



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: Board Activity: The Hardest Challenge You've overcome			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS' NAME
09 September 2024	--	Empathise: Mental Health Society	Dr. Ritika Singh
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
10:00AM-01:00PM	Foyer	30	Indoor
FINANCIAL SUPPORT/ASSISTANCE (if any):	--		


BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	Board Activity: The Hardest Challenge You've Overcome (Mental Health Awareness)
OBJECTIVES	The purpose of the activity was promotion of mental health among the freshers.
METHODOLOGY	We asked the students to write about the most difficult thing in their life which they overcame. We also had a table activity set up for our campus partner- AMAHA. In this activity, people had to choose from two different self-affirmation quotes bags.
INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)	NA

OUTCOMES	The students participated enthusiastically and wrote many answers. We were able to raise awareness among students regarding the importance of mental wellbeing, self-efficacy and self-agency.
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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

Departmental file no: SVC/Emphatise/2024-25/September 2024/01
IQAC File No: SVC/IQAC/EMP/2024-25/September 2024
Criterion No: III, VII
NAME OF EVENT-IN-CHARGE & SIGNATURE:  Dr Ritika Singh

Note: Please fill in your own details in places with red font

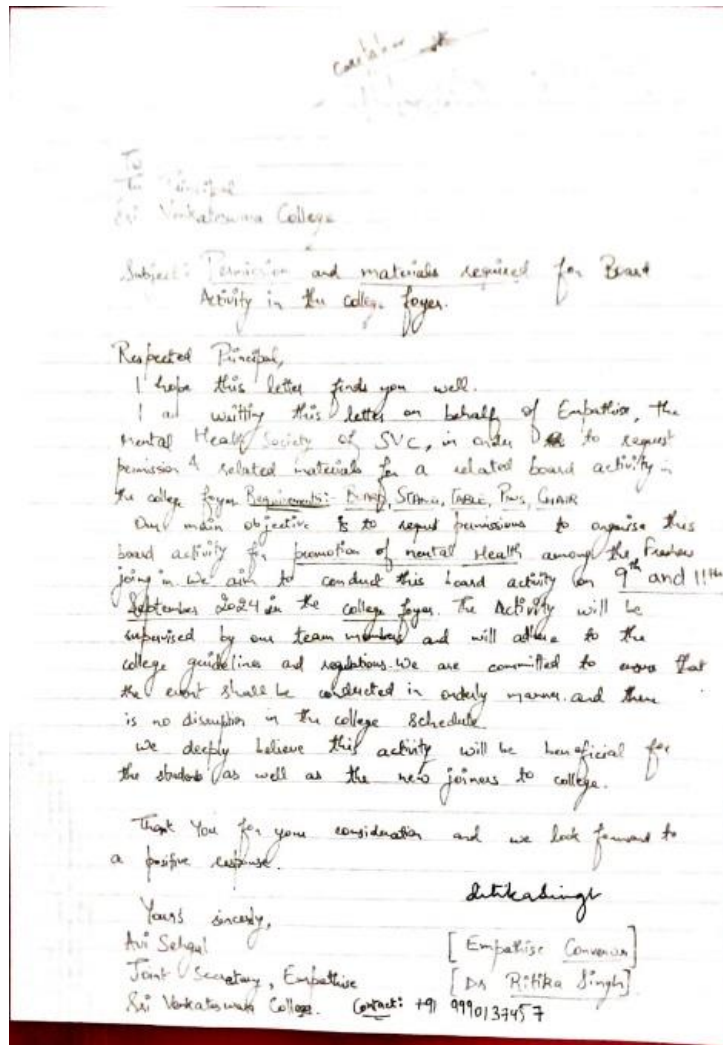
For Reference

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance, Leadership & Management
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

Report

Empathise conducted its first board activity titled “The Hardest Challenge You Overcame” on 9th September 2024 at the Foyer from 10am to 1pm. The purpose of the activity was promotion of mental health among the freshers. We asked them to write about the most difficult thing in their life which they overcame. The students participated enthusiastically and wrote many answers. We also had a table activity set up for our campus partner- AMAHA. In this activity, people had to choose from two different self-affirmation quotes bags. We also disturbed ‘letters to strangers’- an initiative by Empathise to distribute sweet and encouraging thoughts to students of SVC.

We sincerely thank Principal Sir for allowing us to conduct this activity which allowed us to bring smiles on the faces of students. We also thank the caretaker for providing us with the required materials for smooth ongoing of this activity.



Application letter for Permission



Board Activity