

VOICES: The Society for Integrated Dialogues & Perspectives

## SESSION-1

### COVID (SARS-COV-2 INFECTIONS) & COVID APPROPRIATE BEHAVIOR IN ADOLESCENTS

On 16th February 2022 at 2:00 P.M

*Google Meet:* <https://meet.google.com/uxk-cugw-ptt>

- Speaker: Dr. Balraj Singh Yadav

Formation of IYCF Chapter of IAP & Human Milk Banking Association of India (National Coordinator)

A Webinar on the topic “Covid (Sars-Cov-2 infections) & covid appropriate behavior in adolescent ” was organized by the team Voices Coordinators- Dr. Sunita Bahmani & Dr. Mali Devi Sawariya, Invited speaker Dr. Balraj Singh Yadav, MBBS, MD (Pediatrician) National Coordinator on 16th Feb 2022 at 2:00 P.M via Google meet.

Anchor of the day Ms. Nupur Miglani, Student Coordinator greeted all the dignitaries of Aditi Mahavidyalaya, Esteemed Resource Person Dr. Balraj Singh Yadav and to all the participants.

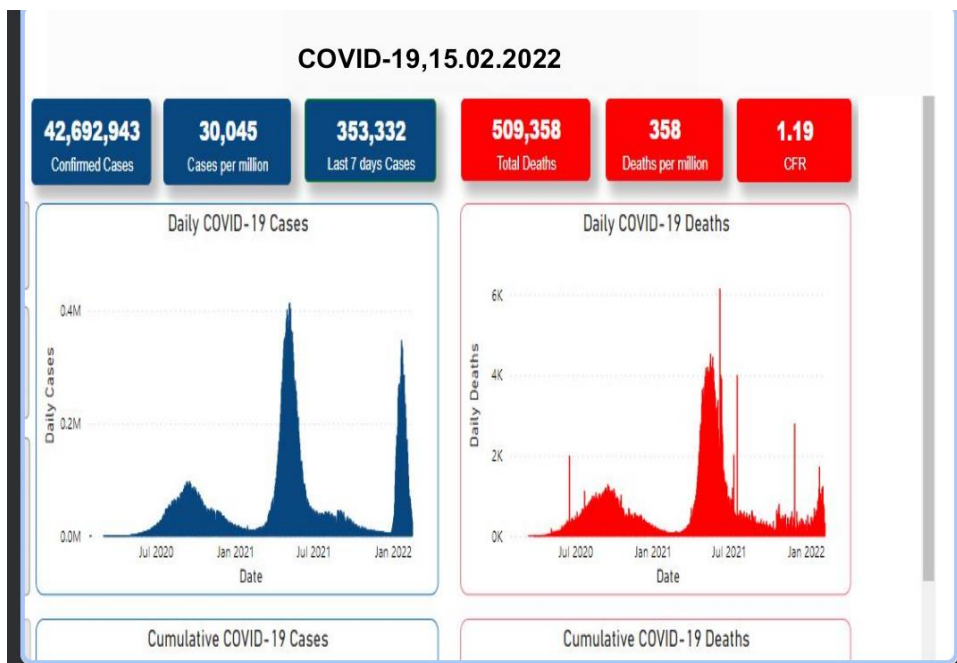
In the beginning of the webinar, Principal Prof. Mamta Sharma, Aditi Mahavidyalaya Inaugurated & welcomed the resource person, and also introduced the session topic.

After that, Dr. Sunita Bahmani, VOICES Coordinator Introduced our guest speaker. Sir works extensively and provides free medical

care to rural communities across Haryana . He has paired with institutions like AIIMS and provides free eye care and care for Celiac patients from 2010 onwards. His areas of special interest are prevention of illegal abortion and setting up of Lactation Management Centers across India. He is a vocal advocate of incorporating quality improvement across the existing healthcare delivery systems’. Then Dr. Bahmani gave opening remarks.

Speaker initiated the session by introducing us to the present Covid Scenario of Covid 19 Cases & Deaths.

(As shown in below Statistics)



## TREATMENT PLAN

Sir told, your healthcare provider might recommend the following to relieve symptoms of mild infection and support your body’s natural defenses:

- Taking medications, like acetaminophen or ibuprofen, to reduce fever.
- Drinking water or receiving intravenous fluids to stay hydrated.
- Getting plenty of rest to help the body fight the virus.

Then, sir briefed us on "*How to talk to Children about Coronavirus Disease*", Sir told us Children might find it difficult to understand what they are seeing online or on TV- Or hearing from other people- so they can be particularly vulnerable to feelings of anxiety, stress and sadness. Sir also shared the Do's and Don'ts and explained as well what you as educators, parents or volunteers can do to help them understand the situation and cope better psychosocially.

**Also shared, If you think your child might have COVID-19:**

- Talk to your child's doctor.
- Keep your child at home and away from others, except to get medical care. If possible, have your child use a separate bedroom and bathroom.
- Follow recommendations from the Centers for Disease Control and Prevention (CDC) and your government regarding quarantine and isolation measures, as needed.
- Focus on symptom relief. This might include rest, plenty of fluids and use of pain relievers.
- Call the doctor if your child keeps getting sicker. Emergency warning signs include trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay

awake, or pale, gray, or blue-colored skin, lips or nail beds — depending on your child's skin tone.

→ Factors used to decide whether to test your child for COVID-19 may differ depending on where we live. The doctor will determine whether to conduct diagnostic tests for COVID-19 based on your child's symptoms, as well as whether your child has had close contact with someone diagnosed with COVID-19. The doctor may also consider testing if your child is at higher risk of serious illness.

## **COVID-19 APPROPRIATE BEHAVIOR**

- ✓ Hand wash (SUMANK) & Hand Hygiene.
- ✓ Watch your distance
- ✓ Wear a mask
- ✓ Vaccination
- ✓ Ventilation

## **RECOGNIZING SIGNS OF PSYCHOLOGICAL DISTRESS NEEDING:**

Sir briefly told us about the signs of Distress in today's generation during this arduous times, also mention some relevant highlights to Understanding Emotional Needs of most vulnerable group-

- Difficulties in sleeping and eating.
- Nightmares
- Being withdrawn or aggressive.

- Complaining of pain in stomach or headache without physical reason.
- Having fears, being afraid to be left alone.
- Clinging, depending on behaviour.
- New fears manifest (for instance of the dark).
- Decreased interest in playing and engaging in playful activities
- Being sad, crying more than usual or for no apparent reason.

## UNDERSTANDING EMOTIONAL NEEDS OF MOST VULNERABLE GROUP :

Sir highlighted that, Children who are most vulnerable face more challenges and may need more care and attention. Some of these children do not have strong support systems and emotional references. The fear and stress caused by COVID-19 may increase their sense of insecurity and cause even more serious mental health issues if not addressed in a timely manner.

- Children in child care institution (CCIs) or without parental care
- Street connected children
- Children of migrant workers put into isolation facilities
- Children in other NGO shelters etc.



At the last Dr. Balraj Sir, concluded the session with the Positive Note, As you are aware, the COVID 19 pandemic has led to unprecedented and unanticipated challenges requiring collective action and support from all. Spread of Novel CoronaVirus (COVID 19) are being effectively led by the Central Government and State Governments, there is a need to reinforce the importance of preventive measures and practices in a sustained manner, to deal with the disease over the long run, as a good citizen our only responsibility to follow the Covid appropriate behaviour carefully.

→ After the Discussion, the Platform was open for discussion for ten minutes.

## **FEEDBACK FORM CIRCULATION**

Feedback Form circulated by Ms. Kunjika, Student Coordinator, addressing efficacy and usefulness of webinar held.

## **VALEDICTORY NOTE**

Vote of thanks concluded by Dr. Sunita Bahmani, VOICES Coordinator to the Resource Person Dr. Balraj Singh Yadav for such an informative session for all of us discussed and answered according to the students'

understanding, Ma'am also appreciated beautifully to all the contributors who made this session happen.

The event ended at 3:20PM. More than 70 participants present with us to grace the occasion.

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# VOICES REPORT 2022-23

3<sup>rd</sup> National Social Work Week 2022

celebrated by

VOICES: THE SOCIETY FOR INTEGRATED DIALOGUES AND PERSPECTIVES, Aditi Mahavidyalaya, University of Delhi

in association with

National Association of Professional Social Workers in India (NAPSWI)

DAY- I: 15<sup>th</sup> August, 2022

VOICES THE SOCIETY FOR INTEGRATED DIALOGUES AND PERSPECTIVES, Aditi Mahavidyalaya, University of Delhi celebrated 3<sup>rd</sup> National Social Work Week 2022 on 15<sup>th</sup> August, 2022. On this day when India achieved independence, the event was aimed to address Post-Covid concerns in Baadli Community through a Multidisciplinary team of experts, academicians, social work educators, representatives of civil society organizations and student volunteers from inter-disciplinary courses coordinated by Dr. Sunita Bahmani, Associate Professor, Department of Social Work, Aditi Mahavidyalaya, University of Delhi and Dr Mali Devi Sawariya, Assistant Professor, Department of Social Work, Aditi Mahavidyalaya, University of Delhi. The Voices Society for integrated dialogues and Perspectives was established as Covid Era initiative with an objective to develop holistic understanding of community development with interdisciplinary approach, to construct and re-synthesize the academic ideas and dialogues for development of critical thinking skills of students and educators and lastly, to incorporate the recommendations of diverse disciplines and practices to respond to the needs of vulnerable sections constructively. With above set of objectives, the programme was designed as an initiative of engaging and responding to the concerns of women facing domestic violence in the Baadli Community Slum settlement as Post-Covid concerns. The inaugural session was graced by the virtual presence of Professor Mamta Sharma, Principal, Aditi Mahavidyalaya, Prof. Sanjai Bhatt, Former Head, Department of Social Work, University of Delhi, Dr. Atul Pratap Singh, NAPSWI, Ms. Rita Singh, Director, Dev Public Society, Baadli Community and Member, Child Welfare Committee and Sh. Rakesh Choudhary, Assistant Professor, Department of Social Work, Aditi Mahavidyalaya.

The session began with keynote address by Prof. Sanjai Bhatt. He addressed the participants about vision and mission of NAPSWI and its association with VOICES SOCIETY at Aditi Mahavidyalaya. He also conveyed his best wishes for the future prospects and progress of the social work professionals involved in the efforts of community engagement in Post Covid era. Then he also conveyed that 3<sup>rd</sup> National Social Work Week 2022 is significant as it aims to

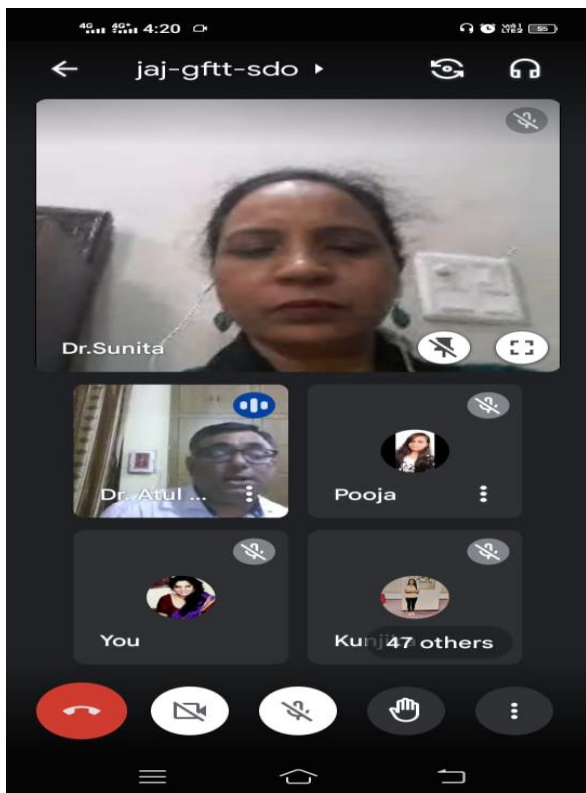


address and rebuild community engagement and social mobilization for development in Post pandemic times. The interdisciplinary team in Baadli Community was able to rebuild the dialogues, address the concerns of women regarding increase in domestic violence and alcoholism amongst urban youth in the community. Women in the community shared the multi-layered forms of violence – right from ration shops to the hospital settings and in the vicious circle of trauma they face in their families. These concerns were addressed by the team through social and legal awareness and with a future intervention plan to construct a bridge of initiatives between social work academicians, interdisciplinary experts, civil society representative and student volunteers to conduct training workshops on social action, critical though building and linkages with police personnel in the community to address their concerns effectively. The session ended with the vote of thanks proposed by Ms Rita Singh to all the participants for building a common platform to engage with the community concerns in post pandemic times effectively.

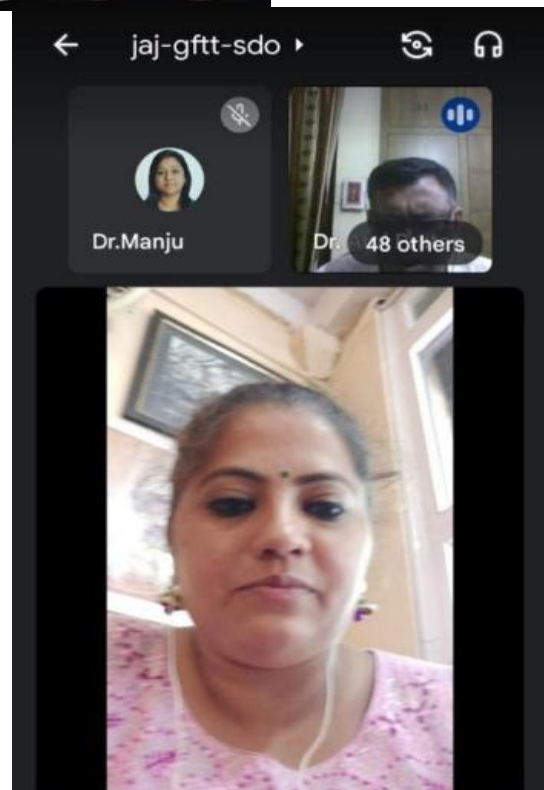




2. 21 August 2022 - COMMUNITY ENGAGEMENT FOR HOLISTIC DEVELOPMENT:A SOCIAL WORK RESPONSE IN THE POST COVID ERA - ONLINE SESSION IN COLLABORATION WITH NAPSWI CHAIRED BY PROF.SANJAI BHATT AND DR ATUL PRATAP SINGH, SOCIAL WORK, UNIVERSITY OF DELHI.



3. 23 November 2022 - Domestic violence in India : issues and challenge-online session by Dr Pratima Devi, Associate Professor, Faculty of Law, MDU, Rohtak and it was attended by 30 students from VOICES.



**ADITI MAHAVIDYALAYA**  
(University of Delhi)




**VOICES**  
"The Society for Integrated Dialogues & Concerns"

ORGANIZES A WEBINAR ON

# DOMESTIC VIOLENCE IN INDIA: ISSUES & CHALLENGES

**ORGANIZED BY:**



Prof. Mamta Sharma  
(Principal)  
Aditi Mahavidyalaya



Dr. Sunita Bahmani  
(Coordinator)  
VOICES SOCIETY



Dr. Mali Devi Sawariya  
(Coordinator)  
VOICES SOCIETY

**RESOURCE PERSON**

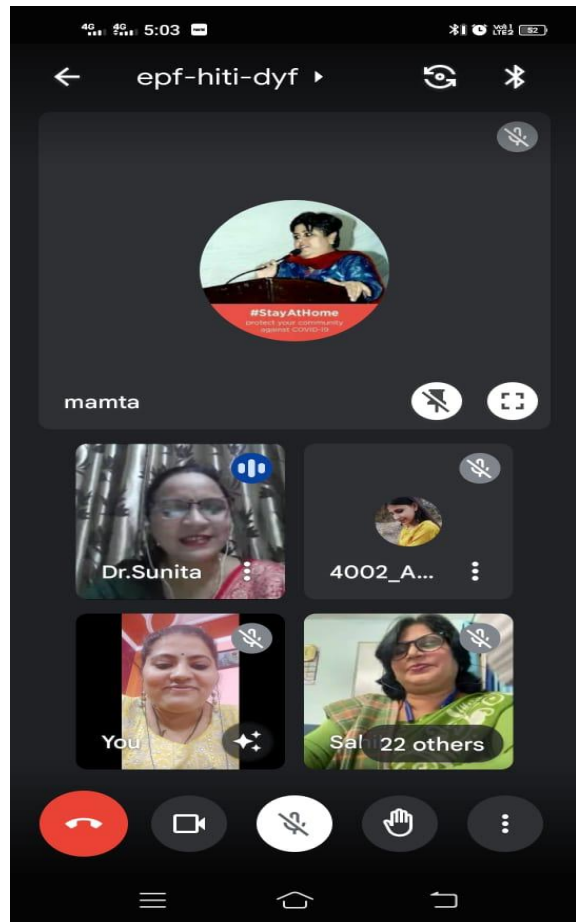


**Dr. Pratima Devi**  
Associate Professor, Faculty of Law,  
Maharshi Dayanand University,  
Rohtak, Haryana

**Date:- 23rd November,2022**  
**Time:- 5:00pm**  
**Venue:- Google meet**  
**link :- [meet.google.com/epf-hiti-dyf](https://meet.google.com/epf-hiti-dyf)**

E-certificate will be provided all the participants

Student Coordinator- Ms. Kunjika, Ms. Aditi Tyagi, Ms. Anjana





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Kunjika



Sahil



Sheetal



Dr.Sunita



You



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