



**Sri Guru Nanak Dev Khalsa College
Dev Nagar, New Delhi - 110005**

Post-Event Report

Event	Orientation :“Haso aur Hasao”
Topic	Orientation and The Standup Comedy Show with Asif
Organizer(s)	YUVA
Date	14 October 2025
Time	1 pm onwards
Duration	2 hours
Place/Platform	Gallery
Number of Participants	15
Guest Speaker(s)/Trainer(s)	Asif Rehman
Welcome Speech by:	Dr. Neha Atri
Introduction of the Speaker by:	Dr. Neha Atri
Activities (if any)	<ol style="list-style-type: none">1. Guided breathing and relaxation exercise2. Short mindfulness meditation session3. Interactive PPT-based explanation of mindfulness4. Self-reflection and awareness activity5. Open Q&A and student interaction session



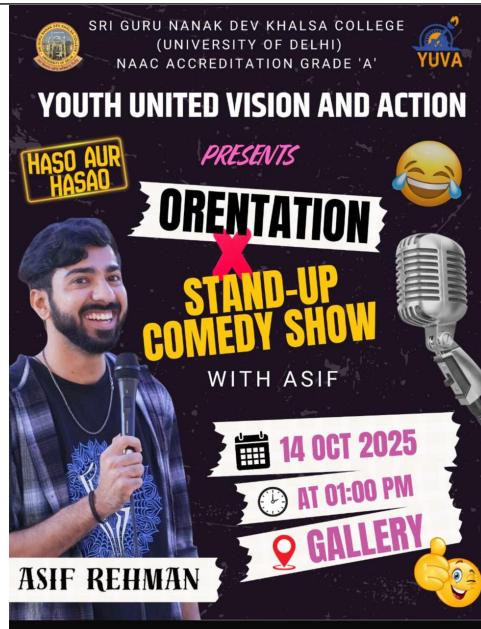
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Main Ideas

1. To spread awareness about the importance of mindfulness in daily life.
2. To help students manage stress, anxiety, and academic pressure effectively.
3. To promote emotional balance and mental well-being among youth.
4. To encourage self-awareness and positive thinking for personal growth.
5. To guide students towards leading a balanced, focused, and successful life.

Vote of Thanks by	Dr. Neha Atri
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Attendance Sheet (Attach Scanned Copy) - NA
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Poster (Attach Scanned Copy)



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Pictures (Attach Five Photos)



Attach Scanned Copies of Two Certificates- NA



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Newspaper Clippings of the Event (if any) - NA

A handwritten signature in black ink, appearing to read "Neha Atri".

Signature:

Name: Dr. Neha Atri

(Convenor)