



Tirumala Tirupati Devasthanams

శ్రీ వేంకటేశ్వర కళాశాల

**Sri Venkateswara College**

(University of Delhi)

NAAC Grade A+

**SRI VENKATESWARA COLLEGE  
(UNIVERSITY OF DELHI)**

**EVENT REPORT**

NAME OF THE EVENT: VALUE ADDITION COURSE WORKSHOP ON THE ART OF BEING HAPPY			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS' NAME
28 <sup>th</sup> Oct, 2022		IQAC	Prof. Swarn Singh, Dr. Deepti Jain, Dr. Arpita Kaul & Dr. Shefali Shukla
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
10 a.m. – 1 p.m.	Seminar Hall, Durgabai Deshmukh Block, Sri Venkateswara College	30	Offline
FINANCIAL SUPPORT/ASSISTANCE (if any):	SRI VENKATESWARA COLLEGE		








**BRIEF INFORMATION ABOUT THE ACTIVITY**

TOPIC/SUBJECT OF THE ACTIVITY	Workshop on value addition course on The Art of Being Happy
OBJECTIVES	The workshop aimed at orienting the faculties of different colleges towards the syllabus of the value addition course, The Art of being happy.
METHODOLOGY	A presentation by the speakers followed by group discussion by the participants.
INVITED SPEAKERS WITH AFFILIATION DETAILS ( IF ANY)	<ol style="list-style-type: none"><li>1. Prof Soumendra Mohan Patnaik, Professor, Department of Anthropology, University of Delhi and Convener of the Steering committee of Value addition courses</li><li>2. Dr. Seema Gupta, Associate Professor, Department of Commerce, Deshbandhu College, University of Delhi</li></ol>

**OUTCOMES**

The teachers learnt what content to teach, discuss in the class and how to teach the same. The teachers also got an orientation on what practical exercises should be done in class and out of class.

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

1 Notice & Letters 	2 Number of Participants & Name of participants 	3 Video clip	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/2022-23/COL/04

Criterion No: 1

Departmental file no: SVC/2022-23

IQAC file No: SVC/2022-23

NAME OF  
TEACHER &  
SIGNATURE

NAME OF HEAD/  
COMMITTEE INCHARGE &  
SIGNATURE

IQAC COORDINATOR (SEAL &  
SIGNATURE)

Dr. Deepti Jain

Prof. Swarn Singh



Dr. Arpita Kaul  
Dr. Shefali  
Shukla

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		

#### REPORT

चित्ते प्रसन्ने भुवनं प्रसन्नं चित्ते विषण्णे भुवनं विषण्णम् ।

अतोऽभिलाषो यदि ते सुखे स्यात् चित्तप्रसादे प्रथमं यतस्व ॥

If the mind is happy, the entire world (seems) happy. If the mind is despondent, the entire world (seems) despondent. Hence, if you desire happiness, strive towards the happiness of the mind first.

The session began with Dr. Arpita Kaul, Assistant Professor, Department of Commerce and Criteria 1, NAAC member, Sri Venkateswara College welcoming the resource person for the day, Prof. Soumendra Mohan Patnaik, Prof. C. Sheela Reddy, Principal, Sri Venkateswara College, Dr. S. Venkata Kumar, Nodal officer, Value addition courses, sri venkateswara college and all the participants.



**Dr. Arpita Kaul, Assistant Professor, Department of Commerce and Criteria 1, NAAC member, Sri Venkateswara College welcoming the august gathering**

Prof. C. Sheela Reddy was invited for felicitating Prof. Patnaik.



**Prof. C. Sheela Reddy, Principal, Sri Venkateswara College felicitating, Prof. Patnaik, Professor, Department of Aantropology, University of Delhi**

Dr. S. Venkata Kumar, Nodal Officer, Value Addition Courses, Sri Venkateswara college was then invited to felicitate Dr. Seema Gupta, Associate Professor, Department of Commerce, Deshbandhu College.



**Dr. S. Venkata Kumar, Nodal Officer, Value Addition Courses, Sri Venkateswara college felicitating Dr. Seema Gupta, Associate Professor, Department of Commerce, Deshbandhu College**

Prof. Swarn Singh then felicitated Prof. C. Sheela Reddy, Principal, Sri Venkateswara College



**Prof. Swarn Singh, Professor, Department of Mathematics and Coordinator, Internal Quality Assurance Cell, Sri Venkateswara College felicitating Prof. C. Sheela Reddy, Principal, Sri Venkateswara College**

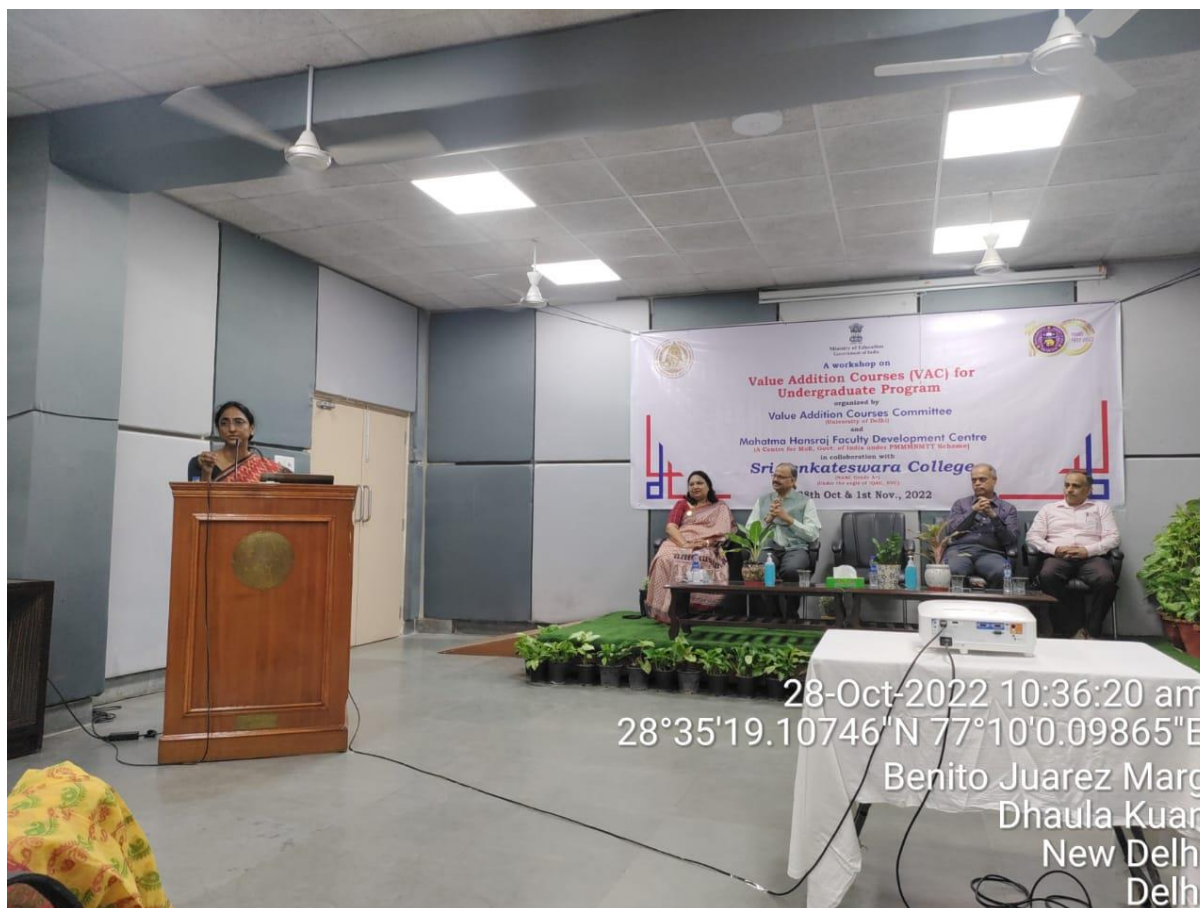


Dr. Deepti Jain, Associate Professor, Department of Mathematics and Criteria 1 Coordinator, NAAC, Sri Venkateswara College was invited to felicitate Dr. S. Venkata Kumar, Nodal Officer, Value Addition Courses, Sri Venkateswara College



**Dr. Deepti Jain, Associate Professor, Department of Mathematics and Criteria 1 Coordinator, NAAC, Sri Venkateswara College felicitating Dr. S. Venkata Kumar, Nodal Officer, Value Addition Courses, Sri Venkateswara College**

Prof. C. Sheela Reddy was then invited to say a few words. She expressed her delight on the rare occasion of meeting of faculties from multiple disciplines under one roof for deliberation on the value addition course on The Art of being happy. She stressed on how being happy is related to a state of mind and she also thanked VAC committee and MHRFDC for providing Sri Venkateswara College with the opportunity to make its noble contribution in the field of education by being a host for the first workshop in the second phase of VAC workshops under the NATIONAL EDUCATION POLICY 2020 – UNDERGRADUATE CURRICULUM FRAMEWORK 2022 of University of Delhi.



**Prof. C. Sheela Reddy, Principal, Sri Venkateswara College expressing her views on the theme of the workshop**

After an introduction of the speakers, they were invited to conduct the session. Prof. Patnaik gave a brief outline of the session by dividing the session into 4 parts:

Introduction about the value addition courses so that the process percolates down to the individual teacher level by Prof. Patnaik.

1. Outline of the syllabus by Dr. Seema.
2. Breaking into groups for group discussion.
3. Presentation by the audience.
1. In the first part of the session, Prof. Patnaik, stressed on how value addition courses should be dealt with. What are the dos and don'ts? He suggested the dos are as follows:
  - a. Transcend the disciplinary bounds.
  - b. Allowing students to identify their interest areas.
  - c. Counsel students not as a discipline expert but from their point of view

He suggested not restricting yourself in their specific disciplines. He also shared a longitudinal study by Harvard on roots of happiness. He told that those who were healthy were happy. He also emphasised on investing in our relationships and nurturing relationships.

He also stressed that inspirations can be sought from disciplinary traditions like in Life Science, discovering self, understanding culture in India, America and other countries.



### **Prof. Patnaik conducting the session**

A round of introduction by the participants was taken up after which Dr. Seema, explained the syllabus by bifurcating it as follows:

UNIT- I Human Ecology and Happiness Lectures (3 Weeks)- It should stress on dopamine, serotine, oxytocin and PEP Model- physical, emotional, psychological model.

UNIT- II Indological Theories of Happiness (4 Weeks)-It should focus on the panch kosh theory – anamaya kosh, pranamaya kosh, manomaya kosh, vigyanmaya kosh and ananadamaya kosh.

UNIT- III Happiness: Cross-cultural Contexts (4 Weeks)- Focus on culture and happiness

UNIT- IV Local and Global Perspective of Happiness (4 Weeks)-Focus on happiness index





**Dr. Seema Gupta, Associate Professor, Department of Commerce, Deshbandhu college conducting the session**

After a tea break participants were asked to form groups having 4 members each and they were asked to deliberate on the practicals that should be conducted in the class or outside class. In all 6 groups were formulated.



**The participants engrossed in the group activity/ discussion**

After the group discussion, each groups' representatives shared their deliberations with the rest of the participants.



### Participants sharing their deliberations with the rest of the participants

At the end both the speakers gave their concluding remarks and on behalf of the organizing team Dr. Shefali Shukla, Department of Chemistry, Sri Venkateswara College, proposed the vote of thanks.





**Dr. Shefali Shukla, Department of Chemistry, Sri Venkateswara College, proposing the vote of thanks**

At the end a group photograph was taken and the session ended with lunch.



**Group Photograph for the Value addition workshop on The art of being happy**

Poster



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**Sri Venkateswara College**

(University of Delhi)

NAAC Grade A+

A workshop on

## VALUE ADDITION COURSES (VAC) FOR UNDERGRADUATE PROGRAM

(An IQAC, SVC initiative)

### Session Title : The Art of Being Happy

Speaker for the session :

**PROF. SOUMENDRA PATNAIK**

Professor

Department of Anthropology, University of Delhi



DATE : October 28, 2022

TIME : 10 A.M. - 1 P.M.

Banner










Questions Responses **25** Settings

## FEEDBACK FORM FOR VAC WORKSHOP ON THE ART OF BEING HAPPY HELD ON 28.10.22

Attendance and Feedback form

Email  Short answer

Short answer text

  Required ☒

Name \*

Short answer text

Questions Responses **25** Settings

DESIGNATION \*

Short answer text

COLLEGE

Short answer text

How will you rate the value addition course workshop on The Art of being Happy on a scale of \*

1-5. 1 being poor 2 average 3 good 4 v good 5 excellent

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ Strongly agree

The session was conducted smoothly.

☐ Strongly disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly agree

Any other comment

Long answer text

Was the workshop helpful? \*

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Such workshops shall be held every semester as they are very helpful. \*

☐ Strongly disagree

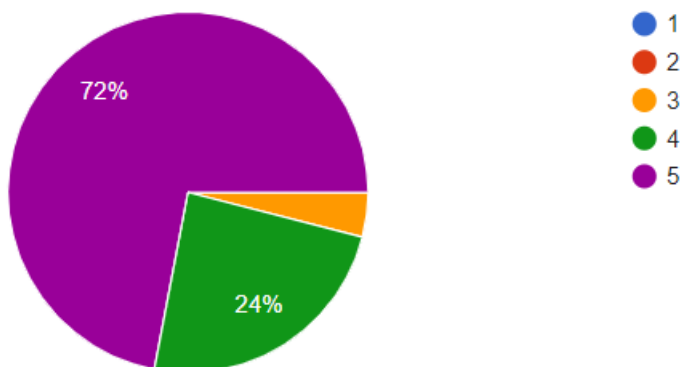
☐ Disagree

☐ Neutral

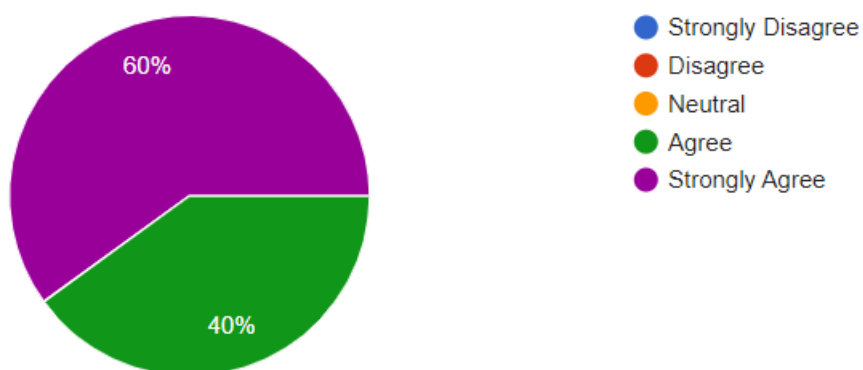
☐ Agree

☐ Strongly agree

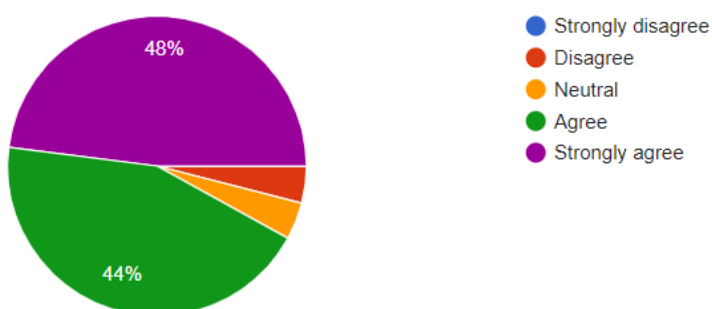
How will you rate the value addition course workshop on The Art of being Happy on a scale of 1-5. 1 being poor 2 average 3 good 4 v good 5 excellent



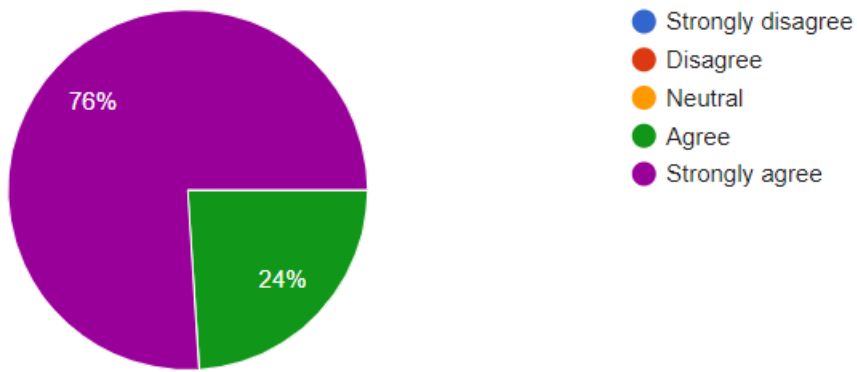
Was the workshop helpful?



Such workshops shall be held every semester as they are very helpful.



**The session was conducted smoothly.**



It was good. More such events should be organized

I appreciate the organising team for organising this workshop. Thank you.

It was an immense pleasure to listen the speakers!

Felt the real environment of an academic life...must be held regularly...

Excellentlly conducted Workshop



# Value Addition Courses Committee (University of Delhi)

is

organising

Course Workshops (Phase II)

on

**Value Addition Courses(VAC)  
for Undergraduate Programme**

(October 28 and November 1, 2022)

Sessions Timings : 10:00 AM – 5:00 PM

in

collaboration with

**Sri Venkateswara College and Aryabhata College, University of Delhi**

*under the aegis of*

**Mahatma Hansraj Faculty Development Centre**

(A Centre of MoE under PMMMNMTT Scheme)

**Hansraj College**

(NAAC A+ CGPA 3.62, NIRF Rank #14)

**University of Delhi**

**Delhi -110007**



## About PMMMNMTT

The Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching emphasizes the need to change the role and working of a teacher from mere disseminator of information and knowledge to the one who advances frontiers of existing knowledge by actively developing and creating new insights into diverse social and physical phenomena.

## About Hansraj College



Hansraj College is one of the largest constituent colleges of University of Delhi and has been ranked as one of the top five colleges for science, arts and commerce several times in the last decade. The faculty and students of the college have contributed immensely in the field of academics, sports and cultural activities. The college faculty is dedicated towards growth and development of the institution academically and administratively to constantly thrive for excellence. Hansarians have been placed in diverse professions and services worldwide and are bringing fame and laurels to the institution.

## About Sri Venkateswara College

Sri Venkateswara college is a prominent, nationally sought-after co-education and constituent college of the University of Delhi accredited “Grade A+” by NAAC in the year 2022. The College offers 20 undergraduate courses in Commerce, Arts and Science streams and 9 post graduate level courses in Arts and Science streams and 1 full time Post Graduate Diploma (PGD) in Biochemical Technology. The holistic educational profile of the College has gained recognition because of its consistent excellence in academics, sports and other co-curricular activities. The College champions the cause of inclusive education, aiming at nurturing young minds to cope well with the ever-changing scientific world, meet with technological challenges and contribute to society in a meaningful manner.





## About Aryabhata College

Aryabhata College, formerly Ram Lal Anand (Evening), is a constituent college of the University of Delhi. It is a co-educational institution maintained by the University since 1973 and is fully funded by UGC grants-in aid. Having re-established in the academic year 2014-15 as a separate institution, Aryabhata College is a relatively new entity. It is named after the earliest Indian mathematician, Aryabhata, in honour of his unparalleled contribution to the arena of mathematics and astronomy. The institution has been recently accredited with NAAC A+ grade in its first cycle of assessment. The college offers Arts, Commerce and Science courses at the undergraduate level. There are presently around 2200 students on the rolls of the College.



The college has achieved excellence through all-round development in academic, curricular and co-curricular spheres. Students of Aryabhata pursue higher education in premium post graduate institutes in India and abroad. They have also been placed in varied services, thus contributing to the popularity of the institution in the world. The college faculty consists of distinguished authors and prominent researchers and have immensely contributed towards the growth and development of the college. The college has emerged as a dynamic institution both academically and administratively, for all-round student development by improving and strengthening the capabilities congruent with different dimensions of future growth objectives.

## About the Programme

In pursuance of the objectives outlined in the National Education Policy 2020, the Value Addition Courses (VACs) seek to fulfil the mandate of providing holistic education to the students. As the NEP elucidates, "the purpose of the education system is to develop good human beings capable of rational thought and action, possessing compassion and empathy, courage and resilience, scientific temper and creative imagination, with sound ethical moorings and values." The Value Addition Courses will introduce students to the rich heritage of the nation as well as to important social concerns of the current times, helping them to make connections between what they learn and how they live.

In order to fulfill the above objectives a pool of 24 Value Addition Courses have been designed under the Chairmanship of **Prof. Niranjana Kumar**, Department of Hindi, Delhi University for the undergraduate programme of University of Delhi in the academic year 2022-23. The courses have a sound theoretical base as well as appropriate hands-on components. At the same time, they clearly set out measurable and attainable Learning Outcomes. Knowledge, in essence, being integrated, these courses are essentially multidisciplinary in nature.

The University has constituted a steering committee under the Value Addition Courses Committee for the effective implementation of the Value Addition Courses under UGCF 2022-23 in all the colleges/institutes/centers of the University. Following are the members of the ***Steering Committee***:

1. **Prof. S. M. Patnaik, Department of Anthropology- Convenor**
2. **Prof. Manoj Sinha, Principal, Aryabhatta College**
3. **Prof. Anil Kumar, Department of Commerce, Shri Ram College of Commerce**
4. **Prof. Prabhat Mittal, Business Data Processing, Satyawati College (Eve.)**
5. **Dr. Geetanjali Kala, Cluster Innovation Centre**
6. **Ms. Shobhana Sinha, Department of History, Bharti College-Coordinator**

In order to familiarize the faculty of the colleges under University of Delhi with the course content and teaching learning methodology of these VACs Hansraj College, in collaboration with University of Delhi has taken an initiative to organize a workshop for the faculties of these colleges.

## Programme Schedule

S.No.	Name of the Course	Course Coordinator	Date	Time	Venue
1	Ethics and Values in Ancient Indian Traditions	Prof Manoj Sinha	28/10/2022	2:00 PM-5:00 PM	Seminar Room, Aryabhata College
2	Gandhi and Education	Prof K. P. Singh	28/10/2022	2:00 PM-5:00 PM	Seminar Hall, Durgabai Deshmukh Block, Sri Venkateswara College
3	National Cadet Corps-I	Capt. Parminder Sehgal	28/10/2022	10:00 AM-1:00 PM	Seminar Room, Aryabhata College
4	The Art of Being Happy	Prof Soumendra Patnaik	28/10/2022	10:00 AM-1:00 PM	Seminar Hall, Durgabai Deshmukh Block, Sri Venkateswara College
5	Yoga: Philosophy and Practice	Prof Ranjan Tripathi	28/10/2022	10:00 AM-1:00 PM	Student Activity Centre, Aryabhata College
6	Culture and Communication	Prof Pratyush Vatsala	1/11/2022	10:00 AM-1:00 PM	Seminar Hall, Durgabai Deshmukh Block, Sri Venkateswara College
7	Sports for Life-I	Prof Sandeep Tiwari	1/11/2022	10:00 AM-1:00 PM	Seminar Room, Aryabhata College
8	Fit India	Prof Sandeep Tiwari	1/11/2022	2:00 PM-5:00 PM	Seminar Hall, Durgabai Deshmukh Block, Sri Venkateswara College

❖ Faculties assigned by the colleges for each VAC are hereby informed to make it convenient to attend the workshop as per the programme schedule given above.

## MHRFDC Team

**Prof.(Dr.) Rama**

Principal, Hansraj College & Chairperson, MHRFDC

**Prof.(Dr.) Jyoti Bhola**

Coordinator, MHRFDC

**Mr. Ashutosh Yadav**

Dy. Coordinator, MHRFDC

## VAC Committee Chairman

**Prof. Niranjn Kumar**

Chairman, Value Addition Courses' Committee

Dean, Planning, University of Delhi

Advisor, Minister of State for Education, Govt. of India

## Sri Venkateswara College Organising Committee

**Prof. C Sheela Reddy**

Principal & Patron

**Prof. Swarn Singh**

IQAC Convenor

**Dr. Deepti Jain**

IQAC Member

**Dr. Venkata Kumar**

Coordinator, Value Added Courses

## Aryabhata College Organising Committee

**Prof. Manoj Sinha**

Principal & Patron

**Prof. J K Singh**

IQAC Convenor

**Dr. Krishna Murari**

IQAC Member

**Prof. Surajit Deb**

Coordinator, Value Added Courses

## VAC Organising Team

**Prof. S. M. Patnaik,**

Convenor

Department of Anthropology

**Prof. Manoj Sinha**

Principal, Aryabhatta College

**Prof. Anil Kumar**

Department of Commerce, Shri Ram College of Commerce

**Prof. Prabhat Mittal**

Business Data Processing, Satyawati College (Eve.)

**Dr. Geetanjali Kala**

Cluster Innovation Centre

**Ms. Shobhana Sinha**

Coordinator

Department of History, Bharati College



## Group Activity

Group 1

- #1) Laughing Therapy → initial 10
- #2) Stories on different situations
- #3) group discussion on life experiences
- #4) Creative writing.

- 1) Laughing Therapy - 10 mins of laughing therapy, followed by discussion on experiences (Post Therapy)
  - 2) Stories on different situations - What made you Happy followed by discussion.
  - 3) Creative writing - (Thinking) - half an hour thinking and writing and discussion & sharing.
  - 4) Random Dance / flash dance / surprise dance  
→ (10 mins exercise)
  - 5) Hold smiling face for 5 mins - at start
- 1) Dr. Seema Gupta, DSc  
([REDACTED])
  - 2) Dr. Ratna Deep Kaur  
Dajal Singh College  
([REDACTED])
  - 3) Dr. Harmeet Kaur, DSc  
([REDACTED])
  - 4) Dr. Tanvi Thapar



## Art of Being Happy - Group-2

- ① Dr. Ram kishore Yadav - Sri Venkateswara College -
  - ② Dr. muzaffar Hasan - Jawahar college
  - ③ Dr. Swati Jain - I.P. college
  - ④ Deepak humar Sethi - Hansraj college
- 
- Pleasure - Happiness
  - Subjective - Objective
  - Value
  - mind - body
  - Not imposing
  - Ethical dimension of it
- ① Citations → of Indian - classical and contemporary thinkers - provide it in the form of binder -
  - ② mental and physical exercise - time - meditation and - focusing on body - sports activities / Athletics -
  - ③ confidence building  
communication skill devt  
Working on anxiety, inferiority etc -
  - ④ Traveling - to nearest rural village - experience the life style - in that is there in remote - part far from city area -



Group-3

Suggestions:-

① Activity/ Survey sheets

- (i) Reflecting on the things/situations that gave happiness in a particular week
- (ii) Stress Buster (Challenges faced & how did they tackle)
- (iii) Weekly journal

② SWOT Analysis

Strengths, Weaknesses, Opportunities, Threats  
(Analysing one's skills/potential)

③ Art of Being Happy: From Visuals/Graphics/Literary sources

— Identify/Analyse the character (positive/negative)

④ Inspirations

— Reflect on one character who has been a real inspiration

⑤ Interpersonal Relationships in family

— Connecting with the older generation

⑥ Contributions to Environment & Society

— Monthly Analysis

Tips: Start every class with a breathing exercise (2-3 minutes)

Begin lecture with one positive quotation



## Group - IV

- 1) Dr. Neelesh Kumar, Sri Vanketeshwara College, [REDACTED]
- 2) Dr. Dhanpati Dwi Kashyap, Vivekanand College, [REDACTED]
- 3) Dr. Indu Soni, Janki Dwi Memorial College, [REDACTED]
- 4) Dr. Rashmi Devi, Aditi Mahavidyalaya, [REDACTED]

### Suggestion

- (1) Play / Dramatics / Monoacting on Themes.
  - (2) Real Talk on Happiness :- Through PPT / videos of 2-3 min by students on their Happiness driven activities. This will reinforce each other.
  - (3) Documentary Screening :- Screen a problems or complicated situation based film and circulate a paper for student to give their own perspective to solution to that problem.
  - (4) Interact with 5-6 old people in their locality. Listen to their most significant stories for Happiness + Sorrows + Life lessons, Draw your myntra's or strength from them.
  - (5) Create a Scene / Unseen event and ask them to give a positive viewpoint to that.
  - (6) Short Village Trip on certain practices. Farming, livestock, water etc. to have an idea of life close to nature and its effect on them Versus Our lifestyle which is more man-made and its effect connected to materialism.
-



## GROUP 5

- ① Adopt 5 plants (coordinate with college Garden Committee)
- ② Ask students to watch/track their thoughts by maintaining a diary to track the nature of their thoughts.
- ③ Pre- and post-analysis of activities performed.
- ④ Organise students into groups. Ask them to share their areas of interests. Also ask them to identify & perform one activity that they DO NOT ~~wish~~ like/ found challenging. Encourage them to perform the challenging task and pen down how they felt over coming the challenging task.
- ⑤ During breathing exercises, note down the nature of thoughts that crossed their mind. Also analyse the rough duration of conscious breathing & duration for which they were distracted.
- ⑥ Clapping therapy — Ask students to clap for themselves.

Name	College	Contact No.
Dr. Geerakichen	Gargi College	[REDACTED]
Dr. Shubh Gangwar	Aditi Mahavidyalaya	[REDACTED]
Ms. Soumya Sharma	Daulat Ram College	[REDACTED]
Prof. Saurabh Nanda	Daulat Ram College	[REDACTED]



# Art of Being Happy

28.10.2022

## Group 6 Suggestions for Activities

### Members

Dr. Gulgoona Jamel Dept. of Psychology, ZHDC (Morning)  
Dr. Shivani Varmani Dept. of Bio Medical Sci, Bhaskara College  
Dr. Upendra Kumar Dept. of Philosophy, Hansraj College  
Dr. M. Yusuf Dept. of Urdu ZHDC (Evening)

Pre-Test Measures: Life Satisfaction, Quality of Life.  
Happiness Index, Survey of college students

### Activities

Internal & External Locus of Control

Detoxification for digital/social media

Reading Circle

Helping in household chores - both genders

Starting the day with a 'Thought'

Reliving the happy moment

Venting out your emotions

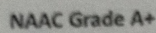
Cook & share

Vagus Nerve: Gateway to Health & Happiness

Action for happiness

Recycling





Ho aus - Newe : Hallway 10 11



S.No.	Name	Designation	Name of the college	Signature
09.	Dr. Rashmi Devi	Asst. Prof	Aditi Mahavidyalaya	<i>[Signature]</i>
10.	Sneh Gangwal	Assistant Prof.	Aditi Mahavidyalaya	<i>[Signature]</i>
11.	Swati Jain	Asst. Professor	TPCW, Delhi University	<i>[Signature]</i>
12.	Dr. Gulgoona Jemel	Associate Prof.	Zakir Husain Delhi College	<i>[Signature]</i>
13.	Dr. Shivani	Assoc. Professor	Bhaskaracharya college	<i>[Signature]</i>
14.	MD MOZAFFARUL HASANI	Asst. Prof.	Zakir H. D. C. (Ev)	<i>[Signature]</i>
15.	Mohd. Yusuf	Asst. Professor	ZHDC (Evening)	<i>[Signature]</i>
16.	Amit Kumar	Asst. Professor	SVC	<i>[Signature]</i>
17.	Dr. Neelesh Kumar	Asst. Prof.	SVC	<i>[Signature]</i>
18.	Dr. Seema Gupta	Asst. Prof.	Bhagini Nivedita College	<i>[Signature]</i>
19.	Dr. Indu Sani	Asst. Prof.	JDMC	<i>[Signature]</i>
20.	Dr. Tanvi Thapar	Asst. Prof.	Bhagini Nivedita College	<i>[Signature]</i>
21.	Dr. Harmeet Kaur	Asst. Prof.	DYAL SINGH College	<i>[Signature]</i>
22.	Dr. Rattandeep Kaur	Asst. Prof.	Dyal Singh College (M)	<i>[Signature]</i>
23.	Deepak Kumar Sethi	Asst. Prof.	Hansraj College	<i>[Signature]</i>
24.	Dr. Upendra Kumar	Asst. Prof.	Hansraj College	<i>[Signature]</i>
25.	Dr. Richa Misra	Asst. Prof.	SVC	<i>[Signature]</i>
26.	Dr. Garima	Asst. Prof.	SVC	<i>[Signature]</i>
27.	Dr. Apita Kaul	Assistant Prof.	SVC	<i>[Signature]</i>
28.	Rajbir Kaur	Assistant Prof.	History Dept; SVC	<i>[Signature]</i>

Vagus Nerve : gateway to Heart



[illegible]





Tirumala Tirupati Devasthanams

శ్రీ వేంకటేశ్వర కళాశాల

**Sri Venkateswara College**

(University of Delhi)

NAAC Grade A+

## CERTIFICATE

This is to certify that the “Workshop on Value Addition Course on The Art of being happy” was successfully conducted on 28<sup>th</sup> Oct, 2022 from 10 am to 1 pm by Internal Quality Assurance Cell in the (Offline) mode and its event report has been submitted to IQAC for records.

*Deepti Jain*  
Event In-Charge

*[Signature]*  
IQAC Coordinator

*C. Shula Reddy*  
Principal  
PRINCIPAL  
Sri Venkateswara College  
Dhaulta Kuan, New Delhi-110021