



SRI GURU NANAK DEV KHALSA COLLEGE

Dev Nagar, Delhi - 110085

Post-Event Report

Event	How are you, Really? A series of webinar focussing on mental health
Topic	You are Unique A webinar on embracing your own uniqueness
Organizer	Project S.E.V.A.
Date	19 th February 2022
Time	12:00 PM
Duration	1 Hour
Place/Platform	Google Meet
Number of Participants	50
Guest Speaker/Trainer	Ms Deep Jajmann
Welcome Speech	Jasmine Kaur
Introduction to the Speaker	Jasmine Kaur

Activities:

- Ms Deep Jajmann began the webinar by simply asking the attendees to pat themselves on their back, for being what they are and apprised to rate themselves within 1 to 10.
- The first activity of the webinar was quite absorbing as she instructed attendees to tear a A4 size sheet from left and right, the end results were different but instructions were same for everyone, in this exercise she wanted to highlight the fact that situations are same for everyone but how we react towards that situation is different which is the cause for different outcomes.
- Next one was “Fears & Cheers”, in this Ms Deep lucidly made everyone understand that every individual is surrounded by insecurities and fears, so we are no different.
- Last activity revealed that the Subconscious Brain is 6000 times more powerful than conscious, so an individual should train it for good, by optimistic thinking and outlook.

Main Ideas:

- Speaker mentioned that if someone wants to confront his/her fears then firstly they should identify their fears.
- She stated that to overcome fears one should jot down their respective fears in paper and after that they should evaluate the worst scenario of that fear, this will vividly bring down the anxiety.
- Human psychology has a default tendency to remember negatives over positives, Ms Deep also mentioned that fears are only in mind, it's not there in the real world.
- She explained the power of our mind, whatever we think on a regular basis is what conceived and gets sinked in our subconscious mind and that turns out be real. This thing if practised regularly gets entrenched in ourselves.
- The speaker concluded by saying that don't be harsh on yourselves, everything gets settled in the end. Each and every think she told proved to be beneficial, interesting and informative and attendees enjoyed every bit of it.



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Vote of thanks	Mahak Gupta
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S.E.V.A.
Supporting and Empowering through
Volunteering and Assistance

You are Unique
Embracing your own
uniqueness

19th February, 2022
12:00 PM
Google Meet

Register here :

SPEAKER:
DEEP JAJMANN
Guidance counsellor

project_seva_sgnd project-SEVA-sgnd

Pictures (Attach Five Photos)

Jaspreet Singh is presenting

Sri Guru Nanak Dev Khalsa College
(University of Delhi)

Project S.E.V.A.
presents

YOU ARE UNIQUE
A webinar on embracing your own uniqueness

February 19, 2022 12:00 PM onwards

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

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

Webinar on 19th Feb

Participants: Diksha Juneja, Mohak Gupta, Rajdeep Singh, komalchikara, Deep Jajmann, Jasmine Kaur, Hamoor Singh, 20 others

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Go to Settings to activate Windows.



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Deep Jajmann is presenting
Press **Esc** to exit full screen

In-call messages

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bch19 79 9:48 PM
Depends upon the kind of fear

Raghav Kumar 9:51 PM
Overthinking of career

Gautam Madan 9:51 PM
Socialising

bch19 79 9:51 PM
How would people react?

BAP21.2254 tanya 9:55 PM
If u can't fit at one place change the place.

bch19 79 9:56 PM
Human tendency ma'am

Harmeet Singh 10:01 PM
A very good afternoon

You are requested to fill the Attendance cum Feedback Form
<https://forms.gle/be8zuebtncS1gTn17>

Thank you

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Webinar on 19th Feb

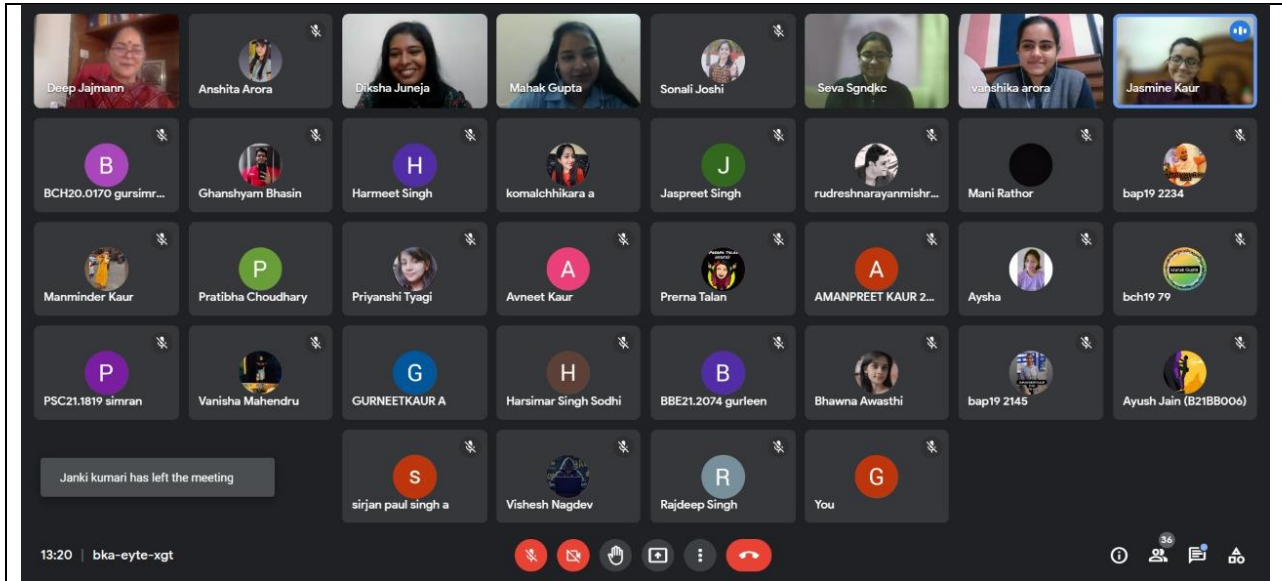
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Attach Photocopy of two Certificates

Signature: _____

Name: _____Ms Komal Chhikara_____

(Convenor)