



SRI GURU NANAK DEV KHALSA COLLEGE

Dev Nagar, Delhi - 110005

Post-Event Report

Event	A talk session on
Topic	Dealing with stress and anxiety nowadays
Organizer	Har Ghar Dhyan
Date	13 Nov, 2024
Time	1:00 PM
Duration	1 hour
Place/Platform	Seminar hall
Number of Participants	30
Guest Speaker/Trainer	Dr. Mona Singh
Welcome Speech	Ayushi
Introduction to the Speaker	Raman kumar pandey
Activities - On 13 November 2024, Sri Guru Nanak Dev Khalsa College's Har Ghar Dhyan Society organised a talk session on dealing with stress and anxiety nowadays. In this session we learnt how can we deal with anxiety & stress in in our day to day life. - In this session, our resource person Dr. Mona Singh explained that how to work in busy life with good meditation because meditation is the best power to get relief from the stress. In this session, we performed various activities relating to meditation & yoga. It was indeed a mesmerising experience to feel the best version of ourselves.	
Main Ideas Students & faculties actively participated in this session	
Vote of thanks	Ms. Simarpreet kaur
Feedback (Share the link of the Google Form & attach the Excel File generated therein)	
Attendance Sheet (Attach Photocopy)	
Poster (Attach below)	



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SRI GURU NANAK DEV KHALSA COLLEGE
(University Of Delhi)
NAAC ACCREDITATION GRADE "A "
Under The Aegis Of IQAC

"Har Ghar Dhyam"

A Talk On
"Dealing with Stress and Anxiety Nowadays"

13Nov2024
1 Pm
Seminar Hall

Dr. Mona Singh
Art Of Living Faculty

Organizing Team :
Dr. Shailja Convenor
Simarpreet kaur Co-convenor
Dr. Baljeet Singh Ofg. Principal
All the members of Har Ghar Dhyam Committee

Pictures (Attach Five Photos)





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Name: Dr. Shailja

(Convenor)