



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

**EVENT REPORT**

<b>NAME OF THE EVENT: EATING DISORDERS</b>			
<b>DATE</b>	<b>DEPARTMENT</b>	<b>COMMITTEE/SOCIETY</b>	<b>COORDINATORS' NAME</b>
31 October 2023		Empathise - Mental Health Society	Dr. Ritika Singh
<b>TIME</b>	<b>VENUE</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>NATURE: Outdoor/Indoor; online/offline/hybrid</b>
11:30 am - 1:00 pm	Seminar Hall	33	Indoor; Offline
<b>FINANCIAL SUPPORT/ASSISTANCE (if any):</b>	-		


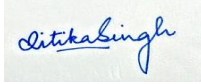
**BRIEF INFORMATION ABOUT THE ACTIVITY**

<b>TOPIC/SUBJECT OF THE ACTIVITY</b>	Empathise - The Mental Health Society of Sri Venkateswara College organized an offline speaker session on the topic 'Eating Disorders" in collaboration with Freed
<b>OBJECTIVES</b>	To spread awareness about various eating disorders, clarifying misconceptions about eating disorders and role of social media on the topic
<b>METHODOLOGY</b>	The speaker used different scenes of movies portraying both positive and negative body images to clarify misconceptions. Various activities to keep a check on the participants mental health were also done.
<b>INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)</b>	Ms. Sanjana - Psychology graduate from Delhi University, with a Master's in Social Work in Mental Health from TISS.
<b>OUTCOMES</b>	Participants reached a new understanding about their issues, making it easier for them to deal with their problems as well as help those around them.

**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- 2024/EMP/06	Criterion No: V
Departmental file no: EMP/2023- 2024/EMPSOC/06	IQAC file No: SVC/2023- 24

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
 Dr. Ritika Singh	 Dr. Ritika 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		

Empathise - The Mental Health Society of Sri Venkateswara College organized an offline speaker session on the topic "Eating Disorders" in collaboration with Freed on 31 October.



Freed is a non-profit organization that intends to encourage conversations about eating disorders in India and provide support to individuals and families affected by them. Four members from the freed Ms. Kamakshi Malhotra, Ms. Sanjana Jain, Ms. Renuka, and Ms. Anjali Yadav were present for the event. Ms. Kamakshi is the founder of Freed.

The facilitator for this session was Ms. Sanjana. She is a Psychology graduate from Delhi University, with a Master's in Social Work in Mental Health from TISS. She works on projects based on making mental health accessible to the homeless, disabled, and the student community of India. For the past 6 years, she has been actively working to facilitate mental health workshops for educators, social workers, low-income population and young children.



Ms. Sanjana started the session by first briefing the student about the basics of Eating Disorders. Before starting with her presentation, she conducted a few quick activities to know about the current mental health status of the audience. Then she explained various terms related to eating disorders. She explained the difference between the terms "Disordered Eating" and "Eating Disorders", helping the audience clear their misconceptions about the reality of eating disorders.

Through real world examples of some famous celebrities like Zayn Malik and Richa Chadha, she made the audience understand that eating disorders are much more common than the people think and it can affect anyone.

She also gave an example from the movie "Chandigarh Kare Aashiqui", where the main lead explains about how he went from not eating to eating too much after the loss of his mother, and he struggled from depression. He was bullied for his appearance and so he saw no other way than to take control of his body completely. He compares working out to a drug, and uses it as a coping mechanism for everything else in his life that he couldn't control.

This helped the audience understand how eating disorders can develop in an individual.



Then Ms. Sanjana handed over the stage to Ms. Kamakshi Malhotra, who shared her personal experiences with eating disorders. Her story helped the audience to understand eating disorders at a finer level, and also to realise the factors that can cause them. She explained how her story was also the catalyst behind Freed's foundation.

Ms. Sanjana then explained the different types of eating disorders along with their causes. She provided the basic symptoms and behaviour that can be used to assume that someone is suffering from an eating disorder. But she explained that these are only some basic checklists and eating disorders are complex and need an expert diagnosis to be properly identified. She explained the reasoning behind eating disorders and how they can affect the mindset of a person suffering from them.

She further put an emphasis on the role of the society and social media in spreading repressive narratives which lead to eating disorders. The actions and opinions of people nearby can affect us and make us question our choices even if they are healthy.




Near the end she introduced a basic technique to help boost confidence through writing a positive letter to our body. Finally, after her presentation, a Q&A session was held where both Ms. Sanjana and Ms. Kamakshi answered the various questions asked by the students. They were thorough with their answers and her personal experience and insights in these topics also helped many people reach a new understanding about their issues, making it easier for them to deal with their problems.

In the end, the members of Freed were presented scented candles as a token of appreciation. A vote of thanks was given, concluding a successful speaker session.



# PERMISSION LETTER



WISDOM BEGETS GREAT IDEAS  
**Sri Venkateswara College**  
(University of Delhi)  
NMAC 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, Caretaker, IQAC Coordinator, Dr. Arpita Kaul for commerce, NSS, NCC, Placement and Sports events, Dr. Neelesh for humanities events, Dr. P. Jayaraj for sciences events.(mails mentioned in SOP)

**EVENT DETAILS**

1. Name of the Department/Society /Association: *Empathise - The mental Health Society*
2. Name of the TIC/Convener (if any): *Prof./Dr./Mr./Ms. Ritika Singh*
3. Nature of Event: *Seminar/Conference/Symposium/Workshop/FDP/Public or community outreach/ skill enhancement/others. Seminar on eating disorders*
4. Participants: *100* *Student-centric /Faculty/Both*
5. Event Type: *Offline/Online/Hybrid; Indoor/Outdoor*
6. Collaborating Agency /Organization: *FREED*
7. Proposed Title of the Event: *Seminar on eating disorders*
8. Tentative List of Speakers with affiliations: *Ms. Sanjana*

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9. Date, Time from to : *30th Oct 2023, 11a.m to 1.30 p.m*
10. Financial Assistance/ Funding received (if any) .....
11. Proposed Budget (please attach details in a separate enclosure): .....
12. Faculty responsible for Geo Tagged Pictures *Dr. Rishi K. Singh*
13. Faculty responsible for Event Report *Dr. Rishi K. Singh*
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) .....

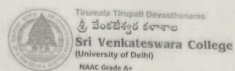
*Ritika Singh*  
 Name & Signature of TIC/Convener  
*DR RITIKA SINGH*

*[Signature]*  
 Signature of Principal

Date: *03 October*

Date: \_\_\_\_\_

# ATTENDANCE

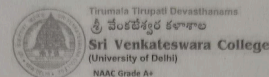


## ATTENDANCE SHEET

TITLE OF THE EVENT: Eating disorders  
DATE OF THE EVENT: 30.10.23

NAME OF THE DEPARTMENT/ SOCIETY: Empathise- Mental Health Society  
NAME OF THE EVENT COORDINATOR: Dr. Ritika Singh

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE
1.	Mahakavani	1223043	Bsc. Biochemistry	Mahakavani
2.	Himesha Khan	0223023	B.A (H) English	Himesha
3.	Akshita	0223061	B.A(H) English	Akshita
4.	Sneha Mishra	0223001	B.A(H) English	Sneha
5.	Aayat snifa Khan	0223031	B.A(H) English	Aayat
6.	Vibhav Vaha	1721027	B.Sc(H) Maths	Vibhav
7.	Nandini Agarwal	1721024	B.Sc(H) Maths	Nandini
8.	Ani Srivastava	1223090	B.Sc(H) Maths	Ani
9.	Dishi Maheshwari	0522062	B.A. Economics(H)	Dishi
10.	Shreya VS	1021109	B. COM (H)	Shreya
11.	Riya	1021152	B. COM (H)	Riya
12.	Sobhane	0522033	B.A UCG HON	Sobhane
13.	Vandana	1221001	B.Sc(H) Maths	Vandana
14.	Roopam	1221073	B.Sc(H) Maths	Roopam
15.	Anshika Pandey	1123119	B.Sc Life Science	Anshika
16.	Parul Kumar	1221005	B.Sc Biochemistry	Parul
17.	Nitin Raina	1221056	B.Sc Biochemistry	Nitin
18.	Aditi Patil	2022046	B.Sc Zoology	Aditi
19.	Vanshika Bhardwaj	1121076	B.Sc Life Science	Vanshika
20.	Kaustubha	1421028	B.Sc Bot (H)	Kaustubha
21.	Dhruv	1421025	B.Sc Bot (H)	Dhruv
22.	Dhruv	1421023	B.Sc Bot (H)	Dhruv
23.	Dhruv	1421027	B.Sc Bot (H)	Dhruv
24.	Gulzar	1422058	B.Sc Bot (H)	Gulzar
25.	Mohd Sahul	1121084	B.Sc (H) Science	Mohd Sahul
26.	Mohd Moinun	1121050	B.Sc Life Science	Mohd Moinun
27.	Rakshita Yadav	1222054	B.Sc(H) Biochemistry	Rakshita
28.	Sanjana Kumari	1222047	B.Sc(H) Biochemistry	Sanjana
29.	Anshika Pandey	0722008	B.A(H) Science	Anshika
30.	Anshika Pandey	1021106	B.Com(Hons) 3 <sup>rd</sup> year	Anshika
31.	Sambhavi Sharan	0623014	B.A(H) History	Sambhavi
32.	Anjali Sharma	1322053	B.Sc(H) Microbiology	Anjali
33.	Katnak	1022070	B. Com (Hons)	Katnak
34.	Caazi	1022027	B. Com (Hons)	Caazi
35.	Preeti	1022076	B. Com (Hons)	Preeti



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DATE OF THE EVENT: 30.10.23

NAME OF THE DEPARTMENT/ SOCIETY: Empathise- Mental Health Soc  
NAME OF THE EVENT COORDINATOR: Dr. Ritika Singh

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE
36	Alia Anwar	1322008	Bsc (H) Bio. Sciences (2 <sup>nd</sup> yr)	Alia
37	Geeta Gupta	1722045	B.Sc(H) Biochemistry	Geeta
38	Kushika Singh	1122035	B.Sc Life Science	Kushika
40	Shivani	1222008	B.Sc(H) Biochem	Shivani
41	Harshita	0221058	B.A(H) English	Harshita
42	Harshita	0222060	B.A(H) Eng (H)	Harshita
43	Kirti Kulkarni	821019	B.A Sociology	Kirti Kulkarni
44	Rhythm	1722008	BSc(H) Maths	Rhythm



# EMPATHISE

The Official Mental Health Society  
Sri Venkateswara College

X  
FREED



Sanjana is a Psychology graduate from Delhi University, with a Masters in Social Work in Mental Health from TISS. She works on projects based on making mental health accessible to the homeless, disabled and the student community of India.

For past 6 years, she has been actively working to facilitate mental health workshops for educators, social workers, low income population and young children.

## SESSION ON EATING DISORDER



30th OCTOBER



11:30 AM - 1:00 PM



SEMINAR HALL





## COMPLETION CERTIFICATE



Tirumala Tirupati Devasthanams

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**Sri Venkateswara College**

(University of Delhi)

NAAC Grade A+

### CERTIFICATE

This is to certify that the **Eating Disorder** session was successfully conducted on 30<sup>th</sup> October, 2023 from 11:30 a.m. to 1:30 pm by **Empathise, the Mental Health Society of Sri Venkateswara College** in the Seminar Hall and its event report has been submitted to IQAC for records.

*ditikasingh*  
Event In-Charge

*[Signature]*  
IQAC Coordinator

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

*[Signature]*  
Principal

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