



JANKI DEVI MEMORIAL COLLEGE

UNIVERSITY OF DELHI

Centre for the Study of Indian Knowledge Systems

Avani, Chetna and GSC Activities

(2025-26)

1. AVANI

LENS 2025

AVANI, the Environment Club, Janki Devi Memorial College under the aegis of IQAC and the Centre for Indigenous Knowledge Systems, organised the event, LENS 2025 on November 18, 2025 in Room No. 43A on the theme *Systems Approach to Climate: Connecting People, Planet and Policy* in alignment with SDG 13: Climate Action. The session was conducted by Ms. Ekta Kashyap, Senior Manager at Development Alternatives Group, who shared insightful perspectives on how climate issues are interconnected and how sustainable solutions require combined efforts of communities, environmental understanding, and effective policy-making. She also discussed real-life examples from field projects, helping students understand the practical challenges of climate resilience. The event began at 11 AM and saw active participation from students and faculty members. It concluded with an engaging Q&A session and a vote of thanks, leaving students more aware, inspired, and motivated to contribute towards environmental sustainability.

JANKI DEVI MEMORIAL COLLEGE
(University of Delhi)

AVANI : THE ENVIRONMENT CLUB
Under the aegis of IQAC and
The Centre for Indigenous Knowledge Systems
and in compliance with SDG 13 : Climate Action
presents

LENS 2025

**SYSTEMS APPROACH TO CLIMATE:
CONNECTING PEOPLE, PLANET AND POLICY**

DATE : 18 November 2025
TIME : 11 AM onwards
VENUE : Room no. 43A

Ms. Ekta Kashyap
Senior Manager,
Development Alternatives Group

Tanishka Singh
Ashu Chaudhary
(Student Coordinators)
Sana Rehman
Poojarghoshla
(Teacher Coordinators)
Prof. Preeta Arora
Director CIKS
Vandana Madan (Convener)
Deepak Rawat (Co-Convener)
Avani
Dr. Kish Kumar Gargen
(IQAC Coordinator)
Dr. Shivani Bhatnagar
(Deputy IQAC Coordinator)
Prof. Swati Pal
(Principal)

जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)

अवनि : पर्यावरण क्लब
आईक्यूएसी और
स्वदेशी ज्ञान प्रणाली केन्द्र के तत्वावधान में
और एसडीजी 13: जलवायु कार्रवाई के अनुपालन में
प्रस्तुत करता है

लेंस 2025

**जलवायु के प्रति प्रणालीगत दृष्टिकोण:
लोगों, ग्रह और नीति को जोड़ना**

दिनांक: 18 नवंबर 2025
समय: सुबह 11 बजे से
स्थान: कमरा संख्या 43A

सुश्री. एकता कश्यप
वरिष्ठ प्रबंधक,
डेवलपमेंट अल्टरनेटिव्स ग्रुप

तनिका सिंह
आशु चौधरी
(छात्र समन्वयक)
सना रहमान
पूजार्गोशला
(शिक्षक समन्वयक)
प्रो. प्रीता अरोड़ा
सीआईएस के निदेशक
वन्दना मदन (संयोजक)
दीपक रावत (सह संयोजक)
अवनि
डॉ. कृष्ण कुमार गार्गेन
(आईक्यूएसी समन्वयक)
डॉ. शिवानी बठनायक
(रज आईक्यूएसी समन्वयक)
प्रो. स्वाति पाल
(प्रधानाचार्य)



2. CHETNA

(The Spiritual Consciousness Cell)

Report on the Inter College Poster Making Competition

Name of the Organiser: CHETNA: The Spiritual Consciousness Cell

Date: October 13, 2025

Time: 2:30 P.M. - 3:30 P.M.

Venue: Auditorium

No. of Faculty: 4

No. of Participants: 16

CHETNA: The Spiritual Consciousness Cell of Janki Devi Memorial College (University of Delhi), in collaboration with the Centre for the Study of Indian Knowledge System and under the aegis of I.Q.A.C., organized an Inter College Poster Making Competition on the occasion of Students' Day. The event aimed to encourage creativity, artistic expression, and awareness among students through visual art.

The competition began with a warm welcome to all participants representing various colleges of the University of Delhi. The theme for the competition was given on the spot, allowing participants to think spontaneously and artistically

express their ideas. Each participant was provided with sheets, while they brought their own art materials such as brushes, colours, rough newspapers etc.

The judging panel appreciated the originality, relevance, and artistic presentation in the posters. Students displayed remarkable imagination and skill, turning simple ideas into powerful visual messages. The event concluded with the announcement that cash prizes would be awarded to the best entries.

Overall, the session successfully blended creativity with consciousness, motivating students to express themselves artistically while celebrating the spirit of Students' Day.

Winners:-

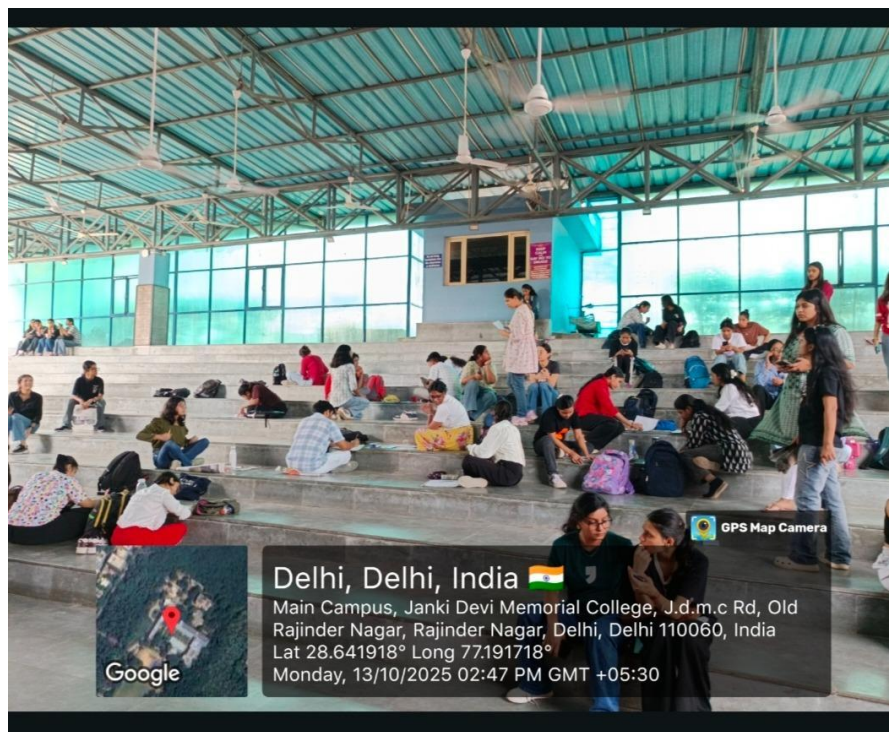
1st - Anushka Vijay

2nd - Rahul Singh

2nd - Charu

3rd - Saloni

Glimpses of the competition:





Poster:-



JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)

CHETNA : THE SPIRITUAL CONSCIOUSNESS CELL
CENTRE FOR THE STUDY OF INDIAN KNOWLEDGE SYSTEM
(UNDER THE AEGIS OF I.Q.A.C.)

ON THE OCCASION OF STUDENTS' DAY
INVITES YOU TO

Inter College Poster Making Competition

THEME WILL BE GIVEN ON THE SPOT



(Registration Link)
Open for Registration
Registration is compulsory
For all DU UG students



OCTOBER 13, 2025
2:30 – 3:30 P.M.
AUDITORIUM



(पंजीकरण लिंक)
पंजीकरण के लिए खुला है
सभी दिल्ली विश्वविद्यालय के
स्नातक छात्र आवेदन कर
सकते हैं। पंजीकरण अनिवार्य है



13 अक्टूबर, 2025
दोपहर 2:30 – 3:30
ऑडिटोरियम

1) SHEETS WILL BE PROVIDED

2) PARTICIPANTS HAVE TO BRING POSTER MAKING MATERIAL
LIKE BRUSHES, COLOURS AND ROUGH NEWSPAPER

3) PRE REGISTRATION IS MANDATORY

4) CASH PRIZES WILL BE GIVEN

1) शीट उपलब्ध कराई जाएंगी।

2) प्रतिभागियों को ब्रश रंग और सहायक अखबार
जैसी पोस्टर बनाने की सामग्री लानी होगी।

3) पूर्व पंजीकरण अनिवार्य है।

4) नकद पुरस्कार दिए जाएंगे।

Prof. Prerna Arora
Prof. Sudha Upadhyaya
Ms. Bhawna Pal
(Convenors)

Dr. Harsh Bala
Ms. Bhawna Pal
(Faculty Coordinators)

Dr. Kush Kumar Gayasen
(I.Q.A.C. Coordinator)
Dr. Shiwani Burnwal
(Deputy I.Q.A.C. Coordinator)

Prof. Swati Pal
(Principal)

प्रो. प्रेरणा अरोड़ा
प्रो. सुधा उपाध्याय
सुश्री भावना पाल
(संयोजक)

डॉ. हर्षबाला
सुश्री भावना पाल
(संकाय समन्वयक)

डॉ. कुश कुमार गयासेन
(आई.क्यू.ए.सी. समन्वयक)
डॉ. शिवानी बर्नवाल
(उप आई.क्यू.ए.सी. समन्वयक)

प्रो. स्वाति पाल
(प्राचार्य)

Report on the session “Gratitude Journal Writing”

Name of the Organiser - Chetna: The Spiritual Consciousness Cell

Date: October 08, 2025

Time: 12:00 PM

Venue: Room no.39 A

No. Of faculty - 5

No. Of students - 27

CHETNA: The Spiritual Consciousness Cell of Janki Devi Memorial College (University of Delhi), under the guidance of I.Q.A.C., hosted an engaging

session on “Gratitude Journal Writing.” The goal was to foster mindfulness, positivity, and self awareness among students through journaling.

The session kicked off with a discussion on recognizing one’s main mindset, whether it is influenced by stress, fear, anxiety, or contentment. Students were encouraged to reflect on their thought patterns and emotional reactions. The facilitator explained how journaling acts as a personal development tool, helping people process emotions, track their growth, and build self-awareness.

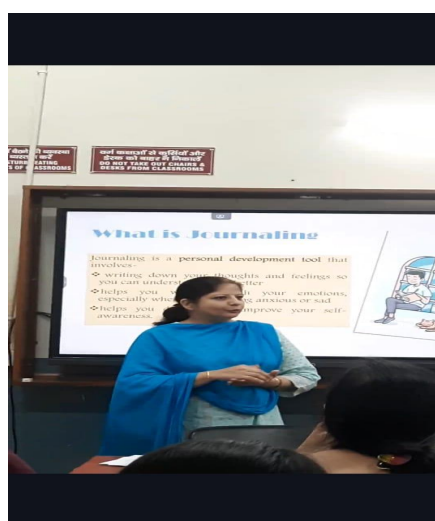
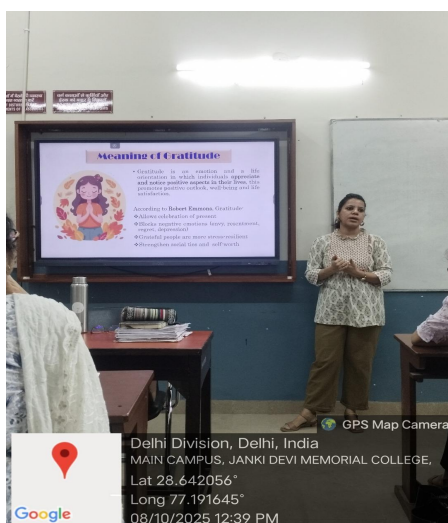
A key part of the session focused on the difference between general journaling and gratitude journaling. It was emphasized that while regular journaling involves reflecting on thoughts and daily experiences, gratitude journaling centers on recognizing and appreciating the positive aspects of life. Participants also learned about the scientific benefits of gratitude, backed by research in Positive Psychology and neuroscience. Studies from Dr. Martin Seligman and Robert Emmons & Michael McCullough showed that regular gratitude practice boosts happiness, improves sleep, and strengthens relationships. The neuroscience perspective revealed how gratitude activates brain areas linked to empathy and releases “feel good” chemicals like dopamine and serotonin.

The session ended with a strong reminder that gratitude should be more than just a practice; it should be an attitude. Participants left feeling inspired to make gratitude journaling a daily habit, an action that can change perspectives, encourage optimism, and promote inner peace.

Attendance link:-

https://docs.google.com/spreadsheets/d/1LYfzxndNIBDpHpSUBri4Q_kNlxqowQUu1OxeVlqaWj8/edit?usp=drivesdk

Glimpses of the session:





Poster:-

Janki Devi Memorial College
(University of Delhi)

CHETNA : The Spiritual Consciousness Cell
Centre for the Study of Indian Knowledge Systems
(Under the aegis of I.Q.A.C.)

Invites you to a session on

GRATITUDE JOURNAL WRITING

: OCTOBER 8, 2025

: 12 Noon

: ROOM NO. 39A

Prof. Perna Arora
Prof. Sudha Upadhyaya
Ms. Bhawna Pal
(Convenors)

Dr. Renuka Singh
Dr. Harsh Bala
(Faculty Coordinators)

Dr. Kush Kumar Gayasen
(I.Q.A.C. Coordinator)
Dr. Shiwani Burnwal
(Deputy I.Q.A.C. Coordinator)

Prof. Swati Pal
(Principal)

जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)

चेतना: आध्यात्मिक चेतना प्रकोष्ठ
भारतीय ज्ञान प्रणाली अध्ययन केंद्र
(आई.क्यू.ए.सी. के तत्वावधान में)

आपको आमंत्रित करता है

आभार पत्रिका लेखन

: 8 अक्टूबर, 2025

: 12 बजे

: कमरा संख्या 39 A

प्रो. प्रेरणा अरोड़ा
प्रो. सुधा उपाध्याय
सुश्री भावना पाल
(संयोजक)

डॉ. रेणुका सिंह
डॉ. हर्षबाला
(संकाय समन्वयक)

डॉ. कुश कुमार गयासेन
(आई.क्यू.ए.सी. समन्वयक)
डॉ. शिवानी बर्नवाल
(उप आई.क्यू.ए.सी. समन्वयक)

प्रो. स्वाति पाल
(प्राचार्य)

Attendance and Feedback

	A	B	C	D	E	F	G	H	I	J
1	Email	Name	Select which	Course	Semester	College Nar	Contact Nur	How would	How would	Any additio
2	suhanisingh	Suhani	Others	B. Com. (Hc I		Janki Devi r	9625984033	Excellent	Excellent	
3	agrima.24bc	Agrima Sriv	Students	B. Com.	III	Janki Devi n	9236182923	Excellent	Excellent	everything
4	Yurvashi777	Urvashi yad	Students	B. Com.	III	Janki devi n	9990016155	Excellent	Excellent	No
5	ridhi.23hnd1	Ridhi saini	Students	Hindi (Hons V		Jdmc	8802502954	Excellent	Excellent	
6	dolly.24bcp2	Dolly Chan	Students	B. Com.	III	Janki Devi r	9971922062	Very good	Very good	The event v
7	jharna.24bc	Jharna	Students	B. Com.	III	Janki Devi n	9315791595	Excellent	Excellent	Nil
8	nidhi.24bcp	Nidhi	Students	B. Com.	III	Janki Devi n	9310963432	Excellent	Excellent	No
9	muskaan.23	Muskaan G.	Students	B. Com.	V	Janki Devi n	9718298194	Excellent	Excellent	none
10	simran.24bc	Simran Sing	Students	B. Com.	III	Janki Devi n	9695282776	Very good	Very good	No
11	sharmaremi	Remi Sharn	Students	B. Com.	III	Janki devi n	8899087183	Excellent	Excellent	none
12	rani.24bcp1	Rani bharti	Students	B. Com.	III	Janki devi c	8882979268	Very good	Very good	
13	sakshi.24bc	Sakshi Shal	Students	B. Com. (Hc III		Janki Devi r	9625216718	Excellent	Excellent	
14	simran.24bc	simran	Students	B. Com.	III	janki devi m	7982656935	Very good	Good	no
15	snehabhard	Sneha bhar	Students	B. Com.	III	Janki Devi r	0999999058	Excellent	Excellent	Na
16	shilky.24bcp	Shilky	Students	B. Com.	III	Janki Devi n	8171637615	Excellent	Excellent	
17	jiyamishra23	Jiya	Students	B.A. Prog. III		Jdmc	9693399138	Excellent	Excellent	It was really
18	muskansing	Muskan	Students	B. Com.	III	Janki Devi n	8287974679	Excellent	Excellent	No
19	ps59721046	Radha	Students	Sanskrit (Hc I		Janki devi n	9329946002	Very good	Excellent	It's helpful
20	nahidarshiki	Nahid arshi	Students	B.A. Prog. I		JANKI DEV	7065199698	Excellent	Excellent	
21	naiktoshi14	Toshi Naik	Students	B.A. Prog. V		Janki Devi r	7489341224	Very good	Very good	No
22	Digvijaytiwa	Khushi	Students	B.A. Prog. I		Janki Devi n	7667197818	Excellent	Excellent	
23	sakshi.23bc	Sakshi Sing	Students	B. Com.	V	Janki devi n	6391577652	Excellent	Excellent	
24	drishty.23hr	Drishty Gup	Students	Hindi (Hons V		Janki Devi n	9289640379	Excellent	Excellent	Nothing.Ev
25	Prity.24bcp1	Prity kumari	Students	B. Com.	III	Janki devi n	6202316450	Very good	Very good	Not really b
26	sinhamanas	Manaswi Si	Students	English (Ho III		Janki Devi n	9122880510	Excellent	Excellent	No
27	riteshgupta2	Riya Gupta	Students	B. Com. (Hc III		Janki Devi n	8595892120	Excellent	Excellent	It was nice
28										
29										
30										
31										

Report on the Seminar: Indian knowledge system (Bharatiya Gyan Pranali)

Name of the Organizer - Chetna: The Spiritual Consciousness Cell

Date – September 22, 2025

Time – 10A.M.

Venue – Music Room

No. Of faculty - 5

No. Of students - 65

CHEटना: The Spiritual Consciousness Cell of Janki Devi Memorial College organized an enlightening seminar on Indian knowledge system - Bharatiya Gyan Pranali. The event was held on September 22, 2025 at 10A.M. in the Music Room.

The event was graced by Swami Sarvalokananda Ji, senior monk of the Ramakrishna Mission, who delivered an inspiring talk on Bharatiya Gyan Pranali (Indian Knowledge System). In his address, Swamiji explained how India's traditional wisdom, drawn from the Vedas, Upanishads, Yoga, Ayurveda, and other sciences, continues to guide humanity even today.

He made the session interactive by asking students meaningful questions like "What is purity?", "How can one control emotions?", and "What are the benefits of doing good?" Through these thought provoking discussions, he emphasized that true knowledge is not only about intellectual growth but also about inner discipline, moral strength, and

compassion.

Swamiji inspired the youth to balance modern education with spiritual values and highlighted that doing good to others ultimately refines one's own character and brings peace of mind. The event concluded with gratitude to Swamiji, leaving the audience enriched and motivated to practice these ideals in daily life.








जानकी देवी मेमोरियल कॉलेज
 (दिल्ली विश्वविद्यालय)

भारतीय ज्ञान प्रणाली अध्ययन केंद्र
 (आई. क्यू. ए. सी. के तत्वावधान में)

चेतना: आध्यात्मिक चेतना प्रकोष्ठ
 संगीत और संस्कृत विभाग

~भारतीय ज्ञान प्रणाली~

दिनांक: 22 सितंबर 2025

समय: सुबह 10 बजे

स्थान: संगीत कक्ष



स्वामी सर्वलोकानंदजी
 (सचिव: रामकृष्ण मिशन, दिल्ली)

प्रो. प्रेरणा अरोड़ा (निदेशक और समन्वयक)	प्रो. प्रेरणा अरोड़ा प्रो. सुधा उपाध्याय कु. भावना पाल (संयोजक)	डॉ. कुश कुमार गयासेन (आई. क्यू. ए. सी. समन्वयक) डॉ. शिवानी बर्नवाल (आई. क्यू. ए. सी. सह समन्वयक)	प्रो. स्वाति पाल (प्राचार्य)
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Janki Devi Memorial College
 (University of Delhi)

Centre for the Study of Indian Knowledge Systems
 (Under the Aegis of IQAC)

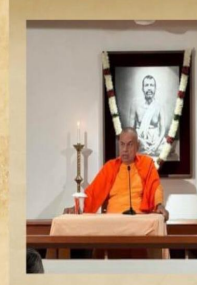
Chetna: The Spiritual Consciousness Cell
 Departments of Music and Sanskrit

Indian Knowledge Systems

Date: 22 Sep. 2025

Time: 10:00 a.m.

Venue: Music Room



Swami Sarvalokanandaji
 (Secretary: Ramakrishna Mission, Delhi)

Prof. Prerna Arora (Director & Coordinator)	Prof. Prerna Arora Prof. Sudha Upadhyaya Ms. Bhavya Mittal Dr. Harsh Bala (Coordinators)	Dr. Kush Kumar Gayasen (IQAC Coordinator) Dr. Shiwani Burnwal (IQAC Co-Coordinator)	Prof. Swati Pal (Principal)
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AttendanceFile

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https://docs.google.com/spreadsheets/d/1LUb9pj_tO9j1qcqwiWUYApPWqmXlrQ_fB_G7BklXNxc/edit?usp=drivesdk

Report on Seminar: “From Nari to Narayani – The Supreme Power of Meditation and Sattvic Ego”

Name of the Organizer - Chetna: The Spiritual Consciousness Cell

Date - September 8, 2025

Time - 2P.M.

Venue - Computer Lab 2

No. Of faculty - 5

No. Of students - 108

The seminar “From Nari to Naryani – The Supreme Power of Meditation and Sattvic Ego” was organized by CHETNA – The Spiritual Consciousness Cell of Janki Devi Memorial College on September 8, 2025 at 2 P.M. in Computer Lab 2. The session was led by Ms. Vinita Sharma and her team.

The speakers discussed three major themes –

1. Ahamkara (ego) - explained as both self-identity and pride;
2. Self-consciousness - differentiated from positive self-awareness;
3. Sun rays - taken as a symbol of hope, light, and positivity.

To make the session more engaging, an interactive story-making game was also conducted with the students, allowing them to reflect on the concepts in a creative way.

The programme concluded with enthusiasm and active participation of the students. It was an insightful and inspiring session, encouraging everyone to practice meditation, balance, and self-awareness in their daily lives.

AttendanceFile

:-<https://1drv.ms/x/c/407ca0d864cc39a6/EUr9imcmUZBNrVgH8MGN52oBTtqQVp8QkonSPvw1EGFmDw?e=TkHAQM>





जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)
चेतना: आध्यात्मिक चेतना प्रकोष्ठ
भारतीय ज्ञान प्रणाली अध्ययन केंद्र
(आई . क्यू . ए . सी . के तत्वावधान में)

नारी से नारायणी
(ध्यान एवं सात्विक अहंकार की महाशक्ति)

संगोष्ठी में आमंत्रित हैं

वक्ता - श्रीमती विनिता शर्मा
और टीम

8 सितंबर, 2025

2:30 P.M. - 4:30 P.M.

कंप्यूटर प्रयोगशाला 2



प्रो. प्रेरणा अरोड़ा
प्रो. सुधा उपाध्याय
शुश्री भावना पाल
(सिद्धक संयोजकगण)

डॉ. कुश कुमार गयासेन
(आई. क्यू. ए. सी. समन्वयक)
डॉ. शिवानी बर्नवाल
(उप आई. क्यू. ए. सी. सह-समन्वयक)

प्रो. स्वाति पाल
(प्राचार्य)

JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)
CHETNA : THE SPIRITUAL CONSCIOUSNESS CELL
CENTRE FOR THE STUDY OF INDIAN KNOWLEDGE SYSTEM
(UNDER THE AEGIS OF IQAC)
Invites you to an enriching Seminar on

From Naari to Narayani
(The Supreme Power of Meditation and Sattvic ego)

- Ms. Vinita Sharma
and Team

September 8, 2025

2:30 P.M. - 4:30 P.M.

Computer lab 2



Prof. Preema Arora
Prof. Sudha Upadhyaya
Ms. Shawna Pal
(Faculty coordinators
and Convenors)

Dr. Kush Kumar Gayasen
(IQAC Coordinator)
Dr. Shiwani Burnwal
(Deputy IQAC Coordinator)

Prof. Swati Pal
(Principal)

Report on the Seminar: "Advaita Vedānta - Realizing the Infinite Self"

Name of the Organizer - Chetna: The Spiritual Consciousness Cell

Date – August 29, 2025

Time – 11A.M.

Venue – Seminar Room

No. Of faculty - 4

No. Of students - 56

CHEटना: The Spiritual Consciousness Cell of Janki Devi Memorial College organized an enlightening seminar on Advaita Vedānta – Realizing the Infinite Self. The event was held on August 29, 2025 at 11A.M. in the Seminar Room.

The speaker for the seminar was Dr. Sanjay Pande, a spiritual philosopher and educator, and a former Vigilance Officer of the Central Vigilance Commission (Retd). Dr. Pande delivered an insightful lecture on the philosophy of Advaita Vedānta, highlighting the essence of realizing the infinite self and the oneness of existence. His explanations provided clarity on how these age-old philosophical ideas remain deeply relevant in today's world.

The audience, comprising students and faculty members, actively participated in the session and benefited from Dr. Pande's thought-provoking perspectives. The seminar not only deepened the participants' understanding of India's spiritual traditions but also encouraged them to apply these teachings in their personal and academic lives.

The event concluded on a positive note with an interactive discussion, leaving the participants enriched with a profound understanding of self-realization and spiritual consciousness.

Attendance File :-

<https://1drv.ms/x/c/407ca0d864cc39a6/Ee87e0GyYvINISBHeAbB97wBLcaQ4t3rVUiJGY8GrJ2PSw>





JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)

CHETNA : THE SPIRITUAL CONSCIOUSNESS CELL
Centre for the Study of
Indian Knowledge System
(Under the aegis of IQAC)

Invites you to an enriching Seminar on

Advaita Vedānta
- Realizing the Infinite Self

DR. SANJAY PANDE
SPIRITUAL PHILOSOPHER
AND EDUCATOR
FORMER VIGILANCE OFFICER
CENTRAL VIGILANCE COMMISSION
(RETD.)

11 AM Seminar Room
August 29, 2025

Prof. Prerna Arora
Ms. Bhawna Pal
(Faculty Coordinators)

Prof. Sudha Upadhyaya
Ms. Bhawna Pal
(Convenors)

Dr. Kush kumar Gayasen
(IQAC Coordinator)
Dr. Shiwani Burnwal
(IQAC Co Coordinator)

Prof. Swati Pal
(Principal)

जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)

चेतना: आध्यात्मिक चेतना प्रकोष्ठ
भारतीय ज्ञान प्रणाली अध्ययन केंद्र
(आई . क्यू . ए . सी . के तत्वावधान में)

अद्वैत वेदान्त –
अनन्त आत्मा का साक्षात्कार

डॉ. संजय पांडे
आध्यात्मिक दार्शनिक
एवं शिक्षाविद्
केंद्रीय सतर्कता आयोग (सेवानिवृत्त)

संगोष्ठी में आमंत्रित हैं

सुबह 11 बजे
संगोष्ठी कक्ष
29 अगस्त, 2025

प्रो. प्रेरणा अरोड़ा
प्रो. सुधा उपाध्याय
सुश्री भावना पाल
(शिक्षक संयोजकगण)

डॉ. कुश कुमार गयासेन
(आई. क्यू. ए. सी. समन्वयक)
डॉ. शिवानी बर्नवाल
(आई. क्यू. ए. सी. सह-समन्वयक)

प्रो. स्वाति पाल
(प्राचार्य)

Report on Orientation Programme 2025 – 26

Name of the Organiser - Chetna: The Spiritual Consciousness Cell

Date: August 21, 2025

Time: 12:00 PM
Venue: Music Room
No. Of faculty - 4
No. Of students - 44

On August 21, 2025, The Orientation Programme for the new academic session 2025–26 was organized by CHETNA – The Spiritual Consciousness Cell at Janki Devi Memorial College, University of Delhi. It was held in the Music Room at 12P.M.

The programme started with a warm welcome to all the new students. The convenors, Prof. Prerna Arora and Prof. Sudha Upadhyaya explained the purpose of CHETNA and how it helps students to connect with spiritual values, discipline, and holistic learning. They stressed the need to balance modern education with India's traditional knowledge and inspired everyone to be more responsible and mindful in their journey ahead. The team members, Dr. Harsh Bala and Dr. Anil also conveyed their message to the students during the session and explained to them about CHETNA in detail.

A special mention was made by Mr. Shubham Kumar, who represented the organisation behind the programme Young India: Know Thyself – A Leadership Development Initiative. He spoke about how their activities, inspired by the vision of Swami Vivekananda, focus on youth empowerment through discipline, confidence, cultural rootedness, and leadership training. His insights resonated strongly with the objectives of CHETNA, as both initiatives share a common goal of nurturing responsible, conscious, and value-driven individuals.

The programme ended with an interactive discussion where students shared their thoughts and excitement for the upcoming year. Overall, the orientation was very informative and inspiring, setting a positive start for the session 2025–26.



JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)

CHETNA : THE SPIRITUAL CONSCIOUSNESS CELL

Centre for the Study of
Indian Knowledge System :
(Under the aegis of IQAC)

Orientation
2025-26

THURSDAY 21 at 12 P.M.
2025
Venue:
MUSIC ROOM
(behind the Auditorium)

Prof. Nisha Malik
Dr. Vandana
Dr. Harshbala
Dr. Renuka Singh
Dr. Anil
Ms. Swati
(Team Members)

Prof. Prerna Arora
Prof. Sudha Upadhyaya
Ms. Bhawna Pal
(Convenors)

Dr. Kush kumar Gayasen
(IQAC Coordinator)
Dr. Shivani Burnwal
(IQAC Co Coordinator)

Prof. Swati Pal
(Principal)

जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)

चेतना: आध्यात्मिक चेतना प्रकोष्ठ
भारतीय ज्ञान प्रणाली अध्ययन केंद्र
(आई . क्यू . ए . सी . के तत्वावधान में)

अभिविन्यास कार्यक्रम
2025-26

21 अगस्त, 2025
 **12:00 PM**
 **संगीत कक्ष**

प्रो. निशा मलिक
डॉ. वंदना
डॉ. हर्षबाला
डॉ. रंजुका सिंह
डॉ. इंदु सोनी
डॉ. अनिल
सुधी स्वाति
(टीम सदस्य)

प्रो. प्रेरणा अरोड़ा
प्रो. सुधा उपाध्याय
सुधी भावना पाल
(संयोजक)

डॉ. कुल कुमार गयासेन
(आई. क्यू. ए. सी. समन्वयक)
डॉ. शिवानी बर्नवाल
(आई. क्यू. ए. सी. सह-समन्वयक)

प्रो. स्वाति पाल
(प्राचार्य)

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

CHETNA ORIENTATION

ATTENDANCE SHEET

Date: 21-08-2025 Venue: Music Room Time: 12:00 PM

S.NO.	Name	Department	Semester	Signature
1.	Mattiri	Maths	3	Mattiri
2.	Prachi	Maths	3	Prachi
3.	Joshi Nadek	BA (Prog)	5 th	Nadek
4.	Chhavi sharma	BA (Prog)	5 th	Chhavi sharma
5.	Vishakha	BA (Prog)	5 th	Vishakha
6.	Muskan Gupta	BA(Hons) Pol. Science	5 th	Muskan
7.	Remi sharma	B.Com	3 rd	Remisharma
8.	Simran	B.A Program	2 nd	Simran
9.	Muskan	B.Com(P)	2 nd	Muskan
10.	Shweta	B.Com(P)	2 nd	Shweta
11.	Urvashi	B.Com (P)	2 nd	Urvashi
12.	Nidhi	B.Com (P)	2 nd	Nidhi
13.	Toshali	B.Com (P)	3 rd	Toshali
14.	Agrima	B.Com (P)	3 rd	Agrima
15.	Blond	B.A Program	1 st Year	Blond



JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI)

CHETNA ORIENTATION

ATTENDANCE SHEET

Date: 31-08-2025 Venue: Music Room Time: 12:00 PM



S.NO.	Name	Department	Semester	Signature
1.	Mattiri	Maths	3	Mattiri
2.	Prachi	Maths	3	Prachi
3.	Joshi Nask	BA (Prog)	5 th	Joshi
4.	Chhavi Sharma	BA (Prog)	5 th	Chhavi Sharma
5.	Vishakha	BA (Prog)	5 th	Vishakha
6.	Muskan Gupta	BA (Hons) Pol. Science	5 th	Muskan
7.	Remi Sharma	B.Com	3 rd	Remi Sharma
8.	Simran	B.A. Program	2 nd	Simran
9.	Muskan	B.Com (P)	2 nd	Muskan
10.	Shreya	B.Com (P)	2 nd	Shreya
11.	Unnathi	B.Com (P)	2 nd	Unnathi
12.	Nidhi	B.Com (P)	2 nd	Nidhi
13.	Toshali	B.Com (P)	3 rd	Toshali
14.	Agrima	B.Com (P)	3 rd	Agrima
15.	Blond	B.A. Program	1 st Year	Blond



JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI)

CHETNA ORIENTATION

ATTENDANCE SHEET

Date: 21/8/25 Venue: MUSIC ROOM Time: 12:00 PM



S.NO.	Name	Department	Semester	Signature
30	Gauri Sharma	BA(Hons) Philosophy	1 st year	Gauri
31	Priyanshi	BA programme	2 nd year	Priyanshi
32	Palchin Larozi	BA Economics (Hons)	1 st year	Palchin
33	Aayushi	BA (Prog.)	2 nd year	Aayushi
34	Sunidhi	BA (Prog.)	2 nd year	Sunidhi
35	Reema	BA (Prog.)	2 nd year	Reema
36	Kaushika Jais	B.Com (Hons)	2 nd year	Kaushika
37	Tamara Gupta	B.Com Prog	2 nd year	Tamara
38	Shubhanshu	BA (Prog.)	2 nd year	Shubhanshu
39	Ophelia Khadgiani	BA (Prog.)	1 st year	Ophelia
40	Anurag Pandey	BA (Hons) Pol. Sci.	1 st year	Anurag
41	Khushi	B.Com (Prog.)	2 nd year	Khushi
42	Khushi Wadhwa	B.Com (Prog.)	2 nd year	Khushi
43	Hartisha Sharma	BA (Hons) Pol. Sci.	3 rd year	Hartisha
44	Neelam Rishi	BA (Hons) Pol. Sci.	3 rd year	Neelam