

SRI VENKATESWARA COLLEGE (UNIVERSITY OF DELHI)

EVENT REPORT

NAME OF THE EVENT: Awareness Session on Managing Academic Stress and Mental Wellbeing				
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS' NAME	
18.04.2023	N/A	IQAC, Criteria 7	Dr. Mohita Bhagat	
			Dr. P. Jayaraj	
TIME	VENUE	NUMBER OF	NATURE: Outdoor/Indoor;	
		PARTICIPANTS	online/offline/hybrid	
1pm -3pm	Room no. 158,	90	Offline	
	V. Krishna			
	Moorthy Block			
FINANCIAL	N/A			
SUPPORT/ASSISTANCE				
(if any):				
-				

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	An awareness seminar for students of all streams and years on managing academic stress
OBJECTIVES	 Make students familiar with the strategies that could be helpful to them in coping up with academic stress Interaction and counseling of students facing academic problems with Senior consultant psychologist
METHODOLOGY	Seminar was conducted by Mr. Mayank Rajput (Senior Consultant Psychologist, AMAHA) followed by an interaction and counseling session of students with him.
INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)	Mr. Mayank Rajput (Senior Consultant Psychologist, AMAHA)

OUTCOMES	The students got an opportunity to understand strategies and techniques that can be employed in their everyday life and can help them in reducing their academic anxiety and mental distress	
	The counselling and interaction session helped students in sharing their concerns and problems with the psychologist.	

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

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

IQAC Document No: IQAC/SVC/22-23/Z1	Criterion No:
Departmental file no: IQAC/SVC/22-23	IQAC file No: SVC/2022-
	23

NAME OF	NAME OF HEAD/	IQAC COORDINATOR (SEAL &
TEACHER &	COMMITTEE INCHARGE &	SIGNATURE)
SIGNATURE	SIGNATURE	
Dr. Mohita	Prof. Nandita Narayanasamy	
Bhagat	1 101. Ivanutta Ivarayanasaniy	Prof Swaran Singh
Mohagat		
9/0		
Dr. P. Jayaraj		

For Reference

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

REPORT

The Internal Quality Assurance Cell (IQAC) and Criteria VII of Sri Venkateswara College organized a seminar on the 18th April, 2023 from 1 pm to 3 pm, on the topic of "Managing Academic Stress and Mental Wellbeing". The seminar was aimed at helping college students in managing mental distress and anxiety due to academic pressure, as well as focusing on time management as one of the most effective ways to achieve the same.

The Seminar was held in Room no. 158, V. Krishna Moorthy Block, which is a well-equipped lecture hall suitable for such events. The speaker for the session was Mr. Mayank Rajput, Senior Consultant Psychologist from Amaha health. Mr Mayank Rajput has worked with an array of populations suffering from a variety of mental health disorders such as mood disorders, anxiety and psychotic disorders. Mr. Rajput encouraged students to prioritize their everyday life activities with respect to urgency and relevance. In addition, he also motivated students to adopt time management skills which would help them in finishing their tasks on time and reduce their anxiety and stress levels.

During the seminar, the psychologist also conducted some mental health exercises with the students which would help them in dealing with the source of stress/ problem in a more effective and productive manner. He also encouraged students to have 'me time' which would be effective in relieving their stress and help them perform better in academics.

Following the seminar, a personalized interaction session of the students with Mr. Mayank was also held in a kiosk which was set up in the medical room of the college. The set up helped students to discuss their issues and problems affecting their mental health with the psychologist.

Overall, the seminar was a great success with the students gaining insights on effective time management and prioritization of tasks according to relevance and necessity. The event was a testament to Sri Venkateswara College's commitment in supporting and aiding students in their holistic development and wellbeing.



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 sandeepluthra@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

EVENT DETAILS

Dr. Nagendra Kumar Kalaparthi nkalaparthi@svc.ac.in , for IQAC/ NAAC criteria 1-7.

	EVENT DETAILS
1.	Name of the Department/Society /Association: 10AC, Sri Venkatesware College
2.	Name of the TIC/Convenor (if any): Prof/Dr/Mr/Ms. Dr. Mahita Bhagat and Dr. P. Jayaraj
	Nature of Event: Seminar/Conference/Symposium/Workshop/FDP/Public or community outreach/ skill
	enhancement/others Awareness Program + Werkshop
4.	Participants: Student-centric /Faculty/Both
5.	Event Type: Offline/Online/Hybrid; Indoor/Outdoor
6.	Collaborating Agency Organization: Amaha-a mental health organization
	Proposed Title of the Event: Awaren Session on Academic Sters and Mental Will Being.
8.	Tentative List of Speakers with affiliations: Speaker (Psychologist) from AMAHA
	Date, Time from to: 18.04.23 (1pm - 3pm) Financial Assistance/ Funding received (if any) N.i.
	. Proposed Budget (please attach details in a separate enclosure):
13	Faculty responsible for Geo Tagged Pictures A. P. Jayaraj Faculty responsible for Event Report Dr. Mohte Bhagat ICT support required, if any (ICT Lab, Laptop, LCD projector) Room no. 158 (Projector)

15. Caretaker support required (tables, chairs, public addressing system, sanitation, manpower assistance) Table, Chair, Mic, Electrician, Projector Support 16. Room requirement (Seminar/ any other) Loom: No. 15.8 Dr. Mohite Bhagat & Dr. P. Jayaraj Name & Signature of TIC/Convenor C Sula Lity Signature of Principal Date: 11-4-23 Date: 11/4/23







SRI VENKATESWARA COLLEGE
UNIVERSITY OF DELHI
NAAC GRADE A+

ORGANIZES

AWARENESS SESSION ON

MANAGING ACADEMIC STRESS AND MENTAL WELLBEING



- 💆 18 April, 2023
- (1:00 P.M. ONWARDS
- Room no. 158, V. Krishna
 Moorthy Block



REGISTER HERE

Mr. Mayank Rajput

Senior Consultant Psychologist, AMAHA

PATRON
PROF. C. SHEELA REDDY
(PRINCIPAL, SVC)





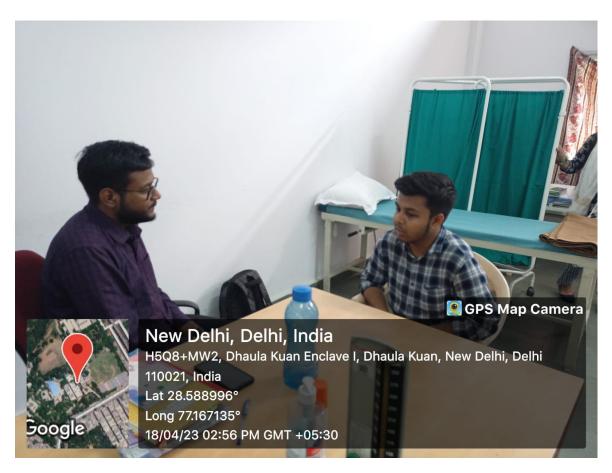
Event's welcome note



Prof. Nandita Narayanasamy felicitating the speaker



Faculty and students attending the session



Student interacting with the psychologist at Kiosk Centre



TITLE OF THE EVENT: Managing academic stren & well-being DATE OF THE EVENT: 18/4/23 NAME OF THE DEPARTMENT/ SOCIETY: LA C

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MACE Grade A:

ATTENDANCE SHEET

TITLE OF THE EVENT: Managing academic stress & mental well-being DATE OF THE EVENT: 18/1/23

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ATTENDANCE SHEET

DATE OF THE EVENT: 18/4/23 academic stress and mental well-being

NAME OF THE DEPARTMENT/ SOCIETY: (QAC

NAME OF THE EVENT COORDINATOR: O. Jayraj , Dr. Holita

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ATTENDANCE SHEET

TITLE OF THE EVENT: Managing academic stress p manufal well-being DATE OF THE EVENT: 18/4/23

NAME OF THE DEPARTMENT/ SOCIETY: 10AC

NAME OF THE EVENT COORDINATE.

NAME OF THE EVENT COORDINATOR: Dr. Jayri Dr. Holita

S.NO.	NAME OF THE	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE	e-mail
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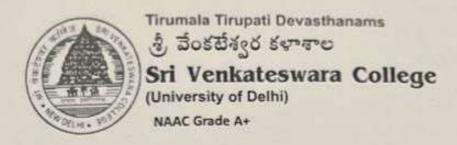
TTD Sri Venkateswara College University o... @TTDSV... · Apr 19 ··· IQAC Sri Venkateswara College in collaboration with Amaha health organized an event on Managing Academic Stress and Mental Wellbeing on 18/4/2023. A kiosk was set up in the college for interaction of students with Mr. Mayank Rajput, Senior Consultant Psychologist @amahahealth



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CERTIFICATE

This is to certify that the "Awareness Session on Managing Academic Stress and Mental Wellbeing" was successfully conducted on 18.04.2023 from 1pm to 3pm by IQAC and Criteria VII in the offline mode and its event report has been submitted to IQAC for records.

Event In-Charge

IQAC Coordinator

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

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