

A Session on ‘Navigating the Path from Stress to Social Well-being through Social Skills’ on 4th October 2023

The Department of Sociology in association with IQAC and MOU partner Dnyanvardhini Divyang Training College, Bogda – Vasco organised a session on ‘*Navigating the Path from Stress to Social Well-being through Social Skills*’ in Principal M. S. Kamat Seminar Hall of the college on 4th October 2023. The key note speaker was Dr. Gargi P. Sinha, Faculty of Dnyanvardhini Divyang Training College, Bogda. The resource person in her video presentation highlighted the need for reduction in time spend on gadgets like mobiles and how it is important to build relationships for overall mental and physical wellbeing. The coordinator of the event Ms. Jessy Coutinho highlighted the significance of such a talk in the challenging times we live in. The objective of this session was to explore the multifaceted relationship between individual stress experiences and the broader societal factors and strategies that can promote social well-being. A total number of 67 students attended the programme consisting of 14 males and 53 females

M.E.S Vasant Joshi College of Arts and Commerce
Zuarinagar, Goa
(Affiliated to Goa University by NAAC with 'B+' with CGPA of 2.68 (4th Cycle)

Department of Sociology In Association with
IQAC & MOU PARTNER
Dnyanvardhini Divyang Training College
Bogda Vasco

Organizes Session
On

**'NAVIGATING THE PATH FROM STRESS
TO SOCIAL WELLBEING THROUGH
SOCIAL SKILLS'**

Date: 04/10/2023
Time: 11:30 am - 12:30 pm
Venue: M.S Kamat Seminar Hall

Ms. Jessy Coutinho
Coordinator

Dr. Sonal Thakker
Head, Dept of Sociology

Dr. Gargi P. Sinha
Resource Person

Dr. Manasvi M. Kamat
(Professor & Principal)



Dr. Gargi Sinha interacting with students

Report of the Webinar held on 15th May 2024 in association with MoU partner Dnyanvardhini Divyang Training College, Bogda – Vasco, Sanjay Centre for Special Education Porvorim and M.E. S Vasant Joshi college of Arts and Commerce Zuarinagar - Goa

The office of the State Commissioner for persons with Disabilities – Goa in association with Dnyanvardhini Divyang Training College, Bogda – Vasco, Sanjay Centre for Special Education Porvorim and M.E. S Vasant Joshi college of Arts and Commerce organised an online webinar in celebration of Global Accessibility Awareness Day on 15th May 2024. Asst Prof Jessy Coutinho, MoU Coordinator welcomed the dignitaries.

Aims and Objectives of the Programme:

The program aimed to raise awareness on accessibility and to learn to create more inclusive world for everyone. The purpose of the program was to get as many as people to talk, think about digital access which will provide equal opportunities for person with disabilities to live as independently. It focused on highlighting the awareness about the assistive technology available and enhance policy decision to make it easily available to the person with disabilities.

Target Participants:

Participants for the program included students, teachers, principal and the other professionals in the field of disability.

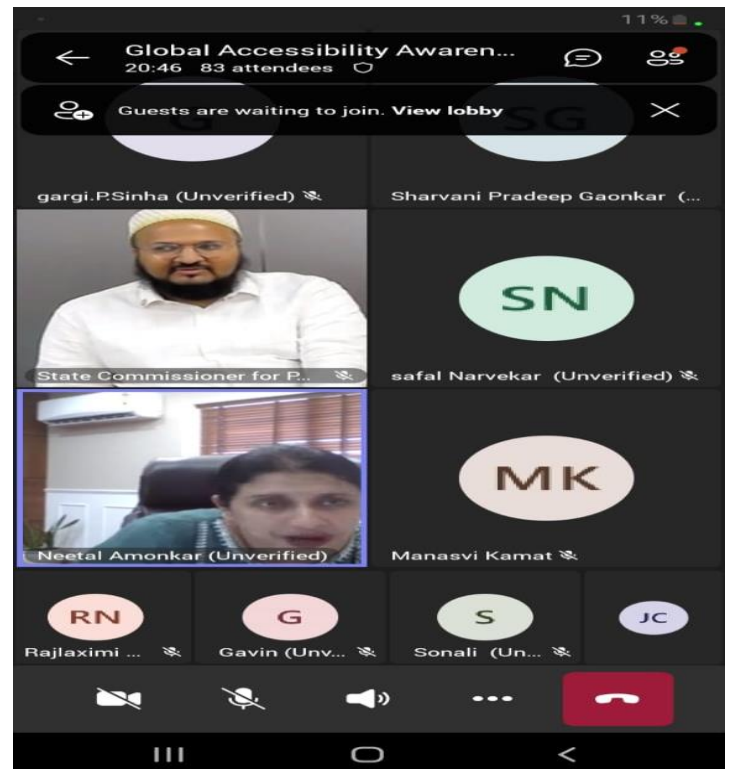
Event:

The program commenced at 11:00 am by a welcome address by Ms. Durga U. Naik, Administrative Officer for State Commissioner for Person with Disabilities. Dr. Manasvi M. Kamat, Professor and Principal of M.E.S Vasant Joshi College of Arts & Commerce, Zuarinagar Goa addressed the attendees by introducing the importance of the Global Accesibility Awareness Day. Smt. Neetal Amonkar, Member Secretary, Sanjay Center for Special Education expressed her views on the accessibility and inclusion. Shri. Taha Haaziq, Secretary, Office of the State Commissioner for Person with Disabilities, Goa was the speaker for the occasion.

The speaker posed a question to all the attendees to know the awareness about the accessibility software or application available on the android Voice Over -Voice Access and ios devices for

person with disabilities. He being a person with total blindness highlighted the various technological features and software also movies with Audio captioning, Netflix/Amazon – Audio captioning, book share which provides them with equitable condition to function in this world. The features such as talk back, speech to text, etc has led towards inclusion. He also shared about the various policies and schemes under the state government that provides support in making the environment more accessible and inclusive. He showed openness in making policy decision and suggestion with regards to technological advancement for person with sensory and neurodevelopmental disabilities. He also highlighted the attitudinal shift that is created in recent years towards inclusion specially in Goa.

A total number of 94 attendees (Females -63, Males -31) participated in the webinar and benefitted from to it. The webinar concluded with the vote of thanks proposed by Dr. Gargi P Sinha



Ms. Jessy Coutinho
(MoU Coordinator)