



# RUKMINI DEVI

## Institute of Advanced Studies

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## Webinar on Wellbeing : Mental, Physical and Social aspect of Working and Non-Working Females in this Stressful Pandemic Time

<b>TITLE</b>	Webinar on Wellbeing : Mental, Physical and Social aspect of Working and Non-Working Females in this Stressful Pandemic Time
<b>Date</b>	Nov 30, 2020 - Nov 30, 2020
<b>Summary</b>	<p>Universal Human Values Club of RDIAS organised a webinar sponsored by National Commission of Women on Wellbeing: Mental, Physical and Social aspect of working and Non-Working Females in this Stressful Pandemic Time on 30th November, 2020 at 11:00 am.</p> <p>The event was deliberated by four expert resource persons</p> <ol style="list-style-type: none"> <li>1. Ms. Madhulika Makar, Director, Triage Solutions</li> <li>2. Dr. Mala Sinha, Former Professor of Business Ethics &amp; Communication, University of Delhi</li> <li>3. Dr. Arhat Chhabra, Founder, Healing Temple: Dr Arhat Homeo Clinic</li> <li>4. Dr. Rachna Khanna Singh, Holistic Medicine, Artemis Hospital</li> </ol> <p>The event was conducted by above mentioned four speakers who shared their insights on topics ranging from concept of wellness and wellbeing, to mental health and well-being, current state of females in India vis a vis rest of the world, physical health and wellbeing. In the session various stress relieving strategies were shared with the participants and audiences. There were many queries which were put forward by the participants and were very aptly handled by the experts. The event witnessed 220 registrations, ranging from students, faculty members and external participants. The webinar was anchored by Ms Nikita Singla. The vote of thanks was proposed by Ms. Deepika Varshney, Incharge UHV Club- RDIAS. The participants appreciated the session and the same was visible by the queries raised by them and by the comments mentioned in the chat box. The event certainly did meet its objective of contributing to positive mental well-being.</p>