



Tirumala Tirupati Devasthanams

శ్రీ వేంకటేశ్వర కళాశాల

Sri Venkateswara College

(University of Delhi)

NAAC Grade A+

**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 PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
1pm -3pm	Room no. 158, V. Krishna Moorthy Block	90	Offline
FINANCIAL SUPPORT/ASSISTANCE (if any):	N/A		

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	The idea behind organizing the seminar was <ul style="list-style-type: none">● 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	<p>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</p> <p>The counselling and interaction session helped students in sharing their concerns and problems with the psychologist.</p>
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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/22-23/Z1	Criterion No:
Departmental file no: IQAC/SVC/22-23	IQAC file No: SVC/2022-23

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Dr. Mohita Bhagat  Dr. P. Jayaraj	Prof. Nandita Narayanasamy	Prof Swaran Singh

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		

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


EVENT DETAILS

1. Name of the Department/Society /Association: IQAC, Sri Venkateswara College
2. Name of the TIC/Convener (if any): Prof./Dr./Mr./Ms. Dr. Mohita Bhagat and Dr. P. Jayaraj
3. Nature of Event: Seminar/Conference/Symposium/Workshop/FDP/Public or community outreach/ skill enhancement/others.... Awareness Program + Workshop.....
4. Participants: Student-centric /Faculty/Both
5. Event Type: Offline/Online/Hybrid; Indoor/Outdoor
6. Collaborating Agency /Organization: Amaha - a mental health organization
7. Proposed Title of the Event: Awareness Session on Academic Stress and Mental Well Being.
8. Tentative List of Speakers with affiliations: Speaker (Psychologist) from AMAHA.....
9. Date, Time from to : 18.04.23 (1pm - 3pm)
10. Financial Assistance/ Funding received (if any) : Nil
11. Proposed Budget (please attach details in a separate enclosure):
12. Faculty responsible for Geo Tagged Pictures : Dr. P. Jayaraj
13. Faculty responsible for Event Report : Dr. Mohita Bhagat
14. 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) Room: no. 158.....


Dr. Mohita Bhagat & Dr. P. Jayaraj
Name & Signature of TIC/Convenor


Signature of Principal

Date: 11/4/23

Date: 11.4.23



INTERNAL QUALITY ASSURANCE CELL (IQAC)
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)



DR. MOHITA BHAGAT
DR. P. JAYARAJ
COORDINATORS

PROF. SWARAN SINGH
IQAC COORDINATOR

DR. NANDITA NARAYANASAMY
CRITERIA VII COORDINATOR



Event's welcome note



Prof. Nandita Narayanasamy felicitating the speaker



Faculty and students attending the session



Student interacting with the psychologist at Kiosk Centre



Students

ATTENDANCE SHEET

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

NAME OF THE DEPARTMENT/ SOCIETY: IQAC

NAME OF THE EVENT COORDINATOR: Dr. Jayraj, Dr. Mohit

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE	e-mail
1	Aman kumar	0722012	B.A(H) Pol Sci	Aman	Kumar.aman.20062@gmail.com
2	Raushan kumar	0722058	"	Raushan	dearshaw450@gmail.com
3	Sachin kumar	0722027	"	Sachin	msk.sachinkumar@gmail.com
4	Anup Haldar	0722019	BA (H) Pol	Anup	aamj.anup22@gmail.com
5	Navya .v. nbin	0722071	" "	Navya	navyavain70@gmail.com
6	Priyanshu Kumar	0922163	B.Com(P)	Priyanshu	KumarPriyanshu930@gmail.com
7	Shashank	0922080	B.Com(P)	Shashank	Shashank.2953@gmail.com
8	Vishesh Pandey	1122151	B.Sc Life Science	Vishesh	visheshpandey008@gmail.com
9	Abhijeet Singh	1122165	B.Sc Life Science	Abhijeet	Abhijeet1608Singh@gmail.com
10	Guddu	1122167	B.Sc Life Science	Guddu	guddugupta.dee@gmail.com
11	Tanisha	1122157	B.Sc Life Science	Tanisha	Tanisha.892@gmail.com
12	Anshika kaulhal	1122168	B.Sc Life Science	Anshika	Anshika.kaulhal153@gmail.com
13	Zulfa Saman	1122171	B.Sc Life Science	Zulfa	samanzulfa@gmail.com
14	Gargi sajuwan	1321023	BioScience (H)	Gargi	sajuwangargi@gmail.com
15	Vani bajaj	0222005	B.A(Hons) Eng	Vani	vani.bajaj.910@gmail.com
16	Jyoti Yadav	0222011	"	Jyoti	jyotiyadav14@gmail.com
17	Poojitha	0622013	BA(Hons) History	Poojitha	poojithamukesh3@gmail.com
18	Neema Dremar	0622033	BA(Hons) History	Neema	dremar.ema.542@gmail.com
19	Shweta Pagariya	2021032	B.Sc(H) Zoology	Shweta	shwetapagariya2022@gmail.com
20	Nishita Roy	2021022	B.Sc(H) Zoology	Nishita	roybishita222@gmail.com
21	Muskan Anthal	2021051	B.Sc(H) Zoology	Muskan	muskananthal@gmail.com
22	Tanvi	2021034	B.Sc(H) Zoology	Tanvi	tanvichugh77@gmail.com
23	Simran Yadav	2021033	B.Sc(H) Zoology	Simran	Simran.yadav11@gmail.com
24	Mantosh kr. Maudh	2021018	B.Sc(H) Zoology	Mantosh	sarcmantosh@gmail.com
25	Abhijeet	2021057	B.Sc(H) Zoology	Abhijeet	abhijeet.9439@gmail.com
26	Simran	1122143	B.Sc Life Sci	Simran	simranmcc@gmail.com
27	Rohan Kumar	0822021	BA Hons Zoology	Rohan	Rohankumar012177@gmail.com
28	Abhay Kumar	0822008	"	Abhay	abhaykumar.meena1925@gmail.com
29	Shambhavi	1122148	B.Sc Life Science	Shambhavi	Shambhavi.0354@gmail.com
30	Mahendra	2021058	B.Sc Zoology	Mahendra	mahinshin909@gmail.com
31	Radhika	1122161	B.Sc Life Sci	Radhika	radhikagrowal101@gmail.com
32	Hamza	0922072	B.Com (Prog)	Hamza	hamzamalik886@gmail.com
33	Prarthana	1122122	B.Sc Life Science	Prarthana	prarthanasachari12@gmail.com



Students

ATTENDANCE SHEET

TITLE OF THE EVENT: Managing academic stress & mental well-being
DATE OF THE EVENT: 18/9/23

NAME OF THE DEPARTMENT/ SOCIETY: ICA C

NAME OF THE EVENT COORDINATOR: Dr. Jayraj, Dr. Mohita

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE	e-mail
34	Chetna Sharma	2021006	B.Sc.(H) Zoology (2 nd)	<i>Chetna</i>	sharma.chetna711@gmail.com
35	Pawan Kumar	2021023	B.Sc.(H) Zoology (2 nd)	<i>Pawan Kr.</i>	pawan30021020@gmail.com
36	Suraj Shaktya	1122123	B.Sc. Life Science (1 st)	<i>Suraj</i>	surendershaktya09@gmail.com
37	Surender Kumar	1122107	B.Sc. Life Science (1 st)	<i>Surender</i>	surenderkumar42718@gmail.com
38	Rishi Kesavan	1122158	B.Sc. Life Science	<i>Rishi</i>	rishikesavan@gmail.com
39	Siddharth Kumar	1722113	B.Sc. Maths (H)	<i>Siddharth</i>	43Siddharthamppp11sa@gmail.com
40	Abhay Sharma	0222055	B.Sc. Eng (H)	<i>Abhay</i>	abhaykashika@gmail.com
41	Rishi Yadav	1122127	B.Sc. Life Science	<i>Rishi</i>	rishiyadav50078@gmail.com
42	Venkatish	1122106	B.Sc. Life Science	<i>Venkatish</i>	venkatishchhabrabantya@gmail.com
43	Ankursh	1122090	B.Sc. Life Science	<i>Ankursh</i>	ankurshbhandu03@gmail.com
44	Bhushan	1122059	B.Sc. Life Science	<i>Bhushan</i>	BhushanKumal25@gmail.com
45	Lakshay Singh	1122054	B.Sc. (Life Sci)	<i>Lakshay</i>	lakshaysingh2378@gmail.com
46	Aryam	1122156	B.Sc. Life Sci	<i>Aryam</i>	aryam21122003@gmail.com
47	Morika Pipaliya	1122160	B.Sc. Life Sci	<i>Morika</i>	morikafpipaliya9@gmail.com
48	Anshu	1122071	B.Sc. Life Science	<i>Anshu</i>	anshusharma1967@gmail.com
49	Shivangi Arya	1122003	B.Sc. Life Sci.	<i>Shivangi</i>	shivangiarya29@gmail.com
50	Kamran Kaur	1122051	B.Sc. Life Science	<i>Kamran</i>	kamrankaurat13nov@gmail.com
51	Chanda	1122087	B.Sc. Life Sci	<i>Chanda</i>	Ksuneecho3061985@gmail.com
52	Ananya Solanki	1122097	B.Sc. Life Sci (I)	<i>Ananya</i>	ananyaasolanki22@gmail.com
53	Kavita Sharma	1122162	B.Sc. Life Sci (I)	<i>Kavita</i>	Kavita1603sharma@gmail.com
54	Melvika Pant	1122163	"	<i>Melvika</i>	malvikapant1712@gmail.com
55	T. Prabhakaran	1122080	B.Sc. Life Sci	<i>T. Prabhakaran</i>	prabhakaran98@gmail.com
56	Anisha Kumari	1122138	B.Sc. Life Sci.	<i>Anisha</i>	Anisha Kumari 9466@gmail.com
57	Amritha Singh Chohan	1122152	B.Sc. Life Sci (I)	<i>Amritha</i>	amritha007singh@gmail.com
58	Purvi Dubey	1122137	"	<i>Purvi</i>	purvidubey107@gmail.com
59	Manya	1122105	"	<i>Manya</i>	manyaBidkar107@gmail.com
60	Riya Pal	1122135	"	<i>Riya</i>	riya.pal17b@gmail.com
61	Jayakrishna V	1029142	B.COM (H) I st	<i>Jayakrishna</i>	JAYAKRISHNAVENUDOPALAN23@gmail.com
62	Shagun	1522032	B.Sc. (H) (Chemistry)	<i>Shagun</i>	shagunmaheshwari21@gmail.com
63	Smridhhi	1122025	B.Sc. Life Sci (I)	<i>Smridhhi</i>	smridhhiR@gmail.com
64	Madhusudan	1122093	B.Sc. Life Science	<i>Madhu</i>	masterofmastersmadhu@gmail.com
65	Shreya Sharma	1122155	B.Sc. Life Science	<i>Shreya</i>	shreyasharma704@gmail.com



ATTENDANCE SHEET

TITLE OF THE EVENT: Managing academic stress and mental well-being
DATE OF THE EVENT: 12/4/23

NAME OF THE DEPARTMENT/ SOCIETY: IQAC

NAME OF THE EVENT COORDINATOR: Dr. Jayraj, Dr. Mohita

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE	e-mail
66.	Ashwini Kamode	1222008	Bsc Biochem	Ashwini	kamodeashwini02@gmail.com
67.	Priyanka	1222027	BSc Biochem	Priyanka	PriyankaK005@gmail.com
68.	Ektajain	1222041	BSc Biochem	Ektajain	2204ektajain@gmail.com
69.	Rakhi Mishra	1222045	" "	Rakhi Mishra	rakhimishra000@gmail.com
70.	Prateek Sharma	0922025	B.Com	Prateek Sharma	prateeksharma.3838@gmail.com
71.	Arjun Rastogi	1122066	BSc (Life Sci)	Arjun	rastogi1063@gmail.com
72.	Raj Singh	1122115	BSc (Life Sci)	Raj Singh	raj1320071@gmail.com
73.	Shan S. Shali	1122166	BSc (Life Sci)	Shan S. Shali	shansaroslaj@gmail.com
74.	Gurvinder Singh	112216618	BSc (Life Sci)	Gurvinder	gurvinder806singh@gmail.com
75.	Radhika Rana	1222055	BSc (Biochem)	Radhika	Radhikarana601@gmail.com
76.	Ardhima Dixit	1222050	BSc (M) BioSci	Ardhima	ardhimadixit90@gmail.com
77.	Ranveer Singh	1122120	B.Sc. Life Sci.	Ranveer	ranveersingh18102002@gmail.com
78.	Viwa	1122104	B.Sc. Life Sci.	Viwa	viwa70701@gmail.com
79.	Raj Kumar	0122076	B.A. Prog	Raj Kumar	rajkumar6px41@gmail.com
80.	Harshit Kumar	1022097	B.Com (H)	Harshit	harshitkumar23022005@gmail.com
81.	Pratibha Singh	0822034	B.A. (Sociology)	Pratibha	pratibhasingh4101@gmail.com
82.	Vandana	1122008	B.Sc. Life Sci	Vandana	vandana2329@gmail.com
83.	Suhani Palival	1122044	B.Sc. Life Sci	Suhani	suhaniPalival@gmail.com
84.	Chiefa Bhatti	0522040	BA (H) Econo -mics	Chiefa	Sim2005rry@gmail.com



Tirumala Tirupati Devasthanams
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 NAAC Grade A+

Faculty

ATTENDANCE SHEET

TITLE OF THE EVENT: *Managing academic stress & mental well-being*
 DATE OF THE EVENT: *12/4/23*

NAME OF THE DEPARTMENT/ SOCIETY: *IQAC*

NAME OF THE EVENT COORDINATOR: *Dr. Jayraj, Dr. Mohitq*

S.NO.	NAME OF THE STUDENT <i>Faculty</i>	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE	e-mail
1.	<i>Dr. Rajendra Prathyal</i>	<i>—</i>	<i>—</i>	<i>Rajendra</i>	<i>rajendra.prathyal@gmail.com</i>
2.	<i>Dr Anula Verma</i>	<i>Staff</i>	<i>—</i>	<i>Anula</i>	<i>anulav@svc.ac.in</i>
3.	<i>Dr. Sumit Raj</i>	<i>—</i>	<i>—</i>	<i>S. Raj</i>	<i>sumit@svc.ac.in</i>
4.	<i>Dr. Mohita Bhayal</i>	<i>“</i>	<i>“</i>	<i>Mohita</i>	<i>mohita@svc.ac.in</i>
5.	<i>Dr. P. Jayaraj</i>	<i>“</i>		<i>Jayaraj</i>	<i>jayaraj@svc.ac.in</i>
6.	<i>Dr Nandika</i>	<i>Staff</i>		<i>Nandika</i>	<i>nandikaraj@svc.ac.in</i>



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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Tirumala Tirupati Devasthanams

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Sri Venkateswara College

(University of Delhi)

NAAC Grade A+

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)
Dhaulta Kuan, New Delhi-110021

Principal

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