

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 ACTIVITY: SEMINAR – theme : MAD 17 (Mental Health 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/ASSISTANCE:	Sri Venkateswara College		

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

TOPIC/SUBJECT OF THE ACTIVITY	Departmental activity of Zoology Department
OBJECTIVES	<ol style="list-style-type: none"> 1. Talk On Mental Health Awareness by- Dr.Nand Kumar, Professor, Dept. of Psychiatry, AIIMS on 24th October, 2017. 2. Talk on Autism Awareness By- Autism Awareness by Mr. Ripan Sippy,clinical Psychologist on 24th October, 2017. 3. Stigma Phrenia, Interactive Session By- Sanjivini Society for Mental Health on 24th October, 2017. 4. Survey and discussion on General Health Quotient by- AIIMS, on 24th October, 2017. 5. 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	<p>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.</p> <p>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,</p>

	<p>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 that we 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.</p>
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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

Notice & Letters	Student list of participation	Activity report ✓	Photos ✓	Feedback form
Feedback analysis	News clip with details	Certificate	Any other	

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

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

MAD 17

TALK ON MENTAL HEALTH AWARENESS

By Dr Nand Kumar

Professor, Department of Psychiatry, AIIMS

TALK ON AUTISM AWARENESS

By Dr Shubha Chandrashekar

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

D-17
24 Oct 2017
10 am onwards

Clinical

V
WWW



THE ZOOLOGICAL SOCIETY
INDIA





MAD 2017

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 that we 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.





SRI VENKATESWARA COLLEGE
(University of Delhi)

Internal Quality Assurance Cell

Chairperson

Prof C. Sheela Reddy
Principal
Sri Venkateswara College

IQAC Coordinator

Dr. N. Latha
Department of Biochemistry

External Members

Prof Debi P Sarkar
Department of Biochemistry
University of Delhi South
Campus

Prof Alo Nag
University of Delhi South
Campus

Dr. Gitanjali Yadav
NIPGR, Delhi

Internal Members

Dr. Meenakshi Bharat
Department of English

Dr. Lalitha Josyula
Department of Electronics

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(I/C)

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

N. Latha

IQAC Coordinator
Sri Venkateswara College

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

C. Sheela Reddy

PRINCIPAL
Sri Venkateswara College

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