

Date: 14-10-2021

Time: 11.00 am

Venue: ZOOM Platform

Activity Name: Workshop on "Relationships in Virtual Era"

Hon. Dr. Mrs. Payal Pawar, Psychiatrist, Chalisgaon.

Organizer: Criterion VII, IQAC.

NAAC Criterion VII, IQAC of our college organized an online one-day workshop on "Relationships in Virtual Era" of Hon. Dr. Mrs. Payal Pawar, Psychiatrist, Chalisgaon for students. Due to the terrible situation of COVID-19, online education has been given priority but due to the excessive use of mobile phones these days, students are trapped in the virtual world. They are walking away from their relationships, due to which their physical, mental, intellectual and emotional health is deteriorating during their studentship and also hampering career. The student is becoming aggressive and frustrated.... This is alarming.


This workshop has been organized with the intention that this young generation should wake up and find direction for their lost and disappointed minds. Dr. Payal Pawar further added, this generation wasting is their time on scrolling social media and finding temporary affections. She suggested to focus on career development and then to look into relationship. She also insisted on developing mental health necessary for career. She discussed pros and cons of this virtual world and appealed everyone to have restricted screen time and also self control on what you upload or download.


The Registration Link for this workshop is <https://forms.gle/jpRW8V5fj64GCzNq6>
WhatsApp group also formed for this workshop, WhatsApp group link is-
<https://chat.whatsapp.com/Lhqj3HdKCaYC0f1OvXaTJp>. 98 participants participated on
ZOOM platform, Zoom Meeting link and meeting ids are
<https://us02web.zoom.us/j/82761368422?pwd=ZWdSNExuL3REang0OTIMSW16bDQwUT0>
9 and Meeting ID: 827 6136 8422, Passcode: 12345.


And so many students were connected through YouTube link <https://youtu.be/rTkyZ8KB7hl>

Also, E-Certificate will be given only to the students who attend after registration and fill feedback link,

<https://docs.google.com/forms/d/1ZqLY7ME6aabOWpglwWjrNQq8EJE6AUVReJD-apr4Z6s/edit>.


Dr. Mrs. N. P. Golhar
Criterion VII Committee


Dr. G. D. Deshmukh
IQAC Coordinator


Dr. S. R. Jadhav
PRINCIPAL
NANASAHEB Y. N. CHAVAN
Arts, Science & Commerce College
Chalisgaon Dist. Jalgaon

रा. स. शि.प्र. मंडळ लि.

नानासाहेब य.ना. चव्हाण कला, विज्ञान आणि वाणिज्य
महाविद्यालय, चाळीसगाव



NAAC Criterion VII Committee

&

IQAC

आयोजित



विद्यार्थ्यांसाठी Online एक दिवसीय कार्यशाळा

" आभासी जगातील नातेसंबंध "

व्याख्याते



डॉ. सौ. पायल पवार
मानसोपचार तज्ज्ञ, चाळीसगाव

कार्यक्रमाचे अध्यक्ष



डॉ. एस.आर. जाधव
प्राचार्य

वेळ - सकाळी 11.00 वाजता

दिनांक- 14 ऑक्टोबर 2021

आयोजन समिती

डॉ. निमा गोल्हार
प्रमुख, Criterion VII

डॉ. जी. डी. देशमुख
IQAC Coordinator

सर्व NAAC Criterion VII Committee सदस्य

Registration Link- <https://forms.gle/jpRW8V5fj64GCzNq6>

नानासाहेब य.ना.चव्हाण कला,विज्ञान आणि
वाणिज्य महाविद्यालय, चाळीसगाव **NAAC**
Criterion VII Committee यांच्यामार्फत
विद्यार्थ्यांसाठी online एक दिवसीय कार्यशाळेचे
आयोजन करण्यात येत आहे.

COVID-19 च्या भयावह परिस्थिती मुळे, online
शिक्षणाला प्राधान्य दिले गेले परंतु या काळात
मोबाईलच्या अतिरेकी वापरामुळे विद्यार्थी आभासी
जगात अडकून पडले आहेत. आपल्या नातेसंबंधा
पासून दूर चालले आहेत... त्यातून त्यांचे शारीरिक,
मानसिक, बौद्धिक व भावनिक आरोग्य बिघडत
आहे. विद्यार्थी आक्रमक आणि निराश होत आहे....हे
चिंताजनक आहे.

ही तरुण पिढी वाचावी, त्यांच्या भरकटलेल्या
निराश मनाला दिशा मिळावी याच हेतूने ह्या
कार्यशाळेचे आयोजन करण्यात आले आहे...

वेळ - सकाळी 11.00 वाजता
दिनांक- 14 ऑक्टोबर 2021
विषय - 'आभासी जगातील नातेसंबंध'
व्याख्याते - मा.डॉ.सौ. पायल पवार
मानसोपचार तज्ज्ञ, चाळीसगाव

Registration Link-

<https://forms.gle/jpRW8V5fj64GCzNq6>

Join WhatsApp group-

<https://chat.whatsapp.com>

[/Lhqj3HdKCaYC0f1OvXaTJp](https://chat.whatsapp.com/Lhqj3HdKCaYC0f1OvXaTJp)

Zoom link या whatsapp group वर टाकण्यात येईल.

तसेच रजिस्ट्रेशन करून हजर राहणाऱ्या व feedback फॉर्म भरण्याऱ्या विद्यार्थ्यांनाच E-Certificate देण्यात येईल.


पुढील सर्व सूचना whatsapp group वर कळविण्यात येतील.

धन्यवाद!

डॉ.सौ.निमा गोल्हार व सर्व समिती सदस्य
Criterion VII Committee

डॉ. जी.डी.देशमुख
IQAC Coordinator

मा.प्राचार्य डॉ. एस.आर.जाधव

नानासाहेब य.ना.चव्हाण महाविद्यालय, चाळीसगाव. 





Chalisingaon, Maharashtra, India

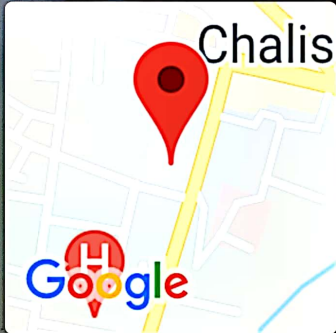
Office 84 second floor Nagarpalika Complex Hirapur Road Road, Gane

Nagar, Chalisingaon, Maharashtra 424101, India

Lat 20.460656°

Long 75.004126°

14/10/21 12:12 PM



Chalisingaon, Maharashtra, India
Office 84 second floor Nagarpalika Complex Hirapur Road Road, Ganesh Nagar, Chalisingaon, Maharashtra 424101, India
Lat 20.460675°
Long 75.004151°
14/10/21 11:11 AM

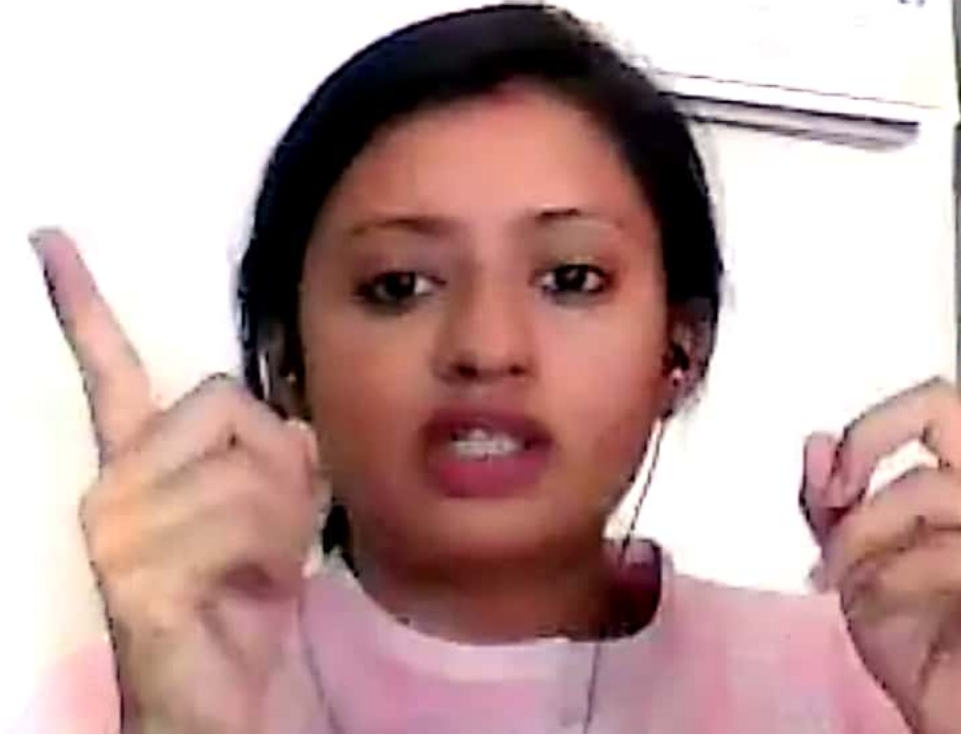
GPS Map Camera



GPS Map Camera



Chalisgaon, Maharashtra, India
Office 84 second floor Nagarpalika Complex Hirapur Road Road, Ganesh
Nagar, Chalisgaon, Maharashtra 424101, India
Lat 20.460762°
Long 75.004186°
14/10/21 10:47 AM



Zoom

REC LIVE






























Leave

Unmute Start Video Share Participants 99 More

Close

Participants (98)

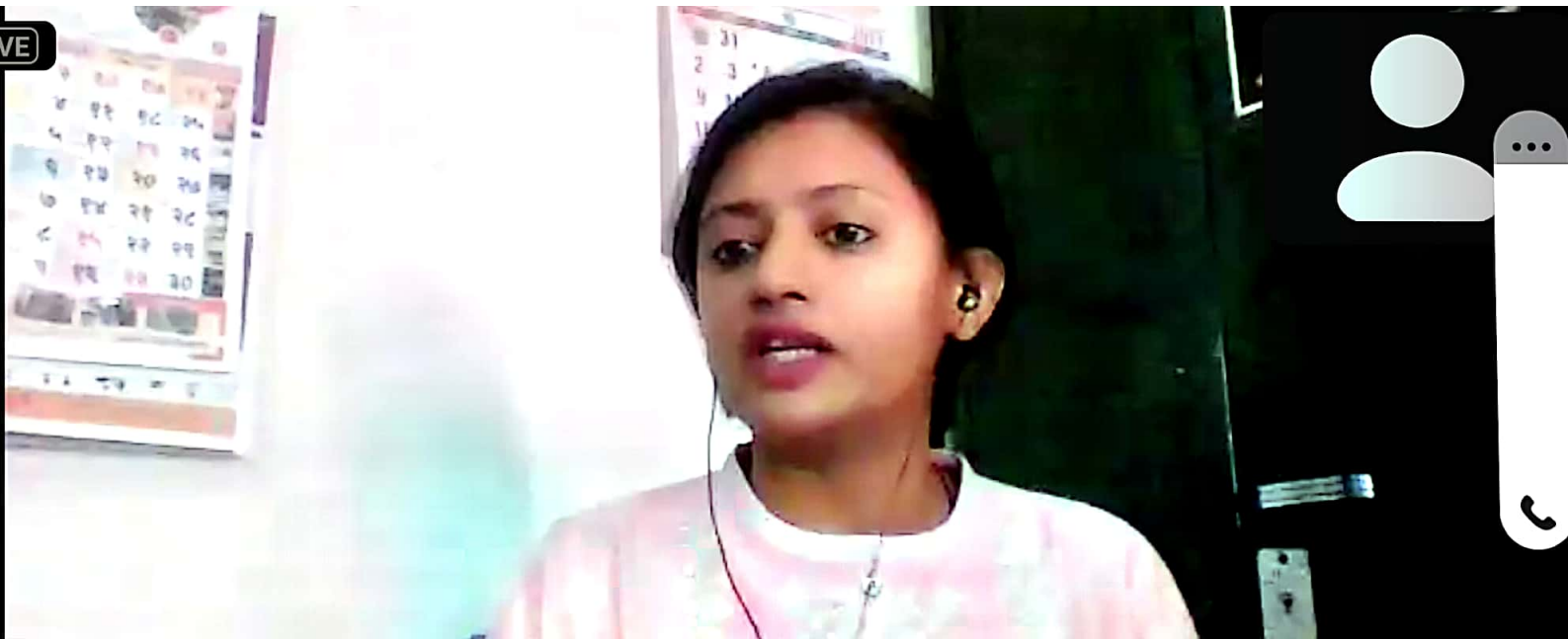
Search

-  Dr. Nima Golhar (me)   
-  Ujwal Magar (Host)    
-  Dr. Payal Pawar   
-  Ahirrao manodip Shamkant   
-  Ajay Rathod   
-  Akshay Rajput   
-  Amrapali dhivare   

Relationships in Virtual Era

By
Dr. Payal A. Pawar





VE

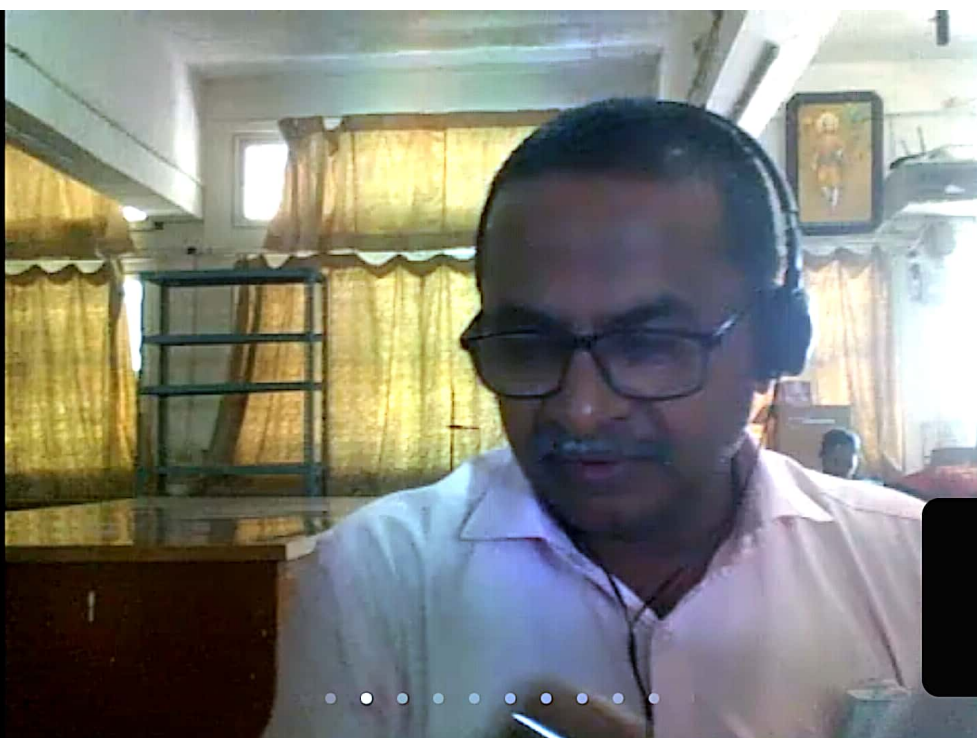


Ujwa! Magar is starting rec



REC

LIVE



Dr. G D Deshmukh

• REC

LIVE

1. Don't check your phone. Instead open your windows, feel the breeze, enjoy the starlight or take that sunshine
2. Keep your things close by :Music 🎵 system : play something that calms you or motivates you. Eg. ॐ mantra, flute music, favourite song etc.
3. Drink warm water.
4. Stretch your body.
5. Eat nuts & raisins.
6. Make your bed while still enjoying the music.
7. Check your sleep pattern on smartphone & smart watch.
8. Check on your loved ones.
9. Prepare your tea n breakfast.
10. 10. Help in housework.
11. Take at least one meal together.
12. What to do to uplift our mood: Diet & exercise, Donate something Eg: old/new clothes Old or r



Dr. Pavai Pawar's screen

JAMES CAMERON'S
AVATAR



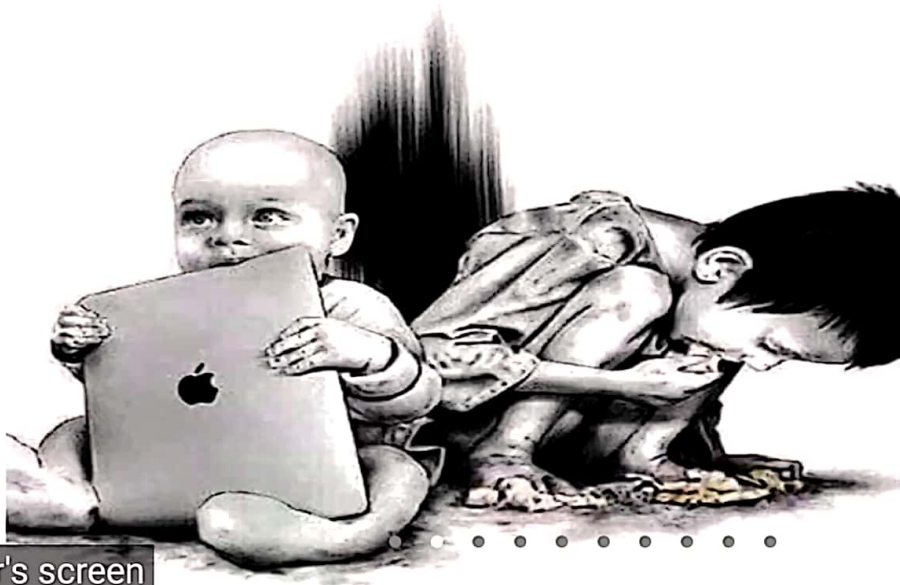


Symptoms of eye strain?

- Dry & watery eyes,
- Blurred or doubled vision,
- Headache & soreness in the neck, shoulders, or back,
- Sensitivity to light,
- Trouble concentrating, Difficulty keeping eyes open.



See reality of today's
world 



. Payal Pawar's screen



Unequal World’.

- ▶ The theme for World Mental Health Day 2021 is ‘**Mental Health in an Unequal World**’.
- ▶ It was chosen because the world is increasingly polarized, with the very wealthy becoming wealthier, and the number of people living in poverty still far too high.
- ▶ Mental disorder is psychological, social, biochemical, or genetic dysfunctions or disturbances in the individual.
- ▶ Simply being the lack or absence of mental health—that is to say, a condition of mental well-being, balance, and resilience in which the individual can successfully work and function and in which the individual can both withstand and learn to cope with the conflicts and stresses encountered in life.
- ▶ “Mental Health in an Unequal World”, we are calling for action not just words. Mental health encompasses changing attitudes and beliefs, and providing vital support to people throughout their lives and particularly in times of crisis.
- ▶ Start with expressing gratitude to the media & the tie up in our WMH theme to spread our message.



Payal Pawar's screen

R. S. S. P. Mandal Ltd. Chalisgaon Dist. Jalgaon Sanstha's
Nanasaheb Y. N. Chavan Arts, Science &
Commerce College, Chalisgaon Dist. Jalgaon



रा. रा. सि. प्र. मंडळ लि. चाळीसगाव जि. जळगाव संस्थेचे
नानासाहेब य. ना. चव्हाण कला, विज्ञान आणि
वाणिज्य महाविद्यालय, चाळीसगांव जि. जळगांव

NAAC Re-accredited (Third Cycle) - 'B++' Grade

Dr. S. R. JADHAV
M.Sc., M.Phil., Ph.D.
Principal

फोन ०२५८९-२२२६०१ (कार्यालय), २२५२८२ (निवास) मो. ९४२२७८९५०९

Email :- rashtriyacollege@gmail.com
rashtriyacollege@rediffmail.com
http:-www.rashtriyacollege.com

डॉ. एस. आर. जाधव
एम. एस्सी., एम. फिल., पीएच. डी.
प्राचार्य

Outward No. / जावक क्र. 290/2021-22

Date / दिनांक - 11 Oct 2021

INVITATION LETTER

Hon. Dr. Payal Pawar,
Psychiatry Counselor, Chalisgaon

Greetings!

We are very happy to invite you as a Resource person at **Online One day workshop** for students on the topic '**आभासी जगातील नातेसंबंध**' jointly organized by NAAC Criterion 7 and IQAC of our college on the 14th October 2021 at 11.00 am. Please accept our invitation and oblige.

Thanking you in anticipation!

Rev. Chavhan

NP Golhar

(Dr. Mrs. N. P. Golhar)
Convener, NAAC Criterion 7

S. R. Jadhav

(Dr. S. R. Jadhav)

PRINCIPAL
NANASAHEB Y N CHAVHAN
Arts, Science & Commerce College
Chalisgaon Dist Jalgaon

R. S. S. P. Mandal Ltd. Chalisgaon Dist. Jalgaon Sanstha's
Nanasaheb Y. N. Chavan Arts, Science &
Commerce College, Chalisgaon Dist. Jalgaon



रा. रा. शि. प्र. मंडळ लि. चाळीसगांव जि. जळगांव संस्थेचे
नानासाहेब य. ना. चव्हाण कला, विज्ञान आणि
वाणिज्य महाविद्यालय, चाळीसगांव जि. जळगांव

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फोन ०२५८९-२२२६०१ (कार्यालय), २२५२८२ (निवास) मो. ९४२२७८९५०९

Email :- rashtriyacollege@gmail.com
rashtriyacollege@rediffmail.com
http:-www.rashtriyacollege.com

डॉ. एम. आर. जाधव
एम. एस्सी., एम. फिल., पीएच. डी.
प्राचार्य

Outward No. / जावक क्र. 295/2021-22

Date / दिनांक - 18 Oct 2021

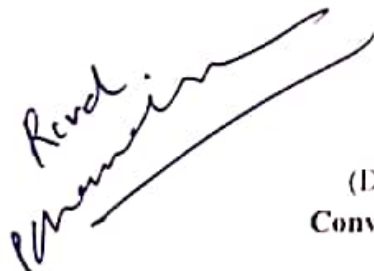
APPRECIATION LETTER

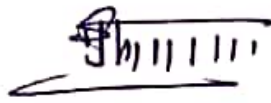
Hon. Dr. Payal Pawar,
Psychiatry Counselor, Chalisgaon

Greetings!

We appreciate your efforts and very informative, encouraging and motivational presentation at Online One day workshop for students on the topic 'आभासी जगातील नातेसंबंध' jointly organized by NAAC Criterion 7 and IQAC of our college on the 14th October 2021 as a Resource person. Thank you very much.

We expect to continue this established relationship in future.


(Dr. Mrs. N. P. Golhar)
Convener, NAAC Criterion 7


(Dr. S. R. Jadhav)
PRINCIPAL
NANASAHEB Y N CHAVAN
Arts, Science & Commerce College
Chalisgaon Dist Jalgaon

रा. स. शि.प्र. मंडळ लि. चाळीसगाव संस्थेचे



**नानासाहेब य.ना.चव्हाण कला, विज्ञान आणि वाणिज्य
महाविद्यालय,
चाळीसगाव, जिल्हा- जळगाव**



प्रमाणपत्र

श्री/श्रीमती/डॉ. **Lisa Simpson**

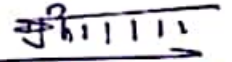
यांना प्रमाणित करण्यात येते की, NAAC Criterion VII आणि I.Q.A.C. नानासाहेब य.ना..चव्हाण कला, विज्ञान आणि वाणिज्य महाविद्यालय चाळीसगाव, जि-जळगाव. द्वारे आयोजित एक दिवसीय "आभासी जगातील नातेसंबंध" या विषयावरील ऑनलाईन कार्यशाळेत 14 ऑक्टोबर 2021 रोजी सक्रिय सहभाग घेतला.



डॉ. निमा गोल्हार
प्रमुख, NAAC Criterion VII



डॉ. जी. डी. देशमुख
IQAC Coordinator



डॉ. एस.आर.जाधव
प्राचार्य

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राष्ट्रीय स.शि.प्र.मंडळ नि.चाळीसगाव संस्थेचे,
नानासाहेब य.ना.चव्हाण कला,विज्ञान व वाणिज्य महाविद्यालय,चाळीसगाव

NAAC Criterion VII and IQAC

आयोजित

एक दिवसीय कार्यशाळा

'आभासी जगातील नातेसंबंध'

कार्यक्रम पत्रिका

दि. 15 ऑक्टोबर 2021, सकाळी 11.00 वाजता

अध्यक्ष: मा.प्राचार्य डॉ.एस.आर.जाधव

प्रास्ताविक: डॉ. निमा गोल्हार

परिचय: डॉ. राजू निकम

व्याख्यान: मा. डॉ. पायल पवार

मानसोपचार तज्ञ, चाळीसगाव

शंकानिरसन: विद्यार्थी

अध्यक्षिय मनोगत: मा. प्राचार्य डॉ. एस.आर.जाधव

आभार: डॉ. स्वप्निल वाघ

सूत्रसंचलन: डॉ. करुणा गायकवाड

तांत्रिक सहाय्य: डॉ. गोविंद देशमुख

डॉ. उज्वल मगर

प्रो. नरेंद्र चव्हाण

डॉ. स्वप्निल वाघ