



Tirumala Tirupati Devasthanams

శ్రీ వేంకటేశ్వర కళాశాల

Sri Venkateswara College

(University of Delhi)

NAAC Grade A+

SRI VENKATESWARA COLLEGE (UNIVERSITY OF DELHI)

EVENT REPORT


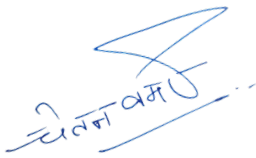
NAME OF THE EVENT: Board Activity 'Scribbling off Exam Stress'			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS' NAME
11.11.2025	—	Empathise: The Mental Health Society (Health & Hygiene Committee)	Dr. Ritika Singh Dr. Chetan
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
11:45am-2pm	Canteen	54	Outdoor/ Offline
FINANCIAL SUPPORT/ ASSISTANCE (if any):	None		

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	'Scribbling off Exam Stress'
OBJECTIVES	To promote emotional well-being, awareness, empathy and self-expression about mental health.
METHODOLOGY	Using post-it notes and sketch pens, students were encouraged to write/draw out their worries and thoughts.
INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)	None
OUTCOMES	Students, especially freshers, felt relieved when they realised that everyone was worried about the upcoming exams and it was a universal experience. It gave them relief and push to work hard for the exams.

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/EMP/2025-26/November 2025/01
IQAC File No: SVC/IQAC/EMP/2025-26/November 2025
Criterion No: III,V,VII
NAME OF EVENT-IN-CHARGE & SIGNATURE: Dr. Ritika Singh, Dr.Chetan(Health & Hygiene Committee)
 

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 final board activity for the semester on 11th October in the canteen from 11:45 AM to 2:00 PM.

For this session, two interactive boards were set up with the themes “Doodle Your Stress Away” and “Dear Exam, Here’s What I Want to Say to You.” These boards focused on the upcoming semester examinations and the anxiety and pressure students have been experiencing. Students engaged with great enthusiasm, freely expressing and scribbling their thoughts, worries, and reflections.


We also organised a table activity titled “Stress Detox Table”, where students could write positive notes for others and pen down the negative thoughts they wanted to release. This created a compassionate and supportive environment for everyone involved.

Overall, the activity was a great success. We extend our sincere gratitude to Principal Sir for granting us permission to host this initiative, and to the Caretaker for providing all the necessary support and materials.

PERMISSION LETTERS

<div style="text-align: center;">  <p>Sri Venkateswara College (University of Delhi) NAAC Grade A+</p> </div> <p style="text-align: center;">PERMISSION FOR ORGANIZATION OF EVENTS</p> <p>NOTE: 1. Please ensure a pre booking of the venue before getting the permission letter signed. 2. A copy of this duly filled form signed by the TIC/ Convener, IQAC Coordinator and Principal shall be submitted to ICT and/or Caretaker for necessary action. 3. 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.</p> <p style="text-align: center;">EVENT DETAILS</p> <ol style="list-style-type: none"> 1. Name of the Department/Society/Association: <u>Empathise - The Mental Health Society (H.B.H)</u> 2. Name of the TIC and/or Convener: Prof./Dr./Mr./Ms. <u>Dr. Ritika Singh</u> <u>Dr. Chetan</u> 3. Proposed Title of the Event: <u>Board Activity - Stress Awareness Month</u> 4. Nature of Event: Seminar/Conference/Symposium/Workshop/FDP/Public or Community outreach/ Skill enhancement/others (Please specify) 5. Participants: Student-centric /Faculty/ Other stakeholders (Please specify)..... 6. Event Type: <input checked="" type="checkbox"/> Offline/Online/Hybrid; <input checked="" type="checkbox"/> Indoor/Outdoor 7. Collaborating Agency /Organization (If any): <u>None</u> 8. Tentative List of Speakers with affiliations: <u>None</u> 9. Date & Time (from - to): <u>11th November, 25; 11:45 am - 2:00 pm</u> 10. Financial Assistance/ Funding received (if any) (Please specify amount): <u>None</u> 11. Proposed Budget (please attach details in a separate enclosure): <u>None</u> 	<ol style="list-style-type: none"> 12. Faculty responsible for Geo Tagged Pictures: <u>Dr. Ritika Singh</u> 13. Faculty responsible for Event Report: <u>Dr. Ritika Singh</u> 14. ICT support required, if any (ICT Lab, Laptop, LCD projector) — 15. Caretaker support required (tables, chairs, public addressing system, sanitation, manpower assistance) <u>2 Boards and 2 stands, 1 Table and 1 chair</u> 16. Venue requirement (Seminar hall/ Ground/others) <u>Canteen</u> <p><u>Dr. Chetan Singh</u> Forwarded canteen committee convenor for future action. TIC/Convener Date: <u>04/11/25</u></p> <p>For official purpose Comments (If any) <u>Get via 7</u> <u>Kalish</u> IQAC Coordinator Date: <u>6/11/2025</u></p> <p style="text-align: right;"><u>Principal</u> Date: <u>06/11/25</u></p>
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ATTENDANCE RECORD



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ATTENDANCE SHEET


TITLE OF THE EVENT: Board Activity (Cross Awareness)

DATE OF THE EVENT: 11th November, 2025

NAME OF THE DEPARTMENT/ SOCIETY: Empathise

NAME OF THE EVENT COORDINATOR: Dr. Ritika Singh and Dr. Chetan

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE
1	Bhavana	0225069	BA Engg Hindi Sem I	Bhavana
2	Veda	0723871	Bcom Engg Sem I	Veda
3	Anshika	1124120	Bsc Life Science	Anshika
4	Swathi	0225034	BA Engg Hindi	Swathi
5	Tanvi	1824032	B.Sc (H) Chem	Tanvi
6	Prasanna	0225071	BA Engg Hindi	Prasanna
7	Gurpreet Aggarwal	1525012	B.Sc (H) Chem	Gurpreet
8	Shreya	0824035	B.A. Sociology	Shreya
9	Naina	1025015	B.Com Hons.	Naina
10	Aanya Puri	1124061	B.Sc (H) Chem	Aanya
11	Kabirika	1124040	B.Sc (H) Chem	Kabirika
12	Kumar	1124001	B.Sc (H) Chem	Kumar
13	Gunjan	1024106	B.Com (Hons)	Gunjan
14	Arjun	1024071	B.Com (Hons)	Arjun
15	Arushi	0923085	B.Com (P)	Arushi
16	Tanya	1125159	B.Sc (P)	Tanya
17	Mahira	1125104	B.Sc (P)	Mahira
18	Nishat	1125107	B.Sc (P)	Nishat
19	Uman	1724004	B.Sc (H)	Uman
20	Chahat Hans	0925007	B.Com (P)	Chahat
21	Dipika	1125067	B.Sc (P)	Dipika
22	Pratibha	1125026	B.Sc (P)	Pratibha
23	Nisha	1125164	B.Sc (P)	Nisha
24	Jahen	1125130	B.Sc (P)	Jahen
25	Shruti	1125136	B.Sc (P)	Shruti
26	Krunak	1025115	B.Com H	Krunak
27	Rishi	1025101	B.Com (H)	Rishi
28	Devi	1025127	B.Com (H)	Devi
29	Abhinav	0125010	B.A (P)	Abhinav
30	Abhinav	0923139	B.Com (P)	Abhinav
31	Arushi	0925153	B.Com (P)	Arushi
32	Aman	1124077	B.Sc (H) Chem	Aman
33	Ananya	0525011	BA (H) Econ	Ananya
34	Chaitanya	0523014	History Hons	Chaitanya
35	Pragya Aggarwal	1125131	B.Sc. Chem	Pragya



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DATE OF THE EVENT: 11th November, 2025

NAME OF THE DEPARTMENT/ SOCIETY: Empathise

NAME OF THE EVENT COORDINATOR: Dr. Ritika Singh and Dr. Chetan

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE
1	Anushka	0525046	BA (H) Economics	Anushka
2	Jatin	0723020	B.Com (H)	Jatin
3	Tanya	0124061	BA (P) Hindi + Hist	Tanya
4	Mohit Kumar	0124065	BA (P) Hindi + Hist	Mohit
5	Anika	0225069	BA Engg Hindi	Anika
6	Noorah	1425047	B.Sc (H) Botany	Noorah
7	Sriya	1125018	B.Sc (H) Botany	Sriya
8	Chaitanya	1725074	B.Sc (H) Botany	Chaitanya
9	Rishika	1415060	B.Sc (H) Botany	Rishika
10	Charvi	0224048	BA (H) Engg	Charvi
11	Rishi	0224052	B.Com	Rishi
12	Aayaz	0223033	B.A (H) Engg	Aayaz
13	Suryan	1125005	B.Sc. Life Science	Suryan
14	Arushi	0923009	B.Com (P)	Arushi
15	Himanshu	1424021	B.Sc (H) Botany	Himanshu
16	Rishi	1424040	B.Sc (H) Botany	Rishi
17	Udit	1924043	B.Sc (H) Botany	Udit
18	Ani	1323090	B.Sc (H) Botany	Ani
19	Sahika	0923010	B.Com (P)	Sahika

POSTER



Empathise
Mental Health Society



**Scribbling off
Exam Stress!**

Stress Awareness
Week Edition

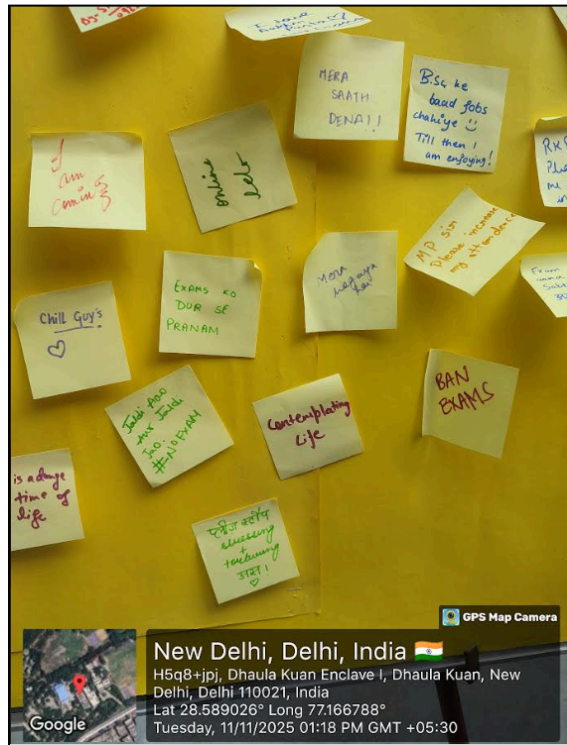
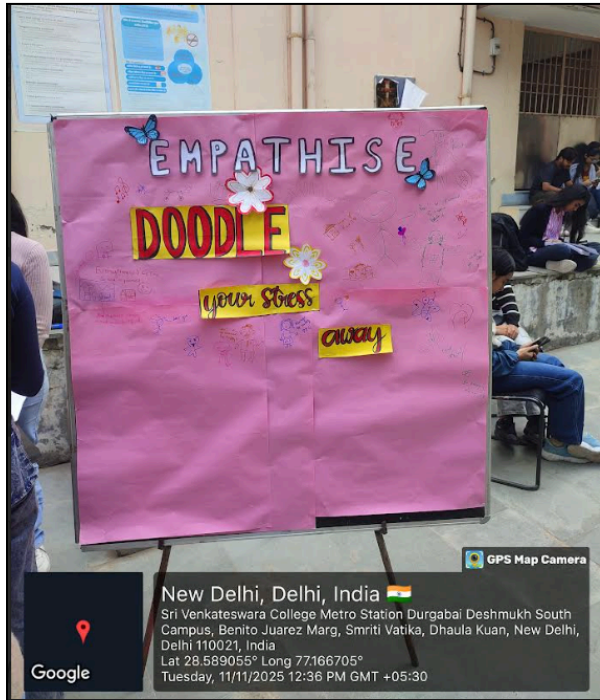


11 November, 11:45



Canteen

GEO TAGGED PICTURES





New Delhi, Delhi, India 🇮🇳
 H5q8+jpg, Dhaula Kuan Enclave I, Dhaula Kuan, New Delhi, Delhi 110021, India
 Lat 28.589008° Long 77.166752°
 Tuesday, 11/11/2025 12:50 PM GMT +05:30



New Delhi, Delhi, India 🇮🇳
 H5q8+jpg, Dhaula Kuan Enclave I, Dhaula Kuan, New Delhi, Delhi 110021, India
 Lat 28.589006° Long 77.166729°
 Tuesday, 11/11/2025 12:49 PM GMT +05:30



New Delhi, Delhi, India 🇮🇳
 H5q8+jpg, Dhaula Kuan Enclave I, Dhaula Kuan, New Delhi, Delhi 110021, India
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New Delhi, Delhi, India 🇮🇳
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 Lat 28.589033° Long 77.166766°
 Tuesday, 11/11/2025 12:57 PM GMT +05:30



Completion Certificate



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समापन प्रमाण पत्र


COMPLETION CERTIFICATE

यह प्रमाणित किया जाता है कि "तनाव जागरूकता सप्ताह" के अंतर्गत आयोजित बोर्ड गतिविधि "परीक्षा-तनाव अभिव्यक्ति लेखन" का सफलतापूर्वक आयोजन एम्पेथाइज़ - मानसिक स्वास्थ्य समाज (स्वास्थ्य एवं स्वच्छता समिति) द्वारा दिनांक 11 नवम्बर 2025 को सुबह 11:45 बजे से 12:45 बजे तक महाविद्यालय कैटीन(ऑफ़लाइन मोड) में किया गया। इस कार्यक्रम की विस्तृत रिपोर्ट आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ (IQAC) को अभिलेख हेतु जमा कर दी गई है।

This is to certify that the board activity "Scribbling off Exam Stress", conducted under the "Stress Awareness Week", was successfully organised by Empathise - The Mental Health Society (Health & Hygiene Committee) on 11th November 2025 from 11:45 am to 12:45 pm in the college canteen (offline mode), and its event report has been submitted to IQAC for records.


Convener
Empathise


Convener
Health & Hygiene
Committee


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


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

