarna Patil	Female	School of Nursing MGM Hospital Mumbai Patel 12	Sister Tutor	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Very good session you can continue for more hours also because it is very knowledgeable
riyapandey15433@gmail.com	Riya Kumari Pandey	Female	Dronacharya Group of Institutions Greater Noida	Student	New Delhi	Delhi	India	Excellent	Excellent	Excellent	Excellent	Very Good	Excellent	Very Good	Excellent	Excellent	Excellent	Excellent	I like your all views that you all shared and got to know lots of things. Thank You.
atharvpende9394@gmail.com	Dipak Janardhanrao Pende	Male	Indira Gandhi Kala Mahavidyalay, Ralegaon Dist-Yavatmal	Head clerk	Yavatmal	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Keep conducting these types of programmes regularly.
khushihtailor@gmail.com	Khushi Hitendra Tailor	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	One must avoid talking about the virus with people who tend to be negative or who ramp up fears.
evangeleenap@gmail.com	Jalagam Evangeleena	Female	ST PIUS X HIGH SCHOOL RAMNAGAR	TEACHER	HYDERA BAD	TELANGANA	India	Excellent	Excellent	Very Good	Very Good	Excellent	Very Good	Very Good	Very Good	Excellent	Very Good	Good	
foramsheth08@gmail.com	FORAM SHARAD SHETH	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	It was really helpful hope we can attend such program ahead
priyadar95@gmail.com	Priyadarshini Harinaarayanan	Female	University Of Madras	Student	Chennai	TamilNadu	India	Very Good	Excellent	Very Good	Excellent	Very Good	Very Good	Excellent	Very Good	Excellent	Very Good	Nil	
kennethgandhi313@gmail.com	Kenneth Gandhi	Male	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	No	
iyotibikashbg@gmail.com	JYOTI BIKASH DATTA	Male	Indian Red Cross Society, West Bengal	Teacher	Dakshin Dinajpur	West Bengal	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	More Training and More Workshop



neha.gtm19@gmail.com	Neha Gautam	Female	Gautam Buddha University Greater Noida	Electronics and Communication M.tech Student (2018-2020)	Shahjahanpur	Uttar Pradesh	India	Excellent	Excellent	Excellent	Excellent	Excellent	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Given content is very useful.
bharathiksngl@gmail.com	BHARATHI K S	Female	GMS,CHETTIYARMADAM	TEACHER	NAGERCOIL	TAMILNADU	India	Good	Good	Good	Fair	Fair	Good	Good	Good	Good	Good	Good	Very Informative
shazana20@yahoo.com	Shazana Andrabi	Female	Islamic University of Science and Technology	Assistant Professor	Srinagar	Jammu and Kashmir	India	Excellent	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Just that the timing should have been stuck to. It went overtime. But since it was interesting, it didnt matter very much
dollu317@gmail.com	DOLLU JITENDRA MEHTA	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	indeed a great session
malvikaraj25@gmail.com	MALVIKA RAJNANDINI	Female	KES Shroff College of Arts and Commerce, Mumbai	Private	Dehradun	Dehradun	India	Excellent	Very Good	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Very Good	Very Good	Very Good	Our knowledge should be applied for the ground level improvement
ppkguru@rediffmail.com	Pradeep pilajirao Kulkarni	Male	Gurukrupa Arogyadham	Medical director	Isiampur	Maharastra	India	Good	Good	Good	Good	Poor	Poor	Poor	Good	Good	Good	Good	Very good topic
Mahimavaishal98@gmail.com	Mahima Sukal	Female	Thakur College of Science	Student	Mumbai	Maharastra	India	Good	Very Good	Excellent	Good	Very Good	Very Good	Excellent	Very Good	Very Good	Excellent	Excellent	No
drkrishnakt@matsuniversity.ac.in	Dr. Krishna Kumar Tiwari	Male	MATS University Raipur	Assistant Professor	Raipur	Chattisgarh	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Thanks
nidhiiera@gmail.com	Dr. Nidhi Sharma	Female	GDC Nagrota Bagwan	Assistant Professor	Kangra	Himachal Pradesh	India	Very Good	Excellent	Very Good	Excellent	Excellent	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Good sessions
anamika.rikku1990@gmail.com	Kumari Anamika	Female	Gautam Buddha University	Student	Greater Noida	Utter pradesh	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Very Good	Good	Very Good	Very Good	No

sneh57desai@gmail.com	Snehalata Sawantdesai , Maharashtra	Female	Independant	Independant Consultant Health Care	Thane, Maharashtra	Maharastra	India	Excellent	Very Good	Very Good	Good	Excellent	Excellent	Excellent	Very Good	Very Good	Very Good	Some statistical data could have been provided in the first related session.
ambalchidambaram@gmail.com	AMBAL	Female	Alagappa university	Student	Sivaganga	Tamil Nadu	India	Very Good	Good	Very Good	Good	Good	Good	Very Good	Excellent	Very Good	Excellent	Happy to participate in this session.. Thankyou
ydsz1961@gmail.com	Yvonne Dsouza	Female	Crystal care service	Social activist	Mumbai	Maharastra	India	Excellent	Very Good	Excellent	Excellent	Excellent	Very Good	Excellent	Excellent	Excellent	Excellent	The session was very good both the speaker gave good information this was the need if the hour it help me in my work and help with sr citizen and ppl who need my help thanks
jaysundrani39@gmail.com	JAY ANIL SUNDRA NI	Male	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Very Good	Very Good	Very Good	Excellent	Very Good	Very Good	Very Good	Very Good	Very Good	Good	It was better and very helpfull special that anger management part for me. Very thankful for the opportunity that our college gave us by providing this session
upmap@sjchs.edu.in	Dr. Upma Paliwal	Female	St. John College of Humanities & Sciences	Assistant Professor	Mumbai	Maharastra	India	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Very Good	Excellent	Excellent	Excellent	Nice Session
komaljethwa131@gmail.com	KOMAL DINESH JETHWA	Female	KES Shroff College of Arts and Commerce, Mumbai	Student	Mumbai	Maharastra	India	Excellent	Excellent	Very Good	Excellent	Excellent	Very Good	Very Good	Excellent	Very Good	Excellent	Webinar VERY GOOD
ganeshdalapati@gmail.com	GANESH DALAPATI	Male	W & CD and Mission Shakti Department Govt of Odisha	Counsellor	Koraput	Odisha	India	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	very informative session

Key takeaways:

The Webinar was streamed through Google Meet and witnessed the participation of 173 students, teachers, researchers and other professionals. The following are the important issues and challenges discussed in the webinar programme:-

- Understand the meaning of mental health is must for every individual and it is equally important to know how it is related to women.
- Generally, mental disorders can affect women and men differently. Some disorders are more common in women such as depression and anxiety.
- There are also certain types of disorders that are unique to women. For example, some women may experience symptoms of mental disorders at times of hormone change, such as perinatal depression, premenstrual dysphoric disorder, and perimenopause-related depression
- It is important to create awareness among women regarding health, fitness and precautions they should take specifically during natural disaster to keep themselves mentally fit.
- Most essential is to make family members aware specially male members as how to provide treatment to women members when they face traumatic situation during environmental disaster.
- People's tendency to go to doctor without knowing the valid reasons and accepting medicines as per doctor's advice is wrong.
- Every patient must be able to find out their own way of getting cured and then approach doctor.