

SRI VENKATESWARA COLLEGE

(UNIVERSITY OF DELHI)

EVENT REPORT

NAME OF THE EVENT: Webinar – Coping up with anxiety during COVID-19			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS NAME
10.11.2021	Mathematics	Trisectrix- The Mathematics Association	Mr. Anirban Chatterjee
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor;
11:30 am to 12:30 pm	Online (https://teams.microsoft.com/join/19%3aCjM4XTx3MuNi0bdHYRO_7I9GgpPJmTYcCoFt5saexek1%40thread.tacv2/1636289788454?context=%7b%22Tid%22%3a%226f9cb3cb-a06c-484c-8a0e-d6b087e2fab%22%2c%22Oid%22%3a%22cc849afb-b46f-4fb5-9aa2-05c9b5666309%22%7d)	137	Online
FINANCIAL SUPPORT/ASSISTANCE (if any):	₹ 2000(Honorarium)		


BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	Webinar – Coping up with anxiety during COVID-19
OBJECTIVES	To address mental health issues being faced by the students during the pandemic and help the introspect and develop effective strategies to overcome the same.
METHODOLOGY	Webinar and Q&A session
INVITED SPEAKERS	Dr. Anuttama Banerjee (Consultant Psychologist and Academic Mentor)
OUTCOMES	The students could relate the issues that were discussed during the webinar and were optimistic to adopt the tips shared by Dr. Banerjee. The Q&A session helped the students to gain a different perspective about their problems and made the introspect on how they could take care of their mental health during these difficult times.

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

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

IQAC Document No: IQAC/SVC/2021-22/Mathematics03	Criterion No: III and V
Departmental file no: SVC/2021-22/Mathematics03	IQAC file No: IQAC/SVC/2021-22

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Mr. Anirban Chatterjee	Mr. Anirban Chatterjee 	

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

➤ Detailed report of the event:

An exclusive webinar session was organised by Trisectrix - The Mathematics Department of Sri Venkateswara College, University of Delhi, as a part of college's Silver Jubilee Anniversary year celebration on 10th November, 2021 (Wednesday) on virtual platform Microsoft Teams joined by more than 137 participants including the students and faculty.

The theme of the webinar was 'Coping Up with Anxiety during COVID-19.' The disruption from the Covid-19 pandemic has been unparalleled in our lifetime. The loss of lives and livelihood has made a huge dent to the whole world. Being uncertain about how long the pandemic will last, or how bad things might turn, all fingers are crossed against a vaccine. But all this uncertainty and fears have taken an emotional toll that has made it all too easy to spiral out into anxiety issues and overwhelming dread. The theme of the webinar was particularly chosen to address the mental health issues faced by the people, especially students, in this pandemic-stricken world.

The event was graced by the presence and addressal of an eminent psychiatrist, Dr. Anuttama Banerjee. Dr. Banerjee is a Consultant Psychologist and Academic Mentor with B.A. in Psychology, M.A. in Applied Psychology and Ph.D. in Clinical Psychology from Calcutta University. She has 14 years of experience in her medical profession and specializes in issues related to Intimacy, Relationship, Sexuality and certain women issues. She has a major role in conducting workshops and seminars based on Gender and Sexuality along with several NGOs and other academic bodies. Her opinions on various psychological issues are often highlighted in both the electronic and print media, thus making her a well-known personality in the area of Mental Health.

The event started with the addressal by Mr. Anirban Chatterjee, Association in-Charge of Trisectrix, wherein he highlighted the importance of voicing mental health issues and welcomed the guest speaker Dr. Anuttama Banerjee on behalf of the Mathematics Department.

In her opening remarks, Dr. Anuttama Banerjee appreciated the efforts of the Department of Mathematics for initiating a dialogue on mental health and anxiety issues despite it being a topic which isn't much reflected upon. She raised an introspective question: Are we really worried about Covid as a pandemic at this point of time? She shared that we are rather struggling with the aftermath, what this pandemic has already caused in our lives. She remarked that anxiety is not a singular issue, it comes in different faces. Highlighting how digital fatigue is tempering the teaching-learning process, she explained its impact on students and teachers. She shared her own experiences, stories of her clients and relatable examples that kept the audience engrossed in her talk. She not only addressed the problematic areas but also gave valuable tips to overcome them. She urged the students to make a 'task-table' instead of a 'time-table', assigning themselves attainable tasks so as to have a sense of achievement at the end of the day. She concluded her talk by reassuring the audience that this might not be the best time academically but one should focus on the crucial lessons that life is teaching us meanwhile.


The event proceeded further as Dr. Banerjee answered the questions put forward by the audience. While addressing a question on how to prevent overthinking while alone, she remarked that one cannot simply stop overthinking because we only overthink about the issue that is important to us. She insisted on sitting and contemplating what exactly is troubling us and if we have any power over the subject or situation?

Rather than just brooding over the subject, she advised to be solution focused. On another particular question based on dealing with post-pandemic social interactions, she acknowledged that social interactions can be anxiety provoking but it is necessary to get a clarity as to what part of the interaction is making us anxious. She emphasized on not being too concerned about the way people perceive us. She also answered questions about promoting the mental well-being of a person with pre-existing mental health issues and shared tips on how to make transitioning back to offline college gradual and smooth. Her vast knowledge on the subject and eloquence helped the audience to clear their doubts and get a better understanding of the subject. The students felt rejuvenated and seemed to have gained a better perspective about their personal lives after this optimistic session.

After the interactive Q&A session, the hosts on behalf of the entire mathematics department, expressed their gratitude towards the speaker for a substantially great session. They also thanked the audience for their patience and support. The event thus ended on a positive note with the promise of bringing more such enriching sessions in the future.

➤ **Permission Form:**

Annexure I



SRI VENKATESWARA COLLEGE
(University of Delhi)

PERMISSION FOR ORGANIZATION OF EVENTS

EVENT DETAILS

1. Name of the Department/Association:	Mathematics/ Trisectrix, The Mathematics Association
2. Name of the TIC/ Convenor (if any):	Mr. Anirban Chatterjee
3. Nature of the Event:	Webinar
4. Participants:	Student-centric
5. Event Type:	Online
6. Society or Diamond Jubilee:	Diamond Jubilee
7. Collaborating Agency/Organisation:	NA
8. Proposed Title of the Event:	Coping Up with Anxiety during COVID-19
9. Tentative List of Speakers:	Dr. Anuttama Banerjee
10. Duration & Date:	1 hour, 10th November 2021
11. Financial Assistance (if any):	NA
12. Proposed Budget (with details):	Honorarium

Anirban Chatterjee
Name & Signature of TIC/Convenor
ANIRBAN CHATTERJEE
Date: **29/10/2021**

C. Shula Reddy
Signature of the Principal
Date: **29/10/21**

➤ **Event Poster & Invitation:**

WEBINAR

toisectrix
The Mathematics Association
THE MATHEMATICS ASSOCIATION
SRI VENKATESWARA COLLEGE
UNIVERSITY OF DELHI

Coping Up with Anxiety during COVID-19

10th NOV 2021
11:30 AM - 12:30 PM

**Platform:
Microsoft Teams**

REGISTER NOW

Certificates will be provided to all participants

Regards,
Mr. Anirban Chatterjee,
Association-in-Charge

Dr. Anuttama Banerjee
Consultant Psychologist and Academic Mentor
M.A., PhD in Clinical Psychology,
Calcutta University.

WEBINAR

toisectrix
The Mathematics Association
THE MATHEMATICS ASSOCIATION
SRI VENKATESHWARA COLLEGE
UNIVERSITY OF DELHI

Coping Up with Anxiety during COVID-19

10 NOV 2021
11:30 - 12:30 PM

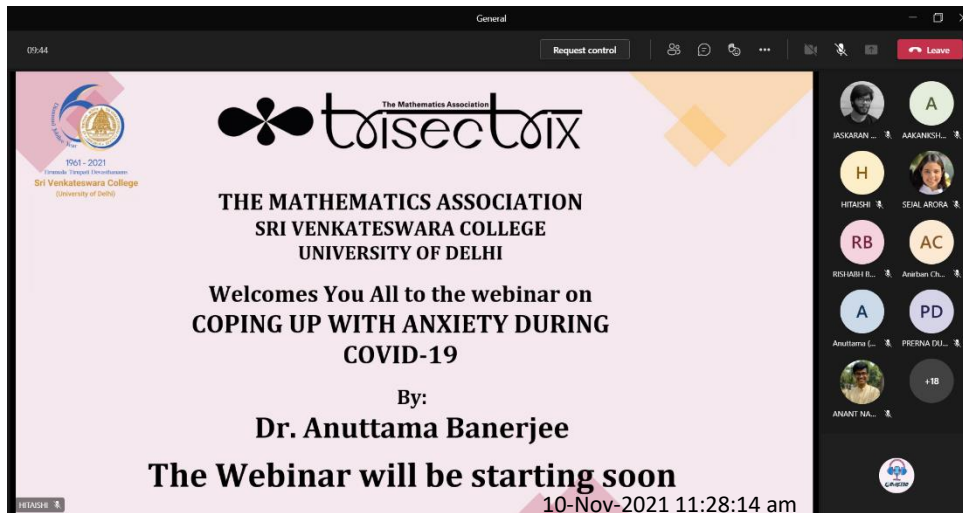
Platform - MS Teams
Join the webinar using the meeting link

Dr. Anuttama Banerjee
Consultant Psychologist and Academic Mentor
M. A., PhD in Clinical Psychology,
Calcutta University

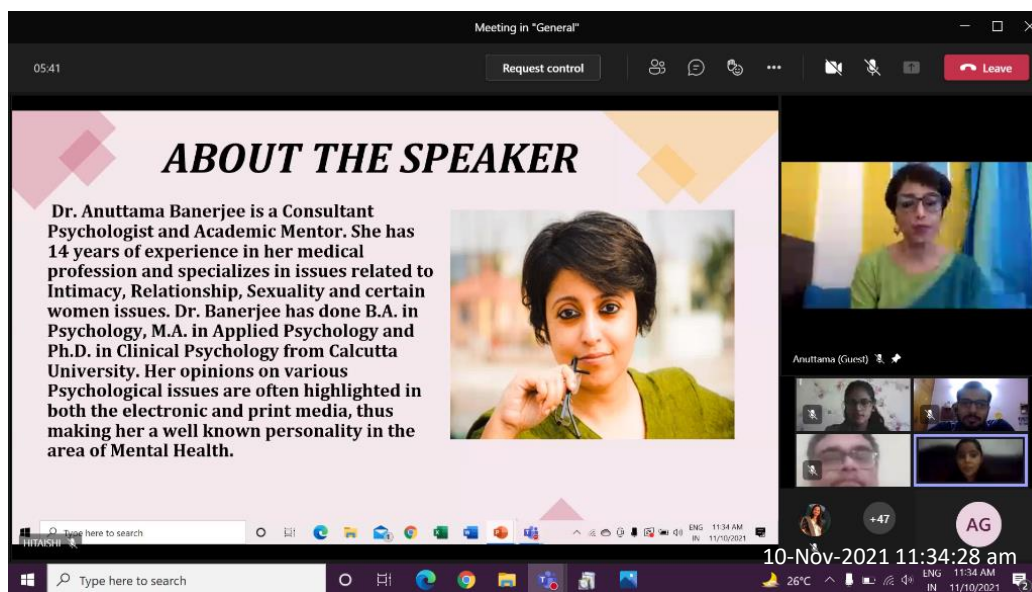
For more details, contact:
Sejal Arora +91 9501168019
Jaskaran Singh +91 8800141564

Regards
Prof. C Sheela Reddy, Principal
Dr. Deepti Jain, Teacher-in-Charge
Mr. Anirban Chatterjee, Association-in-Charge

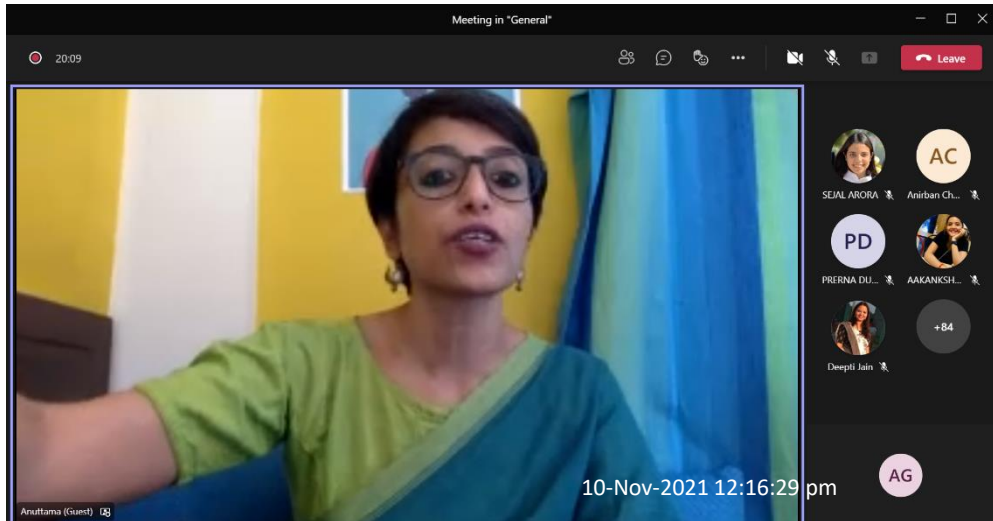
➤ Photos:



(Welcoming everyone)

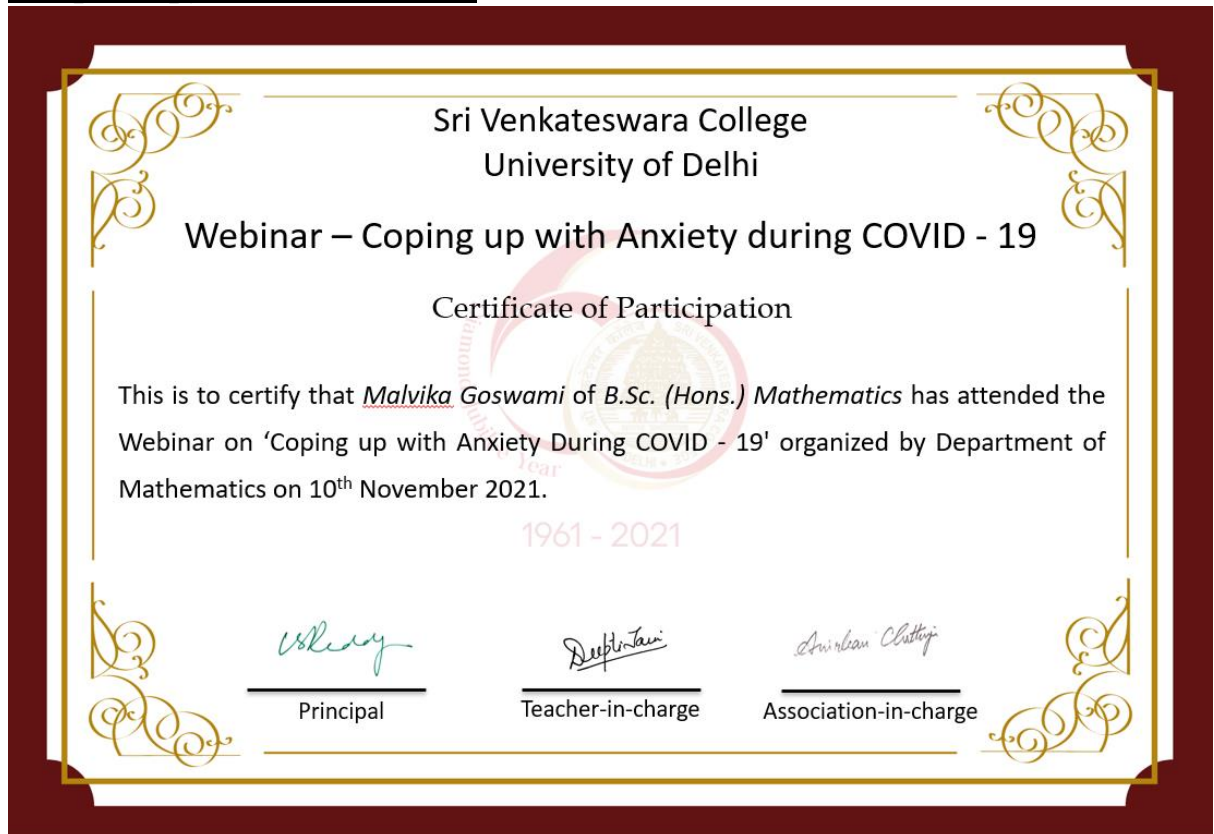


(Introducing the Speaker: Dr. Anuttama Banerjee)



(Dr. Banerjee answering a question during the Q&A round)

➤ **Sample Copy of the Certificate:**



➤ **Recording of the Meeting:**

<https://www.youtube.com/watch?v=jJqBU75ZquE>

➤ **Schedule of the event:**

- 11:30 am – 11:40 am:- **Welcome & Introduction**

Hosts welcomed everyone in the meeting and the Association-in-Charge, Mr. Anirban Chatterjee extended a welcome note following which the speaker, Dr. Anuttama Banerjee was introduced.

- 11:40 am – 12:15 pm:- **Talk by Dr. Banerjee**

Dr. Banerjee gave a talk on mental health and anxiety issues being faced during COVID-19. She shared her own experiences, stories of her clients and relatable examples that kept the audience engrossed in her talk. She not only addressed the problematic areas but also gave valuable tips to overcome them.

- 12:15 pm – 12:30 pm:- **Question-Answer session followed by Vote of Thanks**

After the talk was over, questions from the audience were taken up by the hosts to ask Dr. Banerjee for the Q&A session following which a vote of thanks was presented to the speaker to conclude the event.

➤ **List of Participants:**

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137	R (Guest)		Student

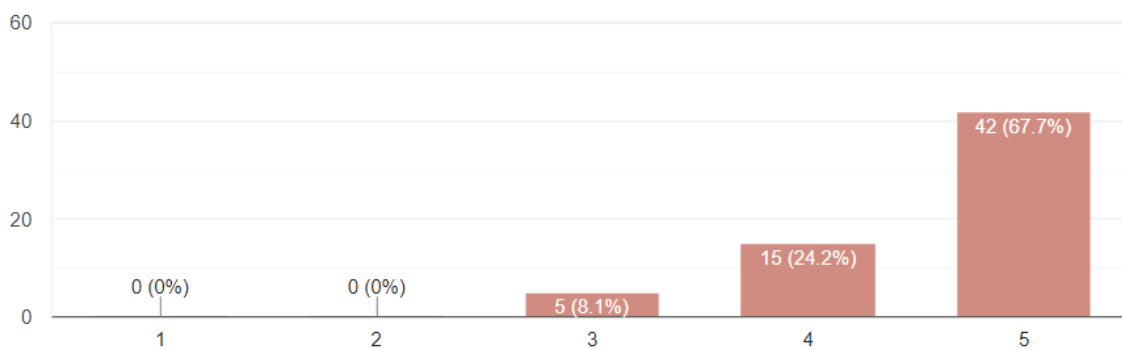
➤ **Feedback Form and Analytics:**

- The feedback form was filled by **62** people which includes both students and faculty from different colleges and universities.
- **91.9%** of the respondents found the webinar to be relevant in today's scenario by giving a rating of 4 out of 5 and above.
- **75.8%** of the respondents could relate the problems raised to their personal life by giving a rating of 4 out of 5 and above.
- **87.09%** of the respondents believe that mental health is being ignored and needs more discussion by giving a rating of 4 out of 5 and above.
- **90.3%** of the respondents said that they would suggest their batchmates/ friends to attend a session on this topic by giving a rating of 4 out of 5 and above.
- **51.6%** of the respondents explained in their own word the changes they would make in their personal life to make it more productive after attending the session.

Did you find the webinar relevant in today's scenario?

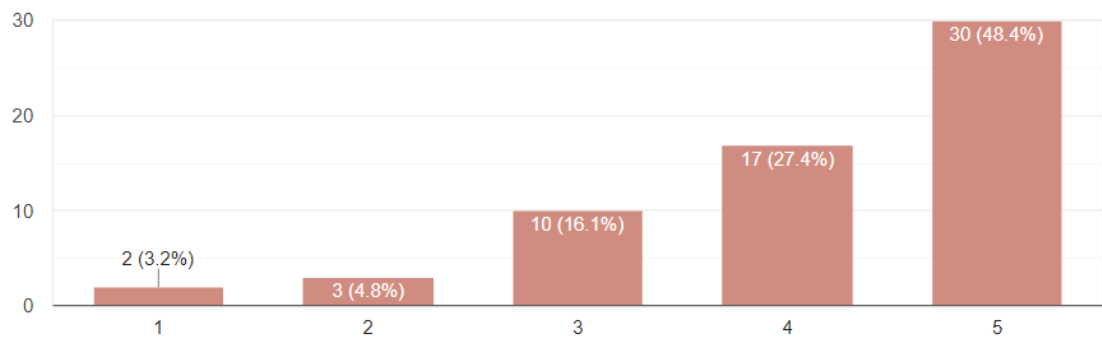


62 responses



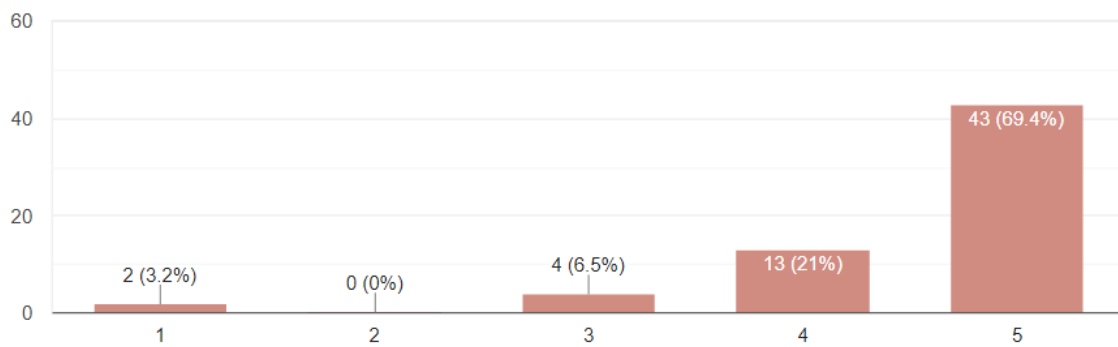
Could you relate to the problems raised in your personal life?

62 responses



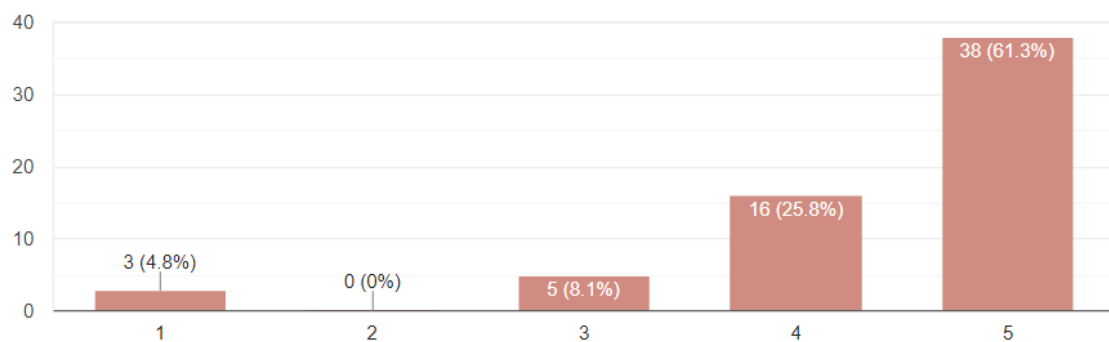
Will you suggest your fellow batchmates/friends to attend such session?

62 responses



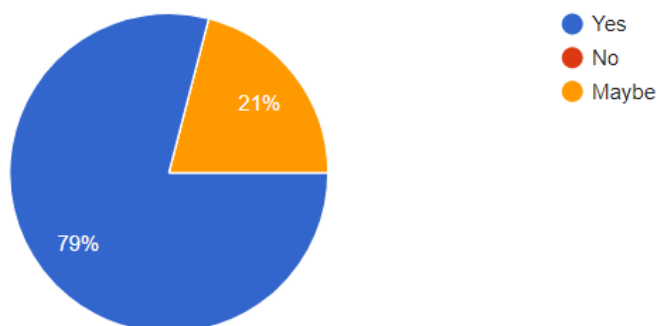
Do you think that mental health is being ignored and this topic needs more discussion?

62 responses



If given an option will you attend sessions like this in the future?

62 responses





1961 - 2021

Himada Hirupati Devasthanams

Sri Venkateswara College

(University of Delhi)

CERTIFICATE

This is to certify that Webinar on Coping up with anxiety during COVID-19 was successfully conducted on 10 November 2021 from 11:30am to 12:30 pm by Department of Mathematics in the Online mode and its event report has been submitted to IQAC for records.

C. G. Srinivasan
Principal

PRINCIPAL
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V. Lakshmi

IQAC Coordinator

Coordinator, IQAC
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(University of Delhi)
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