

Sauhard UNICEF young Ambassador Programme

Participants: 121 students of B.A. and B.Com.

Schedule: 17-8-2020 to 20-8-2020

Schedule

Day	Time	Speaker	Topic
17 th August,20	4 to 5	Rajvi Parmar	Introduction to COVID-19
18 th August,20	4 to 5	Harshida Ghorawat	STIGMA of COVID-19
19 th August,20	4 to 5	Yesha Kotadia	Mental Health during COVID-19
20 th August,20	4 to 5	Hirva Thankey	Role of Young Ambassador

DAY 1

TIME: 4:00 TO 5:00

DATE: 17TH AUGUST, 2020

DAY: MONDAY

TAKEN LECTURE BY: RAJVI PARMAR

TOPICS:

- How to spread Corona Virus?
- What we do?
- What we don't do?
- COVID-19 related facts things and rumor things.

DAY 2

TIME: 4:00 TO 5:00

DATE: 18TH AUGUST, 2020

DAY: TUESDAY

TAKEN LECTURE BY: HARSHIDA GHORAWAT

TOPICS:

- What is Stigma about Covid19?

- How can we react with Covid19 patients and who can address with Covid19?
- Causes of Stigma:
 - Fear
 - Misconceptions and rumors
 - Overload of contradictory information from multiple sources creating confusion and fear
- Effects of Stigma
- Addressing Stigma with regard to Covid-19

DAY 3

TIME: 4:00 TO 5:00

DATE: 19TH AUGUST, 2020

DAY: WEDNESDAY

TAKEN LECTURE BY: YESHA KOTADIA

TOPICS:

- Effects on mental health because of the pandemic:
 - The change in lifestyle
 - Risk of family members and neighbors to get infected
 - Uncertainty of exams, job etc.
 - Spread of fake news and rumors
 - Increased cases of domestic violence and cyber bullying
 - Loss or infection of a family member /friend because of Corona virus
 - Mental Trauma
- Stigma and Discrimination
- Self-Help /Coping strategies:
 - Budgeting
 - Family harmony
 - Learning through play
 - Anger and stress management
 - Talk about Covid19
 - Stay in touch with your loved ones
 - Get into a proper routine
 - Take professional help

DAY 4

TIME: 4:00 TO 5:30

DATE: 20TH AUGUST, 2020

DAY: THURSDAY

TAKEN LECTURE BY: HIRVA THANKEY

TOPICS:

- Role of young ambassadors and leadership
- Who is a young ambassador? :
 - Disseminating correct information and dispelling myths and rumors
 - Engaging with and supporting individuals and groups
 - Communicating effectively
 - Communicating sensitively
- Values of a young ambassador
- Key messages for young ambassadors
- Use of correct vocabulary:
 - Problematic vocabulary
 - Preferred vocabulary
- Take care of your own safety
- Take care of your own mental health

Date: 17th, August to 20th August 2020.

The year 2020 will be remembered by each and every person in this world, because as we know the Whole world is suffering from Covid-19(CORONA VIRUS DISEASE and 2019 or 2019-nCoV) as it was first discovered in the year-2019, in Wuhan province in China. We were not aware of this virus till some months. Nowadays we are getting used to it. We are students, and as global citizens we also have to be aware what is happening in the world that's why some people are risking their lives for us, we should be thankful to them. They are taking seminars and lectures, online classes to give us some of basic information.

As we know, from 17th August to 20th August, we gained some basic and much helpful information about that disease. We should be thankful to the four women; we can consider them as guardians or Angels who gave their precious time to students. During those four days we have received plenty of knowledge. The very first session on 17th August 2020, was taken by Rajvi Parmar, she gave us the introduction to Covid-19, what we should do and shouldn't do during this period. She also acknowledged us about some facts and rumors related to this disease.

The second day 18th August was taken by Harshida Ghorawat, she imparted us about the Stigmas of Covid-19, causes and effects of stigma, how we should react to those people who was suffering and found positive of Covid-19, how to act towards them, communicate with them. We should not use inappropriate words that can hurt them or affect their mental health.

Then the third day on 19th August, we met Yesha Kotadia she taught us about stigma and discrimination, effects on mental health during pandemic. How it mutates lifestyle, food, routine, sleep patterns. This virus increases risks for family, and friends. Spreading fake news, hateful messages, increased cases of domestic violence, and cyber bullying- these distance people from each other. She also apprised us about budgeting, family harmony and anger and stress management.

Now comes the last day, 20th August, last day of our session, taken by Hirva Thanky. She acknowledged us about A Young Ambassador and leadership, values of Young Ambassador. What he should do and shouldn't do, key message for Young Ambassador, correct vocabulary- problematic and preferred vocabulary. He should spread positive thoughts, taking care of mental health and safety of himself. In these few days we gained much information that we would haven't taken from anywhere. Students and Our professors have really enjoyed the workshop. We're looking forward to meet you again. I Bhagvati Charola on behalf of Our Honorable Principal Sangeeta Ghate, my professors and my fellow students wholeheartedly thank you for giving us your profound information and your precious time.

FEEDBACK

સૌહાર્દ

કોલેજ :- ઉમિયા આર્ટ્સ એન્ડ કોમર્સ કોલેજ

ગુપ્ત :- ગુનલ પી. પરેલ

તારીખ :- 28 એપ્રિલ, 2020

માનનીય સી,

હું અને મારા સાથીદારો જેમણે સૌહાર્દના સંગ
ની લાભ મળ્યા છે અને COVID-19 જેવી મહામારીના
સંદર્ભમાં અણકારી મેળવી છે એના માટે અને સૌહાર્દ ની
જ્ઞાનાત્મક માનીયે હીએ, અમને આ સંગ દરમિયાન હવેમાં
દરમાં આપની COVID-19 ની મહામારીમાં આપણી
કેવી રીતે મુખ્ય મેઈલે, કેવી કાળખુ રાખવી મેઈલે તેમજ
COVID-19 ને લગતી લઘી જ માહિતી ખૂબ જ સરલ
અને સ્પષ્ટ સમજવી છે. અમને આ સંગ દરમિયાન
કેવી રીતે COVID-19 અટકાવી શકાય છે તેના વિશે અણકારી
આપવામાં આવી છે તેમજ તેના અંગે મજબૂતતા ફેલાવવા માટે
અમારું માર્ગદર્શન કરવામાં આવ્યું છે. સૌહાર્દ ના વિષયન
તેમજ અનુભવી શિક્ષકો પાસેથી તાલીમ આપવામાં આવી
છે તેમજ અમારા દરેક પુસ્તકો તેમજ મુજબા દર
કરવામાં આવી છે. એના માટે અને અમારા પ્રિન્સિપાલ
મૈડમ તથા ગાર્ડ મૈડમ ની આભાર માનીયે હીએ કે
અમે આ સંગ ની લાભ મેળવી શક્યા. તથા વિશેષ
આભાર એમની જેમણે અમને COVID-19 અંગેની
અણકારી આપીને અમારું માર્ગદર્શન કર્યું છે તથા અમને
COVID-19 પીડિત વ્યક્તિ સાથે કેવી રીતે વર્તવું મેઈલે
તે પણ શીખવ્યું છે અને અમને સકારાત્મક વિચારો માટે
પ્રેરણા આપી છે.

આભાર.

Sauhard

From: Umiya Arts & Commerce College for
Girls.

Name: Neha Sharma.

Class: T.Y B.com (E.M)

Respected

Mam.

I am very happy to attend this Sauhard's online sessions. Because of this online sessions, we have a lot to learn. We got to know a lot from different teachers that we are still unaware by that. This complete online session about Covid-19. We learn, How to avoid Mental Problems from Covid-19?, How to treat someone who has got corona virus?, How to avoid corona virus?, ways to avoid corona virus, etc. This online sessions is one of the memorable moments in my life. In last, I want to say thank you to our honourable Principal Mam Sangita Ghate, because of which we have a golden opportunity to engage with Sauhard online sessions. Thank you.

सहाय

Date: / /

Page No.

कार्यक्रम :- उमिया आर्ट एन्ड कॉमर्स कॉलेज

नाम :- रिद्धि थादव

कक्षा :- T.Y. B.COM (E.M)

आदरणीय महोदय,

मुझे बहुत खुशी ही रही है ये बताते हुए कि ये कोविड-19 हमारे लिए बहुत ही हानिकारक रहा है इसलिए ये सहाय स्तर में हमें कोविड-19 से कैसे बचना है ये बताया है इस स्तर से हम हमारा अनुभव बाँट सकें हैं। इस स्तर में हमने बहुत कुछ जानने का मिला है और सब से अच्छी बात यह है कि इस स्तर से सभी ने अपना अलग-अलग अनुभव बाँटा है। इस ऑनलाइन स्तर से हमें हमारा आत्मविश्वास बढ़ा सकें है और इससे दूसरी को भी आशात्मक विचार सोचने की प्रेरणा दी है। यह कोविड-19 ऑनलाइन स्तर से हमें पीड़ित व्यक्ति को साथ कैसे व्यवहार करना चाहिए यह बताया है। हमारी महोदय संगीता धार जी को धन्यवाद कहना चाहती हूँ कि उन्होंने हमें यह सुनहरा उपहार दिया। जिससे हम कोविड-19 से लड़ने की प्रेरणा ले पाये।



CERTIFICATE OF COMPLETION

This is to certify that

SUTHAR DHRUVI PRADIPBHAI

has completed the foundation course on
COVID-19 and it's Social Impact
consisting modules on Myths, Stigma, Mental
Health, Leadership and Communication.

GAURANG RAVAL

Co-Founder, Sauhard