



**FACULTY OF EDUCATION
MOHANLAL SUKHADIA UNIVERSITY,
UDAIPUR**

**In Collaboration with
ACADEMY OF WELL BEING SOCIETY,
UDAIPUR**



Cordially invites you for webinar on

**HOW TO TAKE CARE OF YOURSELVES AND FAMILY
(For Students and Parents)**

On

May 15, 2021 at 11:00 AM



Patron

Prof. Amarika Singh
Hon'ble Vice Chancellor
MLSU, Udaipur (Raj.)



Convenor

Prof. C. R. Suthar
Chairperson
Faculty of Education,
MLSU, Udaipur (Raj.)



Keynote Speaker

Dr. Manish Singhal
Associate Professor
Department of Medicine
RVRS Medical College,
Bhilwara (Raj.)



Special Guest

Dr. Shobha Lal Audichya
Ayurveda Medical Officer
State Model Ordinary
Hospital, Sindhi Bazar,
Udaipur (Raj.)



Guest of Honor

**Prof. Vijaya Laxmi
Chouhan**
Professor, Former Dean,
Students Welfare Board,
MLSU, Udaipur (Raj.)



Organizing Secretary

Dr. Alpana Singh
Incharge / Head
Faculty of Education,
MLSU, Udaipur (Raj.)

Program Schedule

Timeline	Description	
11:00 -11:15	The Announce ment and Joining of All Distinguish ed Guests Online	Ms. Tamanna Soni and Ms. Swati Lodha
11:15 -11:18	Kulgeet Mohanlal Sukhadia University, Udaipur	
11:18 -11:23	Preamble of Constitution and reading of basic duties by Honorable Vice Chancellor, MLSU, Udaipur	
11:23 -11:30	Welcome Address	Prof. C. R. Suthar Chairperson Faculty of Education, MLSU, Udaipur (Raj.)
11:30 -11:40	About the Webinar	Dr. Alpana Singh Incharge / Head Faculty of Education, MLSU, Udaipur (Raj.)
11:40 -11:50	Keynote Speech	Dr. Manish Singhal Associate Professor Department of Medicine RVRS Medical College, Bhilwara (Raj.)
11:50 -12:00	Speech	Dr. Dolly Mogra Assistant Professor Department of Readymade Garments, UGC Centre of Women Studies, MLSU, Udaipur (Raj.)
12:00 -12:10	Special Guest Speech	Dr. Shobha Lal Audichya Ayurveda Medical Officer State Model Ordinary Hospital, Sindhi Bazar, Udaipur (Raj.)
12:10 -12:20	Speech	Dr. Archana Golwalkar Joint secretary, Academy of Well Being Society, Udaipur (Raj.)

Program Schedule ...

12:20 -12:30	Guest of Honor	Prof. Vijaya Laxmi Chouhan Professor, Former Dean, Students Welfare Board, MLSU, Udaipur (Raj.)
12:30 -12:35	Vote of Thanks	Dr. Sapna Mawatwal Faculty of Education, MLSU, Udaipur (Raj.)
12:35 -12:36	National Anthem	

Organizing Secretary

Dr. Alpana Singh

Incharge / Head, Faculty of Education, MLSU, Udaipur (Raj.)

Technical Incharge & Coordinator

Dr. Arun Vaishnav

Faculty of Education, MLSU, Udaipur (Raj.)

&

Technical Support

Mr. Madan Lal Dangi

Faculty of Education, MLSU, Udaipur (Raj.)

Event Time & Link for Join:

Time: Saturday, May 15 · 11:00am – 12:30pm

Joining Link:

<https://meet.google.com/pwx-ejrt-kgx>

Committee Members

Dr. Munmun Sharma
Dr. Nisha Singhvi
Ms. Anju Vyas

Dr. Kumud Purohit
Dr. Monika Jaroli
Dr. Anupa Sharma

Media Incharge

Dr. Himanshu Bhatt
Dr. Teena Ojha

Dr. Nisha Sharma

Student Coordinator

Ms. Meena Purbia
Ms. Kiran Ranawat


Ms. Deepa Meena

Event Snapshots:

Browser tabs: Inbox (2,500) - narendravaiashnav, Meet - HOW TO TAKE CARE

URL: meet.google.com/pxw-ejrt-kgx?authuser=1

Buttons: REC, Chairman Faculty of Education is presenting, 65, 12:43 PM




FACULTY OF EDUCATION
MOHANLAL SUKHADIA UNIVERSITY,
UDAIPUR
In Collaboration with
ACADEMY OF WELL BEING SOCIETY,
UDAIPUR
Cordially invites you for webinar on

HOW TO TAKE CARE OF YOURSELVES AND FAMILY
(For Students and Parents)

On
May 15, 2021 at 11:00 AM

Welcome



Participants: Surbhi Choubisa, Mukesh Jat Bag..., priyanka arya, Bharti Choubisa, Molee Pandya, Tamanna Soni, Tabbu Khan, Drvijayalaxmi Ch..., Alpina Singh

HOW TO TAKE CARE OF YOURS... | Raise hand | Turn on captions | Chairman Faculty of Education is presenting

Windows taskbar: Type here to search, 12:43 PM 5/15/2021

Browser tabs: Inbox (2) - education@mlsu.ac.in, Meet - HOW TO TAKE CARE

URL: meet.google.com/pxw-ejrt-kgx?authuser=0

Buttons: REC, Recording

Participants: Tamanna Soni, Dr. Nisha Singhvi, Alpina Singh, Swati Lodha, Dr. Anupa Sharma, Rishiraj Singh, Dr. Sapna Mawatwal, Varsha Garg, Swati Lodha

Class List: Enter any notes specific to this class

HOW TO TAKE CARE OF YOURSEL... | Raise hand

Recording overlay: Your video call is being recorded. When recording is finished, it will be saved in the organizer's "Meet Recordings" folder in Google Drive. Stop recording

Notification: You're presenting to everyone. Click here to return to the video call when you're ready to stop presenting

Windows taskbar: Kulgeet & National..., Microsoft PowerPoin..., PowerPoint Slide Sh..., MLSU Kulgeet Video..., Saturday, May 15, 2021 11:15 AM

Inbox (2) - education@mlsu.ac.in x Meet - HOW TO TAKE CARE x

meet.google.com/pxw-ejrt-kgx?authuser=0

REC

Swati Lodha

Alpana Singh

Jignesh Sharma

Tamanna Soni

Dr. Anupa Sharma

Rishiraj Singh

Dr. Sapna Mawatwal

Dimpal Suthar

Varsha Garg

HOW TO TAKE CARE OF YOURSEL...

Class List

113 Start: 10:53 / Duration: 0

Enter any notes specific to this class.

HOW TO TAKE CARE OF YOURSEL...

Tushar Arora

Priyanka Arya

Kulgeet & National ...

Meet - HOW TO TAK...

Microsoft PowerPoin...

PowerPoint Slide Sh...

snapshot - Microsoft...

Raise hand

Turn on captions

Present now

Show desktop

11:22 AM

Recording

Your video call is being recorded

When recording is finished, it will be saved in the organizer's "Meet Recordings" folder in Google Drive.

Stop recording

Inbox (2) - education@mlsu.ac.in x Meet - HOW TO TAKE CARE x

meet.google.com/pxw-ejrt-kgx?authuser=0

REC C You are presenting

Someone wants to join this call

Umesh Menaria (outside Mohan Lal Sukhadia University)

Deny entry Admit

You're presenting to everyone

Stop presenting

Class List

120 of 120 25 120 Start: 10:53 / Duration: 41

Enter any notes specific to this class.

HOW TO TAKE CARE OF YOURSEL...

Tushar Arora

Priyanka Arya

Kulgeet & National ...

Meet - HOW TO TAK...

meet.google.com is ...

Microsoft PowerPoin...

PowerPoint Slide Sh...

snapshot - Microsoft...

Raise hand

Turn on captions

You are presenting

11:34 AM

Recording

Your video call is being recorded

When recording is finished, it will be saved in the organizer's "Meet Recordings" folder in Google Drive.

Stop recording

Inbox (2) - education@mlsu.ac.in x Meet - HOW TO TAKE CARE x

meet.google.com/pwx-ejrt-kgx?authuser=0

REC C You are presenting

You're presenting to everyone

Stop presenting

Class List

HOW TO TAKE CARE OF YOURSEL...

meet.google.com is sharing a window. Stop sharing Hide

Raise hand Turn on captions You are presenting

11:35 AM

Recording

Your video call is being recorded

When recording is finished, it will be saved in the organizer's "Meet Recordings" folder in Google Drive.

Stop recording

Inbox (2) - education@mlsu.ac.in x Meet - HOW TO TAKE CARE x

meet.google.com/pwx-ejrt-kgx?authuser=0

REC A J

Archana Golwalkar Jignesh Sharma

Alpana Singh

T

Dr. Sapna Mawatwal Tamanna Soni

Swati Lodha Dr. Munmun Sharma

Dr. Vijayalaxmi Chouhan

Class List

HOW TO TAKE CARE OF YOURSEL...

meet.google.com is sharing a window. Stop sharing Hide

Raise hand Turn on captions Present now

12:32 PM

Recording

Your video call is being recorded

When recording is finished, it will be saved in the organizer's "Meet Recordings" folder in Google Drive.

Stop recording

Inbox (2) - education@mlsu.ac.in x Meet - HOW TO TAKE CARE x

meet.google.com/pxw-ejrt-kgx?authuser=0

REC

← Recording X

2

Your video call is being recorded
When recording is finished, it will be saved in the organizer's "Meet Recordings" folder in Google Drive.

Stop recording

Class List

Drvijayalaxmi Chouhan

Enter any notes specific to this class.

HOW TO TAKE CARE OF YOURSEL...
H Patel RJ 46
Tushar Ameta

Raise hand Turn on captions Present now

Kulgeet & National ... Meet - HOW TO TAK... Microsoft PowerPoin... PowerPoint Slide Sh... snapshot - Microsoft...

12:33 PM

Inbox (3) - education@mlsu.ac.in x Meet - HOW TO TAKE CARE x

meet.google.com/pxw-ejrt-kgx?authuser=0

REC

← Recording X

2

Your video call is being recorded
When recording is finished, it will be saved in the organizer's "Meet Recordings" folder in Google Drive.

Stop recording

Dr. Sapna Mawatwal

Drvijayalaxmi Chouhan

Alpana Singh

Preeti Namdeo

Tamanna Soni

Swati Lodha

Archana Golwalkar

Jignesh Sharma

Dr. Munmun Sharma

HOW TO TAKE CARE OF YOURSEL...
H Patel RJ 46
Tushar Ameta

Raise hand

Kulgeet & National ... Meet - HOW TO TAK... Microsoft PowerPoin... snapshot - Microsoft...

12:54 PM

meet.google.com • now

You're presenting to everyone
Click here to return to the video call when you're ready to stop presenting

Inbox (2) - education@mlsu.ac.in x Meet - HOW TO TAKE CARE x

meet.google.com/pxw-ejrt-kgx?authuser=0

REC You are presenting

Recording

Your video call is being recorded
When recording is finished, it will be saved in the organizer's "Meet Recordings" folder in Google Drive.

Stop recording

Class List

Jignesh Sharma

HOW TO TAKE CARE OF YOURSEL...

meet.google.com is sharing a window. Stop sharing Hide

Raise hand Turn on captions You are presenting

Kulgeet & National ... Meet - HOW TO TAK... meet.google.com is ... Microsoft PowerPoi... PowerPoint Slide Sh... snapshot - Microsoft...

12:00 PM

Inbox (2) - education@mlsu.ac.in x Meet - HOW TO TAKE CARE x

meet.google.com/pxw-ejrt-kgx?authuser=0

REC You are presenting

Recording

Your video call is being recorded
When recording is finished, it will be saved in the organizer's "Meet Recordings" folder in Google Drive.

Stop recording

You're presenting to everyone

Stop presenting

Class List

132 of 132

HOW TO TAKE CARE OF YOURSEL...

meet.google.com is sharing a window. Stop sharing Hide

Raise hand Turn on captions You are presenting

Kulgeet & National ... Meet - HOW TO TAK... meet.google.com is ... Microsoft PowerPoi... PowerPoint Slide Sh... snapshot - Microsoft...

12:01 PM

Jignesh Sharma

Swati Lodha

Alpna Singh

Tamanna Soni

Department of Ready...

Dr. Munmun Sharma

Dimpal Suthar

Dr. Sapna Mawatwal

The screenshot displays a Google Meet interface during a recording session. The main window shows a grid of participants: Archana Golwalkar (blue circle with 'A'), Jignesh Sharma (pink circle with 'J'), Alpina Singh (video feed), T (orange circle with 'T'), Dr. Sapna Mawatwal (video feed), Tamanna Soni (orange circle with 'T'), D (orange circle with 'D'), Dr. Munmun Sharma (video feed), and Swati Lodha (video feed). A presentation slide titled 'HOW TO TAKE CARE OF YOURSELF...' is visible. A 'Recording' overlay on the right indicates the session is being recorded and will be saved to Google Drive. The bottom bar shows controls for mute, video, chat, and other participants.