



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	Rejection Is Redirection A Webinar On Handling Rejections Fearlessly
Organizer	Project S.E.V.A.
Date	17 th February 2022
Time	5 PM
Duration	1 Hour
Place/Platform	Google Meet
Number of Participants	60
Guest Speaker/Trainer	Arouba Kabir Pathan
Welcome Speech	Manleen
Introduction to the Speaker	Manleen
Activities: <ul style="list-style-type: none">● Ms Arouba initiated the webinar by elaborating the term “Rejection” and that we are born with some common fears, some are afraid of loud noises while some from height.● She mentioned the fact that a human brain is bifurcated in 2 parts i.e. conscious and subconscious mind. Whatever our subconscious mind conceives, is what actually happens.● The speaker apprised that rejection eventually leads to enhancement, because it forces the individual to perform a profound analysis.	
Main Ideas: <ul style="list-style-type: none">● The webinar was conducted in order to educate masses regarding rejection in life and way to cope with it positively, to live a joyous life.● The speaker asserted on explaining why people abhor towards rejection, because people have an association of rejection with failure, which is absolutely not the case.● She highlighted how this thing is developed by our surroundings, society, parents when a child has miserable score in exams.● Ms Arouba suggested people to always have a notion that if something is happened, then there is reason behind that cause.● At last she concluded the webinar by saying that if one faces refusal then we think and tell ourselves that something big and prominent is waiting for us.● The attendees asked several questions from the speaker and were very satisfied from the session.	
Vote of thanks	Manleen



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

Feedback Form- <https://forms.gle/jmm5VCZqFDCDbJxE9>

Poster (Attach below)

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

Register
here :



Rejection is Redirection
A webinar on handling your
Rejections fearlessly

17th February, 2022
5:00 PM
Google Meet

SPEAKER:
AROUBA KABIR PATHAN
Founder- Enso Wellness



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Pictures (Attach Five Photos)




SRI GURU NANAK DEV KHALSA COLLEGE

Dev Nagar, Delhi - 110085

Diksha Juneja is presenting



Sri Guru Nanak Dev Khalsa College
(University of Delhi)






Project S.E.V.A.
presents





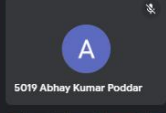



Rejection is redirection!

A webinar on handling your rejections fearlessly.

February 17, 2022 5:00 P.M. Onwards


Second webinar of our series - How are you, really?

 project_seva_sgnd
  seva.sgndkc@sgndkc.du.ac.in
  Project-SEVA-sgnd








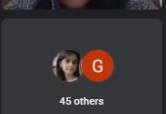









Activate Windows
Go to Settings to activate Windows.

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Arouba Kabir

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In-call messages

Let everyone send messages

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

You are requested to fill the Attendance cum Feedback Form
<https://forms.gle/jmm5VQZzFDC0bJxER>

Thank you

HJM20.0918 bhawna 3:01 AM
Pls resend feedback form once

Avneet Kaur: 3:02 AM
A very good evening

You are requested to fill the Attendance cum Feedback Form
<https://forms.gle/jmm5VQZzFDC0bJxER>

Thank you

BAP21.2254 tanya 3:02 AM
Loving this session!!! 🥰

Sanya balhara 3:05 AM
The best San! 🍕

Bhukamp Singh 3:05 AM
Mam recording milegi kya??

Participants: Manleen Kaur, Nandini Thakur, komalchhikara a, Mahak Gupta, Diksha Juneja, GURNEETKAUR A, 45 others, You

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G1 Akrita Mishra 14 3:31 AM
How can I cope up with the fear of new?

bch19.79 3:32 AM
New what?

1055 Rajni 3:32 AM
Yaa I want to ask same question .. how to be choose friendship in colg ... how can we overcome that confusing

G1 Akrita Mishra 14 3:33 AM
Anything new like a different stage in life or like a whole new environment around us

Sanya balhara 3:34 AM
Out of context but what's ur skincare routine ma'am ? :)

Sanali Joshi 3:35 AM
How to stop comparing ourselves ?

Sanya balhara 3:36 AM

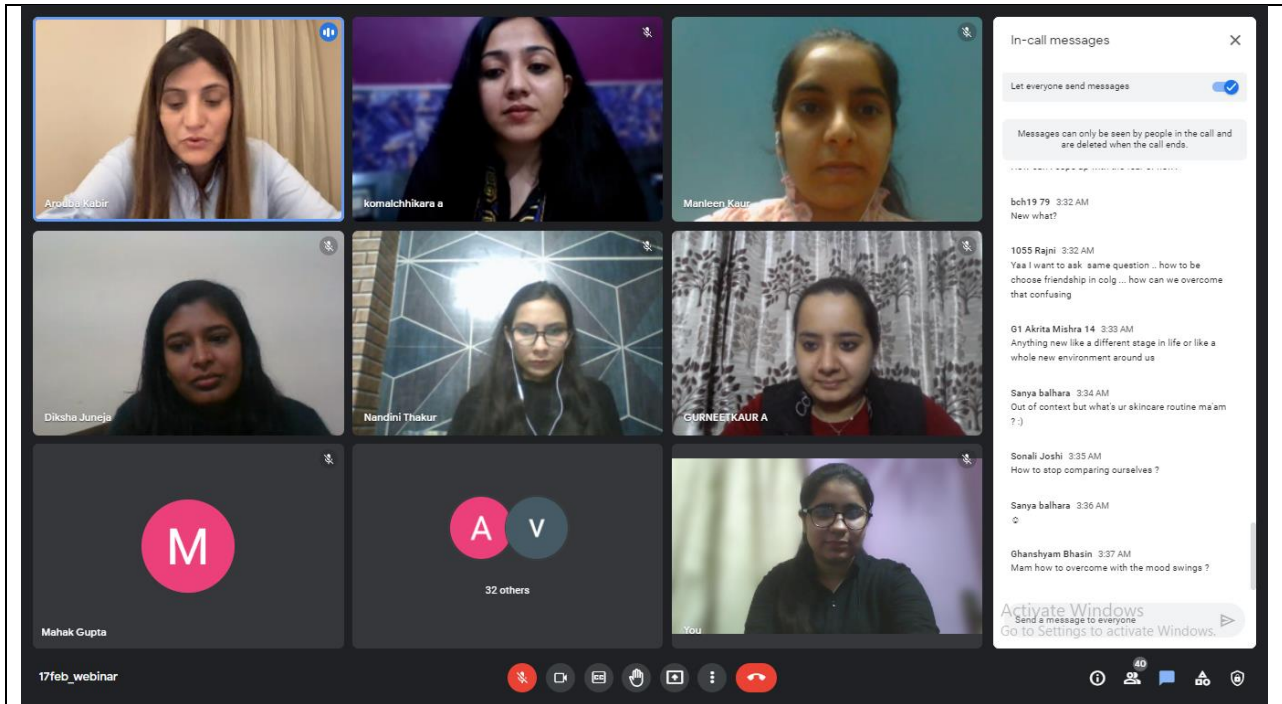
Participants: Arouba Kabir, komalchhikara a, Manleen Kaur, Diksha Juneja, Nandini Thakur, GURNEETKAUR A, Mahak Gupta, 32 others, You

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Attach Photocopy of two Certificates

Signature: _____  _____

Name: _____ Ms Komal Chhikara _____

(Convenor)