

SRI VENKATESWARA COLLEGE (UNIVERSITY OF DELHI)

EVENT REPORT

-		ST-COVID WORKPLACE ER PRASTHA APOLLO HOSPIT	
DATE:	DEPARTMENT	COMMITTEE/SOCIETY:	COORDINATORS NAME:
	:		
19th October 2022	Department of Zoology	Evolvere	Dr. Anita Verma
TIME:	VENUE:	NUMBER OF	NATURE:
		PARTICIPANTS:	Outdoor/Indoor;
			online/offline/hybrid:
10:00 AM - 12:00 PM	Seminar Hall,	126	Offline mode
	Durgabai		
	Deshmukh		

FINANCIAL
SUPPORT/ASSISTANC
E (if any)

College
Sri Venkateswara College, Delhi University

Block, Sri Venkateswara

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	Seminar on "POST-COVID WORKPLACE ERGONOMICS AND HEART HEALTH"
OBJECTIVES	To provide insights on physiotherapy and avoidance of incorrect posture induced diseases along with heart health
	related diseases in young and the recent escalation.
METHODOLOGY	PowerPoint presentations, question and answers sessions, interactive lectures, campaigning from Apollo hospital
INVITED SPEAKERS	Dr. Seema Grover
WITH AFFILIATION	Chief of Physiotherapy and Rehabilitation
DETAILS	Indraprastha Apollo Hospitals, Delhi
(IF ANY)	&
	Dr. Ranjan Modi
	Associate Consultant & Interventional Cardiologist
	Indraprastha Apollo Hospitals, Delhi
OUTCOMES	An interactive and insightful session which provided the vital
	knowledge of correct postures, workplace ergonomics, heart
	health and maintenance in our fast paced and growing world.

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

1	2	3	4	5
Notice &	Number of Participants &	Video clips	Photos	Feedback
Letters	Name of participants	_		Form &
✓	✓	✓	✓	analysis
				✓
6	7	8	9	10
News clip	Sample Copy of the	Posters/	Event report	Any other
with details	Certificate	Invites	Attested by	document
	✓	✓	Event	
			Coordinator &	
			IQAC	
			Coordinator	

IQAC Document No:	Criterion No:
IQAC/SVC/2022-23/ZOO/03	
Departmental file no: SVC/2022-23	IQAC file No: 2022-23

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

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		

EVENT REPORT

Event - A seminar on "Post - Covid Workplace Ergonomics And Hearth Health" in association with Indraprastha Apollo Hospitals, Delhi

Date- 19th October 2022

Timings- 10:00 am - 12:00 pm

Mode-Offline

Venue- Seminar Hall, Durgabai Deshmukh Block, Sri Venkateswara College

Objective -The objective of this event was to educate students on the importance of correct postures and workplace ergonomics post pandemic along with heart health. The seminar entailed two talks, one focusing on workplace ergonomics and daily life postures. The second talk imparted vital knowledge on heart health and the increased rate of heart related issues in the young.

Evolvere, the Zoological Society of Sri Venkateswara College, University of Delhi hosted a **Seminar Talk** on 19th October 2022. The interactive and multidisciplinary session was hosted on the college premises in offline mode.

The event, consisting of two talks, began at 10:00 am and lasted two hours. The initial enriching hour instigated a plethora of aspects, ranging from workplace related posture issues to daily life postures. The session was highly interactive with the audience participating in certain physiotherapy related exercises. The second insightful talk focused on the increased rate of heart health related issues in the younger population. The talk stimulated minds of the faculty and brought light to an increasingly important issue. This helped the audience to grow an understanding of both the science behind their health and emphasize the urgency for proper health care measures.

The session discussed various new applications and advances on improving daily habits which would be beneficial for one's health. Being important and common to all, the talk provided a basis and connection to the audience and aided in their holistic growth. Through this interactive session, students and faculty developed a deeper understanding of workplace ergonomics and heart health. The collected feedback was highly positive and encouraging.

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 and IQAC Coordinator, Dr. Arpita Kaul for commerce and NSS, NCC, Placement and Sports events, Dr. Jitesh Rana for humanities events, Dr. P. Jayaraj for sciences events. EVENT DETAILS 1. Name of the Department/Society / Association: Zoology Society 2. Name of the TIC/Convenor (if any): Prof./Dr./Mr./Ms. 3. Nature of Event: Seminar/Conference/Symposium/Workshop/FDP/Public or enhancement/others. Seminar and Workship. 4. Participants: Student-centric /Faculty/Both 5. Event Type: Offline/Online/Hybrid; Indoor/Outdoor 6. Collaborating Agency /Organization: 7. Proposed Title of the Event:

8. Tentative List of Speakers with affiliations: Dr. Seema Grover

HOD Physiotherapy, Apollo Hospital, Delli

O Dr. Garwar Trakeal, Apollo Hospital, Delli 190ct 22, 10 o'clock to 1 o'clock. 9. Date, Time from 10. Financial Assistance/ Funding received (if any) 11. Proposed Budget (please attach details in a separate enclosure): Five Thousand (12. Faculty responsible for Geo Tagged Pictures Rajendea Physical Phaelial
13. Faculty responsible for Event Report Richa Missa 14. ICT support required, if any (ICT Lab, Laptop, LCD projector) 15. Caretaker support required (tables, chairs, public addressing system, sanitation, manpower assistance) Public Addressing System, Lamp

16. Room requirement (Seminar/any other). Seninas Room Durga Bai Deshmukh Bloc Name & Signature of TIC/Convenor Date: 6 Oct 22 Date:

NO. OF REGISTRATIONS

10/19/2022 13:51:45	devnishika@gmail.com	Nishika Deo	Student	Sri Venkateswara College	Bcom Hons. 3rd year	College society
10/19/2022 14:20:20	sirajsahil73@gmail.com	Mohd. Sahil	Student	Sri Venkateswara College	BSc. Prog. Life Sciences,	, Social Media
10/19/2022 15:05:47	lokeshbhanwala2@gmail	Lokesh	Student	SVC	2024, 2nd year	Word of mouth
10/19/2022 19:45:29	vanshikabhandari1307@	Vanshika Bhandari	Student	Sri Venkateswara college	BSc. Life sciences 2nd ye	e Social Media
10/23/2022 8:45:12	mishrasumit0185@gmail	Sumit mishra	Student	Sri venkateswara college	BSc hons electronics(2)	department information group

PROGRAMME SCHEDULE

SRI VENKATESWARA COLLEGE

DEPARTMENT OF ZOOLOGY

THE ZOOLOGICAL SOCIETY OF SRI VENKATESWARA COLLEGE WELCOMES INDRAPRASTHA APOLLO HOSPITALS, DELHI FOR SEMINAR ON

Post-Covid Workplace Ergonomics and Heart Health

PROGRAMME SCHEDULE

19th OCT' 2022

Venue : Seminar Hall , Durgabai Deshmukh Block

10.00 AM Welcome and Introduction

Lamp lighting and invocation ceremony 10.05 AM

Introduction of DR. SEEMA GROVER (Head of Department - Physiotherapy and Rehabilitation, Apollo Hospitals, Delhi)

> Talk and interactive session by Dr. Seema Grover $(30 \min + 15 \min)$

Introduction of DR. RANIAN MODI (Sr. Consultant - Interventional Cardiology Apollo Hospitals, Delhi)

Talk and interactive session by Dr. Ranjan Modi (30 min + 15 min)

Vote of Thanks

10.15 AM

10.20 AM

11.05 AM

11.10 AM

11.55 AM

POSTER



EVOLVERE

ZOOLOGICAL SOCIETY OF SRI VENKATESWARA COLLEGE UNIVERSITY OF DELHI NAAC Grade A* organizes

Seminar on

"POST-COVID WORKPLACE ERGONOMICS AND HEART HEALTH"

in Association with Indraprastha Apollo Hospitals



TOPIC-WORKPLACE ERGONOMICS

DR. SEEMA GROVER

CHIEF OF PHYSIOTHERAPY AND REHABILITATION, INDRAPRASTHA APOLLO HOSPITALS, DELHI





19th October, 2022



10AM to 12PM



New Seminar Hall, Durgabai Deshmukh Block, SVC



TOPIC-HEART DISEASE IN YOUNG: THE RECENT ESCALATION

DR. RANJAN MODI

ASSOCIATE CONSULTANT &
INTERVENTIONAL CARDIOLOGIST,
INDRAPRASTHA APOLLO HOSPITALS, DELHI

Register here -



Patron
(Principal, SVC)
Prof. C. Sheela Reddy



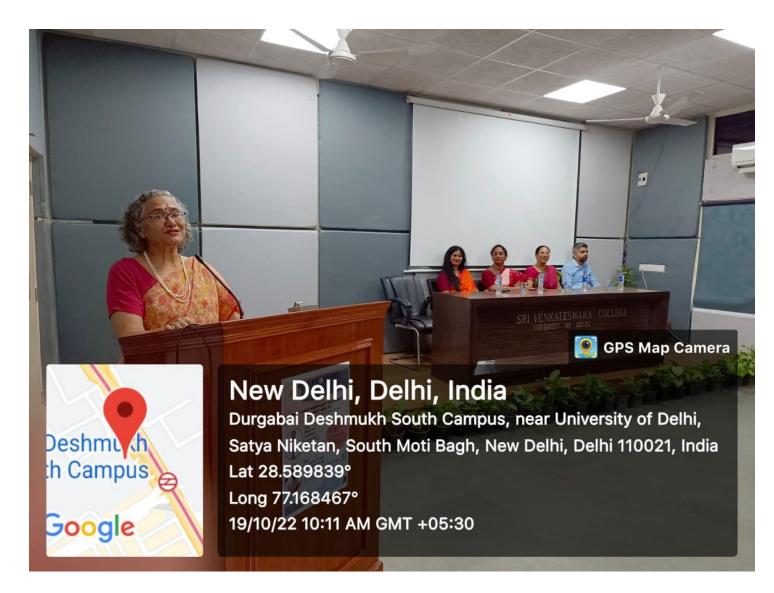
Ranjanee (President) 99035 66386 Shivangi (Vice-President) 9354621942 Convener Dr. Anita Verma Co-convener Dr. P. Jayaraj Dr. Richa Misra



PICTURES



The faculty of Department of Zoology with guest speakers Dr. Seema Grover & Dr. Ranjan Modi



Welcome speech by Dr. Anita Verma

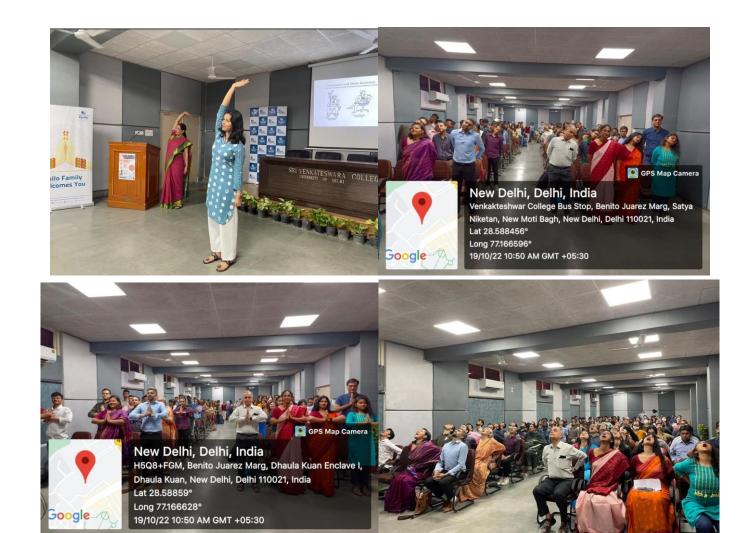


Lighting lamp ceremony





Honoring the guests with memento and planter



Physiotherapy interactive session during talk by Dr. Seema Grover



Q & A Interactive session

(List of student participants)



ATTENDANCE SHEET

DATE OF THE EVENT: Post could workplace ergonomics and thealth that the property of the event in the event in

NAME OF THE DEPARTMENT/ SOCIETY: Evolvere zoological society

Orverer Dr. Anita Verma. NAME OF THE EVENT COORDINATOR:

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TITLE OF THE EVENT: Post -covid workplace ergonomics and heart - health.

DATE OF THE EVENT: 19-10-22

NAME OF THE DEPARTMENT/ SOCIETY: Evolvere zoological society

NAME OF THE EVENT COORDINATOR: Convener
Dr. Anita Verne

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ATTENDANCE SHEET Post-covid work place ergodnics and TITLE OF THE EVENT: 19-10-22.

DATE OF THE EVENT:

NAME OF THE DEPARTMENT/ SOCIETY: Exolure 200 logical society

NAME OF THE EVENT COORDINATOR: Convener Dr. Anita Vum

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DATE OF THE EVENT: Post could work place Ergonomics.

and heart health.

NAME OF THE DEPARTMENT/ SOCIETY: Evolvere zoological society

NAME OF THE EVENT COORDINATOR: Convener Dr. Anita Veine

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(List of Faculty participants)



ATTENDANCE SHEET

TITLE OF THE EVENT: Post - could Workplace ergonomics and heart health

DATE OF THE EVENT: 14-10-22

NAME OF THE DEPARTMENT/ SOCIETY: Evoluere zoological society.

NAME OF THE EVENT COORDINATOR: Convener

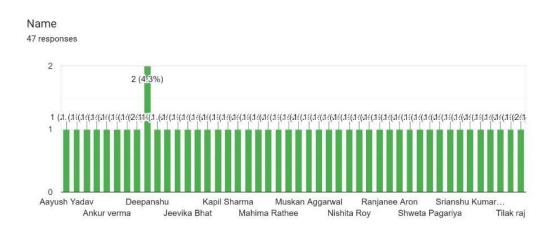
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FEEDBACK ANALYSIS

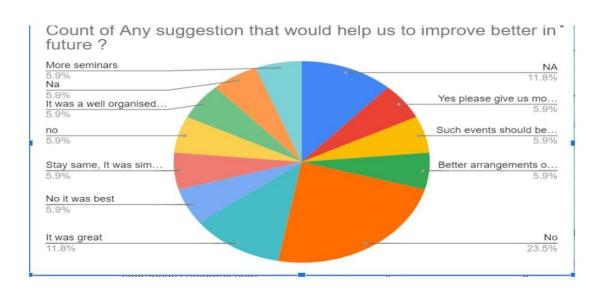
Seminar on "**Post-COVID Workplace Ergonomics and Heart Health**" in association with <u>Indraprastha</u> Apollo Hospitals, Delhi.

Number of responses = 49

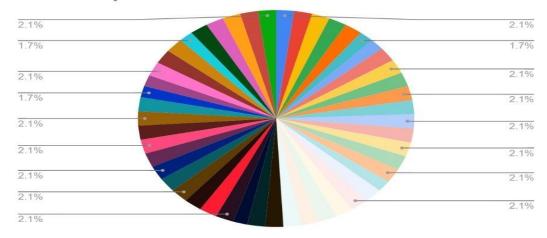








How would you rate this event?



How relevant did you find discussion on ergonomics and heart health



imestamp 1	Name:	E-mail ID	How would you rate this €	How relevant did you find	Any suggestion that woul	Any topic you want us to	bring in future event
10/19/2022 11:40:12	Tanya Goel	tany agoel056@gmail.con	5	5			
10/19/2022 11:50:36	Ankur verma	ankurverma6146@gamil.c	5	5	NA	*:	
10/19/2022 11:51:16	KAJAL Chauhan	kchauhan1151@gmail.com	5	5	Yes please give us more	Yes ,, embry ology	
10/19/2022 11:53:27	Shivani Yadav	shivy ad51003@gmail.con	5	5			
10/19/2022 11:55:09 8	Raksha devi	raksha858684@gmail.com	5	5			
10/19/2022 12:20:51	Mohd. Sahil	sirajsahil73@gmail.com	4	5	Such events should be he	Topics related to mental I	nealth
10/19/2022 12:21:56		kapilbagra2004@gmail.co	4	5		•	
10/19/2022 12:38:56 1		mridul.1633@gmail.com	5	5	Better arrangements of si	No	
	Srianshu Kumar Panda	srianshupanda2002@gma		5			
10/19/2022 12:58:51		jeevikabhat0610@gmail.c		5		Evolution	
10/19/2022 15:03:48		pawan30021080@gmail.c			NA	Yoga	
10/19/2022 15:19:02		jasleen1804kaur@gmail.c			No	No	
10/19/2022 15:27:53		shwetapagariy a2002@gm		5	140	140	
10/19/2022 15:29:34 1		Mhtncy14@gmail.com	5	5			
10/19/2022 15:30:44 1			- 7		It was wort	No	
		muskananthal@gmail.cor		5	It was great	1/10	
10/19/2022 15:32:51	-	ishay adav2021@gmail.co			No it come baset		
10/19/2022 15:33:16		tanvichugh777@gmail.com			No it was best	Section 1	
10/19/2022 15:33:17	Simran	simrany dv11@gmail.com	4	5		Cancer	
10/19/2022 15:33:57		anshitavij2002@gmail.cor		5			
10/19/2022 15:34:46		gshivangi2507@gmail.cor		5			
10/19/2022 15:35:50		shiv.choudhary1807@gma	77.1	5			
10/19/2022 15:42:53	Mahima Rathee	mahirathee37@gmail.con		5			
10/19/2022 15:45:06	Deepanshu	deepanshuaul821@gmail.		5			
10/19/2022 15:45:58	Madhumanti Das	maadhumantidas391@gn	5	5		Sex education	
10/19/2022 15:53:01	Bibham Tiwari	tiwaribibham@gmail.com	5	5			
10/19/2022 15:58:23 [Dinesh Raj Pant	dinesh.raj.pant@gmail.co	5	5	Stay same, it was simply	perfect.	
10/19/2022 15:59:57	Sunidhi	sunidhi0301@gmail.com	4	5	No	No	
10/19/2022 15:45:58	Madhumanti Das	maadhumantidas391@gr	1 5	5		Sex education	
10/19/2022 15:53:01		tiwaribibham@gmail.com				Oex education	
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		dinesh.raj.pant@gmail.co	4		Stay same, It was simply	No No	
10/19/2022 15:59:57		sunidhi0301@gmail.com		5		INO	
10/19/2022 16:02:44		muskanaggarwal663@gn					
10/19/2022 16:11:30		ss.kritika2003@gmail.co			no	depression and stress	
10/19/2022 16:49:18		averma@svc.ac.in	5		It was a well organised e	v Health awareness progra	am. more aspects
10/19/2022 17:21:35		soniy apawar738@gmail.d			Na		
10/19/2022 18:25:36		anuvrindasharma23@gm	t		-		
10/19/2022 18:28:54	Keshav Kumar	keshavkumary 127@gmai					
10/19/2022 18:30:21	A ay ush Yadav	aay ush2001 y adav@gmai			No	No	
10/19/2022 19:18:42	Lavany a ty agi	lavuty agi12@gmail.com	5	5			
10/19/2022 20:24:23	Vanshika Bhandari	vanshikabhandari1307@g	5	5			
10/19/2022 20:27:47	Abhijeet	abhijeet9439@gmail.com	n 5	5	More seminars		
10/19/2022 20:51:25	Ranjanee Aron	ranjanee.aron28@gmail.d	5	5			
10/19/2022 20:57:31	Anshika Aggarwal	discreteaa03@gmail.con	1 4	4			
10/19/2022 22:40:22	Kanupriya Mahaur	kanupriyamahaur248@gr	1 4	4			
10/20/2022 9:45:02	Tilak raj	tilaknath2003@gmail.com	n 5	5	It was great	Mental health	
		sarcmantosh@gmail.con			_		
10/20/2022 20:39:04		roybinod272@gmail.com			No	Lifestyle diseases	
10/20/2022 21:51:58		sjd7781@gmail.com	4		100000		
10/21/2022 12:15:40		sakshi.mahajan1422@gr	-				
10/21/2022 19:56:52	Aditi Sinah	aditisinggh121@gmail.co					1
10/22/2022 12:28:41		paritoshsharma98@gmai	1		ł		
			4				-
10/22/2022 12:29:15		deepanshuaul821@gmail					
10/22/2022 13:08:24	Manufill Shaffia	nandinilko26@gmail.com	1 5				

CERTIFICATE SAMPLE

204	3-4-2022 19:23:59	sciencedivya161297@ DIVYA JANJUA	University of Delhi	Very	good	5				
205	3-4-2022 19:25:27	krishnanidhi1992@gm; Neethu MU	St Thomas College (a	Good		4 No	0	Ecological modeling in	science	
206	3-4-2022 19:27:27	agrahariambika87@gr AMBIKA AGRAHARI	Allahabad University	Good	ı	4 No	0	Molecular biology		
207	3-4-2022 19:27:35	anjalichaudhari671@g Chaudhari Anjalikumar	Government science (Good		4 No	0	No		
208	3-4-2022 19:28:10	adeshwinderkaur@kh Adeshwinder Kaur	Khalsa College Amrits	Verv	good	5 Inf	formative			
209		ganraj21kholkar@gma Ganraj Prasad Kholkar	_	_	•	5				
210			Delhi University	_	•	5		Evolution and neurosc	ienceevolution of brai	n
211			Sri Venkateswara Col	_	_	5				
212			Department of Zoology		-	4				
213		ganraj21kholkar@gma Ganraj Prasad Kholkar		_	•	5				
214			CMP DEGREE COLLEG	_	•	5 Ye	20	Yes		
215			Ramakrishna Mission	_	•	5		100		
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218			Ranchi University	_	9000	5				
219			Anamika Vyas	_						
220			Sri Venkateswara Col	_	3	5				
221		pujakholkar25@gmail.c Ganraj Prasad Kholkar	•		9000	5				
222			Ministry of Environmen		•		ery interesting and g	Bioinformatics		
223			DPG Degree College, I			5				
224			Ramakrishna Mission \			4				
225		nirjara20@gmail.com Dr. NIRJARA SINGHVI		_	_	5				
226		koustavbhatti559@gm Koustav Bhattacharjee	Assistant teacher of E	Very		5 No)	Biological clock		
227	3-4-2022 19:38:55	parkarkshitija@gmail.c Kshitija Parkar	-	Very	good	5				
228	3-4-2022 19:39:42	majumder.pratiti@gmai PRATITI MAJUMDER	Ramjas College	Very	good	5				
229	3-4-2022 19:40:03	sambuddha2k@gmail.cSAMBUDDHA BISWAS	University of Delhi	Very	good	5				
230	3-4-2022 19:44:44 j	jeevikabhat0610@gma Jeevika Bhat	Sri Venkateshwara Co	Very	good	5		crispr, human genomic	s	
231	3-4-2022 19:44:59	rajnandinibag1@gmail. Rajnandini Bag	Hiralal Mazumder Mem	Very	good	5				
232	3-4-2022 19:46:18	sanjibansen2000@gm Sanjiban Sen	Amity University	Very	good	5		Genetics		
233	3_4_2022 19:46:31	ipsahrathka20@gmail. Ipsah Akhtar	Gauhati University	Ven	good	5		Proteomics		
234		ummes5889@gmail.co Umme salma	Daulatram college		•	4 No		Modes of natural selec	rtion	
235		muskaangurung6@gm Muskaan Gurung	Shri Venkateswara co	_	•	4		modes of flataral solet	Alon	
236		vithalnyk@gmail.com NAIK VITHAL JAGANN		_	3		nderstand the resour	Thank you for bringing	this legend	
237		devrajsarkar785@gma Devraj Sarkar	Ramakrishna Mission	_	_	5 No		Evolution of immune sy	_	
238			Daulat Ram College	_	_	5 No		Neutral selection		
239		namyasethi1999@gma Namya Sethi	Sri Venkateswara Co			5				
240		gyanrock510@gmail.c Gyanendra avtar singl					v to include more sc	Genetics , immunology		
241		chitralekhay508@gma CHITRA LEKHA	CMP DEGREE COLLEG	_	_		-	Yes		
242		madhumantidas391@c Madhumanti Das	Sri Venkateswara Co	_	_	4	,			
243		yessamishapatel@gmi Amisha Patel	Sri Venkateswara Co	_	_		o it's all good			
244			C M P degree College,					By the way, there is d	efinitely something to be	learned from such a
245		chitralekhay508@gma CHITRA LEKHA	CHAUDHARI MAHADE	Very	good	5 Ye	es	Yes		
246	3-4-2022 19:59:17	priyanshityagi6530@g Priyanshi tyagi	Maitreyi clg	Good	1	4 No	оре	Nope		
247	3-4-2022 20:03:13	me.anmolratan@gmail. ANMOL RATAN	Bhaskaracharya colle	Very	good	5		Genetics		
248		aa9711394694@gmail Jeevan saini	Sri venketeshwra coll			5 No	0	No		
249		priyadwi63944@gmail Priyanka Dwivedi	University of Allahaba	_	_	4				
250	3-4-2022 20:18:44	bhadreshwar44@gma Ganvit Bhadreshvar s	Government College d	Very	good	5				
251			Veer Narmad South G			5		Ecology and biodiversi	ity	
252		pratibha9896@gmail.c Pratibha	Gargi college Delhi un	_	_	4				
253		nidhiyadav462@gmail. Nidhi Yadav	Gargi college	Very	good	5 No	ot really, it was a wo	More of the topics and	themes related to organ	ismal biology
254	3-4-2022 21:40:24	sbsmiles10@gmail.com Shruti Bansal	Sri Venkateswara Co	I Good	i	4 NA	A	Metastasis		
255	3-4-2022 21:57:10	abhilashasingh282001 Abhilasha Singh	Banaras Hindu Univer	Very	good	5				
256		goyalmansi1975@gma Mansi Goyal	Sri Venkateswara Co			4 No	0	No		
257		raok1963@gmail.com Kulkarni Rajender Rao		_	_	4				
	3-4-2022 22:51:25	pratyaksha1903@gma Pratyaksha Singh	Hindu College, Univers	Very	good	5				
258		- bit - late - FOOD OUEDA I FIGUA	CMP DEGREE COLLEG	Ven	annd	5 YE	ES	YES		
258 259	3-5-2022 7:52:54	chitralekhay508@gma CHITRA LEKHA	CMF DEGREE COLLEC	very						
		srianshupanda2002@ Srianshu Kumar Panda		_	_	5				





EVOLVERE: THE ZOOLOGICAL SOCIETY



Sri Venkateswara College ,University of Delhi

organizes





CERTIFICATE OF PARTICIPATION

THIS IS AWARDED TO

Mr./ Ms.____

for attending the Seminar on "Posture Ergonomics at the workplace and life support skills in post covid era"organized by Department of Zoology, Sri Venkateswara College ,University of Delhi,India in collaboration with Doctors of Apollo Hospitals on 19th October 2022.

Prof. C. Sheela ReddyPRINCIPAL,
SRI VENKATESWARA COLLEGE



Dr .Anita Verma

SOCIAL MEDIA COVERAGE ON COLLEGE TWITTER





T T D Sri Venkateswara College University of Delhi @TTDSVCDU

Dept of Zoology, Sri Venkateswara College organised a seminar on "Post Covid Workplace Ergonomics and Heart Health" on 19 Oct 2022.

Talk delivered by Dr. Seema Grover the Chief of Physiotherapy and Rehabilitation at Indraprastha Apollo Hospitals, Delhi.



COMPLETION CERTIFICATE



CERTIFICATE

This is to certify that the "Post Covid Workplace Ergonomics and heart health" was successfully conducted on 19th October 2022 from 10:00 am to 12:00 noon by Department of Zoology in the Offline mode and its event report has been submitted to IQAC for records.

Event In-Charge

IQAC Coordinator

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

Prof C. Sheela Reddy

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