

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

EVENT REPORT

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|--|---|--------------------------------|---|
| NAME OF THE EVENT: Seminar on “Comfort & Confidence by Marks & Spencer” | | | |
| DATE: | DEPARTMENT: | COMMITTEE/SOCIETY: | COORDINATORS NAME: |
| 18 th September, 2024 | Department of Zoology | Evolvere, Zoology Society | Dr. Anita Verma (Convener, Evolvere) Dr. Rajendra Phartyal (Teacher In Charge) |
| TIME: | VENUE: | NUMBER OF PARTICIPANTS: | NATURE: Outdoor/Indoor; online/offline/hybrid: |
| 12:00 PM. - 1:00 P.M. | Room 158, Dr. V. Krishnamoorthy Block, Sri Venkateswara College | 115 | Offline mode |
| FINANCIAL SUPPORT/ASSISTANCE (if any) | NIL | | |

BRIEF INFORMATION ABOUT THE EVENT

| | |
|---|--|
| TOPIC/SUBJECT OF THE EVENT | “Comfort and Confidence” |
| OBJECTIVES | Importance of proper fit in intimate wear and its impact on your overall health and body positivity |
| METHODOLOGY | Talk by speaker along with question answer session |
| INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY) | Sakshi Chaudhry (Digital Creator) |
| OUTCOMES | Provided valuable insights into choosing garments that not only enhance comfort but also support well-being. Discovered how to embrace self-care, understand your body’s needs, and build a positive relationship with oneself as well as how health and confidence matter. |

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

| | | | | |
|-----------------------------|---|----------------------------|--|------------------------------------|
| 1 Notice & Letters ✓ | 2 Number of Participants & Name of participants ✓ | 3 Video clips | 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 |

Departmental file no: SVC/Zoology/2024-25/September 2024/02

IQAC File No: SVC/IQAC/Zoology/2024-25/September 2024

Criterion No: III

NAME OF EVENT-IN-CHARGE & SIGNATURE:

Dr. Anita Verma

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 | | |

Marks & Spencer conducted an informative workshop in collaboration with Evolvere, the Zoology Society of Sri Venkateswara College aimed at educating participants on the importance of form-fitting intimate wear,

particularly brassiere. The event focused on how the right fit can enhance comfort, posture and boost confidence, alongside discussing the health implications of wearing misfitting intimate wear.

The session began with a presentation on different types of intimate wear and health implications of ill-fitting brassiere. Participants learned about the physical health issues associated with wearing the wrong size, such as:

- Back and shoulder pain
- Poor posture
- Skin irritations
- Impaired circulation

The Importance of Fit: A professional fitting expert emphasized how a well-fitted brassiere can elevate comfort and confidence. Key points included:

- The correct band size and cup size can significantly impact back support and overall well-being.
- Regular fittings are recommended within 6-12 months, as body changes can alter sizing.

Cloth Material Matter: The workshop also discussed the significance of fabric choice, highlighting:

- Breathable materials like cotton for everyday wear.
- Moisture-wicking fabrics for active wear.
- The importance of avoiding harsh materials that can irritate the skin.

Participants actively engaged in discussions, sharing personal experiences with misfitting clothing and their impact on daily life. This led to a deeper understanding of the necessity for proper fitting and appropriate choice of intimate wear.

Interactive Quiz: Few fun quizzes were also conducted in the event, testing participants' knowledge on the topic and their health impacts. Winners were awarded exciting gifts from Marks & Spencer, adding an element of fun to the learning experience.

As a highlight of the event, participants were invited to have a fitting session by a professional. This personalized service allowed individuals, enhancing their comfort and confidence.

The event concluded with a distribution of coupon codes for discounts on Marks & Spencer products to all participants, encouraging them to invest in their intimate wear.

Feedback from attendees was overwhelmingly positive, with many expressing gratitude for the valuable information and practical advice provided.

POSTER



SRI VENKATESWARA COLLEGE



DEPARTMENT OF ZOOLOGY

Seminar on

COMFORT & CONFIDENCE

Presented by

Women
only

MARKS &
SPENCER

COUPON CODE
FOR ALL THE
ATTENDEES!!

REGISTRATION:



FOR EVERY GIRL EMBRACING HER TRUE SELF

This seminar is designed to help you:

- ❖ Embrace your unique Beauty
- ❖ Finding the perfect fit for confidence
- ❖ Choosing skin-friendly fabrics
- ❖ How clothes can uplift your mood

For queries, Contact:

- Harshita: 8595784260
- Ananya: 70064 67366
- Shreya: 91232 25370



18 September 2024




**Room No. 158
Dr. U Krishnamoorthy Block**



12 - 1 pm

PERMISSION LETTER



 శ్రీ వేంకటేశ్వర కళాశాల
 Sri Venkateswara College
 (University of Delhi)
 H-13C Okhla A-1

PERMISSION FOR ORGANIZATION OF EVENTS

NOTE: 1. Please ensure a pre booking of the venue before getting the permission letter signed.
 2. A copy of this duly filled form signed by the TIC/ Convener, IQAC Coordinator and Principal shall be submitted to ICT and/or Caretaker for necessary action.
 3. Please ensure that the completion certificate of the event is physically signed by the Convener of the event, IQAC Coordinator and Principal after the event report is made.

EVENT DETAILS

- Name of the Department/Society/Association: Zoology (Evolvers)
- Name of the TIC and/or Convener: Prof./Dr./Mr./Ms. Rajindia Prastysal
- Proposed Title of the Event: Marks and Spencers present Comfort & Confidence
- Nature of Event: Seminar/Conference/Symposium/Workshop/FDP/Public or Community outreach/ Skill enhancement/others (Please specify) Female only
- Participants: Student-centric /Faculty/ Other stakeholders (Please specify) Female only
- Event Type: Offline/Online/Hybrid, Indoor/Outdoor
- Collaborating Agency /Organization (If any): Marks and Spencers
- Tentative List of Speakers with affiliations: Miss. Shreya Rajgopal
- Date & Time (from - to): 18th September; 11:30 am - 2:00 pm
- Financial Assistance/ Funding received (if any) (Please specify amount):
- Proposed Budget (please attach details in a separate enclosure): N/A

- Faculty responsible for Geo Tagged Pictures: Dr. Richa / Dr. P. Jayaraj
- Faculty responsible for Event Report: Dr. Namita
- ICT support required, if any (ICT Lab, Laptop, LCD projector)
- Caretaker support required (tables, chairs, public addressing system, sanitation, manpower assistance)
- Venue requirement (Seminar hall/ Ground/others) Room No. 158 (Science Block)

Rajindia Prastysal
 TIC/Convener
 Date: 13/09/24

For official purpose: Permitted only in the CCA period as Society event.
 Comments (If any)

Dr. Richa
 IQAC Coordinator
 Date:

Principal
 Date:

attached for Room No 158
13/09/24

Some PICTURES







ATTENDANCE SHEET



Tirumala Tirupati Devasthanams
 శ్రీ వేంకటేశ్వర కళాశాల
Sri Venkateswara College
 (University of Delhi)
 NAAC Grade A+

ATTENDANCE SHEET

TITLE OF THE EVENT:

DATE OF THE EVENT: 18/09/24

NAME OF THE DEPARTMENT/ SOCIETY:

NAME OF THE EVENT COORDINATOR:

| S.N. | NAME OF THE STUDENT | ROLL NO. OF THE STUDENT | COURSE AND YEAR | E-MAIL | SIGN |
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| 105 | Ananya | 2022018 | " " | " " | Ananya |
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| S.N. | NAME OF THE STUDENT | ROLL NO. OF THE STUDENT | COURSE AND YEAR | E-MAIL | SIGN |
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| 50 | Ankita | 1123186 | B.Sc. Life Science | | [Signature] |
| 51 | Shagun | 171 | " | | |
| 52 | Tanisha | 169 | " | | |
| 53 | Keshavee | 172 | " | | |



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| S.N. | NAME OF THE STUDENT | ROLL NO. OF THE STUDENT | COURSE AND YEAR | E-MAIL | SIGN |
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| 54 | Dimple Banerjee | 1123022 | BSc(P) Life Sciences | | Dimple |
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| 56 | Angali Kumari | 1123012 | BSc(P) Life Sciences | | Angali |
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| 58 | Ananya Puri | 1124061 | BSc(P) Life Sciences 1st year | | Ananya |
| 59 | Susha Yadav | 1124054 | BSc(P) Life Sciences 1st year | | Susha |
| 60 | Maya Zairab | 2024017 | BSc(H) Zoology 1st year | | Maya |
| 61 | Radhika | 2023008 | BSc(H) Zoology 2nd year | | Radhika |
| 62 | Jiya | 2023005 | " | " | Jiya |
| 63 | Rishika Bhatnagar | 2023022 | " | " | Rishika |
| 64 | Pooja | 1224033 | BSc(H) Biochemistry 1st year | | Pooja |
| 65 | Pooja | 1224050 | BSc(H) Biochemistry 1st year | | Pooja |
| 66 | Angurika Singh | 2023004 | BSc(H) Zoology 2nd year | | Angurika |
| 67 | Poojika Chhabra | 2023016 | " | " | Poojika |
| 68 | Rhythm Arora | 2023021 | " | " | Rhythm |
| 69 | Ursuli Gul | 2023039 | " | " | Ursuli |
| 70 | Chavya Sridhar | 2023003 | " | " | Chavya |
| 71 | Rishika Ladda | 2023009 | " | " | Rishika |
| 72 | Krushboo | 2022005 | BSc(H) Zoology 3rd year | | Krushboo |
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| 74 | Janvika | 1122014 | " | " | Janvika |
| 75 | Anurika Singh | 1122019 | " | " | Anurika |
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| 79 | Prisha | 1122088 | " | " | Prisha |
| 80 | Anshika | 1122 | " | " | Anshika |
| 81 | Zoya | 1122171 | " | " | Zoya |



Tirumala Tirupati Devasthanams

శ్రీ వేంకటేశ్వర కళాశాల

Sri Venkateswara College

(University of Delhi)

NAAC Grade A+

समापन प्रमाण पत्र
COMPLETION CERTIFICATE

यह प्रमाणित किया जाता है कि **मार्क्स एंड स्पेंसर** द्वारा "**कम्फर्ट एंड कॉन्फिडेंस**" विषय पर **सेमिनार** को **18 सितम्बर** को 12 अपराह्न से 1 अपराह्न तक **जूलॉजी** विभाग द्वारा (ऑफ़लाइन) माध्यम में सफलतापूर्वक आयोजित किया गया और इस कार्यक्रम की रिपोर्ट अभिलेख के लिए आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ (IQAC) को जमा कर दी गई है।

This is to certify that the Seminar on "Comfort & Confidence by Marks & Spencer" was successfully conducted on 18 September, 2024 from 12 pm to 1 pm by Department of Zoology in the Offline mode and its event report has been submitted to IQAC for records.

Richa Misra

Event-in-Charge

Vaishali

IQAC Coordinator

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

Principale

Principal

प्रधानाचार्य
Principal
श्री वेंकटेश्वर महाविद्यालय
Sri Venkateswara College
दिल्ली विश्वविद्यालय / University of Delhi
धौला कुआँ, नई दिल्ली / Dhaura Kuan, New Delhi-2