TEACHER'S ACTIVITY REPORT 2017-2018.

FACULTY: SCIENCES DEPARTMENT/ COMMITTEE: ZOOLOGICAL SOCIETY 'EVOLVERE" IQAC ACTIVITY No: SVC/2017-18/ZOO/SOC/1

NAME OF THE ACT	IVITY: SEMINA	AR – theme : MAD 17 (Mental Health	n Awareness)
DATE	FACULTY	DEPARTMENT/COMMITTEE	COORDINATOR NAME
24 th October, 2017	Science	Zoological Society 'Evolvere'	Dr. Anita Verma Dr. Mansi Verma
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor
10:00 AM onwards	SVC	200 (for lecture) 800 (for healthcamp)	Indoor
SUPPORT/ASSISTANC	E: Sri Venkatesv	wara College	

BRIEF INFORMATION ABOUT THE ACTIVITY (**CRITERION NO. II, III, V,VII**):

TOPIC/SUBJECT	Departmental activity of Zoology Department		
OF THE ACTIVITY			
OBJECTIVES	 Talk On Mental Health Awareness by- Dr.Nand Kumar, Professor, Dept. of Psychiatry, AIIMS on 24th October, 2017. Talk on Autism Awareness By- Autism Awareness by Mr. Ripan Sippy, clinical Psychologist on 24th October, 2017. Stigma Phrenia, Interactive Session By- Sanjivini Society for Mental Health on 24th October, 2017. Survey and discussion on General Health Quotient by- AIIMS, on 24th October, 2017. Workshop on Expressive arts and movement therapy by- Pavitra Chari, Freelance therapist on 24th October, 2017. 		
METHODOLOGY	The event was organized to provide a complete package for Mental Health Awareness on the Mental Health Awareness Day. The event not only included lectures, but also hubbed interactive sessions by Sanjivini Society (NGO). The event also aimed at organizing workshop so that students and faculty learn how to manage stress and anxiety.		
OUTCOMES	Evolvere, the zoological society of Sri Venkateswara College as a part of its annual event organised MAD 2017 with an objective to draw attention towards one of the most ignored yet important aspect of our life: Mental health. The event was organised on 24 October 2017 and began with the lighting of lamp and evoking the blessings of Lord Venkateswara. The event kicked off with an inspiring talk by Dr Nand Kumar,		

Professor, Department of Psychiatry, AIIMS which centralised the importance of
mental health and how its well being is necessary for the normal sustenance of
life. Further along, we had an informative session on Autism by Dr Raman Sippy
which provided us with a new insight on mental health, whilst changing the
outlook of students and faculty alike. The event continued with an interactive
session by The Sanjivini Society for Mental Health, a non-profit organisation
that provides free and confidential counselling to those in the face of mental
distress. They taught us thatwe are not alone and always have someone to talk to
and help us through our problems. Finally, the event concluded with a workshop
on "Expressive Arts and Movement" by Ms.Pavithra Chari, a
freelance therapist who made us realise that at the end of the day, whether you
are an eighteen years old student or a sixty years old professor, what we all need
to remember is to let loose every once in a while, to forget the barriers of the
society and to take care of ourselves first. By the end of the day the success of
the entire event could be deduced from all the chuckling, smiling and less
stressed faces.

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

Notice &Letters	Student list of participation	Activity	Photos	Feedback form
		report√	$\sqrt{}$	
Feedback analysis	News clip with details	Certificate	Any other	

IQAC Document No:	Criterion No:	Metric No:
Departmental file no	IQAC file No;	

NAME OF	NAME OF HEAD/ COMMITTEE	IQAC COORDINATOR (SEAL &
TEACHER &	INCHARGE & SIGNATURE	SIGNATURE)
SIGNATURE		
Dr. Anita Verma	Dr. Anita Verma	
Dr.MansiVerma	Dr. MansiVerma	

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		





THE ZOOLOGICAL SOCIETY SRI VENKATESWARA COLLEGE

Presents AD17

TALK ON MENTAL HEALTH AWARENESS

By Dr Nand Kumar

Professor, Department of Psychiatry, AIIMS

TALK ON AUTISM AWARENESS

By Dr Shubha Chandrashekhar

Counselor for Delhi Public Schools

STIGMA PHRENIA

Interactive session by Sanjivini Society for Mental Health

Survey and discussion on General Health Quotient By AIIMS

Workshop on Expressive arts and movement

By Pavitra Chari, Freelance therapist

DATE:24 OCTOBER 2017 VENUE:SEMINAR HALL TIME:9 AM ONWARDS





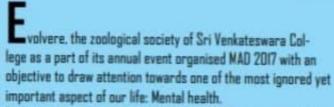








TAD'L



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SRI VENKATESWARA COLLEGE (University of Delhi)

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Dr. Namita Pandey Department of Political Science

Dr. A. K. Chaudhary Department of Physics

Dr. K.C. Singh Department of Physics

Dr. Swarn Singh Department of Mathematics

Dr. Neeraj Sahay Department of History

Dr. Vartika Mathur Department of Zoology

Dr. Shruti Mathur Department of Commerce

Dr. Padma Priyadarshini Department of Sociology

Dr. Nimisha Sinha Department of Biochemistry

Shri D. Venkat Ramana A.O(1/C)

This is to certify that the Activity report (Teacher/Department /Society/Association) submitted for documentation to IQAC, Sri Venkateswara College, has been University of Delhi.

IQAC Coordinator Sri Venkateswara College

Coordinator, IQAC Sri Venkateswara College (University of Delhi) Dhaula Kuan, New Delhi-110021 C. Studa leddy PRINCIPAL

Sri Venkateswara College

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