



SRI GURU NANAK DEV KHALSA COLLEGE

Dev Nagar, Delhi - 110085

Post-Event Report

Event	Speaker Session
Topic	My Peers, My Career, My Relationships: Stress Busters or Stress Triggers
Organiser	Project S.E.V.A.
Date	28th October 2023
Time	4:00 p.m. to 5:30 p.m.
Duration	1.5 hours
Place/Platform	Google meet
Number of Participants	40+
Guest Speaker/Trainer	Ms. Deep Jajmaan and Ms. Gurpreet T. Singh
Welcome Speech	Avneet Kaur, B.A.(H) Pol Science, II nd Year
Introduction to the Speaker	Project S.E.V.A.
Activities	<ul style="list-style-type: none">• The speaker began the webinar with an introduction about stress and its various kinds.• Ms. Deep Jajmaan emphasised the significance of addressing both positive and negative kind of stress, value of open communication, and importance of sharing one's thoughts.• Effective communication was highlighted as a key skill for managing stress.• The importance of quality sleep was discussed in detail as a stress management strategy.• She explained that our mind doesn't understand the word 'no', so instead of not thinking about a certain thought, allocate a certain time for the same. She said we cannot stop our thoughts, but we can try to manage them.• Both the educators conducted some activities like- inflating the balloons to relive one's stress and understand the consequences of what happens to our body if our stress is not relieved, and also made students perform paper tearing activity which made everyone realize how everyone views stress differently.
Main Ideas	<ul style="list-style-type: none">• The webinar's primary objective was to sensitize and create awareness about mental health and anxiety. Emphasis in the seminar was laid on addressing distress in our everyday lives.• Ms. Deep Jajmaan highlighted communication and stress management as essential skills that participants need to develop for better mental well-being.• During the webinar, Ms. Deep and Ms. Gurpreet guided the attendees on recognising when to seek professional help and how maintaining a positive outlook is important.• The attendees gained valuable insights from the webinar and inquisitively asked Ms. Deep and Ms. Gurpreet several questions, which were all answered in detail. Everything they said proved to be beneficial, interesting and informative.
Vote of thanks	Ms. Gurpreet Kaur Saini (Assistant Professor, Department of English, SGND Khalsa College)



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Feedback (Share the link of the Google Form & attach the Excel File generated therein)

<https://forms.gle/hV4B3VVex963GLARA>

Attendance Sheet (Attach Photocopy)

Poster (Attach below)

Sri Guru Nanak Dev Khalsa College
(University of Delhi)
S.E.V.A.
Supporting and Empowering through Volunteering and Assistance

UNDER THE AEGIS OF IQAC
is organising a Workshop on
**MY PEERS, MY CAREER, MY RELATIONSHIPS:
STRESS BUSTERS OR STRESS TRIGGERS**

SPEAKER
Ms. Deep Jajmaan
(Clinical Psychologist and Educator)

28 OCTOBER 2023
GOOGLE MEET
4PM ONWARDS

FOR MORE DETAILS
Janvi Rawal (PRESIDENT)
9310845082
Gurmam Singh (VICE PRESIDENT)
9809692220

SCAN:

project_seva_sgnd | project-SEVA-sgnd | Project S.E.V.A.

Pictures (Attach Five Photos)



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Janvi Rawal (Presenting)

OUR HONOURABLE PRINCIPAL SIR



PROF. GURMOHINDER SINGH

16:04 | smo-eexo-sae

33 others

Grid of participants: Armeet Kaur, Neeta Dhillon, Seva Sgndic, Gurpreet Kaur, Janvi Rawal, Arshpreet Kaur, Tanishka.




Deep Jajmann (Presenting)



16:19 | smo-eexo-sae

Grid of participants: Arshpreet Kaur, Neeta Dhillon, Armeet Kaur, gurpreet kaur, Seva Sgndic, Janvi Rawal, Harprab Singh, Tanishka, Ashmeet Kaur, Hargun Kaur, Achit Kaur, SARGI BHAR..., Amanveer Sin..., SWARNAVA P..., Harvinder kaur, Gurmamn Singh, Revti, 23 others.

Deep Jajmann (Presenting)



16:40 | smo-eexo-sae

45

Grid of participants: Gurpreet Tarvinder Singh, Raman Pandey, Neeta Dhillon, Deep Jajmann (Presenting), Seva Sgndic, Tanishka, gurpreet kaur, gurpreet kaur, 30 others, Gurmamn Singh.



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Janvi Rawal (Presenting)

ANY QUESTIONS?

You can either raise your hands or submit your questions in the chat box for the same and we will be discussing your questions one by one.

17:22 | smo-bexo-sae

Neeta R Dhingra

Signature:

Name: Dr Neeta Dhingra

(Convenor)