

SRI VENKATESWARA COLLEGE (UNIVERSITY OF DELHI)
EVENT REPORT

NAME OF THE EVENT: "Social anxiety and challenges faced by teenagers"			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS' NAME
29-09- 2026	—	Empathise: The Mental Health Society (Health & Hygiene Committee)	Dr. Ritika Singh Dr. Chetan(H&H)
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
11:45am to 12:45 pm	Room No.- 57	90	Indoor/ Offline
FINANCIAL SUPPORT/ ASSISTANCE (if any):	—		

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	"Social anxiety and challenges faced by teenagers"
OBJECTIVES	To raise awareness about social anxiety and teach practical coping skills, organized by Empathise with guidance from Lisen mental health experts.
METHODOLOGY	The speakers led a highly interactive session from the stage, engaging students in warm, one-on-one dialogue. This approach allowed attendees to openly discuss social anxiety and receive practical support.
INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)	Two speakers were invited from LISEN-an empathy based mental health platform.Following are there details:- 1. Himani Bhanot – Founder, Lisen 2. Shreya Sharma – Clinical Psychology Graduate, LisenNone.
OUTCOMES	Students actively participated and engaged in meaningful, one-on-one interactions with the hosts.Students were called out to talk in front of everybody Through this open dialogue, attendees gained valuable insights and practical coping strategies for managing social anxiety in their daily lives.

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

Departmental file no: SVC/EMP/2026-27/September 2026/05

IQAC File No: SVC/IQAC/EMP/2026-27/September 2026

Criterion No: III,V,VII

NAME OF EVENT-IN-CHARGE & SIGNATURE:

Ritika Singh

Chetan

Dr. Ritika Singh, Dr.Chetan(Health & Hygiene Committee)

For Reference

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance, Leadership & Management
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

REPORT

Empathize — The Mental Health Society of SVC organized an activity titled "Social Anxiety and challenges faced by Teenagers" on September 29, 2026, in Room No. 57 from 11:45 a.m. to 12:45 p.m.

The event featured a highly interactive session focused on understanding and managing social anxiety. Shreya Sharma opened the session by discussing the realities of social anxiety and its impact on students. To make the discussion more engaging, Himani Bhanot then invited a student from the audience to the stage for a two-minute introduction.

The student bravely shared her personal experience, explaining how social anxiety often brings her down and admitting that her hands were shaking just from facing the audience. Despite her visible nervousness, she delivered a beautiful and inspiring two-minute speech. This real-time, practical moment deeply resonated with attendees, perfectly illustrating the session's core message and encouraging a highly interactive dialogue between the speakers and the students.

Several students participated, making the session interactive and a remarkable success.

We thank Principal Sir for allowing us to conduct this seminar in Room No. 57. We also extend our thanks to the Caretaker for providing us with the mic and the speaker required for conducting this activity. A special thanks to our guest speakers from LISEN for their valuable time and for making the session so engaging.

PERMISSION LETTERS

30
29/10/2020

Tirumala Tirupati Devasthanams
శ్రీ వేంకటేశ్వర మహావిద్యాలయం
SRI VENKATESWARA COLLEGE
(University of Delhi)
SANS, Sec 25

PERMISSION FOR ORGANIZATION OF EVENTS

Declaration:

- I, hereby ensure a pre-booking of the venue before getting the permission letter signed.
- A copy of this duly filled form signed by the TIC/Convener, IQAC Coordinator, and Principal shall be submitted to ICT and/or Convener for necessary action.
- The completion certificate of the event should be physically signed by the Convener of the event, the IQAC Coordinator, and the Principal after the event report has been prepared. The duly signed certificate should be submitted to the College website.
- No extension of time will be granted. The guidelines mentioned in this form shall be strictly adhered to.
- No decoration, display materials, or installation shall be placed in a manner that obstructs movement or causes any damage to college property, including walls, floors, furniture, or other infrastructure. If such activities are needed after the event, the necessary Convener/TIC shall be held accountable.
- The use of permanent activities, double-sided tape, or any material that may damage the College property is strictly prohibited. Any damage caused during the event shall be the responsibility of the organizing committee/convener, and appropriate action may be taken against them.
- Heavy traffic, loud music, etc., is not permitted.
- No compensatory attendance shall be given to participating students unless specifically permitted by the Principal.
- All requests for leave must be submitted to the Principal for approval.
- The College authority reserves the right to cancel any event even after granting permission.
- The IQAC file number should be written as follows: For example, the first event for Chemistry will be numbered as IQAC/Chemistry/Chemical/2020-21/01.

EVENT DETAILS

- Name of the Department/Society/Institute: Empathetic & Political Science Department
- Name of the TIC and/or Convener: Dr. Rishma Singh
- Proposed Title of the Event: Social Anxiety & Challenges faced by Women
- Nature of Event: Seminar/Conference/Symposium/Workshop/FDP/Public or Community outreach/Spill out/awareness/other (Please specify): Seminar
- Participants: Students/Staff/Faculty/Other stakeholders (Please specify): Indraprastha
- Event Type: Online/Offline/Hybrid
- Co-sponsoring Agency/Organization (if any): LISEN
- Tentative List of Speakers with affiliations: Dr. Himanshu Bhanot
Dr. Chaya Sharma

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2.

- Event Date: 09.10.2020 September: Time from: 10:00 AM to: 12:45 PM
- Financial Assistance/Funding received (if any) (Please specify the amount): _____
- Prepared Budget (Please attach details in a separate sheet): _____
- Faculty responsible for the Event: Dr. Rishma Singh
- Faculty responsible for the Event: Dr. Rishma Singh
- ICT support required (if any) (ICT Lab, Laptop, LCD projector): _____
- Convener support required (Printer, chairs, public addressing system, sanitation, transport assistance): _____
- Venue requirement (Seminar Hall/College Office/Class Room/Other): Room No. 52
- IQAC File No. (IQAC/Society or department or all school YYYY-YY/Event No./01, 02): Shruti

16. Please fill in the following details about the previous two events conducted:

S. No.	Name of the Event	Date	Report submitted (Y/N)	Date of report submission
1	<u>Student Orientation Session</u>	<u>24/09/20</u>	<u>N</u>	<u>-</u>
2	<u>Orientation of students</u>	<u>15/09/20</u>	<u>Yes</u>	<u>02/10/20</u>

Signature of TIC/Convener: Dr. Rishma Singh
Signature of the TIC/In-charge of the room/venue (For Room/Venue allotment only): Shruti

For official purpose (Convener) (if any): Dr. Rishma Singh
Signature of IQAC Coordinator: Dr. Rishma Singh
Date: 29/10/2020

Principal: Dr. Rishma Singh
Date: _____

ATTENDANCE RECORD

**Thiruvalluvar University
& Jodhpur Centre
Sri Venkateswara College
(University of Delhi)
NAAC Grade A**

ATTENDANCE SHEET

TITLE OF THE EVENT: Social anxiety & challenges faced by teenagers

DATE OF THE EVENT: 23 September 2024

NAME OF THE DEPARTMENT/ SOCIETY: Empathise and Political Science Department

NAME OF THE EVENT COORDINATOR:

S.NO.	NAME OF THE STUDENT	ROLL NO. OF THE STUDENT	COURSE AND YEAR	SIGNATURE
1.	Manish	0724009	BA Hons Pol	Manish
2.	Pranav	0724010	"	Pranav
3.	Pranav	0724011	"	Pranav
4.	Pranav	0724012	"	Pranav
5.	Pranav	0724013	"	Pranav
6.	Pranav	0724014	"	Pranav
7.	Pranav	0724015	"	Pranav
8.	Pranav	0724016	"	Pranav
9.	Pranav	0724017	"	Pranav
10.	Pranav	0724018	"	Pranav
11.	Pranav	0724019	"	Pranav
12.	Pranav	0724020	"	Pranav
13.	Pranav	0724021	"	Pranav
14.	Pranav	0724022	"	Pranav
15.	Pranav	0724023	"	Pranav
16.	Pranav	0724024	"	Pranav
17.	Pranav	0724025	"	Pranav
18.	Pranav	0724026	"	Pranav
19.	Pranav	0724027	"	Pranav
20.	Pranav	0724028	"	Pranav
21.	Pranav	0724029	"	Pranav
22.	Pranav	0724030	"	Pranav
23.	Pranav	0724031	"	Pranav
24.	Pranav	0724032	"	Pranav
25.	Pranav	0724033	"	Pranav
26.	Pranav	0724034	"	Pranav
27.	Pranav	0724035	"	Pranav
28.	Pranav	0724036	"	Pranav
29.	Pranav	0724037	"	Pranav
30.	Pranav	0724038	"	Pranav
31.	Pranav	0724039	"	Pranav
32.	Pranav	0724040	"	Pranav
33.	Pranav	0724041	"	Pranav
34.	Pranav	0724042	"	Pranav
35.	Pranav	0724043	"	Pranav

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3.	Pranav	0724011	"	Pranav
4.	Pranav	0724012	"	Pranav
5.	Pranav	0724013	"	Pranav
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POSTER



Empathise

THE MENTAL HEALTH SOCIETY
HEALTH AND HYGIENE COMMITTEE
DEPARTMENT OF POLITICAL SCIENCE



Speaker Session



SOCIAL ANXIETY AND ISSUES FACED BY
TEENAGERS

29 SEPTEMBER

11:45AM – 12:45PM

ROOM 57

Speaker

Himani Bhanot | Shreya Sharma

Shreya Sharma
Co founder



Himani Bhanot
Founder of LISEN.



Dr Ashish Kumar Thakur
Event
Coordinator

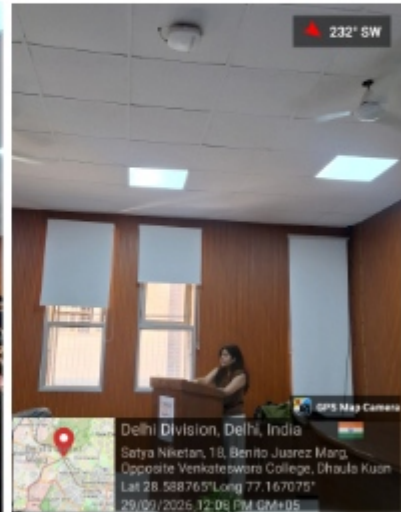
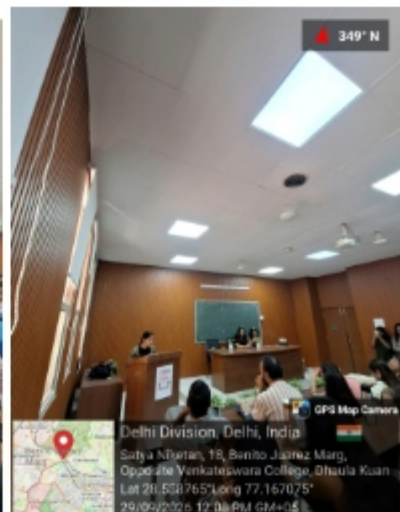
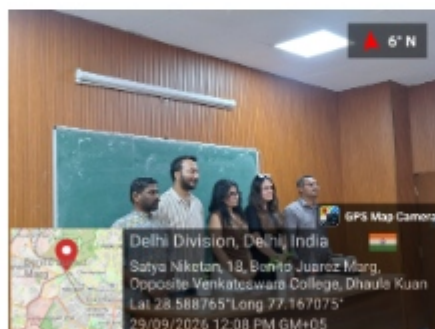
Y. Lakshmi Reddy
Convener & TIC
Department of
Political Science

Dr. Ritika Singh
Convener
Empathise

Dr. Chetan
Convener
Health & Hygiene
Committee

Prof. Vajala Ravi
Patron
Principal

GEO TAGGED PICTURES



COMPLETION CERTIFICATE



Tirumala Tirupati Devasthanams

శ్రీ వేంకటేశ్వర కళాశాల

Sri Venkateswara College
(University of Delhi)

NAAC Grade A+

समापन प्रमाण पत्र

COMPLETION CERTIFICATE

यह प्रमाणित किया जाता है कि "वक्ता सत्र" लिसेन द्वारा का आयोजन एम्पथाइज - मानसिक स्वास्थ्य समाज (स्वास्थ्य एवं स्वच्छता समिति) द्वारा राजनीति विज्ञान विभाग के सहयोग से दिनांक 29 सितंबर 2026 को सुबह 11:45 बजे से 12:45 बजे तक ऑफलाइन माध्यम में कक्ष संख्या 57 में सफलतापूर्वक आयोजित किया गया और इस कार्यक्रम की रिपोर्ट आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ (IQAC) को रिकॉर्ड के लिए जमा कर दी गई है।

This is to certify that the "Speaker Session" by Lisen was successfully conducted by Empathise - The Mental Health Society (Health & Hygiene Committee) in collaboration with the department of Political Science on 29th September 2026 from 11:45 AM to 12:45 PM in the offline mode in room number 57, and its event report has been submitted to IQAC for records.

Convenor
Empathise

Convenor
Health & Hygiene
Committee

IQAC
Coordinator

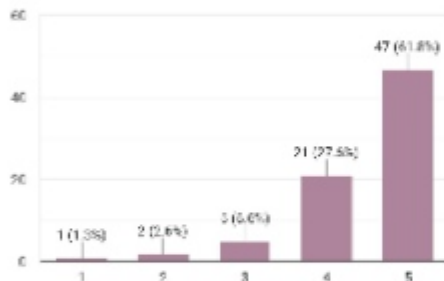
Principal

FEEDBACK FORM

This event made me feel welcomed, comfortable, and included.

 Copy chart

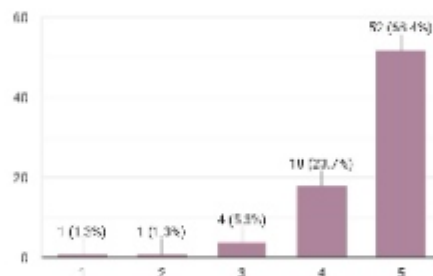
76 responses



I felt comfortable expressing my thoughts or participating during the event.

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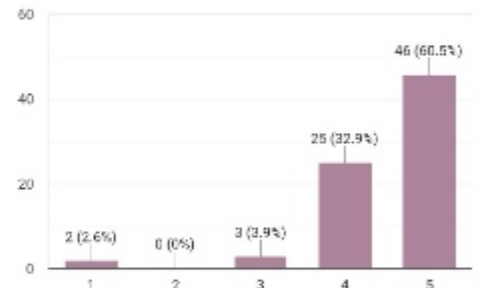
76 responses



Overall, how would you rate your experience at the event ?

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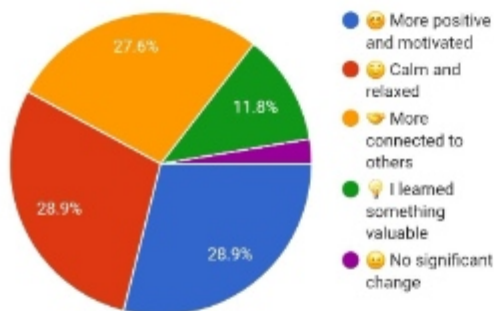
76 responses



After attending this event, I felt...

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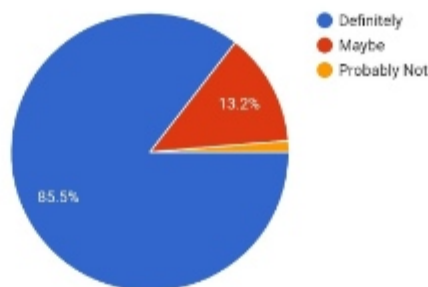
76 responses



Would you attend or recommend future Empathise events?

 Copy chart

76 responses



Any suggestions or feedback to help us improve future Empathise events?

38 responses

Loved it, You did great team Empathise!!

The event was really good and I really enjoyed.

The event was great.

NA

Would love to be there more

Great experience overall!! For future events, adding a few more Icebreaker activities or small-group discussion sessions could help us connect even more with other participants.

IT WAS GOOD