

## **REPORT ON NATIONAL SEMINAR**

**Topic of the Event – Tough Times Don't Last, Tough People Do!**

**Date & Time of Event – 12<sup>th</sup>February 2022, 10:30 am**

**Hosted by - Sarojini Naidu Vanita Pharmacy MahaVidyalaya, Tarnaka, Hyd.**

Sarojini Naidu Vanita Pharmacy MahaVidyalaya, College for Women, (Sponsored by The Exhibition Society) in association with Indian Pharmaceutical Association, Telangana State branch has organized a national seminar on the topic “**Tough Times Don't Last, Tough People Do**” on 12<sup>th</sup>February 2022, 10:30 am. The Guest Speaker for the national seminar was Dr.(Col).V.P.Singh, Director, Prof & HOD, Department of Medicine, Bharatiya Vidhya Peet Medical College.

For this National seminar, the numbers of participants attended were about 290.

The programme started at 10:30 am. Ms. Richa of Pharm D started the program and invited all the dignitaries onto the dias. Ms. Apoorva and Ms. Gauri welcomed the guests with a bouquet. The program is then followed by lighting of lamp by chief guest and a prayer song “Vande matharam” by Ms. Lisa Patel and group. Later, Dr. B. Prabhashankar, Chairman, SNVPMV, addressed the session and cordially welcomed the chief guest, Dr.(Col).V.P.Singh. Sir, thanked the chief guest for accepting the invitation of delivering a seminar and briefly explained covid-19 pandemic effect on our lives. Ms. Akanksha introduced the chief guest to the participants.

At 11. 10 am Dr.(Col).V.P.Singh started the session with the first topic “Social impact of Covid-19 pandemic”. Sir mentioned that Covid-19 had become the largest global health emergency of 21<sup>st</sup> century. He gave an insight on the problems faced during social distancing or isolation, effect of online classes on children, addiction of young ones to social sites from 2 years, increased burden on women at homes, problems faced by the less privileged due to loss of their jobs, effect of travel bans on importing of essential commodities for example, from China to other countries, effect on economy on all countries. Dr. (Col) V.P. Singh has explained the importance of vaccination to develop herd immunity and to overcome new variants until 2024. He stated that education system is going in a direction of passing information. Sir stressed the importance of classroom teaching over online teaching, availability of internet in India, impact on skills and career of students due to online teaching, gender inequality in education during pandemic, school drop rates and increased sexual assaults and molestations at home. Dr.(Col).V.P.Singh emphasized regarding the psychological trauma faced by people during the

last 2 years, social stigma towards nurses, pilots, drivers, air hostess who come in contact with covid patients, consequences of misinformation regarding medication, decreased healthcare seeking behaviour and increased suicides due to fear of corona. The participants were enthusiastic and were listening with extreme intrigue as the session was informative and thought provoking. Few students asked questions to the chief guest after the session. Throughout the session sir enlightened the students with his shayari. At 12.30 pm the session was ended with a tea break.

Post break Dr. (Col).V.P. Singh started the second topic “Staying strong at difficult times”. Sir asked the students about the difficult times faced in their lives. Sir differentiated emotional mind, analytical mind and to accept the reality in case of difficult situations. Sir explained students to conquer fear, to learn to relax, to live in reality, communicate with good people in case of difficulties, have positive thoughts, don't think of things that we don't have, identify your strengths and overcome your weakness.

### **POST LUNCH SESSION**

Afternoon session was started at 2.30 pm after the delicious lunch in our college. The session “ Being Human” was started graciously with the claps of the audience for the beautiful long poem sung by Dr. (Col) V.P. Singh in Hindi stating the greatness of “AADMI” for about 3 min without break. Sir has explained about the origin of humans in his presentation starting from Universe, origin of life and evolution into humans. He spoke about civilization, Industrialization, how the humans are different from animals in- size of brain, handling of tools, capacity to think etc. He extended his talk on Brain minded complex i.e., how mind works as a miracle or become a mess. He told that mind is a mixture of emotions (Navarasa), intelligence, memory, imagination etc and all the emotions are equal for both men and women. If any of the emotion is suppressed, the same emotion will be reverted back in future therefore every human being should be like a child in expressing their emotions which is an important way of relieving stress.

During the session, ‘To be young in these times’, sir pictorially explained about the emotions in an average teenage brain, problem solving, complexity of thinking, personality development, group dynamics and morality. He emphasized that morality is required in everything with which pleasure is associated. With supreme knowledge and experience, he explained beautifully about the nuclear family and joint family clearly stating their own advantages-

disadvantages, finally supporting the joint family system. As an answer to the question raised by Dr. B. Prabha Shankar Sir, President, IPA, TS-branch, he clearly stated about the generation gaps and the alterations in the behavior of children from the generations. The students were so enthusiastic and ardent in listening to him.

Sir gave an insight on sociology, social borders, empathy, prayer and humanity. He stated that *“The greatness of Humanity is not only being human but also humane”*.

At the end of the session, Sir encouraged the students to put out all their queries. Students were very ardent and asked various questions on the discussed topics. All the questions were patiently answered by sir, making the session, both interesting and interactive. It was overall, extremely helpful and interesting to all the attendees. Finally, Dr. (Col) V.P. Singh sir was felicitated by our Chairman, Dr. B. Prabha Shankar sir and all dignitaries on the dias.

The vote of thanks was delivered by Dr. T. Mamatha, Vice Principal, SNVPMV, by expressing gratitude to the guest speaker, Dr. (Col) V.P. Singh for his excellent and tireless talk on the topic and thanked all the participants for making the session successful. Participation certificates were issued to all the participants.



