



(47)

11



Tabassum Bano (You)



santosh godra



Total Playing



PAYAL SIGNH



Others in the meeting (43)





Tabassum Bano (You)



Sanyogita Sharma



Girindra Nath Trivedi



Can't use Bixby Voice while mic in use by another app.

Others in the meeting (35)





(39)

1



Tabassum Bano (You)



Sanyogita Sharma



Girindra Nath Trivedi



Others in the meeting (35)





(52)



Tabassum Bano (You)



Sanyogita Sharma



Girindra Nath Trivedi



PAYAL SIGNH



Others in the meeting (48)



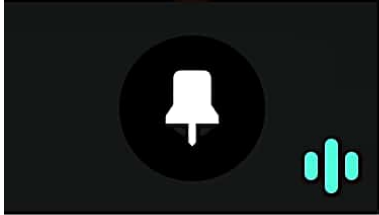


(56)



Tabassum Bano (You)

23:09



Sanyogita Sharma



Krishna Choudhary



PAYAL SIGNH

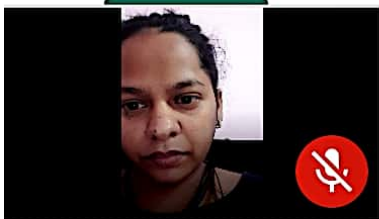


Others in the meeting (52)





 (42)



Tabassum Bano (You)



PAYAL SIGNH



Buchul Kishore





Others in the meeting (38)





11:15

VoLTE 4G 65%



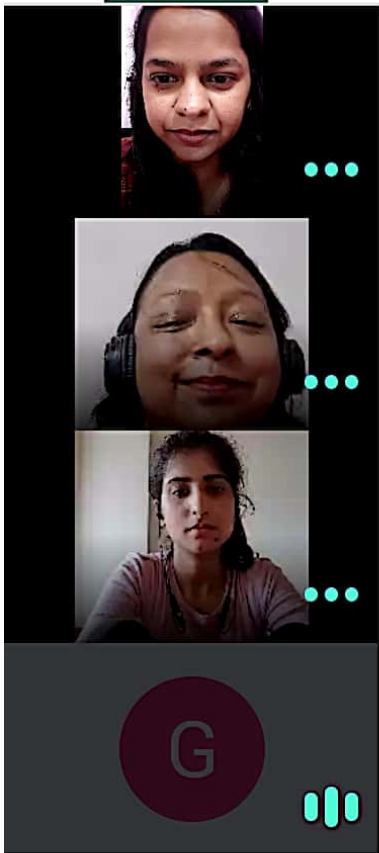
You  



You  



(28)



Tabassum Bano (You)

Anjali Gupta



Sanyogita Sharma

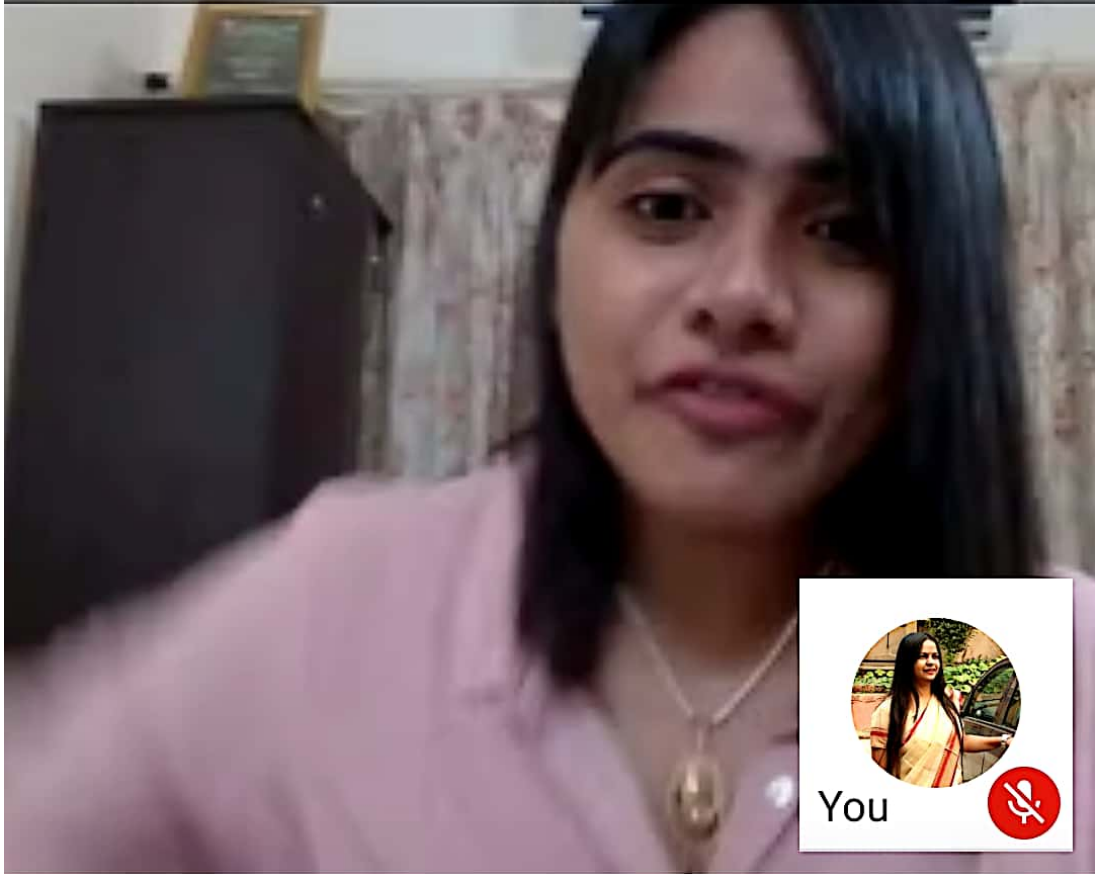


Girindra Nath Trivedi



Others in the meeting (24)





(93)



Purnima Kumari 2 mins
Today is amazing session

Syed Ara 3rd sem 68 1 min
I m so impressed

Anamika Kumari 1 min
Thank you so much mam. 😊

Syed Ara 3rd sem 68 Now
Thnk mam for giving us sach a wonderful lecture
speech

smriti bharti Now

Send a message to everyone here





(78)

1



Tabassum Bano (You)



PAYAL SIGNH



Shivani Sharma



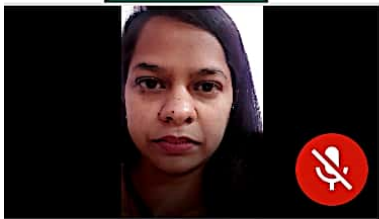
Others in the meeting (74)



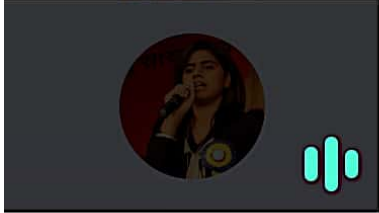


 (68)

 1



Tabassum Bano (You)



Ghazala Zaidi



Krishna Choudhary



Shivani Sharma



Others in the meeting (64)





 (53)



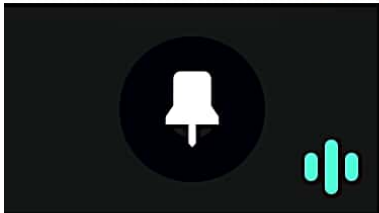
Tabassum Bano (You)



Ghazala Zaidi



Krishna Choudhary

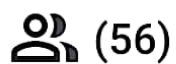
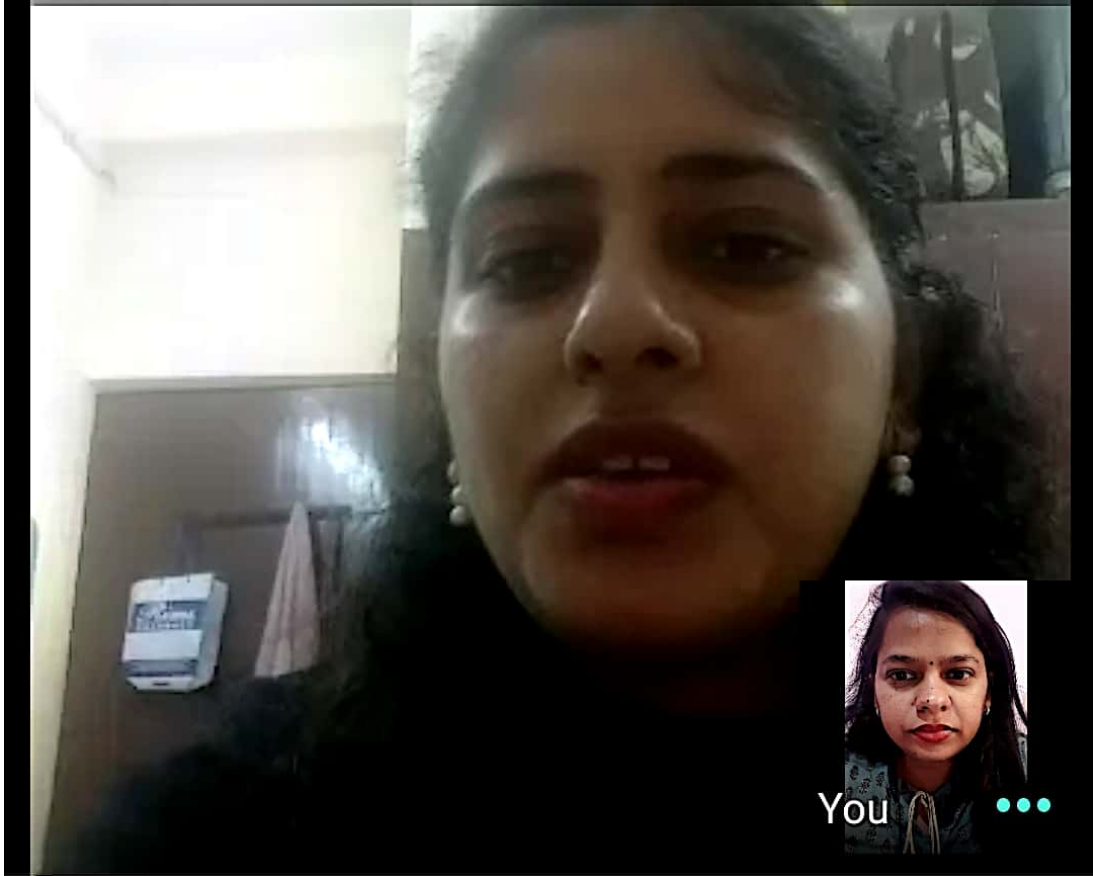


Shailendra Ojha



Others in the meeting (49)





(56)



Priya singh sem.2 roll no. 57 5 mins
Mam...nind bhut aati h. Uska mya kre.???

Kumari Prity-55-3rd sem 5 mins
Ma'am concentration ek equal flow me kaise rakhe ?

Ritika Mishra 3 mins
Mam koi bhe chij bahut jaldi bhul jati hu uske liye kya karna chahiye

gautamh yadav Now
how to tackle depressive thoughts during this pandemic situation.???

Send a message to everyone here





Today's youth are struggling...

- Mental health issues (e.g. depression, anxiety, suicide rates up 3-4X since 1960's)
- Behaviour problems (e.g. bullying, drug use) -- youth crime up 300% since the 60's
- Narcissism and lack of empathy (Twenge, 2011)



Royal Ottawa Mental Health Centre / Centre de santé mentale Royal Ottawa

University of Ottawa / Institut de recherche en santé mentale de l'Université d'Ottawa

Royal Ottawa Foundation for Mental Health / Fondation de santé mentale Royal Ottawa

Brackville Mental Health Centre / Centre de santé mentale Brackville

The Le Royal
Mental Health - Care & Research / Santé mentale - Soins et recherche



SlideShare

Visit

Attach to me if you can: How modern society disconnects us...

Images may be subject to copyright. **Learn more**

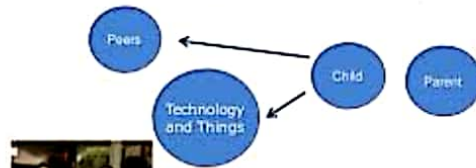
Related images

Britney's Story

- Background
 - 17-yr female who is having thoughts of suicide
 - Living with her mother; parents separated; no contact with father
 - Gr. 12 student
- Current resources
 - Seeing a therapist once weekly for 2-months with no improvement
- Symptoms
 - Depressed for past few months
 - Triggering stress
 - Boyfriend (of past year) broke up with her



Peers, technology, and material things



Neufeld, 2005

Royal Ottawa Mental Health Centre / Centre de santé mentale Royal Ottawa

Royal Ottawa Mental Health Centre / Centre de santé mentale Royal Ottawa

Attach to me if you can: How ... slideshare.net

Attach to me if you can: How ... slideshare.net

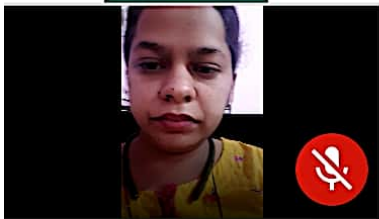
References and More Information

How modern technology weakens relationships





(94)



Tabassum Bano (You)



Ghazala Zaidi



PAYAL SIGNH



Others in the meeting (90)





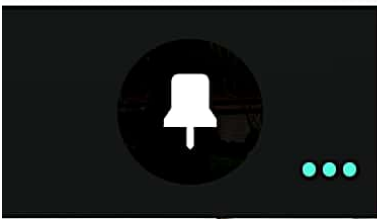
(65)



Tabassum Bano (You)



DR. ABHAY MISHRA



Anjali Gupta



Others in the meeting (61)





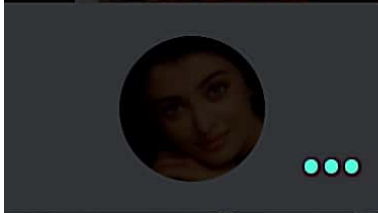
PAYAL SIGNH



Tabassum Bano (You)



santosh godra



Anjali Gupta



Others in the meeting (59)



छात्रों ने सीखे कई तरह के योग करने के गुर

संवाददाता आरा

एचडी जैन कॉलेज की एनएसएस इकाई व जुलौजी डिपार्टमेंट द्वारा फिट इंडिया प्रोग्राम के तहत सात दिवसीय योग फेस्टिवल मनाया गया. इस दौरान ऑनलाइन योग जागरूकता सप्ताह का आयोजन किया गया. कार्यक्रम के प्रथम तीन दिन जम्मू से आये योग के एक्सपर्ट संतोष ने विद्यार्थियों को योग के आधारभूत सिद्धांत, इनका महत्व, योगिक क्रियाओं का सैद्धांतिक व प्रायोगिक प्रदर्शन किया. अगले दो दिन दिल्ली से आयी आयुष मंत्रालय की संयोगिता जी ने प्राणायाम, योग



कार्यक्रम में योग का अभ्यास करते लोग.

आसन का लाइव अभ्यास कराया. इनका महत्व बताते हुए विद्यार्थियों की समस्याओं को सुना और उनका हल बताया. छठे दिन दिल्ली से आये मनोवैज्ञानिक और सोशल एक्टिविस्ट

निलोफर हयात ने विद्यार्थियों के साथ युवाओं की समस्याएं और उनके समाधान पर विशेष इंटरैक्शन और काउंसिलिंग की. सात दिवसीय कार्यक्रम के समापन समारोह के अंतिम सत्र

में स्ट्रेस मैनेजमेंट पर लाइफ कोच व मोटिवेशनल स्पीकर गजाला जैदी ने विद्यार्थियों और सदस्यों के साथ इंटरैक्शन किया. समापन समारोह की अध्यक्षता प्रधानाचार्य प्रो शैलेंद्र कुमार ओझा ने की व सभी वक्ताओं का धन्यवाद किया. वहीं, उन्होंने योग स्ट्रेस मैनेजमेंट और कोरोना महामारी काल में जीवनशैली में सुधार का महत्व बताया. कार्यक्रम में मुख्य अतिथि जिला के कोरोना के नोडल ऑफिसर के एस चौधरी व महाराजा कॉलेज के अभय मिश्र ने सात दिवसीय कार्यक्रम के तहत हुए योग अभ्यास, ध्यान क्रिया, सामाजिक स्वास्थ्य तथा जीवन

शैली में सुधार, स्ट्रेस मैनेजमेंट आदि कार्यक्रमों के लिए स्वयंसेवकों को व विद्यार्थियों को आपस में जोड़ने के लिए धन्यवाद दिया. कार्यक्रम का आयोजन जैन कॉलेज की एनएसएस इकाई की प्रोग्राम ऑफिसर डॉ तवस्सुम बानो ने करते हुए धन्यवाद ज्ञापन दिया. महाविद्यालय के जुलौजी विभाग के साथ आयोजनकर्ताओं में डॉ अंजली गुप्त, जीएन त्रिवेदी तथा स्वयंसेविका टीम लीडर पायल सिंह का महत्वपूर्ण योगदान रहा. कार्यक्रम में एसवी कॉलेज, महाराजा कॉलेज, एचडी जैन कॉलेज के स्वयंसेवकों तथा विद्यार्थियों ने भाग लिया.

Download

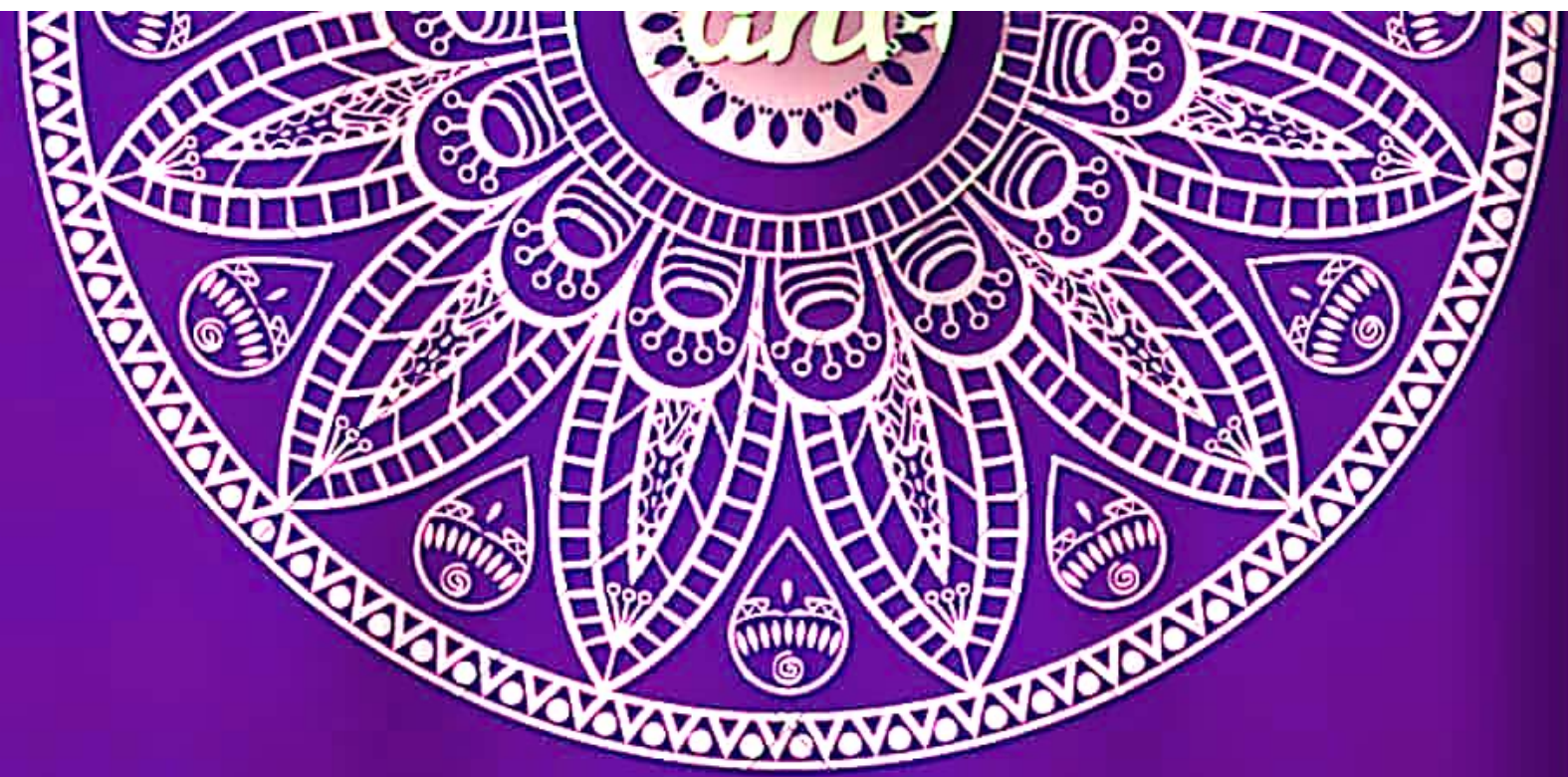
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To
Hon'ble Vice
Chancellor



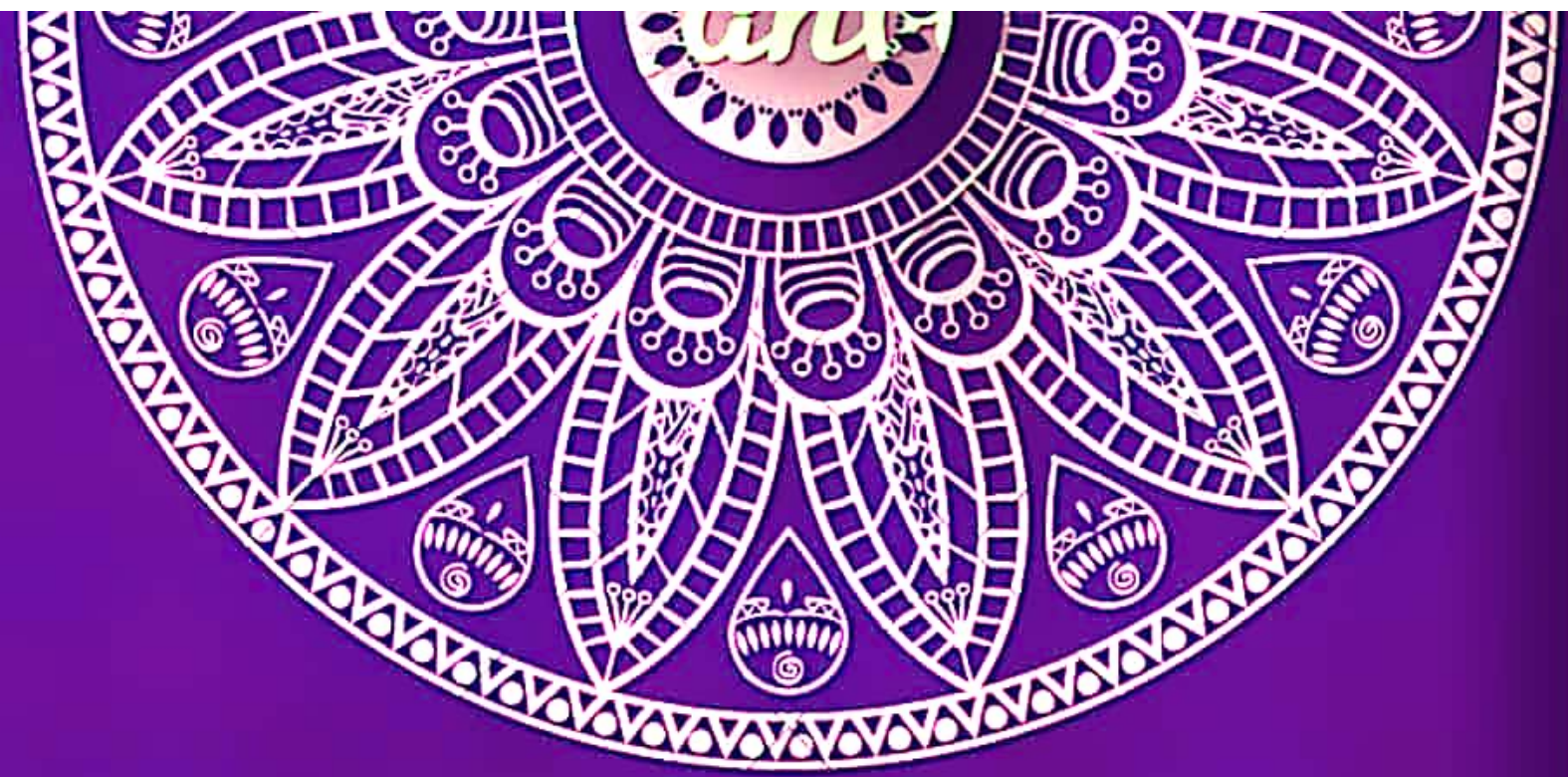
7 Days Yoga Festival

22.08.2020-28.08.2020

Organized by

NSS H.D.Jain College

<https://meet.google.com/vqh-xmce-wcs>



To
Hon'ble
Principal
H.D. JAIN COLLEGE



you are invited to

Preside the function
7 Days Yoga Festival

22.08.2020-28.08.2020

Organized by

NSS H.D.Jain College

<https://meet.google.com/vqh-xmce-wcs>



Chief Patron

Dr. Shailendra Kumar Ojha
Hon'ble Principal
Har Prasad Das Jain College, Ara

Organizer

Dr. Tabbasum Bano
Program officer
National Service Scheme

Other team members

- Dr. Anjali Gupta
Associate professor
Department of Zoology
- Dr. G.N. Trivedi
Dept. of Zoology
- Payal Singh
Team leader
National Service Scheme
H. D. Jain College, Ara

Platform: Google meet

About the program

Today the entire human race is fighting against the global pandemic Covid 19. Millions of people came in the grip of this pandemic. Amidst all this, it came out that strengthening of our immune system is the only option by which we can reduce the risk of infection .

This disease affects the physical as well as mental health of humans.

In view of this, this program is an attempt by the National Service Scheme, H. D. Jain College, Ara to connect people of all ages of the society with physical exercise, yoga and healthy lifestyle.

Objectives of the program

- ❖ To aware people about the yogic lifestyle, Diet and Nutrition, Effect of yoga on body system, Stress management and social health management.
- ❖ Initiative to make students aware of Yogic Education as their career.

Program Schedule and Rules

- The session will start at **10:00 am** every day. It will include theory and practical both.
- Participants have to attend the session each day and as well as the **final quiz test** on the last day program.
- Participants will get e-certificate only if they score at least 40% marks in quiz test.

Participants have to join whats app group for details of each day schedule

<https://chat.whatsapp.com/G4my3luTnBmBSbzUyPymry>

- The participants will get information about the session to be held the next day by 9:00 pm the previous night.
- After submitting the quiz and the feedback form on the last day, participants will be given e-certificate within 3 days.

28.08.2020

MENTAL HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL HEALTH

**GHAZALA ZAIDI
STRESS AND MENTAL
HEALTH EXPERT**



7 DAYS YOGIC FESTIVAL H.D. JAIN COLLEGE ARA

22.08.2020-28.08.2020
