

1.3.2 Provide report of the field visit/sample photographs of the field visit/permission letter from the competent authority



विवेकानन्द कॉलेज
VIVEKANANDA COLLEGE
(दिल्ली विश्वविद्यालय)
(UNIVERSITY OF DELHI)
विवेक विहार, दिल्ली-110095
VIVEK VIHAR, DELHI-110095
GRADE 'A' ACCREDITED By NAAC

VIVEKANANDA COLLEGE

UNIVERSITY OF DELHI

SUPPORTING DOCUMENTS FOR 1.3.2

The supporting documents for Metric No. 1.3.2 as DVV clarification are attached:

S.No	Content	Page No.
1.	Field Visit EVS- Report with photographs	2
	2017	2
	2018	3
	2019	4
2.	Field Visit Psychology- Report with Permission letter	5

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1.3.2. Provide Report of the field visit / sample photographs of the field visit / permission letter from the competent authority.

2017

Environmental field trip

To increase Environmental knowledge and exposure to different living being or biodiversity, an environmental field trip to Delhi zoological park was organized for the first year college students on **dated 13/11/2017**. India considered as a mega biodiversity nation, and hence it is important to understand role of different species in maintaining healthy ecosystem. This trip was focused to understand Ex-situ conservation of different species including birds, reptiles, mammals etc. The information related to wildlife such as behavior and role in food chain etc. were also discussed, which increased the knowledge and interest of students towards these animals.



2018**Environmental field trip**

Environmental field visit to Aravalli Biodiversity Park was organized by Department of Environmental Sciences **on 8 November 2018**. Approximately 40-50 students participated in this field visit. This trip was focused to give an insight on in-situ conservation of flora and fauna among participated students. The wildlife instructor discussed variety of information related to wildlife, endemic and invasive species etc. In addition, the role butterflies, insects, plants and their inter-dependence were also exhibited during this trip, which increased the knowledge and interest of students towards these flora and fauna.



2019

Environmental field trip

Environmental field visit to Aravalli and Yamuna Biodiversity Park was organized by Department of Environmental Sciences **on 5 November 2019**. Approximately 40-50 students participated in this field visit. This trip was focused to give an insight on in-situ conservation of flora and fauna among participated students. The wildlife instructor discussed variety of information related to wildlife, endemic and invasive species etc. In addition, the role butterflies, insects, plants and their inter-dependence were also exhibited during this trip, which increased the knowledge and interest of students towards these flora and fauna.



Field Trip – Psychology Department

Proof 1:

Report

Report

The aim of this field work was to explore the issues of body image as experienced by Indian Youth (college students) in contemporary times, with the help of Focus Group Discussion.

A qualitative lens was adopted to seek deeper understanding of how people perceive their social realities and in consequence how they act in the social world. Semi structured interviews were used for the same.


The areas that were explored were, meaning of body image, role of family, peers and media, availability of resources in the market related to body and appearance, eating habits/diets and consequences of so much emphasis on body image.

The participants were in the age group of 18-21 years, currently pursuing under graduation in University of Delhi. The consent of the participants was taken if the conversation can be recorded or not. The verbal data thus generated were transcribed by the researchers and then thematic analysis was conducted.

After the codes were generated, 22 major themes emerged out which the most prominent were, 'unrealistic standards set by society', 'demands of beauty imposed by others', 'positive and negative family, peers and media influence' and 'gender differences for body types.'

The following themes were then explained with the help of the participants' verbatims and understanding of the researchers. The participants were found to be quite knowledgeable about the several body image problems that are common in modern society. Majority of them also admitted to having several issues in the past but did not currently display any symptoms of body image issues. They have developed a love for themselves, came to terms with the truth that their body image is not as valuable as they think it is, and are moving towards a full acceptance of who they are.

Permission letter issued to the students:

	Vivekananda College विवेकानन्द महाविद्यालय (University of Delhi) (दिल्ली विश्वविद्यालय)	Vivek Vihar, Delhi -110 095 Tel. : +91-11-2215 0100 Fax : +91-11-2216 4626 E-mail : vivac2008@gmail.com
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Ref. No.

Date ..01/09/22..

To Whomsoever It May Concern

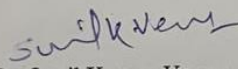
As part of their course, the students of B.A.(H) Applied Psychology, Vivekananda College, Delhi University (Vth Semester) are conducting a group discussion on the topic 'Body Image' for their practicum of their paper on 'Youth Psychology'. We hereby request you to kindly allow the students of Applied Psychology, Vivekananda College in your college premises for conducting the group discussion. We assure you that there would be no disturbance to the classes in your college. The data collected shall be confidential and used for research purposes only.

The following students are interested in conducting this field study in your prestigious college:-

1. Gunjan Negi
2. Khushi Mangee
3. Rakshita
4. Ishita Singh
5. Isha Bhatia
6. Preeti Pal

Thanking you,

Yours sincerely,



Dr. Sunil Kumar Verma,
Teacher-in-Charge,
Department of Applied Psychology,

Dr. SUNIL KUMAR VERMA
Associate Professor
Department of Applied Psychology
Vivekananda College
(University of Delhi)
Delhi-110095

Proof 2:

Report:

BODY IMAGE INTRODUCTION

The aim of the practical was to explore the issue of body image as experienced by Indian youth (college students) in contemporary times, with the help of focus group discussions.

Youth are in the process of identifying and understanding themselves and the world around them. They are also in the process of creating an identity for themselves and understanding their changing bodies. There are several factors that influence how a youth regards his or her body: family environment, television and movies, advertising and existing fashion trends are some of them. Today, social media also plays a critical role with adolescents seeking validation from their friends through 'likes' for their photo.

To understand various concerns of the youth with respect to body image focus group discussions were held in one of the colleges of University of Delhi. The data was transcribed and subjected to thematic analysis. According to our findings meaning of body image were gender specific, there were criticisms for not following the criteria apart from positive behavioural implications of following a routine to stay fit and healthy, there are even negative implications for self as self-worth is contingent on body. Body shaming, affected mental health, comparison and discrimination were few of the experiences pertaining to body image. Factors that affected body image the most were found out to be social media, peers, parents and fashion trends. Discussing with people of same generation, seeking support from friends and family are some things that are helpful in coping with body image issues which shows that boys still feel shameful & hesitant talking about their body image.

Permission letter issued to the students:



Vivekananda College
विवेकानन्द महाविद्यालय
(University of Delhi)
(दिल्ली विश्वविद्यालय)

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E-mail : vivac2008@gmail.com

Ref. No.

Date Sep 7, 2022

To Whomsoever It May Concern

As part of their course, the students of B.A.(H) Applied Psychology, Vivekananda College, Delhi University (Vth Semester) are conducting a group discussion on the topic ' Body Image' for their practicum of their paper on 'Youth Psychology'. We hereby request you to kindly allow the students of Applied Psychology, Vivekananda College in your college premises for conducting the group discussion. We assure you that there would be no disturbance to the classes in your college. The data collected shall be confidential and used for research purposes only.

The following students are interested in conducting this field study in your prestigious college:-

1. Anushka
2. Divya
3. Gray
4. Rashi
5. Samia
- 6.

Thanking you,

Yours sincerely,

Sunil K. Verma

(Teacher-in-Charge)
Dr. SUNIL KUMAR VERMA
Associate Professor
Department of Applied Psychology
Vivekananda College
(University of Delhi)
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