



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: CURTAIN RAISER (AN INTRODUCTORY SESSION) ON "MEDITATION FOR HAPPY LIFE"			
	DEPARTMENT:	COMMITTEE/SOCIETY:	COORDINATORS' NAME
AUGUST 24, 2023		Internal Quality Assurance Cell, IQAC (CRITERION VII)	Dr. Anjali S. Nawani Dr. Amarjeet Singh
TIME	VENUE:	NUMBER OF PARTICIPANTS:	NATURE:
10:00 am- 12:30 pm	Seminar Hall, Durga Bai Deshmukh Block, Sri Venkateswara College	Students: 85 Faculty: 12	Indoor; Offline
FINANCIAL SUPPORT/ASSISTANCE (if any):	IQAC, Sri Venkateswara College		

BRIEF INFORMATION ABOUT THE ACTIVITY

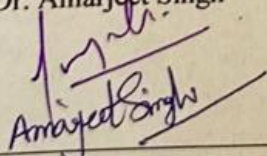
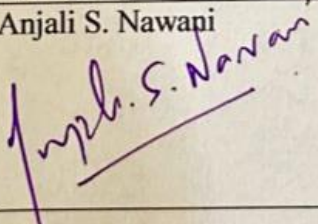
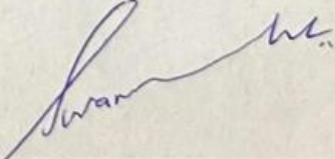
TOPIC/SUBJECT OF THE ACTIVITY	CURTAIN RAISER (AN INTRODUCTORY SESSION) ON "MEDITATION FOR HAPPY LIFE"
OBJECTIVES	The objective of this was to familiarize the faculties and students about "Meditation" to lead a stress free life by Ms. Tanu and her team from "Art Of Living" under Har Ghar Dhyan initiative of Delhi University.
METHODOLOGY	Introducing the faculties with the aim and objectives of the Har-Ghar Dhyan initiative of Delhi University. The lectures and activities were conducted by the faculty of the "ART OF LIVING" foundation on the objectives of the meditation course/workshop which they are going to conduct in college in near future.

INVITED SPEAKERS WITH AFFLIATION DETAILS (IF ANY)	Mr. Pushp Dant (Secretary to Gurudev Sri Sri Ravi Shankar Ji) Mr. Nitin Kapoor Dr. Poonam Gulia Ms. Tanu Kanchan (Faculty "Art Of Living" foundation)
OUTCOMES	The participants learnt about meditation, the purpose and objectives of upcoming workshop on meditation, its benefits and fee structure.

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/2023-24/IQAC/AOL/01	Criterion No: VII
Departmental file no: IQAC/ CRITERIA VII / 2023-24/AOL/01	IQAC file No: SVC/2023-24

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE/ NODAL OFFICER & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Dr. Anjali S. Nawani Dr. Amarjeet Singh 	Dr. Anjali S. Nawani 	Prof. Swarn 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 session on MEDITATION FOR HAPPY LIFE was held on 24th August 2023 from 10:00 am onwards in the Seminar Hall, Durgabai Deshmukh Block of Sri Venkateswara College. The session began with Dr. Nandita Narayanaswamy, Associate Professor, Department of Biochemistry, Sri Venkateswara College welcoming the speakers and participants of the session. She felicitated the speaker of the session along with providing necessary details and instructions for the session.



Dr. Nandita Narayansamy, Associate Professor, Department of Biochemistry & IQAC Criteria VII Co-ordinator, Sri Venkateswara College welcoming and introducing the AOL faculty Mr. Pusp Dant (Chief Guest) and speakers Mr. Nitin Kapoor & Dr. Poonam Gulia.



Dr. Anjali S. Nawani, Assistant Professor, Department of Zoology & Nodal Officer (Har Ghar Dhyam) felicitating Dr. Nandita Narayanaswamy, Associate Professor Department of Biochemistry

The chief guest for the session Mr. Pushp Dant (Secretary to Gurudev Sri Sri RaviShankar and Faculty at AOL) addressed the participants with the importance of introducing Meditation as a way to cope with challenges during student life. He discussed his own student life experiences and how doing mediation upgraded his quality of life. He made students aware how meditation practice will help in their holistic development.



Mr. Pushp Dant (Secretary to Gurudev Sri Sri Ravi Shankar and Faculty at AOL) addressing the participants sharing his personal experience and discussing benefits of meditation during student life.

Dr. Poonam Gulia (Faculty at AOL) continued the session further by making the participants perform some activities related to self-awareness. She talked about the importance of being in present moment and how it is important for being happy always. She also explained that by doing some breathing exercises and meditation we can live in present moment and feel happy always.



Dr. Poonam Gulia (Faculty at AOL) making participants do some activities related to self-awareness and art of being in present moment.

She also informed the participants about upcoming workshop on mediation which is supposed to be conducted in college by the end of September under the Har Ghar Dhyani initiative of Delhi University in collaboration with the Art Of Living foundation.

Ms Tanu Kanchan (Faculty, Art of living), conducted meditation session for the participants. She also took a feedback and suggestions on this introductory session. She also took registrations of the participants interested for the upcoming workshop on meditation



Ms. Tanu, (Faculty, Art of Living) conducting mediation and taking feedback/registrations from the interested participants for the upcoming workshop.



Group photo of the speaker with the IQAC team, event Co-ordinators Sri Venkateswara College.

PERMISSION LETTER



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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, CRITERIA-7
2. Name of the TIC/Convener (if any): Prof./Dr./Mr./Ms. ANJALI S. NAWANI
3. Nature of Event: Seminar/Conference/Symposium/Workshop/FDP/Public or community outreach/ skill enhancement/others.....
4. Participants: Student-centric /Faculty/Both
5. Event Type: Offline/Online/Hybrid; Indoor/Outdoor
6. Collaborating Agency /Organization: "ART OF LIVING"
7. Proposed Title of the Event: "MEDITATION FOR HAPPY LIFE"
8. Tentative List of Speakers with affiliations: ① MR. PUSHP DANT (CHIEF GUEST), AOL
② MR. NITIN KAPOOR (FACULTY), AOL
③ DR. POONAM GUJA (FACULTY), AOL
④ MS. TANU KANCHAN (FACULTY), AOL
9. Date, Time from to : 24th AUGUST, 2023, 10:00AM - 4:00PM
10. Financial Assistance/ Funding received (if any)NIL.....
11. Proposed Budget (please attach details in a separate enclosure): ₹ 5000/-
12. Faculty responsible for Geo Tagged Pictures DR. AMARJEET SINGH
13. Faculty responsible for Event Report DR. ANJALI S. NAWANI
14. ICT support required, if any (ICT Lab, Laptop, LCD projector)

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

16. Room requirement (Seminar/ any other) ... SEMINAR HALL & COMMITTEE ROOM ✓






Nand Lal
Name & Signature of TIC/Convenor

[Signature]
21/8/2023
Signature of Principal

Date: 21 AUGUST, 2023

Date:

POSTER



IQAC
Sri Venkateswara College
University Of Delhi

in collaboration with THE ART OF LIVING, founded by
Sri Sri Ravi Shankar is organising a curtain raiser on

MEDITATION FOR HAPPY LIFE

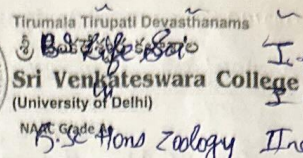
Under the "Har Ghar Dhyam" initiative of Ministry of Culture
August 24, 2023 at 10:00AM onwards
Venue: Seminar Hall, Durgabai Deshmukh
Block, Sri Venkateswara College

Chief Guest Mr. Pushp Dant (Secretary to H.H. Sri Sri Ravi Shankar) Faculty, The Art of Living	Resource Person (Faculty, The Art Of Living) Mr. Nitin Kapoor Dr. Poonam Gulia Ms. Tanu kanchan
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Prof. C. Sheela Reddy Principal	Prof. Swarn Singh IQAC Co-Ordinator	Dr. Nandita Narayansamy IQAC Criteria VII Co-ordinator	Dr. Anjali S. Nawani Nodal Officer (Har Ghar Dhyam)
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Co-ordinator: Dr. Amarjeet Singh, Department of Zoology
Organising Team: IQAC Criteria 7

73 Tarheef 1321044 Biological Science III year
 74 Aboan 1321020 " " " "
 75 Anshika 1321019 " " " "
 76 Kenika Gul 1321029 " " " "
 77 Shringi 1321009 " " " "
 78 Sanya 1123129 " " " "
 79 Anshika 1123136 " " " "
 80 Ayushi 2022039 " " " "
 81 Anshuman 0822010 " " " "
 82 Pawan 0822035 " " " "
 83 Anam 1123139 " " " "
 84 Taseef 1823011 " " " "
 85 Vishnu 0823030 " " " "
 86 " " " " " "



ATTENDANCE SHEET
 TITLE OF THE EVENT: MEDITATION FOR HAPPY LIFE UNDER THE "HAR GHAR DHYAN" INITIATIVE OF
 MINISTRY OF CULTURE
 BSC Life Science I year
 DATE OF THE EVENT: 24.08.23
 NAME OF THE DEPARTMENT/SOCIETY: BSC PHYSICS I year
 NAME OF THE EVENT COORDINATOR: " "

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE
1.	Kanak	1823002	Bsc Phy (H) 1st	[Signature]
2	Sachin	1823030	Bsc Phy (H) 1st	[Signature]
3	S Nagasubramonia	1823009	BSc (H) Phy 1st yr	[Signature]
4	Vaishnavi	1823022	BSC (H) Phy 1st yr	[Signature]
5	Timot	1823004	Bsc (H) Phy 1st yr	[Signature]
6	Pratim	1823033	BSC (H) Phy 1st yr	[Signature]
7	yash		Bsc life science 1st yr	[Signature]
8	Aarjan		Bsc life science 1st yr	[Signature]
9	Krishna	1123127	BSC life science	[Signature]
10.	Kanu Aryam	1123141	BSC life science	[Signature]
11.	Mayank Duggal	1123137	BSC life science	[Signature]
12.	Priyan Kariakar R		BSC life science	[Signature]
13.	Mudit Verma	1823020	B.Sc. Physics (H)	[Signature]
14.	Keshav	1823032	BSC Physics Hon	[Signature]
15	Karishm Dabur	1823003	BSC Physics hon	[Signature]
16	Jyotiraditya Das	1823010	BSc. Physics (hon.)	[Signature]
17.	Sahil Raj	1823015	BSC Physics (hon)	[Signature]
18	Ranjana	1823005	BSC Physics (hon)	[Signature]
19	Shivangi Gupta	2021030	B.Sc Zoology	[Signature]
20	Isha Yadav	2021010	B.Sc Zoology	[Signature]
21	Pratik Singh Chohan	1122152	B.sc. life sciences	[Signature]
22	Smriddhi Kashyap	1122025	B.sc. life sciences	[Signature]
23	Shivani Yadav	1321026	B.sc Biological science	[Signature]
24	Raksha devi	1321048	B.sc Biological science	[Signature]
25	Ankur Verma	1321039	B.sc Biological science	[Signature]
26	Amitkanyan	1321050	B.sc Biological science	[Signature]
27	Jayant Garg	0922162	B. Com (P) 2nd year	[Signature]
28	Sahil Kumar	0922086	B. Com (P) 2nd year	[Signature]
29	Harshik	0922071	B. Com (P) 2nd year	[Signature]
30	Shilpa	0922067	B. Com (P) 2nd year	[Signature]
31	Ashutosh	2022043	B.Sc. (H) Zoology	[Signature]
32	Rishi	2022027	B.Sc. (H) Zoology	[Signature]
33	Vikash	2022077	" "	[Signature]

66. Dnyanesh Vinod 132103P B.Sc (H) BioSci [Signature]
 67. Mayank 1321055 " " [Signature]
 68. Supriyo Das 1421046 B.Sc (H) Botany [Signature]

72	Paraytash	1321043	B.Sc (H) Biological Science (3rd Year)	<u>Paraytash</u>
71	Maidul	1321036	" "	<u>Maidul</u>
70	Tanvir Lakhara	1321032	" "	<u>Tanvir</u>
69	Balmukund Pandey	1421018	B.Sc Botany (H)	<u>Balmukund</u>
34	Pawan Kumar	2021023	B.Sc. Hons. Zoology (3rd Year)	<u>Pawan K.</u>
35	Aditya Singh	2021001	" "	<u>Aditya</u>
36	Mankash Kumar Mandal	2021018	" "	<u>Mankash</u>
37	Rishabh Kumar	2022041	B.Sc Hons. Zoology (1st year)	<u>Rishabh</u>
38	Nishita Roy	2021022	B.Sc (Hons) zoology (III year)	<u>Nishita</u>
39	Jasleen kaur	2021011	B.Sc. (Hons) zoology (II year)	<u>Jasleen</u>
40	Tanvi	2021034	B.Sc. (H) zoology (II year)	<u>Tanvi</u>
41	Shweta	2021032	B.Sc. (H) zoology (II year)	<u>Shweta</u>
42	Muskan	2021051	B.Sc. (H) zoology (II year)	<u>Muskan</u>
43	Abhijeet	2021057	B.Sc (H) Zoology III year	<u>Abhijeet</u>
44	DEBJEET RAY	2021007	B.Sc (H) Zoology III YEAR	<u>Debjee</u>
45	JOHN NHAL	1321040	B.Sc (H) Biological Sciences III Year	<u>John</u>
46	KARTAN JOSHI	1023150	B.Com (H) (2nd year)	<u>Kartan</u>
47	Ashutosh	1023130	B.Com (H) (1st year)	<u>Ashutosh</u>
48	Kosar Chandpuri	1023078	B.Sc. (H) Zoology (1st year)	<u>Kosar</u>
49	Kritika	2021016	B.Sc. (H) Zoology (3rd yr)	<u>Kritika</u>
50	Chetna	1321057	B.Sc (H) Biological Sciences 3rd year	<u>Chetna</u>
51	Utkarsh Verma	1123115	B.Sc. (Prog) Life Science 1st year	<u>Utkarsh</u>
52	Sohail Khan	1123120	B.Sc (Prog) life science 1st year	<u>Sohail</u>
53	Hemshit Kumar	1123123	B.Sc (Prog) Life Science 1st year	<u>Hemshit</u>
54	Stanzin Mingun	1123111	B.Sc (Prog) Life Science 1st year	<u>Stanzin</u>
55	Aryun Chaudhary	2022040	B.Sc (Hons) Zoology 2nd Year	<u>Aryun</u>
56	Amrit Sharma	202207	B.Sc (Hons) Zoology 2nd Year	<u>Amrit</u>
57	Sujan Singh Yadav	2022011	B.Sc (Hons) Zoology 2nd Year	<u>Sujan</u>
58	Anubhav Shukla	2022019	B.Sc (Hons) Zoology 2nd Year	<u>Anubhav</u>
59	Rehaan Naazim		BA Prog 1st year	<u>Rehaan</u>
60	Reerika Chauhan	1321047	B.Sc (H) Biological Sci 3rd yr	<u>Reerika</u>
61	Ankita	1321042	B.Sc (H) Botany 3rd yr	<u>Ankita</u>
62	V S Shrivya	1421048	B.Sc (H) Botany 3rd yr	<u>V S</u>
63	Pooja Chauhan	1421035	B.Sc (H) Botany 3rd yr	<u>Pooja</u>
64	Lavanya Tyagi	1321013	B.Sc (H) Biological Sci 3rd yr	<u>Lavanya</u>
65	Mesha Chandilla	1321008	B.Sc (H) " " 3rd yr	<u>Mesha</u>

FEEDBACK FORM & ANALYSIS



FEEDBACK FORM

An evaluation of Introductory Session of the Art of Living Program

We serve society by strengthening the individual! Operating in 180 countries, The Art of Living is a non-profit, educational and humanitarian organization founded in 1981 by the world-renowned humanitarian and spiritual teacher - Gurudev Sri Sri Ravi Shankar.

Your Name *

First Name

Last Name

Phone Number *

Please enter a valid phone number.

1. How often does Art of Living trainers succeed at the following: *

	Excellent	Very Good	Good	Satisfactory
Clarity on the subject	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guided Meditation Session	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Delivery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Answering all questions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Engagement with Audience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Would you like to attend upcoming program of The Art of living in your Campus? *

1 2 3 4 5

3. What were trainers greatest strengths?

4. Comments

Submission Date	First Name	Last Name	Phone Number	1. How often do Art of Living trainers succeed at the following: >> Clarity on the subject	1. How often do Art of Living trainers succeed at the following: >> Guided Meditation Session	1. How often do Art of Living trainers succeed at the following: >> Delivery	1. How often do Art of Living trainers succeed at the following: >> Answering all questions	1. How often do Art of Living trainers succeed at the following: >> Engagemen with Audience	2. Would you like to attend the upcoming program of The Art of living in your Campus?
2023-08-24 11:30:53	Tanvi	Chugh	93 5097 3141	Excellent	Excellent	Excellent	Excellent	Excellent	5
2023-08-24 11:35:16	Rishabh	Pandit	84 3420 5223	Excellent	Very Good	Very Good	Good	Good	1
2023-08-24 11:40:00	Shivangi	Choudhary	93 5413 8146	Very Good	Very Good	Excellent	Good	Good	4

FEEDBACK SUGGESTIONS

The introductory programme was conducted well. It is a good initiative of Delhi University.

The fees for the upcoming workshop should be reduced.

CERTIFICATE TEMPLATE



Tirumala Tirupati Devasthanams

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Sri Venkateswara College

(University of Delhi)

NAAC Grade A+

CERTIFICATE

This is to certify that the Seminar cum Workshop on "Meditation for Happy life" was successfully conducted on (24-8-2023) from 10:00 am to 2:00 pm by Criteria VII, Internal Quality Assurance Cell, SVC in the offline mode and its event report has been submitted to IQAC for records.

Joseph S. Nawan
Event In-Charge
NODAL OFFICER
"HAR-CHAR DHYAN"
Sri Venkateswara
College.

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

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