



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

**EVENT REPORT**

<b>NAME OF THE EVENT:</b> KHAIRIYAT Workshop on Well-being			
<b>DATE</b>	<b>DEPARTMENT</b>	<b>COMMITTEE/SOCIETY</b>	<b>COORDINATORS NAME</b>
October 4 , 2021	Sociology		Dr. Abhijit Kundu Dr. Nupurnima Yadav
<b>TIME</b>	<b>VENUE</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>NATURE: Outdoor/Indoor; online/offline/hybrid</b>
4 pm- 6 pm	Google Meet  <a href="https://meet.google.com/xem-roaa-vtb">https://meet.google.com/xem-roaa-vtb</a>	38	Online
<b>FINANCIAL SUPPORT/ASSISTANCE (if any):</b>			

**BRIEF INFORMATION ABOUT THE ACTIVITY**

<b>TOPIC/SUBJECT OF THE ACTIVITY</b>	KHAIRIYAT Activity based outreach workshop for healthy Minds, and body
<b>OBJECTIVES</b>	Aiding us to Identifying different emotions and the part of the body it impacts. Learning how to manage your emotions. Finding your coping mechanisms. Building healthier relationships. Finding a support group in life. Identifying your emotional traits.
<b>METHODOLOGY</b>	Brainstorming activities, Art exercises etc.

<b>INVITED SPEAKERS WITH AFFILIATION DETAILS ( IF ANY)</b>	Ms.Jasmine Dua Agatsu Foundation, Amity University  Ms.Bhavika Mehta KJSIM Mumbai
<b>OUTCOMES</b>	Improvement in aspect to self-introspection and knowing ourselves better. Aid in managing our Emotional intelligence. The workshop emphasized on the concepts of communication, expectations and empathy, allowing us to encounter the world in a better way.

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

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

IQAC Document No: IQAC/SVC/2021-22/Sociology/01	Criterion No: 4,5,7
Departmental file no: IQAC/SVC/2021 22/Sociology/01	IQAC file No: SVC/2021-22/Sociology

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Abhijit Kundu  Nupurnima Yadav 	Abhijit Kundu  	

Poster



DEPARTMENT OF SOCIOLOGY  
SRI VENKATESWARA COLLEGE

PRESENTS

# "KHAIRIYAT"

*An activity based outreach workshop for healthier  
mind, emotions and body.*



*Jasmine Dua*



*Bhavika Mehta*

Date : 4th October, 2021

Time: 4 pm onwards

Venue : Google Meet

**Chief Patron : Principal, Prof. Sheela Reddy**

For queries Contact  
Dharini Mishra (President):  
+91 6307 633 100

Program Convenors:  
Dr. Nupurnima Yadav  
Dr. Abhijeet Kundu

## Photos


Jaismeen Dua is presenting

### QUICK BODY SCAN

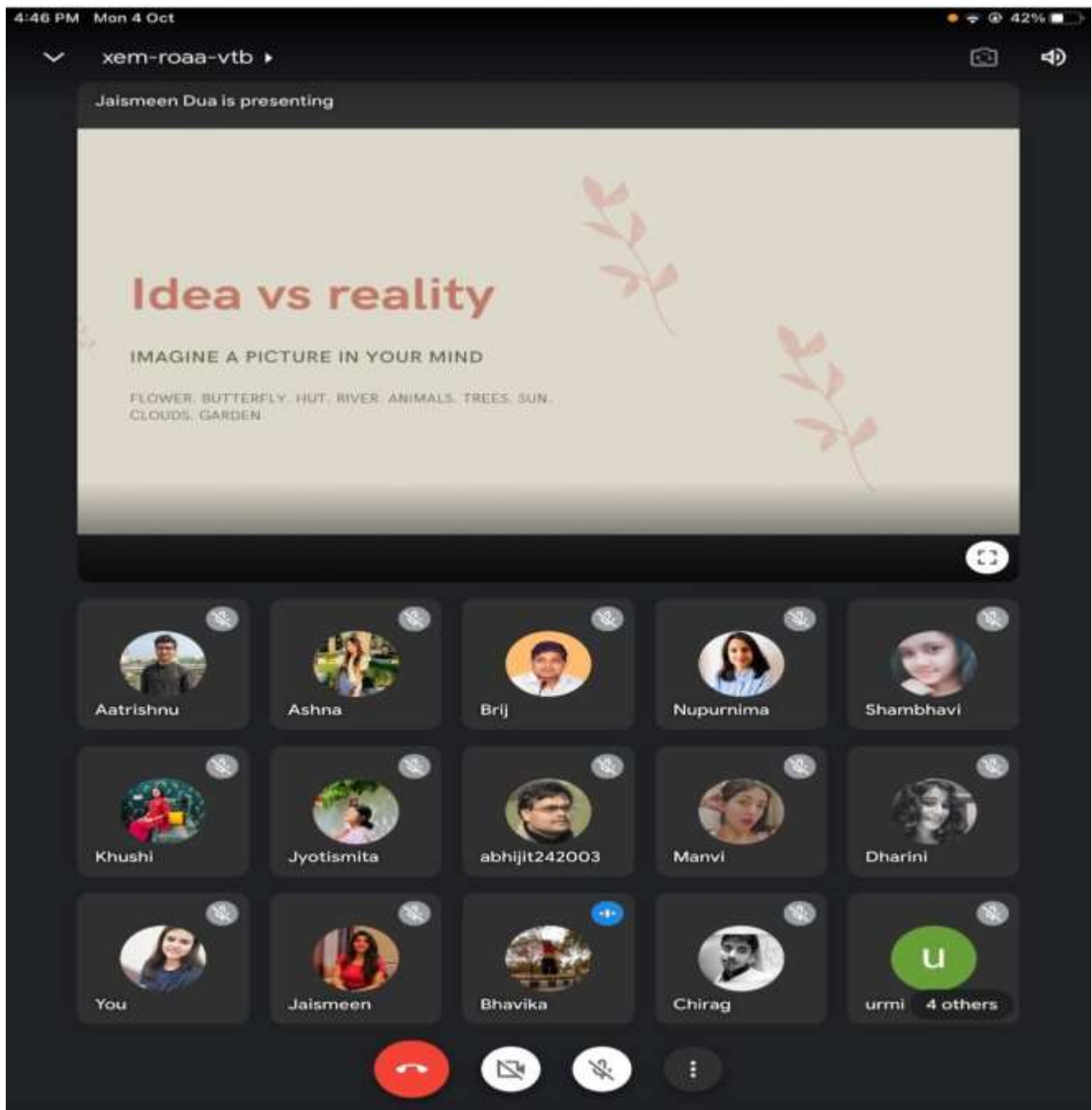
Notice where you tend to store stress/worry

CALM

- Chest (breathe deeply, expand and relax chest/torso area to notice how breath feels)
- Arms (breathe deeply, synchronise with opening and closing wrists)
- Legs (breathe deeply, focus on any shakiness/restlessness, relax as you visualise hips to toes)
- Mouth (unclench your jaw, unfurrow your brows, let your tongue rest and SMILE)



Jasmine Dua Presenting work on Body Scan



Participants understanding the concept of idea versus reality

## List of the Participants

Urmi Bhattacharyya, Sri Venkateswara College, urmi.jnu@gmail.com

Timestamp	Name	College/University	Email id
10/1/2021 11:42:53	Nupurnima Yadav	Sri Venkateswara College	Nupurnima.yadav@gmail.com
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10/1/2021 12:23:39	Rohan Raj	Sri Venkateswara College	rohanrajssm8409@gmail.com
10/1/2021 13:44:14	Muskan	Sri Venkateswara College	muskan25khichi@gmail.com
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1961 - 2021

Hirumala Tirupati Devasthanams

**Sri Venkateswara College**

(University of Delhi)

## **CERTIFICATE**

This is to certify that the KHAIRIYAT Workshop on Well-being was successfully conducted on 4 October 2021 from 4 pm -6 pm by Department of Sociology in the Online mode and its event report has been submitted to IQAC for record.

*C. Sheila Raddy*  
Principal

PRINCIPAL  
Sri Venkateswara College  
Dhaura Kuan, New Delhi-110021

*Vaishali*

**IQAC Coordinator**  
Coordinator, IQAC  
Sri Venkateswara College  
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