



**SRI VENKATESWARA COLLEGE  
(UNIVERSITY OF DELHI)**

**EVENT REPORT**

<b>NAME OF THE EVENT: The Science of Happiness</b>			
<b>DATE</b>	<b>DEPARTMENT</b>	<b>COMMITTEE/SOCIETY</b>	<b>COORDINATORS NAME</b>
05/03/2022	Economics	Economic Association	DB Reddy; Amit Kumar Jha
<b>TIME</b>	<b>VENUE</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>NATURE: Outdoor/Indoor; online/offline/hybrid</b>
10-12 A.M.	Microsoft Teams	71	<b>Online</b>
<b>FINANCIAL SUPPORT/ASSISTANCE (if any):</b>	College Funds		

**BRIEF INFORMATION ABOUT THE ACTIVITY**

<b>TOPIC/SUBJECT OF THE ACTIVITY</b>	The Science of Happiness
<b>OBJECTIVES</b>	The objective is to energise positive energy and happiness in hard covid times. The session describes a) what is happiness, b) the science behind happiness, c) misconceptions of happiness, d) strategies and its practice to improve happiness.
<b>METHODOLOGY</b>	Webinar and Q n A session
<b>INVITED SPEAKERS WITH AFFLIATION DETAILS ( IF ANY)</b>	Dr Vineet Banga, Senior specialist and HOD , Pathology at GOVT Hospital
<b>OUTCOMES</b>	The session shall enable students in staying focussed and become more productive, happy & healthy, reducing tension, sleep better and be kind.

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

1 Notice & Letters √	2 Number of Participants & Name of participants √	3 Event report	4 Photos √	5 Feedback Form & analysis
6 News clip with details	7 Sample Copy of the Certificate	8 Posters/ Invites √	9 Any other document √	10 Event report Attested by Event Coordinator & IQAC Coordinator √

IQAC Document No: IQAC/SVC/2021-22/ 15	Criterion No: III & V
Departmental file no: SVC/2021-22/Economics/SOC/15	IQAC file No: 2021-22

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Amit Kumar Jha	DB Reddy	

## 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		

## 1. Notice & Letters



Department of Economics  
Sri Venkateswara College  
University of Delhi



Date: 04<sup>th</sup> March 2022

### Circular

#### Sub: Webinar on "The Science of Happiness"

Greetings from the Economics Association of Sri Venkateswara College.

Covid 19 has taken a toll on our happiness by restricting us to our homes, temporary unemployment and lack of physical contact with our loved ones. It has become important for us to remain positive and happy to face the harsh reality. To assist you in this, we bring you a webinar on 'SCIENCE OF HAPPINESS' to be conducted by Dr Vineet Banga, Senior Specialist and HOD Pathology at Archaryashree Bhikshu Govt. Hospital, New Delhi.

Date: 5th March 2022 (Saturday)

Time: 10 AM - 12 PM

Eligibility: All UG & PG students

Platform: Microsoft Teams

The session will be helpful to stay focused and be more productive, be happy and healthy, reducing tension, sleep better and be kind.

Please register at <https://forms.gle/YDgENxywZhsCUP3D6> and join through MS Teams link <https://bit.ly/35nBGnG>. While joining you need to give the Gmail or any other email ID (Other than the one issued by SV College for attending on line classes) to enable us take feedback from you which shall be helpful in designing future events.

Your active participation shall motivate the organising committee for conducting several programmes. Since limited number of seats available you need to register immediately and also participate in the event. It is mandatory for All B.A (H) Economics & B.A (P) Economics Past and Present students to enrol and participate in it. A certificate of participation shall be issued to all participants of the programme on need basis.

For further details, contact:

Ananya Chopra (+91-98187 47923)

Mahek Gupta (+91-8552865180).

Thanking you in advance for your compliance.

Teacher-in-Charge

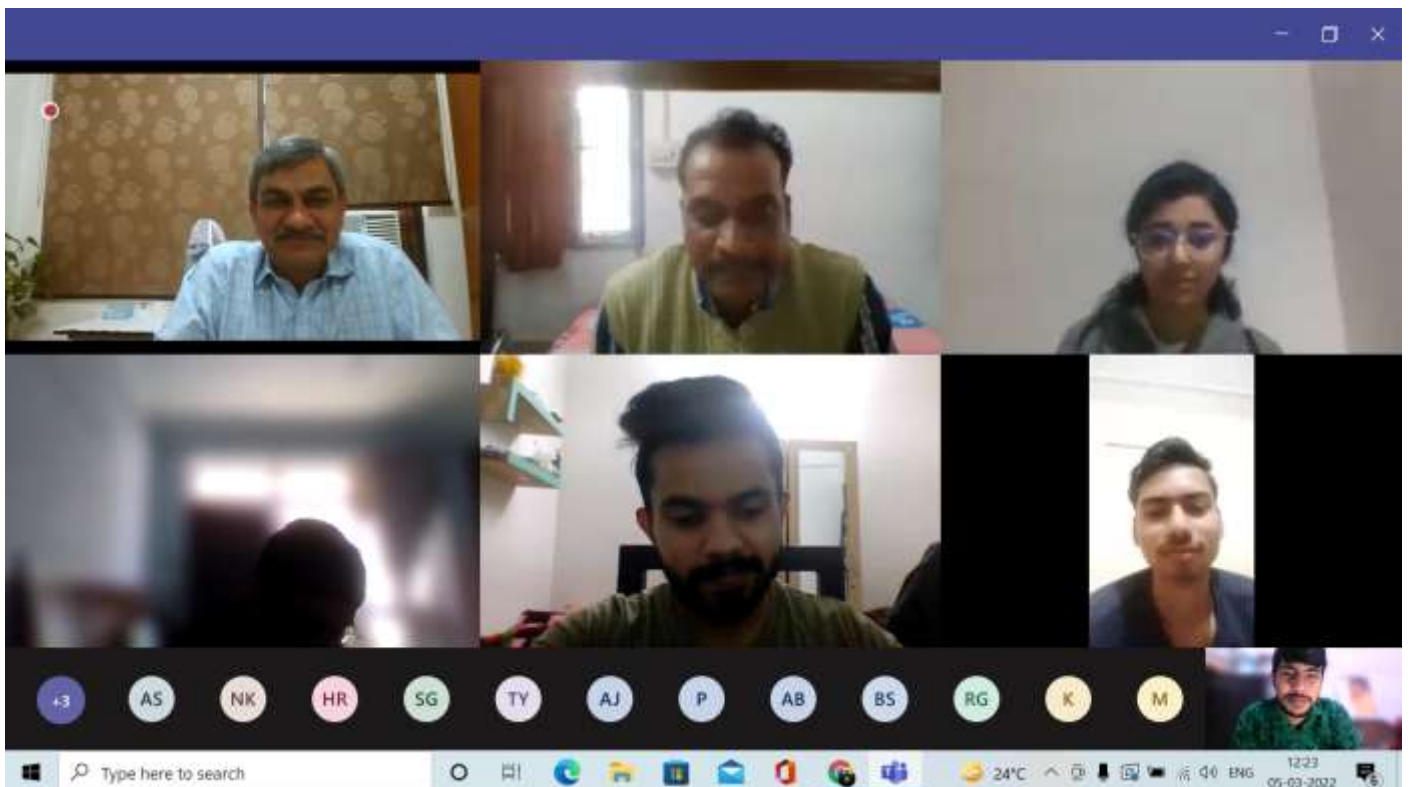
## 2. Attendance

Meeting Summary			
Total Number of Participants		71	
Meeting Title	Webinar on Happiness		
Meeting Start Time	3/5/2022, 9:31:06 AM		
Meeting End Time	3/5/2022, 12:24:10 PM		
Meeting Id	50ef378b-3863-48dc-934b-3215ee1679ea		
Full Name	Join Time	Leave Time	Duration
Economics Association	3/5/2022, 9:31:06 AM	3/5/2022, 12:24:10 PM	2h 53m
Naman Kapoor_Economics (Guest)	3/5/2022, 9:31:11 AM	3/5/2022, 12:23:57 PM	2h 52m
Kashaa Swami	3/5/2022, 9:42:22 AM	3/5/2022, 11:32:40 AM	1h 50m
karteeq reddy	3/5/2022, 9:47:10 AM	3/5/2022, 10:27:16 AM	40m 5s
SURAJ KUMAR P	3/5/2022, 9:48:10 AM	3/5/2022, 12:23:58 PM	2h 35m
dr. vineet banga (Guest)	3/5/2022, 9:49:14 AM	3/5/2022, 10:05:00 AM	15m 45s
dr. vineet banga (Guest)	3/5/2022, 10:12:07 AM	3/5/2022, 12:23:57 PM	2h 11m
Ananya Chopra _Economics (Guest)	3/5/2022, 9:49:47 AM	3/5/2022, 11:54:45 AM	2h 4m
Divya Rawat_ Eco (H)	3/5/2022, 9:50:52 AM	3/5/2022, 10:05:58 AM	15m 6s
Khushi	3/5/2022, 9:51:49 AM	3/5/2022, 12:23:58 PM	2h 32m
Nupur Mehra	3/5/2022, 9:52:21 AM	3/5/2022, 10:16:00 AM	23m 39s
Nupur Mehra	3/5/2022, 10:36:41 AM	3/5/2022, 10:55:31 AM	18m 49s
MAHEK GUPTA	3/5/2022, 9:52:42 AM	3/5/2022, 12:23:01 PM	2h 30m
Aditya Anand Jha	3/5/2022, 9:52:42 AM	3/5/2022, 12:22:07 PM	2h 29m
HARSHITA RAO	3/5/2022, 9:53:47 AM	3/5/2022, 10:24:51 AM	31m 4s
HARSHITA RAO	3/5/2022, 10:39:27 AM	3/5/2022, 12:24:00 PM	1h 44m
Bhavani S	3/5/2022, 9:54:37 AM	3/5/2022, 12:23:56 PM	2h 29m
VISHAVJEET SINGH KAMBOJ	3/5/2022, 9:55:15 AM	3/5/2022, 11:35:29 AM	1h 40m
RISHIKA CHUTANI	3/5/2022, 9:57:06 AM	3/5/2022, 10:10:23 AM	13m 16s
NISHANT KUMAR	3/5/2022, 9:57:07 AM	3/5/2022, 10:05:50 AM	8m 42s
NAMAN BHANDARI	3/5/2022, 9:57:13 AM	3/5/2022, 11:26:22 AM	1h 29m
PRACHI - GAMBHIR	3/5/2022, 9:57:19 AM	3/5/2022, 12:24:10 PM	2h 26m
J SOWMYA	3/5/2022, 9:57:23 AM	3/5/2022, 11:14:03 AM	1h 16m
J SOWMYA	3/5/2022, 11:33:11 AM	3/5/2022, 12:11:53 PM	38m 42s
Aryaman Bawa (Guest)	3/5/2022, 9:58:19 AM	3/5/2022, 12:24:10 PM	2h 25m
Yogita yadav	3/5/2022, 9:58:20 AM	3/5/2022, 11:33:58 AM	1h 35m
Yogita yadav	3/5/2022, 11:37:20 AM	3/5/2022, 12:22:20 PM	44m 59s
ISHITA GARG	3/5/2022, 9:59:31 AM	3/5/2022, 12:11:47 PM	2h 12m
DEVANSHU KALA	3/5/2022, 10:01:14 AM	3/5/2022, 10:22:07 AM	20m 53s
ALOK KUMAR KANOJIA	3/5/2022, 10:02:21 AM	3/5/2022, 10:06:48 AM	4m 26s
ANJALI RAO	3/5/2022, 10:02:24 AM	3/5/2022, 12:13:56 PM	2h 11m
AIZZA GUPTA	3/5/2022, 10:03:03 AM	3/5/2022, 12:23:54 PM	2h 20m
mallika	3/5/2022, 10:03:21 AM	3/5/2022, 10:20:36 AM	17m 14s
Rishit Dasgupta	3/5/2022, 10:03:50 AM	3/5/2022, 10:59:02 AM	55m 11s
dr.vineet banga (Guest)	3/5/2022, 10:04:13 AM	3/5/2022, 10:09:10 AM	4m 56s
GEETESH KUMAR	3/5/2022, 10:04:16 AM	3/5/2022, 10:05:32 AM	1m 15s
PRIKSHIT SANGWAN	3/5/2022, 10:06:01 AM	3/5/2022, 11:59:41 AM	1h 53m
PRIKSHIT SANGWAN	3/5/2022, 12:12:17 PM	3/5/2022, 12:16:38 PM	4m 20s
RUCHITHA REDDY GOLI	3/5/2022, 10:06:26 AM	3/5/2022, 12:24:10 PM	2h 17m

SHIVANGI GOEL	3/5/2022, 10:06:54 AM	3/5/2022, 12:23:55 PM	2h 17m
Radhika	3/5/2022, 10:08:36 AM	3/5/2022, 10:09:52 AM	1m 16s
HARIPRIYA MURALIDHAR	3/5/2022, 10:08:51 AM	3/5/2022, 12:14:25 PM	2h 5m
GAUTAM	3/5/2022, 10:10:15 AM	3/5/2022, 10:10:27 AM	12s
GAUTAM	3/5/2022, 10:16:03 AM	3/5/2022, 10:17:05 AM	1m 1s
TANISHKA YADAV	3/5/2022, 10:10:23 AM	3/5/2022, 12:24:04 PM	2h 13m
ANANYA JAIN	3/5/2022, 10:11:26 AM	3/5/2022, 12:24:02 PM	2h 12m
Radhika	3/5/2022, 10:12:03 AM	3/5/2022, 10:14:24 AM	2m 21s
RISHABH VERMA	3/5/2022, 10:15:01 AM	3/5/2022, 10:22:58 AM	7m 56s
RISHABH VERMA	3/5/2022, 10:57:38 AM	3/5/2022, 12:01:35 PM	1h 3m
RAMAVATH SIVAJI NAIK	3/5/2022, 10:15:30 AM	3/5/2022, 10:29:36 AM	14m 6s
Radhika	3/5/2022, 10:16:15 AM	3/5/2022, 10:18:26 AM	2m 11s
REVA SINGH	3/5/2022, 10:17:00 AM	3/5/2022, 12:00:04 PM	1h 43m
Divya Rawat_ Eco (H)	3/5/2022, 10:18:38 AM	3/5/2022, 11:45:55 AM	1h 27m
MAHESH R	3/5/2022, 10:19:24 AM	3/5/2022, 10:28:36 AM	9m 11s
MAHESH R	3/5/2022, 10:35:37 AM	3/5/2022, 10:44:31 AM	8m 53s
Shhreyas Singh	3/5/2022, 10:22:06 AM	3/5/2022, 10:22:14 AM	7s
ISHITA SINGH	3/5/2022, 10:22:31 AM	3/5/2022, 10:34:30 AM	11m 59s
ISHITA SINGH	3/5/2022, 10:35:33 AM	3/5/2022, 10:38:49 AM	3m 15s
Radhika	3/5/2022, 10:23:23 AM	3/5/2022, 10:23:56 AM	33s
Devika Mishra	3/5/2022, 10:23:56 AM	3/5/2022, 11:08:52 AM	44m 55s
Meenakshi Sharma (Guest)	3/5/2022, 10:27:04 AM	3/5/2022, 12:12:55 PM	1h 45m
D BRAHMA REDDY (Guest)	3/5/2022, 10:27:18 AM	3/5/2022, 12:23:53 PM	1h 56m
Sneha Bhardwaj (Guest)	3/5/2022, 10:28:55 AM	3/5/2022, 12:23:58 PM	1h 55m
SOORAJ K V	3/5/2022, 10:30:30 AM	3/5/2022, 10:35:53 AM	5m 22s
SOORAJ K V	3/5/2022, 11:31:06 AM	3/5/2022, 11:31:54 AM	48s
SOORAJ K V	3/5/2022, 12:14:31 PM	3/5/2022, 12:19:35 PM	5m 3s
JAYENDRA SINGH PATEL	3/5/2022, 10:36:23 AM	3/5/2022, 11:01:08 AM	24m 44s
JAYENDRA SINGH PATEL	3/5/2022, 12:13:08 PM	3/5/2022, 12:24:05 PM	10m 57s
nisha	3/5/2022, 10:40:18 AM	3/5/2022, 11:08:49 AM	28m 31s
Divyam Chutani	3/5/2022, 10:44:44 AM	3/5/2022, 11:20:42 AM	35m 57s
Pushpa	3/5/2022, 10:45:33 AM	3/5/2022, 10:46:07 AM	33s
Radhika	3/5/2022, 10:46:01 AM	3/5/2022, 10:51:30 AM	5m 29s
ANSHITA	3/5/2022, 10:48:33 AM	3/5/2022, 12:24:10 PM	1h 35m
N kalithadammal	3/5/2022, 10:50:29 AM	3/5/2022, 12:23:57 PM	1h 33m
PIYUSH	3/5/2022, 10:51:50 AM	3/5/2022, 10:52:36 AM	45s
AKHIL RAJPUT	3/5/2022, 10:52:33 AM	3/5/2022, 11:01:21 AM	8m 48s
BHAVISH SAINI	3/5/2022, 10:53:33 AM	3/5/2022, 11:00:26 AM	6m 53s
ARSHA T S	3/5/2022, 11:03:03 AM	3/5/2022, 12:23:57 PM	1h 20m
manisha sain (Guest)	3/5/2022, 11:03:21 AM	3/5/2022, 11:03:34 AM	13s
manisha sain (Guest)	3/5/2022, 11:06:21 AM	3/5/2022, 11:51:41 AM	45m 19s
YATHARTH SINGH CHAUDHARY	3/5/2022, 11:10:11 AM	3/5/2022, 12:24:10 PM	1h 13m
HIMANSHI BHARDWAJ	3/5/2022, 11:13:24 AM	3/5/2022, 12:21:46 PM	1h 8m
PRERNA SINGLA	3/5/2022, 11:13:35 AM	3/5/2022, 12:21:22 PM	1h 7m
mallika	3/5/2022, 11:17:08 AM	3/5/2022, 12:23:42 PM	1h 6m
paramjeet (Guest)	3/5/2022, 11:43:26 AM	3/5/2022, 12:13:20 PM	29m 54s



#### 4. Photos



Happiness -> (Read Only) - Microsoft Office PowerPoint (Safe Mode)

## HAPPY HORMONES

HAPPY HORMONE	FUNCTION	WAYS TO INCREASE HORMONES
DOPAMINE	FEEL GOOD	EXERCISE, PROTEIN DIET, LESS SATURATED FAT
SEROTONIN	REGULATES MOOD, SLEEP, APETITE	SUNLIGHT, EXERCISE, GREEN TEA, NUTS, SEEDS
ENDORPHIN	NATURAL PAIN RELIEVER	SUNLIGHT, EXERCISE, MEDITATION
OXYTOCIN	IMPROVES SOCIAL RELATION	DANCE, DATE, RELATIONSHIP

02:20:36

dr. vineet bangra (Guest)

paramjeet (Guest) | Achya Anand | O BRAHMA REDDY L.

Type here to search | 22°C | ENG | 11:51 | 05-03-2022

Happiness -> (Read Only) - Microsoft Office PowerPoint (Safe Mode)

01:17:35

dr. vineet bangra (Guest)

Meenakshi Sharma | Aranya Chopra | RUCHITHA REDDY G.

Type here to search | 20°C | ENG | 10:40 | 05-03-2022

WRONG IS WRONG  
even if everyone is doing it.  
RIGHT IS RIGHT  
even if no one is doing it.

Click to add notes

Taskbar: Type here to search, 20°C, 10:34, 05-03-2022

Gratitude Journal vs. Winning the Lottery

Months since Win or Gratitude Practice Started	Gratitude Journal (Happiness Increase %)	Lottery (Happiness Increase %)
0	0%	12%
1	5%	10%
2	8%	8%
3	10%	6%
4	11%	5%
5	12%	4%
6	13%	3%

Click to add notes

Taskbar: Type here to search, 21°C, 11:10, 05-03-2022

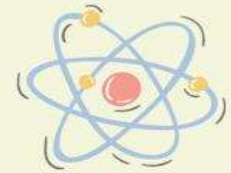




Economics Association  
Sri Venkateswara College



*A webinar on*  
**THE SCIENCE OF HAPPINESS**



**Dr Vineet Banga**

Senior Specialist & HOD Pathology  
at Acharyashree Bhikshu Hospital, New Delhi.

**DATE: 5 MARCH 2022**

**TIME: 10AM-12PM**

**PLATFORM: MS TEAMS**

**The session will describe and demonstrate:**

- What is happiness
- The science behind happiness
- Misconceptions about happiness
- Strategies to Improve true happiness
- How to put up these strategies into practice

**Prof C. Sheela Reddy**  
(Principal)

**D. Brahma Reddy**  
(Teacher-In-Charge)

**Amit Kumar Jha**  
(Faculty Advisor)

For further details, please contact:

Ananya Chopra (+91 98187 47923)

Mahek Gupta (91+8552865180)

9. Any Other document

Video link: <https://www.youtube.com/watch?v=5mWW12q-tEI>

**10. Event report Attested by Event Coordinator & IQAC Coordinator**



1961 - 2021

Tirumala Tirupati Devasthanams

**Sri Venkateswara College**

(University of Delhi)

## **CERTIFICATE**

This is to certify that a Webinar on The Science of Happiness was successfully conducted on 5<sup>th</sup> March 2022 by the Department of Economics in the Online mode and its event report has been submitted to IQAC for records.

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

**PRINCIPAL**  
**Sri Venkateswara College**  
**Dhaulta Kuan, New Delhi-110021**