

TEACHER'S ACTIVITY REPORT 2020 - 2021.**FACULTY:** Ms. Simranjeet Kaur
SVC/2020-21/COM/SK/1**DEPARTMENT:** Commerce**IQAC ACTIVITY No:****NAME OF THE ACTIVITY:** Mental Health Awareness Webinar on 'Healing Invisible Scars: Anxiety and Stress Management'

DATE	FACULTY	DEPARTMENT/COMMITTEE	COORDINATOR NAME
7 th October, 2020	Dr. Sindhumani Bag, Dr. Vinod Kumar, Dr. Neha Singhal	Extension Activities Committee	Ms. Sunita Chhabra, Ms. Simranjeet Kaur
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor
4-5:30pm	Online	185	Online
SUPPORT/ASSISTANCE:	Sri Venkateswara College, Delhi University		

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

TOPIC/SUBJECT OF THE ACTIVITY	Healing Invisible Scars: Anxiety and Stress Management
OBJECTIVES	To address the taboo surrounding mental health issues and create awareness about anxiety and stress management
METHODOLOGY	Dr. Kaveri Chauhan acquainted the participants with how to identify stress, relaxation techniques for stress management, how to manage panic attacks, OCDs and post-traumatic stress disorders. She also explained how one needs to manage their diet and boost immunity.
OUTCOMES	The students and faculty members were left completely enriched by the session and had a long Q & A session with the psychologist. There was a resounding demand for similar webinars in future.

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: III	Metric No:
Departmental file no	IQAC file No;	

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Simranjeet Kaur	Dr. Mamta Arora	

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		

Sri Venkateswara College
Department of Commerce
Extension Activities Committee
Mental Health Awareness Webinar on
Healing Invisible Scars: Anxiety and Stress Management

7October,2020

On 7th October,2020, the Department of Commerce, Sri Venkateswara College organized a mental health awareness webinar titled 'Healing Invisible Scars: Anxiety and Stress Management' under its extension activities, from 4-5:30 pm in order to create awareness about mental health issues that plague our modern society. The event was held online through Google Meet in order to attune to the pandemic situation of COVID-19.

➤ **Objectives of the Webinar**

Mental pain acts like an invisible scar; it is less dramatic than physical pain but more difficult to bear. Thus, the foremost objective of the programme was to address the taboo surrounding mental health issues and educate the participants about how our chic lifestyles are imbued with worry and anxiety. The webinar aimed at discussing how to identify stress, differentiating between good and bad stress and recognizing its symptoms. It further acquainted the participants with various relaxation techniques to manage panic attacks, obsessive-compulsive disorders (OCDs) and post-traumatic stress disorders. It also focused on making necessary changes in diet to strengthen immunity and stay healthy.

➤ **Profile of the Speaker**

The department invited Dr. Kaveri Chauhan to grace the event with her engaging wit, keen intelligence and expertise. She is a practising psychologist at her own clinic, MindSpark

Psycare. She has worked under various technical projects in association with Defence Research and Development Organisation i.e., DRDO, Ministry of Defence, New Delhi. She is certified in Hypnotherapy, Psycho-drill therapy and Yogic diet and meditation. She has also been awarded Young Scientist Award from Indian Academy of Applied Psychology in May 2016. Apart from this, under the community outreach programme of the Richmond fellowship, she works on Psycho-social rehabilitation of patients suffering from schizophrenia and bio-polar disorder. Dr. Chauhan kindly accepted the invitation to do it charitably for the sake of students and also provided her helpline number so that students could reach out to her free of cost and anonymously, in case they are conscious of revealing their identity.

➤ **Profile of audience**

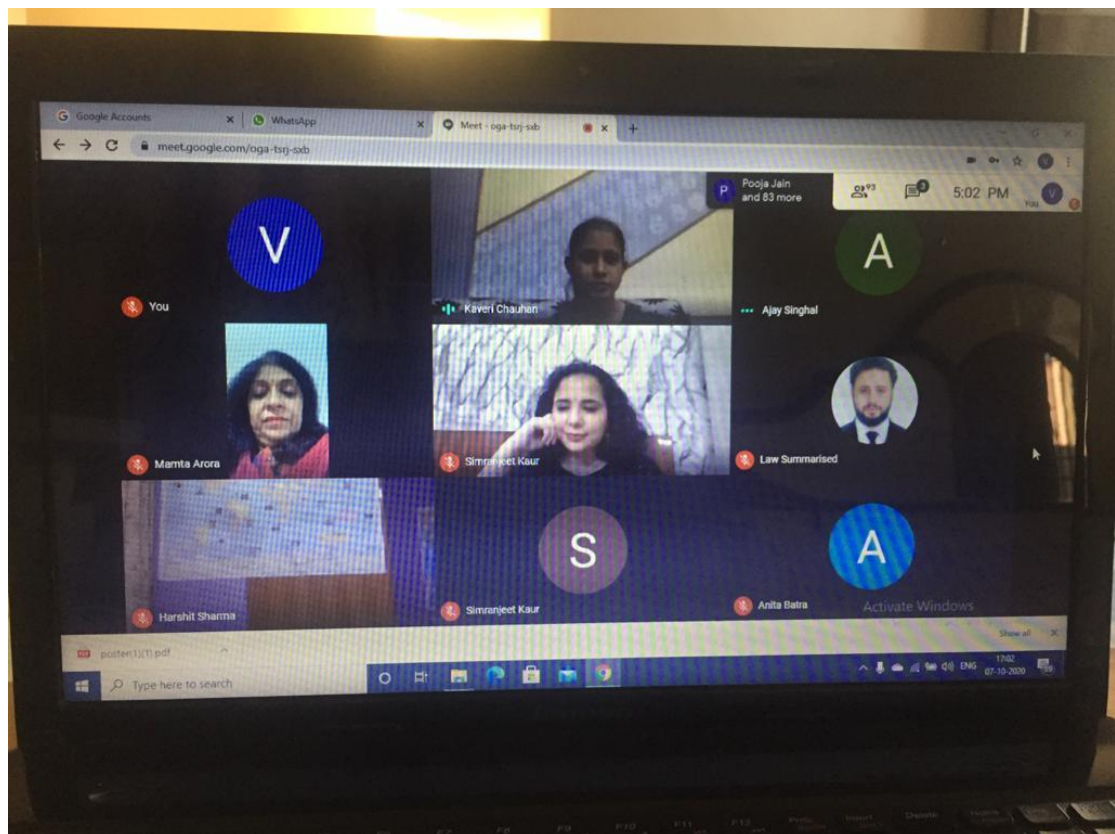
A total of 185 college students from Delhi University, Kurukshetra University (Haryana), Eternal University (Himachal Pradesh), Amity University (Noida) and Guru Nanak Dev University (Amritsar) participated in the online webinar. Students being in their teen-age are highly vulnerable to insecurities arising out of cut-throat competition, rising materialism and their personal relationships. In addition, the department considered it crucial to connect with the students, particularly when everybody was forced to stay at home because of the pandemic. As evident from their resoundingly positive feedback, they benefitted immensely from the talk and felt emotionally informed. During queries session, they asked a lot of questions regarding ruminating, OCDs, high functioning depression and how to reach out to family-members coping with depression. Further, they hoped for similar webinars in the future.

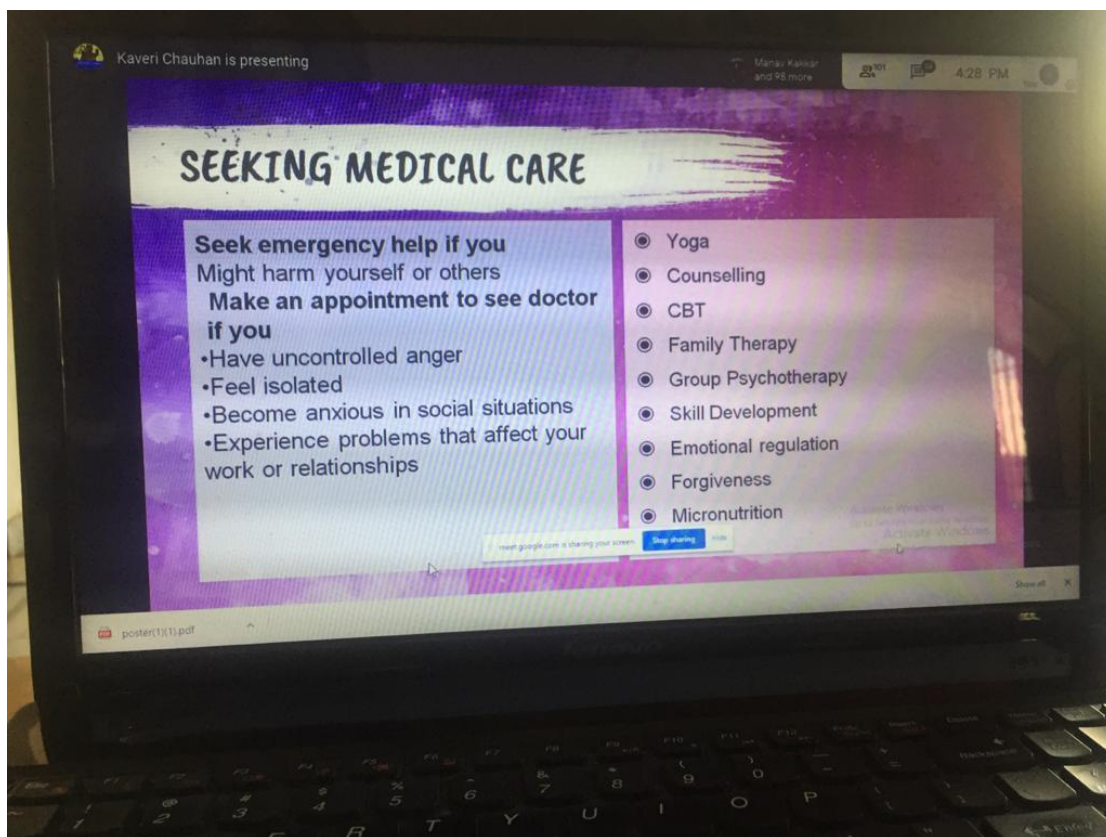
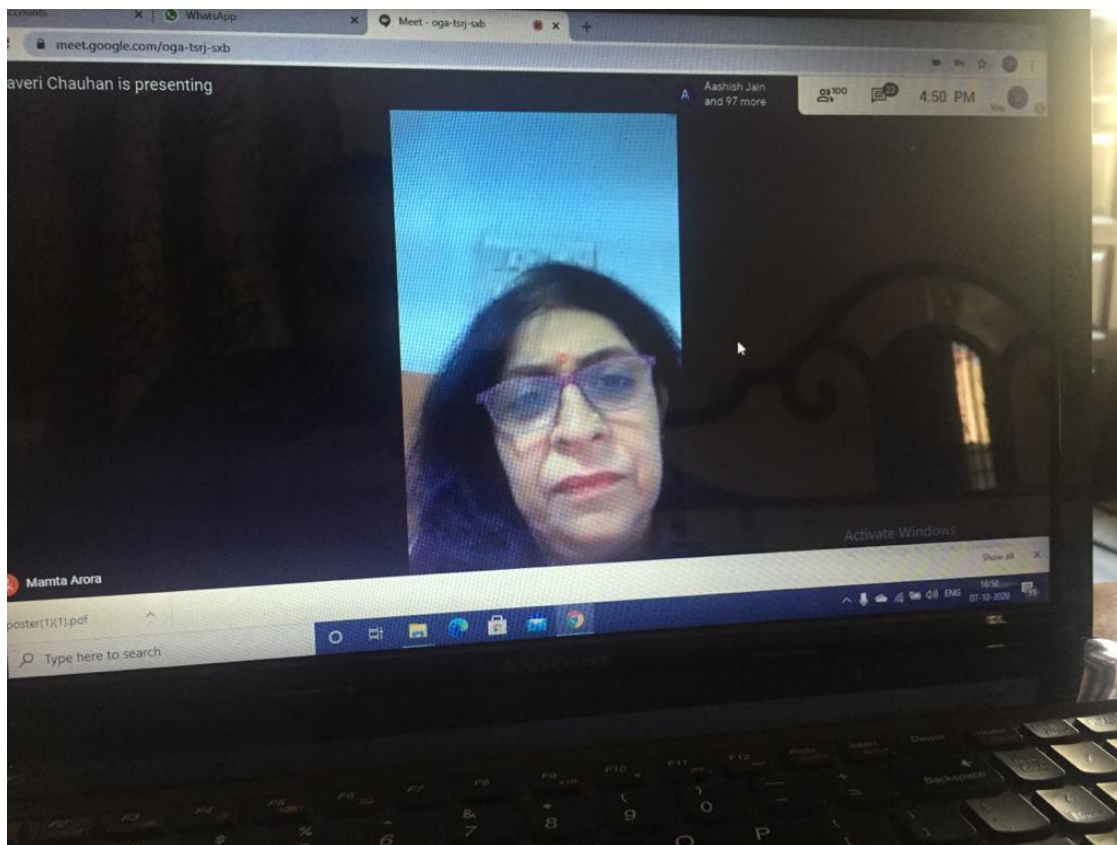
➤ **Committee Members**

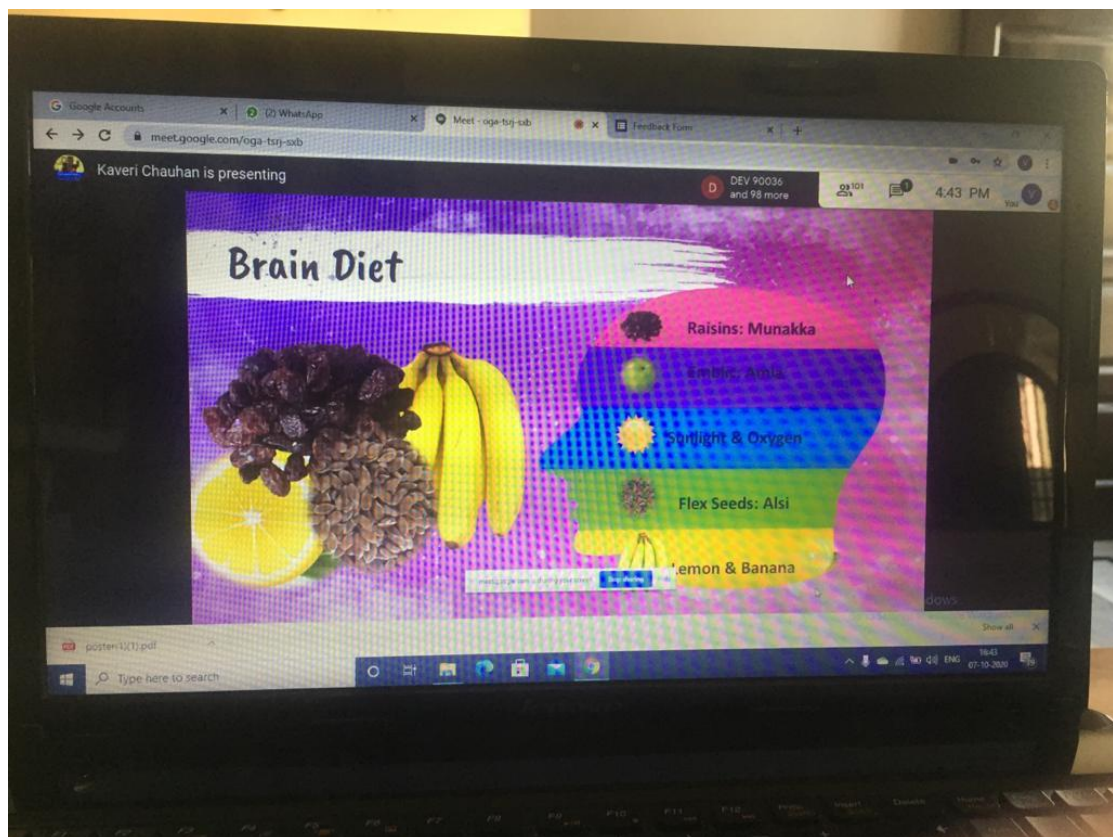
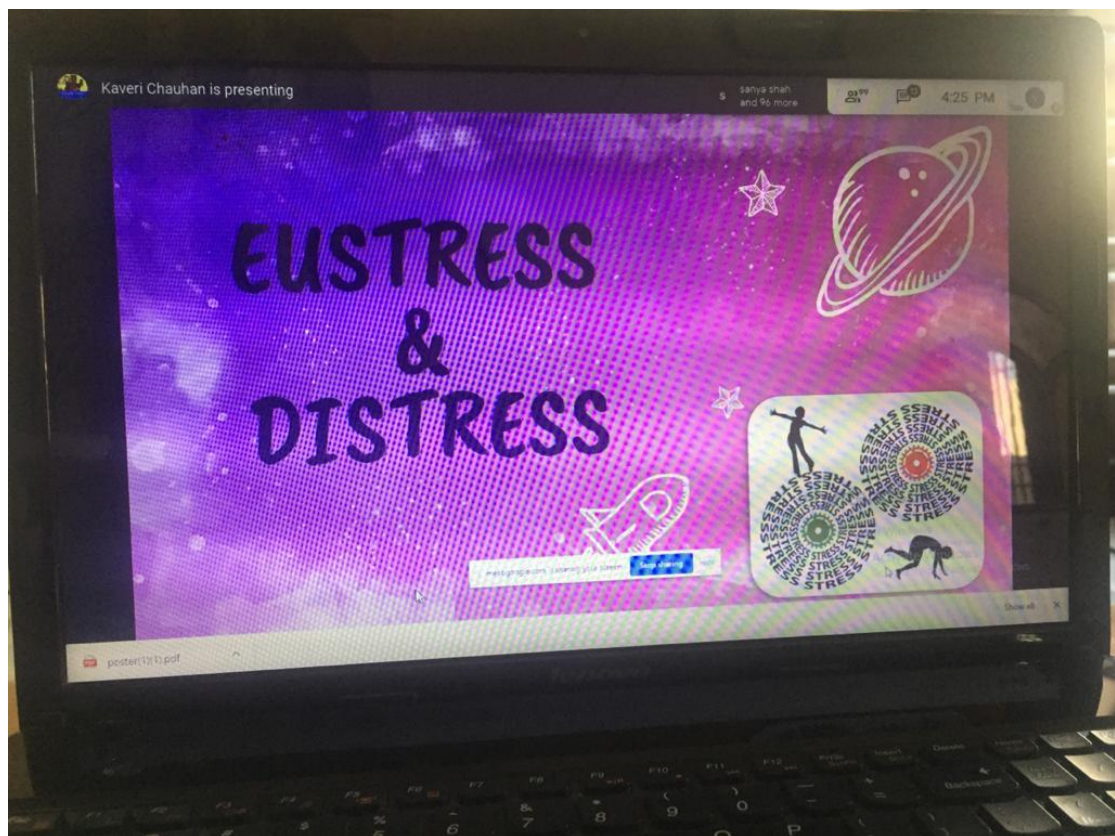
The webinar has been a good learning experience and would not have been possible without the inspiring leadership of our respected Principal Dr. S. Venkata Kumar. We appreciate the guidance provided by our Teacher-in-charge, Dr. Mamta Arora. We are also grateful to the

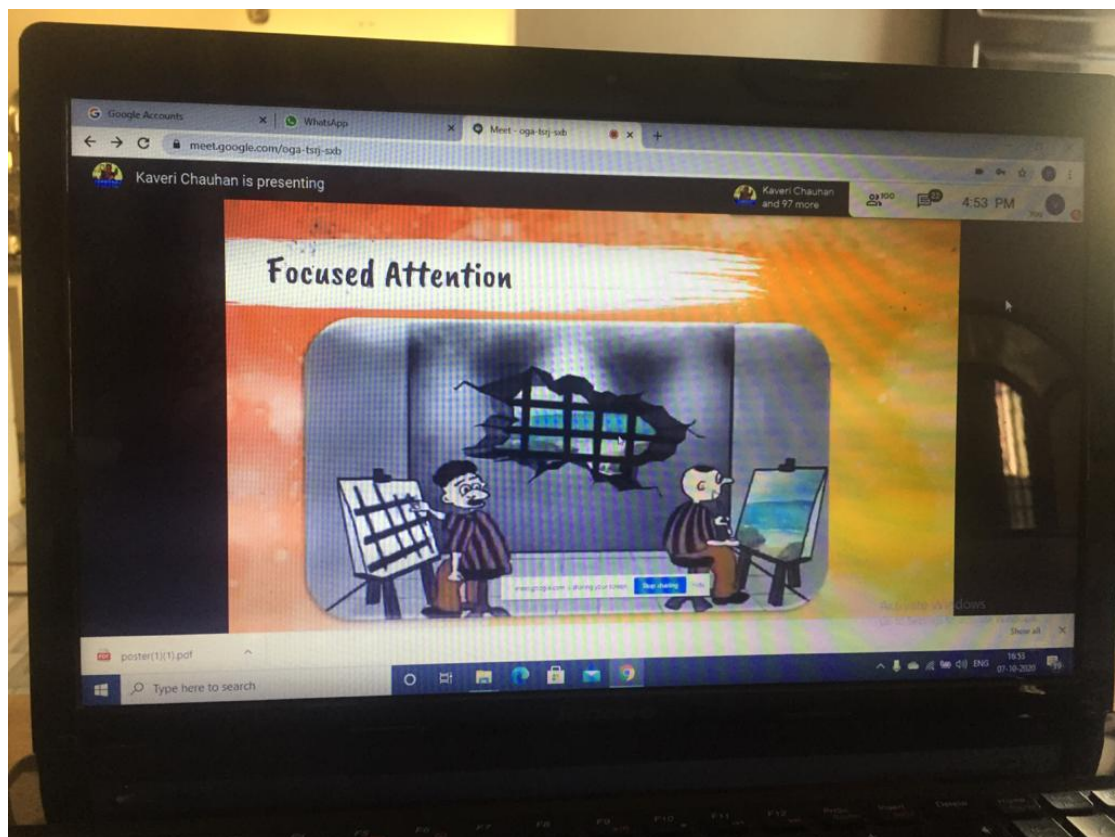
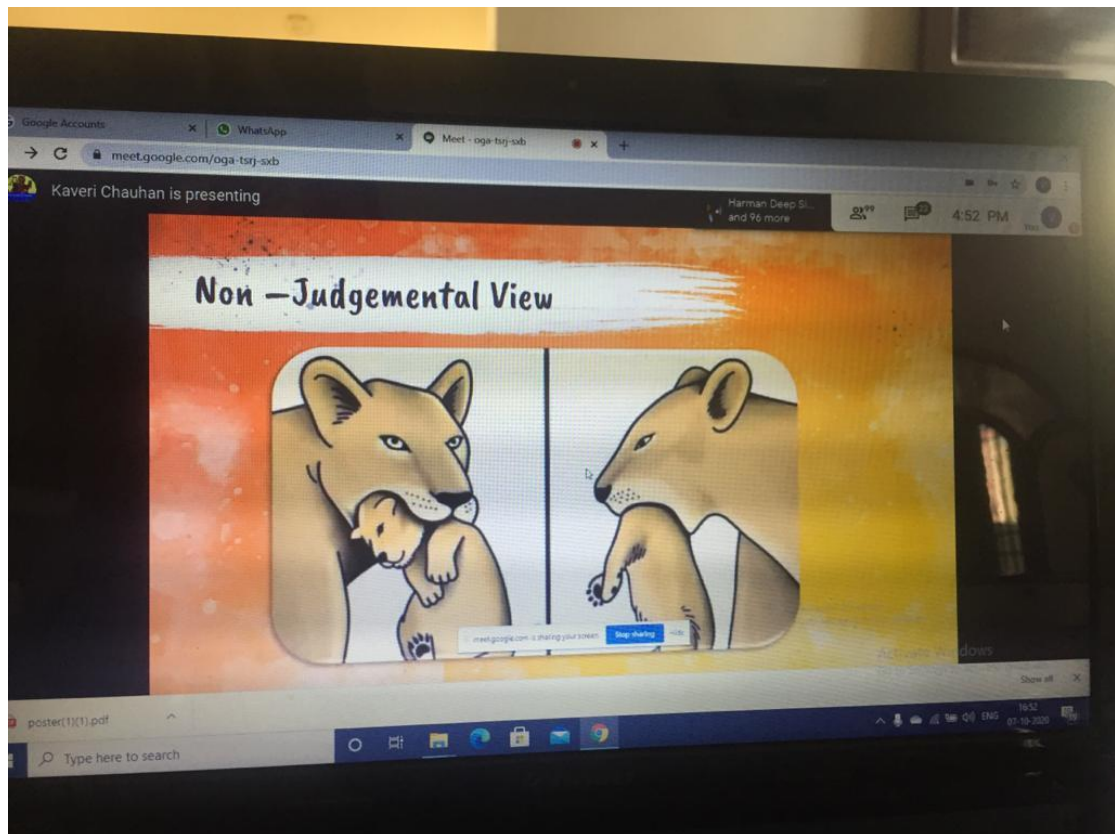
Committee Convener Ms. Sunita Chhabra, Co-convener Ms. Simranjeet kaur and Committee members Dr. Sindhumani Baig, Dr. Vinod Kumar and Dr. Neha Singhal. Each member put their best foot forward to make the event a success.

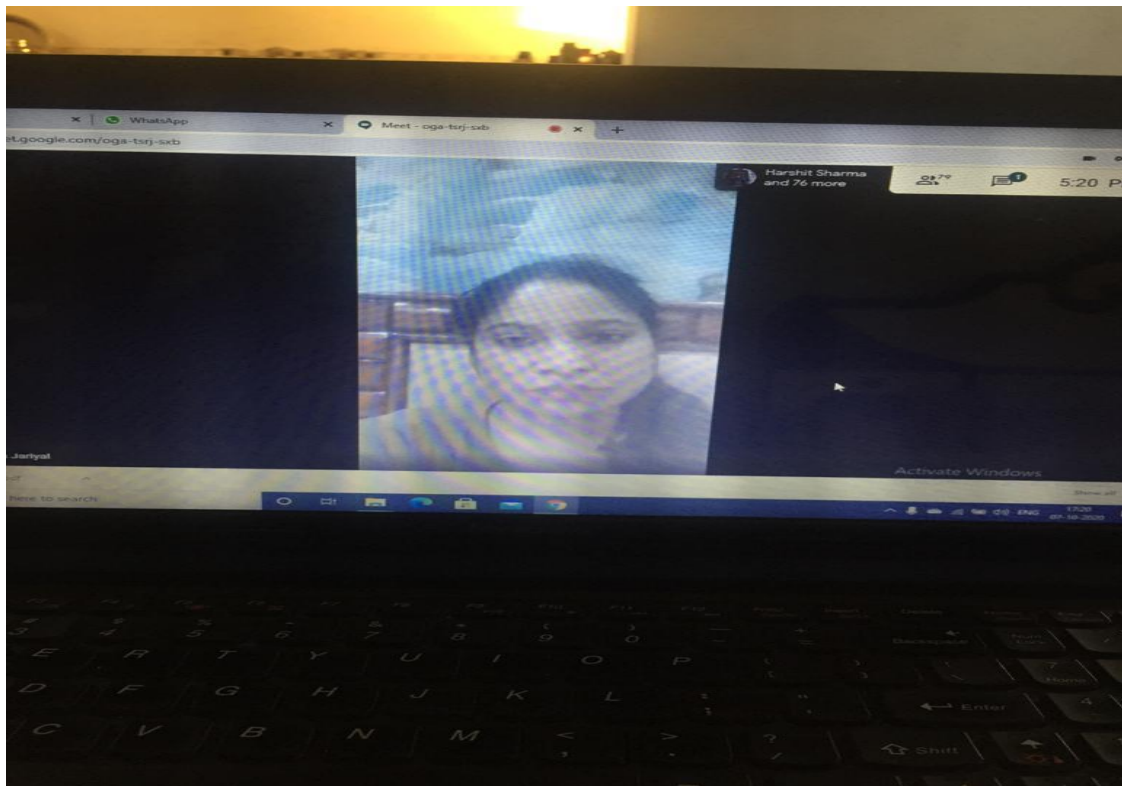
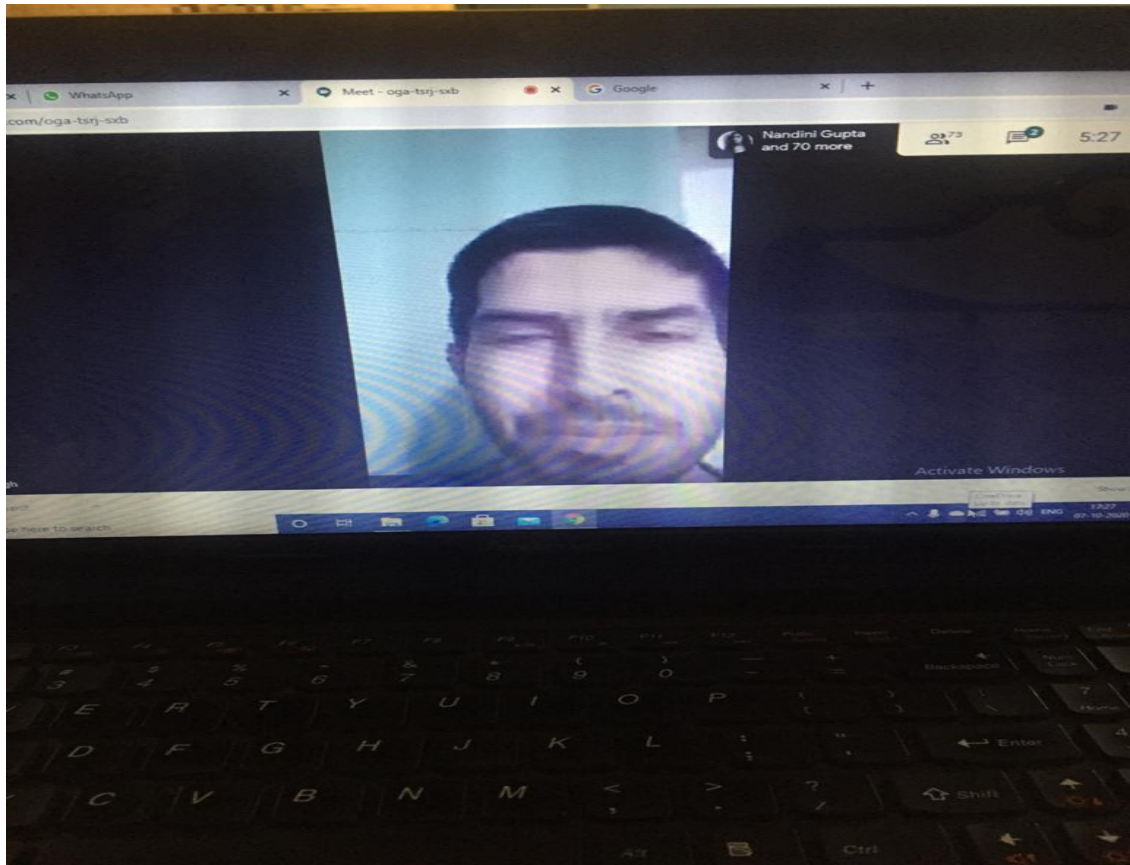
➤ **Photo Gallery**

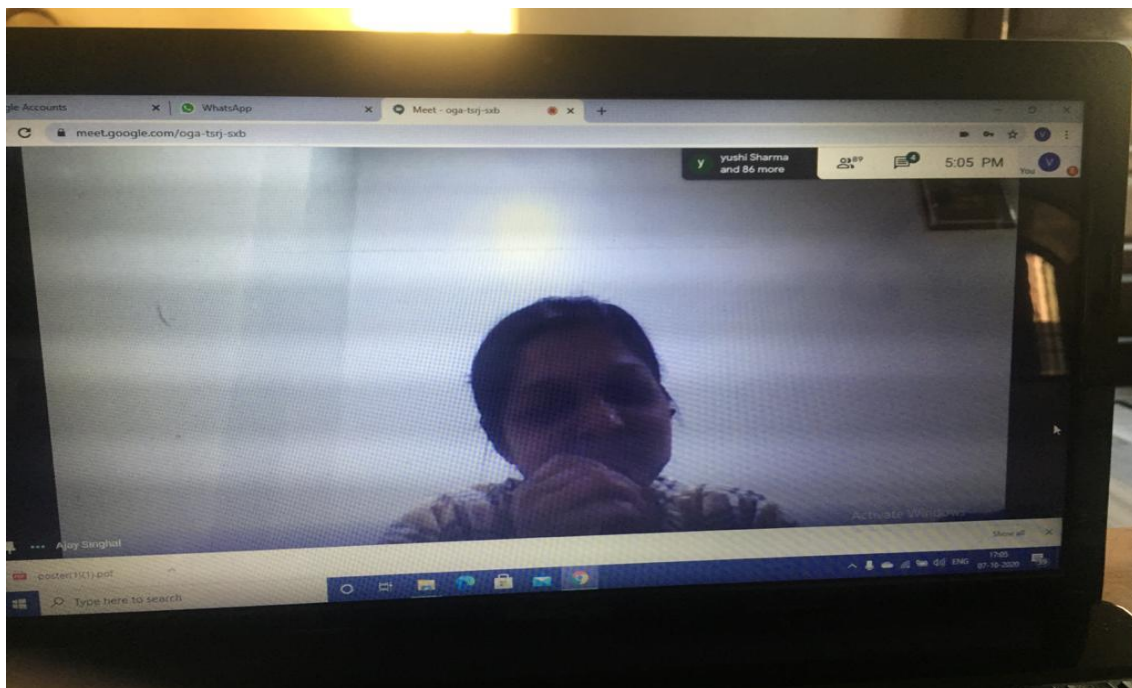
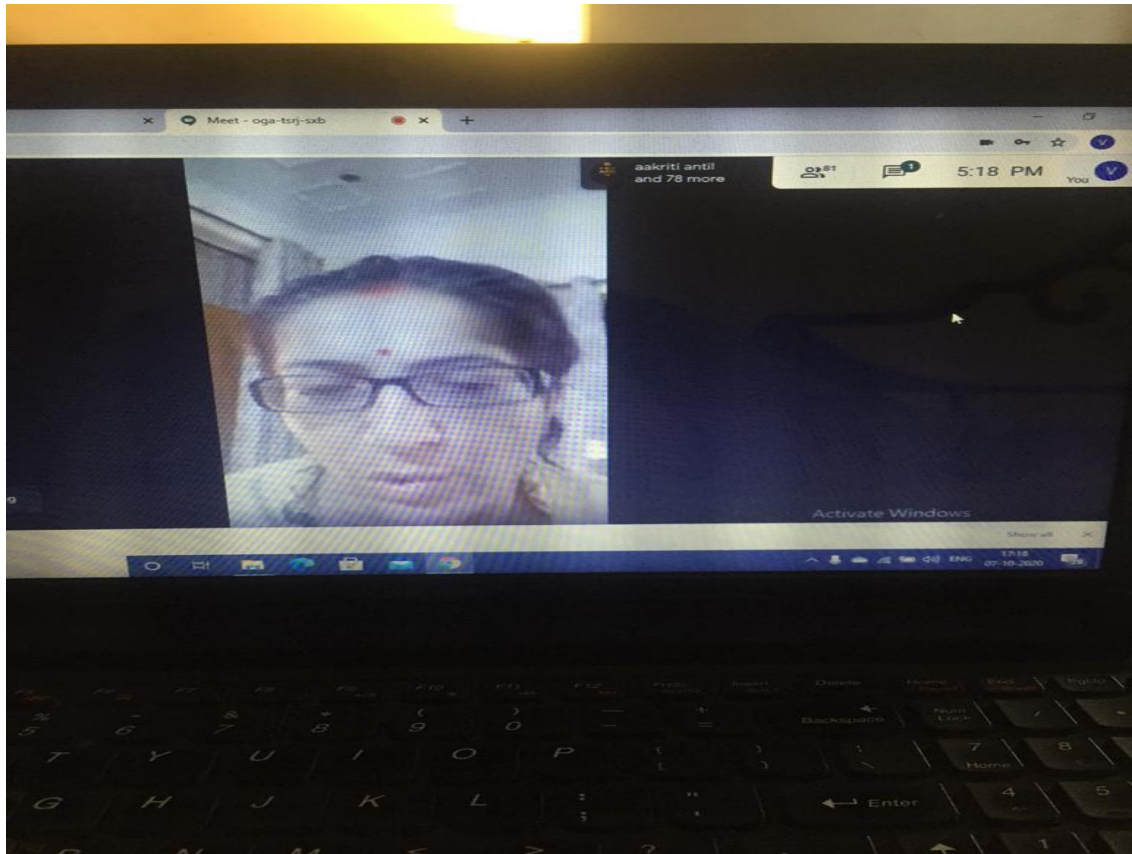














Sri Venkateswara College,
University Of Delhi



COMMERCE DEPARTMENT
presents Webinar on

Healing Invisible Scars:

Anxiety and Stress Management

7th October, 2020 | 4-5:30 PM

SPEAKER : Dr. Kaveri Chauhan

Behavioural Scientist,
Certified Hypnotherapist,
Counsellor at Mindspark PsycCare,
M.Phil.(Experimental psychology)
Ph.D. (Positive psychology)

Topics to be covered :

Identifying Stress,
Diet and Immunity,
Symptoms and
Relaxation techniques



for further information contact:

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(University of Delhi)

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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

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