



SRI GURU NANAK DEV KHALSA COLLEGE

Dev Nagar, Delhi - 110085

Post-Event Report

Event	How are you, Really? A series of webinar on mental health
Topic	Believe- You're good enough A webinar on unlocking your self-confidence
Organizer	Project S.E.V.A.
Date	12 th February, 2022
Time	4:00 PM
Duration	1 hour
Place/Platform	Google Meet
Number of Participants	68
Guest Speaker/Trainer	Ms. Sadaf Mir
Welcome Speech	Ghanshyam Bhasin
Introduction to the Speaker	Project S.E.V.A.
Activities	<ul style="list-style-type: none">▶ The speaker began the webinar with the introduction of mental health and importance of mental well-being▶ Ms. Sadaf focussed on the need of social well-being and how important it is to get some amount of social interaction with the people we are in touch with▶ She explained that the key factor to help anyone with a mental disorder is to be a good listener▶ Furthermore, there was a detailed discussion on the wonders of good sleep, little breathing exercises and healthy food to enhance positive emotions
Main Ideas	<ul style="list-style-type: none">▶ The webinar was conducted in order to educate people about their mental health and how to strengthen your self-confidence▶ Ms. Sadaf Mir explained that the key skill that we need to develop self-confidence is 'Observation'▶ She educated the attendees on when and how to seek professional help▶ She concluded the session by highlighting the importance of meditation in our lives



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- ▶ The attendees gained valuable insights from the webinar and inquisitively asked Ms. Sadaf Mir several questions, which were all answered in detail. Each and every thing she told proved to be beneficial, interesting and informative

Vote of thanks

Ghanshyam Bhasin

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

Feedback form- <https://forms.gle/bQXQ3Z7bK6CqupJx5>



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S.E.V.A.
Supporting and Empowering through
Volunteering and Assistance

Register here :

Believe- You're good enough!
A webinar on unlocking your
Self-Confidence

12th February, 2022
 4:00 PM
 Google Meet

SPEAKER:
Ms. SADAF MIR
M.Phil in Clinical Psychology

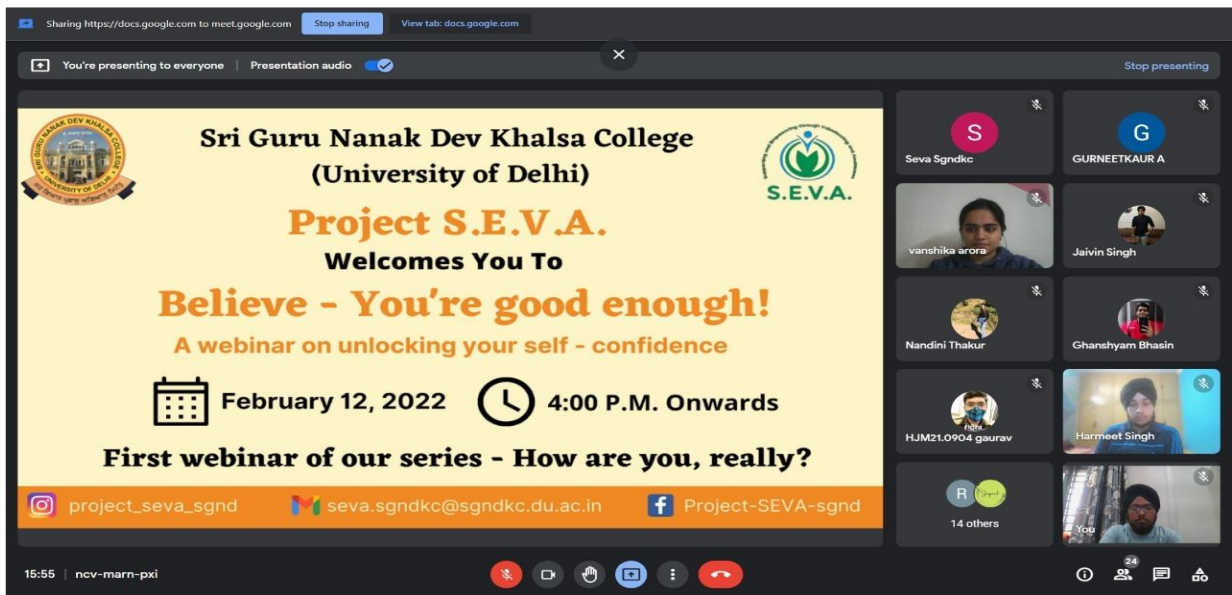
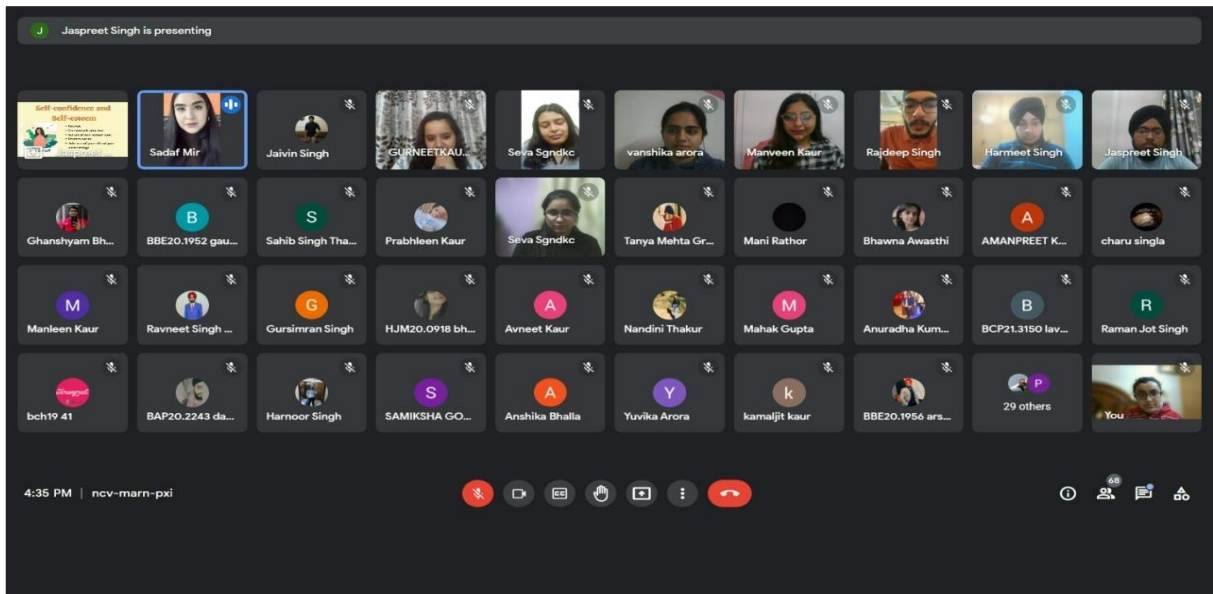
project_seva_sgnd project-SEVA-sgnd

Pictures (Attach Five Photos)



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Jaspreet Singh is presenting

Self-confidence and Self-esteem

- Exercise
- Give yourself some love
- Get out of your comfort zone
- Learn to say no
- Take care of yourself and your surroundings

Love Yourself

In-call messages

Let everyone send messages

Messages can only be seen by people in the call and are deleted when the call ends.

सुधीन कृपार 1:32 AM
Recording?

Harsimar Singh Sodhi 1:41 AM
<https://forms.gle/SuXfZ8v6F5JZ296>
Kindly fill this Attendance cum Feedback form

Harsimar Singh Sodhi 1:50 AM
A very good evening

You are requested to please fill the Attendance cum Feedback Form
<https://forms.gle/SuXfZ8v6F5JZ296>

Thank you

Harsimar Singh Sodhi 1:57 AM
A very good evening

You are requested to please fill the Attendance cum Feedback Form
<https://forms.gle/SuXfZ8v6F5JZ296>

Thank you

Akashi Aggarwal has left the meeting

vanshika erora

Ghanshyam Bha...

Jaspreet Singh

Sadaf Mir

GURNEETKAUR A

Jaspreet Singh

55 others

You

Webinar on 12th February

Jaspreet Singh is presenting

Mental Health & it's Importance

- What is mental health ?
- Why it's more than the mind ?
- Why it's crucial ?
- How to maintain positive mental health ?

vanshika erora

Ghanshyam Bhasin

Rajdeep Singh

Sadaf Mir

GURNEETKAUR A

Jaspreet Singh

M

S H

Marveen Kaur

53 others

Webinar on 12th February

Signature: _____ _____

Name: **Komal Chhikara**

(Convenor)