

Report of Sociology Department (2021-22)



**Mehr Chand Mahajan
DAV College for Women
Sector-36 (Chandigarh)**

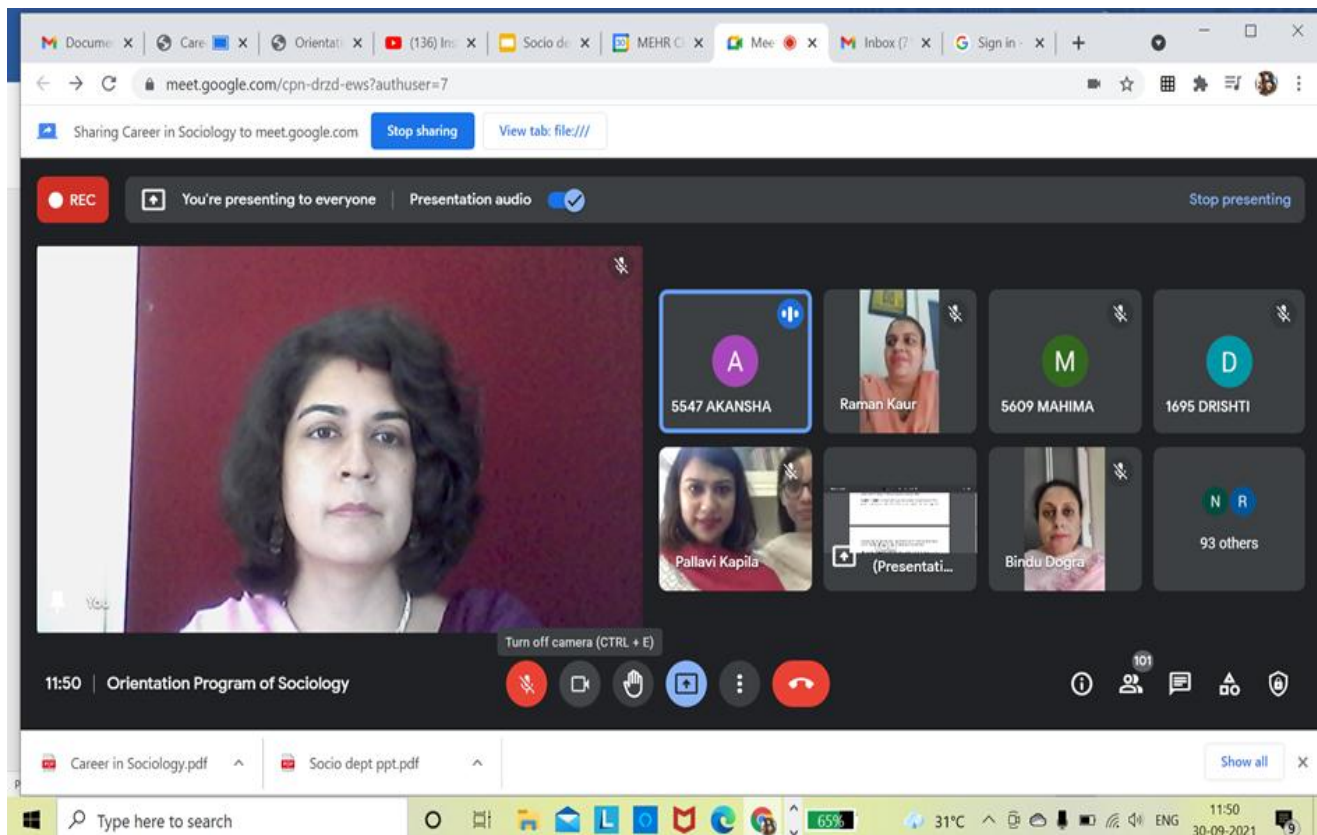
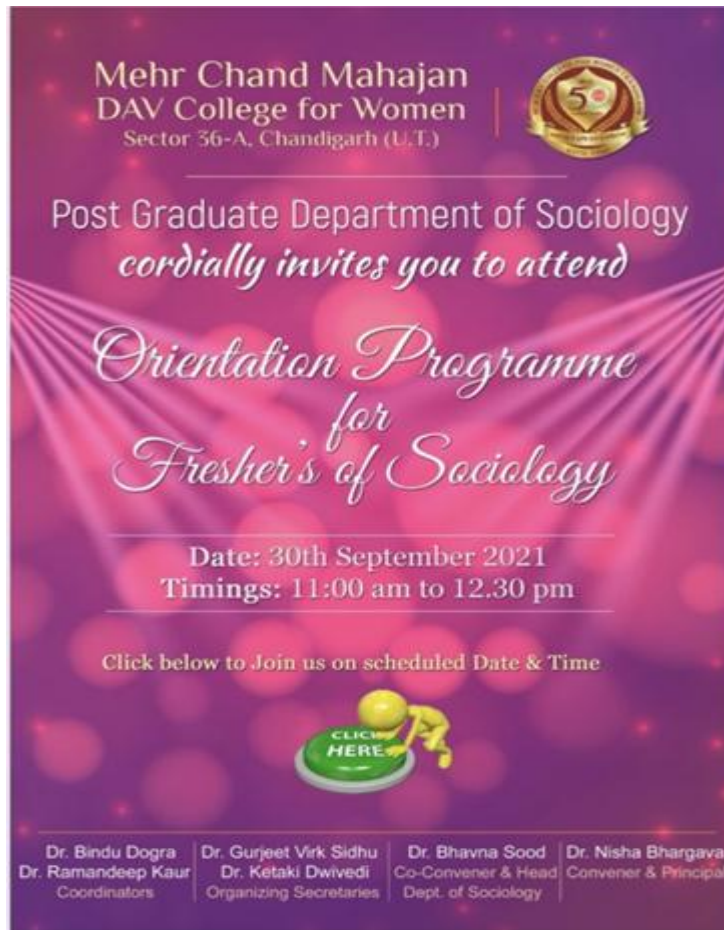
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Post Graduate Department of Sociology

1. Orientation Program 2021

The PG department of Sociology every year organizes an orientation program in the beginning of the academic session for the freshers of undergraduate and post-graduate classes of Sociology. this year it was organized online on 30th September, 2021. Dr. Bhavna Sood and Dr Bindu Dogra presented the departmental achievements in the past few years. The department has been actively involved in conducting various skill, training and career oriented programs aiming holistic development of the students including visits to nearby villages for menstrual health and hygiene awareness programs, trips to local places of historical importance, self-defence training and cyber safety initiatives and also events focussing on combating with various mental health issues. Further, Dr Ketaki mentioned the vision of the college for ensuring academic excellence and holistic development of the students. Then, Ms Akansha Singh, a student of MA SOC final year beautifully explained the origin and scope of the discipline of Sociology. Various queries of the students were taken up by the faculty members during the session. The students were very excited to meet the members of the department on the virtual platform and established an affectionate bond. Towards the end, Dr Gurjeet Virk Sidhu delivered formal vote of thanks. She expressed gratitude to the organizing team for conducting such a relevant session where students could take up their various doubts related to curriculum and career. She thanked the students to be part of such a meaning event and wished them all the luck for the future endeavours. The students asked their queries related to curriculum and career to the faculty members which were answered to the level of satisfaction.



2. An international discourse on Sociology of Health by Professor Allen Furr

The PG department of Sociology organised an international discourse on Sociology of Health with special reference to work-life balance challenges for women in the era of digitalization On 5th October, 2021.. Allen Furr, Professor Emeritus in Sociology, Auburn University, USA was the resource person. Prof Furr is the Emeritus Professor of Sociology in Auburn University. He did his Ph D from the State University of Louisiana in 1986 and thereafter remained faculty and taught medical sociology in top American Universities. Besides, being the faculty, he also chaired the Department of Sociology in University of Lousville from 2004-2010 and then in Auburn University from 2010-16.

Prof Allen mentioned that digitization the application of technology to disseminate information. In the era of globalization, almost all fields of work have adopted digital mode even during the pandemic of COVID-19, educational institutions were compelled to use online mode of teaching and learning. He furthered mentioned that, work-life balance indicates how effectively one can manage all the domains of work without any personal and emotional stress. The digital world has put extreme pressure of performance and availability on the workforce. In our society, women's self-identity is more related to household work and care of family members and due to pressure of work on digital platform, women are vulnerable to stress, anxiety and depression more in comparison to men. People suffer from the chronic techno stress and feel emotionally distant while working on gadgets in isolation. The participants asked Prof Allen about how to strike a balance in personal and social domain as internet has become an essential part of daily lives. Prof Allen suggested try to stay disconnected for the time being and spend quality time with family and dear ones to stay mentally healthy and professionally more focused.

Dr Nisha Bhargava appreciated the initiative of PG department of Sociology. She mentioned that digital platform has eased out dissemination of information and processing of data but physical interaction and quality time with family is still very much relevant for the emotional vigour and professional excellence. More than 100 participants thanked the organizers for arranging such an informative and relevant session with the help of feedback form. Further, many participants expressed their gratitude through comments in the YouTube chat box and Google meet Chat Box.

Pictures:

**Mehr Chand Mahajan
DAV College for Women**
Sector 36-A, Chandigarh (U.T.)

**An International Discourse on
Sociology of Health with Special Reference
to Work-life balance Challenges for Women
in the Era of Digitalization.**

organized by
Post Graduate Department of Sociology
Date: 5 October 2021 Time: 4 PM

Resource Person
Allen Furr
Prof. Emeritus of Sociology
Auburn University, USA

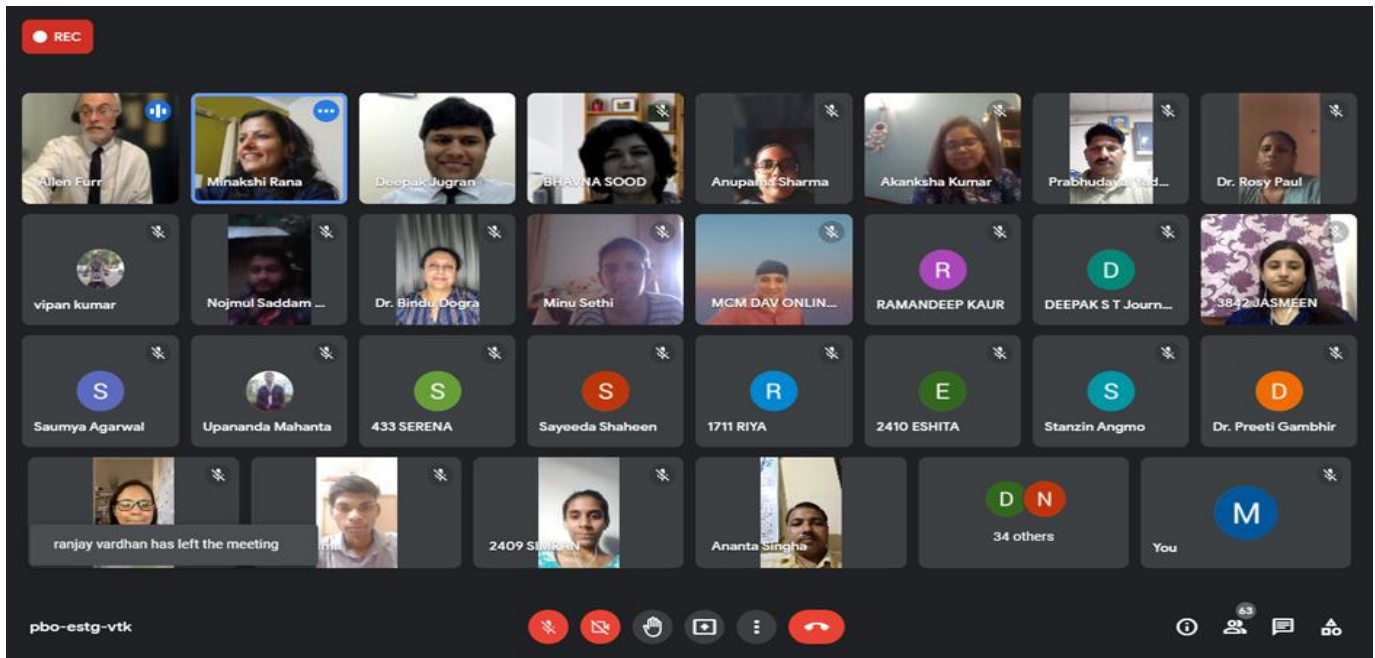
Registration is mandatory for participation. Click the following link to register yourself:
CLICK
E-certificates will be provided after successful submission of the feedback form.
Feedback link will be shared during the discourse.

Dr. Minakshi Rana
Coordinator

Dr. Bhavna Sood
Head-Dept. of Sociology

Dr. Nisha Bhargava
Convener & Principal



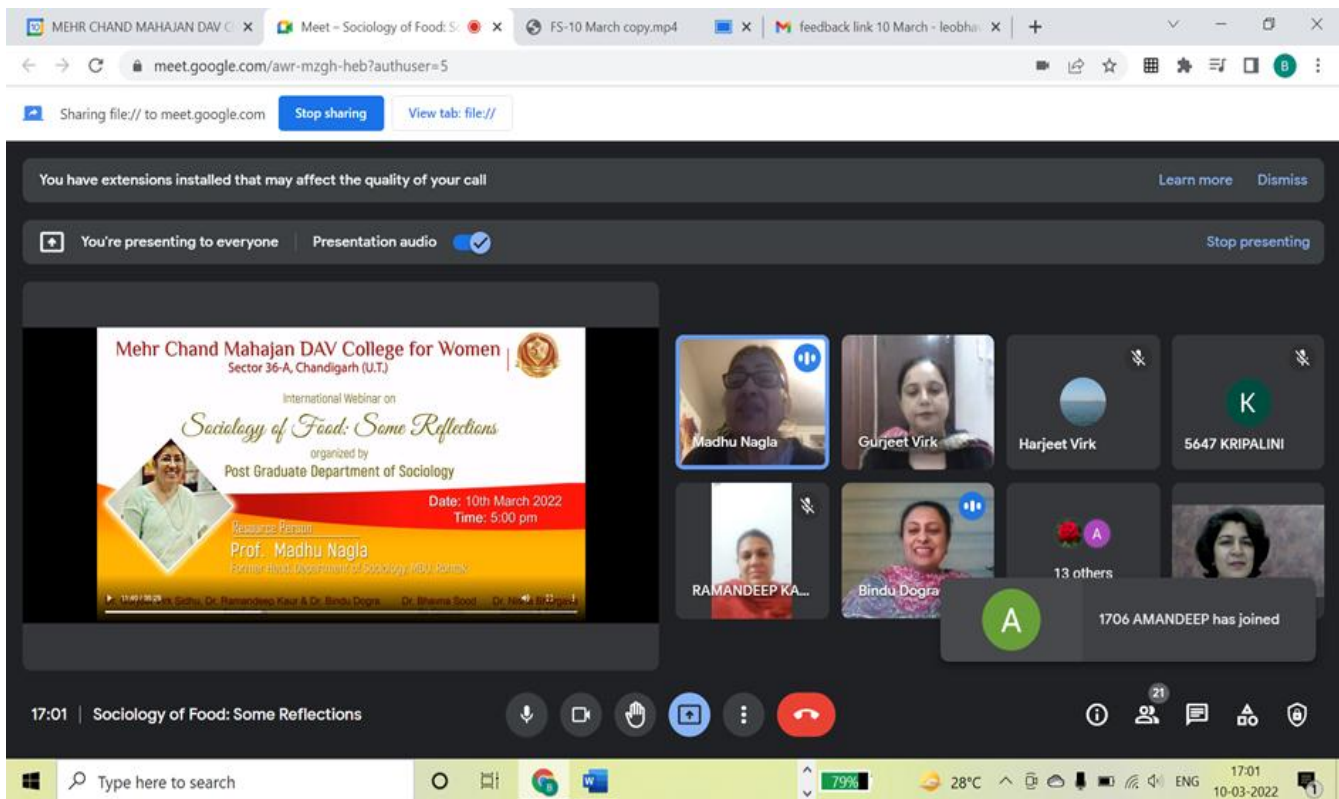


3. International Webinar on Sociology of Food: Some Reflections

The PG department of Sociology organized an International webinar on the theme: Sociology of Food: Some Reflections on 10th March, 2022. Prof. Madhu Nagla, former professor, & Head, Department of Sociology, MDU, Rohtak, was the resource person of this event. She gave her immense contributions in the field of Sociology and recently published her Book title “Sociology of food” in which she focused that there is always a strong relationship between food and people and as we all know as human beings we have to eat in order to survive. Prof. Nagla shared her views from different aspects on the respective theme and its changing trends in contemporary society. She basically highlighted how food has emerged as a new field within sociological research and how this theme will play a significant role in future in the area of social research which needs to be studied by researchers, policy makers, social workers etc.

She pointed out that sociology of food was considered as a distinctive field and focus was to study food through social space. She highlighted that food is not only regarded as a basic need for survival but in true sense it is regarded as a

social need. As we all know that eating is basically an act of sharing and on the basis of which, a social meaningful act established within culture framework. She highlighted that Sociology of food enables us to understand the connection between food and social identity/caste/class /gender etc. Food is also a marker of class and caste identification; for the sake of being included in a group, people will eat things that they actually hate and avoid perfectly tasty food that is on the forbidden list. The process of upward social mobility entails the learning and unlearning of food related practices. On the other hand, folklore enables us to look more closely at how traditional food is prepared and to draw the boundary between authentic culinary heritage and invented traditions. Practices of social change and continuity can thus be meaningfully interpreted through an exploration of the connection between food and folklore. Her lecture was very intriguing and has opened new dimensions of research for the participants. For this event more that 50 participants and 11 faculty members attended it.





4 UGC NET Workshop on 31st March, 2022

On March 31, 2022, Department of Sociology organised a workshop for cracking UGC NET. It was organized in hybrid mode - the offline session was conducted by Ravneet Kaur and the online session was conducted by Nancy Jamwal. Both these girls are our alumni and they talked about how to prepare for UGC NET in which she shared many important strategies. "Everybody is capable. You just need the right strategy. Even I did not clear it in the first attempt"

Some of their strategies-included -Analyzing individual capacities, Preparing the areas in which one is strong, to solve as many previous year question papers as possible, Trying to break study hours, The sooner one starts preparing for the exam the better it is. They suggested: Some apps for preparation -Grade Up (By Byju's)- Exambase, Unacademy , some Books - KVS Madan, Arihant Methods for preparation- Make keywords, mind mapping, Do not just memorize the concepts, Write 3 to 4 lines answer, Try to relate the syllabus and quote examples with the current situation. They also told about using "Elimination method" in the exam which will make it easy to decide the correct answer and also told that one of the best parts about exam is that there is no negative marking. "It is not a difficult exam, you just need to get your strategies test."





5. The online expert lecture “Swachh Mann, Swachh Bharat – Positive youth Development: A Psychosocial Perspective” held on 5th April 2022

This lecture was conceptualized under the aegis of the Swachhta Committee (Arts), to mark *Health Day*; to promote mental health for youth as they navigate the sometimes-risky passage from adolescence to adulthood. Each professional who works with adolescents can make a positive difference in their lives. All youths can be given the message that they are worthwhile, that there are people who care about them, and that there are resources available to meet their needs.

On the occasion of World Health Day, the aim of this activity on “Swachh Mann, Swachh Bharat – Positive youth Development: A Psychosocial Perspective” was to provide young people with a platform to assimilate and understand the principles of youth development, common issues, underlying themes and hence generate mental health awareness among young people in order to strengthen the demand for integrated mental health and psychosocial interventions.

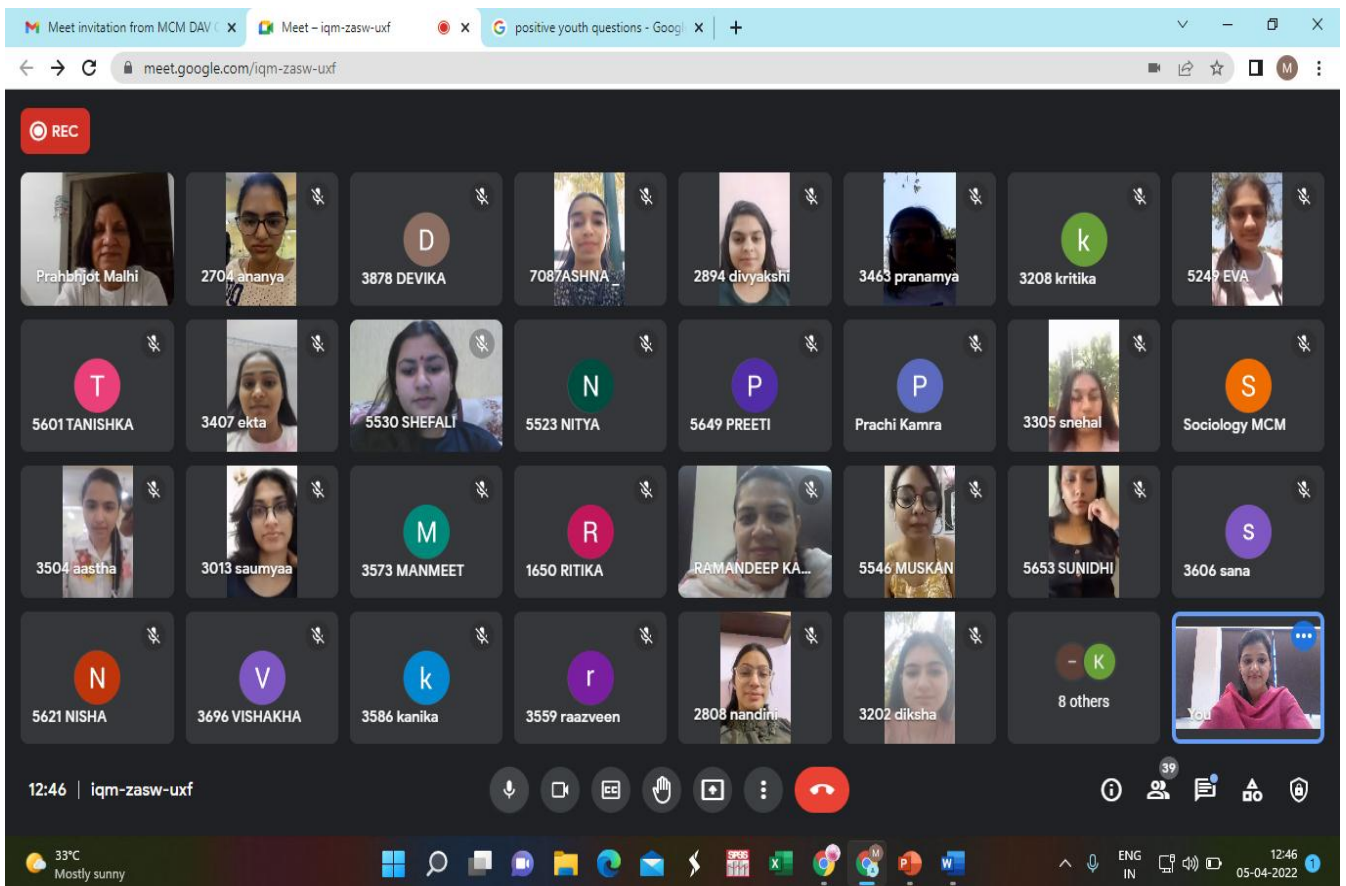
Objectives of the session were:

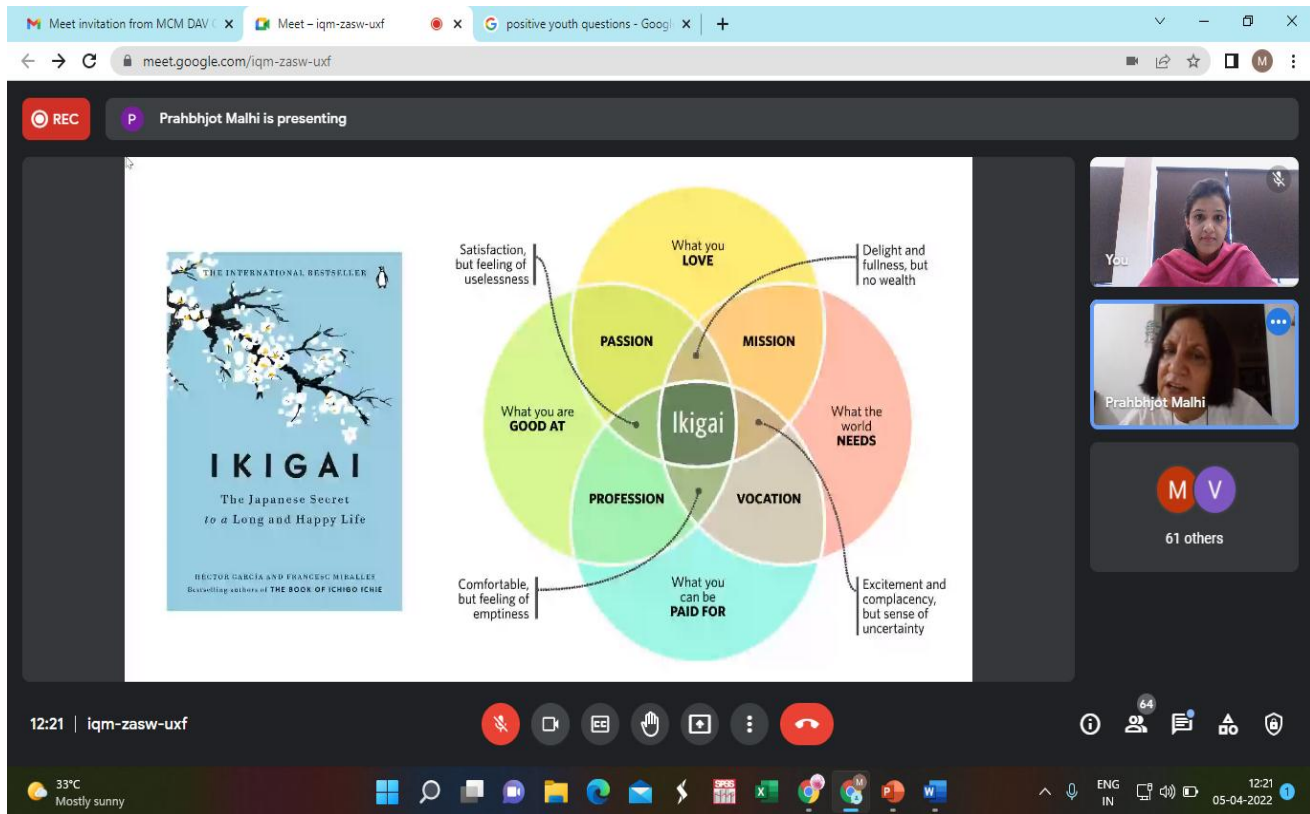
1. To highlight the core principles of positive youth development to foster mental health.
2. Sensitize the participants towards developmental assets.
3. Help the participants develop an understanding of failure.
4. Identify keystone habits.
5. Present guidelines about how holistic youth development can be promoted.

The online lecture ‘Positive Youth Development’ held on 5th April 2022 was attended by 90 students and 10 faculty members from the Post Graduate Departments of Psychology and Sociology, Mehr Chand Mahajan DAV College for Women, Chandigarh; as part of the World Health Day celebrations in order to highlight the core principles of fostering mental health in youth.

Prof. P. Malhi started the session by presenting few case studies to highlight youth issues in contemporary times and to generate hypothesis on why today's youth is losing focus. She presented data from published studies and evidence base to make a case for how youth today are reporting a global decrease in subjective wellbeing and an increase in unhealthy behaviors. She elaborated on developmental assets including external ones like relationships and opportunities; and internal assets including personal skills, commitments, and values. The next part of her lecture focussed on the 6 C's or core Principles of Positive youth development, including connection, confidence, character, caring, contribution, and competence. Using cross-cultural examples from countries like Sweden and Japan, the resource person put forth the 6 pillars of character including citizenship, responsibility, fairness, caring, trustworthiness and respect. She concluded her presentation by asking all participants to identify their keystone habits, which would help them navigate the life-space from comfort zone, through the zone of fear and zone of learning to reach the growth zone. She provided practical tips to the participants on the positive benefits of talking about emotions, practicing self-care, being a positive role model for mental health.

The session was attended by 90 students and 10 faculty members, which was followed by an interaction with the participants where several issues and questions were raised and discussed. Feedback was sought from the participants and recorded. It was brought forth that the session had been engaging, interactive, enriching and informative. The scientific evidence and research base, practice exercises and examples helped to understand the concepts in a comprehensible and lucid manner. The aims of the session to foster a deep insight into the psychosocial perspective on positive youth development, were met.





6. An expert lecture on Survival and Resilience among Women: A Global Perspective by Prof Allan Furr on 14th may, 2022

Mehr Chand Mahajan DAV College for Women organized Founder Principal Mrs Shakuntala Roy Memorial Lecture (3rd in series) titled Survival and Resilience among Women: A Global Perspective on 14th May, 2022. The event was graced by Prof. Arun K. Grover (Prof. Emeritus, PEC, Chandigarh), Prof. Allen Furr (Prof. Emeritus of Sociology, Auburn University) and daughter of Mrs Roy, Mrs Manju Gosai. The event was opened by Saraswati Vandana and lightening of diyas. Mrs Neena Sharma, Head of the Department of English and Co-Convenor of the event introduced the esteemed guests of the event. She highlighted the eventful and resilient life of Mrs Roy by giving a glimpse of her commitments and actions towards laying down foundations and establishing the institution of academic excellence. The event was taken further by Prof. Arun Grover. He reminisced and applauded the contributions of Mrs Roy, her untiring spirit and zeal to overcome her hardships and adversities. Following Dr Grover, Dr Allen Furr, applauded the positive

spirit of Mrs Roy and shared mantras of success in face of difficulties. He suggested that while understanding our past must build our character ourselves. Finding our passion and purpose of life may become easier if we exude positivity and spirituality. While emphasizing on symbiotic relations with our fellows we must lend support and seek their support when required. The event was attended by esteemed Principal Dr Nisha Bhargava. She suggested that life and actions of Mrs Roy is inspiration for all of us. Her commitment to institution, love for all round academic excellence is live example of resilient and woman of substance. The event saw participation by 26 faculty members and 220 students.

Mehr Chand Mahajan
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 Sector 36-A, Chandigarh (U.T.)





Founder Principal Mrs Shakuntala Roy
 Memorial Oration Lecture (3rd in series) on
Survival & Resilience among Women:
A Global Perspective

Date: 14 May 2022 | Time: 11:00 am | Venue: Multimedia Hall



Principal Mrs Shakuntala Roy
 (12.4.1923 - 10.10.2009)

Introduction by
Prof. Arun K. Grover
 Professor Emeritus
 PEC, Chandigarh



Keynote Speaker
Prof. Allen Furr
 Prof. Emeritus of Sociology
 Auburn University, USA

Dr. Minakshi Rana
 Program Coordinator

Dr. Bhavna Sood
 Co-Convener

Mrs. Neena Sharma
 Co-Convener

Dr. Nisha Bhargava
 Convener & Principal

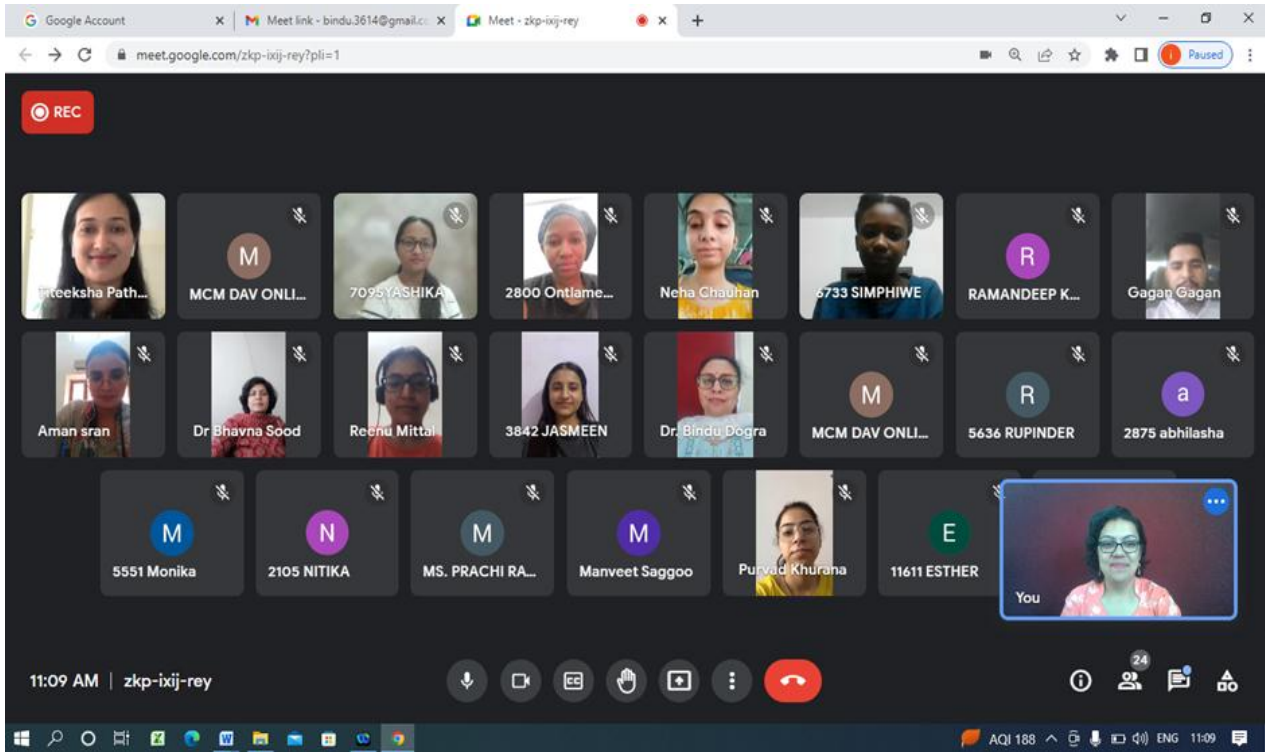


7. Online Proficiency Workshop from 6th May - 8th May, 2022

The Post-Graduate Department of Sociology in collaboration with Foreign Student Cell of Mehr Chand Mahajan DAV College for Women organized a three day online workshop on “Decoding the Proficiency Techniques” to improve the awareness of the participants regarding their presentation techniques, conducting themselves during the interviews and group discussions to enhance their job avenues. The resource person for the first day of the workshop was Mrs Neha Seth, a well known Language Trainer. A total of 30 students and 15 faculty members attended the day one of the workshop through Google Meet platform. The lecture provided a thorough insight into the interview skills, work ethics, presentation skills, etc to improve the job opportunities.

The resource person invited for the second day was Dr. Bhavneet Bhatti (Assistant Professor- School of Communication Studies, Panjab University, Chandigarh). A total of 30 students and 7 faculty members attended the day two of the workshop through Google Meet platform. The session focused on the importance, planning, preparation and the techniques of group discussions and its role in the present times for amplifying the job avenues.

The resource person invited for the third day was Ms. Titeeksha Pathania (Consultant-British Council of India). A total of 30 students and 5 faculty members attended the day three of the workshop through Google Meet platform. The main aim for this session was to make the participants understand the importance of personality development and body language during the physical and online interviews and group discussions.



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Sector 36-A, Chandigarh (U.T.)**




**The Foreign Students Cell
in collaboration with
The Post Graduate Department of Sociology
are organizing a Three Day Online Workshop on
Decoding the Proficiency Techniques**

Dates : 6 June 2022 - 8 June 2022
Timings: 11:00 am to 12:30 pm

Resource Persons



Mrs Neha Seth
Language Trainer



Dr Bhavneet Bhatti
Panjab University
Chandigarh



Ms Titeeksha Pathania
British Council India