



# DEPARTMENT OF BIOCHEMISTRY

## SRI VENKATESWARA COLLEGE



Presents

REFLECT-REALIZE-REACH OUT

Help  
Pain  
Apathy  
Therapy  
Anxiety  
Fear  
Optimism  
Post COVID stress



3 R'S

Calm  
care  
Grief  
Peer Pressure  
Empathy  
Social stress  
Sleep / Appetite changes

A Mindfulness Activity For Faculty And Students



Dr. Madhulika Bajpai  
Associate Professor  
Department of Human Communication  
Bhaskaracharya College of Applied Sciences  
University of Delhi

### INVITED EXPERTS



Vasvi Srivastava  
Co Founder  
Abhyaantar Healing Arts  
New Delhi

### EVENT DETAILS

DATE: 10 July, 2021 (Saturday)

TIME: 10:00am onwards

PLATFORM: Zoom

REGISTER HERE: <https://forms.gle/T9EbdCxtKq2JSLcy8>

Convenors:

Dr. Nimisha Sinha

Dr. Vandana Malhotra

## Patron

Prof. C. Sheela Reddy  
Principal  
Sri Venkateswara College

## Convenors

Dr. Nimisha Sinha  
Dr. Vandana Malhotra

## Organizing Committee

Department of Biochemistry  
&  
Catalysis, Biochemical Society



## ABOUT THE WORKSHOP

Feeling of stress and anxiety are a part of life. Some levels of stress can actually encourage us to grow and change. However, when the stress and anxiety increase and exist for an extended period of time they become a health risk. Further, the pandemic has triggered an array of emotional, mental and physical issues in individuals of all age groups. The inability to cope up with this stress can lead to consequences such as constant agitation, exhaustion, burnout, helplessness, fear, and eventually a weak immune system or even organ damage.

Through this interactive workshop we aim to provide the participants a healthy space to REFLECT on their inner thoughts, REALIZE their stress and REACH OUT to ways that can help them manage stress and delve into the dimensions of mental wellness.

## OUTCOMES

The participants will be able to:

- Understand stress and anxiety
- Manage stress and anxiety better through stress relief techniques
- Release emotions and stress through expressive art therapy session.



**CATALYSIS**  
**THE BIOCHEMICAL SOCIETY**  
**DEPARTMENT OF**  
**BIOCHEMISTRY**  
**SRI VENKATESWARA COLLEGE**

**PRESENTS**

**A Mindfulness Workshop  
for Students and Faculty**

**REFLECT  
REALIZE  
REACH OUT**

**ON**

**JULY 10, 2021 (SATURDAY)**

**TIME: 10:00 AM**

**ZOOM/GOOGLE MEET  
ONLINE PLATFORM**

## INVITED EXPERTS



Dr. Madhulika Bajpai  
Associate Professor

Department of Human Communication  
Bhaskaracharya College of Applied  
Sciences  
University of Delhi, New Delhi

Dr. Madhulika Bajpai completed her M.Phil & PhD in psychology from the University of Delhi. Her professional career spans nearly twenty-three years. She is the founder and life member of several psycho-social organizations working in the area of career development, applied and positive psychology. Dr. Bajpai was awarded, “Meritorious Teacher Award” in 2019, constituted for College Lecturers given by the Directorate of Higher Education, Government of NCT of Delhi. Her domains of work and interest are human communication, stress management, marital relationships, personality development, holistic wellness and the recent addition of “positive psychology” in the ever-evolving world of human progression.



Vasvi Srivastava  
Co Founder  
Abhyaantar Healing Arts  
New Delhi

Vasvi Srivastava is a certified Expressive Arts Therapy Practitioner and Psychologist, as well as a Governing Board Member of the Expressive Arts Therapy Association of India (EATAI). She is also a certified Sivananda Yoga Teacher. She has applied the expressive arts with people from various age groups and backgrounds including the social, educational and organizational settings, for various issues ranging from depression, general anxiety, social anxiety, low self-esteem, to motivation at work, stress management and building better relationships.

## ABOUT THE SESSIONS

The first session aims to help our participants understand what stress or anxiety is and how in various ways stress often manifests itself. During this interactive session the participants will get an opportunity to explore and assess their own psychological well being through questionnaires. Stress in life is inevitable but through different tools and techniques it can be managed. In the session, the participants will learn to cope up with stress through stress management interventions for their overall well being. The participants will be provided with a secured virtual space to discuss their issues one to one with the distinguished expert.

Expressive Arts sessions are nurturing, supportive and non-judgmental spaces designed to bring together people and help them connect with themselves and others in a deep, authentic and meaningful way. During the second session, the participants will engage in a creative exploration using different art forms like drawing/painting, body movement/dance, music and creative writing etc. with the aim to:

- Gain new insights about ourselves
- Become playful and spontaneous
- Offer empathy and unconditional regard to others
- Express, be seen and accepted for who we truly are.
- Get in touch with our magical, creative, imaginative inner child

*\*Confidentiality and privacy of the participants during one to one interaction is assured.*



## PROGRAMME SCHEDULE

Date: 10 July, 2021 (Saturday)

10:00 am - Inauguration and Opening remarks by the Principal, Sri Venkateswara College

10:10 am - Address by the Convenor to describe about the workshop

10:15 am to 12:15 pm: Session 1 - Talk and Interactive session by Dr. Madhulika Bajpai

1:30 pm to 3:30 pm: Session 2 - Expressive Art Therapy session by Vasvi Srivastava

3:30 pm: Vote of thanks

## GUIDELINES

- The participants should have laptops/mobiles with good internet connectivity.
- Attendance in both the sessions is mandatory to get an E-certificate.
- For the Expressive art therapy session keep the following things handy:
  - pen/paper or journal for writing; A3 or A4 paper for drawing
  - colors (whatever is available oil pastels/sketch pens/paints, brushes
  - NO PRIOR EXPERIENCE IN ANY ART FORM IS REQUIRED

*"The greatest weapon against stress is our ability to choose one thought over another."*

*- William James*

## REGISTRATION DETAILS

The interactive workshop is for the Students and Faculty members of University of Delhi.

**\*\*Limited Seats**

## TO REGISTER

Scan the QR code



OR

Use the link below

<https://forms.gle/T9EbdcXtKq2JSLcy8>

E-certificates will be given to all the participants.

## FOR DETAILS CONTACT

Dr. Nimisha Sinha  
[nimishasinha@svc.ac.in](mailto:nimishasinha@svc.ac.in)

Dr. Vandana Malhotra  
[vandana.malhotra@svc.ac.in](mailto:vandana.malhotra@svc.ac.in)