



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



Post-Event Report

Event	Delulu to Discipline (Yuva x Viksit Bharat)
Topic	Why Genz feels exhausted: Emotional Wellness in the Digital Age of social media
Organizer(s)	Aarzo Talwar and Gundeep Singh
Date	16 th February 2026
Time	1:00 PM
Duration	2 hours
Place/Platform	Seminar Hall
Number of Participants	35
Guest Speaker(s)/Trainer(s)	Ms. Princy Saini
Welcome Speech by:	Meenal Ladha and Mehul Juneja
Introduction of the Speaker by:	Meenal Ladha and Mehul Juneja
Activities (if any)	<ol style="list-style-type: none">1. Session by Ms. Princy Saini2. Question and Answer round



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Poster (Attach Scanned Copy)



SRI GURU NANAK DEV KHALSA COLLEGE
UNIVERSITY OF DELHI
(NAAC ACCREDITED GRADE 'A')
YOUTH UNITED FOR VISION AND ACTION
YUVA X VIKSHIT BHARAT

PRESENTS
DELULU TO DISCIPLINE

WORKSHOP ON
"WHY GEN Z FEELS EXHAUSTED: EMOTIONAL WELLNESS
IN THE DIGITAL AGE OF SOCIAL MEDIA."

WITH GUEST SPEAKER



PRINCY SAINI
speaker at various colleges
and platforms contributing
meaningfully to
conversations around
therapy and self-care.

16 FEBRUARY
1:00PM ONWARDS
SEMINAR HALL

Oftg. Principal
Dr. Baljeet Singh

Convenor
Mrs Deepinder Kaur

**Co convenor and Viksit
Bharat Nodal officer**
Dr. Neha Atri

FOR MORE QUERIES

Aarzo Talwar
8130569811

Gundeep singh
8178581125



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Pictures (Attach Five Photos)





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Attach Scanned Copies of Two Certificates

Newspaper Clippings of the Event (if any)

Signature *Deepinder Kaur*

Name: Mrs. Deepinder Kaur

(Convenor)