

**Department Of Development and Family Empowerment**  
**Department Association Report**  
**(2022 – 2023)**

**1. WORKSHOP ON ‘BASICS OF POWER POINT PRESENTATION – 25<sup>TH</sup> MAY, 2023**

The Department of Human Development and Family Empowerment, JDMC organized a workshop, on “Basics of power point presentation” on 25<sup>th</sup> May, 2023. The speaker for the workshop was Ms. Perna Butta, Assistant Professor, Department of Human Development and Family Empowerment, Janki Devi Memorial College, University of Delhi. The workshop was held in Room No. 5, JDMC. Participants gained valuable insights on creating visually appealing slides and learned practical techniques to enhance their presentation skills



**Workshop on ‘Basics of power point presentation – 25<sup>th</sup> May, 2023**





**जानकी देवी मेमोरियल कॉलेज**  
**दिल्ली विश्वविद्यालय**  
**मानव विकास एवं परिवार सशक्तिकरण विभाग**  
**कार्यशाला**  
**पावरपॉइंट प्रस्तुति की मूल बातें**



**प्रेरणा बुट्टा**  
 असिस्टेंट प्रोफेसर, एचडीएफई विभाग  
 जानकी देवी मेमोरियल कॉलेज  
 दिल्ली विश्वविद्यालय  
 25 मई, 2023; 2:30pm  
 स्थान: कमरा नंबर 5

निर्मला मुरलीधर  
 फैकल्टी कोऑर्डिनेटर

प्रो. स्वाति पाल  
 प्राचार्य, JDMC

**Workshop on ‘Basics of power point presentation – 25<sup>th</sup> May, 2023**



**Workshop on ‘Basics of power point presentation – 25<sup>th</sup> May, 2023**



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Workshop on 'Basics of power point presentation – 25<sup>th</sup> May, 2023

## 2. TALK ON “RESEARCH METHODS IN HUMAN DEVELOPMENT” – 3<sup>RD</sup> MAY, 2023

The Department of Human Development and Family Empowerment, JDMC organized a talk, on “Research methods in Human Development” on 3<sup>rd</sup> May, 2023. The speaker for the talk was Ms. Charu Kala, Associate Professor, Department of Sociology, Janki Devi Memorial College, University of Delhi. The talk was held in Room No. 4, JDMC. Ms. Kala covered quantitative and qualitative approaches, including, interviews, observation, questionnaire, and case study. It was an insightful and comprehensive presentation.



**Janki Devi Memorial College**  
 University of Delhi

**Department of Human Development & Family Empowerment**

**TALK ON-**  
*Research Methods in Human Development*

**SPEAKER: Ms. Charu Kala**  
 Associate Professor,  
 Department of Sociology,  
 Janki Devi Memorial College,  
 University of Delhi

**DATE & TIME: 3rd May, 2023**  
 10:00 am

**VENUE: Room No. 4**

Ms. Nirmala Muralidhar  
 Ms. Prerna Butta  
 Faculty co-ordinators

Prof. Swati Pal  
 Principal, JDMC



**जानकी देवी मेमोरियल कॉलेज**  
 दिल्ली विश्वविद्यालय

**मानव विकास एवं परिवार सशक्तिकरण विभाग**

**चर्चा विषय- मानव विकास:अध्ययन विधियाँ**

**वक्ता- चारु काला**  
 एसोसिएट प्रोफेसर,  
 समाजशास्त्र विभाग,  
 जानकी देवी मेमोरियल कॉलेज,  
 दिल्ली विश्वविद्यालय

**तिथि और समय- 3 मई, 2023**  
 10:00 am

**स्थान- रूम नंबर 4**

निर्मला मुरलीधर  
 प्रेरणा बुट्टा  
 फैकल्टी कोऑर्डिनेटर

प्रो. स्वाति पाल  
 प्राचार्य, JDMC

**Talk on “Research methods in Human Development” – 3<sup>rd</sup> May, 2023**



**Talk on “Research methods in Human Development” – 3<sup>rd</sup> May, 2023**



**Talk on “Research methods in Human Development” – 3<sup>rd</sup> May, 2023**





**Talk on “Research methods in Human Development” – 3<sup>rd</sup> May, 2023**



Talk on “Research methods in Human Development” – 3<sup>rd</sup> May, 2023

### **3. ORTHOPAEDIC DISABILITIES IN CHILDREN - ROLE OF EARLY INTERVENTION (23RD MARCH, 2023) - MS. SUPERNA GUPTA**


The Department of Human Development and Family Empowerment, JDMC organized an informative talk on "Orthopaedic disabilities in children - Role of Early intervention" on 23<sup>rd</sup> March, 2023. The speaker for the talk was Ms. Superna Gupta, Associate Professor, Department of HDFE, SPM College, University of Delhi. The talk was held in Room No. 5, JDMC. Ms. Gupta discussed the importance of early detection and intervention for orthopaedic disabilities in children, including physical therapy, assistive devices, and family support.

**Janki Devi Memorial College**  
 University of Delhi

Department of Human Development and Family Empowerment

**ORTHOPAEDIC DISABILITIES IN CHILDREN-  
 ROLE OF EARLY INTERVENTION.**



*Superna Gupta*  
 Associate Professor, Department HDFE  
 SPM College, University of Delhi

**23rd March, 2023; 10:00am**  
**Venue: Room no. 5**

Ms.Nirmala Muralidhar  
 Ms. Prena Butta  
 Faculty Coordinators

Prof. Swati Pal  
 Principal, JDMC

**Orthopaedic disabilities in Children - Role of Early Intervention - 23<sup>rd</sup> March, 2023**



**Orthopaedic disabilities in Children - Role of Early Intervention - 23<sup>rd</sup> March, 2023**





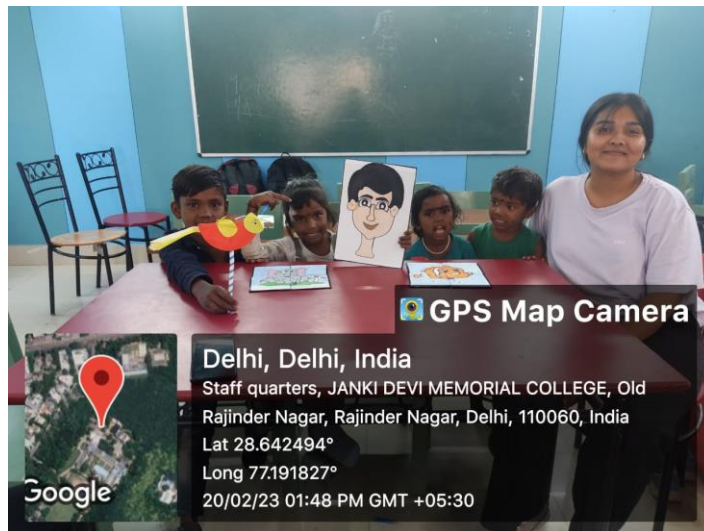
**Orthopaedic disabilities in Children - Role of Early Intervention - 23<sup>rd</sup> March, 2023**

#### **4. INTERNSHIP IN PLAY SCHOOLS - FEBRUARY, 2023 – MARCH, 2023**

Second year students of HDFE Department did their internship as a part of their practical work, in different play schools and construction sites. This hands-on experience provided the students with a deeper understanding of the practical aspects of working in a play school setting. Through this internship, the students gained insight into the challenges and rewards of working with young children, as well as the importance of fostering a positive and supportive learning environment. Overall, the internship was a valuable opportunity for the students to apply their theoretical knowledge to real-world situations and gain practical experience in the field of child education.



**Internship in play schools - February, 2023 – March, 2023**





Internship in play schools - February, 2023 – March, 2023



Internship in play schools - February, 2023 – March, 2023



Internship in play schools ( and construction sites) - February, 2023 – March, 2023





Internship in play schools - February, 2023 – March, 2023



### Internship in play schools - February, 2023 – March, 2023

#### 5. MANAGING BEHAVIOUR CONCERNS IN CHILDREN – 28<sup>TH</sup> FEBRUARY, 2023

The Department of HDFE organized an insightful talk on "Managing Behaviour Concerns in Children" on 28th February 2023. The speaker for the event was Ms. Dipika Sharma, Psychologist and Rehabilitation Counselor -RCI registered, specialization in child and Adolescent, Alumna, JDMC. The talk was held in Room No. 5, JDMC and was attended by an enthusiastic audience eager to learn about effective strategies for managing challenging behavior in children. Ms. Sharma's talk was well-received by the students.


  
**Janki Devi Memorial College**  
 University of Delhi  
 Department of Human Development and Family Empowerment  
**Managing Behaviour Concerns in Children**  
  
***Dipika Sharma***  
 Psychologist & Rehabilitation Counselor (RCI Registered),  
 Specialization in Child & Adolescent  
 Alumna JDMC  
**28th February, 2023; 9:30am**  
 Venue: Room Number 5  
 Ms.Nirmala Muralidhar  
 Ms. Purna Butta  
 Faculty Coordinators  
 Prof. Swati Pal  
 Principal, JDMC

**Managing behaviour concerns in children – 28<sup>th</sup> February, 2023**



**Managing behaviour concerns in children – 28<sup>th</sup> February, 2023**





**Managing behaviour concerns in children – 28<sup>th</sup> February, 2023**

## **6. AUTISM SPECTRUM DISORDER – DIAGNOSIS AND TREATMENT – 7<sup>TH</sup> FEBRUARY, 2023**

The Department of Human Development and Family Empowerment, JDMC organized an informative talk on "Autism Spectrum Disorder – Diagnosis and Treatment" on 7th February 2023. The speaker for the event was Sukriti Sachdeva Dhawan, Pediatric Counseling Psychologist. The talk was held in Room No. 5, JDMC, and was well-attended by the students. Ms. Dhawan's talk was enlightening and provided valuable insights on the various techniques and approaches used in the diagnosis and treatment of Autism Spectrum Disorder.

**Janki Devi Memorial College**  
 University of Delhi

*Department of Human Development and Family Empowerment*

**Autism Spectrum Disorder -Diagnosis & Treatment**

**Sukriti Sachdeva Dhawan**  
 Pediatric Counseling Psychologist

**7<sup>TH</sup> FEBRUARY, 2023:**  
**10:00AM**  
 (Venue- Room No. 5)

Ms. Nirmala Muralidhar  
 Ms. Prerna Butta  
 Faculty Coordinators

Prof. Swati Pal  
 Principal, JDMC

**Autism Spectrum Disorder – Diagnosis and Treatment – 7<sup>th</sup> February, 2023**



**Autism Spectrum Disorder – Diagnosis and Treatment – 7<sup>th</sup> February, 2023**



**Autism Spectrum Disorder – Diagnosis and Treatment – 7<sup>th</sup> February, 2023**



**Autism Spectrum Disorder – Diagnosis and Treatment – 7<sup>th</sup> February, 2023**



**Autism Spectrum Disorder – Diagnosis and Treatment – 7<sup>th</sup> February, 2023**

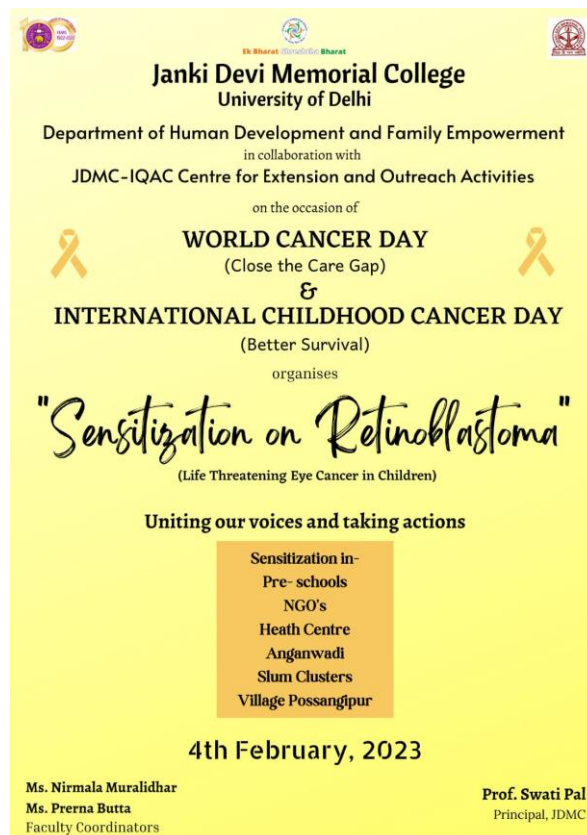


**Autism Spectrum Disorder – Diagnosis and Treatment – 7<sup>th</sup> February, 2023**

## 7. SENSITIZATION ON RETINOBLASTOMA – 4<sup>TH</sup> FEBRUARY, 2023

On the occasion of World Cancer Day and International Childhood Cancer Day, the Department of Human Development and Family Empowerment (HDFE) organized an event titled "Sensitization on Retinoblastoma" on 4th February 2023 in collaboration with JDMC-IQAC Center for Extension and Outreach Activities. The event was flagged off at Janki Devi Memorial College, where students and faculty sensitized the community about the importance of early detection and treatment of eye cancer in children.

The initiative aimed to create awareness about eye cancer in children and was conducted in multiple locations such as preschools, NGOs, health centers, Anganwadis at Possangipur village, slum clusters. They distributed flyers and conducted eye screening for children. The event had a significant impact as it reached out to a large number of people, educating them about the signs, diagnosis, and treatment of retinoblastoma.



The poster is yellow with black and orange text. It features logos at the top for Janki Devi Memorial College, University of Delhi, and the Department of Human Development and Family Empowerment. The main text reads: "Janki Devi Memorial College, University of Delhi, Department of Human Development and Family Empowerment, in collaboration with JDMC-IQAC Centre for Extension and Outreach Activities, on the occasion of WORLD CANCER DAY (Close the Care Gap) & INTERNATIONAL CHILDHOOD CANCER DAY (Better Survival), organises 'Sensitization on Retinoblastoma' (Life Threatening Eye Cancer in Children). Uniting our voices and taking actions. Sensitization in- Pre-schools, NGO's, Health Centre, Anganwadi, Slum Clusters, Village Possangipur. 4th February, 2023. Ms. Nirmala Muralidhar, Ms. Prerna Butta, Faculty Coordinators. Prof. Swati Pal, Principal, JDMC."/>

**Janki Devi Memorial College**  
University of Delhi

Department of Human Development and Family Empowerment  
in collaboration with  
JDMC-IQAC Centre for Extension and Outreach Activities

on the occasion of

**WORLD CANCER DAY**  
(Close the Care Gap)

**&**

**INTERNATIONAL CHILDHOOD CANCER DAY**  
(Better Survival)

organises

**"Sensitization on Retinoblastoma"**  
(Life Threatening Eye Cancer in Children)

**Uniting our voices and taking actions**

Sensitization in-  
Pre- schools  
NGO's  
Health Centre  
Anganwadi  
Slum Clusters  
Village Possangipur

4th February, 2023

Ms. Nirmala Muralidhar  
Ms. Prerna Butta  
Faculty Coordinators

Prof. Swati Pal  
Principal, JDMC

**Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023**



**Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023**



**Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023**



Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023



Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023

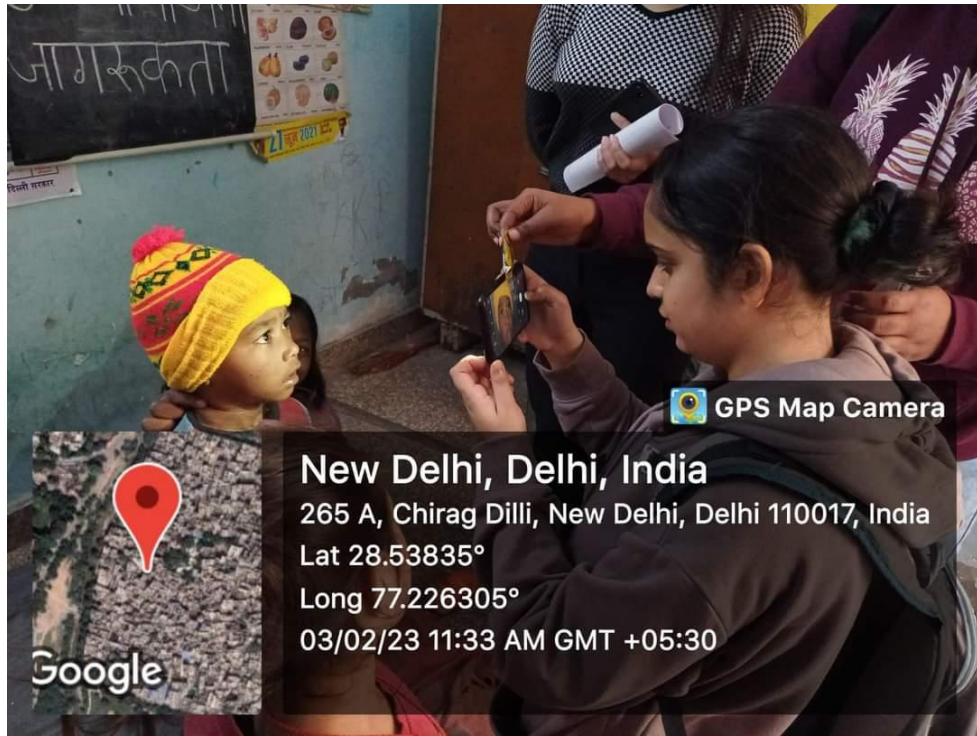


Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023



Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023





**Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023**



**Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023**



Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023

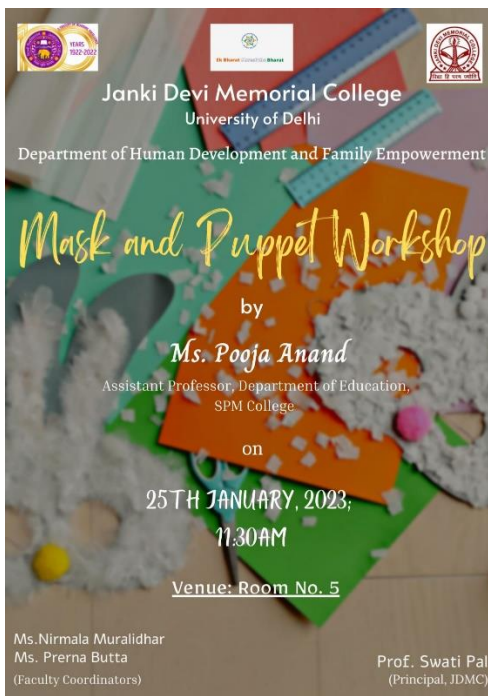


Sensitization on Retinoblastoma – 4<sup>th</sup> February, 2023

## **8. MASK AND PUPPET WORKSHOP – 25<sup>TH</sup> JANUARY, 2023**

The Department of Human Development and Family Empowerment, Janki Devi Memorial College, University of Delhi organised a 'Mask and Puppet Workshop' on 25<sup>th</sup> January, 2023 in Room Number 5. The workshop was conducted by Ms. Pooja Anand, Assistant Professor, Department of Education, Shyama Prasad Mukherji College, University of Delhi.

Ms. Anand demonstrated the preparation of different types of puppet like, stick puppet, hand puppet, masks to name a few. The workshop was very engaging and beneficial for the students.



**Mask and Puppet Workshop – 25<sup>th</sup> January, 2023**



**Mask and Puppet Workshop – 25<sup>th</sup> January, 2023**



**Mask and Puppet Workshop – 25<sup>th</sup> January, 2023**



**Mask and Puppet Workshop – 25<sup>th</sup> January, 2023**



**Mask and Puppet Workshop – 25<sup>th</sup> January, 2023**



**Mask and Puppet Workshop – 25<sup>th</sup> January, 2023**

**9. EDUCATION OF CHILDREN WITH SPECIAL NEEDS (ON THE OCCASION OF INTERNATIONAL DAY OF PERSONS WITH DISABILITIES) - 2<sup>ND</sup> DECEMBER, 2022**

On the occasion of **International day of Persons with Disabilities**, the Department of HDFE under the aegis of JDMC-IQAC Center for Extension and Outreach Activities organized a session titled, “**Education of children with special needs**” on **2<sup>nd</sup> December, 2022**. The speaker for this workshop was Ms. Jaisika Goel, Founder Director Crafting Lives, Therapy Center for Special Needs, RCI registered professional.






**Janki Devi Memorial College**  
 University of Delhi  
 Department of Human Development and Family Empowerment  
*under the aegis of*  
 JDMC-IQAC Centre for Extension and Outreach Activities  
*on the occasion of*  
**International Day of Persons with Disabilities**  
**EDUCATION OF CHILDREN WITH SPECIAL NEEDS**

  
**Ms. Jaisika Goel**  
 Founder Director Crafting Lives, Therapy Center for Special Needs  
 RCI Registered Professional

**2nd December, 2022;**  
**5:00 pm**  
 (Mode-Online)

Ms.Nirmala Muralidhar  
 Ms. Purna Butta  
 (Faculty Coordinators)

Prof. Swati Pal  
 (Principal, JDMC)

**Education of children with special needs (on the occasion of International day of persons with disabilities) - 2<sup>nd</sup> December, 2022**

**EDUCATION OF CHILDREN WITH SPECIAL**

**SPEAKER: JAISIKA GOEL (FOUNDER-DIRECTOR)**  
 CRAFTING LIVES (THERAPY CENTER FOR SPECIAL NEEDS)

[www.craftinglives.com](http://www.craftinglives.com)  
 Email: [jaisika@gmail.com](mailto:jaisika@gmail.com)

YouTube:  
<https://www.youtube.com/@craftinglives-specialeducation>  
<https://www.facebook.com/forthespecialchild>

Participants: Anshita Sharma, Nirmala Muralidhar, Shivani

**Education of children with special needs (on the occasion of International day of persons with disabilities) - 2<sup>nd</sup> December, 2022**

**DIFFERENT TYPES OF SPECIAL NEEDS IN A SCHOOL SETUP**

- Orthopedic impairments or locomotor disability
- Intellectual impairments
- Academic impairments or learning disability
- Speech impairments
- Autism Spectrum Disorders
- Multiple disabilities
- Visual impairments
- Hearing impairments

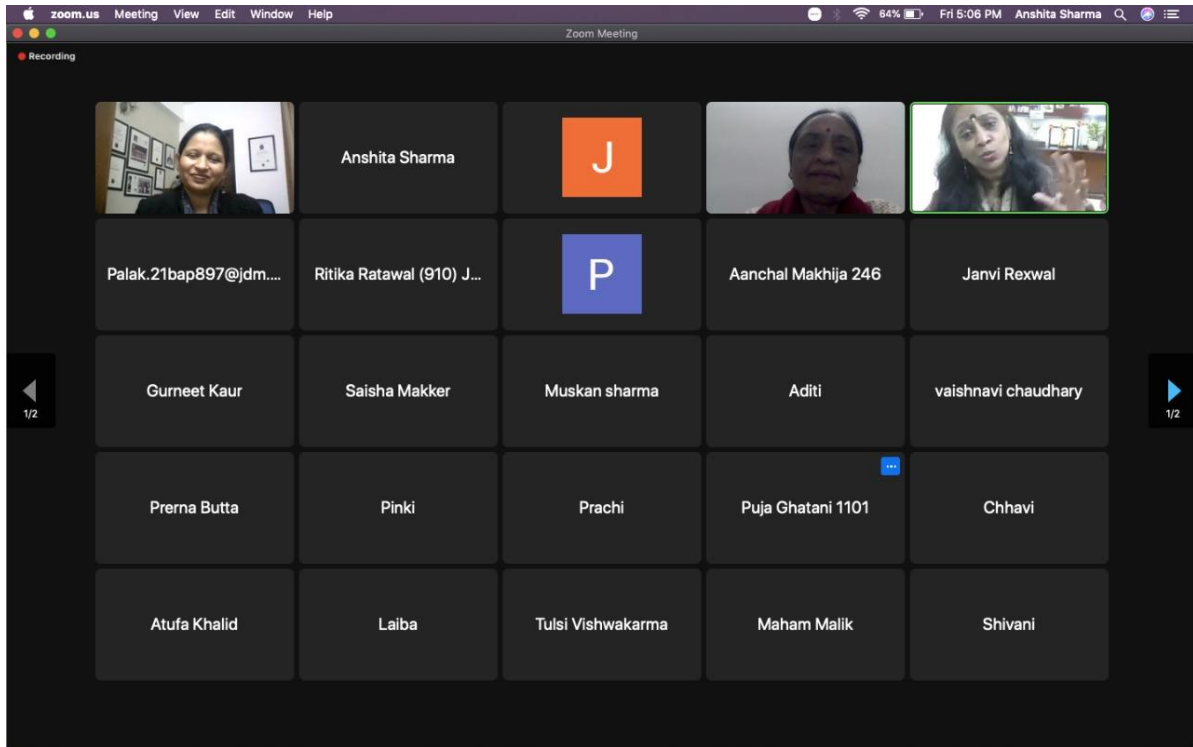
**Education of children with special needs (on the occasion of International day of persons with disabilities) - 2<sup>nd</sup> December, 2022**

**FACILITATING INCLUSION IN SCHOOLS  
ROLE OF SPECIAL EDUCATOR**

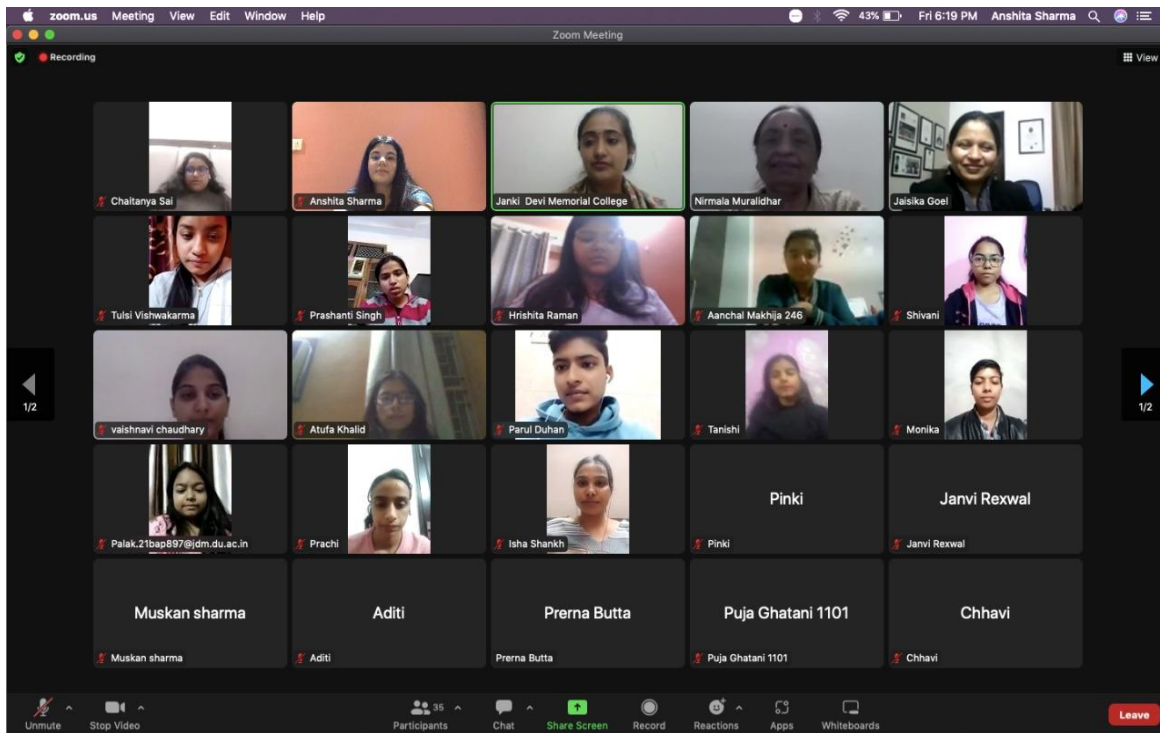
- Work on behavior management of CSN
- Development of Individual Education Plan (IEP)
- Work on classroom structure- Peer tutoring, video taped lectures, etc.
- Support Children with Special Needs (CSN) to facilitate learning modes of examination, centers.

**Education of children with special needs (on the occasion of International day of persons with disabilities) - 2<sup>nd</sup> December, 2022**





**Education of children with special needs (on the occasion of International day of persons with disabilities) - 2<sup>nd</sup> December, 2022**



**Education of children with special needs (on the occasion of International day of persons with disabilities) - 2<sup>nd</sup> December, 2022**

## 10. VISIT TO MATERNAL AND CHILD HEALTH CENTER – 9<sup>TH</sup> NOVEMBER, 2022

The students (II year) of the HDFE department visited the Maternal and Child Health Center (12, block 52, Rajinder Nagar, New Delhi) on November 9, 2022, to understand the services provided and objectives of the MCH center.

MCH Center is a government center. All the services like family planning, a complete health checkup of mother and child (from conception to birth), health education for parents, taking care of children, immunisation of mother and child, iron and folic acid tablets, etc. are facilitated by the government itself.

The walls of the centre were full of posters, which provided necessary information about immunization, breast feeding, thyroid disorders, and "Schedule." The centre was clean and highly organised. They showed the data through different charts, which included their "monthly reporting of family planning" and "monthly report of child immunisation."



Visit to maternal and child health center – 9<sup>th</sup> November, 2022



**Visit to maternal and child health center – 9<sup>th</sup> November, 2022**



**Visit to maternal and child health center – 9<sup>th</sup> November, 2022**



Visit to maternal and child health center – 9<sup>th</sup> November, 2022



Visit to maternal and child health center – 9<sup>th</sup> November, 2022



**Visit to maternal and child health center – 9<sup>th</sup> November, 2022**



**Visit to maternal and child health center – 9<sup>th</sup> November, 2022**

## 11. TEACHER'S DAY CELEBRATION – 5<sup>TH</sup> SEPTEMBER, 2022



Teacher's day celebration – 5<sup>th</sup> September, 2022



**Teacher's day celebration – 5<sup>th</sup> September, 2022**



**Teacher's day celebration – 5<sup>th</sup> September, 2022**



**Teacher's day celebration – 5<sup>th</sup> September, 2022**

## **12. WORLD FOOD DAY 'DONATE A THALI' – 14<sup>TH</sup> OCTOBER, 2022 TO 23<sup>RD</sup> OCTOBER, 2022**

On the occasion of World Food Day, the Department of HDFE under the aegis of JDMC-IQAC Center for Extension and Outreach Activities participated in 'Donate a Thali' initiative in association with Love Care Foundation. We were able to contribute 276 thalis. Students and faculty members of HDFE department volunteered for this Campaign at Noida and Kaushambi and distributed the thalis to the underprivileged.








**Janki Devi Memorial College**  
University of Delhi

Department of Human Development and Family Empowerment  
under the aegis of  
**JDMC-IQAC Centre for Extension and Outreach Activities**  
in association with  
**Love Care Foundation**

# Donate a Thali

(14th October, 2022 - 23rd October, 2022)

**16th October, 2022 - World Food Day**  
at  
**KAUSHAMBI CENTRAL PARK**  
(12.00 - 2.00PM)  
Join us to distribute a thali



**Scan to Donate**  
Cost per thali: 99/-

**paytm** - 8920468308    **G Pay** - 9899079000

UPI ID: lovecare.foundation@okicoid

Ms. Nirmala Muralidhar  
Ms. Prerna Butta  
(Faculty Coordinators)

Mr. Sanjoo Dadroo  
(National Director, Love Care Foundation)  
Ms. Reema Malhotra  
(Director Projects, Love Care Foundation)

Prof. Swati Pal  
(Principal, JDMC)

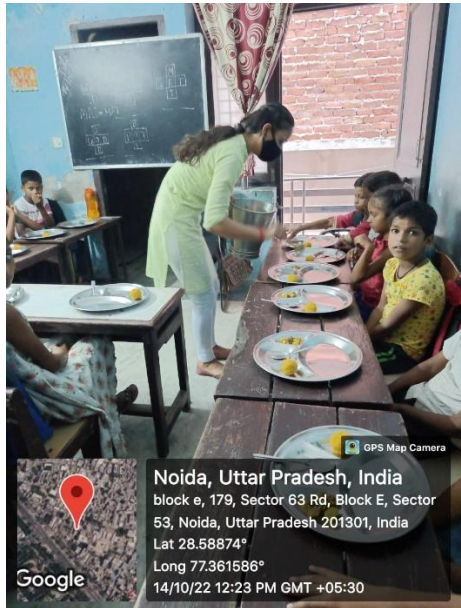
**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022 (Certificates received by JDMC and HDPE Department)**



**World Food Day ‘Donate a Thali’ – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**



**World Food Day 'Donate a Thali' – 14<sup>th</sup> October, 2022 to 23<sup>rd</sup> October, 2022**

### **13. JOY OF GIVING WEEK – 2<sup>ND</sup> OCTOBER, 2022 TO 8<sup>TH</sup> OCTOBER, 2022**

The Joy of Giving also known as Daan Utsav is a festival of giving, which is celebrated in the first week of October every year. The Department of HDFE, JDMC under the aegis of JDMC-IQAC Centre for Extension and Outreach Activities successfully celebrated the Joy of Giving Week (PAN India).

#### **Activities of Joy of Giving by the Department of HDFE**

**Day 1 (2<sup>nd</sup> October, 2022)** - Hum Honge Kamyab (NGO), Chakul, an organization, and nearby neighborhood

Distributed eatables and did some activities with children

**Day 2 (3<sup>rd</sup> October, 2022)**

Senior Citizens Home – distributed tea time snacks

Children of the World – Distributed some stationary items

Some students distributed eatables and stationary items to the children in their neighborhood.

**Day 3 (4<sup>th</sup> October, 2022)**

The Earth Saviours Foundation (NGO) – Distributed eatables

Distributed eatables and did some activities with children (near neighborhood)




**Day 4 (5<sup>th</sup> October, 2022)**

Distributed eatables near the residential areas

**Day 5 (6<sup>th</sup> October, 2022)**

Nav Jeevan Prayas - Distributed some stationary items

Students distributed eatables to the children near their residential area.



**Janki Devi Memorial College**  
University of Delhi

Department of Human Development and Family Empowerment  
*under the aegis of*  
JDMC-IQAC Centre for Extension and Outreach Activities  
*celebrates*

**Joy of Giving Week**  
(2nd October, 2022 - 8th October, 2022)

**"The joy of giving is the greatest joy of life."**

<p>Hum Honge Kamyab- 2nd Oct. Chakul- 2nd Oct. Children of the World- 3rd Oct. Seva Bharti Sanskar Kendra - 7th Oct. Senior Citizen Home Slums and Neighbourhood</p>
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Ms. Nirmala Muralidhar  
Ms. Purna Butta  
Faculty Coordinators

Prof. Swati Pal  
Principal, JDMC

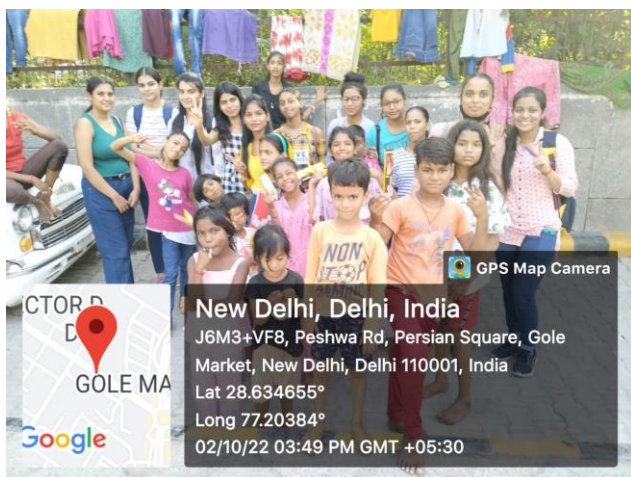




**Joy of Giving Week - - Hum Honge Kamyab, NGO (2<sup>nd</sup> October, 2022)**



**Joy of Giving Week - Hum Honge Kamyab, NGO (2<sup>nd</sup> October, 2022)**



**Joy of Giving Week - Chakul (2<sup>nd</sup> October, 2022)**



**Joy of Giving Week - Chakul (2<sup>nd</sup> October, 2022)**



**Joy of Giving Week – Near Neighborhood (2<sup>nd</sup> October, 2022)**



**Joy of Giving Week - Senior Citizens Home (3<sup>rd</sup> October, 2022)**



Joy of Giving Week - Children of the World (3<sup>rd</sup> October, 2022)



Joy of Giving Week – Near Neighborhood (3<sup>rd</sup> October, 2022)



**Joy of Giving Week - The Earth Saviours Foundation, NGO – (4<sup>th</sup> October, 2022)**



**Joy of Giving Week – Near Neighborhood (4<sup>th</sup> October, 2022)**



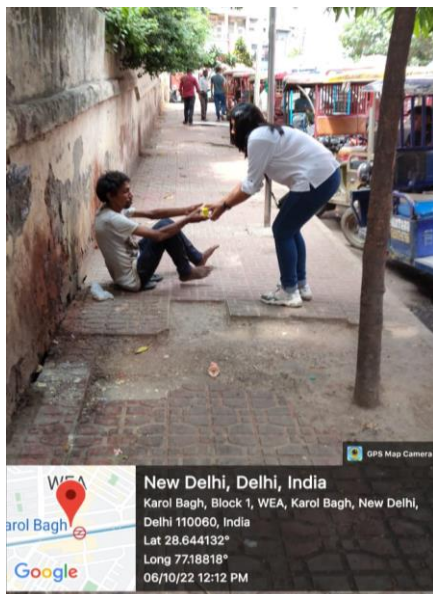
**Joy of Giving Week Near the residential areas (5<sup>th</sup> October, 2022)**



**Joy of Giving Week - Nav Jeevan Prayas (6<sup>th</sup> October, 2022)**



**Joy of Giving Week Near the residential areas (6<sup>th</sup> October, 2022)**



**Joy of Giving Week Near the residential areas (6<sup>th</sup> October, 2022)**

## 14.A TALK ON "CHILD TRAFFICKING & BONDED LABOUR" – 27<sup>th</sup> September, 2022

The Department of Human Development and Family Empowerment, JDMC in collaboration with Prayas, JAS Society organised a talk, titled “Child trafficking & bonded labour” on 27<sup>th</sup> September, 2022. The talk was delivered by Ms. Sony Sinha (Academician & Research Scholar, PK University) in Room No. 5. A total of 26 participants attended this talk (Students – 25, Faculty members – 1).



The poster is a light blue rectangular graphic with a white border. At the top, there are four logos: Prayas, JAS Society, a circular logo with '1922-2022', and the University of Delhi logo. The text is centered and reads: 'Janki Devi Memorial College, University of Delhi, Department of Human Development and Family Empowerment, in collaboration with Prayas, JAC Society'. The title 'Child Trafficking & Bonded Labour' is written in a large, black, cursive font. Below the title is a photograph of Ms. Sony Sinha, a woman in a pink and orange sari. Under the photo, her name and title are listed: 'Ms. Sony Sinha, Academician & Research Scholar, PK University'. The date and time are '27th September, 2022; 10:00am' and the venue is 'Room no. 5'. At the bottom, three names are listed as coordinators: 'Deepshikha Singh, Coordinator, Prayas JAC Society', 'Ms. Nirmala Muralidhar, Ms. Prerna Butta, Teacher Coordinators', and 'Prof. Swati Pal, Principal, JDMC'.

**Janki Devi Memorial College**  
University of Delhi

Department of Human Development and Family Empowerment  
in collaboration with  
Prayas, JAC Society

*Child Trafficking & Bonded Labour*

  
**Ms. Sony Sinha**  
Academician & Research Scholar,  
PK University

**27th September, 2022; 10:00am**  
Venue: Room no. 5

Deepshikha Singh  
Coordinator, Prayas JAC  
Society.

Ms. Nirmala Muralidhar  
Ms. Prerna Butta  
Teacher Coordinators

Prof. Swati Pal  
Principal, JDMC

A talk on "Child trafficking & bonded labour" – 27<sup>th</sup> September, 2022



A talk on "Child trafficking & bonded labour" – 27<sup>th</sup> September, 2022



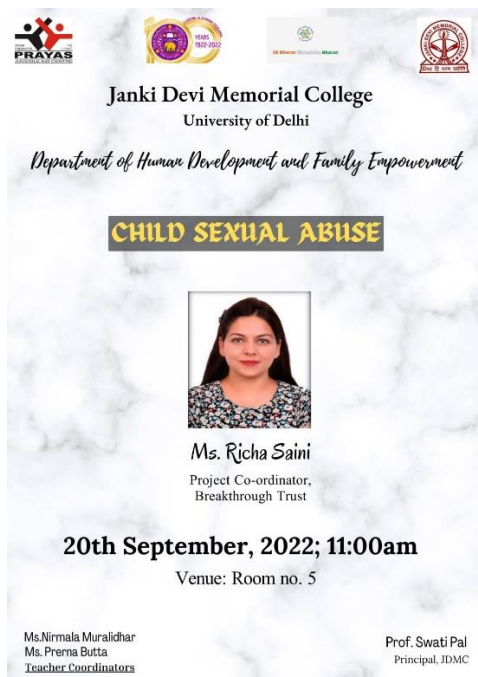
A talk on "Child trafficking & bonded labour" – 27<sup>th</sup> September, 2022



A talk on "Child trafficking & bonded labour" – 27<sup>th</sup> September, 2022

### 15.A TALK ON "CHILD SEXUAL ABUSE" – 20<sup>TH</sup> SEPTEMBER, 2022

The Department of Human Development and Family Empowerment, JDMC organised a talk, titled "Child Sexual Abuse" on 20<sup>th</sup> September, 2022. The talk was delivered by Ms. Richa Saini, Project Coordinator, Breakthrough Trust in Room No. 5. A total of 29 participants attended this talk (Students – 28, Faculty members – 1).





**A talk on "Child Sexual Abuse" – 20<sup>th</sup> September, 2022**



**A talk on "Child Sexual Abuse" – 20<sup>th</sup> September, 2022**



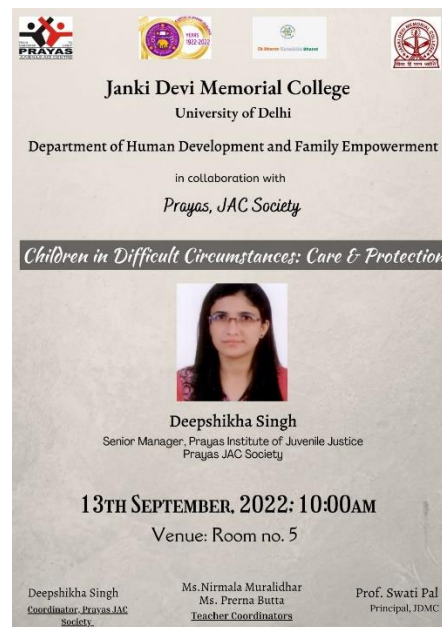
**A talk on "Child Sexual Abuse" – 20<sup>th</sup> September, 2022**



A talk on "Child Sexual Abuse" – 20<sup>th</sup> September, 2022

**16.A talk on ‘Children in Difficult Circumstances: Care and Protection’ – 13<sup>th</sup> September, 2022**

The Department of Human Development and Family Empowerment, JDMC in collaboration with Prayas, JAS Society organised a talk, titled “Children in Difficult Circumstances: Care and Protection” on 13<sup>th</sup> September, 2022. The talk was delivered by Ms. Deepshikha Singh, Senior Manager, Prayas Institute of Juvenile Justice Prayas, JAC Society in Room No. 5. A total of 31 participants attended this talk (Students – 29, Faculty members – 2).



A talk on ‘Children in Difficult Circumstances: Care and Protection’ – 13<sup>th</sup> September, 2022



A talk on 'Children in Difficult Circumstances: Care and Protection' – 13<sup>th</sup> September, 2022



A talk on 'Children in Difficult Circumstances: Care and Protection' – 13<sup>th</sup> September, 2022



**A talk on ‘Children in Difficult Circumstances: Care and Protection’ – 13<sup>th</sup> September, 2022**

### **17.WEBINAR ON CELEBRATE A WORLD OF FLAVORS – 9<sup>TH</sup> SEPTEMBER, 2022**

The Department of HDFE, JDMC organised a webinar titled "Celebrate a world of flavors" on 9<sup>h</sup> September, 2022 in the National Nutrition Month. The speaker for this workshop was Ms. Mamta Marwaha, Associate Professor, Department of Food Technology, SPM College, University of Delhi. The webinar was very interesting and informative. The speaker talked about various topics, like healthy eating, portion size, food safety guidelines, and Importance of drinking water to name a few. A total of 38 participants attended this webinar on Zoom platform,



# Janki Devi Memorial College

University of Delhi

Department of Human Development and Family Empowerment

## National Nutrition Month

(September, 2022)

**CELEBRATE A WORLD OF FLAVORS**



### **Ms. Mamta Marwaha**

Associate Professor,

Department of Food Technology, SPM College, University of Delhi

**9th September, 2022; 9:30am**

Platform: Zoom

Teacher Coordinators

Ms. Nirmala Muralidhar

Ms. Purna Butta

Prof. Swati Pal

Principal, JDMC

**Webinar on celebrate a world of flavors – 9<sup>th</sup> September, 2022**

Recording... You are viewing Mamta Marwaha's screen View Options

## WHAT DOES HEALTHFUL EATING LOOK LIKE?

Unmute Start Video Security Participants 38 Polls Chat Share Screen Raise Hand Pause/Stop Recording Breakout Rooms Apps Whiteboards More End

Nirmala Muralidhar  
Nirmala Muralidhar

Janki Devi Memorial ...  
Janki Devi Memorial ...

Palak.21bap897 ...  
Palak.21bap897@dm...

Anima  
Anima

shalvi singh  
shalvi singh

**Mamta Marwaha**  
Mamta Marwaha

**Webinar on celebrate a world of flavors – 9<sup>th</sup> September, 2022**

Recording...

## TIPS TO REDUCE ADDED SUGAR IN OUR DIET

- Sweeten yogurt with fruits.
- Add cinnamon and dried fruits to breakfast cereals.
- Encourage healthier drinks like plain milk or water for young children.
- Use 100% fruit juice with pulp for making fruit punch.
- Replace ice cream with low fat milk/yogurt in homemade smoothies.

**Mamta Marwaha**  
Mamta Marwaha

Janki Devi Memorial ...  
Janki Devi Memorial ...

Nirmala Muralidhar ...  
Nirmala Muralidhar

Tulsi Vishwakarma ...  
Tulsi Vishwakarma

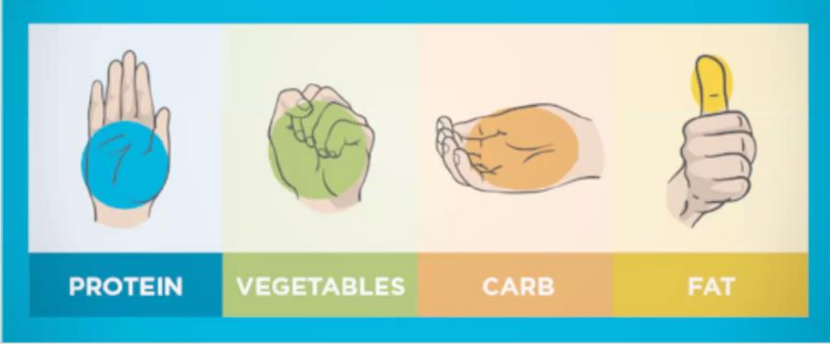
Palak.21bap897 ...  
Palak.21bap897@dm...

Prerna Butta  
Prerna Butta

**Webinar on celebrate a world of flavors – 9<sup>th</sup> September, 2022**

Recording... You are viewing Mamta Marwaha's screen View Options

### 3. WATCH PORTION SIZE



The infographic illustrates four portion size guides based on hand parts:

- PROTEIN:** Palm of the hand (blue circle)
- VEGETABLES:** Fist (green circle)
- CARB:** Cupped hand (orange circle)
- FAT:** Thumb (yellow circle)

Unmute Start Video Security Participants 37 Polls Chat Share Screen Raise Hand Pause/Stop Recording Breakout Rooms Apps Whiteboards More End

Nirmala Muralid...  
Nirmala Muralidhar

Janki Devi Mem...  
Janki Devi Memorial ...

Palak.21bap897...  
Palak.21bap897@jdm...

Anima  
Anima

shalvi singh  
shalvi singh

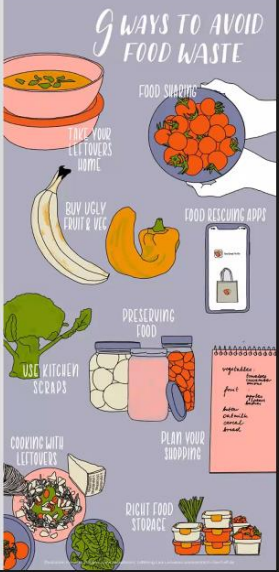
**Mamta Marwaha**  
Mamta Marwaha

**Webinar on celebrate a world of flavors – 9<sup>th</sup> September, 2022**

Recording...

### 19. MAKE AN EFFORT TO REDUCE FOOD WASTE

- Check what foods you have on hand before stocking up.
- Only buy perishable foods you will use or freeze within a couple of days.
- Get creative with leftovers. Transform leftover veggies and meat into soups, salads or sandwiches. They can be wrapped in a tortilla or stuffed in a Pita or made into a frankie.
- Donate extra food to a local shelter.
- Consider composting.



**9 WAYS TO AVOID FOOD WASTE**

- TAKE YOUR LEFTOVERS HOME
- BUY UGLY FRUIT & VEG
- USE KITCHEN SCRAPS
- COOKING WITH LEFTOVERS
- FOOD SHARING
- FOOD RESCUING APPS
- PRESERVING FOOD
- PLAN YOUR SHOPPING
- RIGHT FOOD STORAGE

Mamta Marwaha  
Mamta Marwaha

Janki Devi Mem...  
Janki Devi Memorial ...

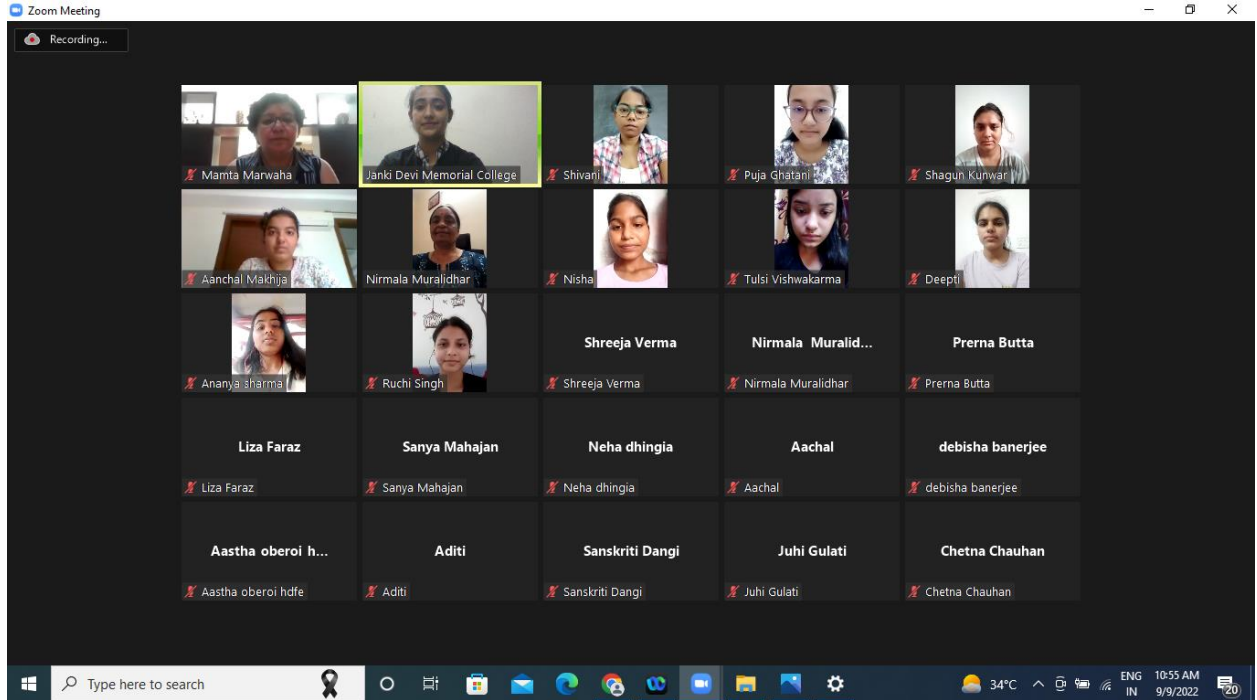
**Nirmala Muralid...**  
Nirmala Muralidhar

Tulsi Vishwakar...  
Tulsi Vishwakarma

Palak.21bap897...  
Palak.21bap897@jdm...

Prerna Butta  
Prerna Butta

**Webinar on celebrate a world of flavors – 9<sup>th</sup> September, 2022**



### Webinar on celebrate a world of flavors – 9<sup>th</sup> September, 2022

## 18. WORKSHOP ON ART OF COMMUNICATING AND ENGAGING MINDFULLY – 16<sup>TH</sup> AUGUST, 2022

The Department of HDFE, JDMC in collaboration with Eunoia you organised a workshop titled "Art of Communicating and Engaging Mindfully" on 16<sup>th</sup> August, 2022. The speaker for this workshop was Ms. Kirti Khatri, Communication specialist and Personality development trainer. The workshop of very engaging. A total of 23 participants attended this workshop (Students – 21, Faculty members – 2).





# JANKI DEVI MEMORIAL COLLEGE

DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT

in collaboration with  
**EUNOIAYOU**



## MS KIRTI KHATRI

COMMUNICATION SPECIALIST | PERSONALITY DEVELOPMENT TRAINER | 7+ YEARS OF EXPERIENCE | TRAINED OVER 1500+ STUDENTS AND 700+ WORKING PROFESSIONALS | TEFL SPECIALIST IN BUSINESS ENGLISH TEACHER TRAINING

## ART OF COMMUNICATING & ENGAGING MINDFULLY

ON 16TH AUGUST 2022, TUESDAY & 9:30 AM ONWARDS

RUCHI RATHI (EVENT COORDINATOR, EUNOIAYOU)

MS. NIRMALA MURALIDHAR  
MS. PRERNA BUTTA  
(FACULTY COORDINATORS, JDMC)

PROF. SWATI PAL  
(PRINCIPAL, JDMC)

More Information :

+91 7740967555

[www.eunoiayou.com](http://www.eunoiayou.com)

**Workshop on Art of communicating and engaging mindfully – 16<sup>th</sup> August, 2022**



**Workshop on Art of communicating and engaging mindfully – 16<sup>th</sup> August, 2022**



**New Delhi, Delhi, India**

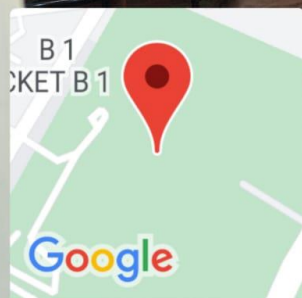
MAIN CAMPUS, JANKI DEVI MEMORIAL COLLEGE, J.D.M.C Rd, Old  
Rajinder Nagar, Rajinder Nagar, New Delhi, Delhi 110001, India

Lat 28.641507°

Long 77.192384°

16/08/22 09:50 AM

**Workshop on Art of communicating and engaging mindfully – 16<sup>th</sup> August, 2022**



**नई दिल्ली, दिल्ली, भारत**

ADMIN BLOCK, JANKI DEVI MEMORIAL COLLEGE, ओल्ड राजिंदर  
नगर, राजिंदर नगर, नई दिल्ली, दिल्ली 110001, भारत

Lat 28.641541°

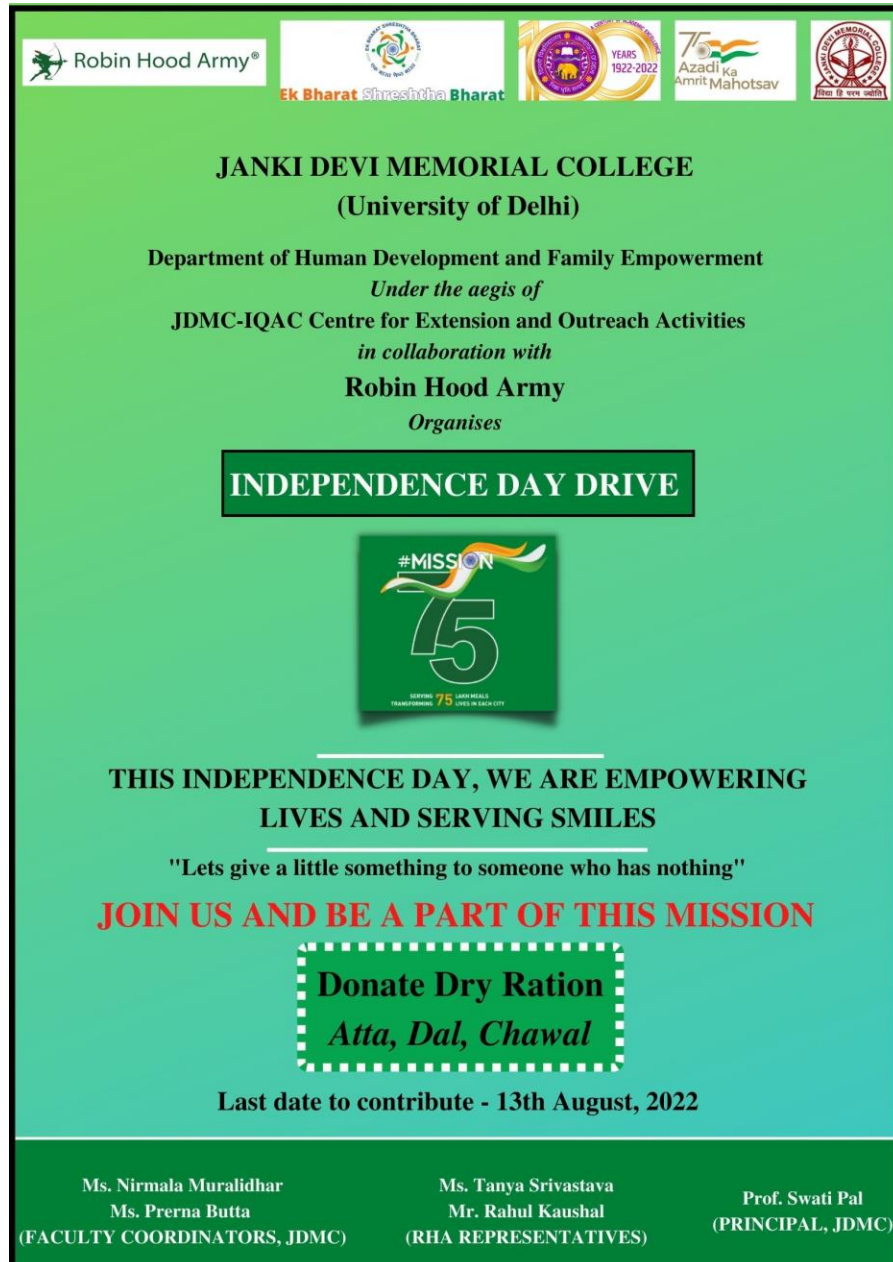
Long 77.1923°

16/08/22 09:53 AM

**Workshop on Art of communicating and engaging mindfully – 16<sup>th</sup> August, 2022**

## 19.INDEPENDENCE DAY DRIVE – 7<sup>th</sup> August, 2022 to 14<sup>th</sup> August, 2022

The Department of Human Development and Family Empowerment under the aegis of JDMC-IQAC Center for Extension and Outreach Activities in collaboration with Robinhood Army (RHA) organized an Independence Day Drive, where we distributed dry ration to the people in need. RHA, Central Delhi and Department of HDFE conducted five drives in Central Delhi and distributed **1610 Kgs** of dry ration.



The poster features a green background with a white border. At the top, there are five logos: Robin Hood Army, Ek Bharat Shreshtha Bharat, 75 Years 1922-2022, Azadi Ka Amrit Mahotsav, and Janki Devi Memorial College. The main text is centered and reads: 'JANKI DEVI MEMORIAL COLLEGE (University of Delhi) Department of Human Development and Family Empowerment Under the aegis of JDMC-IQAC Centre for Extension and Outreach Activities in collaboration with Robin Hood Army Organises INDEPENDENCE DAY DRIVE'. Below this is a graphic for the 75th anniversary with the text '#MISSION 75 SERVING 75 LAKH MEALS TRANSFORMING 75 LIVES IN EACH CITY'. The main message is 'THIS INDEPENDENCE DAY, WE ARE EMPOWERING LIVES AND SERVING SMILES' followed by the quote 'Lets give a little something to someone who has nothing'. A red call to action says 'JOIN US AND BE A PART OF THIS MISSION'. A dashed box contains the text 'Donate Dry Ration Atta, Dal, Chawal'. The deadline is 'Last date to contribute - 13th August, 2022'. At the bottom, the names and roles of the faculty coordinators and RHA representatives are listed.

Robin Hood Army®  
Ek Bharat Shreshtha Bharat  
75 YEARS 1922-2022  
Azadi Ka Amrit Mahotsav  
JANKI DEVI MEMORIAL COLLEGE  
UNIVERSITY OF DELHI

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

Department of Human Development and Family Empowerment  
*Under the aegis of*  
JDMC-IQAC Centre for Extension and Outreach Activities  
*in collaboration with*  
**Robin Hood Army**  
*Organises*

**INDEPENDENCE DAY DRIVE**

#MISSION  
75  
SERVING 75 LAKH MEALS  
TRANSFORMING 75 LIVES IN EACH CITY

**THIS INDEPENDENCE DAY, WE ARE EMPOWERING  
LIVES AND SERVING SMILES**

"Lets give a little something to someone who has nothing"

**JOIN US AND BE A PART OF THIS MISSION**

**Donate Dry Ration**  
*Atta, Dal, Chawal*

Last date to contribute - 13th August, 2022

Ms. Nirmala Muralidhar  
Ms. Prerna Butta  
(FACULTY COORDINATORS, JDMC)

Ms. Tanya Srivastava  
Mr. Rahul Kaushal  
(RHA REPRESENTATIVES)

Prof. Swati Pal  
(PRINCIPAL, JDMC)



**Independence Day Drive - 7<sup>th</sup> August, 2022 to 14<sup>th</sup> August, 2022**



**Independence Day Drive - 7<sup>th</sup> August, 2022 to 14<sup>th</sup> August, 2022**



**Independence Day Drive - 7<sup>th</sup> August, 2022 to 14<sup>th</sup> August, 2022**



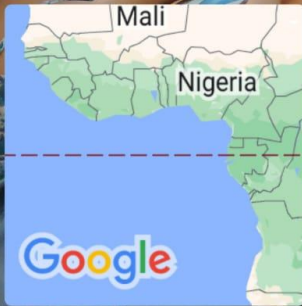
**Independence Day Drive - 7<sup>th</sup> August, 2022 to 14<sup>th</sup> August, 2022**

**20.SENSITIZING THE STUDENTS ABOUT THE INDEPENDENCE DAY DRIVE –  
29<sup>TH</sup> JULY, 2022**

Volunteers (Robins) from Robin Hood Army sensitized the students about the Independence Day Drive



GPS Map Camera



**New Delhi, Delhi, India**

MAIN CAMPUS, JANKI DEVI MEMORIAL COLLEGE, J.D.M.C Rd,  
Old Rajinder Nagar, Rajinder Nagar, New Delhi, Delhi 110001, India

Lat 28.641958°

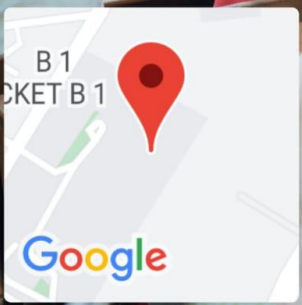
Long 77.19149°

29/07/22 09:59 AM

**Sensitizing the students about the Independence Day Drive – 29<sup>th</sup> July, 2022**



GPS Map Camera



**दिल्ली, दिल्ली, भारत**

HALL, JANKI DEVI MEMORIAL COLLEGE, ओल्ड राजिंदर नगर, राजिंदर  
नगर, दिल्ली, 110001, भारत

Lat 28.641716°

Long 77.192249°

29/07/22 10:19 AM

**Sensitizing the students about the Independence Day Drive – 29<sup>th</sup> July, 2022**





**Sensitizing the students about the Independence Day Drive – 29<sup>th</sup> July, 2022**

### **21. VISIT TO SENIOR CITIZEN'S HOME – 8<sup>TH</sup> JULY, 2022 AND 12<sup>TH</sup> JULY, 2022**

First year students of HDFE department visited the Guru Nanak Sukhshala (Old Age Home). They interacted with the senior citizens gained many life lessons from the experiences shared by them.



**Visit to Senior Citizen's Home – 8<sup>th</sup> July, 2022 and 12<sup>th</sup> July, 2022**



**Visit to Senior Citizen's Home – 8<sup>th</sup> July, 2022 and 12<sup>th</sup> July, 2022**



**Visit to Senior Citizen's Home – 8<sup>th</sup> July, 2022 and 12<sup>th</sup> July, 2022**

**22.LECTURE SERIES ON “AN OVERVIEW OF ADULTHOOD AND AGEING – 23<sup>rd</sup> MAY, 2022 TO 3<sup>rd</sup> JUNE, 2022**

The Department of HDFE under the aegis of JDMC-IQAC Centre for Extension and Outreach activities in collaboration with Prachi Educational Society organized a lecture series titled “An overview of Adulthood and Ageing” from May 23<sup>rd</sup>, 2022 to June 3<sup>rd</sup>, 2022. The speaker for this lecture series was Dr. Bhavna Bharmi, Clinical Psychologist. A total of 68 participants completed this lecture series.

**Session Details**

<b>SESSION</b>	<b>DATE</b>	<b>TOPIC</b>
Session 1	23 <sup>rd</sup> May, 2022	Introduction – about ageing, stages
Session 2	24 <sup>th</sup> May, 2022	Types of Ageing and theories
Session 3	30 <sup>th</sup> May, 2022	Issues and Challenges of Old age
Session 4	31 <sup>st</sup> May, 2022	Domains describing Successful ageing
Session 5	1 <sup>st</sup> June, 2022	Senior Citizen Homes
Session 6	2 <sup>nd</sup> June, 2022	Government Programs for the elderly
Session 7	3 <sup>rd</sup> June, 2022	Social attitudes, Movie Discussion



# **Janki Devi Memorial College**

University of Delhi

Department of Human Development and Family Empowerment

Under the aegis of

**JDMC-IQAC CENTRE FOR EXTENSION AND OUTREACH ACTIVITIES**

in collaboration with

**Prachi Educational Society**

Organises

## **AN OVERVIEW OF ADULTHOOD & AGEING (LECTURE SERIES )**



Date - 23 May 2022  
Time - 4 PM onwards



Platform - Zoom

**Prof. Rama Patnayak**

Hony. President  
PES

**Nirmala Muralidhar**

Director, Centre for Extension  
& Outreach Activities

**Prof. Swati Pal**

Principal  
JDMC

meet.google.com/pnq-dyuk-egz

Participants visible in the grid:

- PES Delhi Webinar
- AANCHAL 21bap...
- 0352 -Himanshi R...
- PINKI 21bap1502
- Nirmala Muralidh...
- Khuushi Ahlawat
- Jaya Sharma - 0641
- VAISHNAVI 21ba...
- SHWANI 21bap892
- SRISHTI 21bap890
- Suresh Sharma
- Himanshi Attri 344
- Superna Gupta
- LATIKA 21bap579
- Mohak Thwari
- PALAK 21bap897
- PUJA 21bap101
- anita varma
- GURNEET 21bap...
- PRASHANTI 21ba...
- Lakshika Tyagi
- Prof.Rama Patna...
- DEEPANSHI 21bap...
- Vanshika Panwar
- SHAGUN 21bap10...
- Kirti
- ANSHITA 21bap1108
- Riya Rinchen
- Khushbu Yaduvan...
- MUSKAN 21bap882
- 39 others
- You

3:57 PM | pnq-dyuk-egz

Type here to search

22°C Mostly sunny

ENG IN 3:57 PM 5/24/2022

meet.google.com/pnq-dyuk-egz

Lavanya Sharma is presenting

### Physical Changes

- Deterioration of hearing and vision
- Immune system is weakened
- Decreased mobility and loss of balance
- Decreased sensitivity of taste, touch, and smell
- Increase in cardiovascular and respiratory problems

Participants visible in the grid:

- Shwani Barmi
- Prof.Rama Patnayak...
- Lavanya Sharma
- AANCHAL 21bap246
- GURNEET 21bap997
- SHWANI 21bap892
- 64 others
- You

4:38 PM | pnq-dyuk-egz

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22°C Mostly sunny

ENG IN 4:38 PM 5/24/2022