

## TEACHER'S ACTIVITY REPORT 2017- 2018.

**FACULTY: COMMERCE DEPARTMENT/COMMITTEE: COMMERCE IQAC ACTIVITY No: SVC/2017-18/COM/AK/1**

<b>NAME OF THE ACTIVITY: WORKSHOP ON STRESS MANAGEMENT</b>			
<b>DATE</b>	<b>FACULTY</b>	<b>DEPARTMENT/COMMITTEE</b>	<b>COORDINATOR NAME</b>
25 <sup>th</sup> Sep, 2017	COMMERCE	COMMERCE	DR. ARPITA KAUL
<b>TIME</b>	<b>VENUE</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>NATURE: Outdoor/Indoor</b>
9:30 A.M-3:00 P.M	SRI VENKATESWARA COLLEGE, SEMINAR HALL	49 STUDENTS	Indoor
<b>SUPPORT/ASSISTANCE:</b>	Sri Venkateswara College & Indian Commerce Association Delhi Chapter		

**BRIEF INFORMATION ABOUT THE ACTIVITY: (CRITERION NO. - III)**

<b>TOPIC/SUBJECT OF THE ACTIVITY</b>	WORKSHOP ON STRESS MANAGEMENT
<b>OBJECTIVES</b>	The objective was equip the students with tools to deal with stress.
<b>METHODOLOGY</b>	The workshop was taken up by Prof. Ajay Kr. Singh, Professor, Department of Commerce, University of Delhi.
<b>OUTCOMES</b>	The students who participated in this workshop learnt the tools to deal with stress.

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

Notice & Letters	Student list of participation✓	Activity report✓	Photos ✓	Feedback form
<b>Feedback analysis</b>	News clip with details	Certificate✓	Any other ✓ permission letter to use seminar hall	

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. ARPITA KAUL	DR. S. VENKATA KUMAR (TIC)	

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		

### PROOFS

A workshop on Stress Management was held on 25<sup>th</sup> September, 2017 at Seminar Hall, Sri Venkateswara College, University of Delhi from 9:30 a.m. to 1:30 p.m. Fifty students of B.Com Honours and B.Com participated in the workshop. The workshop was organized by The Department of Commerce, Sri Venkateswara College, University of Delhi. It began with the anchors of the day Preeti and Umang B.Com Honours II B students introducing the theme of the workshop after which the lighting of the lamp was done by the Guest Speaker Prof. Ajay Kr. Singh, Professor, Department of Commerce, University of Delhi, Dr. E. Muralidhar Rao, Acting Principal, Sri Venkateswara Collge, Dr. S. Venkata Kumar, Teacher- In-Charge, Department of Commerce, Sri Venkateswara College, University of Delhi, Administrative Officer, Mr. Virender Kumar and other commerce faculty members, Ms. Sunita Chhabra, Dr. Shruti Mathur, Ms. Pooja Jain, Dr. Sindhumani Bag, Dr. Vinod Kumar, Ms. Neha Singhal, Ms. Shilpa, Dr. Arpita Kaul and Ms. Simranjeet Kaur.

Professor Singh was introduced and was felicitated by Dr. S. Venkata Kumar and Dr. E. Muralidhara Rao. Thereafter Dr. S. Venkata Kumar spoke a few words followed by Dr. E Muralidhar Rao's words of wisdom.

The workshop was conducted by Prof Singh who conducted practicals of applied kinesiology and guided meditation. He also took the audience to a whole new realm of spirituality and how it helps in stress management.

At the end of the workshop question answer round was taken up by Prof. Singh and finally the vote of thanks was proposed by Dr. Arpita Kaul.

The workshop was organized by Dr. Arpita Kaul, Assistant Professor, Sri Venkateswara College in association with Indian Commerce Association Delhi Chapter.







## **WORKSHOP**

on

## **STRESS MANAGEMENT**

**Held on 25th September, 2017**

at

**Sri Venkateswara College  
University of Delhi by**

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**Prof. Ajay Kr. Singh**  
Guest Speaker

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**Organised by**



**Sri Venkateswara College  
in Association with  
Indian Commerce  
Association Delhi Chapter**



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To

8<sup>th</sup> Sept 2017

The Principal

Sri Venkateswara College

Subject: Permission to use Seminar Hall on 25<sup>th</sup> Sept, 2017  
from 9:00 A.M. to 3:00 P.M.

Respected Madam,

The Department of Commerce, Sri Venkateswara  
College is organizing a workshop on the topic "Startups, Bangalore!!"  
in association with the Indian Commerce Association

Delhi Chapter on 25<sup>th</sup> Sept, 2017 from 10:00 A.M. to 2:00 P.M.

The speaker for the same will be Prof. Ajay K. Singh, Professor,  
Department of Commerce, Delhi School of Economics, University

of Delhi and President, Indian Commerce Association Delhi Chapter.

This is to request you to kindly allow us to use the Seminar  
Room on 25<sup>th</sup> Sept, 2017 from 9:00 A.M. to 2:00 P.M.

As everyone is going through a tough time these days this  
workshop will be benefiting the students and staff of

Sri Venkateswara College.

Yours sincerely

Dr. S. Venkata Kumar  
Principal in charge  
Commerce Department

permitted

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## STUDENTS PARTICIPATION LIST

S.No.	Name
1	Manisha Agarwal
2	Samiksha Sareen
3	Vanshika Yadav
4	Aarti yadav
5	Aditya Singh
6	Prabhat Kumar
7	Utkarsh Sahu
8	Vanshika Mangla
9	Yashaswini Sharma
10	Nandani Jain
11	Shivangi Das
12	Preethi P
13	Pratibha P
14	Shubhika Gupta
15	Hrishita Goyal
16	Diya Lal
17	Vanjul Kumar
18	Ananya Mohindra
19	Harshita Jain
20	Shreya Khurana
21	Anusha Nagpal
22	Divya Singhal
23	Gaurika Bhatia
24	Himani Balotia
25	Priyasha Goyal
26	Vidhi Agarwal
27	Sachin Chhabra
28	Nitin Chhikara
29	Sachin Saini
30	Piyush Raj
31	Harish Kumar
32	Sahil Kapoor
33	Yashvini Tuli
34	Sahil
35	Rhythm



36	Sapna
37	Nishi
38	Kanakshi
39	Rohan
40	Aditya
41	Kiran
42	Rahul Kumar
43	Preeti Batra
44	Umang
45	Preksha Dua
46	Prerna Khanduri
47	Rachita
48	Vidhi
49	Subhashree



**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**  
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**Dhaulta Kuan, New Delhi-110021**

*C. Sheela Reddy*

PRINCIPAL  
Sri Venkateswara College

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**Sri Venkateswara College**  
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