

# INTERNAL QUALITY ASSURANCE CELL OF



St Xavier's College, (SXC),  
(Autonomous) Mumbai



St Xavier's Institute of  
Education, (SXIE), Mumbai  
NAAC Re-Accredited 'A' Grade

ORGANISES

*Strengthening Wellness for  
Hope-filled Future*

**Webinar Series I - 2020-21**

## Introduction

***A wellness movement towards "we" rather than 'me', for individual and social wellbeing.***

Wellness is not an absence of illness but a conscious and dedicated step towards physical, emotional, social, and spiritual wellbeing.

IQAC SXIE-SXC ***Strengthening Wellness for Hope-filled Future,***

Webinar Series 2020-21

The Internal Quality Assurance Cell (IQAC) of St Xavier's Institute of Education (SXIE) and St. Xavier's College, Autonomous, Mumbai (SXC) welcomes you to a *Monthly Webinar Series* for strengthening wellness of the students and the faculty as we '**begin again**'.

There have been different types of revolutions - agricultural, industrial, technological etc., that we have witnessed across centuries, but in today's times and situation there is a need for ***a wellness revolution, a conscious and an educated movement towards fortifying our wellness and its different dimensions.***

Even as the NCTE and UGC on their websites keep urging the Higher Educational Institutes to ensure the mental health and psycho-social concerns of their students, the IQAC of both SXIE and SXC will embark on this journey together for a positive and hopeful future to ensure the wellbeing and wellness of its youth and the youth at heart, through the webinar series from June to December 2020.

Process: Registration forms were sent to the faculty and students of both the colleges.

The participants were then sent the entire schedule of the webinar series. On the first day a small inaugural input was given, and gratitude extended to both the Principals for their encouragement to the joint webinar series. Each webinar occurred as per the schedule. The facilitators were introduced and thanked for their contribution to strengthening the wellness of the participants.

# Brochure of the Webinar



## Internal Quality Assurance Cell (IQAC)

of



St Xavier's College, (SXC), Mumbai  
Autonomous



St Xavier's Institute of Education, (SXIE)  
NAAC Re-Accredited 'A' Grade

Jointly Organises a Webinar Series  
On

## Strengthening Wellness for Building a Hope-filled Future

For Academic Year 2020-21

Theme: Physical, Social, Emotional and Spiritual Wellness

**Internal Quality Assurance Cell (IQAC):** The Internal Quality Assurance Cell of the two Institutes believe in assuring and enhancing the quality of life of its stakeholders, especially students and faculty by strengthening the wellness of the overall personality.

**What is Wellness?** According to the World Health Organization(1948), "Health & Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity". Thus, wellness can be understood as a positive, conscious, goal directed and evolving process of achieving a multidimensional and holistic lifestyle encircling emotional, social, physical and spiritual well-being.

**About the Program:** As Higher Education is realigning to the 'new normal', the Strengthening Wellness Program intends to postulate opportunities to foster positive outlook, resilience, harmonious wellness for building a hope-filled future of its students and teachers. This program aims to scaffold striving for academic, personal and professional excellence. IQAC has orchestrated stimulating resource persons and variety of themes to enhance the quality of life, zest for positive existence and contribute to wellness of the individuals and the community.

- Timing: Inaugural session and first webinar will be from 11: 00 a.m. to 12:15 p.m.
- Subsequent webinars will be from 4:00 p.m. to 5:00 p.m.

No registration fee will be charged. Registration link will be open till 23<sup>rd</sup> June 2020.

[https://docs.google.com/forms/d/1QKM-EqDE62sqXib1q3y3MMhaJ0dbfUAEFUW\\_H6fkn/edit?usp=sharing](https://docs.google.com/forms/d/1QKM-EqDE62sqXib1q3y3MMhaJ0dbfUAEFUW_H6fkn/edit?usp=sharing)

Detailed schedule with the reading material will be sent to enrolled participants.

### Program Convenors:

Dr Rajendra Shinde, Principal (SXC) & Dr Sosamma Samuel, Principal (SXIE)

### Program Coordinators:

Dr. Seema Das (SXC) & Ms Kalpana Chavan (SXIE)

### Webinar Series-:

1) 26<sup>th</sup> June 2020:

#### Core Strengthening

Ms Pratiksha Phadnis, Head of Dept.  
Physical Education & Sports, Govt. of  
Maharashtra's Ismail Yusuf College.

2) 24<sup>th</sup> July 2020:

#### Wellness & Coping with Adversities

Dr Aamir Shaikh, Founder, Health Care  
Consultant, Assansa Consultancy.

3) 28<sup>th</sup> Aug. 2020:

#### Wellness and Values

(Dr) Fr Keith D'Souza S J, Rector  
St. Xavier's College, Autonomous.

4) 25<sup>th</sup> Sept. 2020:

#### Immunity Building & Wellness

Dr Seema Das, HOD, Dept of Life Science &  
Biochemistry, St. Xavier's College, Autonomous.

5) 16<sup>th</sup>/24<sup>th</sup> Oct. 2020:

#### Wellness for life

6) 27<sup>th</sup> Nov. 2020

#### Emotional Resilience and Wellness

Dr Gomathi Shah, Associate Prof, Centre for  
Education, Innovation & Action Research, TISS.

7) 18<sup>th</sup> Dec. 2020:

#### Wellness in Higher Education

(Dr) Fr Frazer Mascarenhas S J  
Manager,  
St Stanislaus High School

Contact us at: Ms. Kalpana Chavan: 9820817667, [iqac.wellnessxaviers@gmail.com](mailto:iqac.wellnessxaviers@gmail.com), Website: SXIE-[www.sxie.info](http://www.sxie.info); SXC-[www.xaviers.edu](http://www.xaviers.edu)

## Session 1

### Ms. Pratiksha Phadnis- Core Strengthening

Ms Phadnis conducted a workshop on **Core Strengthening** for maintain physical wellness. The session consisted of input on importance of the physical wellness and importance of core strengthening for stability and composure. The core strengthening reiterates the physical alignment of the body and has benefits for mind as well as body. It helps in making the core muscles strong and improvising the stability of the body. It is to be done in slow and conscious techniques so as to feel joyful and at peace. Ms. Pratiksha demonstrated various techniques through her pre-recorded video, and explained how to conduct the exercises in the correct way so as to have the advantage of it.

The facilitator demonstrated and explained the different core strengthening positions like plank, bridge, side plank, glute bridge, bird dog pose etc. The participants were given assignment to record the techniques of cores strengthening learnt in the webinar. The pre-recorded and more video links were sent to the participants for their practice.



The feedback received from the participants reflected that the session was extremely beneficial and helped the participants with basic knowledge and skills of core strengthening.

## Session 2

### Dr Aamir Sheikh-Wellness & Coping with Adversities

Dr Aamir started with defining wellness, talked about evolution of the concept of wellness, and explained in detail the 6 key dimensions of wellness. Sir emphasized how wellness are connected to all the aspects of our life- physical, emotional, social, mental, environmental, and spiritual. These dimensions of wellness were explained with examples which were connected to real life situations.

The most distinct part of the session was discovering and expressing in our wellness voice. The six types from physical to financial of adversities were explained in very engaging style. He also dealt with the 6 main kinds of adversities faced by people, the Adversity Quotient(AQ), tips on coping with adversity and highlighted the importance of cultivating resilience. The Adversity Quotient through *Control, Ownership, Reach and Endurance* was elaborated with case study of people who have overcome adversities with resilience. This was motivational and inspirational. Dr Shaikh gave a link to measuring one's AQ level by recommending a book and link to the test. The participants could assess their own AQ and send it to Dr Shaikh for his advice and guidance. Some participants even wrote the benefits of understanding their AQ profile. Sample from a participant-

*Please find enclosed my AQ response profile. It was quite an encouraging exercise and gave me the courage to continue responding positively and to keep on improving myself in the present everyday situations and setback when encountered.*



The feedback received from the participants reflected the relevance and need for understanding the Adversity Quotient and techniques how to overcome the obstacles of adversities were much appreciated.

## Session 3

## **Ms. Rajashri Shinde- Wellness with Yoga**

Ms. Rajashri Shinde started by explaining the meaning and importance of Yoga. The different Sanskrit verses were explained to deduce the connection between Yoga and self-discipline and self-direction. Madam explained the the concept of health, wellness from different perspectives of ancient India to WHO

In the next stage, Ms Shinde demonstrated how to do simple yogic techniques(kriyas) of the neck, shoulders, arms, elbows, wrist, fingers, waist, hips, knees, ankles, and toes. Madam further demonstrated simple breathing techniques like nasal cleansing, deep breathing, hand stretch breathing, ankle stretch breathing, naadi shuddhi followed by Meditation exercises. Ms Shinde also sent links of her videos of demonstrations for the participants to practice beyond the webinar.

Ms Rajashri Shinde conducted an enriching session on need-based and effective yoga asanas - very practical still not losing the sight of spiritual realms and humanitarian goals. She ended her session by giving simple tips for wellness.



The participants appreciated the calm and composed way of the facilitator's way of transaction of grounded asanas and meditation.

### **Session 4**

### **Fr.Francis D'Mello S. J.- Wellness for Life**

Fr. Francis was focused to facilitate practical techniques of managing wellness especially during the pandemic times and peak of Covid times. Fr Francis emphasized zest for positive existence, harmony and keeping oneself in peak form. The session's scope covered 4 main guiding framework – 1. Cut the overthinking, 2. Quieting the mind, 3. Fill your mind with positives and 4. Gratitude Journal. Each point was elaborated with practical example. The Gratitude journal idea was much appreciated. Fr Francis also send the *Deep Quieting Recording* to the participants for the full-body quieting. The entire presentation was full of examples and inspiring quotes, anecdotes, and thought-provoking questions. The discussion that followed was also stimulating and positive in its value.



**4. Gratitude Journal**

Note down the many things today that you are lucky to have compared to so many others... home, education, abilities, people...

Deeply human, noble, creative things in the world that touched you.



The feedback of the participants reflected the benefit of understanding the importance of quieting the mind and maintaining gratitude journal. The wonderful quotes presented to infuse positive thoughts were also appreciated.

## Session 5

## Fr. Dr. Keith D'Souza, S.J., 'Wellness and Values'

Fr. Keith started by posing few self-reflection questions to the participants and went on to talk about the Art of Happiness-creating conditions for wellbeing. Fr. Keith presented his ideas through creative and innovative ways images from "The Boy, the Mole, the Fox and the Horse" by Charlie Mackesy. The different images were thought-provoking and reflective. The quotes from interesting books were taken to interact with participants.

He emphasized on the importance of caring for oneself, power of gratitude and values for creating a healthy community and a better world. For example quotes like "Being kind to yourself is one of the greatest kindness, Often the hardest person to forgive is yourself," were highlighting the importance the compassion to oneself.

The significance of inclusive development and caring for the environment were very well brought out in his talk.



Fr Keith send stimulating reading materials which was beneficial for participants for self-reflection. The feedback reflected the participants gain from the guided and directional presentation towards values and wellness.

## SESSION 6

### Dr Gomathi Shah- Emotional Resilience And Wellness

The session conducted by Dr Gomathi Shah was interactive from the beginning with activity of identifying different life skills. Dr Gomathi Shah then deduced about the significance of emotional resilience and how it is connected to wellness of a person- emotional, social, physical and psychological.

An evaluation of emotional resilience made the session participative and practical. Evaluating Resiliency Exercise (Robertson 2012)

Rate yourself in terms of the following statements on a scale of 1 to 10

- *I have plenty of support from other people in my life*
- *I am able to accept myself for who I really am*
- *I am confident in my ability to cope with any adversity*
- *I am good at facing challenging problems in life and solving them systematically*
- *I cope well with my emotions in face of adversity.*



The participants appreciated the interactive and participative presentation and the emotional resilience brought out well.

## Conclusion

The first joint webinar series on *Strengthening Wellness for Building a Hope-filled Future* organized by the Internal Quality Assurance Cell received a good response from faculty and students of both the Colleges.

Each monthly webinar focused on a theme connected to wellness fortification, whether physical, emotional, spiritual or mental. These webinars displayed solidarity during the pandemic in facing the uncertain, volatile, and ambiguous times. The students and faculty shared a common platform to come together and deliberate on the meaningful ways to sustain through these times with the supporting strength of the inspirational themes. The presentations and the interactions at the end of the session were like soothing doses of collective remedy to manage the unstable times.

Thus, the feedbacks after each session encouraged the coordinators to continue the webinars for a unique virtual group who came together to rebuild their strength. The presentations, references and multimedia were shared with the help of the google group. Although as things stabilized and the mission begin again gained momentum, the webinar series had the presence of the most dedicated members, who were sincere and regular in their engaging participation. These members were felicitated by the Certificate of Participation.

Action taken report based on the feedbacks included –

To continue with the joint webinar series between the 2 Institutes on reflective themes

A common platform to promote more interaction between the participants.

The assignments and tasks to be discussed and shared in the webinars.



St. Xavier's College (Autonomous),  
Mumbai



St. Xavier's Institute of Education,  
Mumbai



## CERTIFICATE OF PARTICIPATION

*This is presented to*

**Shaikh Bushra Abdul Rehman**

for participating in the series of workshops and webinars  
under the aegis of

*Strengthening Wellness for Building a Hope-filled Future*

organised by the IQAC of

**St. Xavier's College (Autonomous) &  
St. Xavier's Institute of Education**

June 2020 - December 2020

Program Coordinators

Dr. Seema Das and Ms. Kalpana Chavan

**DR. RAJENDRA SHINDE**

Principal, St. Xavier's  
College (Autonomous)

**DR. SOSAMMA SAMUEL**

Principal, St. Xavier's  
Institute of Education

## Participants' Take Away

*This session was very different from all the other sessions, I really liked this one the best as it was very calming, it gave me a new perspective. Suddenly there's so much positive in my mind. Thank you for organizing this session.*

*I liked the four parts put forth by Father. Each part was explained well. I liked the meditation done and the idea of maintaining a Gratitude journal. In these times where there is so much uncertainty and stress this session was like a ray of hope that we can change for the better and we need to count our blessings.*

*I liked the way Ma'am touched upon the various aspects of the theme. I also liked the activities and the poll at the start was good for self-reflection.*

*I learned a lot of things about resilience and wellness and how it can be helpful for us*

*Although it was online, the session had a dialogue between speaker and respondents. I can relate to stories of other people and how they handled the stress was quite helpful.*

*The stories, and quotes that were used were really inspiring as well as much needed at this time of adversity.*

*The entire part of Adversity Quotient right from Dr. Paul G. Stoltz's quote to the test where we can know about where we stand. The examples given were inspiring and really apt.*

*I liked the fact that it was straight to the point and it really stuck to the topic in discussion. Plus the discussion actually led to a much better understanding of wellness and coping with adversities.*

*ALL the exercise were amazing. especially explaining the theory part and importance of strong core.*

*It was made interactive by asking us to keep our videos on and do the exercises. The energy exuded by everyone was positive and intentional.*

*The focus on decision-making as the fundamental sign of self-awareness and control.*

*The pre-reading and the session just added and boosted my understanding of inner maturation and discernment beautifully.*

*The meditation part was very calming. Information about breathing and diet tips were helpful.*

*The breathing excersices, pranayam and the relaxing exercises are very beneficial. The entire meditation session and the yoga asana*

## Directory of the Facilitators

*(In order of sessions conducted)*



**Pratiksha Phadnis** College Director of Physical Education and Sports. M.Ed. Physical Education- SET -National level Judo player and International level Master's Athlete. -Strength and conditioning coach. - Presented papers at several National and International conferences. - Organised several workshops and sports competitions at College and Intercollegiate level. -Invited as expert and nominee of the higher authorities by the Government of Maharashtra (for CAS, CET, Khelo India), Television channels, other colleges and University of Mumbai.



**Dr. Aamir Shaikh** is a medical graduate with a post-graduate Diploma in Pharmaceutical Business Management (DPBM), and an MD in Pharmacology. In 2007, Aamir found Assansa, his own Health Care Consultancy. Aamir is currently Course Director, Diploma in Clinical Research, Dept. of Life Sciences & Biochemistry, St. Xavier's College, Mumbai, India. He is also Visiting (Adjunct) Faculty for Leadership and Personal Effectiveness - S P Jain School Of Global Management, Executive / Global MBA Programs - Dubai, Singapore and Mumbai.



**Mrs. Rajashri R. Shinde** has been a teacher of Mathematics and Statistics at SIES Junior College for the past 25 years. She holds a B. Ed from XIE, Mumbai and a PG degree in Statistics from University of Mumbai. She is the author of textbooks of Maths and Stats for JC students. Her other interest lies in Yoga and she has a Diploma in Yogic Education, a Diploma in Naturopathy and Yogic Therapy as well as an MSc. in Yoga from SVYASA Bangalore. She is a trained Yoga Therapist and has been working as a Faculty in Yoga Therapy & Naturopathy at Yoga Vidya Niketan, Vashi since June 2014.

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*(In order of sessions conducted)*



**Fr. Francis E. De Melo, S.J.** is a Jesuit engineer, he completed his B.Tech from IIT Bombay and Masters from Loyola-Marymount University, Los Angeles. He has worn several hats during his career- Founder-Director, Xavier Centre for Relevant Education, XIE, Mumbai; Principal, St. Xavier's Technical Institute, Mahim; Provincial of the Jesuits, Bombay Province; Director, Xavier Institute of Engineering & St. Xavier's Technical Institute, Mahim, and is currently the Director, Wellness Centre, SXC. He has completed more than 50 years as a Jesuit, after two years of college he joined the religious order of Jesuits and simultaneously took up engineering which came naturally to him.



**Dr. (Fr.) Keith D'Souza, S.J.** holds a Ph.D in Philosophy from Marquette University, Milwaukee, Wisconsin, USA. He is currently the Rector of St. Xavier's College, Mumbai, as well as Visiting Prof. of Philosophy and Religious Studies, at St. Pius X College, Mumbai; Bombay Jesuit Province Coordinator of Formation for Young Jesuit; President of the Association of Christian Philosophers of India (ACPI); and on the Faculty of 'Power to Lead,' a certificate course in Leadership, Management and Spirituality. He has been the editor of several books and has many articles and research papers to his credit. He is also actively involved in conducting and directing Training Programs, Retreats and Workshops covering



**Dr. Gomathi Jatin Shah** is an Associate Professor at the Centre for Education Innovation & Action Research at Tata Institute of Social Sciences. Her areas of expertise include Adolescent Psychology, Educational Leadership, as well as Research & Development in the field of ICT in Education. She holds a Ph.D in Education from University of Mumbai and has completed research projects on School Management Committees Data. She has several research publications to her credit and has also completed a Certificate Course in Yogic Education.



Don't wait for

illness

to start valuing

wellness