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. : 49876630, 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

AQAR 2025-26

Criteria 7

7.1.1

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

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Gender Sensitisation Action plan-https://jdmccentres.in/pdf/gsap-25-26.pdf

I) GENDER ISSUES INCLUDED IN THE CURRICULUM (Page no: 4-14)

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

II) FACILITIES FOR WOMEN ON CAMPUS (Page no: 15-38)

- **Girls Common Room**
- **Day Care Centre/Creche**
- **Medical Room**
- **Krishna Hostel**
- **Sanitary Napkin Dispenser in medical room**
- **Sanitary Napkin Dispenser in Girls Washroom**
- **Sanitary Napkin Disposal Machine in Girl Washroom**
- **Fee Assistance to the Student in Need**
- **Sports Room, Gymnasium**
- **Play ground**
- **Table Tennis**
- **Counseling**
- **CCTV Cameras**
- **Female Security Personnel**

- **ICC for redressal of student/ employee grievances**

III) CO-CURRICULUM AND EXTRACURRICULAR ACTIVITIES (Page no:40-75)

- **GENDER SENSITIZATION ACTIVITIES IN THE** COLLEGE-AWARENESS, SENSITIZATION AND EMPOWERMENT PROGRAMMES

S.No	Particulars	MM/YY
1.	**WDC EVENTS** **Charm Craft Workshop in Collaboration with Impreneurs**	**19th November, 2025**
2.	**Seminar on the Occasion of the International Day of the Girl Child**	**13th October, 2025**
3.	**Inter-College Conventional Debate Competition in Collaboration with Rhetorque to Celebrate the International Day of the Girl Child**	**13th October, 2025**
4.	**Seminar on "Safety of Women in the Era of Cyberfraud and Scam"**	**3rd September 2025.**
5.	**Girl Up Nitara events** **Orientation**	**20th August, 2025**
6.	**Take a chit, leave a chit**	**15th September, 2025**
7.	**Manjari- Art, Expression and mental well being**	**17th September, 2025**
8.	**Roshni- Donation Drive**	**29th October, 2025**
9.	**Symphony 2026 – Stall Participation**	**3rd February, 2026**
10	**NSS Events- Towards a Developed India through Youth Power**	**14th October,2025**
11	**Report on Training Session to help underprivileged**	**4th October, 2025**

12	Padyatra	23rd December,2025
13	Health camp	21 November,2025
14	From Awareness to Action: Building a Kinder World for Animals	12th November, 2025
15	Unity day run	31th October, 2025
16	Report on Unity March, Painting and Essay Competitions	30 October 2025
17	Swachhata Pledge	13th August, 2025
18	Cleanliness Drive on NSS Day	24th September 2025
19	Chetna event- Seminar : "From Nari to Narayani – The Supreme Power of Meditation and Sattvic Ego"	8th September, 2025
20	HFDE -Unheard Voices of Women: Breaking the Silence	4th September,2025
21	Let's Talk Gender: From Stereotypes to Sensitivity	26th August ,2025
22	NCC-Disaster Management Workshop	11th February,2026
23	Bystander Session	13th February,2026

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 Sunday

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NCWEB STUDENTS AND TEACHER DATA 2025-26

COURSES	YEAR	TOTAL STUDENTS	TEACHERS
B.Com	I	131	7
B.Com	II	111	4
B.Com	III	76	3
B.Com	IV	26	5
B.A. (Prog.)	I	334	21
B.A. (Prog.)	II	273	11
B.A. (Prog.)	III	227	15
B.A. (Prog.)	IV	141	11

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

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

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

- 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 jagrute aur savhaktikaran*. Jaipur: Aaveeskar 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). *Vaisveekran avm mahila sashaktikaran vividha aayam*. New Delhi: Aeyal Publications.

- 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

Bajpai, 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

- 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**

- NCPCR
- Child Helpline, Umeed- 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).*Nariwadi siddhant aur vyavahar*. New Delhi: Orient Blackswam.

TEACHING LEARNING PROCESS:

- Lecture method
- Group discussion
- Tutorials
- Brainstorming
- Role plays
- 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

ASSESMENT 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

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)**

Dutavākyam: Act I – Bhāsa

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

Unit: II **(15 Hrs)**

Abhijñānaśākuntalam Act IV- Kālidāsa

Text Reading (Grammar, Translation, Explanation), Poetic excellence, Plot, Timing of Action. Personification of nature. *kāvyeṣu 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, वदूषक, अङ्क, स्वगत, प्रकाश, अपवारित, जनान्तिक, आकाशभा षत, 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:
1. Since most learners will be new to classical Sanskrit drama, a step by step approach is recommended.
2. Teachers must read aloud the Sanskrit text and the students should repeat.
3. Teachers must help students in disjoining all sandhis and dissolving all samāsas.
4. Teachers will arrange words in verses according to the prose order (anvaya).
5. Students will identify the grammatical structure of each word.
6. Teachers will the guide students in translating each word and then the complete verse.
7. Teachers will discuss the social, political, cultural issues occurring in the text and

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

Unit1 **(15 Hrs)**

वाल्मी क रामायण अयोध्याकाण्ड सर्ग **109** (रामेण जाबा लमतनिराकरणम्)
From Verse 1 (जाबालेस्तु वचः श्रुत्वा...) से 27 कार्याकार्य वचक्षणः तक)

Unit 2 **(15 Hrs)**

Ramayana as the source of Sanskrit literature

i. Ramayana as the source book for Indian values – ideal king, ideal family, Ideal Polity, ideal society, ideal character
ii. Valmiki Ramayana as the source book for Sanskrit literature – Epics, Dramas, Lyric poetry, Adhyātma Ramayana, Adbhuta Ramayana.
iii. 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

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

Essential/recommended readings:

1. भगवद्गीता, शाङ्करभाष्य अनुवाद सहित, अनुवादक श्रीहरिकृष्णदास गोयन्दका, गीता प्रैस, गोरखपुर
2. Valmiki Ramayana – Valmiki.iitk.ac.in
3. गीताभाष्यनवाम्बरा- डॉ० शवनारायण शास्त्री

Suggested readings:

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

Examination scheme and mode: Subject to directions from the

17:58 01:07

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 Saṁhitās (Rgveda-saṁhitā & Yajurveda-saṁhitā) to bachelor degree students. The students will also be able to read and know about the contents of one famous Upaniṣad, namely, Kathopaniṣad, 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 Upaniṣad, 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

Unit I **12 hrs**
Introduction to Vedic Literature: Samhita (Period and Contents of Samhitas)

Unit II **10 hrs**
Introduction to Vedic Literature: Brahmana, Ayanyaka and Upanishad (Analysis of Contents)

Unit III **10 hrs**
Rgveda 1.1 (Agni), 1.81 (Indra)

Unit IV **15 hrs**
Kathopanishad (Second Valli)

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 पब्लिकेशन्स्, नई दिल्ली, 1981
6. वैदिक संग्रह, कृष्णलाल, इन्दु प्रकाशन, दिल्ली, 1973.
7. शुक्लयजुर्वेदसंहिता, (उवट-महीधरभाष्यसंवलिता), डॉ. रामकृष्ण शास्त्री, चौखम्बा विद्याभवन, वाराणसी, 2015.
8. RIG-VEDA, H. H. Wilson, The Bangalore Printing & Publishing Co. LTD, Bangalore City,

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 1 - 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 (*Mitākṣarājīkā* on *Yājñavalkyasmṛti*,1.1).
(*Manusmṛti*,6.92);

ii. Dharma as an evolving institution – Directions of and reasons for changes in Dharma Śāstra

iii. Sociological Significance of Sixteen *Saṁskāras*.

iv. Balanced Life - Four aims of life *'Puruṣārtha Catuṣṭaya'*-
1. Dharma, 2. *Artha*, 3. *Kāma*, 4. *Mokṣa*.

Unit II - Structure of Society

i. Varṇa-System and Caste System:
Four-fold division of *Varṇa* System, (*Ṛgveda*, 10.90.12),
Mahābhārata, *Śāntiparva*,72.3.8
Division of *Varṇa* according to *Guṇa* and *Karma* (*Bhagvadgīta*, 4.13, 18.41-44).
Caste-System and Inter-caste Marriages (*Mahābhārata, Anuśāsanaparva*, 48.3-11);
Assimilation of foreign tribes in Varṇa-System (*Mahābhārata, Śāntiparva*, 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 *Bṛhatsaṁhitā* of Varāhamihira
(*Strīprasaṁsā*, chapter-74.1-10)

Unit III State and Kingship **1 Credit**

i. Concept of Welfare State in *Arthaśāstra* of Kauṭilya (*Arthaśāstra*, 1.13: '*matsyanyāyābhibhūtāḥ*' to '*yo' asmāngopāyatīti*')

ii. Essential Qualities of King (*Arthaśāstra*,6.1.16-18: '*sampādayatyasampannaḥ*' to '*jayatyeva na hīyate*')

iii. Conduct of the state (Manu Smriti 7 Verses 1 to 15)

Unit IV - State and International Relations **1 Credit**

i. *'Saptāṅga'* Theory of State: 1. *Svāmi*, 2. *Amātya*, 3. *Janapada* 4. *Pura*, 5. *Kośa*, 6. *Daṇḍa* and 7. *Mitra*
(Arthaśāstra, 6.1. Mahābhārata, *Śāntiparva*, 56.5, *Śukranīti*, 1.61-62).

ii. *'Maṇḍala'* Theory of Inter-State Relations: 1. *Ari*, 2. *Mitra*, 3. *Ari-mitra*,4.*Mitra- mitra*, 5. Ari-mitramitra;

iii. *Ṣāḍgunya* 'Policy of War and Peace:
1. Sandhi, 2. *Vigraha*, 3. *Yāna*, 4. *Āsana*, 5. *Saṁśraya* 6. *Dvaidhibhāva*.

[D] References :

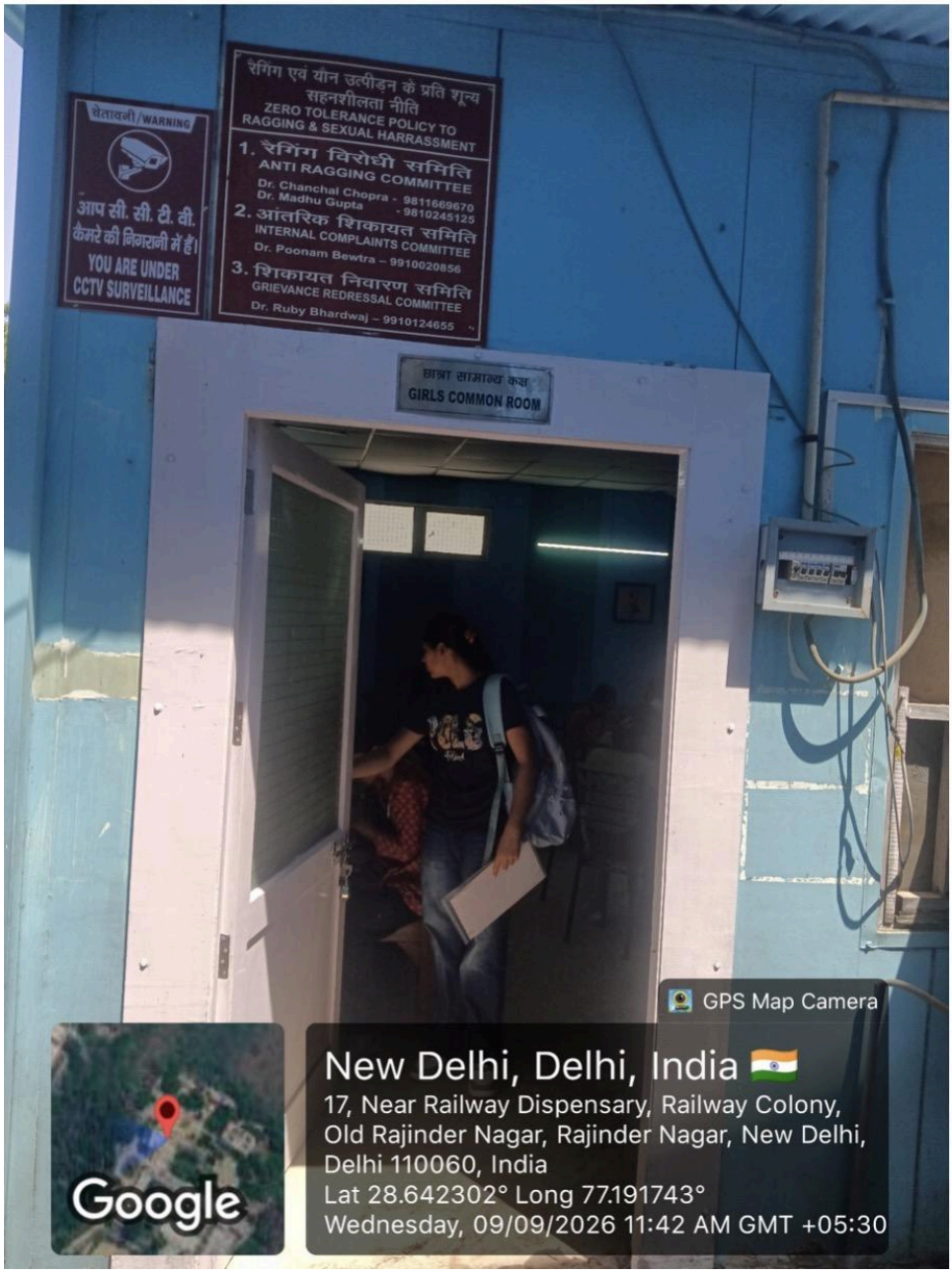
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2. Mahābhārata (7 Vols) - (Eng. Tr.) H.P. Shastri, London, 1952-59.
3. Manu's Code of Law - (Ed. & Trans.): Olivelle, P. (A Critical Edition and Translation of the Manava- Dharamaśāstra), OUP, New Delhi, 2006.
4. Yājñavalkyasmṛti with Mitākṣarā commentary - Chowkhamba Sanskrit Series Office, Varanasi,1967
5. कौटिलीय अर्थशास्त्र – उदयवीर शास्त्री मेहर चन्द लछमन दास, दिल्ली, २०१६.

- **Value Added/Add on Courses**
  https://www.jdmccentres.in/add-on-courses.html

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

- **GIRLS COMMON ROOM**



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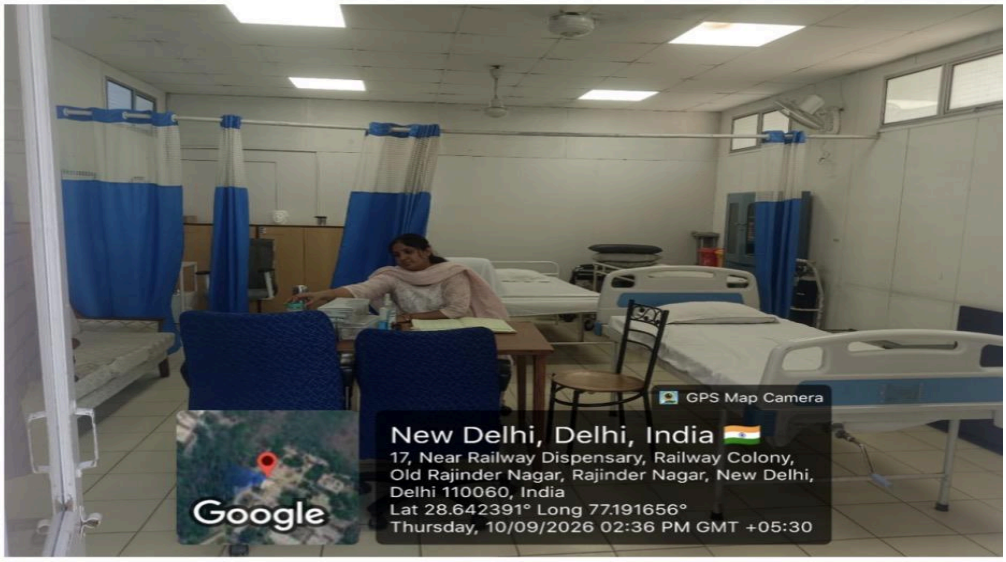




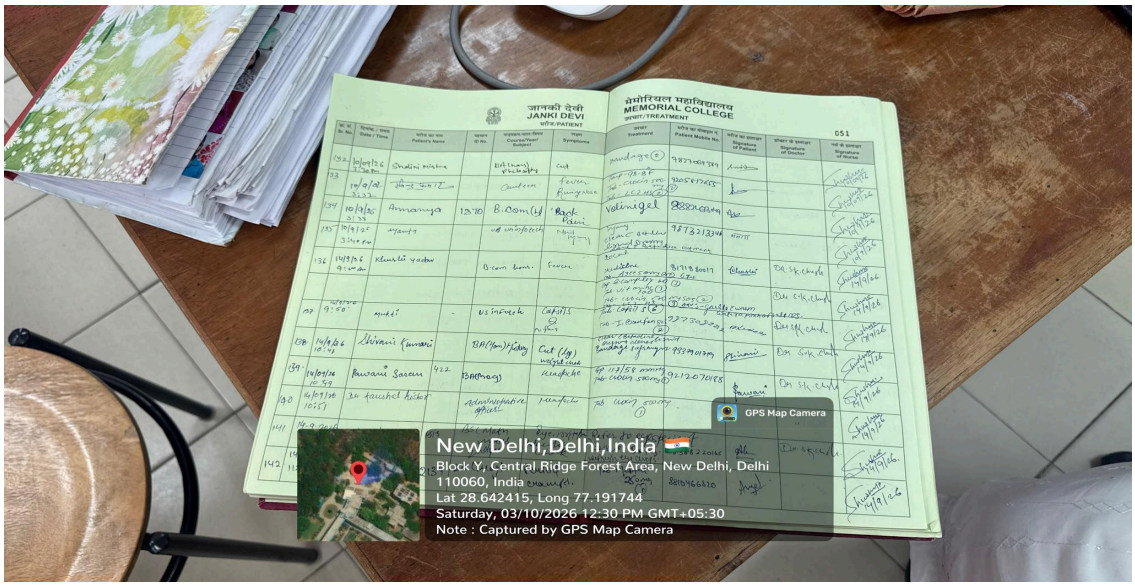
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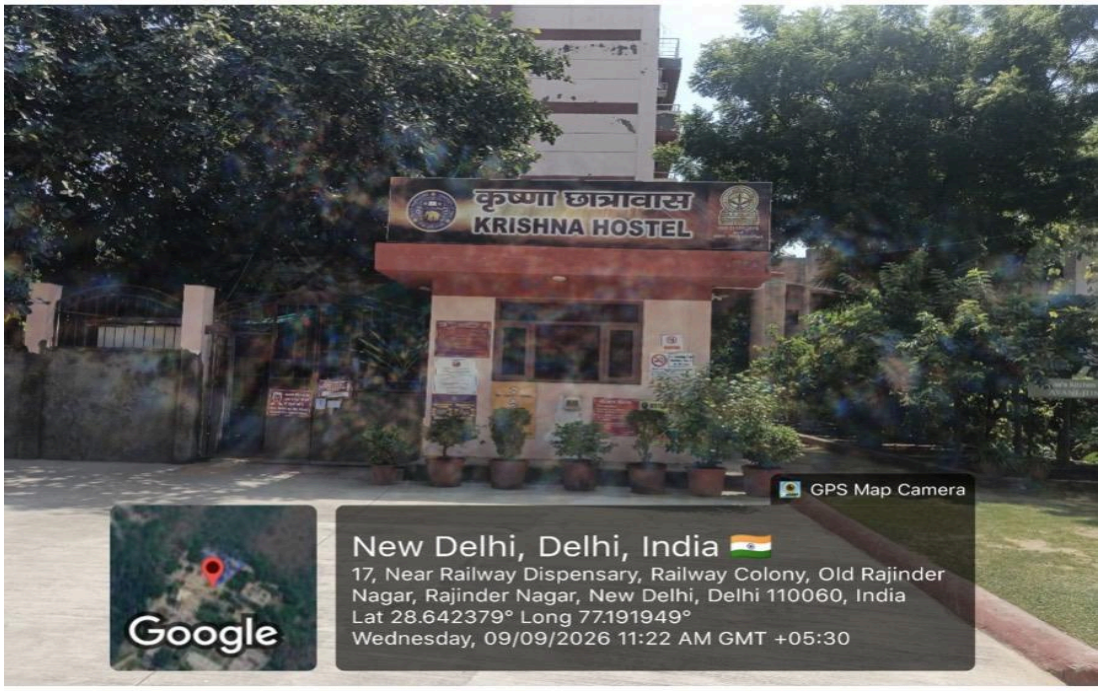
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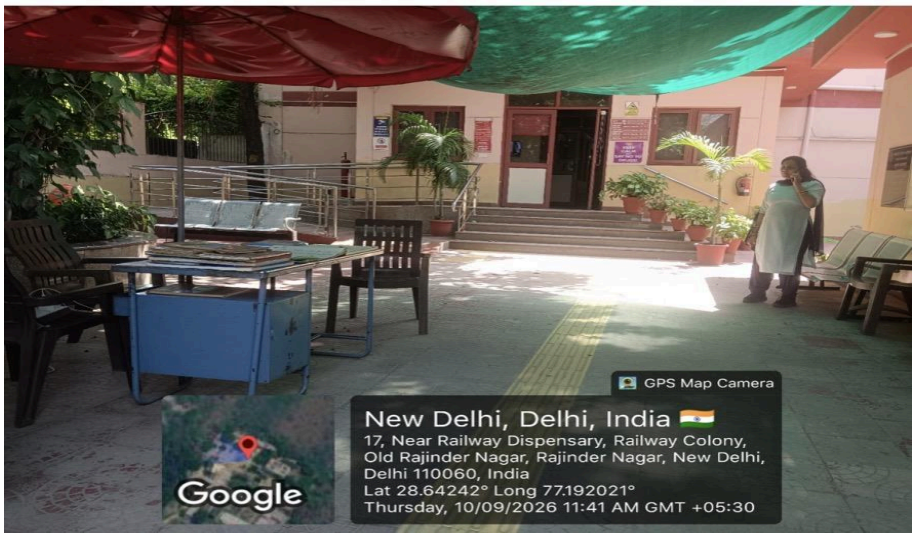
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- **KRISHNA HOSTEL**



- **KRISHNA HOSTEL REGISTER**



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



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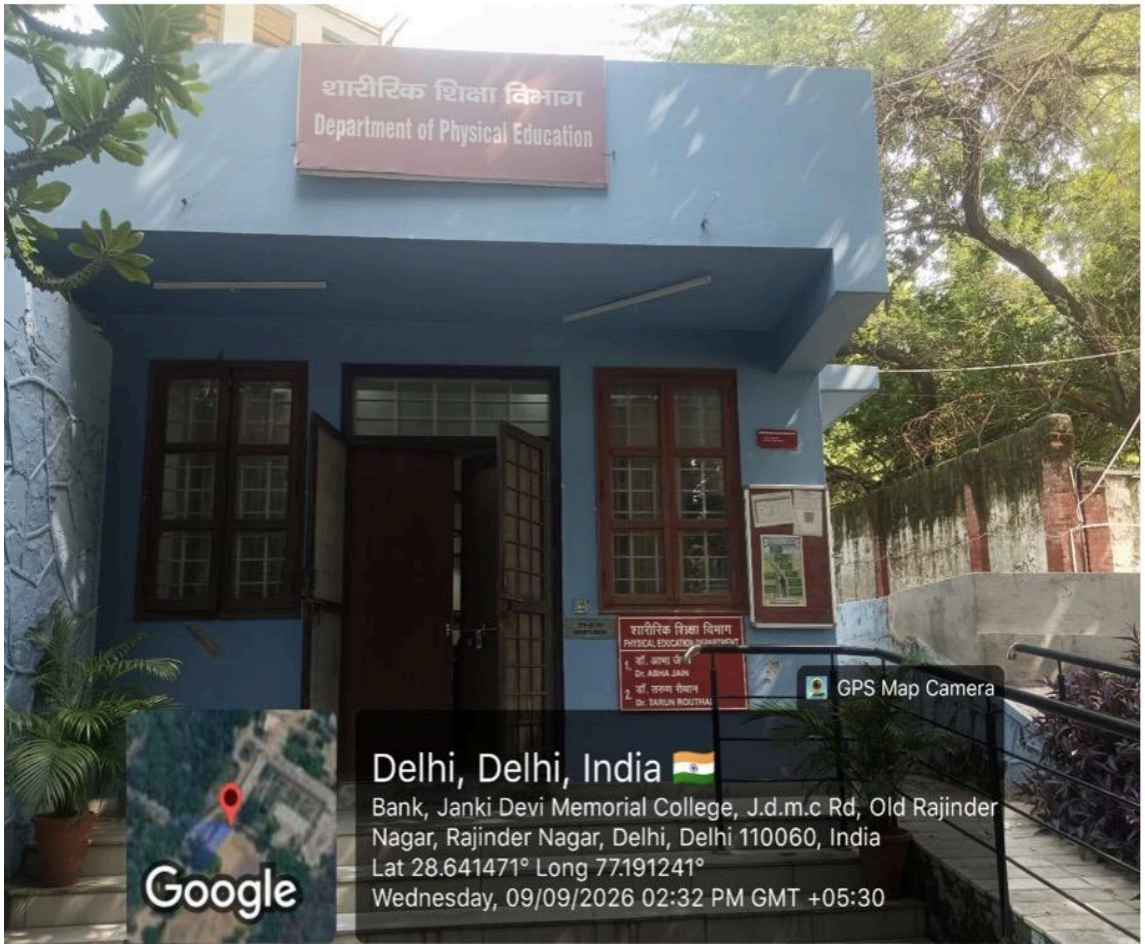
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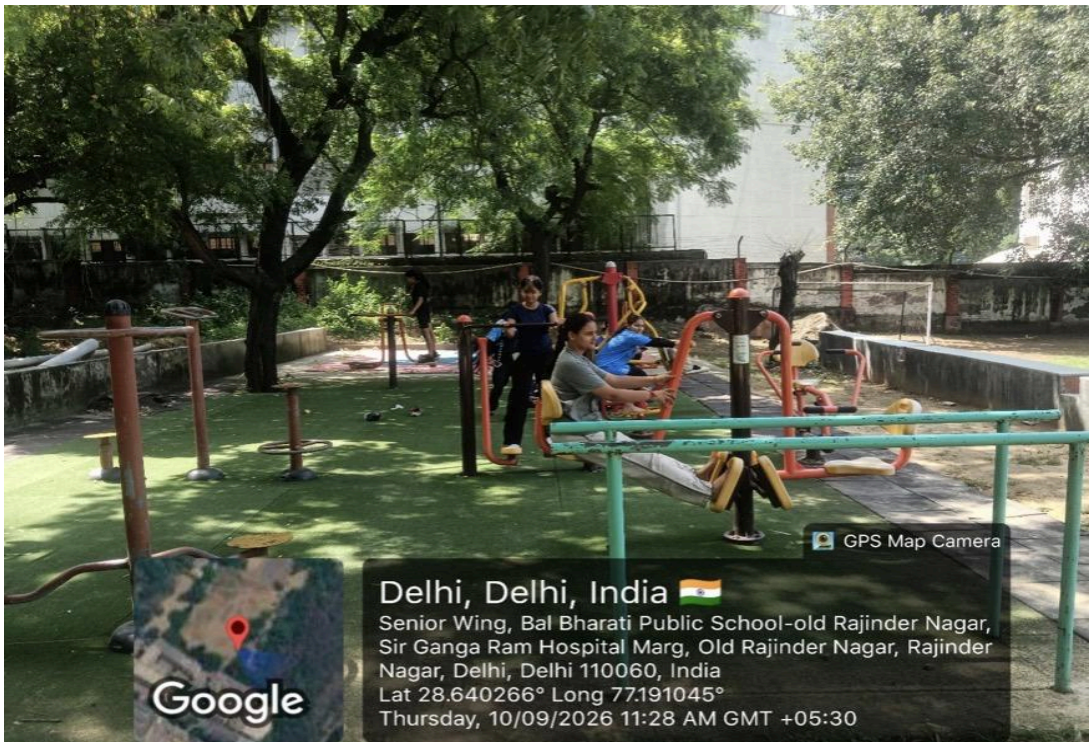
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2	23031529007	KASHISH	RAJWATI	BA HONS SANSKRIT	III	SC	956047996
3	22031563040	RUBI	ARVIND KUMAR	BSC HONS MATHS	IV	GEN	807713714
4	22031516003	GUNGUN	MANISH KUMAR	BA HONS HINDI	IV	SC	859537187
5	22031563059	ANJALI KUMARI	AJAY KUMAT	BSC HONS MATHS	IV	OBC	914285321
6	23031563045	KIRTI SINGH	RANJEET SINGH	BSC HONS MATHS	III	SC	971822524
7	23031563047	KIRTIKA RAI	LAJPAT RAI	BSC HONS MATHS	III	SC	888283313
8	24031510059	ISHWNEET KAUR	TIJINDER PAL	BSC HONS ECONOMICS	II	SC	920515072
9	22031563054	ASTHA SINGH	MAJINDRA SINGH	BSC HONS MATHS	IV	OBC	916129305
10	24031563027	NIKKI KUMARI	VIPIN BIHARI OJHA	BSC HONS MATHS	II	GEN	935485068
11	23031529001	ALPANA KUMARI	SUNIL KUMAR SINGH	BA HONS SANSKRIT	III	EWS	924101293
12	24031510060	TANIKSHA KHURANA	RAJNI KAUR	BA HONS ECONOMIC	II	EWS	921168426
13	24031510044	PRITI KUMARI	HAKIM	BA HONS ECONOMIC	II	OBC	782731075
14	23031503062	PRIYANSHEE SINGH	DEO KUMAR SINGH	BCOM PROG	III	EWS	979875330
15	24031510042	MOHITA YADAV	HARI OM SINGH YADAV	BA HONS ECONOMIC	II		769009255
16	22031501011	PRACHI VERMA	ASHOK KR VERMA	BA PROG	IV	OBC	931081285
17	23031526005	DIVYANKA DIXIT	MAHENDRA KUMAR	BA HONS PHILISOPHY	III	EWS	921906251
18	24031526011	SHWETA CHAURASIYA	VINOD CHAURASIYA	BA HONS PHILISOPHY	II	OBC	964394780
19	22031501170	TAMANNA SHRI JAISWAL	AJAY KUMAR JAISWAL	BA PROG ECO+POL SCI	IV	OBC	844746636
20	24031501192	KAJAL	SHYAM	BA PROG	II	GEN	742877805
21	22031501116	PRANJAL VYAS	RAKESH VYAS	BA PROG	IV	EWS	902414774
22	24031563040	MEHAK	LALIT KUMAR	BSC MATHS	II	GEN	870069267
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24	22031503051	PRAGYA KUMARI SINGH	SANTOSH KUMAR SINGH	BCOM PROG	IV		620436353
25	24031501038	TISHA KATHURIA	CHANDER SHEKHAR KATHURIA	BA PROG	II	EWS	767849641
26	24031504153	KANCHAN	LALTA PRASAD	BCOM HONS	II	OBC	952886045
27	24031563064	TANIYA NAGAR	PRADEEP SUNDER NAGAR	BSC HONS MATHS	II	OBC	639657528
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35	23031511062	SHRISHTI JAGGI	VANDNA JAGGI	BA HONS ENGLISH	III	EWS	987383466
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104	23031503589	SUNDUS	ALOKNATH	BA PROG	III	GEN	988645283
105	24031713006	ANUBHA RAJ	BANDANA KUMARI	M.A HINDI	II	EWS	810213295
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107	24031516011	SHIVANI	PAPPU	BA HONS HINDI	II	OBC	888279319
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TOTAL

- **SPORTS ROOM**

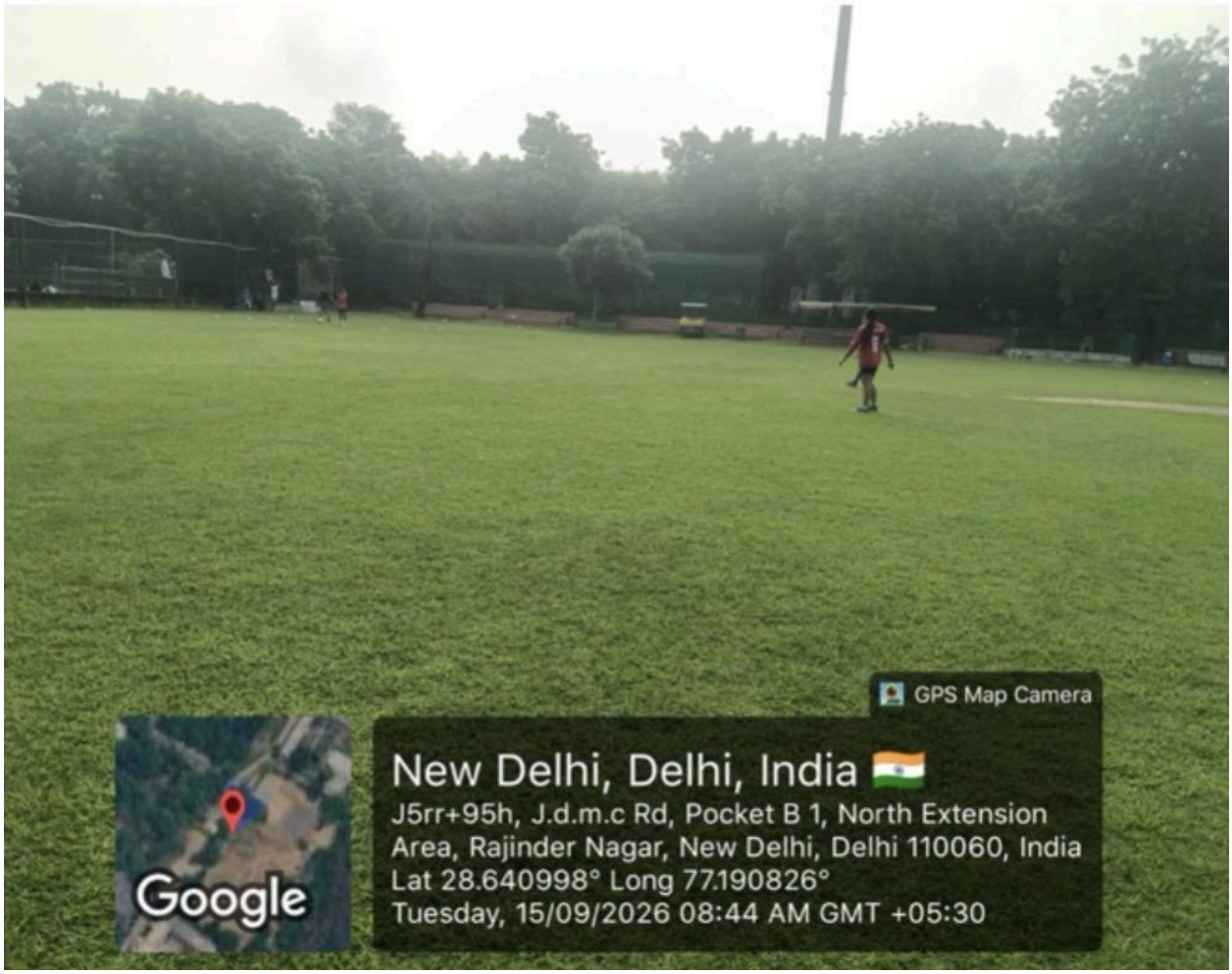

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शारीरिक शिक्षा विभाग
PHYSICAL EDUCATION DEPARTMENT
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Dr. TARUN ROUTHAI
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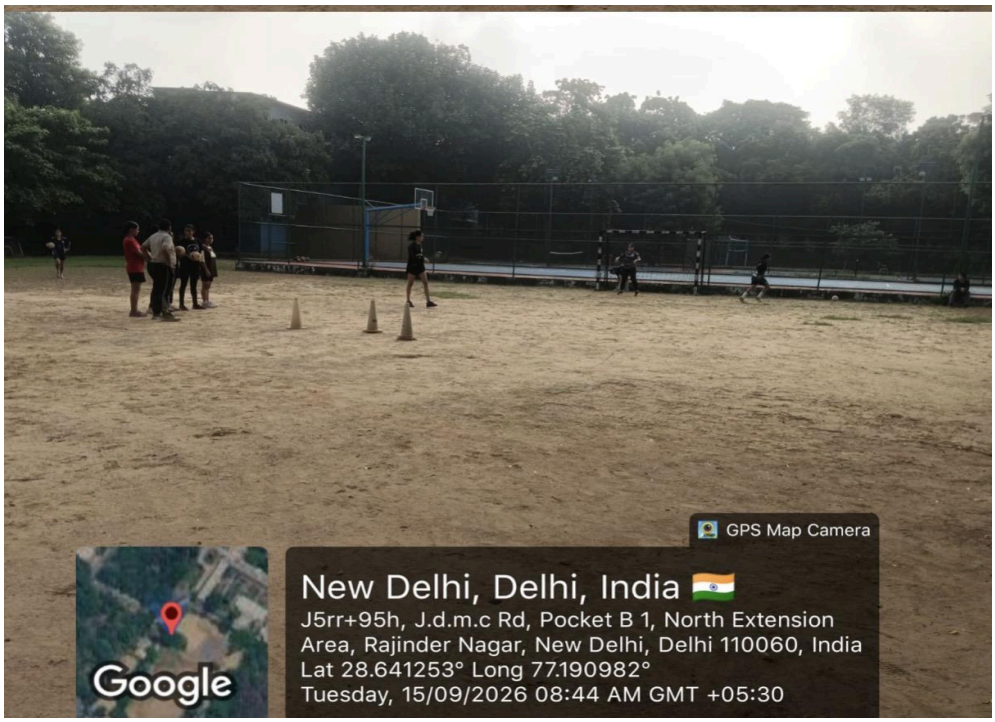
- **GYMNASIUM**


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GPS Map Camera
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Tuesday, 15/09/2026 08:44 AM GMT +05:30
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- **<u>TABLE TENNIS</u>**



- **COUNSELING**

Dr. Vandana Gambhir's session focused on recognising psychological distress among students. She highlighted alarming data showing that Delhi students experience the highest levels of depression, with mental illnesses often beginning by age 14 and suicide being the fourth leading cause of death among those aged 15–29. She also noted the link between increased screen time and unhappiness.

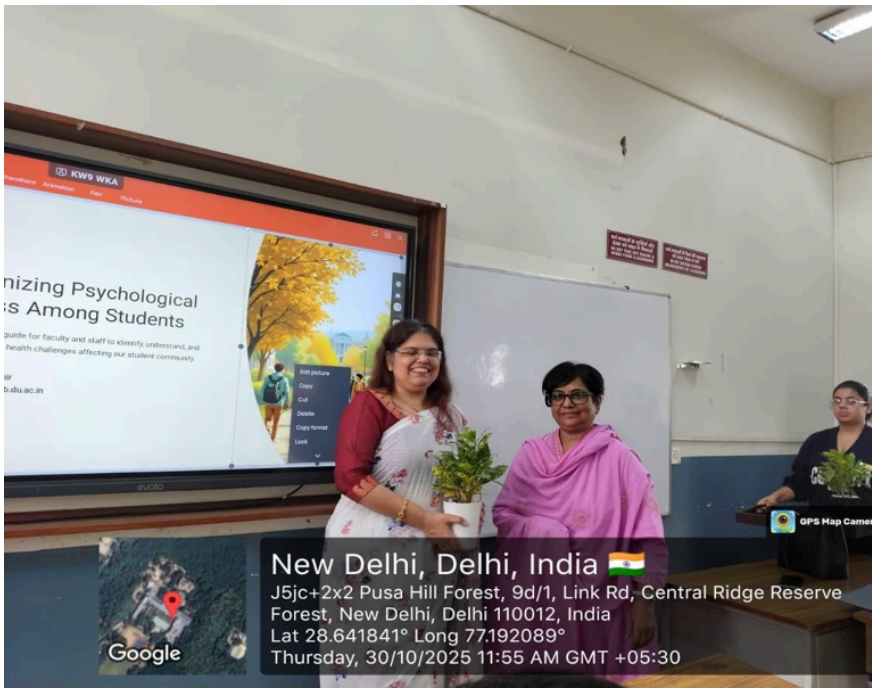
Dr. Gambhir explained that even students who appear fine may be struggling with issues such as self-doubt, low self-worth, fear of failure, imposter syndrome, social comparison, body-image concerns, career uncertainty, and a tendency to internalise distress. She also discussed the impact of toxic relationships, gaslighting, harmful digital media behaviour, gaming disorder, and the constant search for validation online.

She advised faculty to approach students with empathy, use open and non-judgemental questions, and listen actively. Teachers should normalise help-seeking, encourage healthy habits (nutrition, sleep, exercise, social connection), and refer students to counselling resources. Maintaining confidential documentation, professional boundaries, and following up were also emphasised.

The session was well-received, with around 60 faculty members in attendance and active engagement throughout.

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- **<u>Counselling</u>**

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 202 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.

A key focus of the workshop was on coping. Students were introduced to simple techniques such as grounding, breathing, and muscle relaxation, which they practiced together in a fun and interactive way. These exercises gave them first-hand experience of how quickly the body and mind can calm down with the right tools.

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.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.Overall, the workshop was interactive, informative, and empowering, leaving participants with valuable tools to take forward in their everyday lives.

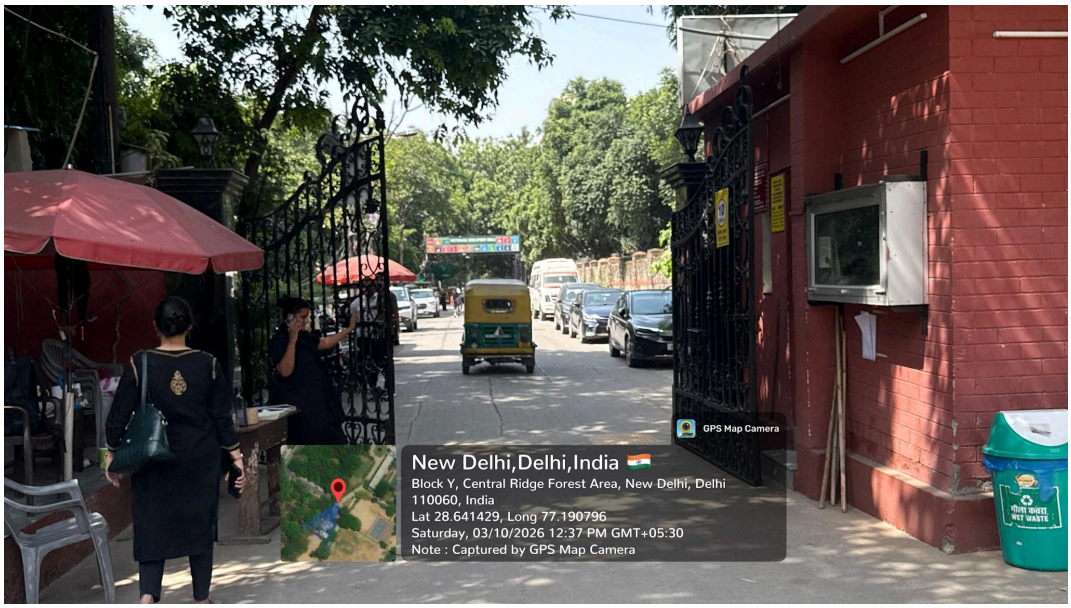
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- **SECURITY STAFF AT MAIN COLLEGE GATE ID CHECK**



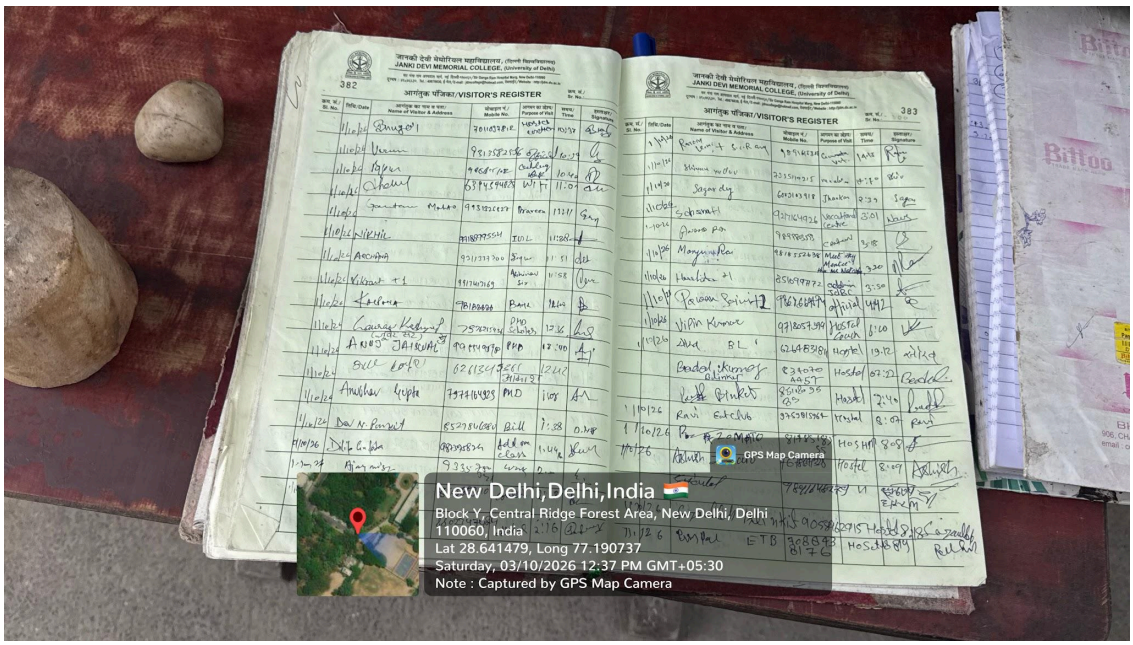
- **COLLEGE ENTRANCE**



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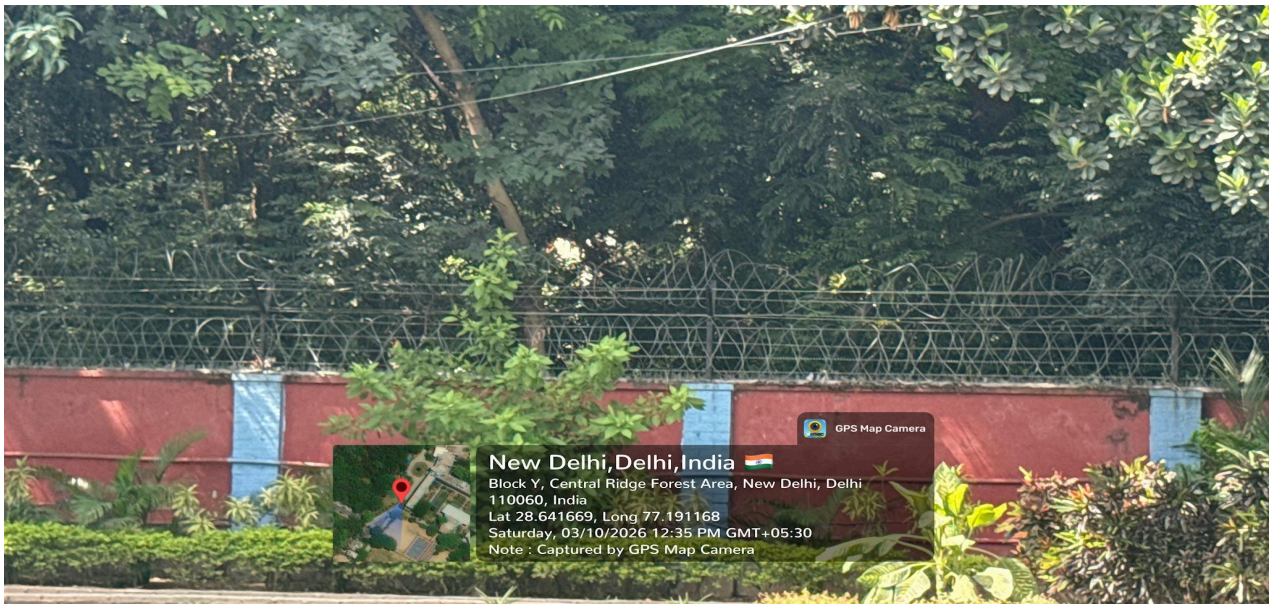


- **ENTRY REGISTER**



- **BOUNDARY SECURITY WALL**





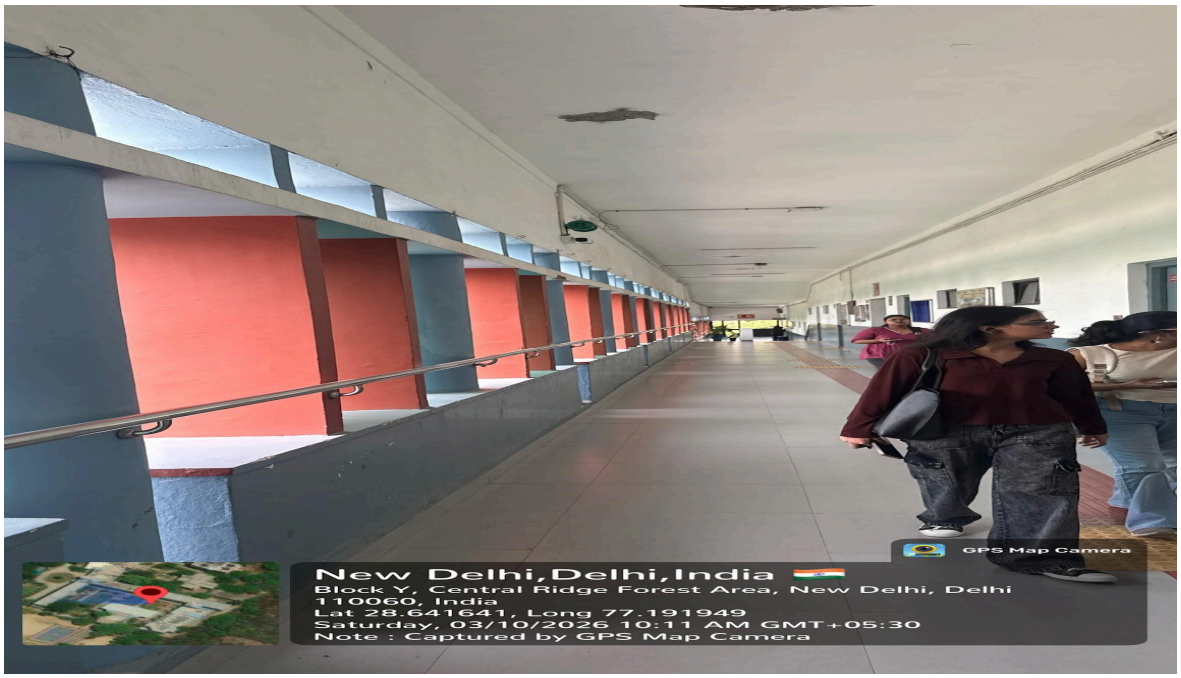
- **CCTV CAMERA**


GPS Map Camera
Delhi, Delhi, India
Main Campus, Janki Devi Memorial College,
J.d.m.c Rd, Old Rajinder Nagar, Rajinder Nagar,
Delhi, Delhi 110060, India
Lat 28.642022° Long 77.191694°
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EMPOWERING WINGS
OF LIFE'S ANGELS
GPS Map Camera
Delhi, Delhi, India
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J.d.m.c Rd, Old Rajinder Nagar, Rajinder Nagar,
Delhi, Delhi 110060, India
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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.

Presiding Officer-

Prof. Sudha Upadhyay, Professor

Member-Dr. Himanshu Bala Jagatdeb

Member-Dr.BijoyataYonzon.

Member-Dr. Indu Jain

External Member-Ms. Ruchi

Student Representative, President, Student union -Ms. Somya Narula

I) CO-CURRICULUM AND EXTRACURRICULAR ACTIVITIES

GENDER SENSITIZATION ACTIVITIES IN THE COLLEGE-AWARENESS, SENSITIZATION AND EMPOWERMENT PROGRAMME

S.No	Particulars	MM/YY
1	WDC EVENTS Charm Craft Workshop in Collaboration with Impreneurs	19th November, 2025
2	Seminar on the Occasion of the International Day of the Girl Child	13th October, 2025
3	Inter-College Conventional Debate Competition in Collaboration with Rhetorque to Celebrate the International Day of the Girl Child	13th October, 2025
4	Seminar on "Safety of Women in the Era of Cyberfraud and Scam"	3rd September 2025.
5	Girl Up Nitara events Orientation	20th August, 2025
7	Take a chit, leave a chit	15th September, 2025
8	Manjari- Art, Expression and mental well being	17th September, 2025
9	Roshni- Donation Drive	29th October, 2025
10	Symphony 2026 – Stall Participation	3rd February, 2026
11	NSS Events- Towards a Developed India through Youth Power	14th October,2025
12	Report on Training Session to help underprivileged	4th October, 2025
13	Padyatra	23th December, 2025
14	Health camp	21 November,2025

15	**From Awareness to Action: Building a Kinder World for Animals**	**12th November, 2025**
16	**Unity day run**	**31th October, 2025**
17	**Report on Unity March, Painting and Essay Competitions**	**30 October 2025**
18	**Swachhata Pledge**	**13th August, 2025**
19	**Cleanliness Drive on NSS Day**	**24th September 2025**
19	**Chetna event- Seminar : "From Nari to Narayani – The Supreme Power of Meditation and Sattvic Ego"**	**8th September, 2025**
20	**HFDE -Unheard Voices of Women: Breaking the Silence**	**4th September,2025**
21	**Let's Talk Gender: From Stereotypes to Sensitivity**	**26th August ,2025**
22	**NCC-Disaster Management Workshop**	**11th February,2026**
23	**Bystander Session**	**13th February,2026**

Women's Development
Cell Events

1. **Charm Craft Workshop in Collaboration with Impreneurs**

A Charm Craft Workshop was organised on Women's Entrepreneurship Day, 19 November 2025, as a collaborative event between the Women's Development Cell and Impreneurs, the E-Cell of the college, to celebrate creativity and promote women-led entrepreneurial initiatives. The workshop began at 12:00 PM and was conducted by Janvi Jhamb, a young entrepreneur who designs handmade charms. She was warmly felicitated by Dr. Vrinda Kapur and Dr. Shalini Singh for her inspiring journey. After the introduction, materials were distributed to all participants, who were then divided into small groups of 10 people. Volunteers guided them through the charm-making process, creating an interactive and

engaging environment. Students learned how to craft simple charms using beads, pearls, and wires, gaining insight into the work that goes into handmade products.

Objectives Achieved

The event successfully met its objective of promoting women entrepreneurship by providing visibility and support to a young female craft-maker. Students actively participated in a hands-on workshop where they inserted beads into wires, molded the ends, created small pairs, and connected them using rings to form their own finished charms. This activity not only enhanced their creativity and teamwork but also encouraged them to appreciate small-scale businesses.

Posters of Charm Craft Workshop



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2. Seminar on the Occasion of the International Day of the Girl Child

The Women's Development Cell (WDC) of the college organised a special event to celebrate International Day of the Girl Child on 13 October 2025. The session was graced by two eminent speakers — Dr. Rashmi Singh and Ms. Samyukta Subramanian — who shared their valuable insights on gender equality, empowerment, and women-led development.

Principal's Address

The event opened with a deeply inspiring address by the Principal, who began by thanking the guests and everyone who contributed to making the day special. She reflected on the question — "Why do we need a particular day for the girl child?" — and explained that while every day should be a celebration of girlhood, such occasions serve as important reminders of the work that remains to be done.

She noted that every moment should make us think about the girl child, but now she truly understands why reminders like this day are necessary — they encourage reflection, action, and renewal of our commitment to gender equality.

Speaking about the college's vision, she shared that the goal of the institution has always been to empower women — not just through education, but through awareness, independence, and self-belief. She proudly said that the college represents a family of daughters, where sisterhood, support, and confidence thrive.

The Principal shared personal reflections from her own life, mentioning that she never felt the need to have a brother, as her family of daughters was complete in itself. Yet, she also touched upon societal perceptions — how her mother preferred not to live with her daughters because of certain traditional beliefs that women, even without financial independence or formal education, should not depend on their daughters. This, she said, reflected the deeply ingrained social conditioning that continues to shape women's lives.

Address by Dr. Rashmi Singh

The first speaker, Dr. Rashmi Singh, expressed her gratitude for being invited and shared that visiting the college made her feel deeply nostalgic. She recalled that her mother had been a professor at J.D.C.W.C. College, Patna, Bihar, and returning to an academic environment evoked fond memories of her early years. Dr. Singh mentioned how grateful she felt to her parents for giving her the opportunity to study and grow — an opportunity that many girls are still denied.

She began by acknowledging that much of the information about women's empowerment is already available on the internet, but what truly matters, she emphasized, is the experience that people bring with them — the lived realities that go beyond statistics and data.

Dr. Singh highlighted that there are numerous programmes and schemes for women, focusing on their development and empowerment, but questioned whether we are doing enough to bring about real change. She discussed social discrimination against women, which begins at an early age of life, and stressed the importance of nurturing girls into productive citizens through education and awareness.

She ended her address with a thought-provoking reflection on mentorship, noting that many girls who have fought and survived gender-based challenges need mentors — people who will listen, guide, and support them. She concluded by saying that although gender discrimination is narrowing, we must continue to ensure that both "Gati and Disha" — direction and momentum— go hand in hand.

Address by Ms. Samyukta Subramanian

The second speaker, Ms. Samyukta Subramanian, began by thanking the Principal, faculty members, and the WDC for inviting her to this meaningful event. She congratulated the organisers for creating such a thoughtful platform and remarked that "every day should be celebrated as the Day of the Girl Child."

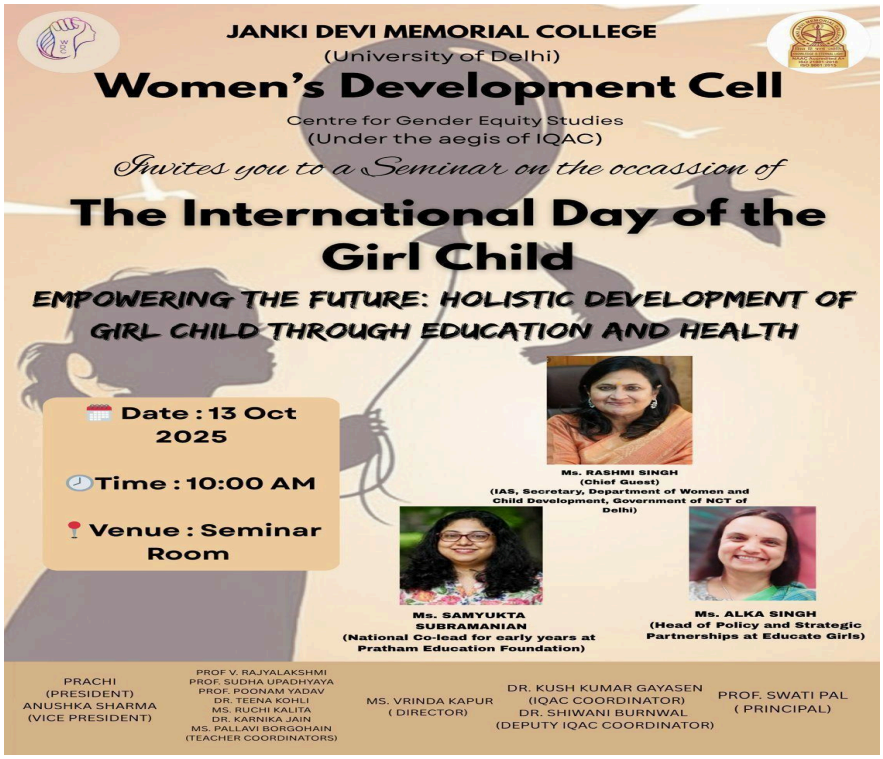
Ms. Subramanian shared that the recognition of the Girl Child Day began in 1975, highlighting how far the movement for gender equality has come — yet reminding everyone that much more remains to be done. She stressed that change must begin early, especially during the 0–6 year age group, since this is when values and gender roles start forming.

She shared her experience of visiting Anganwadi centres, where she saw women supporting each other to ensure that no child, especially no mother, goes hungry. During her address, she also played a short video showing children playing — one scene depicted a boy bringing vegetables, while a girl asked him what he would eat. The boy responded aggressively, while the girl remained silent. Ms. Subramanian used this example to illustrate how gender roles and behavioral patterns are ingrained from a very young age.

She emphasised that the content children consume — whether through books, shows, or activities — must be free from gender bias. She highlighted the power of motherhood networks, calling groups of mothers "truly empowering."Proudly, she mentioned that over 96% of rural girls are now enrolled in schools, a figure higher than that for boys, showing a positive shift in rural education trends. However, she cautioned that education must also be gender-responsive, ensuring that girls not only survive but thrive.

She concluded by urging everyone to create an environment of equality, engage actively in changing mindsets, and involve both men and women in the mission of empowerment. She ended her speech with words of encouragement and hope, wishing all the students to become "Champions for Change."

The event was both enlightening and inspiring, filled with meaningful discussions on women's rights, empowerment, and education. The audience gained a deeper understanding of how small actions, awareness, and mentorship can contribute to building a more equitable society.The session concluded with a vote of thanks, expressing gratitude to the Principal, faculty members, WDC, and both the distinguished speakers for sharing their insights and experiences that will continue to inspire students toward building a more inclusive and empowered future.



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3. Inter-College Conventional Debate Competition in Collaboration with Rhetorque to Celebrate the International Day of the Girl Child

The Centre for Gender Equity Studies and Women's Development Cell organized an Inter-College Conventional Debate Competition in collaboration with Rhetorque, the English Debating Society, on the occasion of International Day of the Girl Child on 13th October, 2025 in the Seminar Room. The event aimed to foster dialogue and critical thought on issues surrounding gender equality, empowerment, and holistic development of the girl child.

The competition witnessed enthusiastic participation from students representing various colleges across Delhi University. The event served as a platform for debaters across colleges, to express their perspectives, challenge societal stereotypes, and advocate for gender-sensitive progress through the power of words.

The panel of judges consisted of Robin Ahuja and Sneha Mohanty, both eminent personalities in the field of debating. They were felicitated by the President and Vice President of Rhetorque as a gesture of appreciation.

The motions for the debate competition centered around themes celebrating the empowerment and advancement of the girl child, encouraging participants to present diverse viewpoints rooted in reason, empathy, and conviction. Each participant was allotted four minutes to present their arguments, followed by a one-minute interjection session, promoting a spirit of intellectual exchange and critical engagement.

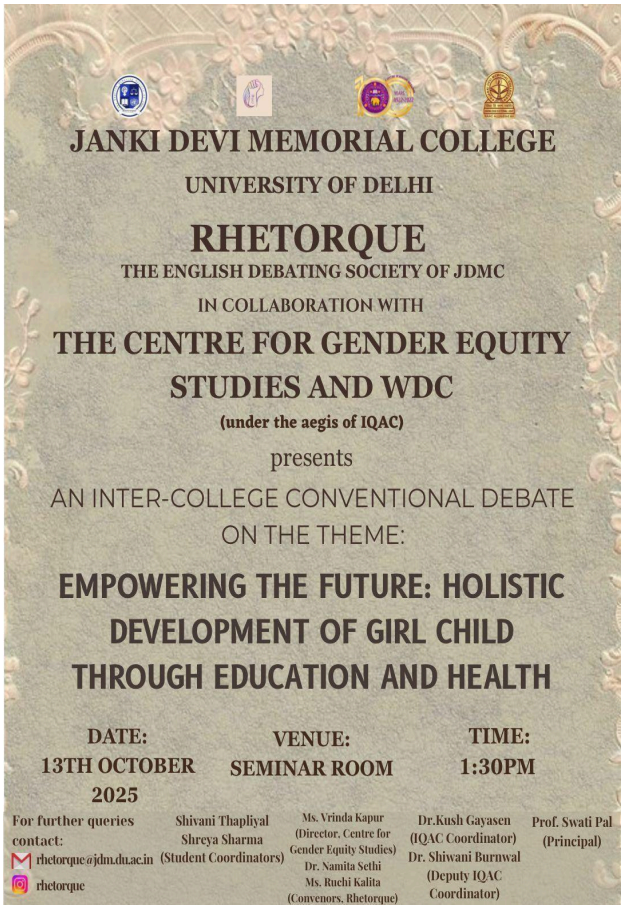
The participants showcased exceptional oratory and analytical skills, making the session both thought-provoking and enriching. Their speeches reflected depth, awareness, and passion, echoing the true spirit of the International Day of the Girl Child.

After a series of compelling rounds, the judges deliberated and announced the following results:

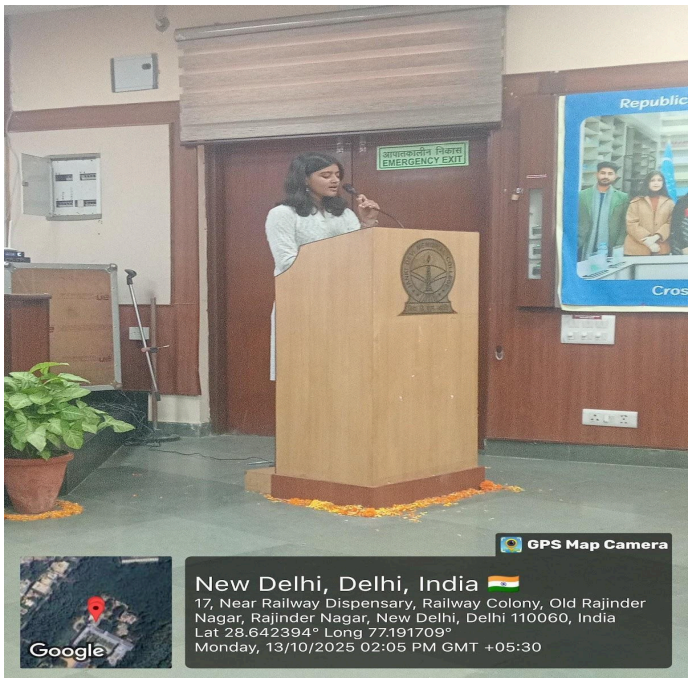
- First Best Speaker :Anshika Jha
- Second Best Speaker: Kriti Anand
- Third Best Speaker: Nidhi

The event concluded with a heartfelt vote of thanks to the judges, participants, and the organizing team of Rhetorque for their efforts in making the event a success. The competition not only celebrated the power of speech but also reinforced the message that empowering the girl child is vital for building an equitable and progressive society.

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4. Seminar on "Safety of Women in the Era of Cyberfraud and Scam"

The Women's Development Cell of Janki Devi Memorial College organized a seminar on "Safety of Women in the Era of Cyber Fraud and Scam" on 3 September 2025. The event, a blend of insightful discussions and real-life perspectives, aimed to highlight the challenges of women's safety in the era of cyber frauds and scams, while inspiring awareness and collective action against such threats.

The session began with Ms. Vrinda Kapur, Director of Centre for Gender Equity Studies, felicitating the guest speaker, Sh. H.S. Randhawa, Assistant Commissioner of Police, Counter Terrorist Force SWAT, Special Cell, Delhi Police. With his vast experience in law enforcement and expertise in cyber laws and security, he addressed the gathering and shared valuable insights on the growing challenges of cybercrimes and their impact on women.

In his talk, Sh. Randhawa emphasized the growing threats of cybercrimes in today's digital age, particularly those targeting women and students. He explained that the primary objective of cyber awareness is to educate young people about the safe use of technology, the risks involved in internet and social media usage, and the preventive measures that can help individuals avoid becoming victims of cybercrimes. He stressed that careless sharing of personal data online often leads to its misuse, which can have long-lasting consequences. The psychological effects of unsafe online behavior, such as depression, anxiety, and stress, were also highlighted, showing the link between digital exposure and mental health.

The speaker provided detailed insights into common forms of cyber threats that students and women are vulnerable to. He explained how unsecured WiFi networks expose users to data theft and why mobile devices should not be set to auto-join unknown connections. He elaborated on vishing, or voice phishing, where fraudsters extract sensitive information like PINs or OTPs over the phone, and smishing, where deceptive SMS messages are used to trick people into sharing financial details. Similarly, he cautioned against downloading unverified apps and unsafe browsing habits that can compromise devices and personal information.

This seminar served as an eye-opening experience, sensitizing students to the risks of cyber fraud and the urgent need for digital vigilance. It left a lasting impression by encouraging responsible online behavior and creating awareness about cyber laws and security measures. Overall, the session was informative, engaging, and highly relevant in today's digital era.

The seminar concluded with an engaging question-and-answer session, where students and Teachers interacted with the speaker and clarified their doubts. The entire session proved to be highly informative and eye-opening, offering practical knowledge and tools to ensure safety in the digital world. The event formally ended with Ms. Sudha Upadhyay thanking Sh. H.S. Randhawa for his enlightening and valuable address.







Girl Up Nitara EVENTS

5. Orientation

The Orientation Program for Girl Up Nitara commenced on 20th august 2025 at 12:00 PM with a warm welcome from the core members. The session formally began with an introduction by Convener Alka Singh, who spoke about the mission of Girl Up Nitara and the importance of women's empowerment, encouraging freshers to join the society. She also shared insights on girlhood and proposed the idea of starting a book club focused on motivational and empowerment literature.

The history of Girl Up Nitara and its presence in various colleges and universities was shared, followed by addresses from the President, Savani,and Vice President, Apoorva, who elaborated on the mission, vision, and values of solidarity promoted by the society. Core members then introduced themselves, discussed upcoming events, and presented the heads and coordinators of different teams. Members shared their personal experiences, team responsibilities, and past involvement in society activities, including seminars, webinars, movie screenings, NGO collaborations, panel discussions, and the QALA store initiative. Information on how to join the society was also provided.

The session concluded with interactive games to engage the freshers and a group photograph marking the end of the orientation.





6. Take a Chit, Leave a Chit

On September 15th, 2025, Girl Up Nitara of Janki Devi Memorial College organized a warm and uplifting activity called "Take a Chit, Leave a Chit" at the JDMC Triangle. The initiative aimed to spread positivity, joy, and a sense of connection among students, and it was met with great enthusiasm. The stall was beautifully decorated with posters and props. Two boxes were kept that allowed the participants to pick and leave chits containing kind and encouraging messages. At the center was a pink compliment box, where students left appreciation notes for each other. Smiles were shared as students read heartfelt messages like, "You deserve every good thing in this world," and many more. Many students also took pictures with playful props; some even offered free hugs, leading to moments of joy and fondness.

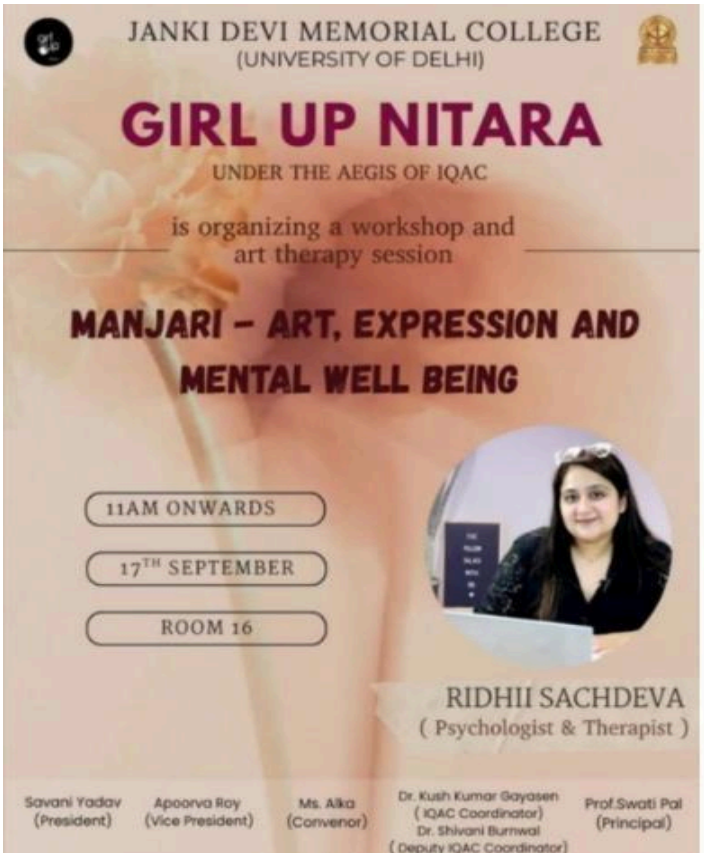
The entire event reflected a strong sense of community, kindness, and togetherness. It was a joyful celebration of small acts of kindness, reminding everyone that even the simplest gestures can make a big difference.

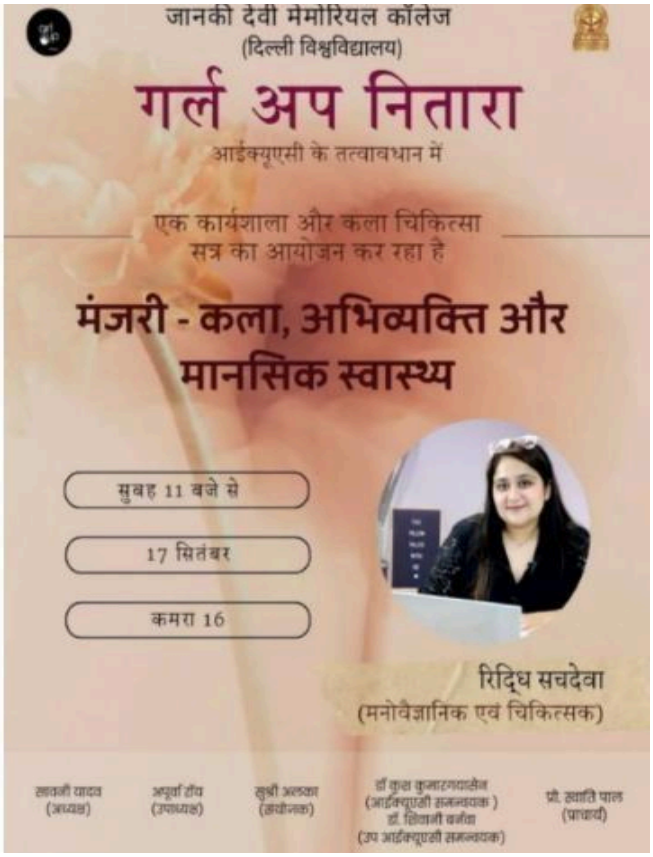




7. Manjari- Art, Expression and mental well being

The therapy event by Ridhi Sachdeva commenced 17th September 2025 at 11:00 PM with a warm welcome from the anchor, followed by her felicitation. After a talk about the various ways people express themselves, there was a movement therapy session where different hand and body movements were introduced. This was followed by a meditation session that emphasized the importance of the signals the body sends in response to various emotions. The physical manifestations of specific emotions were also covered by the speaker. Students then engaged in a variety of activities, such as a newspaper doll activity that required them to talk to the doll and record their exchanges. The event concluded with a reflection session, during which participants shared their insights.





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An ISO 21001 : 2018 and ISO 9001 : 2015 Certified and NAAC Accredited 'A+' College







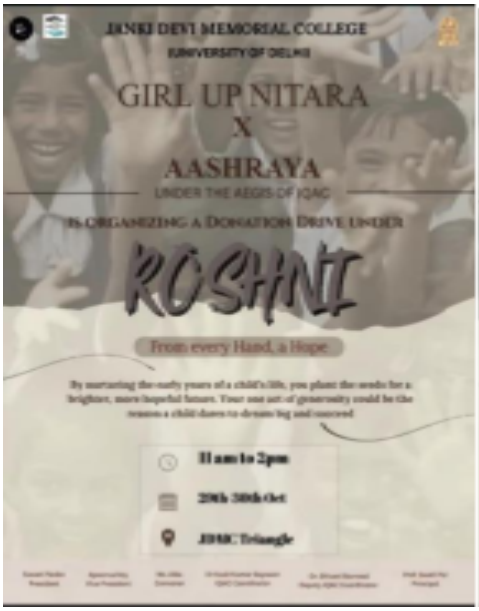
8. Roshni- Donation Drive

On 29th October 2025, Girl Up Nitara of Janki Devi Memorial College, University of Delhi, organized the event "Roshni", which commenced at 11:00 a.m. The drive aimed to encourage students to contribute towards a noble cause by donating essential items to those in need. Students visited the stall and donated a variety of items such as stationery, books, clothes, and toys. The Girl Up Nitara team actively motivated their peers to come forward and participate in this act of kindness.

To make the event more engaging, the team distributed candy packets as tokens of appreciation. A "Free Hugs" initiative was also introduced by the team members and heads, spreading warmth and positivity across the campus. This thoughtful gesture brought smiles to everyone's faces and added a personal touch to the drive.

The event also witnessed the gracious presence of our respected Convenor, Ms. Alka Singh, who visited the stall, appreciated the team's efforts, and encouraged more students to take part in the initiative.

Overall, "Roshni" turned out to be a heartwarming success, reflecting the compassion and collective spirit of Janki Devi Memorial College students under the inspiring leadership of Girl Up Nitara.





9. **Symphony 2026 – Stall Participation**

On 3rd February 2026, Girl Up Nitara actively participated in the college fest Symphony by setting up an interactive and vibrant stall. All team members gathered at the stall at 9:00 AM to arrange and decorate the space efficiently. The products and materials were displayed neatly and systematically to ensure an attractive presentation.

The stall featured a beautifully arranged jewellery counter showcasing aesthetic jewellery items that attracted many buyers. Alongside it, there was a crochet and charms corner displaying handmade crochet products and cute accessories, which received great appreciation and good sales.

To make the stall more engaging, a face painting corner was set up, which became one of the main attractions of the day. Many participants enthusiastically took part and appreciated the creativity. Additionally, interactive activities such as a chit-chat game and a dice game were organized to encourage fun conversations and bonding among visitors.

A special feedback corner was created where visitors shared their experiences and expressed their thoughts about the stall. A unique mirror corner surrounded by motivational quotes were arranged to promote positivity, self-love, and confidence, which was widely appreciated.

The event officially began around 10:30–11:00 AM, and soon the stall witnessed a steady flow of visitors. Students showed great interest in the games and products, and the overall response was enthusiastic and engaging. The decor of the stall was well-received, and visitors appreciated the team's creativity and effort.

Alka Ma'am, along with other respected teachers, visited the stall and encouraged the team by appreciating their hard work and initiative. Throughout the event, all team members cooperated wholeheartedly, managing responsibilities efficiently and ensuring the smooth functioning of the stall.

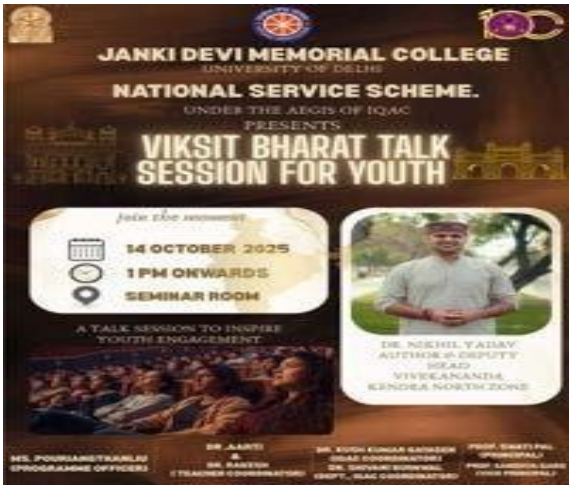
The event concluded around 4:00 PM. Overall, it was a successful and memorable experience for Girl Up Nitara. The participation in Symphony not only strengthened team coordination but also created a positive and interactive environment for everyone involved.





10. NSS Events-Towards a Developed India through Youth Power

The NSS Unit of Janki Devi Memorial College organized an inspiring interactive session titled "Towards a Developed India through Youth Power." In this session, the keynote speaker, Dr. Nikhil Yadav, motivated the youth through the teachings of Swami Vivekananda and highlighted the importance of leadership, service, and social responsibility. The main objective of the session was to awaken in the youth a spirit of nation-building and social service. Students participated enthusiastically, shared their thoughts, and asked insightful questions. The session proved to be a valuable opportunity for the youth to develop positive thinking, self-confidence, and patriotism.



11. Report on Training Session to help underprivileged

The NSS Unit of Janki Devi Memorial College conducted a Training Session to promote awareness about social responsibility, leadership, teamwork, and youth involvement in nation-building. The session aimed to motivate volunteers and underprivileged youth to actively participate in community service and contribute towards social change.

Through interactive discussions and group activities, participants learned the importance of cooperation, empathy, and leadership in addressing community issues. Volunteers were also informed about various NSS activities, rules, and opportunities for personal and social development.



12. Padyatra

The NSS Unit of Janki Devi Memorial College participated in the District Level National Padyatra held on 23rd December 2025 at Paharganj. Volunteers reported at the venue at 9:00 AM sharp and joined the district-level rally alongside students from various institutions.

The Padyatra focused on spreading awareness about national integration, cleanliness, public health, and social responsibility. NSS volunteers enthusiastically carried banners and placards, raised slogans, and interacted with local residents to convey key messages. The event fostered community engagement and instilled a strong sense of unity and service among the participants.

The campus and district NSS coordinators motivated volunteers throughout the rally, highlighting the importance of youth participation in nation-building activities.



13. Health camp

The National Service Scheme (NSS) Unit of Janki Devi Memorial College, under the guidance of the Internal Quality Assurance Cell (IQAC), organized a Health Camp on 21 November 2025 in the college auditorium. The camp aimed to promote health awareness, provide basic medical check-ups, and encourage students and staff to adopt preventive healthcare practices.

Objectives of the Event

1. To provide free and accessible basic health check-ups for students, faculty, and non-teaching staff.
2. To raise awareness about the importance of regular health screening.
3. To encourage preventive healthcare habits among the college community.
4. To guide individuals toward early detection of potential health concerns.
5. To promote the NSS motto "Not Me But You" by serving the community.

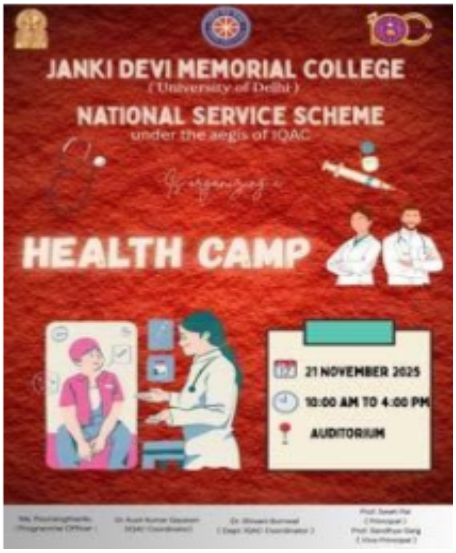
Activities Conducted

.General health check-ups including blood pressure, pulse, and BMI.

Basic medical consultation by qualified healthcare professional Awareness sessions on personal hygiene, vaccination, and lifestyle diseases.Distribution of informative pamphlets on maintaining physical and mental well-being.One-on-one discussions between doctors and participants regarding health concerns.

The Health Camp was a meaningful and impactful initiative by the NSS Unit of Janki Devi Memorial College. It not only provided essential health services but also spread awareness about maintaining a healthy lifestyle. The event fulfilled its objectives and contributed significantly to the welfare of the college community.





14. From Awareness to Action: Building a Kinder World for Animals

From Awareness to Action: Building a Kinder World for Animals" is to spread awareness and motivate individuals to take meaningful steps toward animal welfare. This session aims to develop empathy, kindness, and a sense of responsibility among participants for the well-being of animals. By educating people about animal rights, ethical treatment, and the importance of coexistence, the program seeks to inspire positive change in attitude and behavior. It encourages participants to move beyond awareness and take practical actions, such as supporting animal-friendly initiatives, preventing cruelty, and promoting compassion in their communities. Ultimately, the event strives to build a more humane, caring, and inclusive society where both humans and animals can live in harmony.





15. Unity day run

On 31th october 2025 National Service Scheme of Janki Devi Memorial College on the occasion of 150th birth anniversary of Sardar Vallabhbhai Patel (NSS) The unit actively participated in the "Unity Day Run" organized under the national campaign "Ek Bharat - Atmanirbhar Bharat".A total of 200 NSS volunteers participated in the event. All participants gathered at 5:00 a.m. at the Major Dhyan Chand Stadium (Gate No. 5, near India Gate). Participants were provided with T-shirts, caps, and refreshments. The run symbolized unity, strength, and the collective responsibility of nation-building.

The enthusiastic participation of the volunteers reflected their dedication towards fitness, national integration and the resolve of a self-reliant India.



16. Report on Unity March, Painting and Essay

On 30 October 2025, the National Service Scheme (NSS) unit organized a Unity March along with Painting and Essay Competitions to commemorate the birth anniversary of Sardar Vallabhbhai Patel, the *Iron Man of India*. The programme was conducted to promote national unity, integrity, and the spirit of "Ek Bharat Shreshtha Bharat."

The painting competition was organized on the theme "Ek Bharat Shreshtha Bharat." Students creatively portrayed India's unity in diversity, cultural richness, and national pride through their artwork. Kashish and Priya Bhardwaj were declared the winners for their exceptional creativity and thematic expression.

An Essay Competition was also conducted to encourage students to express their thoughts on national integration and the ideals of Sardar Vallabhbhai Patel. The essays reflected awareness, patriotism, and social responsibility among the participants. Sukhmanpreet and Rashmi emerged as the winners of the Essay Competition for their insightful and well-articulated essays.

The programme was successful in fostering patriotism, unity, and awareness about the significance of national integration. It concluded with a vote of thanks, appreciating the efforts of all participants, volunteers, and organizers for making the event meaningful and impactful.





17. **Swachhata Pledge**

On 13th August 2025 Faculty members, staff, and students came together to take the pledge of cleanliness. The pledge reinforced the personal and collective responsibility of maintaining hygiene and contributing to the Swachh Bharat Mission.



18. Cleanliness Drive on NSS Day

To mark the 57th NSS Day, volunteers conducted a campus and community cleanliness drive. The event highlighted the values of service and collaboration, encouraging students to embody the NSS spirit.













19. Seminar : "From Nari to Narayani – The Supreme Power of Meditation and Sattvic Ego"

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.
Attendance File
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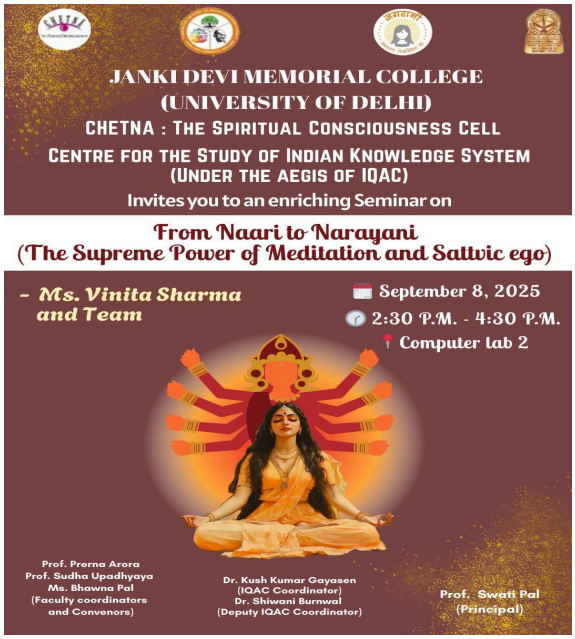


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20.Unheard Voices of Women: Breaking the Silence

The Department of Human Development and Family Empowerment organised a workshop on Unheard Voices of Women: Breaking the Silence on 4th September 2025 in Room No. 5. Ms. Neelam Sharma, Faculty, HDFE, JDMC, discussed women's lived experiences, silent struggles, and the need for empowerment. The session encouraged reflection on gender sensitivity and social change.

Poster:


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दिल्ली विश्वविद्यालय
DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT
Under the aegis of IQAC
Presents
Workshop on
Unheard Voices of Women: Breaking the Silence
Date: 4th September,2025
Time: 10 am onwards
Venue: Room 5
Ms. Neelam Sharma
Faculty, Department of HDFE, JDMC
Ms. Nirmala Muralidhar
Ms. Prerna Butta
Teacher Coordinators
Dr. Kush Kumar Gayasen
IQAC Coordinator
Dr. Shiwani Burnwal
IQAC Deputy Coordinator
Prof. Swati Pal
Principal


GPS Map Camera
New Delhi, Delhi, India
17, Near Railway Dispensary, Railway Colony, Old Rajinder Nagar, Rajinder Nagar, New Delhi, Delhi 110060, India
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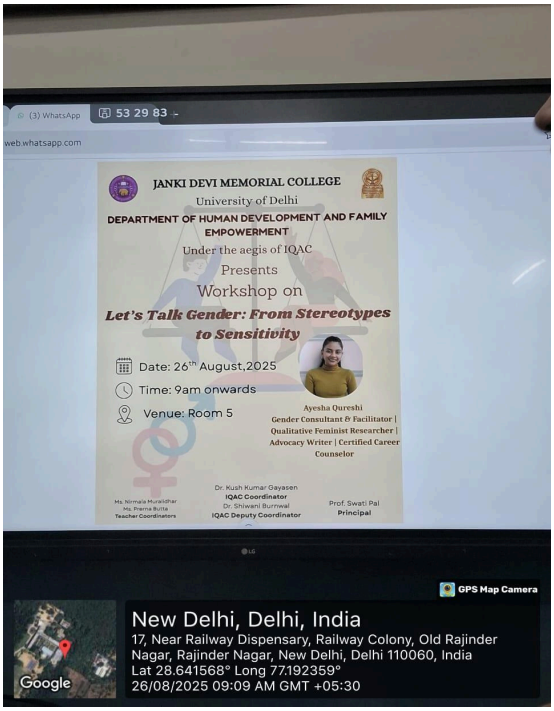
21. Let's Talk Gender: From Stereotypes to Sensitivity

The Department of Human Development and Family Empowerment organised a workshop on Let's Talk Gender: From Stereotypes to Sensitivity on 26 August 2025 in Room No. 5. The resource person for the workshop was Ms. Ayesha Qureshi, Gender Consultant and Facilitator. The session helped students understand gender norms, biases, and the importance of sensitivity through interactive discussions and reflective activities.

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22.**NCC-Disaster Management Workshop**

This session was conducted on 11th February 2026 by Dr. Kaushal Kishor to spread awareness about fire safety among cadets. He explained the causes of fire accidents, safety measures, evacuation procedures, and demonstrated techniques like “STOP, DROP and ROLL” and the PASS method for using fire extinguishers. The session was highly informative and practical, enhancing the cadets’ preparedness and confidence to handle emergency situations effectively.



23. Bystander Session : On 13th February,2026 a session conducted by Lt. (Dr.) Debahuti Brahmachari was focused on transforming passive observers into responsible bystanders and was based on the RISE model Reflect, Interrupt, Support and Engage. Cadets learned practical techniques to intervene safely in situations of harassment or injustice and understood different types of responses through real life examples. This session was informative and encouraged awareness, empathy and responsible action.



