TEACHER'S ACTIVITY REPORT 2017-2018.

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

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

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

TOPIC/SUBJECT OF	WORKSHOP ON STRESS MANAGEMENT
THE ACTIVITY	
OBJECTIVES	The objective was equip the students with tools to deal with stress.
METHODOLOGY	
	The workshop was taken up by Prof. Ajay Kr. Singh, Professor, Department of
	Commerce, University of Delhi.
OUTCOMES	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 participationV	Activity report√	Photos √	Feedback form
Feedback analysis	News clip with details	CertificateV	Any other V 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 25th 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 VenkateswaraCollge, 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.

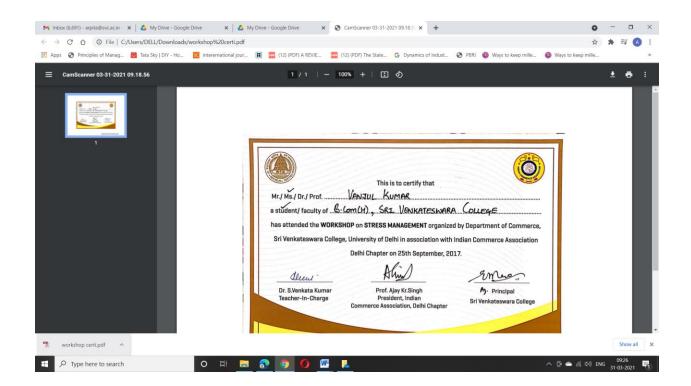
At the end of the workshop question answer round was taken up by Prof. Singh and finally the vote of thanks was proposed by Dr. Arpita Kaul.

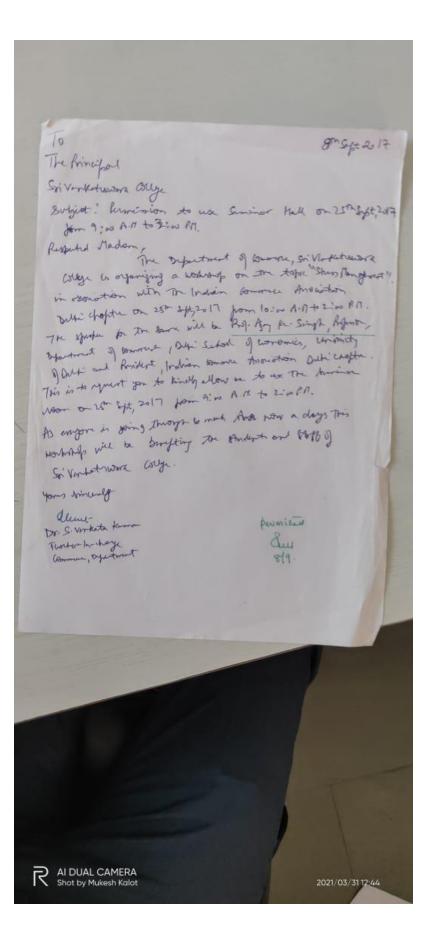
The workshop was organized by Dr. Arpita Kaul, Assistant Professor, Sri Venkateswara College in association with Indian Commerce Association Delhi Chapter.











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

i	
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)

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Department of Physics

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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) has been submitted for documentation to IQAC, Sri Venkateswara College, University of Delhi.

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