



Janki Devi Memorial College
University of Delhi

JDMC-IQAC

Centre For Skill Enhancement

In collaboration with Addon course committee

Director

Dr. Sakshi Bansal

General Secretary

Mr. Rohit Kumar Singh

Treasurer

Ms. Deepti Sethi

Faculty Members

Dr. Manish Chauhan

Mr. Vikendra Singh



Janki Devi Memorial College

Events Report 2024-25

Topic: Upskilling for Better Employment Opportunities

Date: 07 October 2024

Name of the event:	Upskilling for Better Employment Opportunities
Date of the Event	07 October 2024
Name of the organizer (s):	Centre for Skill Enhancement and Janki Devi Vocational Centre
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra college
Objectives of the event:	The session aimed to guide students on the importance of upskilling and professional development for improving employability. It focused on how skill-based learning, vocational training, and digital proficiency contribute to better career prospects in the modern job market.
Name and Affiliation of the Resource person (if applicable):	Ms. Madhurima Verma , Director, JDVC Ms. Jyoti Khurana , Beauty Expert & Instructor, Department of Cosmetology, JDVC Ms. Yashika Bhagat , Freelancer & Instructor, Social Media Marketing, JDVC
No. of Students Present	

Brief Report

The speakers shared their experiences and provided insights into various skill-based programs offered by JDVC.

- **Ms. Madhurima Verma** discussed the growing demand for practical and vocational skills, emphasizing how JDVC courses bridge the gap between education and employability.
- **Ms. Jyoti Khurana** spoke about the cosmetology sector, highlighting the increasing opportunities for skilled professionals in beauty and wellness industries.
- **Ms. Yashika Bhagat** explained the role of social media marketing and freelancing as modern avenues for income and professional growth.

The session was interactive and informative, with students actively participating and asking questions about specific career pathways.

- Vocational and add-on courses enhance employability by providing practical exposure.
- The beauty and wellness sector offers flexible and rewarding career options.
- Digital and social media skills are in high demand across industries.
- Lifelong learning and adaptability are essential for professional success.

The session encouraged students to enroll in JDVC's vocational and skill-based programs to improve their job readiness. It inspired participants to explore new professional domains and adopt a mindset of continuous learning and upskilling. The event successfully aligned with the objectives of IQAC and the Centre for Skill Enhancement by promoting holistic education through employability-driven initiatives.

Poster of the event (English and Hindi):

Janki Devi Vocational Centre

Presents

**SESSION ON UPSKILLING FOR BETTER
EMPLOYMENT OPPORTUNITIES**

*By:-
SPEAKERS*



Ms. Madhurima Verma
(Director, JDVC)



Ms. Jyoti Khurana
(Beauty Expert)
(Instructor, Cosmetology
Department, JDVC)



Ms. Yashika Bhagat
(Freelancer)
(Instructor, Social Media
Marketing, JDVC)

के सहयोग से
प्रस्तुत करता है

**बेहतर रोजगार अवसरों के लिए
कौशल उन्नयन पर सत्र**

वक्ताओं के द्वारा:-



मा वर्मा
(जीडीवीसी)



सुश्री ज्योति खुराना
(सौंदर्य विशेषज्ञ)
(प्रशिक्षक, कॉस्मेटोलॉजी विभाग,
जेडीवीसी)



सुश्री यशिका भगत
(फ्रीलांसर)
(प्रशिक्षक, सोशल मीडिया मार्केटिंग,
JDVC)

Record of Attendance (Photos of attendance record):

ATTENDANCE		
NAME	COURSE	SIGNATURE
1. Vanishika (508)	B. Com Hons - 3 rd yr	Vanishika
2. Shruuti (1771)	B. Com Hons - 3 rd yr	Shruuti
3. Arpita Ray (316)	B.A (Hons) Pol Sci (1 st year)	Arpita
4. Anmolpreet Kaur (1909)	B.A (Hons) Pol Sci (1 st year)	Anmolpreet
5. Anushika Verma (506)	B.A (Hons) Pol Sci (1 st year)	Anushika
6. Amisha Kumari	B.A. (Hons.) Pol. Sci. (1 st Year)	Amisha Kumari
7. Laxmi Kumari	BA (Hons) Sociology (1 st year)	Laxmi
8. Shalini Pandey	B.A (Hons) Sociology (1 st year)	Shalini
9. Trachi	B.A. (Hons) Political Science (1 st year)	Trachi
10. Priya prajapati	B.A programme (1 st year)	Priya
11. Amisha	B.A. Hons Political Science 1 st year	Amisha
12. Tanishka Malik	B.A. Hons Political Science 1 st year	Tanishka
13. Divya Yadav	B.A Hons Political Science 1 st year	Divya
14. Lancy Kk	B.A Hons Political Science 2 nd year	Lancy
15. Apoorva	B.A Hons Political Science 2 nd year	Apoorva
16. Amelia (1023)	BA Prog. E - 1 st year	Amelia
17. Aishwarya 323	BA History (Hons) 1 st year	Aishwarya
18. Aditya	BA (Hons) (Hons) 1 st year	Aditya
19. Anousha	BA (Hons) Economics 2 nd	Anousha
20. Nishtha	BA (Hons) Eco 2 nd	Nishtha
21. Saumya Singh	BA Prog (Eco + Pol) 1 st	Saumya
22. Ananya Mittal	BA Prog (Eco + Maths) 2 nd	Ananya
23. Arushi Singh	BA Prog (Eco + Maths) 2 nd	Arushi
24. Yashika Garg	BA Prog (Eco + Maths) 1 st	Yashika
25. Saanvi Mehta	BA Prog (Eco + Maths) 1 st	Saanvi

ATTENDANCE		
NAME	COURSE	SIGNATURE
Ashiya Aslam	B.A Programme	Ashiya
Anchal Raj	B.A Programme	Anchal Raj
Shreya Singh	BA Programme	Shreya
Ananya Kichlu	B.A Pol Sci Hons	Ananya Kichlu
Subhashree Sahoo	BA (H) Pol. Science	Subhashree
Shivangi 1032	BA (H) Pol Science	Shivangi
Rishika 1034	"	Rishika
Barkha	BA Eng Hons	Barkha
Hifza	BA English (Hons.)	Hifza
Aditya Prayam	BA (Eco + Pol Sci)	Aditya
Manya	BA (Eco + Pol Sci)	Manya
Kanchan Bharti	BA (H) Pol Science	Kanchan Bharti
Aisya Debbasna	BA (H) Pol Science + Eco	Aisya Debbasna
Sneha Raj	BA (H) Pol Science	Sneha Raj
Riya Gurus	BA (H) (History + Pol Sci)	Riya
Shalini Bhadhan	BA (H) History	Shalini
Soumi	"	Soumi
Hanshika Mishra	"	Hanshika
Apoorva	"	Apoorva
Rutika Yadav	BA (Hons) English	Rutika
Aisha	BA (Hons) Pol Science	Aisha
Sana Raut	BA (Hons) Pol Science	Sana
Sneha Bhardwaj	BA (H) History	Sneha
Hanshika Ujjainwal	"	Hanshika
Diksha	"	Diksha
Pragya Rexwal	"	Pragya

NAME	COURSE	SIGNATURE
Shardha	BA (H) Eco	Shardha
Sneha Das Rai	BA (H) Eco	Sneha
Pritya (1395)	BA (H) Eco	Pritya
Vaishnavi	BA (H) Eco	Vaishnavi
Monita	BA (H) Eco	Monita
Samridhi (1450)	BA Prog (Eng + Eco)	Samridhi
Aaliya Razi (1758)	BA Prog (Eng + Eco)	Aaliya
Aayushi Singh (1659)	BA (H) Eco	Ayushi
Suvanshita Dutta 1711	BA (H) History	Suvanshita
Soni Raj Kumari (1104)	BA (H) Economics	Soni
Vaishnavi Verma (648)	BA Program (Hist + Hindi)	Vaishnavi
Anjali 398	BA History Hon	Anjali
Sarekha Bhatti (1635)	B.Com (Hons)	Sarekha
Yyat	BA Pol Sci (H)	Yyat
Shahida	BA Pol Sci (H)	Shahida
Krishna Kumari (881)	BA (Hons) Economics	Krishna
Aayushi Trivedi	BAL Prog) HDPE + Economics	Aayushi
Piyati	BA (Prog) Eng + Eco	Piyati
Anubhuti	BA (Prog) HDPE + Eco	Anubhuti
Harshika Joshi (1918)	BA (Prog) Eco + Maths	Harshika
Navya 427	BA Prog Eco + Phil	Navya
Sasha 1185	BA HONS ENG	Sasha

Geotagged pictures of the event :



Topic: Cultural Diplomacy and Higher Education: The Competitive Advantage for Skilled Migrants from India to Germany

Date: 21 October 2024

Name of the event:	Cultural Diplomacy and Higher Education: The Competitive Advantage for Skilled Migrants from India to Germany
Date of the Event	21 October 2024
Name of the organizer (s):	Centre for Skill Enhancement
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra college
Objectives of the event:	The talk aimed to explore the role of cultural diplomacy and higher education as key enablers in enhancing the global competitiveness of skilled migrants. It focused on opportunities available for Indian students and professionals in Germany through educational collaboration and cultural exchange.
Name and Affiliation of the Resource person (<i>if applicable</i>):	Dr. Axel Baisch , Managing Director, Hertie School, Berlin
No. of Students Present	

Brief Report:

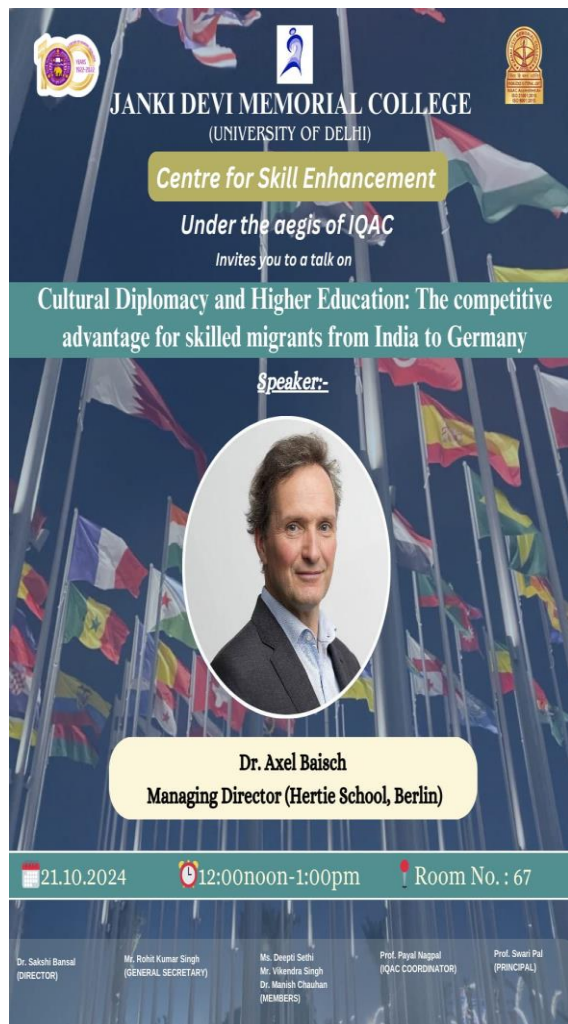
Dr. Axel Baisch discussed how education and cultural understanding together create new bridges between countries. He shared insights on intercultural competence, global education policies, and how skilled migration promotes innovation and bilateral growth. The talk also highlighted pathways for academic collaborations between India and Germany.

Cultural diplomacy builds trust and cooperation among nations. Global academic mobility fosters innovation and skill enhancement. Germany offers vast opportunities for Indian students and

researchers. Intercultural skills are essential for professional success abroad.

The session provided students with a better understanding of cultural diplomacy's significance in education and career advancement. It encouraged global thinking and inspired participants to explore international academic opportunities.

Poster of the event (English and Hindi):



The poster features a background of various national flags. At the top, it displays the logos of Janki Devi Memorial College, the University of Delhi, and IQAC. The text is in English, announcing a talk by Dr. Axel Baisch on cultural diplomacy and higher education. It includes the date, time, and room number, as well as a list of organizers and members at the bottom.

JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)

Centre for Skill Enhancement

Under the aegis of IQAC
Invites you to a talk on

Cultural Diplomacy and Higher Education: The competitive advantage for skilled migrants from India to Germany

Speaker:-



Dr. Axel Baisch
Managing Director (Hertie School, Berlin)

21.10.2024 12:00noon-1:00pm Room No. : 67

Dr. Sakshi Bansal (DIRECTOR)
Mr. Rohit Kumar Singh (GENERAL SECRETARY)
Ms. Deepthi Sethi
Mr. Vinayak Singh
Dr. Manish Chaudhan (MEMBERS)
Prof. Payal Migdal (IQAC COORDINATOR)
Prof. Suresh Pal (PRINCIPAL)



The poster is identical to the English version but with text in Hindi. It features the same background of national flags and logos. The text is in Hindi, announcing a talk by Dr. Axel Baisch on cultural diplomacy and higher education. It includes the date, time, and room number, as well as a list of organizers and members at the bottom.

जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)

सेंटर फॉर स्किल एनहांसमेंट

IQAC के तत्वाधान से
आपको वाता के लिए आमंत्रित करता है

सांस्कृतिक कूटनीति और उच्च शिक्षा: भारत से जर्मनी में कुशल प्रवासियों के लिए प्रतिस्पर्धात्मक लाभ

वक्ता:-



डॉ. एक्सल बैश
प्रबंध निदेशक (हर्तिए स्कूल, बर्लिन)

21.10.2024 12:00 बजे -1:00 बजे कमरा नंबर : 67

डॉ. साक्षी बंसल (निदेशक)
श्री रोहित कुमार सिंह (महासचिव)
श्री. दीप्ति सेठी
श्री. विनयक सिंह
डॉ. मनीष चौधन (सदस्य)
प्रो. पयल मिगदल (आईक्यूएसी समन्वयक)
प्रो. सुरेश पाल (प्रधानाचार्य)

Record of Attendance (Photos of Attendance record):

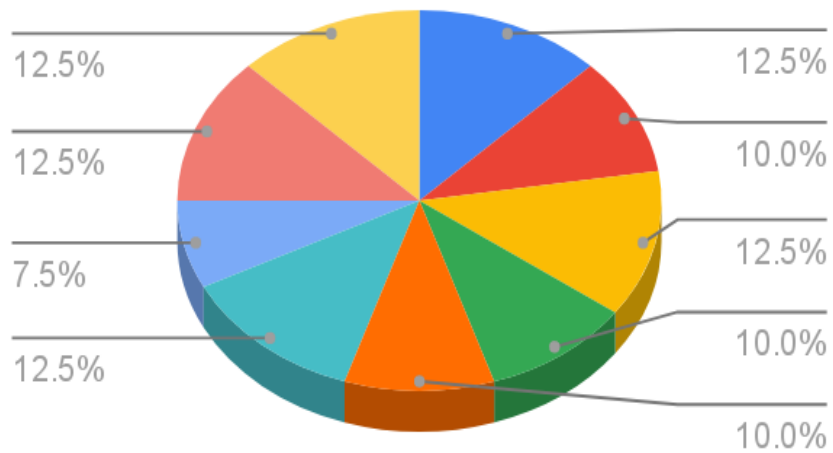
ATTENDANCE		
21st Oct, 2024		
NAME	COURSE	SIGNATURE
ARNISH ALANCIH	BA(H) SOCIOLOGY	Arnish
Anusha Nag	BA(H) Political Science	Anusha
Vaishnavi Malkotra		Vaishnavi
R. Dharani Reddy		R. Dharani
Neha	BA(H) Pol. Sci.	Neha
Samarth Patel	BA(H) Pol Science	Samarth
Bonam Sahu	BA(H) History	Bonam
Dhanak Thakkar	B. Com (H)	Dhanak
Danusha	BA Prog. (H) + Pol.	Danusha
Dushka Singh	BA(H) History	Dushka
Supriya Khoroni	"	Supriya
Kalpna Pant	"	Kalpna
Naaz Anvari	BA(H) Pol. Sci.	Naaz
Raksha	"	Raksha
Artika	B. Com (Hons) 1st Sem	Artika
Nitima Chaudhary	B. Com (Hons) 1st Sem	Nitima Chaudhary
Kritika Ghoshal	BA (Hons) Pol. Sci.	Kritika
Rudhika	BA (Hons) Pol. Sci.	Rudhika
Harender Haskar	BA (Hons) Pol. Science	Harender
Shamita Tola	BA (Hons) Pol. Science	Shamita
Nikita	BA (Hons) Pol Science	Nikita

NAME	COURSE	SIGNATURE
Apurva Roy	B.A. Honours Political Science	Apurva
Lansy An	B.A. (Hons) Political Science	Lansy
Manika	"	Manika
Rishika	"	Rishika
Scuba	"	Scuba
Manjari	"	Manjari
Koushika	"	Koushika
Honey	"	Honey
Komal	"	Komal
Pranika Kumar	"	Pranika
Pranika	"	Pranika
Kashvi	"	Kashvi
Gaurang Ragh	BA Hons Sociology	Gaurang
Anupma	BA (Hons) Political Science	Anupma
Kushal	"	Kushal
HENARSHI SINGH MAMAR	B.A. ECO (H)	HENARSHI
Pratik Takra	B.A. Eco (H)	Pratik
Rajni	BA (Hons) Sociology	Rajni
Sneha Bhardwaj	BA (H) History	Sneha
Hanshita Vijaymal	BA (H) History	Hanshita
Abhishek	BA (H) History	Abhishek

ATTENDANCE		
21st Oct, 2024		
Roll No.	NAME	SIGNATURE
	Swati Singh	Swati
	Tanishka	Tanishka
1661	Riya Gupta	Riya
1642	Sanchi	Sanchi
323	Anighna	Anighna
1574	Aditya	Aditya
60	Nivedita	Nivedita
235	Kashvi	Kashvi
1628	Niharika	Niharika
1129	Jyoti Kumari	Jyoti
858	Ritu	Ritu
425	Chetna	Chetna
1013	Saloni Shuman	Saloni
1625	Sakshi	Sakshi
647	Vidushi	Vidushi
1943	Tsering Dolker	Tsering
2051	Anusha Anandhar	Anusha
218	Sneha Bhardwaj	Sneha
1066	Hanshita Vijaymal	Hanshita
201	Shweta Sharma	Shweta
1353	Atankha Patel	Atankha
854	Ritika	Ritika
340	Nikita	Nikita
851	Hanshita	Hanshita
29	Ritu	Ritu
246	Sakshi	Sakshi

Roll No.	NAME	COURSE	SIGNATURE
1718	Danusha	BA (H) Hons + Pol. Sci.	Danusha
1651	Dushka	BA (H) History	Dushka
977	Supriya	"	Supriya
1612	Kalpna	"	Kalpna
1593	Nitima Chaudhary	B. Com (Hons) 1st Sem	Nitima Chaudhary
648	Artika	B. Com (Hons) 1st Sem	Artika
1215	Artika	B. Com (Hons) 1st Sem	Artika
1942	Anusha	BA Sociology Hons	Anusha
21	Anusha	BA English Hons	Anusha
506	Prasenjit Singh	BA Sociology Hons	Prasenjit
1816	Nishita	BA English (Hons)	Nishita
1622	Siddhi	BA English (Hons)	Siddhi

Sample of feedback/ evaluation form



It was good

Such a meaningful session

Its good and we got lots of knowledge in this session

No, it was a great session.

NA

Please organise more informative sessions by international lecturer.

None.

I like it because I knew more knowledge about Germany study.

The session was really good. I like it.

Good session

The session was great and informative.

Great session

Not rn

No suggestion

Fruitfull

Continue the good work

Could you please provide guidance on how to apply?

Geotagged pictures of the Event :



Topic: Logo Making Competition

Date: 26 October 2024

Name of the event:	Logo Making Competition
Date of the Event	26 October 2024
Name of the organizer (s):	Centre for Skill Enhancement
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra college (Online)
Objectives of the event:	The competition aimed to encourage creativity among students by designing a logo that symbolizes the vision and mission of the <i>Centre for Skill Enhancement</i> . The objective was to create a visual identity that reflects empowerment through skills training, innovation, and holistic development.
Name and Affiliation of the Resource person (<i>if applicable</i>):	
No. of Students Present	

Brief Report

Participants were invited to submit original logo designs that effectively represent the Centre's commitment to promoting **skill development, vocational growth, and professional excellence**. The entries were judged based on creativity, originality, relevance to the theme, and aesthetic appeal.

Students were encouraged to combine **symbolism and simplicity** in their designs to capture the spirit of empowerment and lifelong learning.

Evaluation Criteria

- Creativity and originality of design
- Relevance to the Centre's vision of skill enhancement
- Clarity and aesthetic presentation
- Conceptual strength and symbolism

The competition received enthusiastic participation from students across different departments. Many entries showcased innovative ideas and visually compelling concepts. The event successfully motivated students to apply their creative thinking to represent institutional identity.

The winning logo will be featured on all future documents, banners, and digital platforms of the *Centre for Skill Enhancement*, establishing a distinct and inspiring visual symbol of JDMC's skill-oriented initiatives.

Poster of the event (English and Hindi):





जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)

सेंटर फॉर स्किल एनहांसमेंट

IQAC के तत्वाधान से

प्रस्तुत करता है

लोगो निर्माण प्रतियोगिता



सेंटर फॉर स्किल
एनहांसमेंट के लिए लोगो-
कौशल विकास का प्रतीक

"नोट: विजेता को नकद पुरस्कार और
सर्टिफिकेट दिया जाएगा।"

आवेदन जमा करने की अंतिम तिथि - **28.10.2024**

मोड: ऑनलाइन

अन्वेष्टा शर्मा
मीनल जैन
दक्षिणा शर्मा
निहारिका गुप्ता
(छात्र समन्वयक)

डॉ. साक्षी बंसल
(निदेशक)

श्री. रोहित कुमार सिंह
(महासचिव)
सुश्री दीप्ति सेठी
(खज़ांची)

श्री. विकेन्द्र सिंह
डॉ. मनीष चौहान
(मेंबर)

प्रो पायल नागपाल
(आईक्यूएसी समन्वयक)

प्रो. स्वाति पाल
(प्रधानाचार्य)

Topic: The Science of Happiness

Date: 10 January 2025

Name of the event:	The Science of Happiness
Date of the Event	10 January 2025
Name of the organizer (s):	Add-On Committee and Centre for career counselling and career opportunities
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra college
Objectives of the event:	The session aimed to promote emotional well-being and mental health awareness among students. It introduced the concept of happiness through scientific and psychological principles, focusing on how individuals can cultivate happiness as a skill.
Name and Affiliation of the Resource person (<i>if applicable</i>):	Dr. Rekhi Singh , Emeritus Professor (Science of Happiness), Founder, Rekhi Foundation of Happiness
No. of Students Present	

Brief Report:

Dr. Rekhi Singh delivered an inspiring talk explaining that happiness is both a mindset and a science. He emphasized self-awareness, compassion, gratitude, and purpose-driven living. Through interactive discussions, he illustrated how positive thinking and emotional intelligence can improve mental health and productivity.

Happiness is a measurable and learnable quality. Gratitude and mindfulness foster long-term joy. Emotional well-being enhances creativity and performance. Happiness contributes to personal and collective harmony.

Students responded enthusiastically to the session, finding it highly motivating and relevant to

daily life. The event successfully promoted mental well-being and positive outlooks within the college community.

Poster of the event (English and Hindi):

 **JANKI DEVI MEMORIAL COLLEGE**
(UNIVERSITY OF DELHI) 

Add-on courses committee

In collaboration with Centre for Counselling and Career Opportunities
**UNDER THE AEGIS OF IQAC &
CENTRE FOR SKILL ENHANCEMENT**
PRESENTS AN INTRODUCTORY SESSION ON

THE SCIENCE *Of Happiness*

An Initiative to bring happiness to our campus!



Speaker:-
Dr. Rekhi Singh
(Emeritus professor, Science Of Happiness)
(Founder, Rekhi Foundation of Happiness)

 **10.01.2025**  **10:30AM onwards**  **Seminar Room**

Anwesha Sharma Meenal Jain Dakshita Sharma Niharika Gupta (STUDENT COORDINATORS)	Dr. Sakshi Bansal (DIRECTOR)	Mr. Rohit Kumar Singh (GENERAL SECRETARY)	Ms. Deepti Sethi Mr. Vikendra Singh Dr. Manish Chauhan (MEMBERS)	Prof. Payal Nagpal (IQAC COORDINATOR)	Prof. Swari Pal (PRINCIPAL)
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जानकी देवी मेमोरियल कॉलेज (दिल्ली विश्वविद्यालय)



एड-ऑन कोर्स कमेटी

काउंसलिंग एंड करियर अपॉर्चुनिटीज
सेंटर के सहयोग से

आईक्यूएसी और स्किल एन्हांसमेंट सेंटर के संरक्षण में
प्रस्तुत करता है एक परिचयात्मक सत्र

साइंस ऑफ़ हैप्पीनेस

हमारे परिसर में खुशी लाने की एक पहल!



वक्ता :-

डॉ. रेखी सिंह

(पूर्व प्राध्यापक-साइंस ऑफ हैप्पीनेस)
(संस्थापक-रेखी फाउंडेशन ऑफ हैप्पीनेस)



10.01.2025



सुबह 10:30 बजे से



सेमिनार कक्ष

अन्वेष्टा शर्मा
मीनाल जैन
दक्षिता शर्मा
निहारिका गुप्ता
(छात्र समन्वयक)

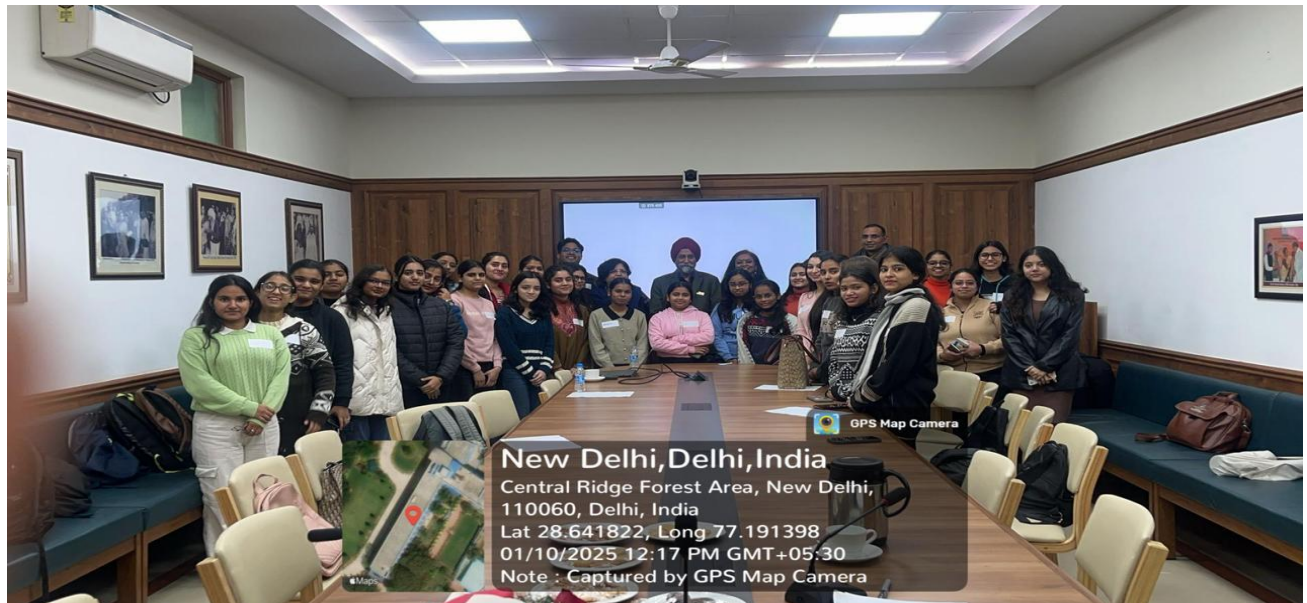
श्री रोहित कुमार सिंह
सुश्री दीप्ति सेठी
श्री विवेक सिंह
श्री मनीष चौहान
(टीम सेंटर फॉर स्किल एन्हांसमेंट)

प्रो. पूनम बेवत्रा
(निदेशक, सेंटर फॉर काउंसलिंग एंड करियर
ऑपॉर्ट्युनिटीज़)

प्रो. पायल नागपाल
(आईक्यूएसी समन्वयक)

प्रो. स्वामी पाल
(प्राचार्य)

Geotagged pictures of the Event :



Topic: An Orientation to MindLab: Measurement of Happiness

Date: 14 February 2025

Name of the event:	An Orientation to MindLab: Measurement of Happiness
Date of the Event	14 February 2025
Name of the organizer (s):	Centre for Skill Enhancement and Add-on Course committee
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra college
Objectives of the event:	The session aimed to introduce students to <i>MindLab</i> —a scientific framework for understanding and measuring happiness. It sought to explore the relationship between emotional well-being, cognitive science, and the influence of music on mental health.
Name and Affiliation of the Resource person (<i>if applicable</i>):	<i>Ms. Archi Banerjee</i> Postdoctoral Researcher, IIT Kharagpur (Classical & Spiritual Music Cognition) Ph.D. in Neuro-Cognitive Physics, Jadavpur University (2018) INSPIRE Fellow Vocal Music Student (23+ years) Performer at Academic and Cultural Events Across India
No. of Students Present	

Brief Report:

Ms. Archi Banerjee delivered a captivating talk that connected neuroscience, cognition, and music with human happiness. She discussed the MindLab methodology used to measure happiness and emotional balance through neuro-cognitive indicators.

Her presentation explained how *happiness is quantifiable* using research-based tools that combine physics, psychology, and musical cognition. She emphasized the importance of understanding inner harmony and mindfulness as integral parts of emotional stability.

The speaker also shared her personal journey as a researcher and performer, inspiring students to view happiness as both an art and a science. The session included interactive discussions and short exercises that encouraged self-reflection among participants.

Happiness can be scientifically measured through neuro-cognitive models. Mindfulness, music, and emotional awareness enhance mental health. Integrating art and science helps achieve holistic well-being. Emotional intelligence and cognitive balance play key roles in sustainable happiness.

The session was highly engaging and intellectually enriching. Students appreciated the interdisciplinary approach combining science and spirituality. It helped participants understand happiness as a measurable, trainable, and research-backed state of mind.

The event strengthened the collaboration between the Centre for Skill Enhancement and the Add-on Courses Committee in promoting mental health awareness and self-development initiatives under the aegis of IQAC.

Poster of the event (English and Hindi):



**JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)**

Centre For Skill Enhancement

In collaboration with Addon course committee

UNDER THE AEGIS OF IQAC

PRESENTS A SESSION ON

**“An Orientation to MindLab:
Measurement of Happiness”**



**Speaker:-
Archi Banerjee**

- Postdoctoral Researcher, IIT Kharagpur (Classical & Spiritual Music Cognition)
- PhD in Neuro-Cognitive Physics, Jadavpur University (2018)
- INSPIRE Fellow
- Vocal Music Student (23+ years)
- Performer at Academic & Cultural Events Across India

 **14.02.2025**

 **10 AM onwards**

 **Seminar Room**

Anwesha Sharma
Meenal Jain
Dakshita Sharma
Niharika Gupta
(STUDENT COORDINATORS)

Dr. Sakshi Bansal
(DIRECTOR)

Mr. Rohit Kumar Singh
(GENERAL SECRETARY)
Ms. Deepti Sethi
(TREASURER)

Mr. Vikendra Singh
Dr. Manish Chauhan
(MEMBERS)

Prof. Payal Nagpal
(IQAC COORDINATOR)

Prof. Swari Pal
(PRINCIPAL)



**जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)**

स्किल एनहांसमेंट सेंटर

ऐड ऑन कोर्स कमिटी के सहयोग से

आईक्यूएसी के तत्वावधान में

प्रस्तुत करता है एक ज्ञानवर्धक सत्र

**माइंडलैब की ओर एक अभिविन्यास:
खुशी का मापन**



**वक्ता:
आर्ची बनर्जी**

- पोस्टडॉक्टोरल शोधकर्ता, आईआईटी खड़गपुर (शास्त्रीय और आध्यात्मिक संगीत संज्ञान)
- न्यूरो-कॉग्निटिव फिजिक्स में पीएचडी, जादवपुर विश्वविद्यालय (2018)
- INSPIRE फेलो
- वोकल म्यूजिक स्टूडेंट (23+ वर्ष)
- भारत भर में अकादमिक और सांस्कृतिक कार्यक्रमों में कलाकार

 **14.02.2025**

 **सुबह 10 बजे से**

 **सेमिनार कक्ष**

अन्वेषा शर्मा
मीनल जैन
दक्षिता शर्मा
निहारिका गुप्ता
(छात्र समन्वयक)

डॉ. साक्षी बंसल
(निदेशक)

श्री रोहित कुमार सिंह
(महासचिव)
सुश्री दीप्ति सेठी
(कोषाध्यक्ष)

श्री विकेंद्र सिंह
डॉ. मनीष चौहान
(सदस्य)

प्रो. पायल नागपाल
(आईक्यूएसी समन्वयक)

प्रो. स्वर्णि पाल
(प्राचार्य)

Geotagged pictures of the Event :

