

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

EVENT REPORT

NAME OF THE EVENT: SOCIAL ANXIETY			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS' NAME
25 SEPTEMBER 2023		Empathise - Mental Health Society	Dr. Ritika Singh
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
1:00 pm - 2:00 pm	Seminar Hall	87	Indoor; Offline
FINANCIAL SUPPORT/ASSISTANCE (if any):	-		


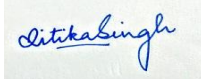
BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	Empathise - The Mental Health Society of Sri Venkateswara College organized an offline speaker session on the topic 'Social Anxiety'.
OBJECTIVES	To spread awareness about 'Social Anxiety', a common disorder faced by students and ways to tackle it.
METHODOLOGY	Use of pop culture references and basic techniques
INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)	Ms. Surbhi Sharma - Pursuing her PGD in guidance and counseling from Jamia Millia Islamia University. She is currently working as a counseling Psychologist on a Project by Govt. of India for rehabilitation of children in Juvenile Homes.
OUTCOMES	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/05	Criterion No: V
Departmental file no: EMP/2023- 2024/EMPSOC/05	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		

REPORT

Empathise - The Mental Health Society of Sri Venkateswara College organized an offline speaker session on the topic 'Social Anxiety' on 25th of September.



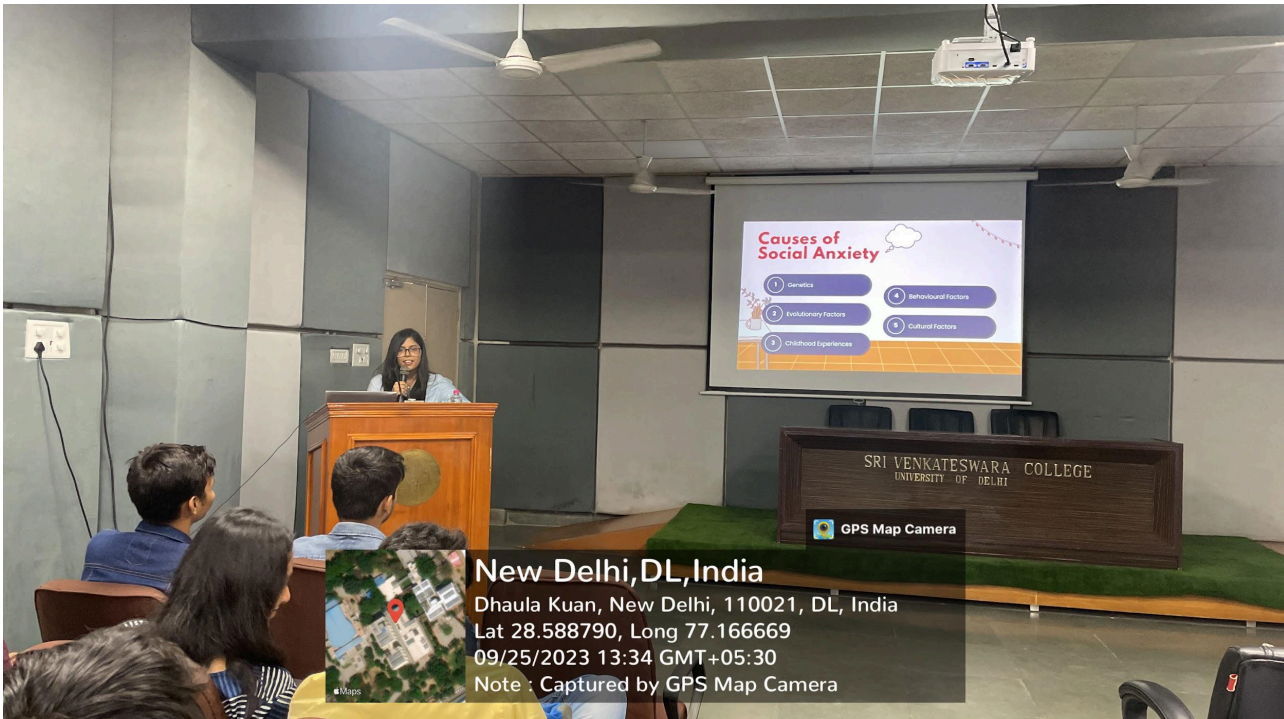
The event was headed by Dr. Ms. Surbhi Sharma. She is an empathetic and motivated psychologist, with a strong knowledge base and professional experience leading to a diverse skill set. She has completed her M.A. in clinical psychology from the prestigious Amity university and is currently pursuing her PGD in guidance and counseling from Jamia Millia Islamia University. Furthermore, she is currently working as a counseling Psychologist on a Project by Govt. of India for rehabilitation of children in Juvenile Homes. She has numerous other experiences as a counseling psychologist and mental health expert as well.

The Session began after the president addressed the gathering on behalf of Empathise convenor Dr. Ritika Singh with an introduction of the session and the speaker, after which Dr. Surbhi was presented with a Token of Appreciation in collaboration with CDF.

Soon after, Dr. Surbhi started the session by asking the attendees a few basic questions about things they experience in their day to day life. Based on the responses she helped the audience understand the basics about Social Anxiety. She further explained the possible reasons and situations that can cause social anxiety and talked about the toxic cycle that people get stuck in due to Social anxiety and how one can get out of the cycle.



Later in the session, she explained how the digital age has affected Social anxiety, especially among teenagers. With reference to social media sites, she pointed out how they are causing an increase in Social anxiety, causing the people to feel inadequate and incapable of dealing with social situations in the fear of being judged.

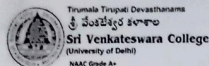


Her use of modern pop culture references to explain the concepts helped the attendees to feel more at ease and to understand and connect better to the topics. Afterwards, she taught the attendees some basic techniques through which they can learn to tackle Social anxiety and keep it under control. She explained various strategies with excellent examples making it easier for the attendees to understand and apply these strategies in their real life. Finally, after her presentation, a Q&A session was held where Dr. Surbhi answered the various questions asked by the students. She was thorough in her answers and her 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.





PERMISSION LETTER



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 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
4. Participants: Student-centric /Faculty/Both
5. Event Type: Offline/Online/Hybrid, Indoor/Outdoor
6. Collaborating Agency /Organization: -
7. Proposed Title of the Event: Social Anxiety
8. Tentative List of Speakers with affiliations: Surbhi Sharma; Counselling Psychologist on a subject by Dr. J. Indu for Rehabilitation of Children in Tuwani's homes
9. Date, Time from to : 25.09.2023 - 12:30pm to 3:30pm
25.09.2023 - 10:30am - 2:30pm
10. Financial Assistance/ Funding received (if any) : 12:30pm - 2:30pm
11. Proposed Budget (please attach details in a separate enclosure): -
12. Faculty responsible for Geo Tagged Pictures: Dr. Lisha Singh
13. Faculty responsible for Event Report: Dr. Ritika 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) Seminar Hall

Ritika Singh
Name & Signature of TIC/Convener

Rini 04/09/23
Signature of Principal

Date: 04/09/2023

Date:

ATTENDANCE



Tirumala Tirupati Devasthanams
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Sri Venkateswara College
(University of Delhi)
NAAC Grade A+

ATTENDANCE SHEET

TITLE OF THE EVENT: Social Anxiety

DATE OF THE EVENT: 25/09/23

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
60	Anuska Dhiman	2021009	Zoology (H) 3rd	Anuska
61	Kotlika	2021016	Zoology (H) 3rd	Kotlika
62	Aditya Singh	2021001	Zoology (H) 3rd	Aditya
63	Mayank	2021019	Zoology (H) 3rd	Mayank
64	Mubhan	2023003	Zoology (H) 1st	Mubhan
65	Gurman	2023045	Zoology (H) 1st	Gurman
66	Simran	2021033	Zoology (H) 3rd	Simran
67	Khusbu	1122013	Life Science 2nd	Khusbu
68	Aditi	1122036	"	Aditi
69	Smiddhi	1122025	"	Smiddhi
70	Harshita	1122065	"	Harshita
71	Mahak	1122010	"	Mahak
72	Krupavee	0922078	B.Com (P)	Krupavee
73	Saanya	0922083	B.Com (P)	Saanya
74	Niya Arul	0922103	B.Com (P)	Niya Arul
75	Shelley	1021099	B.Com (H)-3rd	Shelley
76	Shreya Vs	1021109	B.Com (H)-3rd	Shreya Vs
77	Sauhyajit	1021062	B.Com (H) 3rd	Sauhyajit
78	Ridam	1221097	Maths Hon-3rd	Ridam
79	Abhishek	2021057	B.Sc (H) Zoology	Abhishek
80	Pransali	1523010	B.Sc (H) Chemistry	Pransali
81	Mrigani	1523001	B.Sc (H) Chemistry	Mrigani
82	Nikita	1523025	B.Sc (H) Chem	Nikita
83	Michellepreet	1523031	B.Sc (H) Chem	Michellepreet
84	Shanya	1523013	B.Sc (H) Chem	Shanya
85	Tanya	821045	BA (H) Sociology	Tanya
86	Prakriti	821019	BA (H) Sociology	Prakriti
87	Nandini	1721024	B.Sc (H) Maths	Nandini



ATTENDANCE SHEET

TITLE OF THE EVENT: Social Anxiety

DATE OF THE EVENT: 25/05/23

NAME OF THE DEPARTMENT/ SOCIETY: Empathic - Mental Health Society

NAME OF THE EVENT COORDINATOR: Dr. RiAka Singh

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE
26	Aditya Sharma	2022036	1 st year BSC Zoology	Aditya
27	Shreyas Dutta	2022029	2 nd year Zoology	Shreyas
28	Harshita	2022022	2 nd year Zoology	Harshita
29	Meena	2022035	"	Meena
30	Stanin	2022004	"	Stanin
31	Anubhava	2022001	"	Anubhava
32	Tilakraj	2021035	3 rd year Zoology	Tilakraj
33	Rishikma	0723026	1 st year Pol. Sci	Rishikma
34	Oshin	0723005	1 st year Pol. Science	Oshin
35	Khushi Sharma	2021014	3 rd year Zool	Khushi
36	M. Nagadevi	0121155	3 rd year B.A. prog.	M. Nagadevi
37	Darshita Singh	0722008	B.A. (H) Pol. Sci. 2 nd year	Darshita Singh
38	Rakshita yadav	1222054	BSc (H) Biochemistry 2 nd year	Rakshita
39	Drishti Choudhary	1222037	BSc (H) Biochem 2 nd year	Drishti
40	Rishika Singh	1122035	BSc Life Science 2 nd year	Rishika
41	Samsukr. Jha	0621031	BA. H. HISTORY (3 rd year)	Samsukr. Jha
42	Neeladri Chakraborty	0621024	BA. H. HISTORY (3 rd year)	Neeladri Chakraborty
43	Kajal Brahma	0123088	BA. P (1 st year)	Kajal Brahma
44	Muskan	0123082	BA. P (1 st year)	Muskan
45	Samrun	0123090	BA. P (1 st year)	Samrun
46	Vansha	0121113	BA. P (3 rd year)	Vansha
47	Kumkum	0121039	BA. P (3 rd year)	Kumkum
48	Ananya	0121073	BA. P (3 rd year)	Ananya
49	Prinyastha	0121012	BA. P (3 rd year)	Prinyastha
50	Vandhika Sharma	1121076	BSc Life Science (3 rd year)	Vandhika
51	Suyanti Choudhary	621020	BA HINDI LANG.	Suyanti
52	Mohd. Sahel	1121084	BSc. Life Science (3 rd year)	Mohd. Sahel
53	Ushita Sharma	1121157	BSc. Life Science (3 rd year)	Ushita
54	Vardaan	1721001	BSc (H) Math (3 rd year)	Vardaan
55	Rhythm	1722008	BSc (H) Math	Rhythm
56	Nandini Tashi	0923140	Bcom (Prog)	Nandini Tashi
57	Abhaya Sanyal	0922081	Bcom (Prog)	Abhaya Sanyal
58	Garud	1422058	B.Sc. (H) Botany	Garud
59	Rishi	821019	BA (H) Sociology	Rishi



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ATTENDANCE SHEET

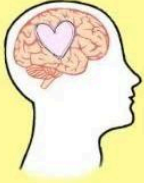
TITLE OF THE EVENT: Social Anxiety

DATE OF THE EVENT: 25/09/23

NAME OF THE DEPARTMENT/ SOCIETY: Empathize 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	Gauravsh J.	17203002	Mathematics	[Signature]
2	Samya Nagrani	1123129	BSc. Life Science	[Signature]
3	Anshika Pandey	1123119	BSC Life Science	[Signature]
4	Nayana Kumari	1123125	BSC Life Science	[Signature]
5	Amritansh	0123102	BA Pragmat	[Signature]
6	Rishu	1123007	BSc. life science	[Signature]
7	Oshin	0723005	BA Pol. Science(H)	[Signature]
8	Rudhima	0723026	BA Pol. Science	[Signature]
9	Suhani	0723017	BA(H) P.Sc.	[Signature]
10	Kumal	-	BA(H) P.Sc.	[Signature]
11	Humera	0223023	BA(H) Eng	[Signature]
12	Aayat shifa	0223031	BA (H) Eng	[Signature]
13	Ghaniya	0223040	BA(H) Eng	[Signature]
14	Pooja	022308	BA(H) Eng	[Signature]
15	Ashviti Guppi	0223054	B-Ad(H) English	[Signature]
16	Vaidika Rai	0223047	B.A(H) English	[Signature]
17	Sruha Mishra	0223001	B.A.(H) English	[Signature]
18	Bhavinika Singh	0722008	B.A(H) Pol Science	[Signature]
19	Lakshmi	1222057	BSc (H) Biochem.	[Signature]
20	Himanshika	1222063	BSc (H) Biochem.	[Signature]
21	Rita	1222041	BSc (H) Biochem.	[Signature]
22	Anvika	1222035	BSc (H) Biochem.	[Signature]
23	Ananya Basu Roy	821002	BA(H) Socio	[Signature]
24	Bhaktimathorali	821009	BA(H) Socio	[Signature]
25	Shreya	1021109	Biochem (H)	[Signature]
26	Shranya Kumari	1222047	Biochem (H)	[Signature]
27	Ashwini Banarjee	1222008	Biochem (H)	[Signature]
28	Urvashi Sharma	1121137	Life Sciences	[Signature]
29	Vibhav Varma	1721027	Maths (H)	[Signature]
24	Harsha	0221058	BA (H) English	[Signature]
25	Kriti	821019	BA (H) Sociology	[Signature]



**EMPATHISE
MENTAL HEALTH SOCIETY**
Sri Venkateswara College

PRESENTS

Session on
**SOCIAL
ANXIETY**

Surbhi Sharma is an empathetic and motivated psychologist, with a strong knowledge base and professional experience leading to a diverse skill set. She is currently working as a counselling Psychologist on a Project by Govt. of India for rehabilitation of children in Juvenile Homes.



25TH SEPTEMBER 2023



1:00 PM



SEMINAR HALL

COMPLETION CERTIFICATE



Tirumala Tirupati Devasthanams

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CERTIFICATE

This is to certify that the **Social Anxiety session** was successfully conducted on **25th September, 2023** from **12:30 pm** to **2:30 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.

Event In-Charge

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