

G.E. Society's
SMRK-BK-AK MahilaMahavidyalaya, Nashik.



International Webinar
'Ho-ffice' - The New Normal
Organized by Home Science Faculty and IQAC on
5th and 6th Feb. 2021

EXECUTIVE FINAL REPORT OF INTERNATIONAL WEBINAR

IMPORTANT DETAILS:

Title of the Webinar:	'HO-FFICE' - The New Normal
Level:	International Webinar
Day, Date and Time:	5 th and 6 th Feb. 2021-(Friday and Saturday) 6 p.m. to 8 p.m. on both days.
Organising Committee:	<ul style="list-style-type: none"> - Organising Director: Prin. Dr. Mrs. Deepti Deshpande (Principal & IQAC Chairperson) - Coordinator: Dr. Manjusha Bhakay - Convenor: Arch. Sanjay Pabari (HOD of RM Dept.) - Co-Convenor: Mrs. Trupti Dhoka - Advisory Committee members: <ul style="list-style-type: none"> 1. V.P. Dr. Kavita Patil 2. Dr. Nikhila Bhagwat
Organising Bodies:	Home Science Faculty and IQAC
Web platforms used and the Links:	<ol style="list-style-type: none"> 1. Zoom 2. YOU Tube 3. Telegram
Total No. of registered participants:	580 participants
Geographical representation:	21 states of India and 8 countries of the world.
Session In-charges:	<ol style="list-style-type: none"> 1. Ar. S. Pabari (Convener) 2. Dr. K. S. Patil (Vice- Principal and Head Textile Science and Apparel Design Department) 3. Dr. M. A. Bhakay (Co-ordinator and Head Food Science and Nutrition Department) 4. Mrs. Sangita Kamble (Head Human Development Department)
Webinar Official Email:	Homesciencewebinar2021@gmail.com

Sub themes and Resource Persons:

Sr. No.	Title of Sub-theme	Name of Resource Person	Designation and Affiliation	Contact Details: (Email & Cell phone No.)
1	Workplace Management Perspective	Mr. Aasif Iqbal Patel	Interior Designer, Stalford University, England	asif_ip7@hotmail.com
2	Textile and Fashion Perspective	Mr. Harsh Gupta	Fashion Designer, Mumbai	enquiry.harshharsh@gmail.com

3	Nutritional Perspective	Mrs. Arundhati Joshi Kulkarni	Registered Dietician, UK and Canada	j_arundhati_1@hotmail.com,
4	Psycho-social Perspective	Dr. Asha Menon	Principal of SPN Doshi's Women's College, Mumbai	asha_menon1@rediffmail.com

Summary of Webinar Deliberations:

Faculty of Home Science in collaboration with Internal Quality Assurance Cell (IQAC) of SMRK-BK-AK Mahila Mahavidyalaya, Nashik organised two-days Virtual International Webinar on the theme, 'HO-FFICE-The New Normal' on 5th and 6th Feb. 2021.

The webinar was inaugurated on 5th Feb. 2021 at 5.45 pm (IST). Architect Mr.Sanjay Pabari, Convener of the webinar gave the introductory speech about the webinar and explained the concept of 'HO-FFICE' which means work from home or office at home. He also introduced the four perspectives which were to be covered in this webinar viz., Workplace Management, Textile and Fashion, Nutritional and Psycho-Social Perspectives which has been highly impacted due to this pandemic situation.

Principal Dr. Mrs. Deepti Deshpande, the HR Director Gokhale Education Society and Webinar Director welcomed the resource persons and participants in the inaugural function. In her welcome speech she highlighted the progression of Gokhale Education Society and SMRK- BK-AK Mahila Mahavidyalaya during its meaningful existence of 35 years. She focused on how the institute has performed with excellence during this pandemic period by virtually organizing various webinars, Faculty Development Programme (FDP), Annual Social Gathering along with regular online teaching. She congratulated the organising committee and the contributors of this event.

Secretary and Director General of Gokhale Education Society Sir Dr. M. S. Gosavi graced the occasion with his presidential address. In his presidential address Sir Dr. M.S. Gosavi congratulated the delegates across the globe for their enthusiasm and overwhelming participation. He appreciated the theme selected for this webinar and explained its importance in the current situation. He appreciated the efforts of the college during the pandemic period and gave his blessings for the success of the webinar.

The resource persons for the webinar were Architect Aasif Iqbal Patel- Stalford University, England, Mr. Harsh Gupta- Fashion Designer, Mumbai, Mrs. Arundhati Joshi Kulkarni- alumina of SMRK-BK-AK Mahila Mahavidyalaya, currently a registered Dietician of UK and Canada and Dr. Asha Menon- Principal of SPN Doshi Women's College, Matunga, Mumbai.

Total 580 academicians, students, research scholars, industrialists from across the globe from eight countries (USA, UK, Canada, Australia, Singapore, Afghanistan and Germany) and from 21 states of India participated in this two days Virtual International Webinar.

Session 1-Workplace management Perspective

Resource Person- Ar. Aasif Iqbal Patel

Convener of this webinar Ar. S. Pabari gave a brief introduction of the resource person. Mr. AasifIqbal Patel gave a very deep insight about the use of technology in our interiors during this pandemic period. He also emphasized on natural lighting as it helps in reducing germs and bacteria. He introduced a new technology called 'touch-less system' which was being a part of this new normal. He also focused on the importance of maintenance of HVAC. He also highlighted use of indoor plants to improve indoor air quality and that majorly of people emphasized on usage of sustainable material in interiors. In the end he suggested some ergonomically suitable furniture for home office. Ar. Mrunalini Loni concluded the session with question and answer asked by the participants and expressed the vote of thanks for the session.

Session 2- Textile and Fashion Perspective

Resource Person- Mr. Harsh Gupta

Vice-Principal and Head of Textile Science and Apparel Design Department, Dr. K. S. Patil gave a brief introduction of the resource person. He explained the changing fashion due to “HO-FFICE” that is work from home concept. He focused on the thought that creativity is the key and explained to value the time to fullest to become a successful fashion designer in future. He explained the up rise of sustainable fashion during this COVID -19 situation. He also stressed on various job avenues which are possible after the pandemic struck the world. The focal point of his session was that the casual and lounge wear gained importance replacing the formal wear to a great extent. He also believed that the traditional textiles of India has seen an upsurge in this pandemic situation. Mrs. Trupti Dhoka concluded the session with question and answer followed by vote of thanks.

Session 3- Nutritional Perspective**Resource Person- Mrs. Arundhati Joshi Kulkarni**


Dr. M.A. Bhakay, Coordinator of the webinar introduced the resource person. Mrs. Arundhati Joshi Kulkarni spoke about the changing food habits of people due to COVID -19 pandemic. She emphasized that the stress of working from home have an adverse effect on the health of an individual. There were negative nutrition implications of work from home due disturbed eating schedule, increased snacking, unavailability of healthy food options and low intake of water. She spoke in depth about three types of hunger; viz. stomach, brain and mouth hunger. She also gave practical tips to remain healthy by focusing on menu planning, simple recipes, bulk cooking and reducing unintentional grazing. She reminded us of the portion control showing a healthy plate model and gave tips for habit change. She also recommended some easy steps to follow a healthy diet even in these pandemic times. The session was concluded by questions and answers followed by vote of thanks by Mrs. Meenal Zavar.

Session 4- Psycho-social perspective**Resource Person- Dr. Asha Menon**

Dr. Nikhila Bhagwat, Coordinator of Internal Quality Assurance Cell (IQAC) gave an introduction of the resource person Prin. Dr. Asha Menon. She explained the psycho-social advantages and disadvantages of working from home. She emphasized on the household work distribution among men and women with graphical presentation of every country in the world. She focused on the psychological pressure working women experienced due to the added household responsibilities during lockdown. She mentioned the pros and cons of lockdown situation that influenced people; from bonding with family and neighbours, and rethinking about environment, health, economic concerns and the job. She reiterated the positive effects of pandemic as people started valuing relationships and health aspects. She expressed concern about adherence of youth to social media. She further explained the ways to overcome the challenges of working from home. Mrs. Sangita Kamble, Head of human Development Department conducted question and answer session followed by vote of thanks.

SHARING SOME PHOTOGRAPHS

Brochure



Gokhale Education Society's
S.M.R.K. B.K. A.K. Mahila Mahavidyalaya
Nashik, Maharashtra
NAAC Accredited - B++ & ISO 9001 - 2015 Certified

Faculty of Home Science in collaboration with the IQAC
organises

HO - FFICE
The New Normal
A Virtual International Webinar

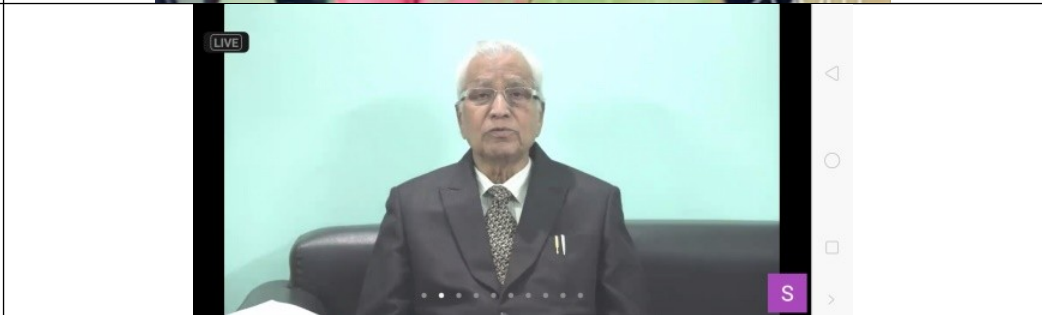
05 & 06 February, 2021
6:00 pm to 8:00 pm

Screen Shots Of:

**Introductory
Speech by
Principal**

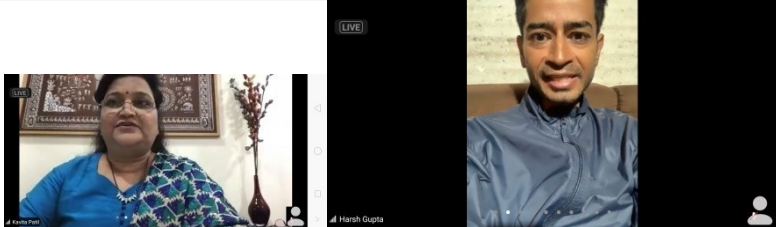
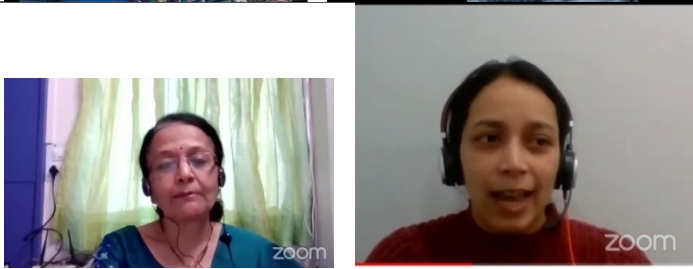




**Blessings by GES
Secretary**



Session I



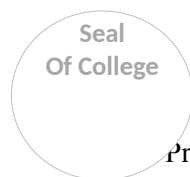
Session II	
Session III	
Session IV	
Webinar Organising Team	

(Mrs. Trupti Dhoka)
Member- Report Committee

(Ar. Sanjay Pabari)
Convener-Int. Webinar

(Dr. Manjusha Bhakay)
Coordinator-Int. Webinar

Report is submitted to the Principal's Office for approval.



(Dr. Mrs. Deepti Deshpande)
Principal and IQAC Chair-Person
& HR-Director, GES.