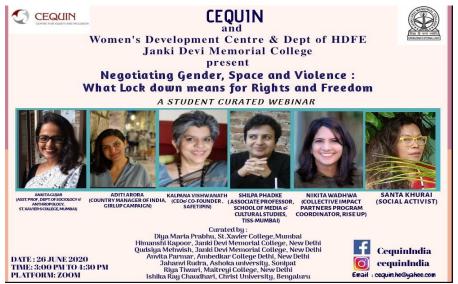
Department Of Human Development and Family Empowerment Department Association Report

(2019 - 2020)

1. WEBINAR ON 'NEGOTIATING GENDER, SPACE AND VIOLENCE: WHAT LOCK DOWN MEANS FOR RIGHTS AND FREEDOM' - 26TH JUNE, 2020

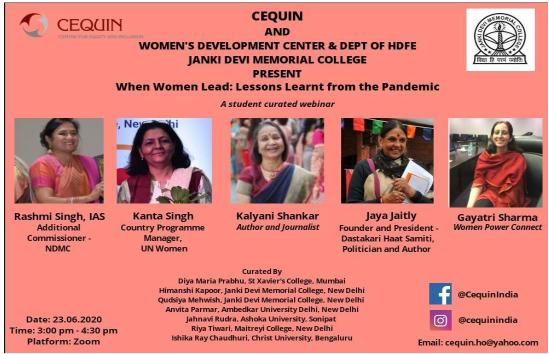
Department of Human Development and Family Empowerment and Women's Development Centre, Janki Devi Memorial College and CEQUIN presented a student curated webinar on 26th June, 2020. The topic for the webinar was 'Negotiating Gender, Space and Violence: What Lock down means for Rights and Freedom'. The panelists for the webinar were Ms. Ankita Gujar (Assistant Professor, Department of Sociology & Anthropology, St. Xavier's College, Mumbai), Ms. Aditi Arora (Country Manager of India, Girlup Campaign), Ms. Kalpana Vishwanath (CEO & Co-Founder, Safetipin), Ms. Shilpa Phadke (Associate Professor, School of Media & Cultural Studies, TISS-Mumbai), Ms. Nikita Wadhwa (Collective Impact Partners Program Coordinator, Rise Up) and Ms. Santa Khurai (Social Activist). The session was very engaging and informative. More than 175 people participated in the webinar including Principal, JDMC; faculty of JDMC and students of JDMC and other colleges. Participants received collaborative certificates from Janki Devi Memorial College, University of Delhi and CEQUIN, for actively participating in the webinar.



Webinar on 'Negotiating Gender, Space and Violence: What Lock down means for Rights and Freedom' - 26th June, 2020

2. WEBINAR ON 'WHEN WOMEN LEAD: LESSONS LEARNT FROM THE PANDEMIC' - 23RD JUNE, 2020

Department of Human Development and Family Empowerment and Women's Development Centre, Janki Devi Memorial College and CEQUIN presented a student curated webinar on 23 rd June, 2020. The topic for the webinar was 'When Women Lead: Lessons Learnt from the Pandemic'. The speakers for the webinar a were Ms. Rashmi Singh, IAS (Additional Commissioner- NDMC), Ms. Kanta Singh (Country Programme Manager, UN Women, Ms. Kalyani Shankar (Author and Journalist), Ms. Jaya Jaitly (Founder and President-Dastakari Haat Samiti, Politician and Author) and Ms. Gayatri Sharma (Women Power Connect). It was an informative webinar. More than 180 people participated in the webinar including Principal, JDMC; faculty of JDMC and students of JDMC and other colleges. Participants received collaborative certificates from Janki Devi Memorial College, University of Delhi and CEQUIN, for actively participating in the webinar.



Webinar on 'When Women Lead: Lessons Learnt from the Pandemic' - 23rd June, 2020

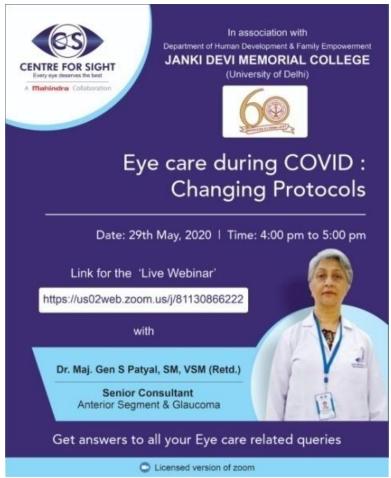
3. QUIZ ORGANISED BY CENTRE FOR SIGHT: WORLD ENVIRONMENT DAY - 5^{TH} JUNE, 2020

Students from the Department of HDFE participated in an Online Quiz organised by Centre for Sight on the occasion of 'World Environment Day'. Students also received a certificate of Participation from CFS.

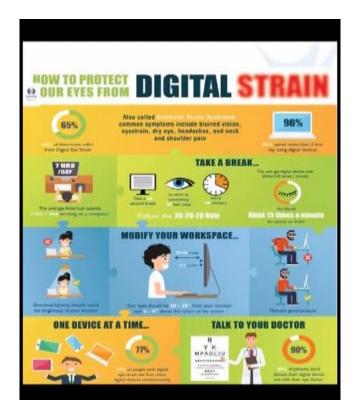
4. WEBINAR ON EYE CARE DURING COVID: CHANGING PROTOCOLS - 29TH MAY, 2020

The Department of Human Development and Family Empowerment in association with Centre for Sight, organised a webinar on 'Eye Care during Covid: Changing Protocols'. The webinar was organised by Ms. Nirmala Muralidhar (faculy, JDMC) and was moderated by Ms. Nirmala Muralidhar (faculy, JDMC) and Ms. Prerna Butta (faculy, JDMC). The speaker of the webinar was Dr. Maj. Gen Sagrika Patyal, SM, VSM (Retd.), Senior Consultant, Anterior Segment and Glaucoma. The session was very engaging and informative. She discussed about many things, like eye care during Covid time, Ocular features of Covid 19, how one can protect eye from digital strain and many other topics. More than 190 people participated in the webinar including Principal,

JDMC; faculty of JDMC and students of JDMC and other colleges. Participants received collaborative certificates from Centre for Sight and Janki Devi Memorial College, University of Delhi, for actively participating in the webinar.



Webinar on Eye Care during Covid: Changing Protocols - 29th May, 2020



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Webinar on Eye Care during Covid: Changing Protocols - 29th May, 2020



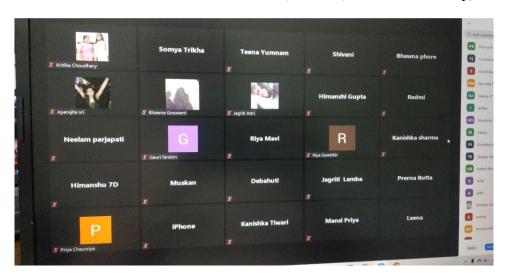
Webinar on Eye Care during Covid: Changing Protocols - 29th May, 2020

5. AN INTERACTIVE SESSION ON MEDIA AND GENDER (WEBINAR) - 18^{TH} AND 19^{TH} MAY, 2020

The Department of Human Development and Family Empowerment in association with Women's development Centre, JDMC organised a two day online interactive discussion on the movies – Thapad (2020) and Kabir Singh (2019) with the main focus on 'Portrayal of Masculinity'. The speaker for both the days was Ms. Shubhika, a freelancer, women activist, writer and film maker. The session was very interactive. She discussed about the topic by showing videos, discussing the lyrics of different songs and so on. Students also discussed about Masculinity using different examples. More than 100 people participated in the webinar including Principal, JDMC; faculty of JDMC and students of JDMC and other colleges.



An interactive session on Media and Gender (Webinar) - 18th and 19th May, 2020



An interactive session on Media and Gender (Webinar) - 18^{th} and 19^{th} May, 2020



An interactive session on Media and Gender (Webinar) - 18th and 19th May, 2020

6. ONLINE INTERNSHIP AT LITTLE PLANET PRE SCHOOL - 10^{TH} APRIL, 2020

Keeping children occupied at home is a herculean task for parents. The children have to stay indoors to be safe. To ease this difficult situation, fifteen students from the HDFE department created short videos which the parents can use. These were videos of stories, rhymes, creative activities using puppets & masks. This was an online internship initiative with 'Little Planet Pre School', Dwarka. The teaching learning material developed by the students for their curriculum is now being used for engaging children in these difficult times. As a department committed to well-being of children, we have volunteered to provide our support.



Online Internship at Little Planet Pre School - 10th April, 2020



Online Internship at Little Planet Pre School - $10^{\rm th}$ April, 2020

7. DEMYSTIFYING DISABILITY AND INCLUSION - 20^{TH} JANUARY, 2020

The department of HDFE organised a workshop on 'Demystifying Disability and inclusion' for third year students of the department. The workshop was conducted by Dr. Reema Lamba, Associate Professor, Department of Human Development and Family Empowerment, Aditi Mahavidyalaya in room number five. The workshop was very innovative and interactive.



Demystifying Disability and inclusion - 20th January, 2020



Demystifying Disability and inclusion - 20th January, 2020

8. WORKSHOP ON PUPPET AND MASK MAKING - 15TH JANUARY, 2020

The Department of HDFE organised a 'Puppet and mask making workshop' in Room number five. The workshop was conducted by Ms. Pooja Anand, Assistant Professor, Department of Education, Shyama Prasad Mukherji College. She demonstrated the preparation of different types of puppet like, stick puppet, hand puppet, masks to name a few. The workshop was a great success, as it enabled the students to channelise their creativity in a variety of ways.



Workshop on puppet and mask making - 15th January, 2020



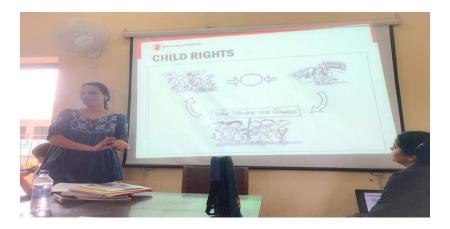
Workshop on puppet and mask making - 15th January, 2020



Workshop on puppet and mask making - 15th January, 2020

9. TALK ON 'CHILD RIGHTS' - 3RD SEPTEMBER, 2019

The Department of HDFE organised a 'Talk on Child Rights' in room number five. The speaker for the talk was Ms. Alka Singh, Head Policy and Advocacy, Save the Children India.



Talk on 'Child Rights' - 3rd September, 2019



Talk on 'Child Rights' - 3rd September, 2019

10. TALK ON CONCEPTUALISING GENDER - 20^{TH} AUGUST, 2019

The Department of HDFE organised a 'Talk on Conceptualising Gender' in room number five. The speaker for the talk was Ms. Khadija Farooqui, lawyer and social activist.



Talk on Conceptualising Gender - 20th August, 2019



Talk on Conceptualising Gender - 20th August, 2019

11. LECTURE ON GENDER AND VIOLENCE - 6TH AUGUST, 2019

The Department of HDFE organized a talk on 'Gender and Violence' in room number five. The speaker for the talk was Ms.Chitra Panchkaran. It was a very informative and interactive session.



Lecture on Gender and Violence - 6th August, 2019



Lecture on Gender and Violence - 6th August, 2019



Lecture on Gender and Violence - 6th August, 2019

12. SUMMER INTERNSHIP AT LITTLE PLANET SCHOOL - $30^{\rm TH}$ MAY, $2019-20^{\rm TH}$ JULY, 2019

Second year students of HDFE department did an internship in Little Planet Pre-school and day care from 30th May, 2019 to 20th July, 2019. Students learnt many things during this internship.



Summer internship at Little planet school - 30th May, 2019 - 20th July, 2019



Summer internship at Little planet school - 30th May, 2019 – 20th July, 2019



Summer internship at Little planet school - 30th May, 2019 – 20th July, 2019

13. LECTURE ON 'FOCUS ON GLAUCOMA - THE THIRD LEADING CAUSE OF BLINDNESS IN THE WORLD' - $1^{\rm ST}$ MARCH, 2019

On the occasion of world glaucoma week (March 10th- 16th), Department of HDFE organised a special lecture on 'Focus on Glaucoma - The third leading cause of blindness in the world' by Dr. Sagarika Patyal, Senior Consultant CFS, Dwarka. It was an interactive session followed by a quiz in which the student and the faculty participated actively.



Lecture on 'Focus on Glaucoma - The third leading cause of blindness in the world' - 1^{st} March, 2019



Lecture on 'Focus on Glaucoma - The third leading cause of blindness in the world' - 1st March, 2019

Project Work

• Project on Early detection of white eye reflex in children

The ongoing sensitization project on 'Early detection of white eye reflex in children' (underprivileged children) was launched in November, 2017. The Department of Human Development and Family Empowerment of Janki Devi Memorial College, has been actively working on Retinoblastoma, a life threatening cancer in children below six years of age. The students screen the eyes of the children with a smart phone in health centers, anganwadis, construction sites and hospitals. They also sensitize health workers, doctors and parents regarding this disease. Children from this project are referred to Centre for Sight. This project was conceptualized by Ms.Nirmala Muralidhar, faculty with the guidance of Dr.Vikas Menon, Consultant Ocular Oncology, Centre for Sight New Delhi.

The first and the second phase of the project have been successfully completed and now we are working on our third phase (about to complete) of this project.

Some activities covered under this project are:-

1. Project Certificates - 5th June, 2020

The II and III year students (63) of HDFE department, JDMC received collaborative certificates of achievement from Centre for Sight and Janki Devi Memorial College, University of Delhi, for actively working on the Project 'Early Detection and Screening of White Eye Reflex' from July, 2019 to May, 2020.

2. Online Poster making Competition - 26th May, 2020

Department of HDFE, JDMC in collaboration with Centre For Sight, New Delhi organised an online poster making competition on the occasion of World Retinoblastoma Awareness Week. The theme of the Online Poster making competition was, 'Creating Awareness on Retinoblastoma'. Around 54 students from 1st, 2nd and 3rd year (HDFE) participated in this competition.

On 26th May, 2020 the results of the online poster making competition were declared by Dr. Mahipal Sachdev, Chairman and medical director, Centre For Sight. Dr. Vikas Menon (Consultant, Ophthalmic Plastic Surgery, Ocular Oncology, Centre for Sight) shared his experience of judging this competition.

Winners of the Online Poster making competition were:-

- 1st Position Anjali Sharma (2nd Year)
- 2nd Position Amisha Sharma (3rd Yr) and Himanshi Kapoor (2nd Year)
- 3rd Position Insha Majid (1st Year) and Qudsiya Mehwish (2nd Year)

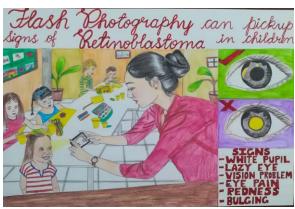
All the participants received collaborative certificates of participation from Centre for Sight and Janki Devi Memorial College, University of Delhi.



Online Poster making Competition - 26th May, 2020







2nd Position - Amisha Sharma (3rd Yr)





2nd Position - Himanshi Kapoor (2nd Yr)

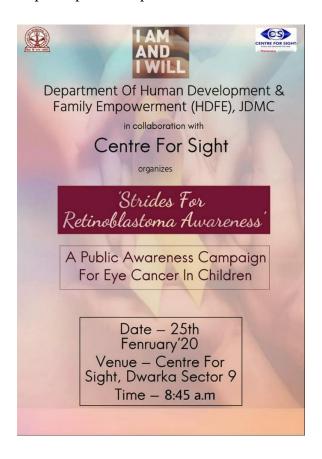
3rd Position - Insha Majid (1st Year)



3rd Position - Qudsiya Mehwish (2nd Year)

3. Walkathon - Strides for Retinoblastoma Awareness - 25th February, 2020

The Department of HDFE, Janki Devi Memorial College in collaboration with Centre for Sight, Dwarka, organised a "Strides for Retinoblastoma Awareness" a public awareness campaign for Eye cancer in children on 25th February, 2020. Many people participated in the walkathon: students from JDMC, Bharati College & Aditi Mahavidyalaya, senior citizens, staff of CFS. After the walkathon, students presented a nuked natak (Street play) to create awareness about eye cancer in children. Dr. Mahipal Sachdev, Chairman, CFS addressed the gathering & appreciated the initiative. He thanked all the participants and presented memento to Ms. Nirmala Muralidhar.



A public awareness campaign for Eye cancer in children (Poster)



A public awareness campaign for Eye cancer in children (25th February, 2020)



A public awareness campaign for Eye cancer in children - Dr. Mahipal Sachdev presented memento to Ms. Nirmala Muralidhar (25th February, 2020)



A public awareness campaign for Eye cancer in children (25th February, 2020)



A public awareness campaign for Eye cancer in children (25th February, 2020)



A public awareness campaign for Eye cancer in children (25th February, 2020)



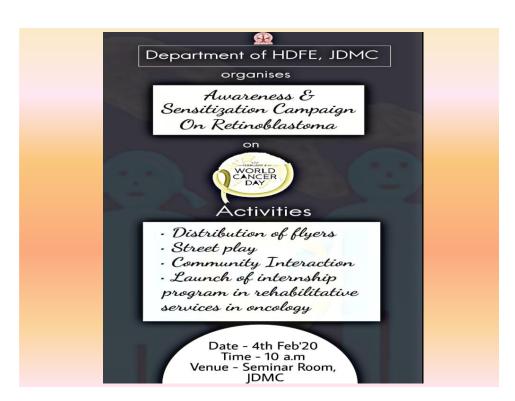
A public awareness campaign for Eye cancer in children (25th February, 2020)

4. World Cancer Day - 4th February, 2020

On the world cancer day, the department of HDFE organised an 'Awareness and sensitisation campaign on Retinoblastoma' in college and at Centre for Sight, Dwarka.

We launched 'Internship program on Rehabilitative services in Oncology' in the seminar room. The mentor for the internship is Dr Bhumika Rathore, founder and head for a Maxillofacial prosthetic unit at Safdarjung Enclave, New Delhi; certified for Ocular and Orbital prosthesis and mentor for Rehabilitative services through Maxillofacial prosthesis. Students also performed a street play to create awareness about retinoblastoma and distributed flyers.

The students and the faculty of the department conducted an awareness activity at Centre for sight, Dwarka, wherein they distributed flyers to the patients in the hospital and performed a street play, creating awareness and sensitising the people about retinoblastoma, its signs and symptoms and how to screen the white eye reflex with the help of a smart phone. The play was very well received by the patients and doctors of the hospital.



World Cancer Day - 4th February, 2020 (Poster)



World Cancer Day - 4th February, 2020 (Poster 2)



World Cancer Day (4th February, 2020)



World Cancer Day (4th February, 2020)



World Cancer Day (4th February, 2020)



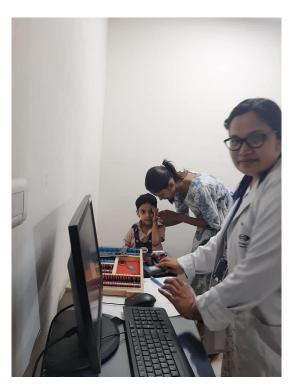
Launch of Internship (World Cancer day- 4th February, 2020

5. Eye checkups at little planet playschool - 16th September, 2019

The students of the department of HDFE, participated as volunteers for the eye checkups for the children of 'Little planet' playschool. Eye checkup was done at CFS, Dwarka. The team of CFS was also involved in this activity. The department of HDFE acted as facilitators for this event.



Eye checkups at CFS, Dwarka (16th September, 2019)



Eye checkups at CFS, Dwarka (16th September, 2019) 6. Sensitistion workshop at Delhi Police Training School - 21st August, 2019

The Department of HDFE in collaboration with CFS, New Delhi conducted a sensitisation workshop for 415 trainee constables at the Delhi Police Training School, Dwarka. A group of 40 students, faculty members and Dr. Vikas Menon from CFS, was involved in this activity. Students sensitized the trainees about retinoblastoma, its signs and symptoms and how to screen the white eye reflex with help of a smart phone. A Multimedia presentation on retinoblastoma was done by Ms. Nirmala Muralidhar, faculty on screening of eye cancer in children. Dr.Vikas Menon, Consultant Ocularoncology, CFS addressed the trainees and answered their queries related to eye issues.



Sensitistion workshop at Delhi Police Training School (21st August, 2019)



Sensitistion workshop at Delhi Police Training School (21st August, 2019)



Sensitistion workshop at Delhi Police Training School (21st August, 2019)

7. Valedictory Session - 16th April, 2019

The valedictory session of the second batch of students was held on 16th April, 2019 where collaborative certificates of JDMC and CFS were awarded to the students and to Ms. Nirmala Muralidhar (project coordinator) by Dr. Vikas Menon. This project is a unique initiative where an academic institution and a super speciality eye care institution come together for a noble cause.

Project on Building Social and emotional Well Being in Young Adults

The present project seeks to empower young women students in the age group of 18 to 21 year to realise their potential fully and face the challenges with confidence. It seeks to bolster the academic training with that of soft skills by balancing their need for career advancement, self- fulfillment and emotional security through suitable intervention strategies. The project endeavors to closely engage with and study the various social emotional aspects associated with young adults' well being such as managing developmental transitions, building specific competences and acquiring skills for overall personal development. This project was initiated in September, 2018 by the project coordinators, Ms. Nirmala Muralidhar (faculty, Department of HDFE) and Dr. Ruby Bhardwaj (faculty, Department of Sociology).

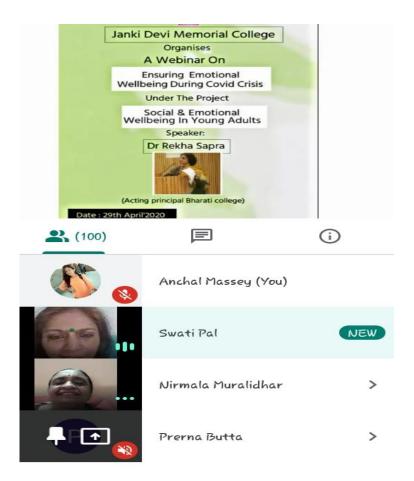
Intervention strategies adopted under this project:-

1. Webinar on Ensuring Emotional Wellbeing during Covid Crises - 29th April, 2020

The department of HDFE organised a webinar on the topic 'Ensuring Emotional Wellbeing during Covid Crises' under the project "Social and Emotional well being in Young adults" on 29th April, 2020. The webinar was organised by Ms. Nirmala Muralidhar (faculty, JDMC) and was moderated by Ms. Nirmala Muralidhar (faculty, JDMC) and Ms. Prerna Butta (faculty, JDMC). The speaker of the webinar was Dr. Rekha Sapra, acting Principal, Bharti College. The session was very interactive and informative. She discussed about many topics like quarantine and isolation, mindfulness, importance of accepting things, quality time, rhythm and routine, anxiety, to name a few. More than 100 people participated in the webinar including Principal, JDMC; faculty of JDMC and other colleges (Bharti, Aditi Mahavidyalaya, SPM) and students of JDMC and other colleges.



Webinar on Ensuring Emotional Wellbeing during Covid Crises - 29th April, 2020



Webinar on Ensuring Emotional Wellbeing during Covid Crises - 29th April, 2020

2. Workshop on Distressing Stress - 5th February, 2020

The Department of HDFE organised a workshop on 'Distressing stress' in room number five. The workshop was conducted by Ms. Arushi Singh, Counseling Psychologist, Zomato.



Workshop on Distressing Stress - 5th February, 2020

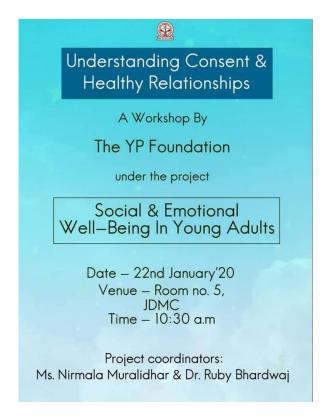




Workshop on Distressing Stress - 5th February, 2020

3. Workshop on Understanding consent and healthy relationships - 22nd January, 2020

The department of HDFE organised a workshop on 'Consent and healthy relationships in room number five. The workshop was conducted by Y.P foundation. The resource person was Ms. Prableen Kaur. It was a very interactive workshop.



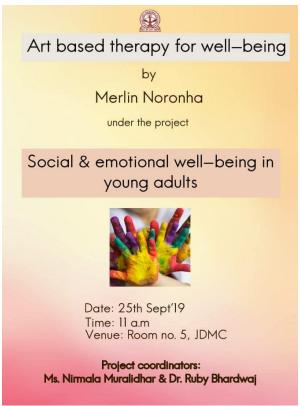
Workshop on Understanding consent and healthy relationships - 22nd January, 2020



Workshop on Understanding consent and healthy relationships - 22nd January, 2020

4. Art based therapy for Well Being - 25th September, 2019

A workshop on Art based therapy for well-being under this project was organized in Room number five. The workshop was conducted by Merlin Noronha, art therapy practioner. She used art as a medium to teach the students about the concept of well-being.



Art based therapy for Well Being - 25th September, 2019



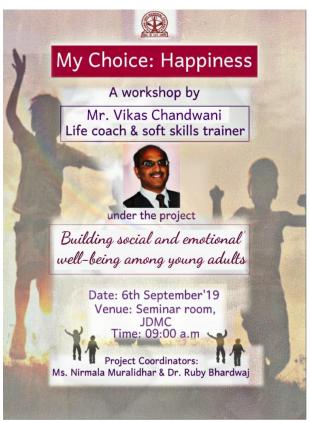
Art based therapy for Well Being - 25th September, 2019



Art based therapy for Well Being - 25th September, 2019

5. Workshop on My Choice: Happiness - 6th September, 2019

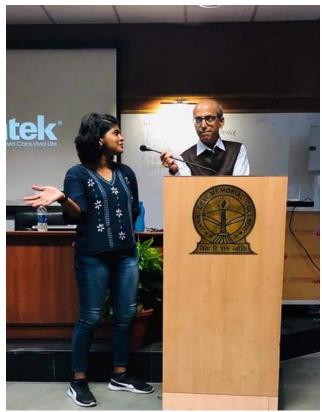
The workshop was conducted by Mr.Vikas Chandwani, Soft skills trainer and Life coach. It was held under the project 'Building Social & Emotional Well-being among Young Adults'. It was organized in the seminar room. The workshop was enriching and interactive, with students participating in large numbers.



Workshop on My Choice: Happiness - 6th September, 2019



Workshop on My Choice: Happiness - 6th September, 2019



Workshop on My Choice: Happiness - 6th September, 2019



Workshop on My Choice: Happiness - 6th September, 2019

Extension activities

1. Dance for kindness - 17th November, 2019

Life vest India presented Dance For Kindness, in collaboration with World Animal Protection India, organised by Those in Need and Kind Beings. Dance for kindness is a world-wide event in celebration of World Kindness Day. The students of HDFE Department , participated in the Dance for Kindness, 2019 to promote a message of kindness towards animals through a flash mob on 17th November, 2019 in Pacific mall, Tagore garden, New Delhi (3:00 P.M–6:00 P.M).



Dance for kindness - 17th November, 2019



Dance for kindness - 17th November, 2019



Dance for kindness - 17th November, 2019



Dance for kindness - 17th November, 2019

2. POCSO Awareness walkathon - 17th November, 2019

The students of the Department of HDFE, participated in the POCSO Awareness Walkathon to create awareness about child sexual abuse in the E Block, Inner circle, Connaught Place. The campaign was organised by NGO Samadhan and supported by Womenite.



POCSO Awareness walkathon - 17th November, 2019



POCSO Awareness walkathon - 17th November, 2019



POCSO Awareness walkathon - 17th November, 2019

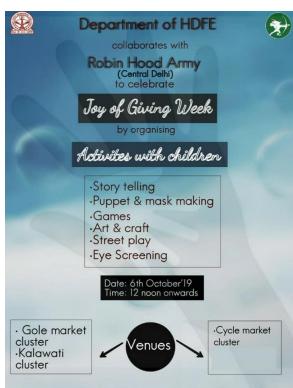
3. Joy of Giving Week - 1st October, 2019 - 6th October, 2019

The Department of HDFE in collaboration with Womenite celebrated, 'Joy of Giving' week from 1^{st} October, $2019 - 6^{th}$ October, 2019, with disadvantaged children in NGO's, slum clusters and with senior citizens. Activities were planned for children, like, art & craft, games, storytelling, puppet making etc. The students distributed biscuits, juices, toffees and other things. They also screened the eyes of children below 6yrs for symptoms of retinoblastoma.

Following organizations were visited in the Joy of giving week:-

- 6th October, 2019 Gole Market; Kalawati & Cycle cluster in collaboration with Robinhood Army
- 5th October, 2019 Sankalp, Tilak nagar
- 4th October, 2019 Silver lining old age home and "Khushi Foundation
- 3rd October, 2019 Cheshire Home; Vridh Ashram & Basti Vikas Kendra
- 2nd October, 2019 Live to Give and Navjivan Prayas
- 1st October, 2019 Sarv Seva Sansthan





Joy of Giving Week - 1st October, 2019 - 6th October, 2019





Joy of Giving Week - 1st October, 2019 - 6th October, 2019



Joy of Giving Week - 1st October, 2019 - 6th October, 2019



Joy of Giving Week - 1^{st} October, $2019 - 6^{th}$ October, 2019



Joy of Giving Week - 1st October, 2019 – 6th October, 2019



Joy of Giving Week - 1st October, 2019 - 6th October, 2019

4. Screening for Anaemia - 24th September, 2019

The Department of HDFE organized an anaemia screening camp under the 'National Nutrition Mission' in the college. Dr.Puneet, Dr.Meenakshi Taneja and their team was involved in conducting this screening activity. Teachers, students and non teaching staff participated in the camp. Total 875 people were screened for anaemia. Supplements were given to students (depending on their hemoglobin level) and dietary counseling was done by the medical team.



Screening for Anaemia - 24th September, 2019



Screening for Anaemia - 24th September, 2019

5. Pulse Polio Abhiyan/ Campaign - 15th September, 2019

Second year students (Anu Chauhan, Manasvi, Nancy Kochhar, Sakshi Jha, Saudrakshi, Yukti Bhatteja) of the Department of HDFE participated and administered polio drops to children at different locations in Delhi, under the Pulse Polio Abhiyan/ campaign.

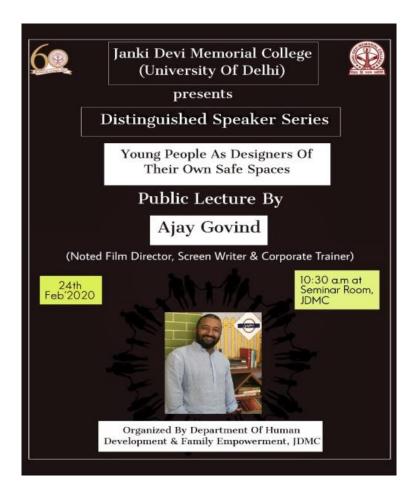


Pulse Polio Abhiyan/ Campaign - 15th September, 2019

• Distinguished Speaker Series

- Distinguished Speaker series - 24th February, 2020

The department of HDFE is organised a distinguished speaker series on the topic 'Young people as designers of their own safe spaces' on 24th February, 2020 in the seminar room. The speaker for the distinguished lecture series was Mr. Ajay Govind, film director, screen writer and a corporate trainer.



Distinguished Speaker series - 24th February, 2020



Distinguished Speaker series - 24^{th} February, 2020



Distinguished Speaker series - 24th February, 2020



Distinguished Speaker series - 24th February, 2020



Distinguished Speaker series - 24^{th} February, 2020