



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

EVENT REPORT

NAME OF THE EVENT: Anveshan: The Mental Health Quiz			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS NAME
10th October 2020	FAA	Conquistadors	Shreya Srivastava
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
10 AM	Discord and Zoom	56	Online
FINANCIAL SUPPORT/ASSISTANCE (if any):			

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	Quiz was conducted on Mental Health Awareness
OBJECTIVES	To increase awareness on mental health and reduce the stigma surrounding it.
METHODOLOGY	Quiz was conducted in two rounds 1)Preliminary Round Consisting of 15 question after which 6 teams were shortlisted for the final round 2)Final round Consisting of 20 questions
INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)	None

OUTCOMES	The Top 2 teams in final round were declared the winners
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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/2020-21/FAA/Conquistadors/06	Criterion No: 3 and 5
Departmental file no: FAA/2020-21/Conquistadors	IQAC file No: 2020-21

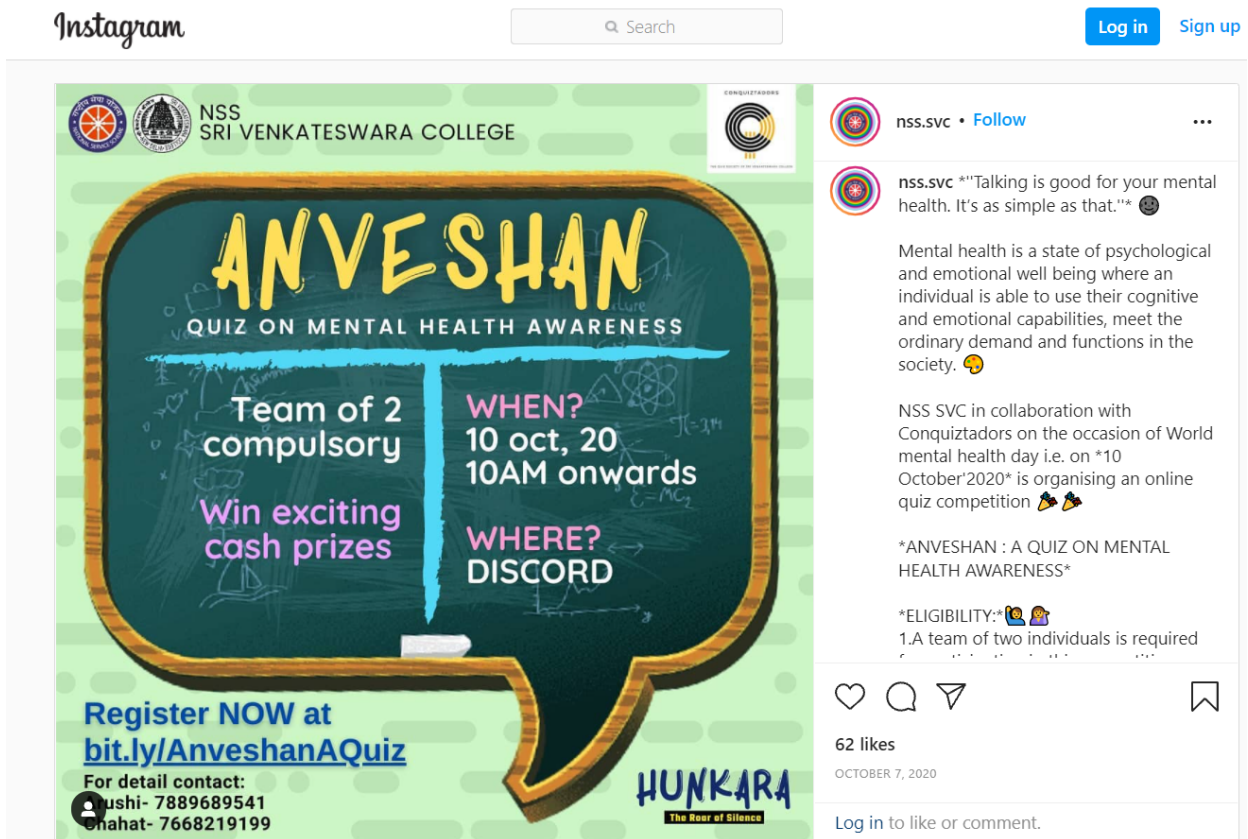
NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Dr. Arvind Meena	Dr. Arvind Meena	

For Reference

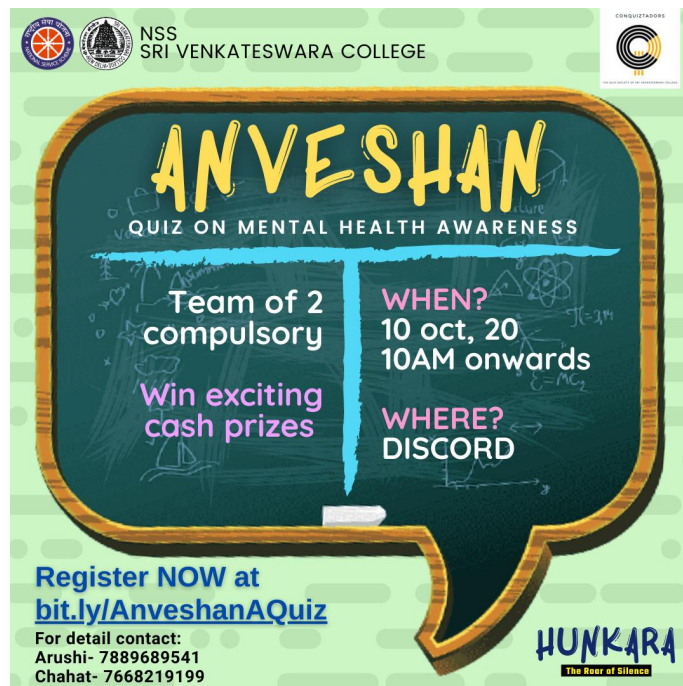
Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources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

PROOFS

1. Notice- <https://www.instagram.com/p/CGB-aq7DJ0I/>



2. Poster-



3. Other Document- Question used for the quiz-

Questions for Anveshan: The Mental Health Quiz

1) This famous American writer X, of the 'Paper Towns' fame is one of the 100 most influential people in the world with one of his highly known novels being an international sensation, has also written another novel Y, which is an intimate portrait of how the lead character deals with anxiety.

Identify X and Y.

X-John Green

Y-Turtles all the way down

2) This dark psychological thriller X, starring a professional ballerina essayed by a famous actress Y who has played a psychologically troubled woman in several independent movies and won an Academy award for the same, talks about the immense pressure she faces including the various facades put forward by her and also touches on how striving for extreme perfection can harm a person's mind and lead to self-harm.

Identify X and Y.

X-Black Swan

Y-Natalie Portman

3) This famous adult animated sitcom (in the league of the Simpsons) has received critical acclaim for its unfiltered take on depression and anxiety. It has been praised for the coping techniques shown in one of its episodes such as the 5-4-3-2-1 technique for anxiety. The protagonist goes through his repeated failures while figuring out how to become relevant again.

Identify this 6-season series on Netflix.

BoJack Horseman

4) This Big Four accounting firm launched its 'R U Ok' programme to address mental health and addiction in their offices considering the long hours and high volume of work people in private spaces do. The idea was to enhance its culture of caring by providing 24/7 counselling and other resources.

Name the firm mentioned above.

Ernst and Young (EY)

5) X suffered from post-traumatic stress disorder (PTSD) and anxiety following the Manchester Arena bombing; she nearly pulled out of her performance in the 2018 broadcast A Very Wicked Halloween due to anxiety. X stated she has been in therapy for over a decade, having first seen a mental health professional shortly after her parents divorced.

Identify X.

Ariana Grande

6) For more than 10 years, actor X made viewers howl with laughter as a famous character on the hit show Y. But while we were all laughing, he was battling severe depression that ultimately led to debilitating addiction issues. He calls his time on Y the worst and loneliest years of his life, spent the better part of a

decade in and out of rehab for depression, drinking, and opiates. Today, X is clean, the star of a "The Odd Couple" reboot on NBC, and an advocate who helps other Hollywood addicts deal with their issues. Identify X and Y.

Matthew Perry, FRIENDS

7) X's life before _____ is well known. Living in poverty, she was an unemployed single mother who spent her days writing in local cafes. But at the same time, she was also suffering from severe depression and battling suicidal thoughts. Shortly before beginning her famous series, X even underwent cognitive behavior therapy in an attempt to improve her illness. Fortunately, X is healthier and happier these days, but immortalized her bout with severe depression in _____. Her suicidal thoughts inspired the 'character of the series', terrifying creatures that feed off of the happiness of humans and wizards. Give X and the special character inspired by X's depression.

JK Rowling, Dementors

8) Y has bipolar disorder. She was diagnosed with this mental disorder at the age of 17, and said that her mother also has it. At that age, she attempted suicide, which is what led to her diagnosis and a 17-day admission to a psychiatric hospital. It was not long after her suicide attempt that X began having success in the music industry. She said that singing and performing has helped her manage the symptoms she experiences from having bipolar disorder. Despite the struggles she has faced as a result of this mood disorder, she said that she embraces being bipolar because it makes her "really empathetic". Identify Y.

Halsey

9) Who among the following showed symptoms of OCD and became obsessed with number three. He stayed in a room with a room number divisible by 3.

- a) Robert Hughes
- b) Nikola Tesla
- c) Howard Stern
- d) Albert Einstein

Nikola Tesla

10) Directed by Martin Scorsese 'The Aviator' depicts the life of Howard Hughes (played by Leonardo DiCaprio) an eccentric genius who revolutionized the movie and aviation industries with his epic-scale, visionary ideas. The film mainly focuses on his growing struggles due to severe X. Recently, a scene from the movie became famous because of its relevance in the current everyday life. Identify X.

X - Obsessive-compulsive disorder (OCD).

11) X is a 2014 movie by Xavier Dolan which focuses on the relationship between a mother and her hyperactive, loud, abusive, son with ADHD. She struggles to control his behavior in a hypothetical future in which parents have the legal option to commit troubled youth to public hospitals. Identify X.

X - Mommy

12) This 2017 movie is about an unruly 20-year-old anorexic girl who spent the better part of her teenage years going through various recovery programs, only to find herself several pounds lighter every time. This is until she meets an unconventional doctor who challenges her to face her condition and embrace life. Identify the movie-

Thinspiration
To the bone
Hungry hearts
Girl, interrupted

Ans: To the bone

13) What is common between Phil Dunphy, Bart Simpson, Juno MacGuff and Fidgety Philip (the list is not exhaustive)

Attention deficit hyperactivity disorder (ADHD)
Obsessive-compulsive disorder (OCD)
Borderline personality disorder (BPD)
Tourette's Syndrome

And: ADHD

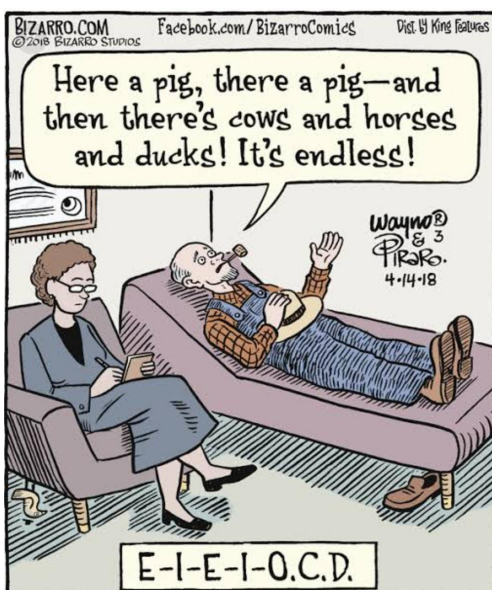
14) In 2015, Paul McCartney shared his take on the song X and the mental health of Y. "looking back on it, Y was always looking for help. He had [a paranoia] that people died when he was around: His father left home when he was 3, the uncle he lived with died later, then his mother died. I think Y's whole life was a cry for help"

Identify X and Y

X - Help! by The Beatles

Y - John Lennon

15) Identify these over-used 'millennial terms' (these feature in a lot of our daily conversations and memes) depicting mental health issues through these comics. (Think on a light note and take a chill-pill)



(Existential crisis)



(Overthinking)

4. List of Participants-

Team number	Team Name	Name	Partner's name
1	Hazraat Hazraat	Piyush Gandhi	Tanmay Deshmukh
2	Anurag	Anurag Gupta	Yogesh
3	Kamya and Pragya	Kamya Goel	Pragya sharma
4	Good team	Nagma	Sameer
5	Vibe☆	Manya Jain	Tanisha Chaudhary
6	Nandini agarwal	Nandini Agarwal	Kanishka gupta
8	Alpha Minds	Sarthak Jain	Anchal Jain
9	Aarti's Team*	Aarti	Reena

10	Riya Deepika Duo	Riya Chand	Deepika Bora
11	The Dreavers	Jasleen Kaur	Jasmeen Kaur
12	Unbeatable	Neeraj Kumar	Abhishek Kumar
13	Shivam's Team	Shivam Kumar Singh	Raja Prajapati
14	Alchemists	Akshat Rana	Saket Nayal
15	Marians	Sania Malhotra	Diya Bhatt
16	Elite	Renuka Patel	Shambhavi Gupta
17	Team learners	Meghna Mathur	Prisha Tripathi
18	Alpha	Mani Agrawal	Riya Shakchi
19	Psychonaughts	Akanksha Kansal	Bhavyaa Aggarwal
20	Baaz bahadur ki premika	Nikhil	Ashutosh
21	Mayank and Hitanshu	HITANSHU TANDON	MAYANK PRATAP SINGH
22	Bigda Nawab	Shubham Jha	Arnav Joshi
23	LEARNERS	Amish Mittal	Arman Chhabra
24	Jaggu Bandar Mast kalandar	Raghav singh bhadoriya	Aditya Sarna
25	rinkiya	Aditi	Sanvi
26	Fab 2	Govind Ram	Gurbani Kaur
27	Runjhun-Siddharth	Runjhun Agarwal	Siddharth Agarwal
28	freud ke fufa	Aarushi Koul	Ritvik Ghosh
29	Covid-20	Kanisha Shah	Rhea Gupta
30	Nanakmatta	Tarun Titgaien	Kriti Atwal
31	Learners	Muskan Yadav	Aayushi Singh
32	The backbenchers	Angela Mathew	Sunehar Aneja
33	Champs	Garima	Tamanna
34	Smcs	Vaibhav sharma	Malay tiwari
35	Terrific Two	Sanidhya Singh	Manpreet Singh Chillar
36	Srishti Niranjn and Sadhika Sanvi	Srishti Niranjn	Sadhika Sanvi

37	Monee	Moni sharma	Neeru
38	Rising star ★	Deepali yadav	Reena
39	Star girl's	Fiza nasrum	Fiza
40	nurture new saplings	shreya jain	urvashi yadav
41	St paul's	Venya Saini	Pearl Bang
42	Kathiyavadi sonal A, rathod arti N	Kathiyavadi sonal A	Rathod arti N
43	Nosegains	Kashish Bansal	Khusharya Nagpal
44	Bullseye	Shristi Moitra	
		Shikha agarwal	
45	___	aastha raghav	
		diksha raghav	
46	Tenacious	Anjali Aggarwal	
		Arjun Sharma	
47	Elite	Srishti bhatia	
		Ishita Agarwal	
48	Try or die	narasimhareddy vari chandu	
		varun	
49	Grandmasters	Suraj jaju	
		Ayush singh	
50	vision quest	Moin hussain	
		Eshan jain	
51	zeroster	aryaman kaushik	
		Shruti das	
52	pavlov's dogs	drishti silekar	
		Rochelle dmello	
53	Anveshan	kabilan s	
		rohit k	
54	dark spirits	dubey vipul	
		chinmay	
55	Ismita nayak	ismita nayak	
		monalisa pati	
56	BEC	teja duddupudi	
		hanamant	
57		maanika	
		maanvi	

5. Results for the quiz- https://www.instagram.com/p/CGMsfFRDu4a/?utm_medium=copy_link

NSS
SRI VENKATESWARA COLLEGE

HUNKARA
The Roar of Silence

1
POSITION

Ritivik ghosh
Aarushi koul
DPS Noida school
Class 12

2
POSITION

Kanisha Shah
Rhea gupta
Daulat ram college
Third Year



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

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NIPGR, Delhi

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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)
Dhaulta Kuan, New Delhi-110021

C. Sheela Reddy

PRINCIPAL
Sri Venkateswara College

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

Website : www.svc.ac.in

E-mail : iqac@svc.ac.in