



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: INAYAT			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS' NAME
9th April 2025	N.A.	Empathise- the Mental Health Society	Dr. Ritika Singh
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
10:45 AM to 4 PM	Front Lawn	32	Outdoor; Offline
FINANCIAL SUPPORT/ASSISTANCE (if any):	Partnership and Monetary assistance: Youth for Mental Health, Rahat-Charitable and Medical Trust, Sangath Partnerships: DU Campus Diary, DU Buddies, DU Legends, Aamdani By SadeySadev		

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	Under INAYAT: Mental Health Conclave of Sri Venkateswara College: 1. Stalls and Workshops 2. Dance movement therapy session 3. Art therapy session 4. Board Activities
OBJECTIVES	Mental Health conclave
METHODOLOGY	Various types of therapies on topics related to mental health
INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)	Ms. Jyotsana R: Expressive Art Therapy Practitioner Ms. Prachi Jain: Counselling Psychologist

OUTCOMES	<ul style="list-style-type: none"> ● Raising awareness on mental health topics ● Exploring therapeutic methods such as expressive arts and dance. ● Peer to Peer support and guidance. ● Spreading positivity and a smile on the faces of students before their Examinations to release stress and Improve their Mental Health.
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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: SVC/IQAC/EMP/2024-25/January 2025
Departmental file no: SVC/Empathise/2024-25/January 2025/06
Criterion No: I, III, VII

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Dr. Ritika Singh	Dr. Ritika Singh	

		
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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

Inayat is the flagship event of Empathise - The Mental Health Society of Sri Venkateswara College. It is a one day mental health conclave which focuses on reducing the stigma around mental health and propagating various types of therapies.

This year our official sponsors included Rahat, Youth for Mental Health Foundation and Sangath. Our gifting partner was SadeySadev through their project Aamdani. Our media partners were DUBuddies, DU Campus Diary and DU Legends. Stalls were set up by CDF, VenkyDoggos, Youth for Mental Health Foundation, Sangath, SadeySadev, Rahat and Dig Witch.

We started off the day with a dance movement therapy session facilitated by Ms. Jyotsna Ramachandran ma'am. She helped the participants to loosen up and move with the flow rather than being constricted by the pressures of everyday life.

It was followed by an art therapy session by Ms. Prachi Jain ma'am who helped all the participants in introspection and self realisation. Through various activities and discussions, the art therapy was a resounding success and was highly appreciated by the team.

Empathise had set up various photo booths as well such as “Be the ‘I’ in Kind”, “Mark your presence” and a board activity on “Your safe space”.

We sincerely thank the Principal sir, Prof.Vajala Ravi, for allowing us to use the front lawn for this Conclave. We also thank the Caretaker for providing us with all the necessary equipment needed to complete the conclave successfully.

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

1. Number of Participants & Name of Participants:

Registrations for Inayat:

Timestamp	Name	Contact Number	Course and Year	E-mail id	Roll Number
08/04/2025 14:28:09	Kanhaiya tiwari	8279312681	Hindi and 1 year	krish827931@gmail.com	0324030
08/04/2025 18:06:25	honey	7982456805	2nd year,BA history hono	honey.15012006@gmail.com	0623050
08/04/2025 18:36:46	Dhruv Chaudhary	9540597679	Life sciences 1st Year	ben631945@gmail.com	1124036
08/04/2025 18:45:28	suhani	7876671351	ba (h) pol sci, 2nd year	Suhaaniii.05@gmail.com	0723017
08/04/2025 20:48:23	Chandan Sharma	7858952062	BSc Life Sciences, 2nd Yr	itschandansarma@gmail.com	1123158
08/04/2025 23:16:37	Sana Fathima	9288402430	B. Sc (H) Biological Scier	sanafathima.anit@gmail.com	1323014
08/04/2025 23:19:09	Manasvi sati	8279717494	Bsc life sciences year 1st	satimanasvi27@gmail.com	1124067
09/04/2025 10:48:14	TANISHA	8708629849	B.Sc. hons Chemistry	tanishasihag0@gmail.com	1524032
15/04/2025 22:40:07	Richa Prabhakar	8595511438	Life sciences,2nd years	richaprabhakar2205@gmail.com	1123007


Timestamp	Name	Contact Number	Course and Year	E-mail id	Roll Number
08/04/2025 14:28:09	Kanhaiya tiwari	8279312681	Hindi and 1 year	krish827931@gmail.com	0324030
08/04/2025 18:06:25	honey	7982456805	2nd year,BA history hono	honey.15012006@gmail.com	0623050
08/04/2025 18:36:46	Dhruv Chaudhary	9540597679	Life sciences 1st Year	ben631945@gmail.com	1124036
08/04/2025 18:45:28	suhani	7876671351	ba (h) pol sci, 2nd year	Suhaaniii.05@gmail.com	0723017
08/04/2025 20:48:23	Chandan Sharma	7858952062	BSc Life Sciences, 2nd Yr	itschandansarma@gmail.com	1123158
08/04/2025 23:16:37	Sana Fathima	9288402430	B. Sc (H) Biological Scier	sanafathima.anit@gmail.com	1323014
08/04/2025 23:19:09	Manasvi sati	8279717494	Bsc life sciences year 1st	satimanasvi27@gmail.com	1124067
09/04/2025 10:48:14	TANISHA	8708629849	B.Sc. hons Chemistry	tanishasihag0@gmail.com	1524032
06/04/2025 22:40:07	Richa Prabhakar	8595511438	Life sciences,2nd years	richaprabhakar2205@gmail.com	1123007
06/04/2025 11:01:59	Sambhavi Sharan	7903392945	History Hons, Second year	sambhavi18may@gmail.com	0623014
06/04/2025 11:04:15	Juhi Aggarwal	989171634	Eng hons first year	juhiagg2006@gmail.com	0224010
06/04/2025 11:12:30	Rabneet Kaur	7696363144	B.Sc.(P) Life Science, 1st	rabneetkaur714@gmail.com	1124019
06/04/2025 11:16:48	Honey	7982456805	Ba history honors, 2nd year	Honey.15012006@gmail.com	0623050
06/04/2025 11:18:21	Honey	7982456805	Ba history honors	Honey.15012006@gmail.com	0623050
08/04/2025 11:19:17	Sneha Mishra	9560269143	BA English Hons (2nd year)	snehamishramns@gmail.com	0223001
07/04/2025 11:21:00	Keshavee Anand	8920877756	Life Sciences, second year	kashew151@gmail.com	1123172
07/04/2025 11:24:15	R. Shankar.	9910288632	B.Sc. (Honours) Chemistry	rshankarrshankar42@gmail.com	1523011
07/04/2025 11:26:14	Ayush Singh	7678442377	Bsc hons Biological Scier	ayuuushsingh767@gmail.com	1324059
07/04/2025 11:27:03	Devanshi Tandon	7011631877	B.Sc. (Hons.) Mathematics	devanshitandon06@gmail.com	1724020
07/04/2025 11:27:31	Sana Fathima	9288402430	B.Sc (H) Biological Scier	euge	1323014

Timestamp	Name	Contact Number	Course and Year	E-mail id	Roll Number
07/04/2025 11:28:22	Sana Fathima	9288402430	B.Sc (H) Biological Scien	eugenesananaa@gmail.cc	1323014
08/04/2025 11:36:00	Aashvi ojal	6392725591	Bcom P, second year	ashojal92@gmail.com	0923085
08/04/2025 11:42:19	Chanvi	7065378434	BA English (Hons) 1st ye	Chanvi2507@gmail.com	0224048
08/04/2025 11:48:41	Harsh Kumar	8130586838	Bsc H Biological Science	harshk421937@gmail.cc	1324037
08/04/2025 12:33:35	Grace	9958382932	B. Sc. Hons. Botany, Thir	grace11052004@gmail.c	1422058
08/04/2025 12:40:43	Manasvi sati	8279717494	Bsc life sciences,1st year	satimanasvi27@gmail.cc	1124067
08/04/2025 12:41:27	Akshita	8178036535	English Hons 2nd year	akshira.log06@gmail.cor	0223051
08/04/2025 12:42:03	Isha Srivastava	8920663885	Bsc life science (1st year	ishasrivastava86199@gr	1124008
09/04/2025 12:42:13	Simran	9310034885	Bsc life science 1st year	simrans272005@gmail.c	1124111
08/04/2025 12:49:41	suhani	7876671351	Ba (h) Political Science, ε	suhaaniii.05@gmail.com	0723017
08/04/2025 13:06:34	Parul	7428802958	B.Sc (H) Chemistry	parulsk2004@gmail.com	1523019
08/04/2025 15:20:59	Humera Khan	8750114742	B.A(H) English (2nd year,	humerkhan1307@gmai	0223023

Timestamp	Name	Email	Course and Year	Contact Number	Roll Number
06/04/2025 20:32:48	Akshita	akshira.log06@gmail.cor	English Hons 2nd year		0223051
07/04/2025 22:53:16	Kanika	kanika7220@gmail.com	Biological Sciences 1st y	8395800110	1324070
08/04/2025 10:10:44	Diptileena sahu	diptileena1309@gmail.co	Bsc.(H) BIOLOGICAL SCI	8076175810	1324033
08/04/2025 18:34:35	Adithya Girish	girishmanoharan5@gma	BA hons Sociology 2nd y	8178884525	0823045
08/04/2025 21:18:50	Juhi Aggarwal	juhiagg2006@gmail.com	English hons first year	9891716346	0224010
08/04/2025 21:27:28	Anshika Manghrani	anshikamanghrani@gma	Bsc life science 1st year	9411963770	1124130
08/04/2025 21:32:02	Yuganshi Bisen	yuganshibisen5180@gm	Bsc Hons Mathematics 1	7024616164	1724032
08/04/2025 21:33:06	Chandan Sharma	itschandansarma@gmai	BSc Life Sciences, 2nd Y	7858952062	1123158
08/04/2025 21:33:37	Parul	parulsk2004@gmail.com	B.Sc (H) Chemistry, II YE	7428802958	1523019
08/04/2025 23:21:54	Amisha	iamishayadav05@gmail.	B.A (Hons.) History , 2nd	8168223303	0623018
08/04/2025 23:22:20	Aastha Tomar	blloveraastha111@gmail	Biological sciences 2nd y	8800739959	1323011
09/04/2025 00:02:03	Ritesh Kumar	Mr.Riteshkumar5913@G	BA Hindi Hons 2nd Year	9289855635	0323070
09/04/2025 08:01:28	Pritigya Sharma	kesarpritigya30@gmail.c	History honours second y	9596692859	0623005
15/04/2025 22:43:50	Richa Prabhakar	richaprabhakar2205@gr	Life sciences,2nd year	8595511438	1123007

Timestamp	Name :	Course and Year of study :	Roll number :	Contact number :
08/04/2025 18:43:37	Suhani	BA(h) political science, 2nd year	0723017	7876671351
08/04/2025 18:46:30	Juhi Aggarwal	English hons, first year	0224010	9891716346
08/04/2025 18:53:38	Grace	B. Sc. Hons. Botany	1422058	9958382932
08/04/2025 18:54:04	Aliza	Bcom 1st year	0924104	8360833257
08/04/2025 18:55:30	Akshita	English Hons 2nd year	0223051	8178036535
08/04/2025 19:00:42	Parul	B.Sc(H) Chemistry, II Year	1523019	7428802958
08/04/2025 19:04:44	Yuganshi Bisen	BSc Hons Mathematics 1st year	1724032	7024616164
08/04/2025 21:10:28	Sana Fathima	B. Sc (H) Biological Science	1323014	9288402430
08/04/2025 21:16:11	Humera Khan	B.A(H) English (Second year)	0223023	8750114742
08/04/2025 21:32:05	Chandan Sharma	BSc Life Sciences, 2nd Year	1123158	7858952062
08/04/2025 22:10:07	Siddiq Anwar	B.A. 1st Sem	0124049	7683081523
08/04/2025 23:20:47	Amisha	B.A History Hons. , 2nd year	0623018	8168223303
08/04/2025 23:21:21	Aastha Tomar	Biological sciences 2nd year	1323011	8800739959
08/04/2025 23:22:06	Swasti sudasa purohit	2nd year Bsc life sciences	1123043	8260903414
08/04/2025 23:43:15	Pritigya Sharma	B.a history honours, second year	0623005	9596692859
09/04/2025 00:01:26	Ritesh Kumar	BA Hindi Hons 2nd Year	0323070	9289855635
09/04/2025 00:10:03	Madhav	Bcom h 2nd	1023056	8837849176

2. Permission Letters:


Sri Venkateswara College
 (University of Delhi)
 NAAC Grade A+

PERMISSION FOR ORGANIZATION OF EVENTS

NOTE: 1. Please ensure a pre booking of the venue before getting the permission letter signed.
 2. A copy of this duly filled form signed by the TIC/ Convener, IQAC Coordinator and Principal shall be submitted to ICT and/or Caretaker for necessary action.
 3. Please ensure that the completion certificate of the event is physically signed by the Convener of the event, IQAC Coordinator and Principal after the event report is made.

EVENT DETAILS

- Name of the Department/Society/Association: Empathise - The Mental Health Society
- Name of the TIC and/or Convener: Prof./Dr./Mr./Ms. Dr. Ritika Singh
- Proposed Title of the Event: Inayat - The Mental Health Conclave
- Nature of Event: Seminar/Conference/Symposium/Workshop/EDP/Public or Community outreach/ Skill enhancement/others (Please specify) Public Outreach
- Participants: Student-centric /Faculty/ Other stakeholders (Please specify) Student-centric
- Event Type: Offline/Online/Hybrid, Indoor/Outdoor
- Collaborating Agency /Organization (If any): Youth For Mental Health, Rahat, Sadev Amaha
- Tentative List of Speakers with affiliations: Jyotsana B. - Movement therapy facilitator, Aaltjah ali - Art therapist
- Date & Time (from - to): 9 April 2025 10:00 AM - 4:00 PM
- Financial Assistance/ Funding received (if any) (Please specify amount): To be finalized
- Proposed Budget (please attach details in a separate enclosure): [Enclosed]

- Faculty responsible for Geo Tagged Pictures: Dr. Ritika Singh
- Faculty responsible for Event Report: Dr. Ritika Singh
- ICT support required, if any (ICT Lab, Laptop, LCD projector)
- Caretaker support required (tables, chairs, public addressing system, sanitation, manpower assistance) electricity connection, boards - 3, board stands - 3
- Venue requirement (Seminar hall/ Ground/others) Front lawn

Dr. Ritika Singh
 TIC/Convener
 Date: 25/3/25

For official purpose
 Comments (If any) III, IV, VII
 Criterion No. III, IV, VII
 Criteria 3, 7
Valid till
 IQAC Coordinator
 Date: 27/3/2025

No DJ/Music/Songs
 Students won't be given any
 compensatory attendance for
 classes missed due to this

Principal V. V. V. V. V.
 Date: 27/3/25

Why was this not done in
 February? Not possible

Respected Principal,
 The dates for Inayat were chosen to be in April because of
 the feasibility for our collaboration partners & conclave
 sponsors. Keeping in mind our finds we decided to give our
 members time for preparation so they don't have to
 compromise academics.

APPLICATION

To
 The Principal
 Sri Venkateswara College (DU)
 Benito Juarez Marg Moti Bagh II, Dhaula Kuan Enclave I
 New Delhi, Delhi 110021
 Date: 24 March 2025

Subject: Requesting permission to conduct annual mental health sensitisation conclave.

Respected Sir,
 We hope this letter finds you well.

On behalf of Empathise: The Mental Health Society of Sri Venkateswara College, we are writing to seek your kind permission to organize our annual mental health conclave, 'Inayat' on April 9th 2025, on campus premises.

We at Empathise strongly believe that during the ongoing exam season, students often face heightened academic stress and mental pressure. In this regard, 'Inayat' is thoughtfully designed to offer students a space for relaxation, reflection, and emotional support. Our goal is to provide a positive, calming environment that will allow students to prioritize their mental well-being amidst their academic commitments.

Additionally, we wish to invite a few globally accredited organizations such as Youth For Mental Health (YMH), Amaha, Rahat, Sadev Sadev (names of attendees to be finalized upon approval) who align with our mission of fostering mental health awareness. Their presence and insights will significantly enhance the impact of the event.

We assure you that all necessary guidelines and protocols will be strictly adhered to, and the event will be conducted responsibly without causing any disruption to the classes and college environment.

We kindly request you to grant us permission to organize 'Inayat' and extend invitations to the mentioned organizations. We look forward to your positive response and support.

Thank you for your time and consideration.
 Thanking you
 Yours sincerely,
 Empathise - The Mental Health Society SVC
 Signature of convener

Dr. Ritika Singh

APPLICATION

To The Principal
Sri Venkateswara College (DU)
Benito Juarez Marg Moti Bagh II, Dhaura Kuan Enclave I
New Delhi, Delhi 110021

Date: 24th March 2025

Subject: Request to grant permission for tent and electricity connection.

Respected Sir,

We, Empathise - The Mental Health Society of Sri Venkateswara College (DU), are writing to seek permission to permit tent and electricity connection for our upcoming Mental Health Conclave 'Inayat', scheduled for 9th April 2025.

We require one electric point and extension board in order to facilitate everything. We will be arranging tents from our side and we seek approval for their entry in the morning.

This would help us to ensure smooth event conduction and make it more successful. The responsible execution of this event is our top priority, as we are committed to upholding our college's reputation.

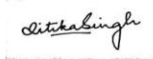
Thanking you

Yours sincerely,

Empathise - The Mental Health Society SVC

svcempathise@gmail.com

Signature of Convener



3. Geo-tagged photos:





4. Videos:
[Videos - Google Drive](#)

5. Posters:




Empathise
The Mental Health Society
presents

INAYAT : THE MENTAL HEALTH CONCLAVE  

Theme : *Metamorphosis - Healing Through Change.*

APRIL 9, WED

JOIN US
for a day of empathy and healing
@empathisesvc



SEE YOU THERE!

10 : 45 am onwards, Front Lawn



Empathise
The Mental Health Society
presents



Inayat
The Mental Health Conclave

Inayat 2.0 is a heartfelt initiative by Empathise, dedicated to creating a safe space for open conversations about mental health, emotional well-being, and self-expression.

Date: 9th April 2025 (Wednesday)
Venue: Front Lawn
Time: 10:00 AM - 4:00 PM

Theme : Metamorphosis

This year, Inayat 2.0 is centered around Metamorphosis - Healing Through Change. Just like a butterfly emerges from its cocoon, healing is a transformative journey. Through movement, creativity, and community, we embrace growth, resilience, and self-discovery.

What To Expect?

- Dance & Movement Therapy: Experience the power of movement in healing.
- Art Therapy: A creative way to express and process emotions.
- Artistic Performances: Music, poetry, and storytelling that touch the soul.
- Stalls by Various Organizations & Colleges: Explore mental health resources and merch.
- Interactive Sessions: Engaging activities to promote mental well-being.
- Networking & Collaborations: Connect with like-minded individuals and organizations.

Our Sponsors

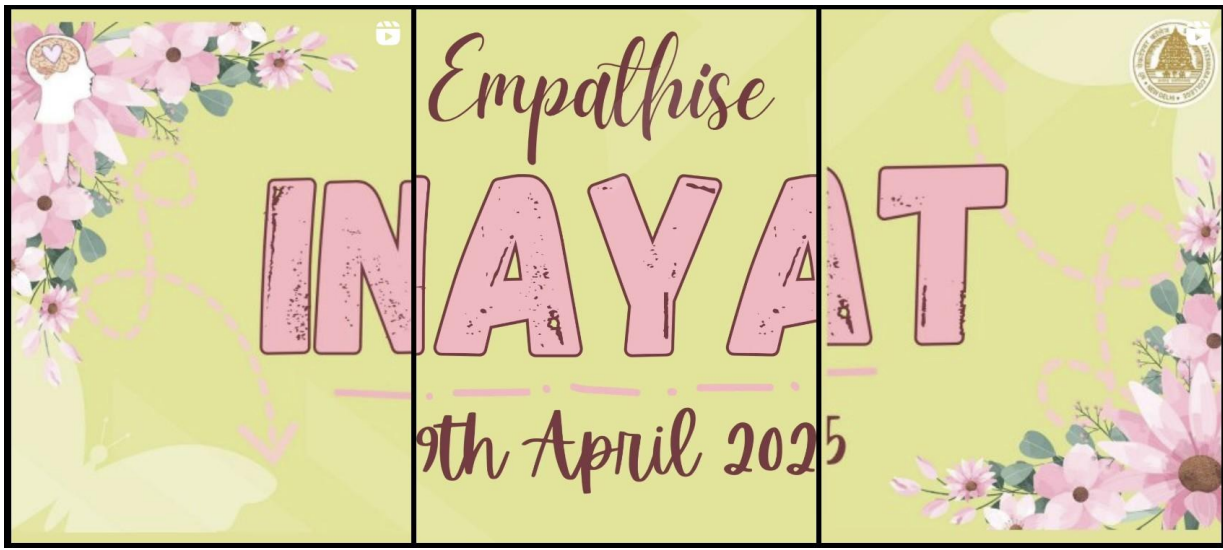


Our Sponsors and Collaborators include Youth for Mental Health, Rahat, and Sangath.

Participation Details

- For Queries & Registrations: Contact us at @empathisesvc





6. Completion Certificate

