



Internal Quality Assurance Cell (IQAC) of



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



St Xavier's Institute of Education, (SXIE), Mumbai
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 (26th June 2020) will be from 11: 00 a.m. to 12:15 p.m.
- Subsequent webinars (July to December) will be from 4:00 p.m. to 5:00 p.m.
- Detailed schedule with the reading material will be sent to enrolled participants.
- No registration fee will be charged. Registration link will be open till 24th June 2020.
- One can participate in all of them or can opt to attend any 5 for receiving the E-certificate.

[Registration Link](#)

Program Convenors:

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

Program Coordinators:

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

For more details visit www.xaviers.edu (SXC)/ www.sxie.info (SXIE)

Webinar Series

1) 26th June 2020:

Core Strengthening

Ms Pratiksha Phadnis

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

2) 24th July 2020:

Wellness & Coping with Adversities

Dr Aamir Shaikh,

Founder, Health Care Consultant, Assansa
Consultancy.

3) 28th August 2020:

Wellness and Values

(Dr) Fr Keith D'Souza S.J.,

Rector,
St. Xavier's College (Autonomous), Mumbai

4) 25th September 2020:

Immunity Building & Wellness

Dr Seema Das,

HOD, Dept. of Life Science & Biochemistry, St.
Xavier's College (Autonomous), Mumbai

5) 16th/24th October 2020:

Wellness for life

6) 27th November 2020

Emotional Resilience and Wellness

Dr Gomathi Shah,

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

7) 18th December 2020:

Wellness in Higher Education

(Dr) Fr. Frazer Mascarenhas S.J.,

Manager,
St Stanislaus High School