



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

**EVENT REPORT**

<b>NAME OF THE EVENT: Workshop on “NUTRITION AND WEIGHT LOSS”</b>			
<b>DATE</b>	<b>DEPARTMENT</b>	<b>COMMITTEE/SOCIETY</b>	<b>COORDINATORS NAME</b>
28 June, 2022		IQAC (Criteria-7) , Sri Venkateswara College	Convenor : Dr. Nandita Narayanasamy Coordinators : Dr. Navneet Kumar Dr. P.Jayaraj
<b>TIME</b>	<b>VENUE</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>NATURE: Outdoor/Indoor; online/offline/hybrid</b>
11:00am-12:00pm	New Seminar Hall, Sri Venkateswara College	56	Indoor; Offline
<b>FINANCIAL SUPPORT/ASSISTANCE (if any):</b>	IQAC		

**BRIEF INFORMATION ABOUT THE ACTIVITY**

<b>TOPIC/SUBJECT OF THE ACTIVITY</b>	<b>Workshop on “NUTRITION AND WEIGHT LOSS”</b>
<b>OBJECTIVES</b>	<b>To introduce the concept of Spirituality and the importance of holistic education</b>
<b>METHODOLOGY</b>	<b>Workshop on :NUTRITION AND WEIGHT LOSS</b>
<b>INVITED SPEAKERS WITH AFFLIATION DETAILS ( IF ANY)</b>	Dr.Shikha Singh is India's Leading Doctor & Certified Clinical Nutritionist , Having more than 2.4 Million Followers on Youtube & 2.2 Lakh Followers on Instagram and 220 Million+ Video Views. She is a motivated and passionate professional focused on providing science-backed nutrition, Home Cooked food without any suppliments. Helping people in getting fit worldwide.
<b>OUTCOMES</b>	Dr. Shikha Singh commenced her session on “Nutrition & Weigh loss” with an engaging game wherein the volunteers would guess the food item by their tactile sense. The session gave way to an all-encompassing view on healthy dietary plans and the post Question-Answer session came through as a fruitful and gripping bout.

**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

## Permission Letter



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NAAC Grade A+

### PERMISSION FOR ORGANIZATION OF EVENTS

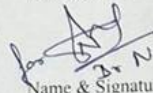
NOTE: 1. Please ensure that the completion certificate of the event is physically signed by the Convener of the event, IQAC Coordinator and Principal after the event report is made.  
2. Please ensure a pre booking of the venue before getting the permission letter signed.  
3. A copy of this duly filled form signed by the TIC/ Convener and Principal shall be submitted to ICT sysadmin@svc.ac.in, Caretaker sandeepthra@svc.ac.in, IQAC Coordinator iqac@svc.ac.in, Dr. Arpita Kaul arpita@svc.ac.in for commerce, NSS, NCC, EOC, Empathise, Placement and Sports events, Dr. Urmi urmi.b@svc.ac.in for humanities events, Dr. P. Jayaraj jayaraj@svc.ac.in for sciences events. (Mails mentioned in SOP) and Dr. Nagendra Kumar Kalaparthy nkalaparthy@svc.ac.in, for IQAC/ NAAC criteria 1-7.

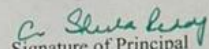
### EVENT DETAILS

1. Name of the Department/Society /Association: IQAC Coteria 7
2. Name of the TIC/Convener (if any): Prof./Dr./Mr./Ms. Dr Nandita Narayanasamy (Convener)  
Dr Navneet kumar
3. Nature of Event: Seminar/Conference/Symposium/Workshop/FDP/Public or community outreach/ skill enhancement/others... Workshop
4. Participants: Student-centric /Faculty/Both
5. Event Type: Offline/Online/Hybrid; Indoor/Outdoor
6. Collaborating Agency /Organization: .....
7. Proposed Title of the Event: Nutrition and weight loss
8. Tentative List of Speakers with affiliations: .....  
Dr. Sikha Singh, Doctor and Certified Clinical Nutritionist
9. Date, Time from to : 28th June 2023, 11am to 12 PM
10. Financial Assistance/ Funding received (if any) .....
11. Proposed Budget (please attach details in a separate enclosure):  
5000/- INR
12. Faculty responsible for Geo Tagged Pictures Dr P. Jayaraj
13. Faculty responsible for Event Report Dr Navneet kumar and Dr P. Jayaraj
14. ICT support required, if any (ICT Lab, Laptop, LCD projector)  
Yes

15. Caretaker support required (tables, chairs, public addressing system, sanitation, manpower assistance)  Yes

16. Room requirement (Seminar/ any other) Seminar Hall (New Building)

  
Dr. Navneet  
Kumar  
Name & Signature of TIC/Convenor

  
Signature of Principal

Date: 23<sup>rd</sup> June 2023

Date: 23/6/23



## INTERNAL QUALITY ASSESSMENT CELL

CRITERIA - 7

SRI VENKATESWARA COLLEGE

A WORKSHOP ON

# NUTRITION AND WEIGHT LOSS

India's Leading Doctor & Certified Clinical Nutritionist  
She is a motivated and passionate professional focused  
on providing science-backed nutrition, Home Cooked  
food without any supplements. Helping people in getting  
fit worldwide.  
Let's make the world healthy and a better place to live.



DR. SHIKHA SINGH

Date : 28 June 2023

Time: 11am to 12pm

Venue : Seminar Hall, Durgabai Deshmukh Block

(Coordinators)

Dr. Navneet Kumar

Dr. P. Jayaraj

(Convenor)

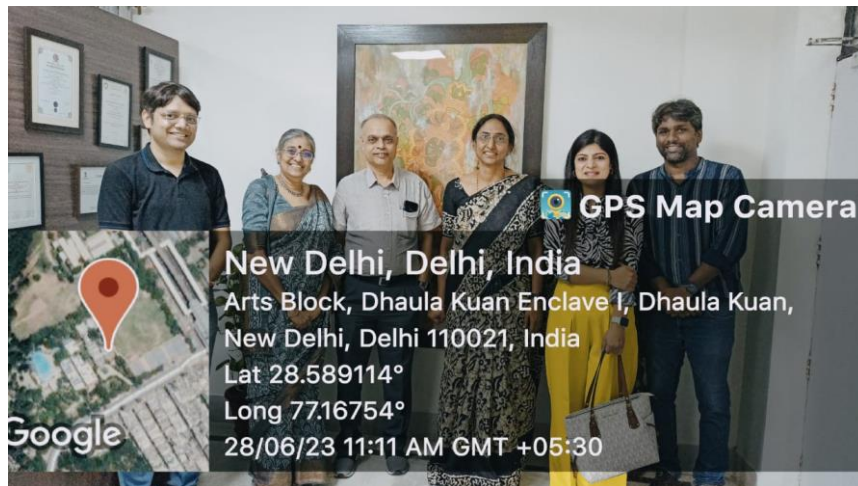
Dr. Nandita Narayanasamy

(Patron and Principal)

Prof. C. Sheela Reddy

For More details contact :- Priyanshu Shanker (7536819436) , Nikita Ghosh (89428 24689)

## Some glimpses from the Event



**Prof. C. Sheela Reddy (Principal, SVC) along with Dr. Shikha Singh and convenor/coordinators of the workshop**



**Dr. Shikha Singh engaging with students and faculty during the workshop**






**Convenor : Dr. Nandita Narayanasamy welcoming the speaker and addressing the gathering**



**Faculty members and students engrossed in lecture**

IQAC Document No: IQAC/ Zoology/2022-2023 /32	Criterion No: III, VII
Departmental file no: IQAC/2022-2023/32	IQAC file No: 2022-23

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Convenor: Coordinators : Dr. Navneet Kumar   Dr. P.Jayaraj 	Dr. Nandita Narayanasamy 	

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		



# Attendance



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## ATTENDANCE SHEET

**TITLE OF THE EVENT: WORKSHOP ON NUTRITION AND WEIGHT LOSS**

**DATE OF THE EVENT: 28.06.23**

**NAME OF THE DEPARTMENT/ SOCIETY: IQAC Center 7**

**NAME OF THE EVENT COORDINATOR: Dr. Navneet Kumar  
Dr. P. Jayaraj**

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE
1	Dakshita Mini	1222006	B.Sc Biochemistry-1 <sup>st</sup>	<i>(Signature)</i>
2	Ankita Patel	1222017	B-sc Biochem-1 <sup>st</sup>	<i>(Signature)</i>
3	Smriti Maurya	1222022	B.Sc. Biochem-1 <sup>st</sup>	<i>(Signature)</i>
4	Keerthana	1222040	B.Sc Biochem-1 <sup>st</sup>	<i>(Signature)</i>
5	Tazeen	1222014	Bsc Biochem-1 <sup>st</sup>	<i>(Signature)</i>
6	Peethu	1222020	BSc Biochem 1 <sup>st</sup>	<i>(Signature)</i>
7	Aanchal	1222016	BSc Biochem 1 <sup>st</sup>	<i>(Signature)</i>
8	AKSHAT KAUSHIK	1222043	BSc Biochem-	<i>(Signature)</i>
9	Prachi Kumari	1222005	BSc Biochem	<i>(Signature)</i>
10	Nitin Raina	1222056	Bsc Biochem	<i>(Signature)</i>
11	Vibhor Kanya Gupta	1222033	B.Sc Biochem	<i>(Signature)</i>
12	Shreya	1122155	B.Sc Life Science	<i>(Signature)</i>
13	Raj Singh	1122115	B.Sc Life Science	<i>(Signature)</i>
14	Madhika	1122163	B. sc Life Science	<i>(Signature)</i>
15	Vikrant	1222013	B. sc Biochem	<i>(Signature)</i>
16	Radhika Raina	1222055	BSC(H) Biochem	<i>(Signature)</i>
17	Prachi Singh Guleri	1122052	B-sc. Life Science	<i>(Signature)</i>
18	Anushi	1122090	B.sc Life Sci	<i>(Signature)</i>
19	Radhika	1122161	B-sc Life Sci	<i>(Signature)</i>
20	Purvi Dubey	1122137	B-sc Life Sci	<i>(Signature)</i>
21	Riya Pal	1122135	B-sc Life Sci	<i>(Signature)</i>
22	Anshika Kaushal	1122168	B.Sc life Science	<i>(Signature)</i>
23	Amrit Chandra	1122150	" " "	<i>(Signature)</i>
24	SAMBHAV	1122119	B.Sc Life Science	<i>(Signature)</i>
25	Anantkr. Sagar	1122164	B.Sc Life Science	<i>(Signature)</i>
26	Abhijeet Singh	1122165	B.Sc Life Science	<i>(Signature)</i>
27	Mid Nusrul Hasan	0722072	B-A Polsci(Hons)	<i>(Signature)</i>
28	Gaurav kumar	1122107	B.Sc (Life Science)	<i>(Signature)</i>
29	Priyanshu	1122130	B.Sc (Life Science)	<i>(Signature)</i>
30	Shan Sahu	1122166	BSc Life Sci	<i>(Signature)</i>
31	Kavya	1122156	BSc Life Sci	<i>(Signature)</i>
32	Monika Puri	1122160	BSc Life Sci	<i>(Signature)</i>
33	Gurvinder Singh	1122118	BSc Life Science	<i>(Signature)</i>
34	RANVEER SINGH	1122120	B-sc. Life Science	<i>(Signature)</i>
35	Ruchi Biswas	1121033	Bsc. life Science	<i>(Signature)</i>
36	Ayushi Singh	1121067	Bsc Life Science	<i>(Signature)</i>
37	Ishita Kayathurai	1222009	Bsc CH) Biochem	<i>(Signature)</i>
38	Jana Raza	1222029	Bsc CH) Biochem	<i>(Signature)</i>
39	Shreya Kaur	1222011	Bsc CH) Biochem	<i>(Signature)</i>



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**TITLE OF THE EVENT: WORKSHOP ON NUTRITION AND WEIGHT LOSS**

**DATE OF THE EVENT: 28.06.23**

**NAME OF THE DEPARTMENT/ SOCIETY: IQAC Co-ordinator**

**NAME OF THE EVENT COORDINATOR: Dr. Navneet Kumar  
Dr. P. Jayaraj**

S.NO.	NAME OF THE FACULTY	COURSE	SIGNATURE
1	K. Prasad	Botany	[Signature]
2	C. SREENIVASA REDDY	Zoology	[Signature]
3	Pallesh Peammalla	Sociology	[Signature]
4	Dr. Sachin Kumar	Botany	[Signature]
5	Ashish Kumar Thakur	Political Science	[Signature]
6	P. Jayaraj	Zoology	[Signature]
7	Ayaz Kaicker	Chem	[Signature]
8	Dr. Sanika Yadav	Biochemistry	[Signature]
9	Dr. Nimish Suresh	Biochemistry	[Signature]
10	Dr. Nandini Nayyanalany	Biochemistry	[Signature]
11	D. Bratna Reddy	Economics	[Signature]
12	Prabhha Gaus	Mathematics	[Signature]
13	Dr. Pooja Jain	Commerce	[Signature]
14	Dr. Prityanka Jawa	Biochemistry	[Signature]
15	NEERAJ KUMAR	Biochemistry	[Signature]
16	Dr. Sumita Sarkis	History	[Signature]
<del>17</del>	<del>[Name]</del>	<del>B.Sc. Botany (Hons)</del>	<del>[Signature]</del>
<del>18</del>	<del>[Name]</del>	<del>B.Sc. Botany (Hons)</del>	<del>[Signature]</del>
<del>19</del>	<del>[Name]</del>	<del>B.Sc. Botany (Hons)</del>	<del>[Signature]</del>
17	Dr. Navneet Kumar	Botany	[Signature]



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(University of Delhi)


NAAC Grade A+

### CERTIFICATE

This is to certify that the **Nutrition and Weight Loss** was successfully conducted on **28<sup>th</sup> June 2023** from 11:00 am to 12:00 pm by **IQAC Criteria 7** in the **Offline** mode and its event report has been submitted to IQAC for records.

  
Dr. Nandita Kumar  
Event In-Charge

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

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