



Gandhinagar Institute of Technology

A Report on

“Webinar titled Chalo Vaat Kariye (ચાલો વાત કરીયે)”

3rd July 2021

Introduction:

The Healthy Campus Committee (HCC) of Gandhinagar Institute of Technology regularly organizes activities pertaining to the Healthy Campus initiative. The initiative has identified seven key areas: Healthy Living, Social Consciousness, Stress Management, Building Self Esteem, Developing Critical Thinking, Developing Soft Skills and leading a Drug Free Life. Keeping up the tradition, a Webinar titled “Chalo Vaat Kariye (ચાલો વાત કરીયે)” was organized for the faculties and staff on 3rd July 2021. Director sir, Dr H N Shah was instrumental in planning and execution of the webinar. HCC committee acknowledges the support of all Trustees and the Management in providing the necessary infrastructure and resources for conducting the event successfully. The webinar was coordinated by Prof. Maitri Patel (HCC Faculty Member, CE) under the guidance of Prof. Jatin Chakravarti (HCC Coordinator, EC).

Objective:

The current pandemic situation has induced stress in the lives of people around us. The levels of anxiety, fear, isolation, social distancing and emotional distress that is associated with the virus have become widespread as the world struggles to bring COVID-19 under control. However, the scenario surrounding mental health has not changed much, especially in India. In the year 2020, WHO estimated that about 7.5 per cent Indians suffer from some mental disorder and predicted that by end of that year roughly 20 per cent of India will suffer from mental illnesses. The relationships we cultivate in our lives are essential to our well-being, namely happiness and health. Having good emotional health affects our capacity to manage, communicate, form and sustain relationships. Good emotional health and wellbeing is not only about feeling confident and happy, it is also about being positively engaged with the world and having a strong sense of self-esteem. The objective of the webinar was to enlighten the faculties and staff about the importance of improving family relationships which can directly affect our emotional and mental health.

Program Overview:

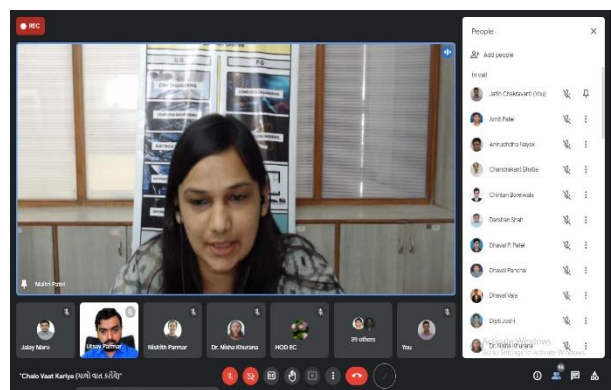
Prof. Maitri Patel introduced the speaker Shri Utsav Parmar who is the Deputy Director of Doordarshan News (Ministry of Information and Broadcasting, Government of India). He is currently managing the administration and editorial responsibilities at Regional News Unit of Doordarshan for entire Gujarat. He has hosted the TV show “Aapda Mudda, Aapdi Vaat” based on current affairs on DD Girnar. He had also hosted the talk show “Zindagi Café” and has written the column “The Coffee House” for five years in Gandhinagar Samachar. He got best young writer award from Gujarat Sangeet Natak Academy for the drama “Ek Navi Sharuvaat”. He is also associated with various academic institutions as motivational speaker and also mentors UPSC aspirants. The webinar was organized virtually via Google Meet for the faculties and staff.

The webinar enlightened the audience about the importance of improving family relationships which can directly affect our emotional and mental health. Shri Utsav explained how having good emotional health affects our capacity to manage, communicate, form and sustain relationships. The key is to celebrate life and have a dialogue with oneself. The webinar also focused on how we can manage work related stress and bring positivity in our family and personal life. He explained how impulsive buying from online portals is a problem in today's generation. He shared various anecdotes of a small kid Nachiketa and other Gujarati writers which were very insightful. He explained how the solution to every problem is sharing i.e., talking with your spouse, parents, kids, peers or friends. Faculty members shared their personal anecdotes and raised queries regarding sustaining healthy relations among family members. Shri Utsav gave various solutions and suggestions to those queries. Prof. Jatin Chakravarti (HCC Coordinator) gave a vote of thanks at the end of the webinar.

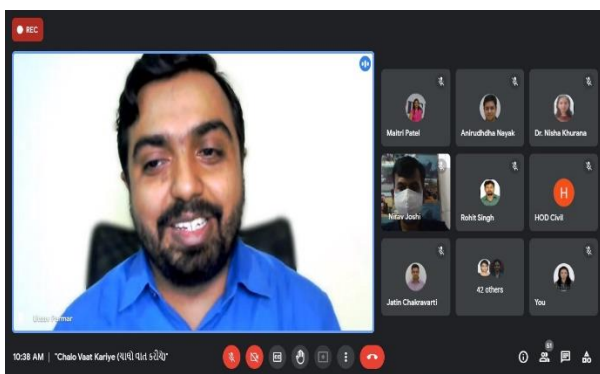
Photo Gallery:



Event Poster



Prof. Maitri Patel introducing the speaker Shri Utsav Parmar to the audience



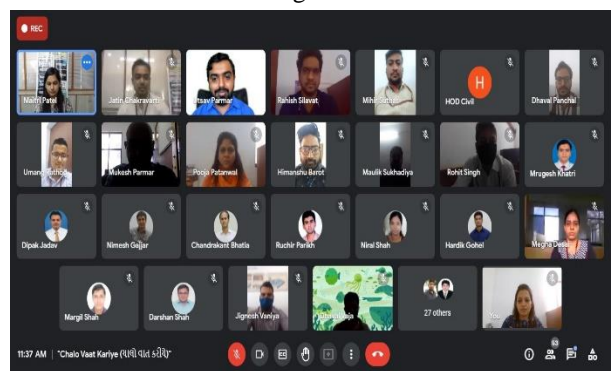
Shri Utsav Parmar conducting the webinar through Google Meet



Prof. Jatin Chakravarti and Prof. Maitri Patel moderating the webinar



Prof. Jatin Chakravarti giving Vote of Thanks at the end of webinar



Virtual Group photo with Shri Utsav Parmar