



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: Mental Health Workshop by RAHAT and Board Activity: It's Okay to Be...			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS' NAME
13th November 2024	--	Empathise- Mental Health Society	Dr. Ritika Singh
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
10.45am - 1.00 pm	Front Laws	41	Outdoor
FINANCIAL SUPPORT/ASSISTANCE (if any):	--		

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	Mental Health Workshop by RAHAT and Board Activity: It's Okay to Be...
OBJECTIVES	To promote the importance of mental well-being on campus
METHODOLOGY	Use of interactive games designed to address various mental health issues use of post-it notes to share sentiments and experiences they no longer feel afraid to express or embrace.
INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)	1. Dr. Sujatha D. Sharma 2. Ms. Aprajita Sharma 3. Ms. Samridhi Gupta 4. Ms. Ameera Batra 5. Dr. Sonia Sain All of them are affiliated with Rahat: Charitable and Medical Research Trust (NGO)
OUTCOMES	Highlighted and addressed various symptoms and challenges associated with specific mental health issues. Focused on debunking myths and sharing facts about mental health

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/ EMPATHISE /2024-25/ November 2024/05
IQAC File No: SVC/IQAC/ EMP /2024-25/ November2024
Criterion No: 3 and 7
NAME OF EVENT-IN-CHARGE & SIGNATURE: Dr. Ritika Singh 

Note: Please fill in your own details in places with red font

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

**Event Report for “Mental Health Workshop and It’s okay to be...” Date- 13th November 2024
Time- 10.45am - 1.00 pm**

Empathise’s inaugural event for the session was organized in collaboration with **RAHAT**, a non-profit organization dedicated to mental health advocacy since 1988. The event was generously conducted free of charge by RAHAT. A distinguished team of five professionals—**Dr. Sujatha D. Sharma** (Clinical Psychologist and Managing Trustee, RAHAT Trust), **Ms. Aprajita Sharma**, **Ms. Samridhi Gupta**, **Ms. Ameera Batra**, and **Dr. Sonia Sain**—visited our campus to facilitate the activities.

The event featured interactive games designed to highlight and address various symptoms and challenges associated with specific mental health issues, including **myths about mental health, anxiety, substance abuse, and bipolar disorder**. One notable game, modeled as a *Snakes and Ladders* activity, focused on debunking myths and sharing facts about mental health. These engaging activities effectively captured the attention of attendees and created an educational yet enjoyable environment.

The event witnessed significant participation, with a large number of students attending the workshop, making it a resounding success.

In addition, **Empathise** hosted a complementary board activity titled “*It’s Okay to Be...*” on the front lawns, which drew considerable interest from students. Participants were encouraged to share sentiments and experiences they no longer feel afraid to express or embrace. This wholesome activity fostered a sense of inclusivity and emotional connection among the students, adding a meaningful layer to the day’s events.


We sincerely thank the principal for allowing us to conduct this activity which allowed us to bring smiles on the faces of students. We also thank the caretaker for providing us with the required materials for smooth ongoing of this activity.



EMPATHISE
RAY

RAHAT
COUNSEL & WELL-BEING
BY RAHAT
ABOUT THE ORGANIZATION



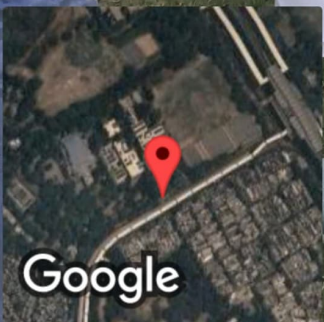
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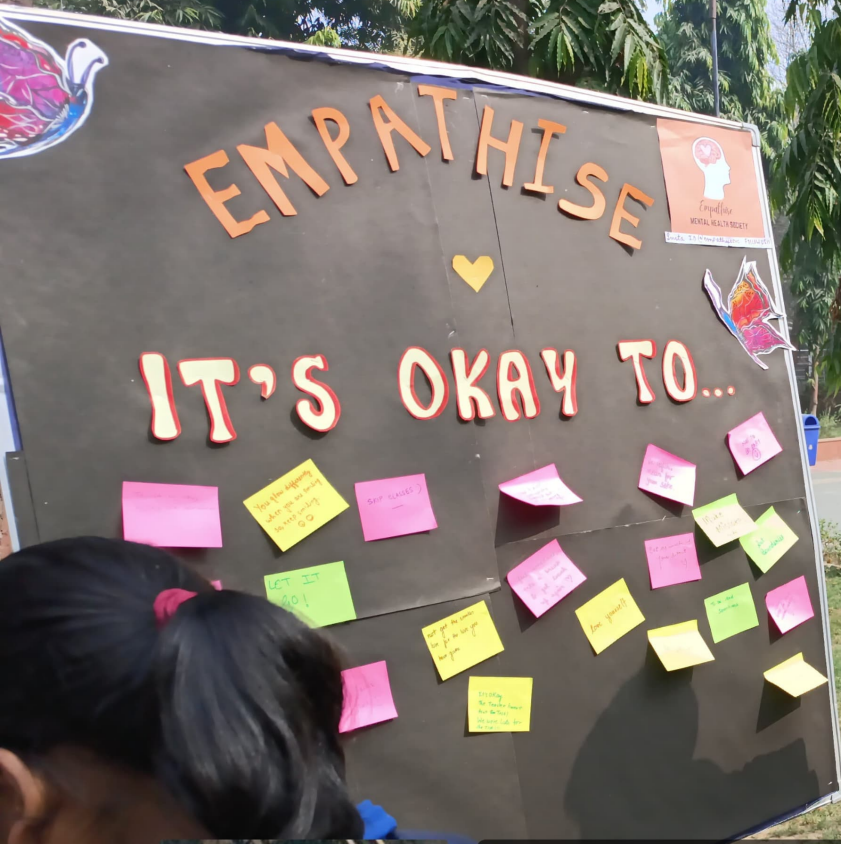
57, Satya Niketan, Dhaula Kuan, New Delhi, Delhi 110021, India


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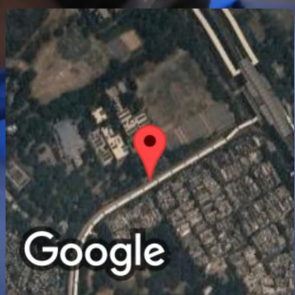
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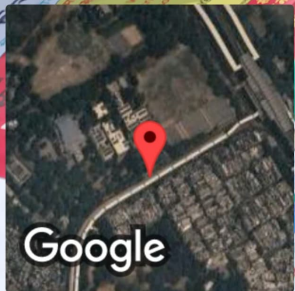


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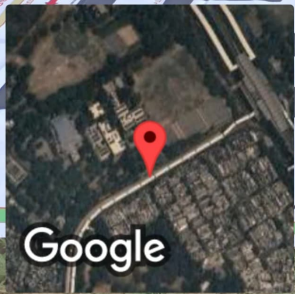
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13 Nov 2024

Date: _____
Page No. _____

	NAME	COURSE	ROLL NO.	SIGN
①	Aayat	B.A. Eng H.	0223031	Abulhasan
②	Sheha Mishra	BA Eng (H)	0223001	Ayush
③	Rabneet Kaur	BSc (Life Science)	1124019	Ran
④	Rajat Ritwik	BA Pol Sc (Hons)	0724010	R
⑤	Avi Selgal	BSc (H) Maths	1723090	Kai
⑥	Amisha	B.A (H-) History	0623018	Amisha
⑦	Pratigya Sharma	BA (H-) History	0623005	Pratigya
⑧	Humaira Khan	B.A (H) English	0223023	Humaira
⑨	Arshita	BA (H) English	0223051	Arshita
⑩	Muskan Modi	BSc (Hons) Botany	1424045	no
⑪	Atiya Ahmed	BSc. (H) Biochemistry	1222002	Atiya
⑫	Rhythm Dhamija	BSc. (H) Maths	1722608	Rhythm
⑬	Khuski Kumari	BA. English Hons.	0223010	Kushki
⑭	Richa Raghavan	B. Sc Life Sci.	1123007	Richa
⑮	Keshava Anand	BSc. Life Sci.	1123172	Keshava
⑯	Gunashini Roy	B. Sc. Maths	1724039	Roy
⑰	Tanavi Mahiya	BSc Maths	1724048	Tanavi
⑱	Kirloy Jha	BSc. Maths	1724044	Kirloy
⑲	Dhruv Pandey	BSc. maths	1724096	DP.
⑳	Mohammad Uddar	BSC. MATHS	1724004	Oran
㉑	Drishiti Jethi	BSc (H) Bio Sci	1323031	Drishiti
㉒	Renushi Kapoor	BSc (H) zoology	2023015	Renushi
㉓	Snigdha Parikh	B. Sc life Science	1123148	Snigdha
㉔	Pritya	B. Com (P)	0924062	Pritya
㉕	Prachi	B. Com (P)	0924070	Prachi
㉖	Aman	B. Sc (H) Botany	1423037	Aman
㉗	Armaan	B. Sc (H) Botany	1423023	A
㉘	Sachin Yadav	" (H) Life Science	1124012	Sachin
㉙	Aashu Ojal	B. Com (P)	0923085	Aashu
㉚	Manav Sat	BSc Life Science	1124067	Manav

Date :

Page No.

Name	Course	Roll no.	Signature
31) Ayushi Patil	Life Sciences	1124055	Ayushi Patil
32) Nishankaraj	Zoology	2023013	Nishankaraj
33) Paarul	Chemistry	1523019	Paarul
34) Anshika Manghwar	Life science	1124130	Anshika
35) Md. Ujaifa	Life science	1123058	Md. Ujaifa
36) R. Shankar	B.Sc. (H) Chemistry	1523011	R. Shankar



Tirumala Tirupati Devasthanams

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COMPLETION CERTIFICATE

This is to certify that the **Mental Health Workshop by Rahaat** was successfully conducted on **13 November 2024** (one day) from 10:45am to 01:00pm by **Empathise: Mental Health Society** in the Offline mode and its event report has been submitted to IQAC for records.

Sitika Singh

Event-in-Charge

Vaidika

IQAC Coordinator

Coordinator, IQAC
Sri Venkateswara College
(University of Delhi)
Dhaura Kuan, New Delhi-110021

Ajitha

Principal

प्रधानाचार्य
Principal

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Sri Venkateswara College
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