



**जानकी देवी मेमोरियल कॉलेज**

**JANKI DEVI MEMORIAL COLLEGE**

(दिल्ली विश्वविद्यालय)/(University Of Delhi)

सर गंगा राम अस्पताल मार्ग, नई दिल्ली-110060

Sir Ganga Ram Hospital Marg, New Delhi-110060

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## **AQAR 2024-25**

### **Criteria 7**

#### **7.1.1**

**Measures initiated by the Institution for the promotion of gender equity during the year**



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### TABLE OF CONTENTS

#### Gender Sensitisation Action plan

<https://www.jdmccentres.in/pdf/gsap-2024-2025.pdf>

#### I) GENDER ISSUES INCLUDED IN THE CURRICULUM (Page no: 5-15)

- NCWEB
- Several gender-based courses/Papers (Core/DSE/GES)
- Value Added/Add on Courses

#### II) FACILITIES FOR WOMEN ON CAMPUS (Page no: 16-44)

- Girls Common Room
- Day Care Centre/Creche
- Medical Room
- Krishna Hostel
- Sanitary Napkin Dispenser
- Fee Assistance to the Student in Need
- Sports Room, Gymnasium
- Counseling
- CCTV Cameras
- Female Security Personnel
- ICC for redressal of student/ employee grievances





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## III) CO-CURRICULUM AND EXTRACURRICULAR ACTIVITIES (Page no: 45-83)

- Gender Sensitization activities in the college-awareness, sensitization and empowerment programmes

| S.No | Particulars                                                                                  | MM/YY                          |
|------|----------------------------------------------------------------------------------------------|--------------------------------|
| 1.   | Women Development Cell Activities<br>WDC Competitions                                        | 9th October, 2024              |
| 2    | WDC – Silent March                                                                           | 23th August, 2024              |
| 3    | National Seminar on Addressing Violence<br>Against Women                                     | 25th November, 2024            |
| 4    | International Women's Day Interactive Workshop                                               | 6th March, 2025                |
| 5    | National Conference on Policies for encouraging<br>women to remain in the workforce in india | 25th & 26th September,<br>2024 |
| 6    | Girlup Nitara-Events<br>QALA                                                                 | 6 <sup>th</sup> February, 2025 |
| 7    | Celebrating emotions through art.                                                            | 28th April, 2025               |
| 8    | Unlocking your Potential: Navigating a<br>Successful Career in UPSC                          | 12th November, 2024            |
| 9    | Hifazat - Choti Baatein, Badi Seekh                                                          | 14th October, 2024             |
| 10   | Movie Screening of 'The Great Indian Kitchen'                                                | 27th August, 2024              |
| 11   | Celebrating emotions through art                                                             | 28th April, 2025               |
| 12   | Lecture on Gender Equity by Ms. Trinity Martin,<br>Toronto, Canada                           | 17th March, 2025               |
| 13   | Workshop on Gender Sensitisation                                                             | 20th August, 2024              |
| 14   | Talk on Relevance and Impact of POSH                                                         | 24th September, 2024           |
| 15   | Talk on Her Safety, Her Right- Understanding<br>Domestic Violence Act                        | 12th September, 2024           |
| 16   | “Her” Path to Wellness                                                                       | 4th September, 2024            |
| 17   | Menstruation, Health and Sanitation of Women                                                 | 3th October, 2024              |



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## I) GENDER ISSUES INCLUDED IN THE CURRICULUM

- Over the last academic year, the Non-Collegiate Women Education Board (NCWEB) has provided education to students. The classes are held on Sundays.

### NCWEB STUDENTS AND TEACHER DATA 2024-25

| COURSES | YEAR | TOTAL STUDENTS | TEACHERS |
|---------|------|----------------|----------|
| B.COM   | I    | 120            | 6        |
| B.COM   | II   | 84             | 6        |
| B.COM   | III  | 71             | 5        |
| B.A (P) | I    | 300            | 18       |
| B.A (P) | II   | 350            | 19       |
| B.A (P) | III  | 324            | 15       |

NCWEB LINK - <https://jdm.du.ac.in/ncweb.php>



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- Several gender-based courses/Papers (Core/DSE/GES)

#### Paper name - Empowerment of women and children (DSC) Semester - 3

[https://www.du.ac.in/uploads/new-web/21062023\\_nep-90\(i\)\\_notification\\_homeScience.pdf#page=108](https://www.du.ac.in/uploads/new-web/21062023_nep-90(i)_notification_homeScience.pdf#page=108)

#### Syllabus

#### DSC-HDFE-03: EMPOWERMENT OF WOMEN AND CHILDREN (CREDITS: THEORY-4, PRACTICAL-2)

##### COURSE OBJECTIVES:

- To develop an understanding of women and children related issues in India.
- To create awareness among students about the Government programme, policies and legal provisions as well as Non-governmental efforts made to improve the status of women and children in India.
- To provide significant information related to health and education of women and children.

##### COURSE LEARNING OUTCOMES:

- Get aware with the situation of women and children in the country.
- Acquire knowledge and skills to work with women and children.
- Evoke competencies in the area of empowerment through knowledge of various programmes and policies.
- Develop an understanding of maternal health and education in order to work with community.
- Enhance research related skills and scientific temperament through experiential learning.

##### THEORY

##### CONTENTS

PERIODS: 60 (Credits-4)

##### UNIT I: Status of Women and Children

15

- Demographic profile of women and children in India
- Issues related to women and children
- Sex Ratio, Infant Mortality- Statistics, causes, prevention and steps taken
- National Policy for Children-2013
- National Policy for Empowerment of Women-2001
- The Sexual harassment of Women at Workplace Act-2013

Sobti, S (2009). *Women and children: Issues & suggestions*. New Delhi: Rajiv Publishers. Chapter 1 & 6, Pg no: 9-25 & 110-130.

##### UNIT II: Programmes and Services for Women and Children

15

- Need for services
  - Programmes: Swayam- Siddha, SEWA, ICDS, Balwadi, Mobile Crèches
  - Programmes for girl child: Any three
- Vasudev, K. (2009). *Welfare programme*. New Delhi: Vishva Bharti Publications.

##### UNIT III: Maternal Health Education and Child Development

15

- Importance of maternal health and impact on child development



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- Importance of maternal education
  - Maternal Mortality: Statistics, causes, prevention and steps taken
  - School Enrolment and School Dropout: Statistics, causes, prevention and steps taken
- Sobti, S (2009). *Women and children: Issues & suggestions*. New Delhi: Rajiv Publishers. Chapter 3,4 & 9, Pg. no: 61-74, 75-86 & 173-194

#### UNIT IV: Women and Work

15

- Women in organized and unorganized sectors
  - Problem faced by working women; Laws for working women (Maternity Benefit Act)
- Sobti, S (2009). *Women and children: Issues & suggestions*. New Delhi: Rajiv Publishers. Chapter 5 & 8, Pg. no: 87-109 & 138-172.

#### PRACTICAL

PERIODS: 60 (Credits-2)

- Visit to any two organizations working for children
- Visit to any one organization working for women
- Case profile of a working women

#### COMPULSORY READINGS:

- Sobti, S (2009). *Women and children: Issues & suggestions*. New Delhi: Rajiv Publishers.
- Vasudev, K. (2009). *Welfare programme*. New Delhi: Vishva Bharti Publications.
- Verma, S.B. and Soni, M. L. (2005). *Mahila jagruti aur sashaktikaran*. Jaipur: Aarveeskar Publishers.

#### ADDITIONAL RESOURCES:

- Bose, A.B. (2003). *The status of children in India: Promises to keep*. New Delhi: Manohar Publications
- *National plan of action of children* (2016). Ministry of HRD, Department of WCD, GOI.
- Rose, K. (1997). *Where women are leaders*. New Delhi: Sage Publications
- Vipin, K. (2009). *Fairveekran aam mahila sashaktikaran vividha aayam*. New Delhi: Aeyal Publications.

#### TEACHING LEARNING PROCESS:

- Lecture method
- Group discussion
- Brainstorming
- Role plays
- Contextualising content in real life situations
- Case study
- Research methods(Interviews, Observations, Questionnaires)
- Field visits
- Audio visual aids



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- Visits to organisations
- Opportunity of reflective thought
- Giving back to the community

#### ASSESSMENT METHODS:

As per University of Delhi rules

For each course the assessment is as follows:

For theory (maximum marks 100):

-End semester exam: 75 marks

-Internal Assessment: 25 marks (Class test- 10 marks; Assignment- 10 marks; Attendance – 5 marks)

For practical (where applicable) (maximum marks 50):

-End-semester practical exam: 25 marks

-Continuous evaluation of practicals on a pre-described key

Result is declared in terms of letter grade and grade points for each course.

#### KEYWORDS:

- Department of Human Development and Family Empowerment
- Women Empowerment
- Maternal health
- Girl child
- Organized sector
- Unorganized sector
- Demographic and statistical data of women and children





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## Child rights and gender empowerment (DSE)

### DSE-HDFE-01: CHILD RIGHTS AND GENDER EMPOWERMENT (CREDITS: THEORY – 4, PRACTICAL – 2)

#### COURSE OBJECTIVES:

- To understand the various definitions of child and child rights
- To learn about various dimensions of vulnerability with regard to children
- To understand contemporary gender issues

#### COURSE LEARNING OUTCOMES:

- Get aware and acquire knowledge about child rights in India.
- Be sensitized to various dimensions of challenges faced by children.
- Understand the concept of gender sensitization, gender stereotype and patriarchy in the Indian context.
- Get aware on organizations, institutions and services for disadvantaged children
- Develop critical thinking in the field of gender-roles and stereotypes.
- Data collection and understanding the coping mechanisms of a child in difficult circumstances.

#### THEORY:

##### CONTENTS

PERIODS: 60 (Credits-4)

##### Unit I- Understanding Child Rights

15

- Meaning and need of child rights, diverse social contexts; Convention on Child Rights (UNCRC)
  - Knowing disadvantage and exclusion in relation to children
  - The role of State, family and children in promotion and protection of child rights
- Bagpai, A. (2006), *Child rights in India: Law, policy and practice*. New Delhi: Oxford University Press, chapter 1, pg 1-46
- Chopra, G. (2015). *Child rights in India: Challenges and social action*. New Delhi: Springer, chapter 1, pg 1-22

##### Unit II- Children in Especially Difficult Circumstances (CEDC)

15

- Classification, issues and causes of CEDC
  - Street children, working children and homeless children
  - Child abuse
  - Child trafficking
  - Children in conflict with law
- NIPCCD (2002). *Children in difficult circumstances: Summaries of research*, New Delhi: Resource Centre on Children.

##### Unit III- Conceptualizing Gender

15

- Defining terms- sex, gender, masculinity, femininity
- Socialization for gender- gender roles, gender stereotypes



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- Patriarchy and social institutions
- Perspectives on feminism
- Media and gender

Bhasin, K. and Khan, N.S. (2014). *Feminism and its relevance in South Asia*. New Delhi: Women Unlimited.

#### Unit IV: Laws and Programmes

15

- NCPDR
- Child Helpline, Ummed- Child Abuse
- Bachpan Bachao Andolon- Child Labour, Child Trafficking
- PRAYAS- Delinquent, Street Children
- DCCW- Street, Homeless and Working Children
- Laws
- JJA-2015
- PC-PNDT Act-2003
- Domestic Violence Act-2005
- National Child Labor (Protection and Regulation) Act-1986
- POCSO-2012

Chopra, G. (2015). *Child rights in India: Challenges and social action*. New Delhi: Springer. Chapter 2, pg 25-42

#### PRACTICAL

PERIODS: 60 (Credits-2)

- Profile of a child in difficult circumstances
- Poster making on gender issues
- Exploring the concept of child rights and gender through audio-visual sources (film review) and workshops

#### COMPULSORY READING:

- Bajpai, A. (2006). *Child rights in India: Law, policy and practice*. New Delhi: Oxford University Press.
- Bhasin, K. and Khan, N.S. (2014). *Feminism and its relevance in South Asia*. New Delhi: Women Unlimited.
- Bhasin, K. (2016). *Pitrasatta kya hai?* New Delhi: Jagori.

#### ADDITIONAL RESOURCES:

- Bhasin, K. (2016). *Ladki kya hai? Ladka kya hai?* New Delhi: Delhi Jagori.
- Chopra, G. (2015). *Child rights in India: Challenges and social action*. New Delhi: Springer.
- NIPCCD (2002). *Children in difficult circumstances: Summaries of research*. New Delhi: Resource Centre on Children.
- Parmar, S. (2015). *Narivadi sidhant aur vyavahar*. New Delhi: Orient Blackswam.



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- Tutorials
- Brainstorming
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- Contextualising content in real life situations
- Case study
- Research methods (Interviews, Observations, Questionnaires)
- Field visits
- Audio visual aids
- Visits to organisations
- Opportunity of reflective thought
- Giving back to the community

#### ASSESSMENT METHOD:

As per University of Delhi rules

For each course the assessment is as follows:

For theory (maximum marks 100):

-End semester exam: 75 marks

-Internal Assessment: 25 marks (Class test- 10 marks; Assignment- 10 marks; Attendance – 5 marks)

For practical (where applicable) (maximum marks 50):

-End-semester practical exam: 25 marks

-Continuous evaluation of practicals on a pre-described key

Result is declared in terms of letter grade and grade points for each course.

#### KEYWORDS:

- Department of Human Development & Family Empowerment
- Child Rights
- Gender stereotypes
- Homeless children
- Masculinity
- Delinquent





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## UGCF for Multidisciplinary Courses of Study

### SANSKRIT as MAJOR

#### DSC - 4: Sanskrit Drama

#### Credit distribution, Eligibility and Pre-requisites of the Course

| Course Title & Code    | Credits | Credits distribution of the course |          |                     | Eligibility criteria | Pre-requisite of the course (if any) |
|------------------------|---------|------------------------------------|----------|---------------------|----------------------|--------------------------------------|
|                        |         | Lecture                            | Tutorial | Practical/ Practice |                      |                                      |
| Sanskrit Drama DSC - 4 | 04      | 03                                 | 01       | 0                   | Class XII Pass       | Nil                                  |

#### Learning Objectives:

This course is intended to acquaint the students with three of the most famous dramatic works of Sanskrit literature which represent the three stages of the development of Sanskrit drama.

#### Learning Outcomes:

- After completion of this course the students will be aware about the beauty and richness of classical Sanskrit dramatic tradition.
- This course will enhance the ability for critical thinking on issues of culture, polity, morality, religion etc as reflected in the prescribed texts.
- The course will make the students aware of the formal structures of Sanskrit drama in the tradition of Bharata's natya Shastra.

#### SYLLABUS OF DSC - 4

##### Unit: I

(15 Hrs)

##### Dutavākya: Act I – Bhāsa

First Act (प्रथम अङ्क) Introduction, Text Reading (Grammar, Translation, and Explanation), Poetic excellence, Plot.

11

##### Unit: II

(15 Hrs)

##### Abhijñānaśākuntalam Act IV- Kālidāsa

Text Reading (Grammar, Translation, Explanation), Poetic excellence, Plot, Timing of Action. Personification of nature. *kāvyesu nāṭakam ramyam, upamā*, Language of Kālidāsa, *dhvani* in Kālidāsa, Purpose and design behind *Abhijñānaśākuntalam* and other problems related to the text.

##### Unit: III

(15 Hrs)

##### Technical Terms from Sanskrit Dramaturgy

नाटक, नायक, नायिका, पूर्वरङ्ग, नान्दी, सूत्रधार, नेपथ्य, प्रस्तावना, कञ्चुकी, यदृषक, अङ्क, स्वगत, प्रकाश, अपवारित, जनान्तिक, आकाशभा घत, वष्कम्भक, प्रवेशक एवं भरतवाक्य।

##### Unit: IV

(15 Hrs)

##### History of Sanskrit Drama (Origin and Development).

##### Some important dramatists:

Bhāsa, Kālidāsa, Śūdraka, Viśākhadatta, Harṣa, Bhavabhūti, and their works.

#### Teaching Learning Process:

- Since most learners will be new to classical Sanskrit drama, a step by step approach is recommended.
- Teachers must read aloud the Sanskrit text and the students should repeat.
- Teachers must help students in disjoining all sandhis and dissolving all samāśas.
- Teachers will arrange words in verses according to the prose order (anvaya).
- Students will identify the grammatical structure of each word.
- Teachers will guide students in translating each word and then the complete verse.
- Teachers will discuss the social, political, cultural issues occurring in the text and



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## SEMESTER - II B.A. (Hons.) Under UGCF-22

### DSC 5: Sanskrit Epics

#### Credit distribution, Eligibility and Pre-requisites of the Course

| Course title & Code | Credits | Credit distribution of the course |          |                     | Eligibility criteria | Pre-requisite of the course | Department Offering the Course |
|---------------------|---------|-----------------------------------|----------|---------------------|----------------------|-----------------------------|--------------------------------|
|                     |         | Lecture                           | Tutorial | Practical/ Practice |                      |                             |                                |
| Sanskrit Epics      | 04      | 3                                 | 1        | 0                   | Class XII Pass       | Nil                         | Sanskrit                       |

#### Learning Objectives

- To enable students to read simple classical Sanskrit
- To enable students to have a sense of the great impact of the epics on Indian life and literature.
- To impart knowledge of some important segments in the Gita and the Ramayana.
- To introduce Advaita philosophy through Shankaracharya's commentary on the Gita.

#### Learning outcomes

- The students will be able to understand simple classical Sanskrit.
- The students will build a good vocabulary to write and communicate in Sanskrit.
- Students will become more aware of the impact of the epics on life and literature in India
- They will get acquainted with Advaita philosophy.

#### SYLLABUS OF DSC-5

**Unit I** (15 Hrs)  
वाल्मीक रामायण अयोध्याकाण्ड सर्ग 109 (रामेण जाया लमतनिराकरणम्)  
From Verse 1 (जावालेस्तु वचः श्रुत्वा...) से 27 कार्याकार्य वचक्षणः तक)

4

#### Unit 2 (15 Hrs)

##### Ramayana as the source of Sanskrit literature

- Ramayana as the source book for Indian values – ideal king, ideal family, Ideal Polity, ideal society, ideal character
- Valmiki Ramayana as the source book for Sanskrit literature – Epics, Dramas, Lyric poetry, Adhyātma Ramayana, Adbhuta Ramayana.
- Works in Indian languages based on the Ramayana

#### Unit 3 (15 Hrs)

भगवद्गीता अध्याय २ पद्य ११ से २५ तक (शाङ्करभाष्य सहित)

#### Unit 4: (15 Hrs)

##### Mahabharata as the source book

- Mahabharata as the source book for Indian knowledge and values
- Sanskrit literary works based on the Mahabharata – Dramas, long poems (Mahakavyas)
- Works in Indian languages based on the Mahabharata

#### Essential/recommended readings:

- भगवद्गीता, शाङ्करभाष्य अनुवाद सहित, अनुवादक श्रीहरिकृष्णदास गोयन्दक, गीता प्रेस, गोरखपुर
- Valmiki Ramayana – Valmiki.iitk.ac.in
- गीताभाष्यनवाम्बरा- डॉ० शबनारायण शास्त्री

#### Suggested readings:

- Bhagawadgita with the commentary of Shankaracharya – A.K. Warrior,
- Bhagawadgita – Dr. S. Radhakrishnan
- Srimadbhagavadgita, The Scripture of Mankind, text in Devanagari with transliteration in English and notes by Swami Tapasyananda, Sri Ramakrishna Math, 1984
- Chattopadhyaya D.P., Lokayata- A Study in Ancient Indian Materialism, Popular Publishing House, New Delhi
- Mishra, Pankaj Kumar, चार्वाक, शबा लक प्रकाशन, दिल्ली

**Examination scheme and mode:** Subject to directions from the



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## DSC-13: Veda and Upanishad

### Credit distribution, Eligibility and Pre-requisites of the Course

| Course title & Code | Credits | Credit distribution of the Course |          |                     | Eligibility criteria | Prerequisite of the course    |
|---------------------|---------|-----------------------------------|----------|---------------------|----------------------|-------------------------------|
|                     |         | Lecture                           | Tutorial | Practical/ Practice |                      |                               |
| Veda and Upanishad  | 04      | 3                                 | 1        | 0                   | 12th Passed          | Working Knowledge of Sanskrit |

### Learning Objectives

This course on Vedic literature aims to introduce two Vedic Samhitās (Rgveda-samhitā & Yajurveda-samhitā) to bachelor degree students. The students will also be able to read and know about the contents of one famous Upanishad, namely, Kathopanishad, which propounds basic Vedānta-view. It will also facilitate the students to know about philosophical, moral, and scientific principles including the source of Indian Intellectual traditions of Vedic period.

### Learning Outcomes

By reading these texts, the students will have an impression of the depth of Vedic knowledge and will be able to realize that ideas of Vedic seers based on philosophical, moral, and scientific principles. The various commentators of the Vedas like Sayana, Uvata and Dayananda have also contributed in preserving and promoting the knowledge preserved in the Vedas. By understanding them, students will be able to know and achieve some higher attributes from Vedic heritage about our culture, morals, and thoughts. Thus they may develop curiosity to know more about other Vedic texts and concepts as well. After completing this course, students will surely be able to communicate about some important Vedic verses with their meaning and teaching, and thus fundamentals of religious life of India will be revealed to them in its true form. The students will be able to understand the strength of unity, power of mind, and will realize the importance of earth in their life. From the study of Upanishad, they will know about philosophical and Psychological insights of our ancestors and can develop this learning further for the benefit of themselves in particular and society in general.

### Detailed Syllabus

|                                                                                                  |               |
|--------------------------------------------------------------------------------------------------|---------------|
| <b>Unit I</b>                                                                                    | <b>12 hrs</b> |
| <b>Introduction to Vedic Literature: Samhita (Period and Contents of Samhitās)</b>               |               |
| <b>Unit II</b>                                                                                   | <b>10 hrs</b> |
| <b>Introduction to Vedic Literature: Brahmana, Ayanyaka and Upanishad (Analysis of Contents)</b> |               |

3

EC (1267) - 21

|                                     |                          |
|-------------------------------------|--------------------------|
| <b>Unit III</b>                     | <b>10 hrs</b>            |
| <b>Rgveda</b>                       | 1.1 (Agni), 1.81 (Indra) |
| <b>Unit IV</b>                      | <b>15 hrs</b>            |
| <b>Kathopanishad (Second Valli)</b> |                          |

### Essential/Recommended Readings

1. ऋग्वेदसंहिता (सायणभाष्यम्), केन्द्रिय संस्कृत विश्वविद्यालय, नई दिल्ली।
2. ऋग्वेदसंहिता, सायणाचार्यकृत भाष्य एवं हिन्दी व्याख्या सहित, रामगोविन्द त्रिवेदी, चौखम्बा संस्कृत प्रतिष्ठान, दिल्ली, 1990
3. ऋग्वेदसंहिता, सायणाचार्यकृत भाष्य एवं हिन्दी अनुवाद, कन्हैयालाल जोशी, परिमल पब्लिकेशन्स, दिल्ली, 2019
4. कठोपनिषद्, शाङ्करभाष्य हिन्दी अनुवाद सहित, गीता प्रेस, गोरखपुर, 2015
5. कठोपनिषद्, शाङ्करभाष्य संवलित, शशि तिवारी, मेहरचन्द लछमनदास पब्लिकेशन्स, नई दिल्ली, 1981
6. वैदिक संग्रह, कृष्णलाल, इन्दु प्रकाशन, दिल्ली, 1973.
7. शुक्लयजुर्वेदसंहिता, (उवट-महीधरभाष्यसंवलित), डॉ. रामकृष्ण शास्त्री, चौखम्बा विद्याभवन, वाराणसी, 2015.
8. RIG-VEDA, H. H. Wilson, The Bangalore Printing & Publishing Co. LTD, Bangalore City.





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UNDER GRADUATE COURSE FOR SANSKRIT  
B.A. (Hons.)  
Under UGC-22

## DSC-3

### Indian Social Institutions and Polity

Max. Marks: (75+25= 100)

Total Credits: 04

#### [A] Course Objectives:

- To generate interest in Ancient Sociological and Political Structure of the Society.
- To provide knowledge of the contributions of ancient Political Thinkers.
- To equip the students with arts and skills that enable them to argue on the related topics.
- To establish the relevance of Ancient Indian Social and Political Institutions.

#### [B] Course Learning Outcomes:

- Students will be aware of the forms and aspects of Indian social institutions and Indian polity as depicted and highlighted in Dharma and Shastra Literature.
- Students will understand and appreciate the contributions of ancient India in the academic domain of Social Science.

#### [C] Course Contents :

##### Unit I - Foundations of Indian Society

###### I. Dharma

Sources of Dharma (*Manusmṛti*, 2.12; *Yājñavalkyasmṛti*, 1.7)  
Fourteen-Dharmasthānas (*Yājñavalkyasmṛti*, 1.3)  
Dharma as Social and Moral Duty (*Mitākṣarāṭīkā* on *Yājñavalkyasmṛti*, 1.1).  
(*Manusmṛti*, 6.92);

- Dharma as an evolving institution – Directions of and reasons for changes in Dharma Śāstra
- Sociological Significance of Sixteen *Samskāras*.
- Balanced Life – Four aims of life ‘*Puruṣārtha Catuṣṭaya*’ –  
1. Dharma, 2. Artha, 3. Kāma, 4. Mokṣa.

9

EC (1262)-18.08.2022

##### Unit II - Structure of Society

###### i. Varna-System and Caste System:

Four-fold division of *Varna* System, (*Rgveda*, 10.90.12).  
*Mahābhārata*, *Sāntiparva*, 72.3.8  
Division of *Varna* according to *Guṇa* and *Karma* (*Bhagavadgītā*, 4.13, 18.41-44).  
Caste-System and Inter-caste Marriages (*Mahābhārata*, *Anuśāsanaparva*, 48.3-11);  
Assimilation of foreign tribes in *Varna*-System (*Mahābhārata*, *Sāntiparva*, 65.13-22).  
Up-gradation and down-gradation of Caste (*Āpastambadharmasūtra*, 2.5.11.10-11,  
*Baudhāyanadharmasūtra*, 1.8.16.13-14, *Manusmṛti*, 10.64, *Yājñavalkyasmṛti*, 1.96)

###### ii. Position of Women in the Society:

Brief survey of position of women in different stages of Indian Society;  
Position of women in *Mahābhārata* (*Anuśāsanaparva* 46.5-11, *Sabhāparva*, 69.4-13).  
Praise of women in *The Brhatsamhitā* of Varāhamihira  
(*Strīprasamsā*, chapter-74.1-10)

##### Unit III State and Kingship

1 Credit

- Concept of Welfare State in *Arthaśāstra* of Kautilya (*Arthaśāstra*, 1.13: ‘*matsyanyāyābhūbhutāḥ*’ to ‘*yo’ asmanāgopāyatīti*’)
- Essential Qualities of King (*Arthaśāstra*, 6.1.16-18: ‘*sampādādayatyasampannaḥ*’ to ‘*jayatyeva na hīyate*’)
- Conduct of the state (*Manu Smṛiti* 7 Verses 1 to 15)

##### Unit IV - State and International Relations

1 Credit

- ‘*Saptāṅga*’ Theory of State: 1. *Svāmi*, 2. *Amātya*, 3. *Janapada* 4. *Pura*, 5. *Kośa*, 6. *Daṇḍa* and 7. *Mitra*  
(*Arthaśāstra*, 6.1. *Mahābhārata*, *Sāntiparva*, 56.5, *Śukranīti*, 1.61-62).
- ‘*Maṇḍala*’ Theory of Inter-State Relations: 1. *Ari*, 2. *Mitra*, 3. *Ari-mitra*, 4. *Mitra-mitra*, 5. *Ari-mitrāmītra*;
- ‘*Śāḍgunya*’ Policy of War and Peace:  
1. *Sandhi*, 2. *Vigraha*, 3. *Yāna*, 4. *Āsana*, 5. *Saṁśraya* 6. *Dvaidhibhāva*.

#### [D] References :

- Arthaśāstra* of Kautilya - (Ed.) Kangale, R.P. Delhi, Motilal Banarasidas 1965
- Mahābhārata* (7 Vols) - (Eng. Tr.) H.P. Shastri, London, 1952-59.
- Manu's Code of Law* - (Ed. & Trans.): Olivelle, P. (A Critical Edition and Translation of the *Manava-Dharmasāstra*), OUP, New Delhi, 2006.
- Yājñavalkyasmṛti* with *Mitākṣarā* commentary - Chowkhamba Sanskrit Series Office, Varanasi, 1967
- कोटिलीय अर्थशास्त्र – उदयचौर शास्त्री मेहर चन्द्र लक्ष्मण दास, दिल्ली, २०१६.

10

## ● Value Added/Add on Courses

<https://www.jdmccentres.in/add-on-courses.html>



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## **II) FACILITIES FOR WOMEN ON CAMPUS**

- Girls Common Rooms
- Daycare Centres
- Medical Room
- Krishna Hostel
- Sanitary Napkin Dispenser In Medical Room
- Sanitary Napkin Dispenser In Girl's Washroom
- Fee Assistance To The Needy Students Self-Defense Training
- Sports Room And Gymnasium
- Counseling
- Security: Female Staff, Ironed Entrance Gate, Entry Register, Boundary Security





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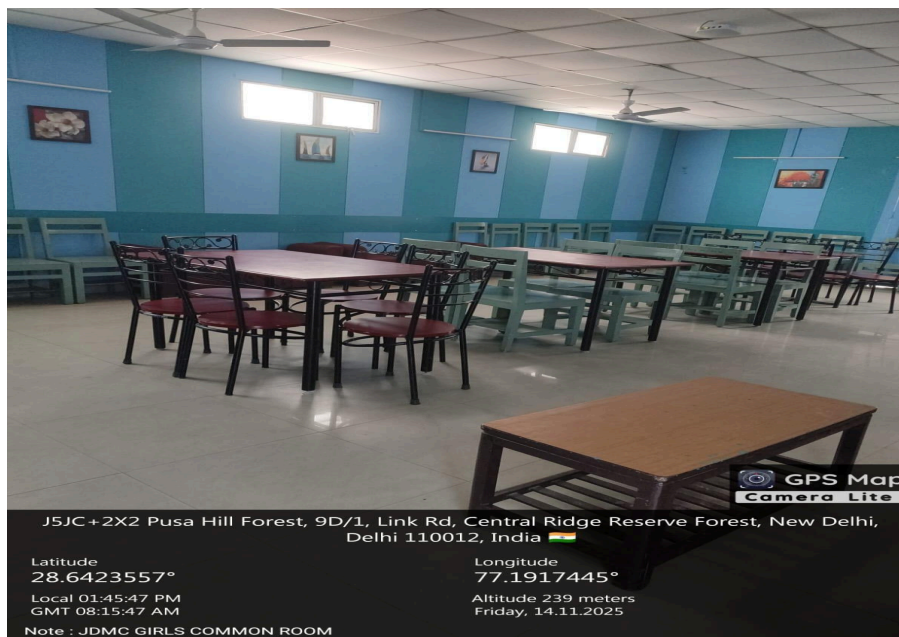
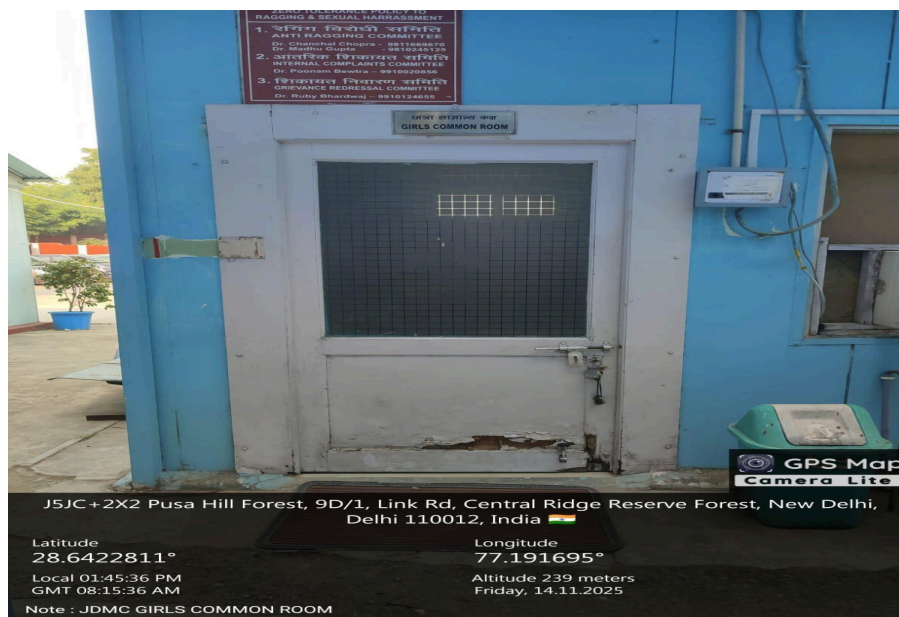
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## GIRLS COMMON ROOM





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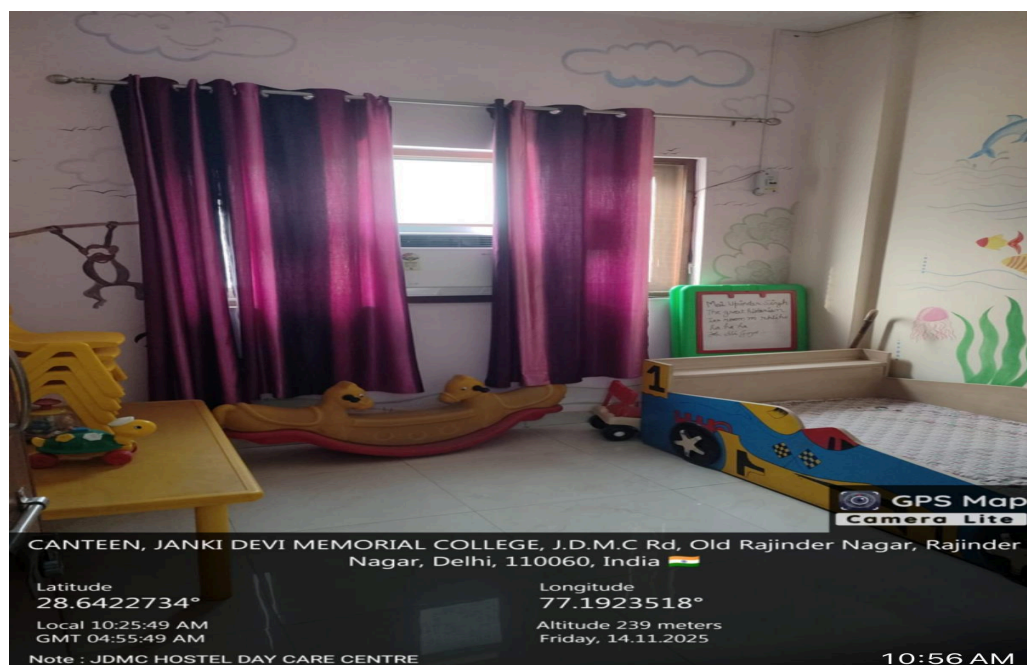
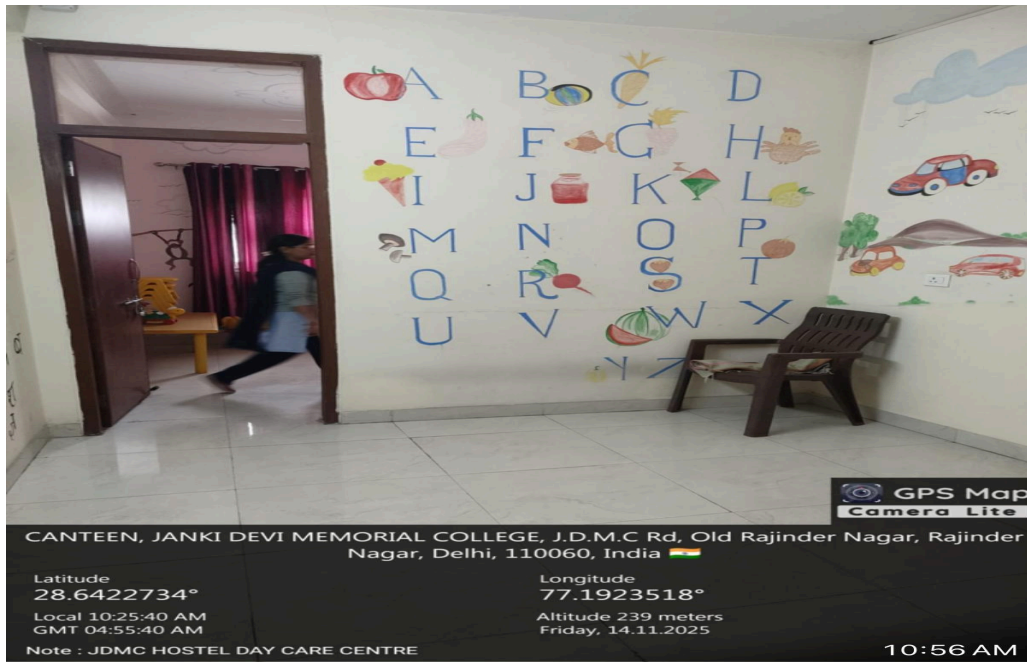
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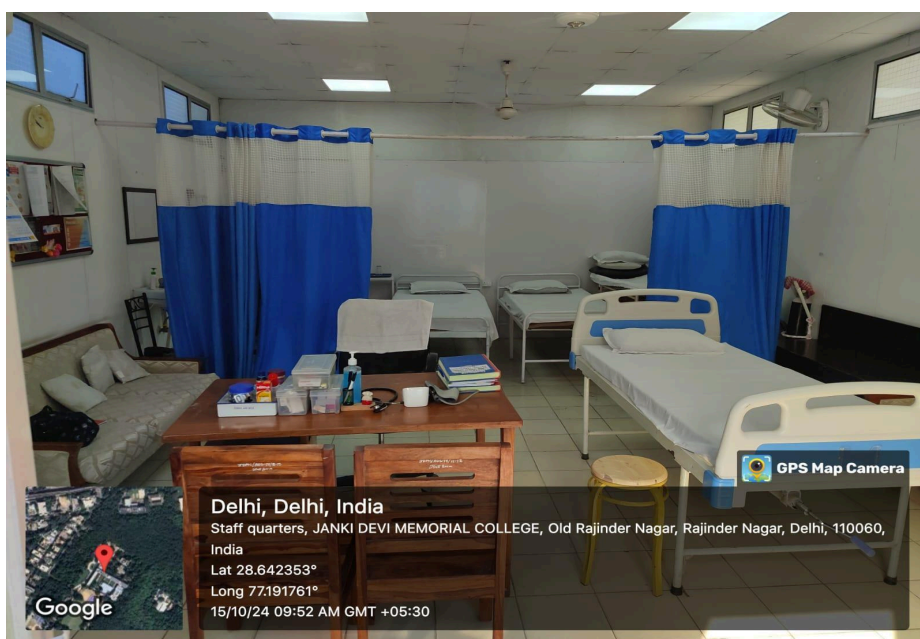
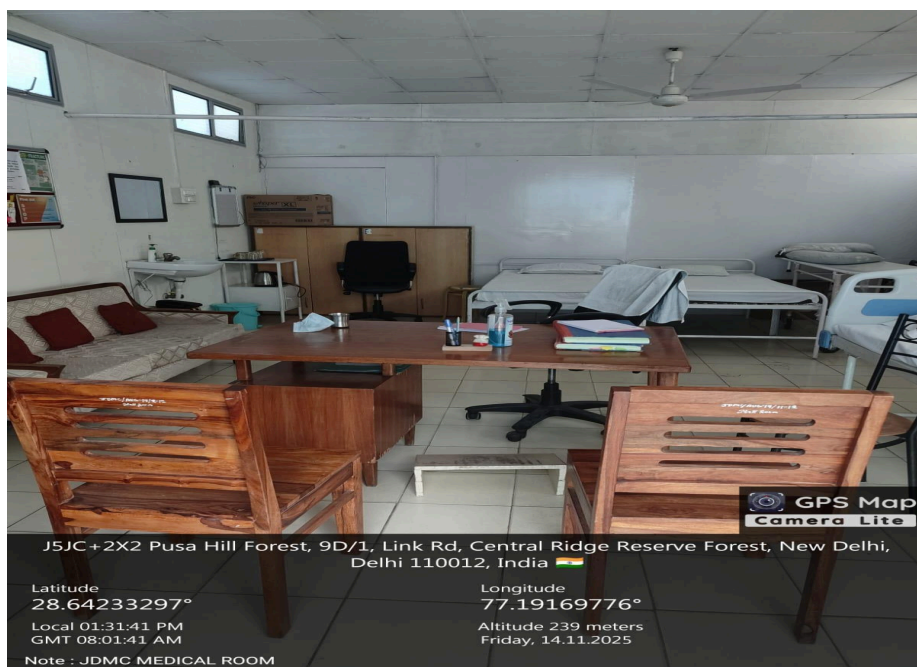
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- ### MEDICAL ROOM





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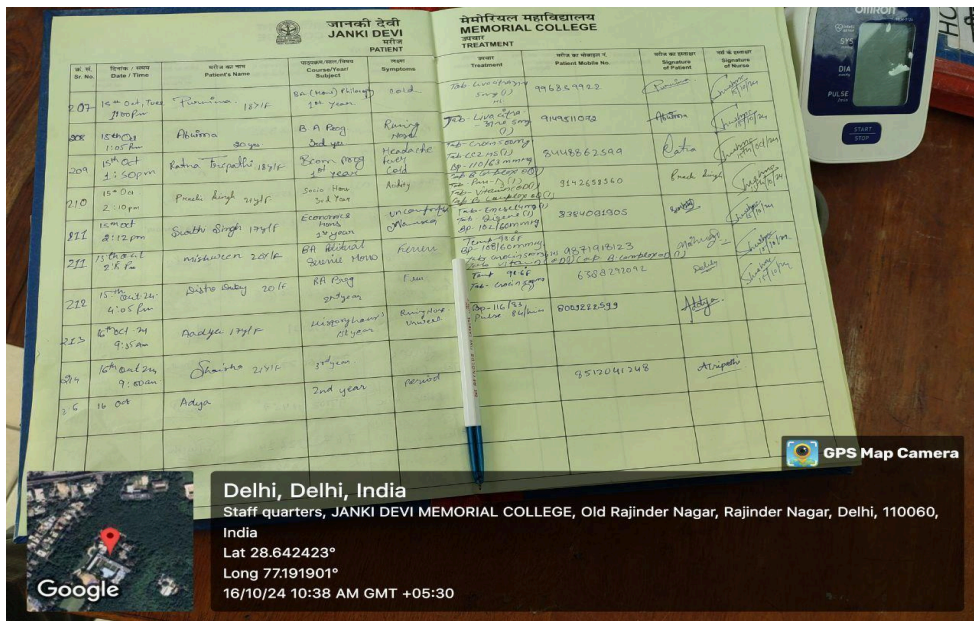
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## MEDICAL REGISTER







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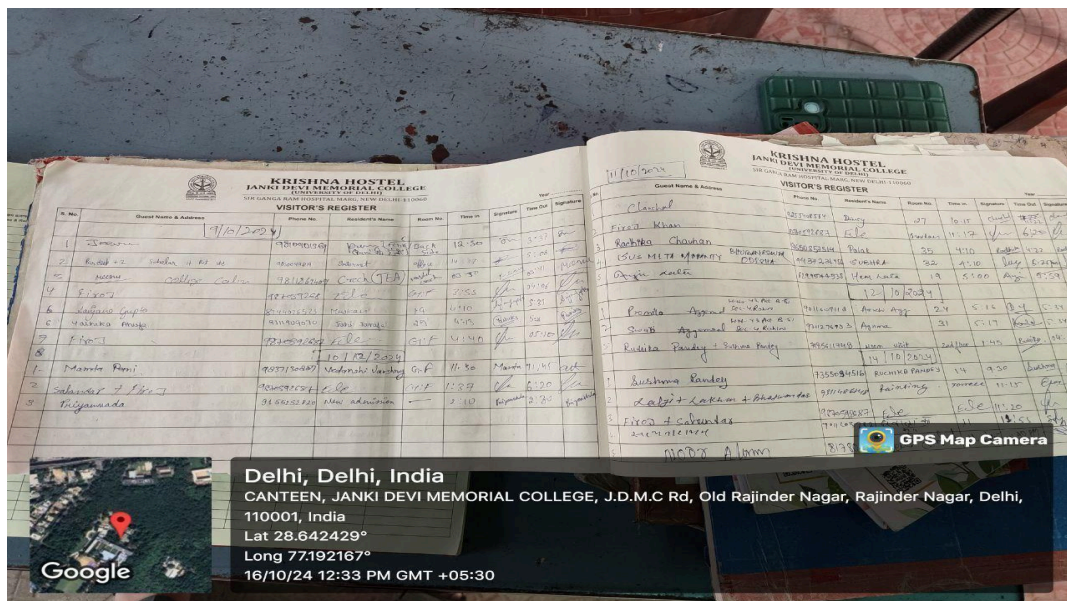
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## ● KRISHNA HOSTEL



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Delhi, Delhi, India  
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### ● SANITARY NAPKINS DISPENSING MACHINE IN MEDICAL ROOM





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- **SANITARY NAPKINS DISPENSING MACHINE IN GIRL WASHROOM**





# जानकी देवी मेमोरियल कॉलेज JANKI DEVI MEMORIAL COLLEGE

(दिल्ली विश्वविद्यालय)/(University Of Delhi)

सर गंगा राम अस्पताल मार्ग, नई दिल्ली-110060  
Sir Ganga Ram Hospital Marg, New Delhi-110060

दूरभाष/Tel. : 49676630, ई-मेल/E-mail : jdmcollege@hotmail.com, वेबसाइट/Website : http://jdm.du.ac.in

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## ● FEE ASSISTANCE TO THE STUDENTS IN NEED

LINK- [Janki Devi Memorial College \(du.ac.in\)](http://jdm.du.ac.in)

### List of students

| College Fee Assistance / Fee Concession-2024-25 |                      |                      |                         |      |                  |
|-------------------------------------------------|----------------------|----------------------|-------------------------|------|------------------|
| Sr. No.                                         | Students Name        | Father's Name        | Course                  | Year | 5500+2750 Amount |
| 1                                               | KALPANA SINGH        | SUSHIL KUMAR SINGH   | B.Com. Prog             | III  | 8,250            |
| 2                                               | PRAGYA KUMARI SINGH  | SANTOSH KUMAR SINGH  | B.Com. Prog             | III  | 8,250            |
| 3                                               | DIVYANKA DIXIT       | MAHENDRA KUMAR DIXIT | B.A. (Hons.) Philosophy | II   | 8,250            |
| 4                                               | KUMUDINI             | RAMESH KUMAR         | B.Com. Prog             | III  | 8,250            |
| 5                                               | ANUSHKA SARRAF       | LAXMAN KUMAR         | B.Com. Prog             | III  | 8,250            |
| 6                                               | URVASHI SYAL         | YOGESH KUMAR SYAL    | B.Com. Prog             | II   | 8,250            |
| 7                                               | ISHITA               | PREM CHAND           | B.A. (Hons.) Pol. Sci.  | II   | 8,250            |
| 8                                               | SHIVANI              | RAJA RAM             | B.A. (Hons.) History    | III  | 8,250            |
| 9                                               | NISHA KUMARI         | ASHOK KUMAR DHOB     | B.Com. Prog             | III  | 8,250            |
| 10                                              | SHIKHA SAMADHIYA     | GAUTAM SHARMA        | B.A. Prog.              | I    | 2,750            |
| 11                                              | AYUSHI               | LALIT KUMAR          | B.A. Prog.              | I    | 2,750            |
| 12                                              | BHAVNA               | KULBIR SINGH         | B.sc. (Hons.) Maths     | III  | 8,250            |
| 13                                              | JASVINDER KAUR       | VIKRAM SINGH         | B.A. Prog.              | II   | 8,250            |
| 14                                              | CHANDNI              | SURENDER             | B.Com. Prog             | III  | 8,250            |
| 15                                              | KASHISH              | MANGAT SINGH         | B.A. (Hons.) Sanskrit   | II   | 8,250            |
| 16                                              | PRACHI VERMA         | ASHOK KUMAR VERMA    | B.A. Prog.              | III  | 8,250            |
| 17                                              | HARSHITA             | MANOJ KUMAR          | B.A. (Hons.) History    | III  | 8,250            |
| 18                                              | KHUSHBOO             | DEV NARAYAN CHAUPAL  | B.Com. Prog             | III  | 8,250            |
| 19                                              | TAMANNA GHATE        | SANJAY GHATE         | B.A. Prog.              | III  | 8,250            |
| 20                                              | ANJALI KUMARI        | AJYA KUMAR           | B.A. (Hons.) Pol. Sci.  | III  | 8,250            |
| 21                                              | RADHIKA KUMARI       | RAKESH KUMAR         | B.A. (Hons.) Pol. Sci.  | III  | 8,250            |
| 22                                              | ANSHU                | SUBHASH CHAND        | M.A. Hindi              | II   | 8,250            |
| 23                                              | PRIYA YADAV          | INDERJEET YADAV      | B.A. Prog.              | III  | 8,250            |
| 24                                              | AKSHITA JAIN         | MOHIT JAIN           | B.A. (Hons.) Economics  | III  | 8,250            |
| 25                                              | MEENAL JAIN          | MOHIT JAIN           | B.A. (Hons.) Economics  | III  | 8,250            |
| 26                                              | SHIKHA CHAURASIYA    | VINOD CHAURASIYA     | B.A. (Hons.) Philosophy | III  | 8,250            |
| 27                                              | RUBI                 | ARVIND KUMAR         | B.sc. (Hons.) Maths     | III  | 8,250            |
| 28                                              | NIDHI PATEL          | BHAGIRATH            | B.A. (Hons.) History    | III  | 8,250            |
| 29                                              | PRIYAL SHARMA        | UDAY VISHWAKARMA     | M.A. Hindi              | II   | 8,250            |
| 30                                              | SAPNA KUMARI         | RAM NATH SHAH        | B.A. (Hons.) Pol. Sci.  | III  | 8,250            |
| 31                                              | ASHU SONKER          | NAKKU SONKER         | B.A. (Hons.) Pol. Sci.  | III  | 8,250            |
| 32                                              | TAMANNA SHRI JAISWAL | AJAY KUMAR JAISWAL   | B.A. Prog.              | III  | 8,250            |
| 33                                              | KOMAL                | DHARAM PAL           | B.A. (Hons.) Pol. Sci.  | III  | 8,250            |
| 34                                              | KHUSHBOO KUMARI      | SUNIL KUMAR SUMAN    | B.Com. Prog             | III  | 8,250            |
| 35                                              | RITU KUMARI          | GANESH RAI           | B.Com.Hons.             | III  | 8,250            |
| 36                                              | MUSKAN KUMARI        | MANOJ KUMAR          | B.A. (Hons.) Pol. Sci.  | I    | 2,750            |
| 37                                              | ASHMITA SINGH        | SONATH SINGH         | B.A.Hons. Sociology     | III  | 8,250            |
| 38                                              | SNEHA KUMARI         | KRISHNA KUMAR        | B.sc. (Hons.) Maths     | III  | 8,250            |
| 39                                              | ASTHA SINGH          | MAJINDRA SINGH       | B.sc. (Hons.) Maths     | III  | 8,250            |





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|    |                      |                             |                         |     |       |
|----|----------------------|-----------------------------|-------------------------|-----|-------|
| 40 | DEEPTI               | BRAJ BHUSHAN PRASAD         | B.sc. (Hons.) Maths     | III | 8,250 |
| 41 | NIYASHA              | PARVEEN KUMAR               | B.A.Prog                | III | 8,250 |
| 42 | PRIYANKA             | HANS RAJ                    | B.A.Prog                | III | 8,250 |
| 43 | SAMIKSHA GUPTA       | HEERA LAL GUPTA             | B.Com. Prog             | III | 8,250 |
| 44 | KHUSHI JHA           | DHIRENDRA KUMAR JHA         | B.Com. Prog             | III | 8,250 |
| 45 | MUSKAN KUMARI        | SUMIT KUMAR MEHTA           | B.Com. Prog             | III | 8,250 |
| 46 | SHIVANI              | SHYAMVEER SINGH YADAV       | B.A.Prog                | III | 8,250 |
| 47 | ANJALI               | SANJAY KUMAR                | B.Com. Prog             | III | 8,250 |
| 48 | NEETU KANOUIYA       | VINOD KUMAR                 | B.A. (Hons.) Pol. Sci.  | III | 8,250 |
| 49 | TANISHA              | SANT RAM GUJJAR             | B.A. (Hons.) Pol. Sci.  | II  | 8,250 |
| 50 | NEHA                 | SANTRAM                     | B.A. (Hons.) Pol. Sci.  | III | 8,250 |
| 51 | MUNIRA               | FAIYAZ AHMED                | B.A.Prog                | II  | 8,250 |
| 52 | PRIYANKA             | SWAMI NATH                  | B.sc. (Hons.) Maths     | III | 8,250 |
| 53 | ANJALI               | RAKESH KUMAR                | B.Com. Prog             | III | 8,250 |
| 54 | PRAKRITI             | SANTOSH KUMAR               | B.sc. (Hons.) Maths     | III | 8,250 |
| 55 | PRANJAL VYAS         | RAKESH VYAS                 | B.A.Prog                | III | 8,250 |
| 56 | BHUMIKA              | SURENDER                    | B.Com. Prog             | II  | 8,250 |
| 57 | PREETI               | SWAMI NATH                  | B.sc. (Hons.) Maths     | I   | 2,750 |
| 58 | WANGKHEM SUSHMA DEVI | WANGKHEM SOBHACHANDRA SINGH | B.Com. Prog             | III | 8,250 |
| 59 | LAXMI                | SHALIK RAM                  | B.A. (Hons.) Economics  | III | 8,250 |
| 60 | KIRTI SINGH          | RANJEET SINGH               | B.sc. (Hons.) Maths     | II  | 8,250 |
| 61 | KIRTIKA RAI          | LAJPAT RAI                  | B.sc. (Hons.) Maths     | II  | 8,250 |
| 62 | NIKITA PANDEY        | RAJ KUMAR PANDEY            | B.A.Prog                | III | 8,250 |
| 63 | PRAGATI              | JAGVEER SINGH               | B.sc. (Hons.) Maths     | III | 8,250 |
| 64 | SWATI JAISWAL        | RAJKUMAR JAISWAL            | B.A. (Hons.) Pol. Sci.  | III | 8,250 |
| 65 | ANNU                 | SATYA NARAYAN               | B.A.Hons. Sociology     | III | 8,250 |
| 66 | RISHIKA GOSWAMI      | ANAND GOSWAMI               | B.Com. Prog             | II  | 8,250 |
| 67 | HIMANSHI             | HARISH KUMAR                | B.Com.Hons.             | III | 8,250 |
| 68 | ASMITA CHATURVEDI    | SANJAY CHATURVEDI           | B.Com. Prog             | III | 8,250 |
| 69 | KESAR GAUR           | RAM JEE GAUR                | B.Com. Prog             | III | 8,250 |
| 70 | SIDDHI KUMARI        | LT. PRIYATAM KUMAR ARVIND   | B.A. (Hons.) English    | III | 8,250 |
| 71 | ALISHA RANI          | SUNIL KUMAR                 | B.A. (Hons.) Philosophy | III | 8,250 |
| 72 | SALONI               | ANIL KUMAR                  | B.sc. (Hons.) Maths     | II  | 8,250 |
| 73 | APOORVA              | MIHIR KHAN                  | B.Com. Prog             | III | 8,250 |
| 74 | ANNU                 | RAM BABU MANDAL             | B.A. (Hons.) Pol. Sci.  | III | 8,250 |
| 75 | SONAM KUMARI         | RAVINDRA SINGH              | B.A. (Hons.) Economics  | III | 8,250 |
| 76 | SONALI SINGH         | AJAY KUMAR SINGH            | B.A. (Hons.) Pol. Sci.  | III | 8,250 |
| 77 | SANSKRITI            | SANTOSH MISHRA              | B.sc. (Hons.) Maths     | III | 8,250 |
| 78 | ANUSHKA              | ASHOK                       | B.Com. Prog             | II  | 8,250 |
| 79 | KANISHKA             | KAMAL KISHORE               | B.A. (Hons.) Hindi      | III | 8,250 |
| 80 | FARHA                | MOHD. EAJAZ SAIFI           | B.sc. (Hons.) Maths     | II  | 8,250 |
| 81 | TANISHA              | SURESH KUMAR                | B.Com. Prog             | III | 8,250 |
| 82 | WARDAH AFZAL         | AFZAL AHMAD                 | B.A.Prog                | II  | 8,250 |
| 83 | AQSA NAAZ            | MOHD SHUJAT                 | B.A. (Hons.) English    | III | 8,250 |
| 84 | JAISMEET MEHRA       | PRITPAL SINGH               | B.Com. Prog             | III | 8,250 |
| 85 | SWATI KUMARI         | SUBHASH CHANDRA             | B.sc. (Hons.) Maths     | III | 8,250 |
| 86 | KAJAL YADAV          | VASHISHTH PRASAD YADAV      | B.sc. (Hons.) Maths     | II  | 8,250 |
| 87 | DISHA PAWAR          | DEV SINGH PAWAR             | B.sc. (Hons.) Maths     | III | 8,250 |



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|              |                  | छात्र                  | विषय                      |     |                 |
|--------------|------------------|------------------------|---------------------------|-----|-----------------|
| 87           | DISHA PAWAR      | DEV SINGH PAWAR        | B.sc. (Hons.)<br>Maths    | III | 8,250           |
| 88           | PALLAVI KUMARI   | UPENDER KUMAR<br>SINGH | B.A.Prog                  | III | 8,250           |
| 89           | MANVI SINGH      | ATAR SINGH             | B.sc. (Hons.)<br>Maths    | II  | 8,250           |
| 90           | SNEHA GUPTA      | UMESH PRASAD           | B.A. (Hons.) Pol.<br>Sci. | III | 8,250           |
| 91           | KASHISH KHALE    | SANJAY KHALE           | B.A.Prog                  | III | 8,250           |
| 92           | KHUSHI SONKAR    | MOOLCHAND<br>SONKAR    | B.sc. (Hons.)<br>Maths    | II  | 8,250           |
| 93           | RAJBALA          | JAI PRAKSH             | B.Com.Hons.               | III | 8,250           |
| 94           | SARIKA DEWAN     | NAVEEN DEWAN           | B.A. (Hons.) Pol.<br>Sci. | III | 8,250           |
| 95           | RIDHIMA UPADHYAY | ABDESH<br>UPADHAYAY    | B.A.Prog                  | III | 8,250           |
| <b>TOTAL</b> |                  |                        |                           |     | <b>7,61,750</b> |





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### • SPORTS ROOM AND GYMNASIUM







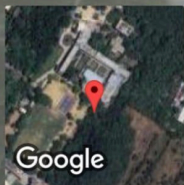
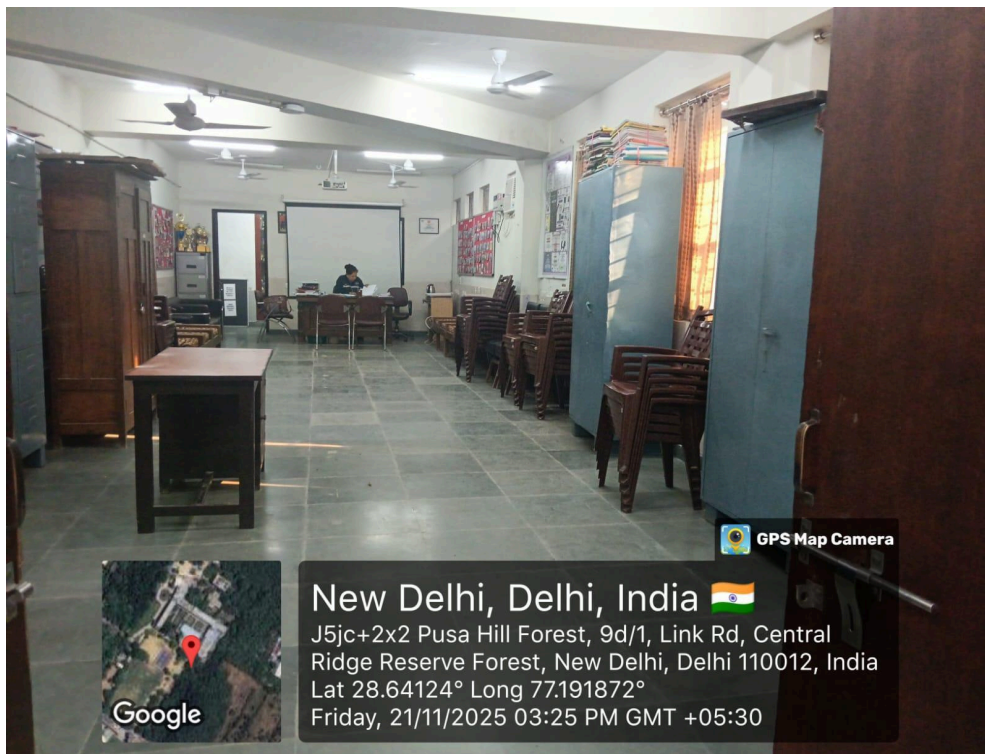
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GPS Map Camera

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J5jc+2x2 Pusa Hill Forest, 9d/1, Link Rd, Central  
Ridge Reserve Forest, New Delhi, Delhi 110012, India  
Lat 28.64124° Long 77.191872°  
Friday, 21/11/2025 03:25 PM GMT +05:30



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### ● GYMNASIUM







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### ● PLAYGROUND







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### ● TABLE TENNIS







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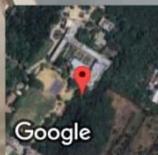
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Forest, New Delhi, Delhi 110012, India

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## ● COUNSELING

**Title: Navigating Stress and Anxiety: Tools for a Healthier Mind**

**Facilitator: Himanshi Sahni, Counselling Psychologist**

Janki Devi Memorial College, Counselling committee in collaboration with the Hindi and Sanskrit Department under the aegis of IQAC organized a workshop on “Navigating Stress and Anxiety: Tools for a Healthier Mind ” on 10th October 2024 from 12.00 pm onwards in room no 17. The new counsellor and psychologist Ms. Himanshi Sahni was introduced to the students by the convenor of the Counselling Committee Prof. Poonam Kanwal. The workshop “Navigating Stress and Anxiety: Tools for a Healthier Mind” was conducted for the students of the Hindi and Sanskrit Departments to increase awareness of mental health and provide practical ways to manage everyday challenges. The session introduced students to the concepts of stress and anxiety and helped them understand how these show up in daily life. Through discussion and reflection, participants were able to differentiate between common experiences of pressure, worry, and tension, and learn how these affect both the mind and body.

The session also encouraged students to reflect on their own experiences and identify their personal signs of stress and anxiety. Towards the end, participants created a “Coping Kit”, a collection of strategies they could turn to whenever they felt overwhelmed. This included practical ideas for supporting the mind, relaxing the body, creating a soothing environment, and reaching out for support.

By the conclusion of the workshop, students reported feeling more confident in recognizing stress and anxiety and better prepared to handle them. The session helped normalize these experiences while offering clear, accessible strategies to respond to them.



# जानकी देवी मेमोरियल कॉलेज JANKI DEVI MEMORIAL COLLEGE

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सर गंगा राम अस्पताल मार्ग, नई दिल्ली-110060  
Sir Ganga Ram Hospital Marg, New Delhi-110060

दूरभाष / Tel : 49876630, ई-मेल / E-mail : jdmcollege@hotmail.com, वेबसाइट / Website : http://jdm.du.ac.in

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**JANKI DEVI MEMORIAL COLLEGE**  
(University Of Delhi)

**COUNSELLING COMMITTEE**  
under the aegis of IQAC  
organises a counselling session  
**Topic-Navigating Stress and Anxiety:  
Tools for a Healthier Mind**  
**For Hindi & Sanskrit Department Students**

  
**Speaker- Ms.Himanshi Sahni**  
(Counselling Psychologist)

🕒 - 12:00 To 1:00 Pm  
📍 - Room No-17  
📅 - 10 September, 2025

Dr.Meenakshi  
(Teacher Co-ordinator)  
(Counselling Committee)  
Saba Parveen  
Vandha  
(Student Coordinator)

Prof. Pooam Kaural  
(Convener Counselling Committee)  
Dr.Sonal Jain  
(Co-Convener Counselling Committee)

Dr.Kulsh Goyasen  
(IQAC COORDINATOR)  
Dr.Shivani Burewal  
(DEPUTY IQAC COORDINATOR)

Prof Swati Pal  
PRINCIPAL

1:29 PM

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

**परामर्श समिति**  
'आईक्यूएसी' के संयुक्त तत्वावधान में  
**विषय- तनाव और चिंता को संभाले:  
मन को स्वस्थ बनाने के तरीके**  
पर परामर्श सत्र का आयोजन करती है  
हिंदी एवं संस्कृत विभाग के विद्यार्थियों के लिए

  
**वक्ता- सुश्री हिमांशी साहनी**  
(परामर्श मनोवैज्ञानिक)

🕒 - 12:00 से 1:00 बजे  
📍 - कक्ष संख्या -17  
📅 - 10 सितंबर, 2025

डॉ.मीनाक्षी  
(निदेशक परामर्श समिति)  
(परामर्श समिति)  
सोना जी  
(संयोजक परामर्श समिति)

प्रो.पूनाम कौरल  
(संयोजक परामर्श समिति)  
डॉ.सोनम जैन  
(संयोजक परामर्श समिति)

डॉ.कुश गयासेन  
(आईक्यूएसी समन्वयक)  
डॉ.शिवानी बुरवाल  
(उप.आईक्यूएसी समन्वयक)

प्रो.स्वाति पाल  
(प्राचार्य)

1:29 PM







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### Mental Health of Girls and Women

On 10th September 2024, Girl Up Nitara, a student-led society at Janki Devi Memorial College, hosted a significant offline event in the Seminar Room focused on the Mental Health of Girls and Women. The event aims to raise awareness about the mental health challenges faced by girls and women, providing strategies for emotional well-being and encouraging open discussions to reduce stigma. Dr. Itisha Nagar commenced the session on girls' mental health with great enthusiasm. She placed a strong emphasis on the importance of self-esteem and how to cultivate a positive sense of self-worth. Further, she addressed the safety concerns many women face, highlighting how they often choose auto-rickshaws or taxis over cabs and buses to feel secure. She also touched on the extreme measures women might consider, such as jumping out of a vehicle in life-threatening situations, and the fear of receiving threats of sexual assault. Dr. Nagar further discussed how many women are often unfamiliar with driving or navigating directions due to prevailing societal stigmas. She pointed out that tasks, such as driving, which boys may have been encouraged to learn from a young age, often remain inaccessible to girls, who were not given the same opportunities at an early age. She also referenced the Kolkata rape case, emphasizing that the incident was not caused by the victim's choice of clothing but rather by the perpetrator's mindset.

Additionally, she highlighted how society often perpetuates victim-blaming and continues to stigmatize women who experience such violence.

जानकी देवी मेमोरियल कॉलेज  
दिल्ली विश्वविद्यालय  
**गर्ल अप नितारा**  
आय क्यू ए सी के तत्वावधान में

दिनांक : 10 सितंबर 2024  
समय : 11:45 से 12:45  
स्थान : सेमिनार रूम

अतिथि वक्ता  
**डॉ. इतिशा नागर**

**लड़कियों और महिलाओं का  
मानसिक स्वास्थ्य**

ईशानी (अध्यक्ष) श्री गुप्ता (उपाध्यक्ष) सुश्री अलका (संयोजक) डॉ. तेजस्विनी (सह संयोजक) प्रो. स्वाति पाल (प्रधानाचार्य)

Janki Devi Memorial College  
University Of Delhi  
**GIRL UP NITARA**  
UNDER THE AEGIS OF IQAC

Date : 10th Sept, 2024  
Time : 11:45 a.m. - 12:45 p.m.  
Venue : Seminar Room

Guest speaker  
**Dr. Itisha Nagar**

**Mental Health of Girls and  
Women**

Eeshani President Shree Gupta Vice-President Ms. Alka Convenor Dr. Tejaswini Co-Convenor Prof. Swati Pal Principal





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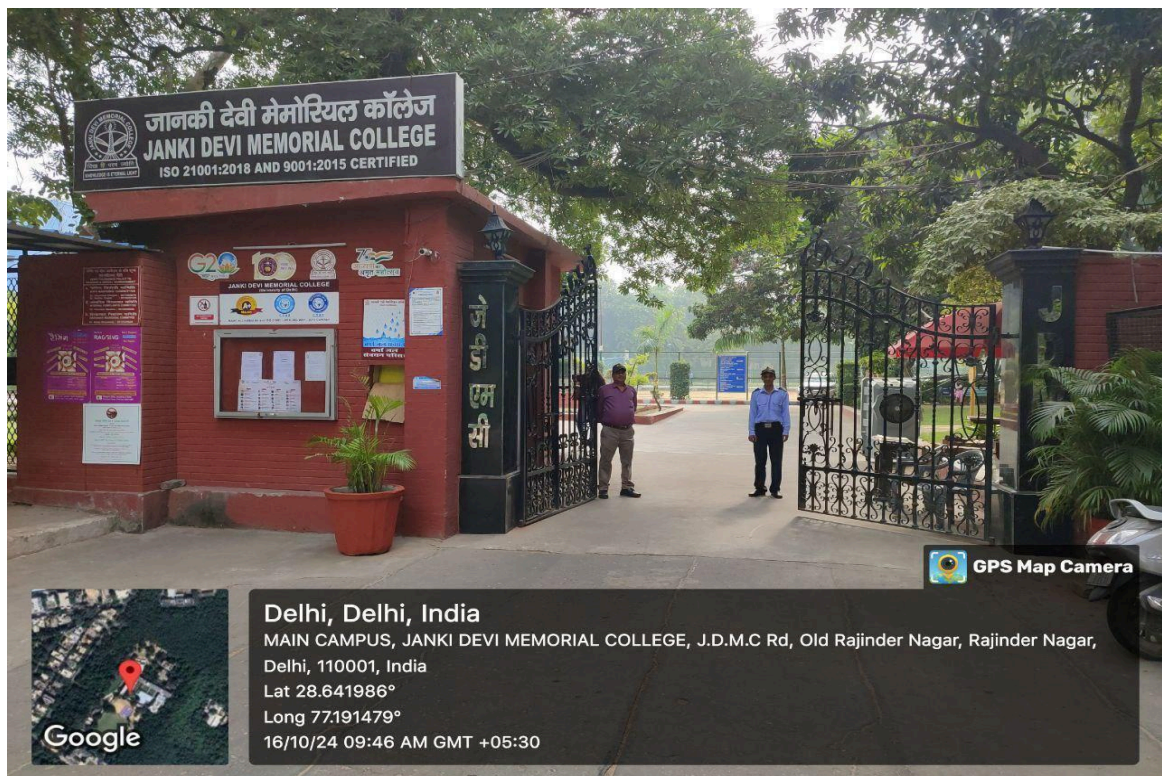
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- **SECURITY STAFF AT MAIN COLLEGE GATE ID CHECK**







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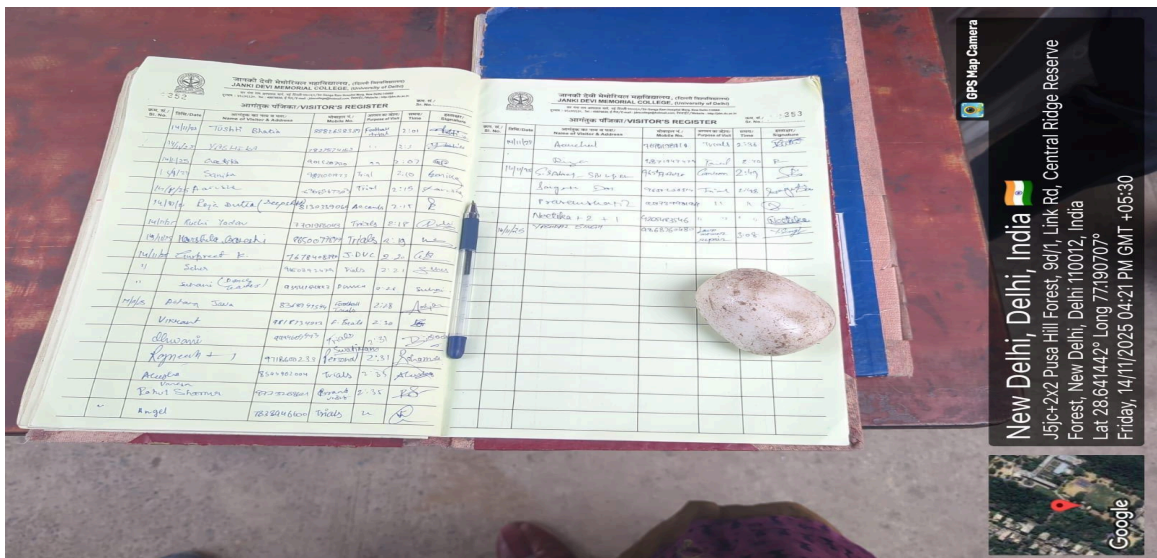
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## COLLEGE ENTRANCE



## ENTRY REGISTER







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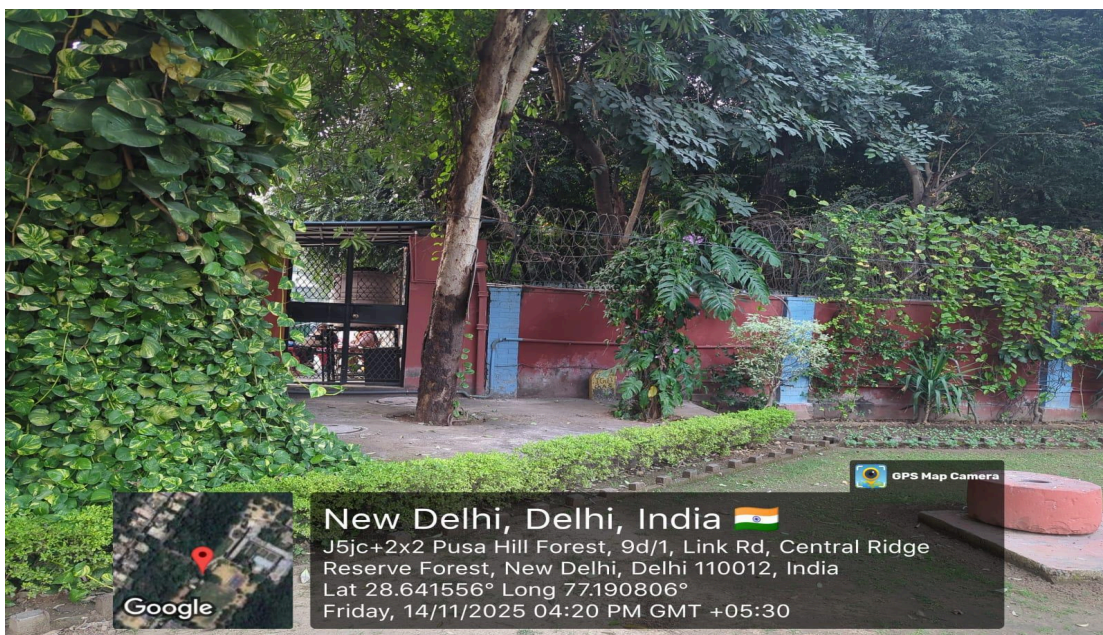
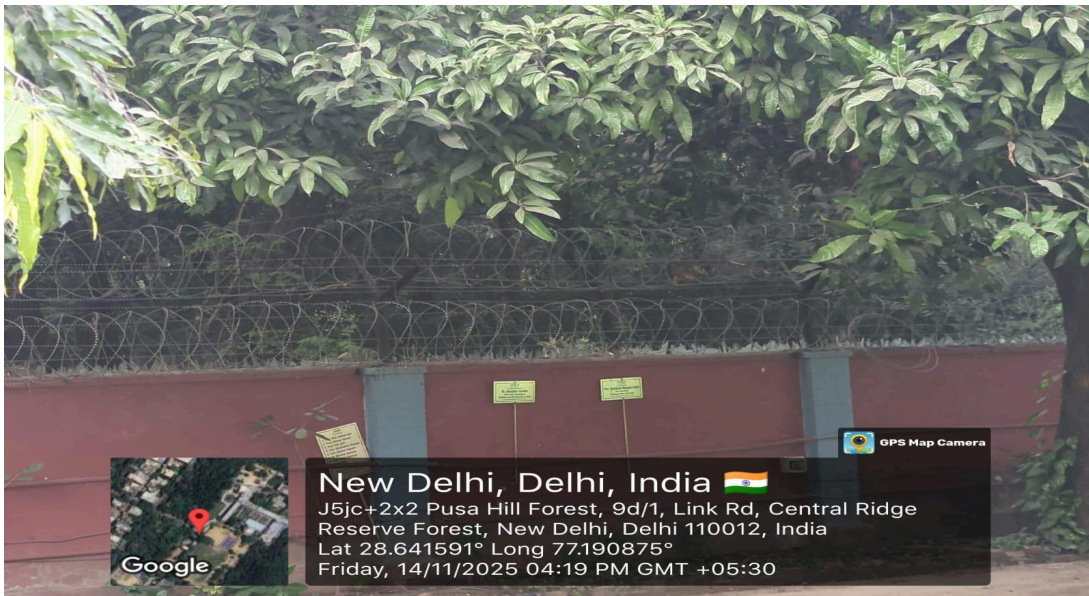
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- **BOUNDARY SECURITY WALL**







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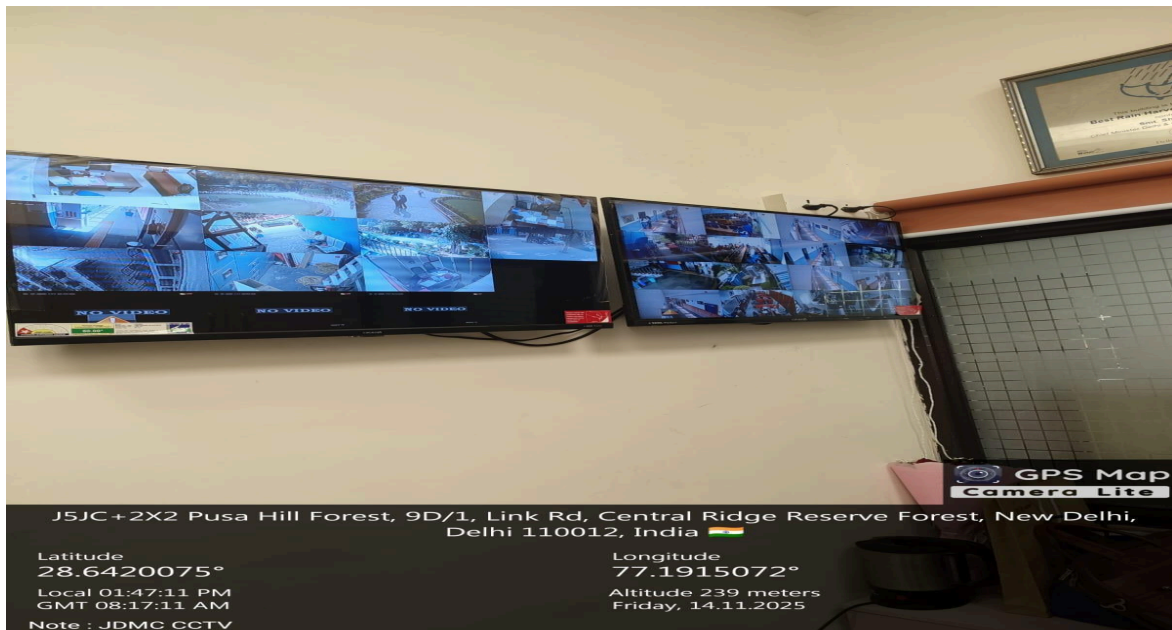
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### CCTV CAMERA





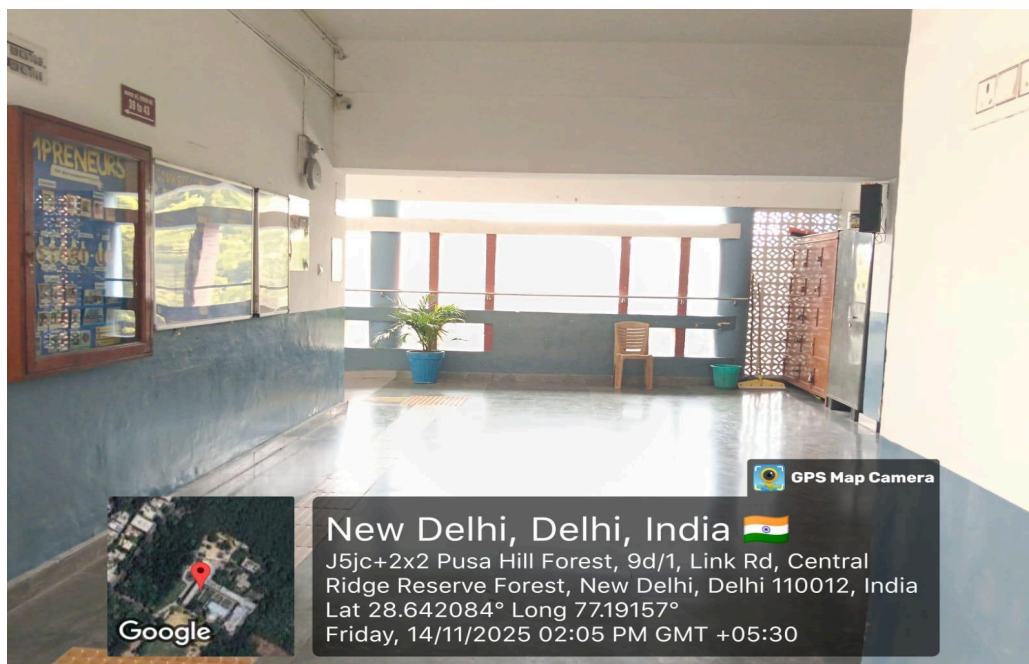
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- **ICC FOR REDRESSAL TO STUDENT/EMPLOYEE GRIEVANCES**

**Students redressal form**

Link - <https://jdm.du.ac.in/grievance-redressal-system.php>

**Internal Complaint Committee against Sexual Harassment at Workplace.**

w.e.f. 1 Dec. 2021 (for a period of three years)

**Presiding Officer**-Prof. Poonam Bewtra, Associate Professor

**Member**-Dr. Sudnya N. Kulkarni

**Member**-Prof. Sangeeta Gupta.

**Member**-Dr. Nivedita Sharma

**External Member**-Ms. Soni Singh-Advocate

**Student Representative** - Ms. Somya Narula- President, Student Union



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### III) CO-CURRICULUM AND EXTRACURRICULAR ACTIVITIES

#### Gender Sensitization Activities In The College- Awareness, Sensitization And Empowerment Programme

| S.No | Particulars                                                                                  | MM/YY                          |
|------|----------------------------------------------------------------------------------------------|--------------------------------|
| 1.   | Women Development Cell Activities<br>WDC Competitions                                        | 9th October, 2024              |
| 2.   | WDC – Silent March                                                                           | 23th August, 2024              |
| 3.   | National Seminar on Addressing Violence<br>Against Women                                     | 25th November, 2024            |
| 4.   | International Women's Day Interactive Workshop                                               | 6th March, 2025                |
| 5.   | National Conference on Policies for encouraging<br>women to remain in the workforce in india | 25th & 26th September,<br>2024 |
| 6.   | Girlup Nitara-Events<br>QALA                                                                 | 6 <sup>th</sup> February, 2025 |
| 7.   | Celebrating emotions through art.                                                            | 28th April, 2025               |
| 8.   | Unlocking your Potential: Navigating a<br>Successful Career in UPSC                          | 12th November, 2024            |
| 9.   | Hifazat - Choti Baatein, Badi Seekh                                                          | 14th October, 2024             |
| 10.  | Movie Screening of 'The Great Indian Kitchen'                                                | 27th August, 2024              |
| 11.  | Celebrating emotions through art                                                             | 28th April, 2025               |
| 12.  | Lecture on Gender Equity by Ms. Trinity Martin,<br>Toronto, Canada                           | 17th March, 2025               |
| 13.  | Workshop on Gender Sensitisation                                                             | 20th August, 2024              |
| 14.  | Talk on Relevance and Impact of POSH                                                         | 24th September, 2024           |
| 15.  | Talk on Her Safety, Her Right- Understanding<br>Domestic Violence Act                        | 12th September, 2024           |
| 16.  | “Her” Path to Wellness                                                                       | 4th September, 2024            |
| 17.  | Menstruation, Health and Sanitation of Women                                                 | 3th October, 2024              |





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## Women Development Cell Activities

### 1. WDC Competitions

On October 9, 2024, Janki Devi Memorial College celebrated the International Day of the Girl Child with a vibrant competition organized by the Women Development Cell (WDC) Society. The event featured a poster-making competition and a slogan-writing competition. It focused on themes such as Educating the girl child, Soft power, Gender preference and Nurturing girl health. The competition attracted 63 enthusiastic participants. A smooth registration process was conducted at a designated counter, ensuring efficient check-in for all attendees.

**Competition Schedule-Slogan Writing:** 12:00 PM to 12:30 PM

**Poster Making:** 12:00 PM to 1:00 PM

Participants were encouraged to explore significant themes for their entries:

#### **Poster Making Themes:**

Educate Girls

Raise Your Voice

Soft Power

Sisterhood

#### **Slogan Writing Themes:**

Violence Against Girls

Nurturing Girl Health

Equity and Empowering Girls

Gender Preference

Support and Environment

Supportive Atmosphere

Members of the WDC Society were present throughout the event, creating a supportive environment that encouraged creativity and self-expression. It fostered a sense of community engagement among participants and contributed to the broader discourse on women's empowerment. By providing a space for creativity and expression, the event underscored the essential role of education and awareness in championing gender equality and supporting the rights of girls worldwide. The competition featured attractive cash prizes for the top three winners, emphasizing recognition of talent and hard work:



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### **Slogan Writing Winners:**

1st Place: Ananya (Mathematics Hons)

2nd Place: Anjali Yadav (Mathematics Hons)

3rd Place: Aarti Singh (Mathematics Hons)

Special Mention: Priyanka (B.Sc. Maths)

### **Poster Making Winners:**

1st Place: kouser Khan( ba prog human development and family empowerment and philosophy)

2nd Place: Priyanshi (Political Science)

3rd Place: Sanjana (B.Com P)

Special Mention: Nidhi Tripathi (B.Com Hons)





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(University of Delhi)  
**Centre for Gender Equity Studies  
Women's Development Cell**  
(Under the aegis of IQAC)  
**On the Occasion of  
International Girl Child Day**  
Organises A

**POSTER MAKING COMPETITION**

**Theme : Girl Child**

**Prizes**  
1st - Rs.1500  
2nd - Rs.1000  
3rd - Rs.750

**9th October,  
Wednesday  
12-1pm  
Auditorium**

**Note :**  
1. Competition is open to students of all years.  
2. Pre-registration is mandatory.  
3. Sheets will be provided on the spot for poster making.

**FOR FURTHER QUERIES CONTACT:-**  
636803287  
701609793

(UNIVERSITY OF DELHI)  
**CENTER FOR GENDER EQUITY STUDIES  
WOMEN'S DEVELOPMENT CELL**  
(UNDER THE AEGIS OF IQAC)  
**on the occasion of  
INTERNATIONAL GIRL CHILD DAY**  
Organises a

**SLOGAN WRITING  
COMPETITION**

**Theme: Girl Child**

**Prizes:**  
1st - Rs. 1000  
2nd - Rs. 750  
3rd - Rs. 500

**9th October,  
Wednesday  
12-1PM  
Auditorium**

**Note:**  
1. Competition is open to the students of all years.  
2. Pre-registration is mandatory.  
3. Sheets will be provided on the spot for slogan making.

**FOR FURTHER QUERIES  
CONTACT:-**  
636803287





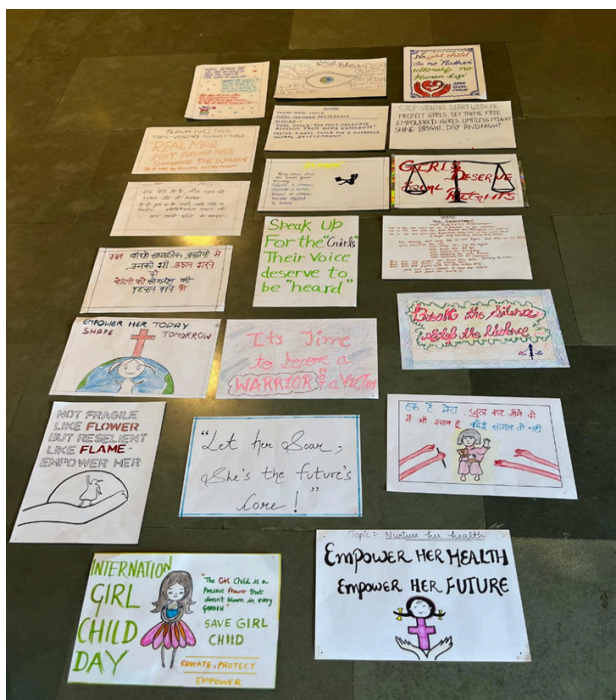
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## जानकी देवी मेमोरियल कॉलेज JANKI DEVI MEMORIAL COLLEGE

(दिल्ली विश्वविद्यालय) / (University Of Delhi)

सर गंगा राम अस्पताल मार्ग, नई दिल्ली-110060

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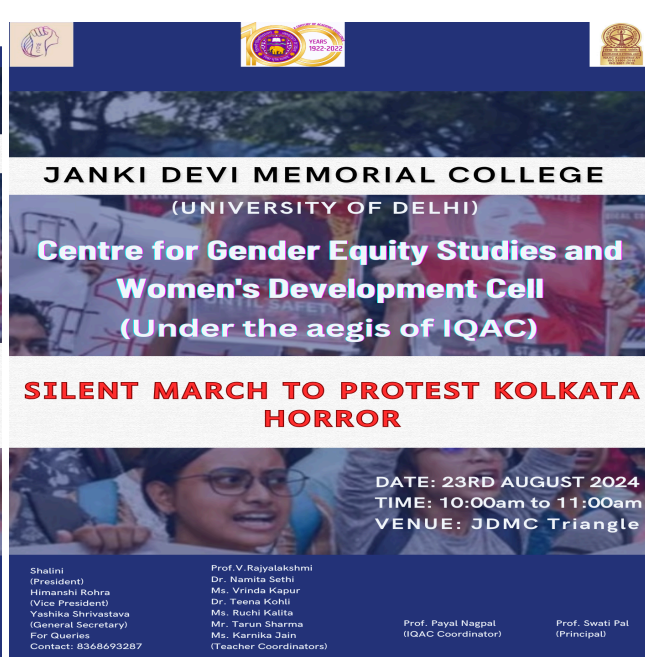
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## 2. WDC – SILENT MARCH

Women Development Cell and the Centre for Gender Equity Studies of Janki Devi Memorial College (JDMC,DU) organized a silent march on August 23<sup>rd</sup>, 2024 from 10 a.m. to 11 a.m. to protest against Kolkata horror and stand in solidarity against rape, brutality, violence and abuse. The march was led by the Principal Swati Pal, accompanied by the society's conveners and members, with a large group of JDMC students following. Nearly 400 participants joined, reflecting their solidarity and strong condemnation of the heinous crime.

The march commenced in the college premises and proceeded along Ganga Ram Hospital Marg, covering 3 kilometers. JDMC protested against the Kolkata horror, hopefully inspiring other colleges in the university to follow. Despite heavy rain, the determined marchers carried on, and the event ended smoothly without disrupting traffic.

The CMO of City Hospital, Dr. Chakraborty visited the college to express his solidarity. He appreciated the college's initiative and praised its efforts to raise awareness about all forms of violence against women.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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|  <p><b>जानकी देवी मेमोरियल कॉलेज</b><br/>(दिल्ली विश्वविद्यालय)</p> <p><b>जेंडर इक्विटी अध्ययन केंद्र और महिला विकास प्रकोष्ठ</b><br/>(आईव्यूएसी के तत्वावधान में)</p> <p><b>कोलकाता की घटना के विरोध में मौन मार्च</b></p> <p>दिनांक: 23 अगस्त 2024<br/>समय: सुबह 10:00 बजे से 11:00 बजे<br/>स्थल: जेडीएमसी त्रिकोण</p> <p>शांतिनी (अध्यक्ष)<br/>हिमांशी शोहरा (सामान्य)<br/>प्रशिक्षक श्रीमन्मन् (महाराष्ट्र)<br/>प्रती के लिए संपर्क करें 8368693287</p> <p>प्रो. पी. राज्यालक्ष्मी<br/>डॉ. नमिता सेठी<br/>सुश्री वृन्दा कपूर<br/>डॉ. टीना बोहरा<br/>सुश्री रुचि कलिता<br/>श्री तन्मय शर्मा<br/>सुश्री कर्मिका जैन (विद्यार्थी समन्वयक)</p> <p>प्रो. पायल नागपाल (आईव्यूएसी समन्वयक)</p> <p>प्रो. स्वाति पाल (प्रधानाचार्य)</p> |  <p><b>JANKI DEVI MEMORIAL COLLEGE</b><br/>(UNIVERSITY OF DELHI)</p> <p><b>Centre for Gender Equity Studies and Women's Development Cell</b><br/>(Under the aegis of IQAC)</p> <p><b>SILENT MARCH TO PROTEST KOLKATA HORROR</b></p> <p>DATE: 23RD AUGUST 2024<br/>TIME: 10:00am to 11:00am<br/>VENUE: JDMC Triangle</p> <p>Shalini (President)<br/>Himanshi Rohra (Vice President)<br/>Yashika Shrivastava (General Secretary)<br/>For Queries Contact: 8368693287</p> <p>Prof. V. Rajyalakshmi<br/>Dr. Namita Sethi<br/>Ms. Vrinda Kapur<br/>Dr. Teena Kohli<br/>Ms. Ruchi Kalita<br/>Mr. Tarun Sharma<br/>Ms. Karmika Jain (Teacher Coordinators)</p> <p>Prof. Payal Nagpal (IQAC Coordinator)</p> <p>Prof. Swati Pal (Principal)</p> |
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### 3. National Seminar on Addressing Violence Against Women

On November 25th, 2024, the Women Development Cell of Janki Devi Memorial College commemorated the International Day for the Elimination of Violence Against Women by hosting a national seminar on “Addressing Violence against Women”. The event featured panel discussions, student presentations, and a film screening. The first session began with a thought-provoking address by Principal Swati Pal, who stressed the importance of moving beyond discussions on violence against women to actively contributing to its eradication. The resource persons for the event were Professor Anjoo Sharan Upadhyaya (Professor, MIT, World Peace University and Global fellow at Peace Research Institute, Oslo), Dr. Shweta Singh (Associate Professor, South Asian University, International relations), Dr. Savitri Singh (Associate Professor, Jamia Milia Islamia), and Ms. Rashmi Anand (Author, Counsellor and Consultant). They shared their expertise on women empowerment, peace, and the complexities of violence. The speakers emphasized the need to redefine the concept of violence, acknowledging its various forms, and highlighting the importance of integrating men into the journey of women's empowerment and promoting sisterhood. The third session featured paper presentations by





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members of Rhetorque with two faculty members as evaluators: Zubeer Ahmed and Dinesh Kataria along with debates focusing on violence against women, with a particular emphasis on rural areas. The session concluded with a focus on solutions and interventions, including financial independence, strengthening the justice system, and community education. The documentary film "Girl in the River" by Sharmeen Obaid-Chinoy was also screened, highlighting the story of a young girl who faced honor-based violence. The seminar provided valuable insights and perspectives on addressing violence against women.

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(UNIVERSITY OF DELHI)  
CENTRE FOR GENDER EQUITY STUDIES  
**WOMEN'S DEVELOPMENT CELL**  
(UNDER THE AEGIS OF IQAC)  
INVITES YOU TO A  
**National Seminar on Addressing Violence Against Women**  
On the occasion of the UN designated day for the Elimination of Violence against Women

**25th November, 2024**  
 **10:30 am - 5:00 pm**  
 **Seminar Hall**

**SHALINI**  
(PRESIDENT)  
HIMANSHI ROHRA  
(VICE PRESIDENT)

**Dr. Namita Sethi**  
Prof. Vasiraju Rajyalakshmi  
Ms. Vrinda Kapur  
Prof. Sudha Upadhyaya  
Dr. Tejashwini  
(TEACHER CONVENORS)

**Dr. Teena Kohli**  
Ms. Ruchi Katta  
Mr. Tarun Sharma  
Dr. Kamika Jain

**PROF. PAYAL NAGPAL**  
(IQAC COORDINATOR)

**PROF. SWATI PAL**  
(PRINCIPAL)

**जानकी देवी मेमोरियल कॉलेज**  
(दिल्ली विश्वविद्यालय)  
सिंगा समानता अध्ययन केंद्र  
**महिला विकास प्रकोष्ठ**  
(आईक्यूएसी के तत्वावधान में)  
आप को आमंत्रित करता है  
**महिलाओं के खिलाफ हिंसा को संबोधित करने पर राष्ट्रीय संगोष्ठी**  
महिलाओं के खिलाफ हिंसा के उन्मूलन के लिए संयुक्त राष्ट्र द्वारा नामित दिन के अवसर पर

**25 नवंबर, 2024**  
 **10:30 - 5:00 बजे**  
 **सेमिनार हॉल**

**शालिनी**  
(अध्यक्ष)  
हिमांशी रोहरा  
(उपअध्यक्ष)

**डॉ. नीलिता सेठी**  
प्रो. वसिष्ठ राजलक्ष्मी  
मृषी रंदा कपूर  
प्रो. सुधा उपध्याय  
डॉ. तेजस्विनी  
(गोष्ठ्यध्यक्ष)

**डॉ. टीना कोहली**  
मृषी रंदा कट्टा  
श्री. तारुण शर्मा  
डॉ. कामिका जैन

**प्रो. पायल नागपाल**  
(आईक्यूएसी समन्वयक)

**प्रो. स्वाति पाल**  
(प्राचार्या)



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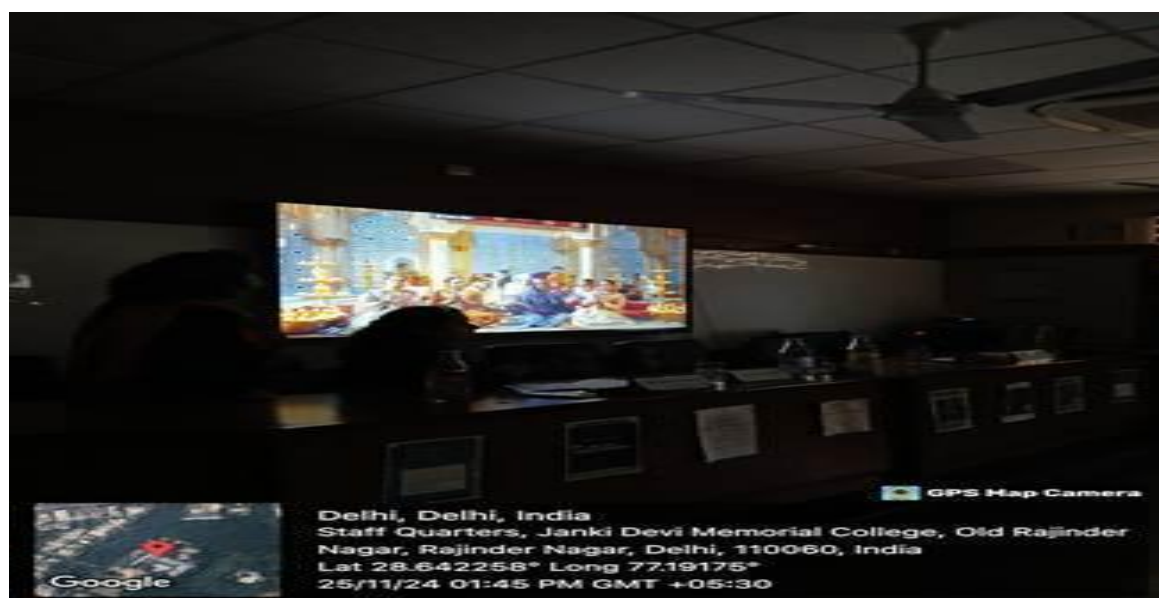
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## Film Screening





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#### 4. International Women's Day Interactive Workshop

**Organized by:** Women's Development Cell, Janki Devi Memorial College

**Date:** 6th March, 2025

**Venue:** Janki Devi Memorial College

**Guest Speaker:** Mrs. Nisha Luthra (Distinguished Playwright & Director)

**Total Attendees:** 50

In celebration of International Women's Day, the Women's Development Cell of Janki Devi Memorial College organized an interactive workshop on mental wellness, self-discovery, and empowerment. The event aimed to equip students with tools and insights to build inner strength and discover joy within. It featured a film screening, engaging discussions, and a special meditative session led by renowned playwright and director Mrs. Nisha Luthra.

**Opening Session & Film Screening:**





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The workshop commenced with a warm welcome and introductory remarks highlighting the significance of International Women's Day. Mrs. Nisha Luthra was felicitated by the convenors, marking the official inauguration of the event. This was followed by a screening of her thought-provoking film *Brinda*, which explored themes of self-discovery and inner happiness, resonating deeply with the audience.

### Film Discussion & Interactive Chat:

Post-screening, students engaged in a lively discussion with Mrs. Luthra, sharing their interpretations of the film's visual storytelling and underlying messages. The interactive session provided a platform for students to delve deeper into the film's meaning and connect with the director's artistic vision. Mrs. Luthra emphasized the importance of finding joy within and avoiding dependence on external validation for self-worth—a message that left a lasting impact on the participants.

### Meditative Workshop for Mental Wellness:

The heart of the workshop was a dynamic meditative session designed to foster mindfulness, emotional well-being, and self-connection. Mrs. Luthra guided the students through a series of interactive activities:

- **Deep Breathing & Mindfulness:** The session began with deep breathing exercises, encouraging students to connect with their individuality and cultivate mindfulness.
- **Body Sound Patterns:** Students explored inner vibrations through body sound patterns, enhancing sensory awareness.
- **Movement & Concentration:** Verbal commands guided students through various movements—sitting, walking, slow walking, and fast walking—promoting concentration and presence of mind.
- **Soulful Connections:** Paired activities, including eye contact and fingertip touch, facilitated silent interaction and deeper connections with others.
- **Stress Release & Friendship:** Back-to-back swaying symbolized the release of stress and underscored the importance of fostering supportive friendships.
- **Creative Expression:** Students engaged in spontaneous poses depicting various situations, stimulating imagination and storytelling.
- **Symbolic Poses:** Pairs and groups formed poses representing deities such as Lord Shiva, Ma Durga, and Lord Krishna, as well as life situations—showcasing strength, grace, divinity, teamwork, and creativity.
- **Deep Meditation:** The session culminated in guided deep meditation, promoting mental clarity and inner peace.
- **Group Lock & Sisterhood:** The workshop concluded with a symbolic group lock by holding hands, reinforcing solidarity, empowerment, and the spirit of sisterhood.



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The event effectively conveyed the message that happiness originates from within and that external validation should not define one's self-worth. The positive and uplifting atmosphere fostered a sense of support, strength, and mindfulness among the participants.

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WOMEN'S DEVELOPMENT CELL  
(UNDER THE AEGIS OF IQAC)  
in collaboration with  
**THE NARRATORS PERFORMING ARTS SOCIETY**  
invites you to a workshop celebrating  
**INTERNATIONAL WOMEN'S DAY**

**Mrs. Nisha Luthra**  
Actress, Playwright,  
Founder and Director  
The Narrators Performing Arts Society.

**6 MARCH 2025** **11 AM ONWARDS** **Room no. - 67**

**TEACHER COORDINATORS**

|                        |                                                                                                               |                                                                                                 |                                          |                                |
|------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------------|
| SHALINI<br>(PRESIDENT) | DR. NAMITA SETHI<br>PROF. VASIRAJU RAJYALAKSHMI<br>MS. VRINDA KAPUR<br>PROF. SUDHA UPADHYAYA<br>DR. TEJASWINI | DR. TEENA KOHLI<br>MS. RUCHI KALITA<br>MR. TABUN SHARMA<br>DR. TANVIRA JAIN<br>DR. POONAM YADAV | PROF. PAYAL NAGPAL<br>(IQAC COORDINATOR) | PROF. SWATI PAL<br>(PRINCIPAL) |
|------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------------|

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लिंग समानता अध्ययन केंद्र  
**महिला विकास प्रकोष्ठ**  
(आईव्यूएसी के तत्वावधान में)  
इसके सहयोग से  
**नैरेटर्स परफॉर्मिंग आर्ट्स सोसाइटी**  
आपको एक कार्यशाला में आमंत्रित करता है  
**अंतर्राष्ट्रीय महिला दिवस**

**श्रीमती निशा लूथरा**  
अभिनेत्री, नाटककार,  
कथावाचक एवं निर्देशक  
नैरेटर्स परफॉर्मिंग आर्ट्स सोसाइटी

**6 मार्च 2025** **सुबह 11 बजे से** **कमरा नं. - 67**

**सालिनी (अध्यक्ष)**  
हिरांशी रोहरा (उपाध्यक्ष)

**डॉ. नमिता सेठी**  
प्रो. वसिराजु राज्यालक्ष्मी  
शुशी वृंदा कपूर  
प्रो. सुधा उपाध्याय  
डॉ. तेजस्विनी

**डॉ. टीना कोहली**  
शुशी रुचि कलिता  
श्री सरुण शर्मा  
डॉ. कर्णिका जैन  
डॉ. पूनम यादव

**प्रो. पायल नागपाल**  
(आईव्यूएसी समन्वयक)

**प्रो. स्वाति पाल**  
(प्राचार्य)

### 5. National Conference on Policies for encouraging women to remain in the workforce in india

The WDC contributed with the Bystander Programme and Friedrich Ebert Stiftung (FES), to help organize a National Conference on “Policies for Encouraging Women to Remain in the Workforce in India: Leave Policies and Addressing Violence at the Workplace”. The two -day National conference was organized at JDM on 25 th and 26 th September 2024. The inaugural session was chaired by Prof Swati Pal and the keynote address was delivered by Dr Vibhuti Patel, after a speech by Ms. Gayatri Sharma of FES. Prof Rajyalakshmi chaired the second session in which Dr Abha Yadav, Mr. Shankar Aggarwal and Ms. Yagna Parmar were the panelists. This session was followed by an inter-college debate organized jointly by WDC and Rhetorque.

On the second day, the session on addressing violence at the workplace was introduced by Ms. Vandana Madan and chaired by Dr Namita Sethi. The resource persons included senior advocate Jayna Kothari, Ms Lora Prabhu, the Director of CEQUIN and Ms Neeruju Gupta of Safetipin. The succeeding session on preventing sexual harassment was chaired by Ms Mitali Nikore and the panelists included Ms Anweshaa Ghosh and Ms Mandvi Kulshreshtha from FES. The afternoon session included a break away session on Bystander intervention followed by film screening. The Conference saw a host





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of issues being raised and discussed including paternity leave, menstrual leave, harassment at workplace and gender and late night shifts. Renowned speakers, including Ms. Gayatri Sharma and Dr. Patel, delivered thought-provoking presentations. Ms. Sharma stressed democracy and listening to diverse voices and also enlightened us with the priorities of FES, while Dr. Patel discussed women's workforce participation, pay disparities (29.4% less than men), and inherent biases. Dr. Patel also highlighted Kiran Bedi's pioneering efforts in challenging discrimination and emphasised the importance of decision-making power, education, and addressing institutional barriers. Principal Swati Pal concluded Session 1 by emphasising the need to challenge stereotypical representations of women, reevaluate paternity leave policies, and prioritise women's health. The conference brought together experts, academics, and stakeholders to discuss critical issues surrounding women's empowerment and workplace equality.

Session 2 of the National Conference on "Empowering Women in the Workplace" saw a series of thought-provoking speeches from esteemed speakers. Rajyalakshmi mam emphasised the need for policies supporting women's careers, highlighting that women constitute 50% of India's population but are underrepresented in the workforce. She also stressed the impact of menopausal issues on women's health. Abha Yadav introduced the concept of the "purple economy" and "care economy," noting how technology has empowered women. However, she pointed out that women still face exploitation and are often expected to work 10% harder than men, despite being equally capable. Dr. Yadav emphasised the importance of equality, care, and shared responsibilities for women's development in the workplace. Prof. V Rajyalakshmi further emphasised the state's role in providing a safe environment and adequate maternity benefits, highlighting the disparity between government and private sector benefits. Mr. Shankar Aggarwal reflected on India's progress over 75 years, stressing the need for quality education, healthcare, and sanitation to ensure meaningful development. Ms. Yagna Parmar, director of Vacha trust, shared her experience working with young women, discussing menstrual leave as an option for women to take breaks due to discomfort. While Bihar and Kerala have adopted maternity leave, there is no specific law governing this leave. In 1948 Japan, only 0.8% of women took maternity leave. Many women still struggle to openly discuss menstruation. The session concluded with a call for creating inclusive environments, reducing stigma, and addressing unnoticed issues like sanitation.

The second day of the National Conference commenced with Session 1, addressing the critical issue of violence in the workplace. Ms. Vandana Madan set the tone, emphasising the need to recognize women's contributions and change societal mindsets. She stressed that policies remain ineffective without altering the social and political environment. Dr. Namita Sethi introduced the panellists, comprising renowned experts in law, social justice, and women's rights. Ms. Jayna Kothari presented on equality and anti-discrimination legislation in India, highlighting fundamental rights enshrined in



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the Constitution (Articles 14, 15, 16, and 21). She emphasised substantial equality, non-discrimination based on sex, and equal opportunities in public employment. Ms. Lora Prabhu expanded on the limitations of the term "workspace," stressing that gender discrimination stems from patriarchal stereotypes. She advocated for reimagining power structures and understanding women's rights through normative standards and international treaties like CEDAW. Ms. Prabhu also highlighted the importance of distinguishing between equality and equity. Ms. Neeruja Gupta discussed creating smart cities that facilitate women's participation in the workforce. Despite a 13% increase in women's participation over 68 years, India still fails to account for domestic work. She introduced the SAFETIPIN app, a tool for generating data to build safer workplaces. Ms. Gupta emphasised the

need for inclusive public spaces, public infrastructure, and addressing pink tax and transportation issues. The session concluded with a thought-provoking Q&A round, followed by a vote of thanks and group photography.

Session 2 of the conference focused on empowering women in the workplace. Ms. Mitali Nikore recapped key discussions, highlighting labour force participation data showing 41% female participation. She emphasised women's workforce participation as the main goal and addressed harassment, digitalization's impact on safety, and city-level authority experiences. Ms. Anweshaa Ghosh presented on organisations supporting women in informal labour, citing 2020 data. She discussed time poverty, intersectional identity, and violence, including domestic laws and policies like GBV workplace, POSH Act, and ILO C 190. Ms. Ghosh shared quotes from ISST studies, illustrating challenges in implementing the POSH Act, such as lack of awareness and penal repercussions. Ms. Mandvi Kulshreshtha (FES advisor) discussed gender justice, safeguards, equal rights, and code of conduct. FES promotes equal representation, provides resources, and introduces gender-neutral policies. Ms. Kulshreshtha stressed awareness and linking social organisations with those needing safety, particularly agriculture wage labourers, who face significant challenges. Ms. Mitali Nikore concluded the session by highlighting the importance of recognizing intersectional identities, addressing time poverty, and intimate partner violence. Despite laws and policies, harassment persists, requiring continued efforts to create safe workplaces. The session concluded with a question-answer round, a short movie screening by Lumiere, and a vote of thanks by Dr. Debahuti Brahmachari.

It could be deduced that the two day conference highlighted key challenges and solutions, emphasising the need to address harassment, violence, and biases, and promote awareness, education, and inclusive policies. Women's workforce participation, currently at 41%, must increase, and policies like POSH Act and ILO C 190 must be effectively implemented. Recognizing intersectional identities, addressing





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time poverty, and providing resources and support for women are crucial. Despite progress, challenges persist, including lack of awareness, limited policy implementation, underreported harassment, and time poverty. Sustained efforts are necessary to empower women and create safe, inclusive workplaces.

**Janki Devi Memorial College**  
University of Delhi  
**WOMEN'S DEVELOPMENT CELL**  
Under the Aegis of IQAC  
**Bystander program**  
In collaboration with  
**FRIEDRICH EBERT STIFTUNG (INDIA OFFICE)**  
Presents  
**NATIONAL CONFERENCE**  
On  
**POLICIES FOR ENCOURAGING WOMEN TO REMAIN IN THE**  
**WORKFORCE IN INDIA :**  
**LEAVE POLICIES AND ADDRESSING VIOLENCE IN THE WORKPLACE**

**25 & 26 September 2024**  
**10am to 4pm**  
**Seminar Room**

**SHALINI**  
(PRESIDENT)  
**HIMANSHI ROHRA**  
(VICE-PRESIDENT)

**TEACHER COORDINATORS**  
**PROF. V. RAJYALAKSHMI**  
**DR. NAMITA SETHI**  
**MS. VRINDA KAPUR**  
**DR. TEENA KOHLI**

**PROF. PAYAL NAGPAL**  
(IQAC COORDINATOR)

**PROF. SWATI PAL**  
(PRINCIPAL)

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दिल्ली विश्वविद्यालय  
**महिला विकास प्रकोष्ठ**  
IQAC के तत्वावधान में  
दर्शक कार्यक्रम  
इसके सहयोग से  
**फ्रेडरिक एबर्ट फाउंडेशन (भारत कार्यालय)**  
प्रस्तुत करता है  
राष्ट्रीय सम्मेलन  
पर  
भारत में महिलाओं को कार्यबल में बने रहने के लिए प्रोत्साहित करने की  
नीतियां:  
छुट्टी की नीतियां और कार्यस्थल पर हिंसा से निपटना

**25 और 26 सितंबर 2024**  
**10 बजे से 4 बजे तक**  
**सम्मेलन कमरा**

**शालिनी (अध्यक्ष),**  
**हिमांशी रोहरा**  
(उपाध्यक्ष)

विभागाध्यक्ष  
प्रो. वी. राज्यालक्ष्मी  
डॉ. नमिता सेठी  
सुश्री वृन्दा कपूर  
डॉ. टीना कोहली

**प्रो. पायल नागपाल**  
(आईक्यूएसी समन्वयक)

**प्रो. स्वाति पाल**  
(प्रधानाचार्य)





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## Girlup Nitara –EVENTS

### 6 . QALA

On 6th February 2025, Girl Up Nitara, a student-led society at Janki Devi Memorial College, organized an exciting and interactive stall at Symphony, the college's annual fest, under the aegis of IQAC. The event, titled Qala, aimed to foster creativity, engagement, and fun among students through a variety of activities, under the guidance of our convener Ms. Alka and co-convener Dr. Tejaswini.

The stall setup was completed by 10:00 AM. It featured engaging games like Spin the Wheel, where participants could win small gifts by completing fun dares. Additionally, handmade jewelry and flower bouquets were showcased for sale, with a special offer of a free handmade flower with every bouquet purchase.

The event saw enthusiastic participation from students, who actively engaged in the games and challenges, adding to the energetic atmosphere. Free Coke shots were distributed as a refreshing treat. Teachers, staff advisors, and the principal visited the stall, appreciating and acknowledging our efforts. Their encouragement further motivated the team. The face painting section was a major highlight, receiving widespread appreciation for its intricate and artistic designs.

To enhance the experience, a free photo booth was set up, providing attendees with a space to capture fun moments with their friends. The stall successfully created a vibrant and interactive space, adding to the festive spirit of *Symphony* and making the event truly memorable.

The event concluded on a successful note, leaving participants with enjoyable experiences and a stronger connection with Girl Up Nitara.





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## 7. Celebrating emotions through art

On 28th April 2025, Girl Up-Nitara, in collaboration with the Counselling Committee of Janki Devi Memorial College, organized an art workshop commencing at 12 p.m. The session was conducted under the esteemed guidance of Convener Ms. Alka and Co-Convener Dr. Tejaswini. The workshop aimed to underscore the significance of art as a profound medium for self-expression.

The session commenced with a formal felicitation of the guest, Ms. Niharika Gupta, conducted by members of the Girl Up team. Ms. Gupta began the workshop with a brief yet insightful introduction on the significance of art as a powerful mode of self-expression. She emphasized how creative activities can serve as a medium for exploring and understanding one's emotions. This was followed by an overview of the central component of the session, the "Jar Activity."

Initially, participants were first invited to visually express their inner thoughts through drawing so as to encourage introspection and creativity. These illustrations were intended to be deeply personal, not necessarily requiring



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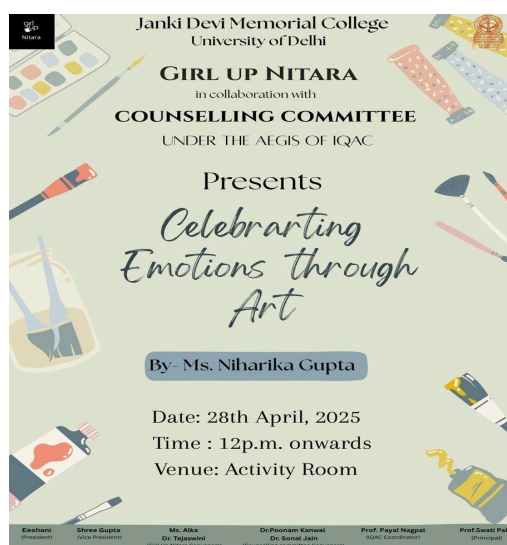
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interpretation by others. The main activity then took place, wherein students

symbolically placed an item real or imagined that brought them comfort, happiness, or held personal value into a metaphorical jar. This exercise was designed to promote emotional awareness, mindfulness, and self-reflection.

As the session drew to a close, Ms. Gupta took time to personally engage with students who appeared to need additional support, offering individual attention, reassurance, and guidance. Overall, the workshop created a safe and supportive environment for self-exploration, leaving participants with a greater sense of emotional insight and expression







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### 8. Unlocking your potential: Navigating a successful career in UPSC

On November 12, Unacademy hosted an enlightening seminar, 'Unlocking Your Potential: Navigating a Successful Career in UPSC,' organized by the Girl Up Nitara Society in Room No 16. Under the guidance of Convener Ms. Alka and Co-Convener Dr. Tejaswini, the session featured esteemed speaker Mr. Saurabh Kumar, who shared valuable insights with over 100 students in attendance.

Mr Kumar emphasised the significance of joining civil services, highlighting its opportunities, power to empower marginalised sectors, and ability to drive change. He clarified that civil service is not just about serving society but also about being a public servant working for the people.

The speaker provided an exhaustive overview of the four General Studies papers, covering topics such as Indian Heritage and Culture, Governance, Economic Development, Ethics, and Integrity. Key economic sectors, including agriculture, service, and manufacturing, were discussed.

The session concluded with an interactive Q&A segment, addressing students' queries and clarifying key concepts. The seminar provided valuable insights into the UPSC exam and civil service career, emphasizing dedication, ethical decision-making, and sustainable development. Mr. Kumar's expertise and interactive approach made the session informative and engaging.

**Janki Devi Memorial College**  
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**GIRL UP NITARA**

Under the aegis of IQAC  
presents  
A SEMINAR ON

**Unlocking your potential:  
NAVIGATING A SUCCESSFUL CAREER IN UPSC**

**Speaker:**  
Vivek Singh  
Parmar

**Date :** 12th Nov, 2024  
**Time :** 12 p.m. - 1 p.m.  
**Venue:** ROOM NO. 16

Eeshani Malhotra  
President

Shree Gupta  
Vice President

Ms. Alka  
Convener

Dr. Tejaswini  
Co-Convener

Prof. Swati Pal  
Principal

**जानकी देवी मेमोरियल कॉलेज**  
दिल्ली विश्वविद्यालय

**गर्ल अप नितारा**

आई क्यू ए सी के तत्वावधान में  
प्रस्तुत करता है  
एक सेमिनार

**अपनी क्षमता को अनलॉक करना:  
यूपीएससी में एक सफल करियर की ओर अग्रसर**

**वक्ता:**  
विवेक सिंह  
परमार

**तारीख :** 12 नवंबर, 2024  
**समय :** दोपहर 12 बजे - 1 बजे  
**कार्यक्रम का स्थान :** कमरा नंबर 16

ईशानी मल्होत्रा  
अध्यक्ष

श्री गुप्ता  
उपाध्यक्ष

सुश्री अलका  
संयोजक

डॉ. तेजस्विनी  
सह संयोजक

प्रो. स्वाति पाल  
प्रधानाचार्य



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Hall, Janki Devi Memorial College, Old Rajinder  
Nagar, Rajinder Nagar, Delhi, 110001, India  
Lat 28.641725° Long 77.192171°  
12/11/24 12:43 PM GMT +05:30



Delhi, Delhi, India  
Hall, Janki Devi Memorial College, Old Rajinder Nagar,  
Rajinder Nagar, Delhi, 110001, India  
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### 9. Hifazat - Choti Baatein, Badi Seekh

On 14th October 2024, Girl Up Nitara, a student-led society at Janki Devi Memorial College, in collaboration with Prayan NGO and with the support of Convener Ms. Alka and Co-Convener Dr. Tejaswini, hosted a significant offline event, Hifazat- Chhoti Baatein, Badi Seekh, on the occasion of International Day of the Girl Child at MCD Primary School, Birla Lanes Kamla Nagar. The session focused on safe touch and unsafe touch, aiming to raise awareness and educate young children about personal safety and boundaries.

The event began with a formal introduction outlining the session's objectives. With 50 children in attendance, the Prayan team, in collaboration with Girl Up Nitara, first assessed the children's prior knowledge on the topic. They then provided a concise explanation of safe and unsafe touch, including key precautions to take in case of inappropriate contact.

The team used play cards featuring illustrations of private body parts to explain that any touch to these areas, whether by a stranger or someone known, is considered unsafe. They guided the children on how to respond to such situations, advising them to "scream, bite, and run," or report the incident to a trusted adult. Additionally, the session highlighted that unsafe touch can come not only from strangers but also from familiar individuals, including family members.

To reinforce understanding, the boys were shown play cards depicting both safe and unsafe touch, and they were asked to identify which images represented unsafe touch. Both boys and girls were also invited to volunteer for demonstrations, enabling the team to illustrate the concepts practically while allowing the children to consolidate their learning through participation.

The children shared experiences that sparked discussions about wisely refusing water from strangers, reinforcing their understanding of personal safety and boundaries. They then moved to the play area for a role-playing activity, participating in a ball game where each child evaluated whether a given touch was safe or unsafe, enabling them to apply their knowledge in an engaging manner. Concluding the event, the donations collected were thoughtfully assembled into 50 individual packets, which the Girl Up team distributed among the students. This final gesture served not only to provide tangible support but also to emphasise the importance of community and shared responsibility in promoting safety and well-being.



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University of Delhi

**GIRL UP NITARA**  
X  
**PRAYAN FOUNDATION**

Under the aegis of IQAC  
Is organising a school visit under

**HIFAZAT**  
CHHOTI BAATEIN, BADI SEEKH  
on the occasion of

**INTERNATIONAL DAY OF GIRL CHILD**

**Date : 14th Oct, 2024**  
**Time : 9:30 a.m. - 11 a.m.**

|                               |                               |                      |                               |                              |
|-------------------------------|-------------------------------|----------------------|-------------------------------|------------------------------|
| Eeshani Malhotra<br>President | Shree Gupta<br>Vice President | Ms. Alka<br>Convenor | Dr. Tejaswini<br>Co- Convenor | Prof. Swati Pal<br>Principal |
|-------------------------------|-------------------------------|----------------------|-------------------------------|------------------------------|

**जानकी देवी मेमोरियल कॉलेज**  
दिल्ली विश्वविद्यालय

**गर्ल अप नितारा**  
X  
**प्रयाण फाउंडेशन**

आई क्यू ए सी के तत्वावधान में

**हिफाजत**  
छोटी बातें, बड़ी सीख  
के तहत

**अंतर्राष्ट्रीय बालिका दिवस**  
के अवसर पर एक स्कूल विजिट का आयोजन कर रहा है

**तारीख : 14 अक्टूबर, 2024**  
**समय : प्रातः 9:30 बजे -11:00 बजे**

|                            |                          |                       |                            |                                  |
|----------------------------|--------------------------|-----------------------|----------------------------|----------------------------------|
| ईशानी मल्होत्रा<br>अध्यक्ष | श्री गुप्ता<br>उपाध्यक्ष | सुश्री अलका<br>संयोजक | डॉ. तेजस्विनी<br>सह संयोजक | प्रो. स्वाति पाल<br>प्रधानाचार्य |
|----------------------------|--------------------------|-----------------------|----------------------------|----------------------------------|





# जानकी देवी मेमोरियल कॉलेज JANKI DEVI MEMORIAL COLLEGE

(दिल्ली विश्वविद्यालय)/(University Of Delhi)

सर गंगा राम अस्पताल मार्ग, नई दिल्ली-110060  
Sir Ganga Ram Hospital Marg, New Delhi-110060

दूरभाष/Tel. : 49676630, ई-मेल/E-mail : jdmcollege@hotmail.com, वेबसाइट/Website : <http://jdm.du.ac.in>

आइ एस ओ 21001 : 2018 व आइ एस ओ 9001 : 2015 प्रमाणित एवं NAAC प्रत्यायित A+ महाविद्यालय  
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### 10. Movie Screening of 'The Great Indian Kitchen'

On 27th August 2024, Girl Up Nitara - Janki Devi Memorial College, a dedicated student-led society, organised an impactful offline event to celebrate Women's Equality Day in the form of a movie screening of 'The Great Indian Kitchen'. Held in Room no 67, this event aimed to spark critical discussions on gender roles, societal expectations, and the pervasive influence of patriarchy within the institution of marriage.

The event commenced with the anchors warmly welcoming the attendees and introducing the esteemed panellist, Mr. Dinesh Kataria from the Department of History at Janki Devi Memorial College. Following this, Ms. Eeshani, the President of Girl Up Nitara, felicitated Mr. Kataria, acknowledging his contribution to the discourse on gender studies and social history. The event was further graced by the presence of Dr. Tejaswini Ma'am, the co-convenor of the society, whose support and involvement added to the significance of the occasion, with the warm support of Alka Ma'am, the other convenor, who was with us in spirit despite not being able to attend.

The movie, The Great Indian Kitchen opened with the traditional marriage scene of a couple, setting the stage for a poignant narrative that unfolded around the daily struggles of the new bride. While initially, the bride did not perceive the household chores as problematic, the lack of basic hygiene in her in-laws' household became a source of distress. The film powerfully depicted the outdated kitchen equipment that required significant physical effort, symbolising the broader oppressive structures faced by women in domestic spaces.

Following the screening, an engaging discussion session was led by Mr. Dinesh Kataria. During the discussion, one of the members posed a thought-provoking question: "Why can't women rule their own lives? Why do they always need permission from their male partners?" This question resonated deeply with the audience, highlighting the central theme of the film—women's autonomy, or the lack thereof.

Mr. Kataria responded by delving into the roots of these issues, attributing them to the entrenched patriarchal norms perpetuated by the institution of marriage. He elaborated on how marriage, as traditionally conceived, often traps women into roles dictated by societal expectations, curbing their independence and reinforcing gender inequalities. Adding to the discourse, Minal, the General Secretary of Girl Up Nitara, raised a critical point about societal attitudes towards women's bodies and desires. She questioned, "Why are women's body desires constantly scrutinised, and why are they labelled as 'characterless' for expressing them?" Minal's contribution sparked a lively exchange of ideas, further intensifying the discussion on gender norms and the urgent need for societal change.





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The event provided a valuable platform for students and faculty members to explore these pressing issues, fostering a deeper understanding of the challenges faced by women in domestic and social spheres. The thought-provoking discussion that followed the screening served to enrich the participants' perspective and reinforced their commitment to challenging and dismantling patriarchal structures.

In conclusion, the event was a resounding success, leaving the participants with much to ponder and discuss. Girl Up Nitara's initiative to screen The Great Indian Kitchen proved to be an effective tool in raising awareness and sparking necessary conversations on gender equality and women's rights.

**Janki Devi Memorial College**  
University Of Delhi  
**GIRL UP NITARA**  
UNDER THE AEGIS OF IQAC  
*presents*

*Movie Screening*  
of  
*The Great Indian Kitchen*

**Date : 27 August 2024**  
**Time : 11am - 1pm**  
**Venue : Room no. 68**

**Panelist : Mr. Dinesh Kataria,**  
History Department

(President) Eeshani (Vice-President) Shree Gupta (Convenor) Ms. Alka (Co-Convenor) Dr. Tejaswini (Principal) prof. Swati Pal

जानकी देवी मेमोरियल कॉलेज  
दिल्ली विश्वविद्यालय  
**गर्ल अप नितारा**  
आय क्यू ए सी के तत्वावधान में  
प्रस्तुत करता है

**फिल्म स्क्रीनिंग**  
**दी ग्रेट इंडियन**  
**किचन**

दिनांक : 27 अगस्त 2024  
समय : 11am - 1pm  
स्थान : रूम नंबर 68

पैनलिस्ट : श्री दिनेश कटारिया, इतिहास विभाग

(अध्यक्ष) ईशानी (उपअध्यक्ष) श्री गुप्ता (संयोजक) सुखी अलका (सह संयोजक) डॉ. तेजस्विनी (प्रधानाचार्य) प्रो. स्वाति पाल



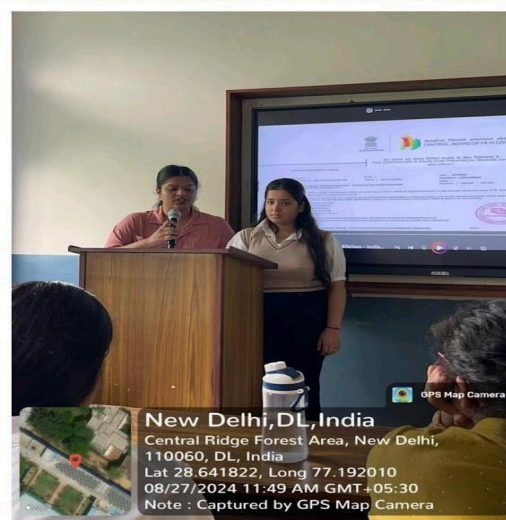
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### 11. Celebrating emotions through art.

On 28th April 2025, Girl Up-Nitara, in collaboration with the Counselling Committee of Janki Devi Memorial College, organized an art workshop commencing at 12 p.m. The session was conducted under the esteemed guidance of Convener Ms. Alka and Co-Convener Dr. Tejaswini. The workshop aimed to underscore the significance of art as a profound medium for self-expression.





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The session commenced with a formal felicitation of the guest, Ms. Niharika Gupta, conducted by members of the Girl Up team. Ms. Gupta began the workshop with a brief yet insightful introduction on the significance of art as a powerful mode of self-expression. She emphasized how creative activities can serve as a medium for exploring and understanding one's emotions. This was followed by an overview of the central component of the session, the "Jar Activity."

Initially, participants were first invited to visually express their inner thoughts through drawing so as to encourage introspection and creativity. These illustrations were intended to be deeply personal, not necessarily requiring interpretation by others. The main activity then took place, wherein students symbolically placed an item real or imagined that brought them comfort, happiness, or held personal value into a metaphorical jar. This exercise was designed to promote emotional awareness, mindfulness, and self-reflection.

As the session drew to a close, Ms. Gupta took time to personally engage with students who appeared to need additional support, offering individual attention, reassurance, and guidance. Overall, the workshop created a safe and supportive environment for self-exploration, leaving participants with a greater sense of emotional insight and expression.





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### 12. Lecture on Gender Equity by Ms. Trinity Martin, Toronto, Canada

On March 17, 2025, the Department of Music and Sanskrit organized a lecture on gender equality by *Ms. Trinity Martin* in the music hall. A total of 21 students and teachers participated in the program. Ms. Martin emphasized the need to analyze the current situation that highlights significant disparities in areas such as workforce participation, leadership positions, compensation, and access to opportunities. She also outlined key findings and actionable recommendations to promote greater gender equality at all organizational levels. While there is a relatively balanced gender distribution at entry-level positions, a noticeable gender gap emerges at mid-level and leadership roles, with considerably fewer women in senior management positions. The program concluded successfully with a vote of thanks following an interactive question-answer session.

**JANKI DEVI MEMORIAL COLLEGE**  
University of Delhi  
**Music Department**  
&  
**Sanskrit Department**  
(under the aegis of JDMC IQAC)  
present a session on  
**GENDER EQUITY**

Speaker- Ms.Trinity Martyne  
Toronto, Canada



 Music Room  
 17th March 2025  
 12 Pm

Dr. Prema Anra  
Dr. Jyoti  
Dr. Harshbala  
Coordinators

Chanchal (President)  
Rajni (Vice President)  
Irina (Member Secretary)  
Student Coordinators

Prof. Fayal Nagpal  
IQAC Coordinator

Prof. Swati Pal  
Principal

**जानकी देवी मेमोरियल कॉलेज**  
(दिल्ली विश्वविद्यालय)  
**संगीत विभाग**  
और  
**संस्कृत विभाग**  
(द्वारा आईक्यूएसी के तत्वावधान में)  
आयोजित  
**लिंग समानता**

वक्ता- मिस. ट्रिनिटी मार्टिन  
टोरंटो, कनाडा



 संगीत कक्ष  
 17 मार्च 2025  
 12 बजे

डॉ. प्रेमा अरोड़ा  
डॉ. ज्योति  
डॉ. हर्षबाला  
संयोजक और समन्वयक

संचाल (अध्यक्ष)  
रजनी (समिति प्रमुख)  
इरिना (समिति सह प्रमुख)  
छात्रा समन्वयक

प्रो. फायल नागपाल  
आईक्यूएसी समन्वयक

प्रो. स्वाति पाल  
प्रधानाचार्या





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### 13. Workshop on Gender Sensitisation

The Department of HDFE organized a Workshop on Gender Sensitisation on 20th August, 2024. The resource person for this workshop was Dr. Shruti Pokhriyal, a counselor. The session focused on creating awareness about gender issues, promoting equality, and fostering an inclusive and respectful environment.

**Janki Devi Memorial College**  
University of Delhi  
Department of Human Development and Family Empowerment  
Under the aegis of IQAC  
Presents  
**-Workshop on Gender Sensitisation-**

**20 Aug 2024**  
**11:00 a.m.**  
**Room No. 5**

**Dr. Shruti Pokhriyal**  
Counselor

**Ms. Nirmala Muralidhar**  
Ms. Purna Butta  
Teacher Coordinators

**Prof. Payal Nagpal**  
IQAC Coordinator

**Prof. Swati Pal**  
Principal, JDMC

**जानकी देवी मेमोरियल कॉलेज**  
दिल्ली विश्वविद्यालय  
मानव विकास एवं परिवार सशक्तिकरण विभाग  
आई. क्यू. ए. सी. के तत्वावधान में  
प्रस्तुत करता है  
**-लिंग संवेदीकरण पर कार्यशाला-**

**20 अगस्त, 2024**  
**सुबह 11:00 बजे**  
**कमरा नंबर 5**

**डॉ. श्रुति पोखरियाल**  
काउंसलर

**निर्मला मुरलीधर**  
मेरणा बुट्टा  
रिश्ता: सहोदर

**प्रो. पायल नागपाल**  
आई. क्यू. ए. सी. समन्वयक

**प्रो. स्वाति पाल**  
प्रधानाचार्य, जे.डी.एम.सी.





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## 14. Talk on Relevance and Impact of POSH (24th September, 2024)



**Janki Devi Memorial College**  
University of Delhi  
Department of Human Development and Family Empowerment  
in collaboration with  
**Love Care Foundation**  
Under the aegis of IQAC  
Presents  
**-Talk on Relevance and impact of POSH Act-**

**24th Sep 2024**  
11:00a.m. - 1:00p.m.  
Room No. 5



**Ms. Reema Malhotra**  
Director Projects, Love Care Foundation  
Certified POSH Trainer,  
Indian Society for Training & Development

Mr. Sunjoo Dadroo  
National Director  
Love Care Foundation

Ms. Nirmala Muralidhar  
Ms. Perna Butta  
Teacher Coordinators

Prof. Payal Nagpal  
IQAC Coordinator

Prof. Swati Pal  
Principal, JDMC



**जानकी देवी मेमोरियल कॉलेज**  
दिल्ली विश्वविद्यालय  
मानव विकास एवं परिवार सशक्तिकरण विभाग  
एवं  
लव केयर फाउंडेशन  
के सहयोग से  
आई. क्यू. ए. सी के तत्वावधान में  
प्रस्तुत करता है  
**-POSH अधिनियम की प्रासंगिकता और प्रभाव पर चर्चा-**

**24 सितंबर 2024**  
सुबह 11:00 बजे-  
दोपहर 1:00 बजे  
कमरा नं. 5



**रीमा मल्होत्रा**  
निदेशक पटिपोजनार्, लव केयर फाउंडेशन,  
प्रमाणित POSH प्रशिक्षक,  
भारतीय प्रशिक्षण एवं विकास संस्थान

संजु दादरू  
राष्ट्रीय निदेशक  
लव केयर फाउंडेशन

निर्मला मुरलीधर  
प्रेरणा बुट्टा  
शिक्षक समन्वयक

प्रो. पायल नागपाल  
आई. क्यू. ए. सी. समन्वयक

प्रो. स्वाति पाल  
प्रधानाचार्य, जे.डी.एम.सी.



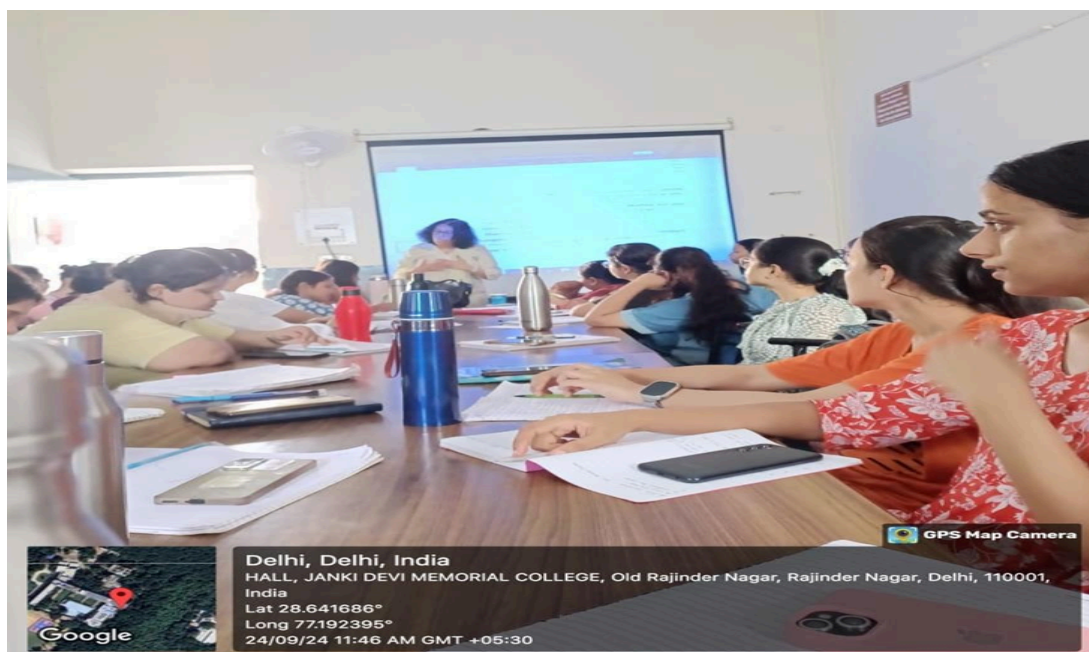
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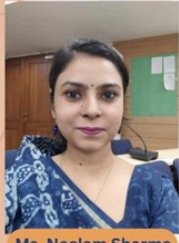
### 15. Talk on Her Safety, Her Right- Understanding Domestic Violence Act

The Department of HDFE organized a talk titled 'Her Safety, Her Right – Understanding Domestic Violence Act' on 12th September, 2024. The talk was led by Ms. Neelam Sharma. The session focused on legal protections, survivor support, and strategies to combat domestic violence, empowering participants with crucial knowledge.



**Janki Devi Memorial College**  
University of Delhi  
Department of Human Development and Family Empowerment  
Under the aegis of IQAC  
Presents a talk on

**-Her Safety, Her Right: Understanding Domestic Violence Act-**



**Ms. Neelam Sharma**  
-Research Scholar  
The Indira Gandhi National Open University (IGNOU)  
-Certified sexual literacy facilitator  
-Trained and certified digital content writer  
-Certified trainer on soft skills and business communication

12th Sep 2024  
9:00 a.m.  
Room No. 5

Ms. Nirmala Muralidhar  
Ms. Purna Butta  
Teacher Coordinators

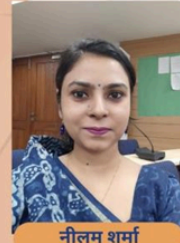
Prof. Payal Nagpal  
IQAC Coordinator

Prof. Swati Pal  
Principal, JDMC



**जानकी देवी मेमोरियल कॉलेज**  
दिल्ली विश्वविद्यालय  
**मानव विकास एवं परिवार सशक्तिकरण विभाग**  
आई. व्ही. ए. सी. के तत्वावधान में  
इस विषय पर एक वार्ता प्रस्तुत की गई

**-उसकी सुरक्षा, उसका अधिकार: घरेलू हिंसा अधिनियम को समझना-**



**नीलम शर्मा**  
-शोध विद्वान इंदिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय (इग्नू)  
-प्रमाणित यौन साक्षरता सुविधाकर्ता  
-प्रशिक्षित और प्रमाणित डिजिटल सामग्री लेखक  
-सॉफ्ट स्किल्स और बिजनेस कम्युनिकेशन पर प्रमाणित प्रशिक्षक

12 सितंबर 2024  
सुबह 9 बजे  
कमरा नं. 5

निर्मला मुरलीधर  
प्रेरणा बुट्टा  
शिक्षक समन्वयक

प्रो. पायल नागपाल  
आई. व्ही. ए. सी. समन्वयक

प्रो. स्वाति पाल  
प्रधानाचार्य, जे.डी.एम.सी.

### 16. "Her" Path to Wellness

The Department of HDFE organized a session titled "Her" Path to Wellness during National Nutrition Week on 4th September, 2024. The session was led by Ms. Gurleen Kaur, Dietician and Nutritionist, and Lifestyle Modification Coach. The session focused on empowering women with practical nutrition and wellness strategies for maintaining a healthy lifestyle.



# जानकी देवी मेमोरियल कॉलेज JANKI DEVI MEMORIAL COLLEGE

(दिल्ली विश्वविद्यालय) / (University Of Delhi)

सर गंगा राम अस्पताल मार्ग, नई दिल्ली-110060  
Sir Ganga Ram Hospital Marg, New Delhi-110060

दूरभाष / Tel : 49676630, ई-मेल / E-mail : jdmcollege@hotmail.com, वेबसाइट / Website : http://jdm.du.ac.in

आइ एस ओ 21001 : 2018 व आइ एस ओ 9001 : 2015 प्रमाणित एवं NAAC प्रत्यायित A+ महाविद्यालय  
An ISO 21001 : 2018 and ISO 9001 : 2015 Certified and NAAC Accredited 'A+' College

**Janki Devi Memorial College**  
University of Delhi  
Department of Human Development and Family Empowerment  
Under the aegis of IQAC  
**National Nutrition Week**  
(September, 2024)

## -“HER” PATH TO WELLNESS-

- Dietician and Nutritionist
- Lifestyle Modification Coach
- Lifetime member of **NNHSA**  
(Nutrition and Natural Health Sciences Association)

4th Sept 2024

12:00 p.m.

Seminar Room



Ms. Gurleen Kaur

Ms. Nirmala Muralidhar  
Ms. Prerna Butta  
Teacher Coordinators

Prof. Payal Nagpal  
IQAC Coordinator

Prof. Swati Pal  
Principal, JDMC

जानकी देवी मेमोरियल कॉलेज  
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आई. क्यू. ए. सी के तत्वावधान में  
**राष्ट्रीय पोषण सप्ताह**  
(सितम्बर, 2024)

## -स्वास्थ्य के लिए उनका मार्ग-

- आहार विशेषज्ञ एवं पोषण विशेषज्ञ
- जीवनशैली संशोधन कोश
- मानव एवं पशु चिकित्सा के आनुवंशिक जटिलता  
(जनुटीकन एवं कौटुम्बिक हेल्थ वाईटिल एशोसिएशन)

4 सितम्बर 2024

दोपहर 12:00 बजे

सेमिनार रूम



गुरलीन कौर

निर्मला मुदलीधर  
प्रेरणा बुट्टा  
शिक्षक सहनियंत्रक

प्रो. पायल नागपाल  
आई.क्यू.ए.सी. सहनियंत्रक

प्रो. स्वाति पाल  
प्रधानाचार्य, जे.डी.एम.टी.







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### 17. Menstruation, Health and Sanitation of Women”

“Menstruation, Health and Sanitation of women” DATE OF THE EVENT: 3rd October, 2024 NUMBER OF PARTICIPANTS: 55

An orientation workshop on Menstruation, Health and Sanitation of Women in collaboration with “The Woman Story” was organised by JDMCNCC. The objective of the workshop was to raise awareness about menstrual health and hygiene, addressing common misconceptions, taboos, and the challenges women face related to reproductive health. It emphasised the importance of educating both young women and men about menstrual health, helping to reduce the stigma associated with it. The speakers also provided a brief introduction to their organisation, and a significant part of the workshop involved interactive sessions, where cadets were encouraged to share their thoughts and concerns about menstruation.

