

**SOCIETY ACTIVITY REPORT 2020-21**

**FACULTY: SCIENCE**  
**DEPARTMENT: BIOCHEMISTRY**  
**IQAC ACTIVITY NUMBER: SVC/2020-2021/BIOCHEM/SOC/9**

<b>NAME OF THE ACTIVITY: REFLECT-REALIZE-REACHOUT - MINDFULNESS ACTIVITY FOR FACULTY AND STUDENTS</b>			
<b>DATE</b>	<b>FACULTY</b>	<b>DEPARTMENT/COMMITTEE</b>	<b>COORDINATOR NAME</b>
10th July 2021	Science	Biochemistry	Dr. Nimisha Sinha Dr. Vandana Malhotra
<b>TIME</b>	<b>VENUE</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>NATURE: Outdoor/Indoor</b>
<b>Session 1:</b> 10am to 1pm  <b>Session 2:</b> 1:45pm to 4pm	<b>Online Mode (Zoom meeting platform)</b>	70 participants	<b>Indoor</b>
<b>SUPPORT/ASSISTANCE:</b>	DEPARTMENT OF BIOCHEMISTRY, SRI VENKATESWARA COLLEGE, UNIVERSITY OF DELHI		

**BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO. - III, V, VII):**

<b>TOPIC/SUBJECT OF THE ACTIVITY</b>	Reflect-Realize-Reachout, was a talk on mental health followed by a workshop on expressive arts therapy.
<b>OBJECTIVES</b>	The event was conducted for faculty and students, in order to learn ways to cope with the stress that has grown due to the online mode. Through this mindfulness activity, everyone learned methods to deal with stress and also participated in the expressive arts therapy workshop.
<b>METHODOLOGY</b>	<p>The workshop was conducted in 2 sessions.</p> <p><b>FIRST SESSION:</b>            The first session was a talk by Dr. Madhulika Bajpai, who is an associate professor for the department of Human Communication at Bhaskaracharya College of Applied Sciences , University of Delhi. The session was divided into three major topics</p> <ol style="list-style-type: none"> <li>1. Self-management: An antidote to stress and anxiety</li> <li>2. Consequences of Stress</li> <li>3. Acceptance Oriented approaches.</li> </ol> <p>In the first part she enlightened everyone about the terms such as stress and anxiety and what leads to stress. She also spoke about academic stress, which has emerged as a major problem these days. This part was followed by a small questionnaire, where everyone analyzed themselves and wrote the answers</p>

	<p>In the second part, she talked about the consequences of stress on a person's mind and body. She also explained the effects of stress on the central nervous system, through a very interesting and self-explanatory flow chart. She further spoke about the physical, emotional, behavioral and cognitive changes that occur due to stress. This part was also followed by a small questionnaire. After which she spoke about the need for stress management. She also spoke about the H.A.L.T stages, that is Hunger, Anger, Loneliness and Tiredness. Which needs to be kept in check in order to manage stress. Further, she spoke about tactics to deal with stress, which included time management, setting realistic goals, Reaching out to others and learning to form long term strategies for short term targets. Lastly, she explained about Conflict Management and how to avoid/deal with it.</p> <p>In the third part of the session, which was mainly focused on approaches to deal with stress. She spoke about Mindfulness and relaxation techniques which will help in bringing more clarity in thoughts and strengthen bodily awareness. She further spoke about relaxation methods such as progressive relaxation, deep breathing and visual imagery, which she described as a mini mental vacation. She further spoke about the necessary lifestyle changes, one should take in account to deal with stress and anxiety, according to Ayurveda. She also spoke about how the sleep patterns affect the release of Cortisol (Stress hormone) and Melatonin and Growth Hormone. At the end she quoted a heart warming poem by Rumi, named "The Guest House ", and asked some self-analyzing questions based on that. At last, she encouraged us all to follow the IAM principle, which stands for,</p> <p><b>I</b>dentify (Reflect)  <b>A</b>cknowledge (Realize)  <b>M</b>anage (Reach out)</p> <p>She even took questions from the audience, and gave everyone solutions to deal with stress and anxiety. In a nutshell, the session proved to be very informative and enlightening for everyone.</p> <p><b>SECOND SESSION:</b>  The second session was a workshop on expressive arts therapy, headed by Ms. Vasvi Srivastava, who is the co-founder of Abhyaantar Healing Arts. The session started with a quote by Stephen K Levine, "Expression is itself transformation. This is the message art brings." The session involved expressing yourself through art, which is defined as the purest form of expressing one's thoughts and feelings. She also explained about the right part of the brain, which is termed as the creative part and also explained the importance of imagination, which she described as a person's best friend.  After which she asked everyone to express themselves on a piece of paper, starting with a point and then filling the space with strokes and shapes of different colors and words which expresses a person best. Following this, an interactive session took place where everyone shared their art pieces and discussed what each shape or color symbolises. In conclusion, the session proved to be quite interactive and relaxing for the faculty and the students.</p>
OUTCOMES	The session proved to be very informative and rejuvenating for the faculty and the students. The session overall helped everyone to relieve their stress through

	art. It also gave the students and the faculty to connect with each other, along with a whole new learning experience.
--	--

**PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):**

Notice & Letters	<b>Student list of participation</b> ✓	<b>Activity report</b>	<b>Photos</b> ✓	<b>Feedback form</b> ✓
<b>Feedback analysis</b> ✓	News clip with details	<b>Certificate</b> ✓	Any other	

IQAC Document No:	Criterion No:	Metric No:
Departmental file no	IQAC file No;	

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Dr. Nimisha Sinha  Dr. Vandana Malhotra	Dr. Nimisha Sinha	

For Reference

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

## PROOFS:

### 1. POSTER

**DEPARTMENT OF BIOCHEMISTRY**  
SRI VENKATESWARA COLLEGE  
Presents

**REFLECT-REALIZE-REACH OUT**

Help  
Pain  
Apathy  
Anxiety  
Optimism  
Fear  
Post COVID stress

Calm  
care  
Grief  
Peer Pressure  
Empathy  
Social stress  
Sleep | Appetite changes

**3 R'S**

*A Mindfulness Activity For Faculty And Students*

**INVITED EXPERTS**

**Dr. Madhulika Bajpai**  
Associate Professor  
Department of Human Communication  
Bhaskaracharya College of Applied Sciences  
University of Delhi

**Vasvi Srivastava**  
Co Founder  
Abhyaantar Healing Arts  
New Delhi

**EVENT DETAILS**

DATE: 10 July, 2021 (Saturday)  
TIME: 10:00am onwards  
PLATFORM: Zoom  
REGISTER HERE: <https://forms.gle/T9FbdcXtKq2JSLcy8>

**Conveners:**  
**Dr. Nimisha Sinha**  
**Dr. Vandana Malhotra**

### 2. BROCHURE

**Patron**  
Prof. C. Sheela Reddy  
Principal  
Sri Venkateswara College

**Conveners**  
Dr. Nimisha Sinha  
Dr. Vandana Malhotra

**Organizing Committee**  
Department of Biochemistry  
&  
Catalysis, Biochemical Society

**ABOUT THE WORKSHOP**

Feeling of stress and anxiety are a part of life. Some levels of stress can actually encourage us to grow and change. However, when the stress and anxiety increase and exist for an extended period of time they become a health risk. Further, the pandemic has triggered an array of emotional, mental and physical issues in individuals of all age groups. The inability to cope up with this stress can lead to consequences such as constant agitation, exhaustion, burnout, helplessness, fear, and eventually a weak immune system or even organ damage.

Through this interactive workshop we aim to provide the participants a healthy space to REFLECT on their inner thoughts, REALIZE their stress and REACH OUT to ways that can help them manage stress and delve into the dimensions of mental wellness.

**OUTCOMES**

The participants will be able to:

- Understand stress and anxiety
- Manage stress and anxiety better through stress relief techniques
- Release emotions and stress through expressive art therapy session.

**CATALYSIS**  
THE BIOCHEMICAL SOCIETY  
**DEPARTMENT OF BIOCHEMISTRY**  
SRI VENKATESWARA COLLEGE

PRESENTS

**A Mindfulness Workshop for Students and Faculty**

**REFLECT  
REALIZE  
REACH OUT**

ON  
**JULY 10, 2021 (SATURDAY)**  
TIME: 10:00 AM  
ZOOM ONLINE PLATFORM

### INVITED EXPERTS



**Dr. Madhulika Bajpai**  
Associate Professor  
Department of Human Communication  
Bhaskaracharya College of Applied  
Sciences  
University of Delhi, New Delhi

Dr. Madhulika Bajpai completed her M.Phil & PhD in psychology from the University of Delhi. Her professional career spans nearly twenty-three years. She is the founder and life member of several psycho-social organizations working in the area of career development, applied and positive psychology. Dr. Bajpai was awarded, "Meritorious Teacher Award" in 2019, constituted for College Lecturers given by the Directorate of Higher Education, Government of NCT of Delhi. Her domains of work and interest are human communication, stress management, marital relationships, personality development, holistic wellness and the recent addition of "positive psychology" in the ever-evolving world of human progression.



**Ms. Vasvi Srivastava**  
Co Founder  
Abhyaantar Healing Arts  
New Delhi

Ms. Vasvi Srivastava is a certified Expressive Arts Therapy Practitioner and Psychologist, as well as a Governing Board Member of the Expressive Arts Therapy Association of India (EATAI). She is also a certified Sivananda Yoga Teacher. She has applied the expressive arts with people from various age groups and backgrounds including the social, educational and organizational settings, for various issues ranging from depression, general anxiety, social anxiety, low self-esteem, to motivation at work, stress management and building better relationships.

### ABOUT THE SESSIONS

The first session aims to help our participants understand what stress or anxiety is and how in various ways stress often manifests itself. During this interactive session the participants will get an opportunity to explore and assess their own psychological well being through questionnaires. Stress in life is inevitable but through different tools and techniques it can be managed. In the session the participants will learn to cope up with stress through stress management interventions for their overall well being. The participants will be provided with a secured virtual space to discuss their issues one to one with the distinguished expert.

Expressive Arts sessions are nurturing, supportive and non-judgmental spaces designed to bring together people and help them connect with themselves and others in a deep, authentic and meaningful way. During the second session, the participants will engage in a creative exploration using different art forms like drawing/painting, body movement/dance, music and creative writing etc. with the aim to:

- Gain new insights about ourselves
- Become playful and spontaneous
- Offer empathy and unconditional regard to others
- Express, be seen and accepted for who we truly are.
- Get in touch with our magical, creative, imaginative inner child

*\*Confidentiality and privacy of the participants during one to one interaction is assured.*

### PROGRAMME SCHEDULE

Date: 10 July, 2021 (Saturday)

10:00 am - Inauguration and Opening remarks by the Principal, Sri Venkateswara College

10:10 am - About the programme by the Convener

10:15 am to 12:15 pm: Session 1 - Talk and Interactive session by Dr. Madhulika Bajpai

1:30 pm to 3:30 pm: Session 2 - Expressive Art Therapy session by Ms. Vasvi Srivastava

### GUIDELINES

- The participants should have laptops/mobiles with good internet connectivity.
- Attendance in both the sessions is mandatory to get an E-certificate.
- For the Expressive art therapy session keep the following things handy:
  - pen/paper or journal for writing; A3 or A4 paper for drawing
  - colors (whatever is available oil pastels/sketch pens/paints, brushes
  - NO PRIOR EXPERIENCE IN ANY ART FORM IS REQUIRED

*"The greatest weapon against stress is our ability to choose one thought over another."*  
- William James


### REGISTRATION DETAILS

The interactive workshop is for the Students and Faculty members of University of Delhi.

**\*\*Limited Seats**

### TO REGISTER

Scan the QR code



OR

Use the link below  
<https://forms.gle/T9EbdCxtKq2JSLcy8>

E-certificates will be given to all the participants.

### FOR DETAILS CONTACT

Dr. Nimisha Sinha  
nimishasinha@svc.ac.in

Dr. Vandana Malhotra  
vandana.malhotra@svc.ac.in

### 3. FEEDBACK FORM

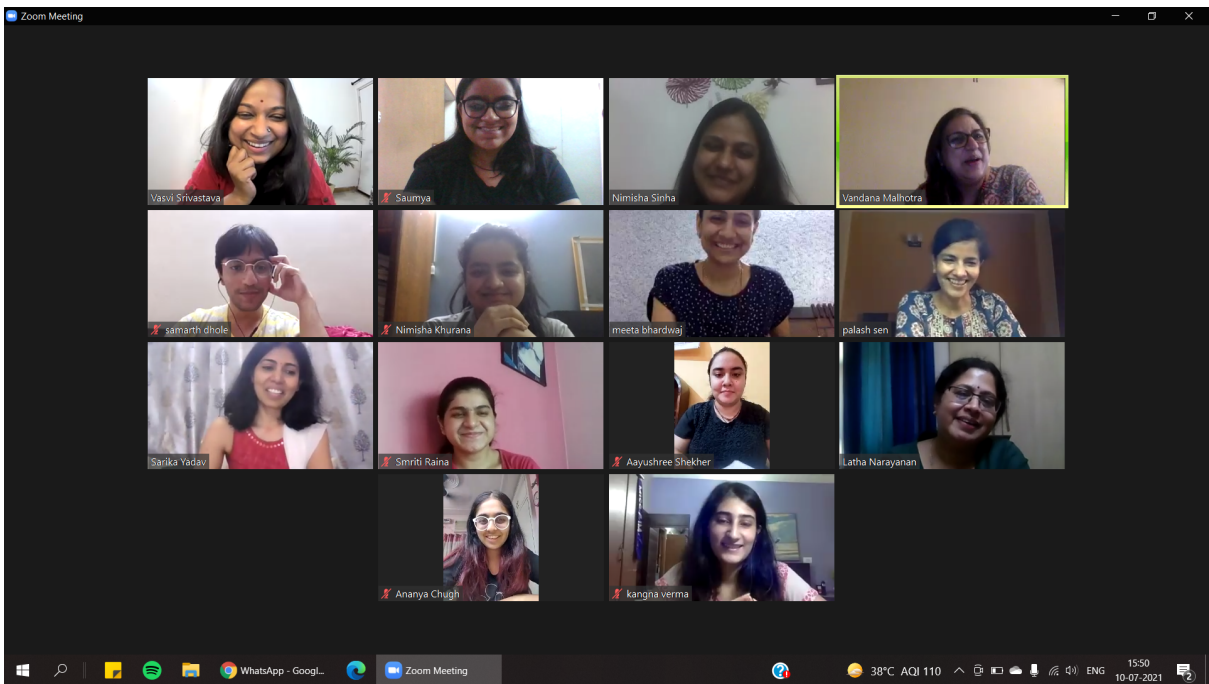
Session 1: <https://forms.gle/MLJerNKNKhtkD8E6A>

Session 2: <https://forms.gle/xSU1dreHiM3PvuJc6>

#### 4. CERTIFICATE:











## Chemical Locha 😊

**CNS**

**SNS**

- Epinephrine
- Adrenaline
- Cortisol

**PNS**

- Serotonin
- Dopamine
- Growth hormones
- Melatonin

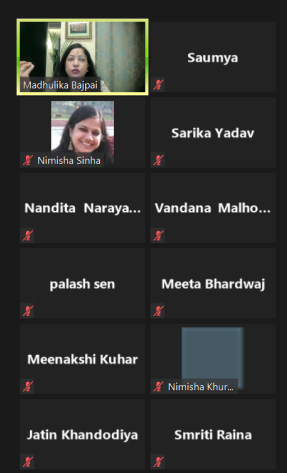
**Fight or flight response activated!**

- Increased heart rate
- Increased blood glucose
- Increased blood flow to limbs
- Reduced supply to the other organs & digestive system.

**Rest and repair mode on!**

- Healing
- Digestion
- Detoxification
- Growth

Zoom Meeting | Windows taskbar: 36°C Light rain, 11:33, 10-07-2021



**LIST OF PARTICIPANTS:**

1	Smriti Raina
2	Nimisha Khurana
3	Shalini Sen
4	Shreya Taluja
5	Dr N. Latha
6	Mehak Kukreja
7	Samarth Dhole
8	Anusha Mahmood
9	Sumedha
10	Nandika Sahani
11	RUNJHUN
12	Dr. Vandana Malhotra
13	Bivishitha Naisamudhin
14	Saruby Sharma
15	Aastha Puri
16	Livanshi Besoya
17	Rangarajan T. M.
18	Dr. Meeta Bhardwaj
19	Dr Nimisha Sinha
20	Anchal Gautam
21	Anant Narayanan
22	Shubhra Barwa
23	Simran Yadav
24	Anushka Sharma
25	Muskan Madaan
26	Sanskar Rajput
27	Yogesh Joshi
28	Suyash singh
29	Arif khan
30	KUSHAL
31	ADARSH A
32	Pranav Chawla
33	Mohit Negi
34	Mayank Bhardwaj
35	Irfan Rahman
36	Mriganka Parashar

37	Trishna Rai
38	Jatin
39	Ishika
40	Ishita Sehgal
41	Ananya Chugh
42	Alisha Ali
43	Zeean Mehernosh Pithawala
44	PRIYA SHARMA
45	Tanvi Agarwal
46	Keshav Rajesh
47	Prashant Mehra
48	Mak Seven
49	Ambica Saproo
50	Zabed Iftekhar
51	Devender singh
52	Sahil
53	Madhu Ranjan Pathak
54	Nancy
55	Ayesha mirza
56	Hadiya Shamim
57	Anushka Saxena
58	Sonali
59	Suruchi Chaurasia
60	Harleen Kaur Chadha
61	Shivangi Aggarwal
62	Ankur Singh
63	Pooja
64	Saumya Arora
65	Smt. Deimonmitre Rymbai
66	Gaurav
67	Dr. Sarika Yadav
68	Bhavini Malhotra
69	Anju Kaicker
70	Meenakshi Kuhar



**SRI VENKATESWARA COLLEGE**  
(University of Delhi)

**Internal Quality Assurance Cell**

**Chairperson**

Prof C. Sheela Reddy  
Principal  
Sri Venkateswara College

**IQAC Coordinator**

Dr. N. Latha  
Department of Biochemistry

**External Members**

Prof Debi P Sarkar  
Department of Biochemistry  
University of Delhi South  
Campus

Prof Alo Nag  
University of Delhi South  
Campus

Dr. Gitanjali Yadav  
NIPGR, Delhi

**Internal Members**

Dr. Meenakshi Bharat  
Department of English

Dr. Lalitha Josyula  
Department of Electronics

Dr. Namita Pandey  
Department of Political  
Science

Dr. A. K. Chaudhary  
Department of Physics

Dr. K.C. Singh  
Department of Physics

Dr. Swarn Singh  
Department of Mathematics

Dr. Neeraj Sahay  
Department of History

Dr. Vartika Mathur  
Department of Zoology

Dr. Shruti Mathur  
Department of Commerce

Dr. Padma Priyadarshini  
Department of Sociology

Dr. Nimisha Sinha  
Department of Biochemistry

Shri D. Venkat Ramana  
A.O(I/C)

This is to certify that the Activity report (Teacher/Department /Society/Association) has been submitted for documentation to IQAC, Sri Venkateswara College, University of Delhi.

*N. Latha*

IQAC Coordinator  
Sri Venkateswara College

**Coordinator, IQAC**  
**Sri Venkateswara College**  
(University of Delhi)  
Dhaura Kuan, New Delhi-110021

*C. Sheela Reddy*

PRINCIPAL  
Sri Venkateswara College

**PRINCIPAL**  
**Sri Venkateswara College**  
(University of Delhi)  
Dhaura Kuan, New Delhi-110021

Website : [www.svc.ac.in](http://www.svc.ac.in)

E-mail : [iqac@svc.ac.in](mailto:iqac@svc.ac.in)