

18th June 2020

A Report of Online Workshop on 'Adapting Self in the New Normal'

The Department of Psychology and the Department of Sociology in collaboration with the I.Q.A.C. of Bharatiya Vidya Bhavan's HazarimalSomani College of Arts & Science & Jayaramdas Patel College of Commerce & Management Studies, Chowpatty, Mumbai had organized an Online Workshop on 'Adapting Self in the New Normal' on Monday, 15/06/2020 and on Thursday, 18/06/2020 from 11am to 12.30pm. Due to an overwhelming response received for the workshop from the students, it was not possible to accommodate all the registered students in the first round of the workshop, therefore, a repeat session was organized. The Resource Person for the workshop was Ms. Bharathi Shetty, who is a Life Coach with a vast experience of being a Chief Coach- Mindset change, Self- Development, Relationship with Inner Space Life Coaching. The workshop was designed for the students from all the streams from Bhavan's College, Chowpatty.

The world is going through a crisis of the Covid-19 pandemic and we all are aware of the current scenario in the society. We are trying our best to prepare ourselves to live a life with new challenges. Though the Lockdown in our country has been lifted gradually, it is not going to be possible to return to conditions that existed prior to the outbreak of the pandemic in near future. The socio-economic and political scenario of our society will be different than earlier. Therefore, we need to adapt ourselves to the changes in our society and adjust to the new normal. This Online workshop aimed at developing skills to understand ourselves better, get a new psycho-social perspective of living in the new normal and cope with the challenges of the life by adapting ourselves to the new normal society.

The workshop began with the National Anthem followed by the Bhavan's prayer recited by Dr. Manjusha Patwardhan. Principal Prof (Dr.) S.V. Rathod, then, addressed the students and gave them the overview of the workshop focusing on how they would benefit by the workshop. He motivated students with his valuable words. The Principal's Address was followed by the introduction to the workshop by Mrs. Rina Patel from the Department of Psychology where she focused on the format of the workshop. The workshop was divided in three parts. In the first part some coping mechanisms were discussed. In the second part, students were made aware about

connecting ourselves with the wider society and in the last part inputs were given on how to deal specifically with the pandemic.

The first session of the workshop was conducted by Mrs. Rina Patel. The presentation titled 'Stressed??? Not any More...' focused on the importance of adaptive and effective coping with stress. Many stressors particularly associated with the 'new normal' were discussed and some effective ways of coping with them were analyzed with practical examples. The second session was conducted by Dr. Manjusha Patwardhan from Department of Sociology titled as 'I am because we are.' The session revolved around the UBUNTU Philosophy and the importance of creating happiness for others. With the examples of eminent personalities like Dr. Prakash Amte, Sindhutai Sapkal, Mrs. Sudha Murthy and others, the aspect of selfless help and humanity was beautifully brought about.

The third session 'Pandemic: Response and Action' was conducted by Mrs. Bharathi Shetty. She started the session by making small groups of student participants using the Breakout Rooms. The students could thus have discussion among their smaller groups on their excitements, fears and plans to overcome the fears related to the lockdown and the pandemic. Each group leader then presented their group members' views with the Resource person. The resource person then gave a presentation on three building blocks that need to be developed during the pandemic situation to increase our adaptability. She discussed it by giving real life examples. Overall, it was a very interesting, interactive session and a session full of learning experience.

The Workshop ended with a Vote of Thanks. Students were very excited and happy to learn from all sessions. The feedback received on the workshop from the students was very good. A second phase of this workshop will be planned in the near future for the students.

Mrs. Rina Patel
Organising Secretary

Dr. Manjusha Patwardhan
Co-convenor

Prof. (Dr.) S. V. Rathod
Convener and Principal