



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

**EVENT REPORT**

<b>NAME OF THE EVENT:</b>			
<b>DATE</b>	<b>DEPARTMENT</b>	<b>COMMITTEE/SOCIETY</b>	<b>COORDINATORS NAME</b>
10/10/23	Biochemistry		Dr. Anju Kaicker Dr. Nandita Narayanasamy
<b>TIME</b> 11 AM	<b>VENUE</b> Durgabai Deshmukh Auditorium	<b>NUMBER OF PARTICIPANTS</b>  100	<b>NATURE:</b>
<b>FINANCIAL SUPPORT/ASSISTANCE (if any):</b>			

**BRIEF INFORMATION ABOUT THE ACTIVITY**

<b>TOPIC/SUBJECT OF THE ACTIVITY</b>	The Joy of Mindfulness
<b>OBJECTIVES</b>	To learn the importance and experience the joy of mindfulness
<b>METHODOLOGY</b>	Workshop which included lecture and meditation exercises
<b>INVITED SPEAKERS WITH AFFILIATION DETAILS ( IF ANY)</b>	Ambika Warriar Rehabilitation Psychologist and Psychotherapist Founder, Ananda Centre for Counselling


**OUTCOMES**

Students learnt the importance of mindfulness and how to attain it with meditation and other exercises.

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

1 Notice & Letters	2 Number of Participants & Name of participants  Registered Students List Attached	3 Video clip	4 Photos  Attached	5 Feedback Form &analysis
6 News clip with details	7 Sample Copy of the Certificate	8 Posters/ Invites  Attached	9 Event report Attested by Event Coordinator & IQAC Coordinator	10 Any other document

IQAC Document No:	Criterion No:
Departmental file no:	IQAC file No: 2021-22

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
 Dr. Anju Kaicker Associate Professor Biochemistry Department		

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	Criterion	Institutional Values & Best

	&Extension		VII	Practices
Criterion IV	Learning Resources and Infrastructure			

**ATTACHMENTS**

1. Event report
2. Event Poster
3. Photos
4. Registered students list

**Event report**

The seminar began with a brief introduction to mindfulness and its importance in fast paced world. It dived into the fundamentals of mindfulness, its role in stress reduction and enjoying simple things in life. Mindfulness is a mental practice and a state of awareness and paying non-judgmental attention to your thoughts, feelings, sensations, and environment. It involves being conscious of your experiences without trying to change or judge them. There was an interesting discussion upon the difference between mindful and mind-full. Mindful is a practice that helps one calm down, be aware of your surroundings in a passive manner. Whereas mind-full is when one’s mind is occupied with various thoughts. The practice of mindfulness is often used to address this condition by encouraging individuals to be more aware of their present situation. Thereby reducing mental clutter and allowing for greater mental peace and calmness. And to achieve this, the audience was acquainted with exercises like palm on thighs, breathing exercise to make one’s mind calm and composed.

The session also emphasized the importance of emotions and mental health. The speaker talked about basic emotions which are happy, sad, anger, disgust, surprise and fear and complex emotions such as love jealousy, shame, pride, empathy. Both positive as well as negative emotions are healthy given that they are in certain limits beyond which they should be checked. Emotions are important as they allow us to communicate, express, and, cope up with different situations. Speaker told us the importance of managing emotions.

The speaker also emphasized on the positive impact of praising others for the little things they do and to accept the same for ourselves.

The seminar was very informative and well-structured. The seminar included practical exercises and not just theoretical knowledge to implement mindfulness. It was an interactive session where the attendees had the opportunity to participate in guided mindful exercise and ask questions to the speaker.



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UNIVERSITY OF DELHI



On the occasion of  
**World Mental Health Day**

organizes interactive workshop on

## THE JOY OF MINDFULNESS



**Speaker:**

**Ambika Warriar**

Rehabilitation Psychologist and Psychotherapist  
Founder, Aananda Centre for Counselling

**10 October, 2023**  
Tuesday

**11:00 am**

**Seminar hall,  
Durgabai  
Deshmukh block**

Event Coordinators  
**Dr. Anju Kaicker**  
**Dr. Nandita  
Narayanasamy**

IQAC Coordinator  
**Prof. Swarn  
Singh**

Acting Principal  
**Prof. K.  
Chandramani  
Singh**



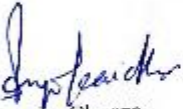


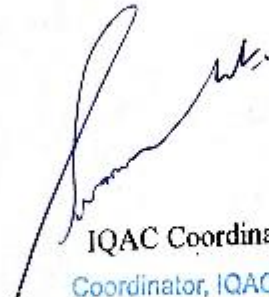



Tirumala Tirupati Devasthanams  
శ్రీ వేంకటేశ్వర కళాశాల  
**Sri Venkateswara College**  
(University of Delhi)  
NAAC Grade A+

### **CERTIFICATE**

This is to certify that a lecture on “ Joy of Mindfulness” by Ms Ambika Warrier, was successfully conducted on 10.10.23 from 11.00 am to 12.30 pm under the “ IQAC Criteria 3 ” in the Offline mode and its event report has been submitted to IQAC for records.

  
Event in-Charge  
Dr. Anju Kaicker

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

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