## JANKI DEVI MEMORIAL COLLEGE UNIVERSITY OF DELHI

Department of Philosophy General Reports (June, 2021-, February, 2022)

### Nandita Rajguru Memorial Inter-College Paper Presentation Competition

TOPIC: NEW EDUCATION POLICY: OPPORTUNITIES AND CHALLENGES

DATE: 18TH FEBRUARY 2022

TIME: 10:00 A.M TO 1:30 P.M

PLATFORM: ZOOM MEETINGS

PARTICIPATION OF STUDENTS: 5

Judges: Dr. Sudarshan Dash and Mr. Sudeep Raj Kumar

Under Janki Devi Memorial College's annual cultural fest, Symphony, the Department of Philosophy organised Nandita Rajguru Inter-College Paper Presentation Competition, with the topic "New Education Policy: Opportunities and Challenges". All the participants presented their papers on the same topic with their individual perspectives. The prize distribution for the participants was as follows:

1st Prize: ₹25000

2nd Prize: ₹2000

3rd Prize: ₹1000

2 Best Consolation Prizes: ₹500 each

2 Best Interjectory Prizes: ₹500 each

Every student had been allotted their slot numbers. The first slot was given to Shreya Kumari, second slot to Satvik Devarakonda, third slot to Sreejaya Rajguru, fourth slot to Chanchan Manthri and the fifth slot was given to Ishika Mishra. They all had been given a time limit of 6+1 minutes to present the presentation. Participants started presenting their presentation by giving very collaborative discussion on New Education Policy with the opportunities it provides to the scholars, as well as the challenges that are possible with regard to the implementation of the policy. Each participant explained the topic very well and they provided possible solutions to the challenges of New Education Policy, in respective their presentations. After their presentation, the audience put up thought provoking questions on the basis of the presentations given. Moreover, our judges shared their perspective regarding the New Education Policy, e.g., if one is good at sports, it can provide them with the opportunity of grabbing attention in the media.

Lastly, the judges announced the winners, and their respective prizes. The winners were as follows:

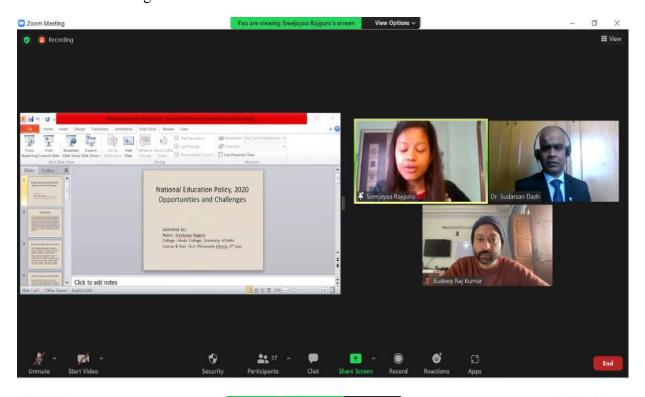
1st Prize—shared between Shreya Mishra and Ishika Mishra

2nd Prize—Chanchal Mantri

3rd Prize—Sreejaya Rajguru

The best interjectory prizes were given to Shreya Mishra and Chanchal Mantri.

After the announcement of the winners, the event was wrapped with the vote of thanks given by the Vice President of the Students' Union. Our teachers, president, and heads expressed their gratitude on the behalf of Department of Philosophy, to everyone who presented the event and made it a great success.







### International Webinar on Feminism: A relic of history or a need?

SPEAKER - Prof. Gerise Herndon

Prof. Rakesh Chandra

Dr. Ruplekha khullar

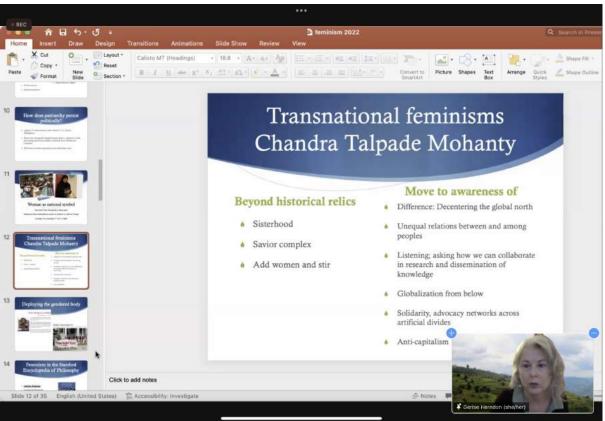
PLATFORM - Zoom

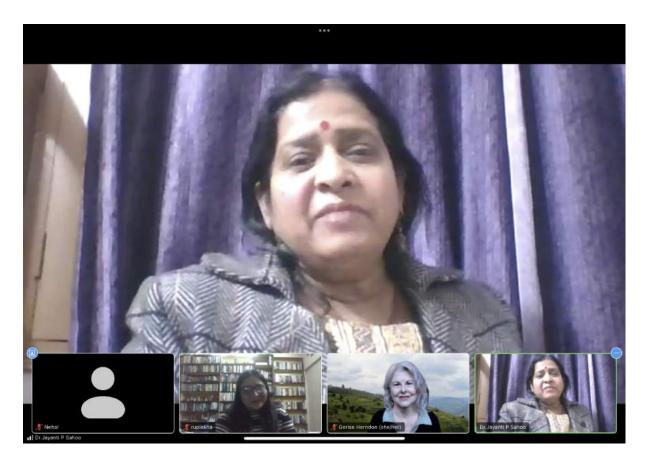
The Department of Philosophy, Janki Devi Memorial College (University of Delhi) organized a discussion on "Feminism: A relic of history or a need?" for the students on 7 February 2022 at 5:00 am on the zoom meetings platform. The discussion was attended by over 90 students and all faculty members of the department.

The meeting began with constructive discussion about the general understanding of feminism and the trajectory of the feminist movement. The guest speakers then took over the platform and shared their reflection about different aspects of feminism. Dr. Khullar shared insights into why some why feminism is a need in actuality and elaborated on the and feminist movement led by women. Prof. Rakesh Chandra talked about feminism in relation to activism and its strong foothold as a movement. prof. Prof. Gerise Herndon elucidated the queer gender theory and deconstruction of genders in context of feminism. The role of women in the inititation and growth of the feminist movement and the different facets of feminist theory were also discussed thoroughly.

Before the conclusion of the session, questions were taken up by all the three speakers, and all the participants actively engaged in deliberations on the topic. Finally, the event was summed up with a vote of thanks by the student coordinator and the teachers.







Webinar on Transformative Impact of Covid-19 Pandemic on the Modern World

SPEAKER: Prof. Balram Singh

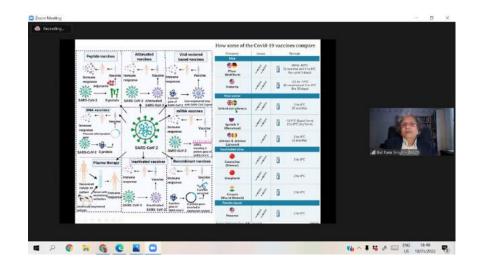
DATE AND TIME: 18th January 2022, 6:00 PM

PLATFORM: Zoom meetings

The Department of Philosophy, Janki Devi Memorial College, University of Delhi organised a webinar on January 18<sup>th</sup>, 2022, on the topic- Transformative Impacts of Covid-19 Pandemic on the Modern World. Prof Balram Singh, President of Institute Of Advanced Sciences, Dartmouth, MA, USA, was invited to address the gathering. The session witnessed an attendance of over 80 students and faculty members from colleges across India.

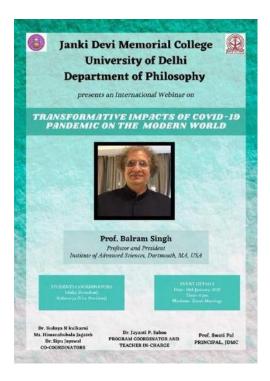
The program began with a welcome address delivered by Dr. Jayanti P. Sahoo, Associate Professor, Philosophy Department JDMC, DU. Prof. Singh then took over the platform and started the lecture by discussing some crucial facts and figures of the pandemic. He then talked about his experiences with the pandemic, shared some viable methods of treatment for the virus and also suggested the ways in which one could reduce their susceptibility to the disease. Prof. Singh also elucidated the functioning of different forms of vaccines and elaborated on the significance of managing cytokine in COVID-19. The lecture was highly informative.

Before the termination of the session, an enthusiastic round of queries was taken up by the speaker. Finally summing up with a vote of thanks by the student coordinator and the teachers.









### Webinar on Greek and Hindu Mythology

SPEAKERS - Dr. T.P. Sasikumar and Dr. Jitender Gill

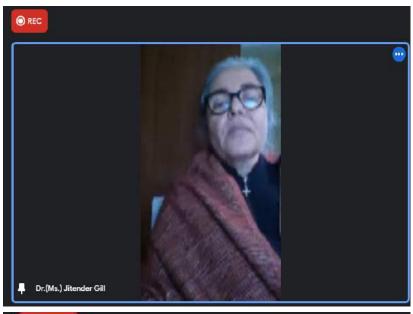
Platform – Google Meet

The Discussion Forum of the Department of Philosophy, Janki Devi Memorial College (University of Delhi) organised a discussion on Greek and Hindu Mythology for the students on January 12, 2022 at 4:30 PM on the Google Meet platform. The discussion was attended by over 65 students and all the faculty members of the department.

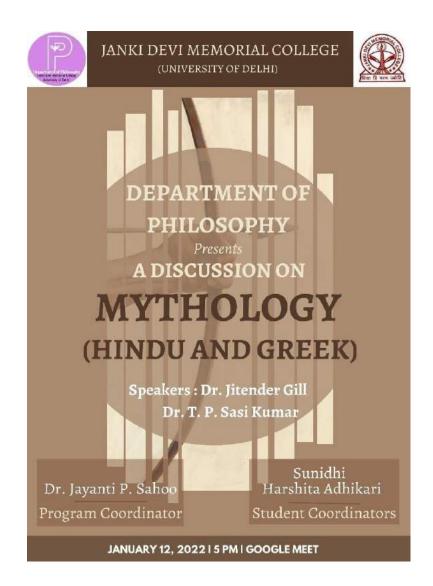
The meeting began with constructive deliberation about the general understanding of Mythology, its characteristics and important elements. Both the speakers then took over the platform. Dr. Gill shared her reflections about mythology as a concept and took the opportunity to explain the role and significance of women in Greek mythology.

Dr. Sasikumar presented the details of Hindu mythology and the idea behind mythology. He also discussed the correlation between Hindu mythology and sanatana dharma. Before the end of this meeting queries were taken up by both speakers. Finally summing up with the vote of thanks by the student coordinator and the teachers.









**Freshers' Welcome Ceremony** 

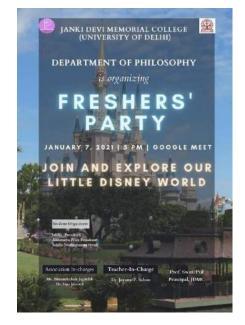
The Department of Philosophy, Janki Devi Memorial College (University of Delhi) held its annual freshers' welcome ceremony on January 7, 2022. All the students from the departments religiously followed the theme and dressed up as their favourite Disney characters. The event was attended by over 50 students and faculty members.

The event commenced with a brief welcome address by Prog. Swati Pal, Principal, JDMC. It was then followed by the students' introduction wherein they also impersonated the characters that they had dressed up like to participate in the Miss Freshers' contest. Simultaneously, the new joiners also participated in various games which were facilitated by the management team of the department.

Towards the end of the ceremony, the judges asked questions to the finalists of the contest, where Arushi emerged as the winner and bagged the title of Miss Philosophy, followed by Hitakshi as the runner up. The title of best dressed-up was awarded to Mahima. The students were participative throughout the event and enjoyed it thoroughly.



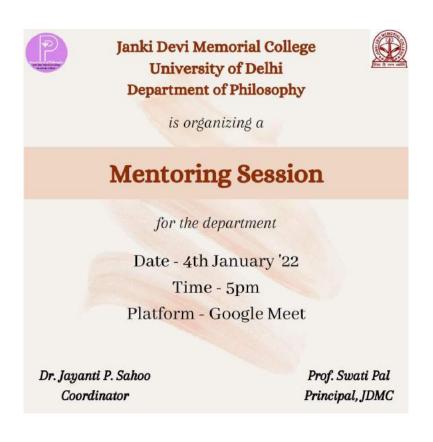




### **Mentoring Session**

Department of Philosophy, Janki Devi Memorial College (University of Delhi) organized a mentoring session for its students on January 4, 2022, at 5 pm on Google meet platform. The session was attended by over 50 students and all the faculty members of the department.

Dr. Jayanti P. Sahoo, Associate Professor, Department of Philosophy, JDMC, presided over the session and elaborated how co-curricular activities have become an important part of the skill development of a person with regards to academic and professional life. The other faculty members also discussed the benefits of add-on courses for students and encouraged them to take part in the same. The session ended with an engaging discussion between the students and the faculty members.





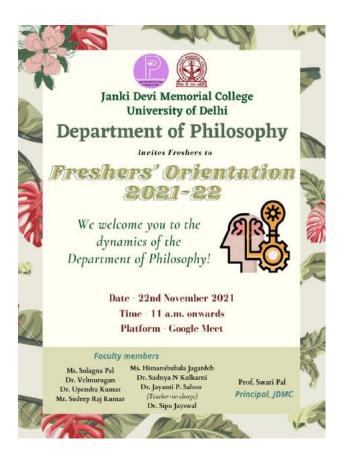
Mentoring session, January 4, 2022



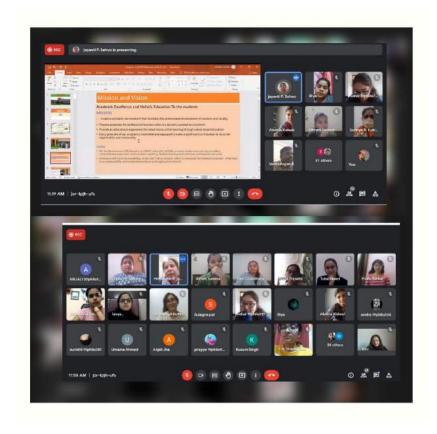
Freshers' Orientation Programme

The Department of Philosophy, Janki Devi Memorial College, University of Delhi conducted the freshers' orientation programme on November 23rd, 2021, over the Google meet platform. Dr. Jayanti P. Sahoo, Associate Professor, Department of Philosophy, JDMC delivered the welcome address. She then presented a compilation of slides encompassing details about the department's functioning and its various activities. The freshers were introduced to other faculty members of the department and the senior students, who very enthusiastically acquainted the newcomers to the workings of the varsity and the department.

A live virtual tour of the college was also streamed in the meeting to provide the freshers with an idea about the infrastructure of the college. All the freshers were elated about the new beginning and took joy in interacting with the department's members.







### **World Philosophy Day Celebration**

TOPIC: Thinking Of Self: An Indian Perspective

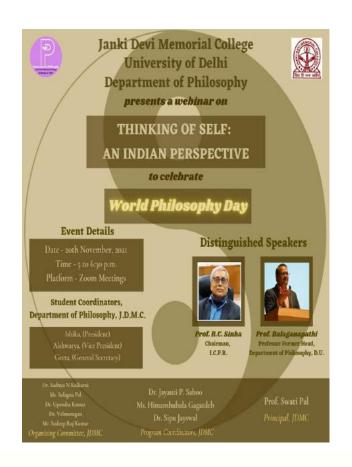
SPEAKERS: Prof. R.C.SINHA and Prof. BALAGANAPATHI

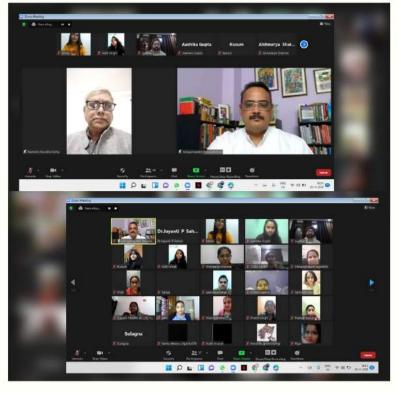
DATE AND TIME: 20 November 2021, 5 pm to 6.30 pm

PLATFORM: zoom meetings

The Department of Philosophy, Janki Devi Memorial College, University of Delhi organised a celebratory webinar on November 20th, 2021, on the account of World Philosophy Day on the topic - "Thinking Of Self: An Indian Perspective". Prof. R.C. Sinha, Chairman of ICPR and Head of the Philosophy department of Patna University, and Prof. Balaganapathi Devarakonda, Philosophical Counselor, writer, and professor at the University of Delhi, were invited to address the gathering.

The program began with a welcome address delivered by Dr. Swati Pal, Principal, JDMC. Both the speakers then took over the platform and shared their reflections about "what is self?" and the relations of an individual with the self. Prof Sinha took this opportunity to explain Descartes's version of "self" and further integrated Kant's theory of self. Prof. Balaganapathi presented the details of the relational self. He shed light on the types of selves and also discussed technological self with regard to today's changing world. Before the termination of the session, an enthusiastic round of queries was taken up by both speakers. Finally summing up with a vote of thanks by the student coordinator and the teachers.



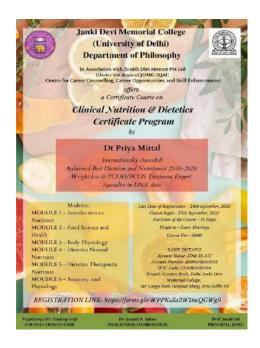


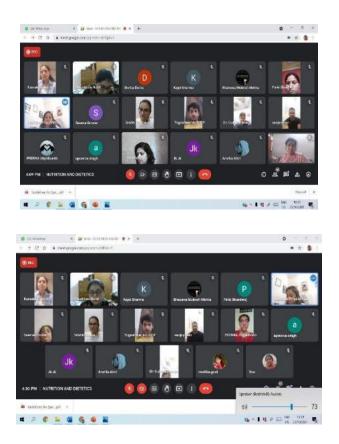


### **Nutrition and Dietetics Add-on Course Report**

Department of Philosophy, Janki Devi Memorial College, University of Delhi in association with Zenith Diet Mentors and Centre for Career Counselling, Career Opportunities, and Skill Enhancement organised a 45-days long certificate program on Clinical Nutrition and Dietetics. The program has been organised under the aegis of IQAC and has seen active participation from over 20 learning enthusiasts. The program is scheduled to end in the third week of November.

The course has been well received by the participants.

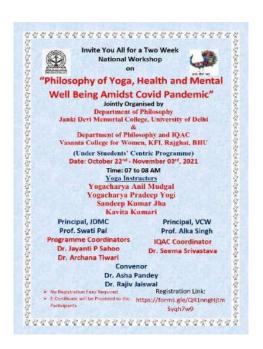




# Two Week National Workshop on Philosophy of Yoga, Health and Mental Well-Being Amidst COVID Pandemic

Department of Philosophy, Janki Devi Memorial College, DU in partnership with Department of Philosophy and IQAC, Vasanta College for Women, BHU organised a two-week-long national workshop on "Philosophy of Yoga, Health and Mental Well-Being Amidst COVID Pandemic" from October 22, 2021, to November 3, 2021.

The inaugural session was conducted on October 22, 2021, on the Zoom platform and was attended by over 100 participants. Over the course of the two weeks, the sessions were held daily in the mornings. The highlight of the workshop was an invited lecture delivered on the theme of the workshop by Prof. Balram Singh, Institute of Advanced Sciences, Dartmouth. The valedictory session for the two-week workshop was held on November 3, 2021. All the participants collected valuable takeaways from the sessions. The program was well-received.









### Halloween Events, 2021

The Department of Philosophy, Janki Devi Memorial College, University of Delhi conducted two intra-departmental events in the spirit of Halloween on October 30, 2021, and November 1, 2021.

### Day 1:

The Discussion Forum of the Department of Philosophy, JDMC held an engaging discussion about Halloween, its cultural significance, and other related elements on October 30, 2021, on Google meet platform. Over 15 students from the department attended the session.

The session commenced with a warm welcome by the members of the discussion forum. The members then presented a slideshow and elaborated on the relevance of Halloween, how it is celebrated, and other features that the celebration encompasses. The students in charge made the discussion even more enthralling by asking tricky questions and riddles simultaneously.

Towards the end of the event, the faculty members and the students talked about their fears, and the discussion was brought to a close.

### Day 2:

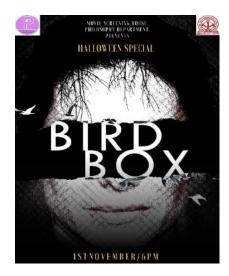
The Movie Screening House of the Department of Philosophy organised a special screening session for Halloween on November 1, 2021. The movie "Birdbox" was streamed on the google meet platform, and over 15 students from the department attended the session. The screening session was the perfect activity to celebrate Halloween in its true spirits and was enjoyed thoroughly by everyone.











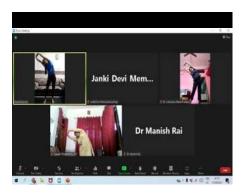
### Monthly progress of regular yoga classes October 2021

In continuation of the three previous months, the Department of Philosophy, Janki Devi Memorial College (University of Delhi) organized regular online Yoga classes for faculty members, students, and other interested Yoga enthusiasts for three weeks in October. The classes were attended by over 20 people on a daily basis. The expert guidance of the esteemed Yoga instructors proved to be beneficial for the attendees. The sessions were held on the Zoom platform and were also streamed live on YouTube.

All the weeks saw active participation from the attendees. Despite the online nature of the classes, the participants extracted significant benefits. Week 3 marked the termination of the series of classes.

This course has been well received by the participants.









### **Topic- Presentation on Colourism in India**

Presenters- Members of the Research team, Students of Philosophy Hons. (2nd and 3rd Year)

Date and Time- 7<sup>th</sup> October 2021; 8:00 pm (IST)

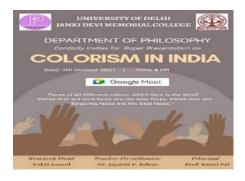
Platform- Google Meet

The research team of the Department of Philosophy, Janki Devi Memorial College presented its first paper on 'Colourism in India' on Google meet at 8:00 pm, which was attended by over 20 students from the department.

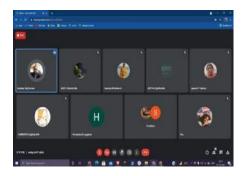
The research team initiated the program by introducing their topic: Colourism in India. Accomplished with a presentation made on the same topic, the research team took turns explaining various facets entailed by the topic.

Intriguing facts from history that form the basis of the society's colourist attitude were brought to light, to establish a ground for discussing similar ideas in postmodern India. Entertainment being the primary influence for the community was the kingpin of the discussion. Their research that dissected the plot of a movie, characterization of its actors, central theme, and lyrics of various songs from different movies drew an astounding connection with the propagation of such discriminatory ideas that is involuntarily accepted without erring. Upon further explanation, the students also discussed the flip side of the coin where they talked about various anti-colourist campaigns that were led independently at varying times, recently.

Towards the end of the program, an enthralling round of discussion brought many other important corollaries attached to the topic to the surface. To conclude the session, Yukti Anand, student of 3rd year, Philosophy Hons., Research Head, Department of Philosophy, delivered a vote of thanks to everyone present in the meeting.







### Speaker Session on "Research in the Field of Philosophy"

KHOJ-The Research Unit, Janki Devi Memorial College, University of Delhi in association with the Department of Philosophy conducted a Speaker Session on the topic "Research in the field of Philosophy" on September 23, 2021. The session was held on the Google meet platform and witnessed an attendance of over 40 participants.

Dr. Jayanti P. Sahoo, Associate Professor, Department of Philosophy, Janki Devi Memorial College, University of Delhi was invited to address the gathering. Dr. Sahoo shared valuable takeaways about her experience with research writing and possible problems which one may encounter while writing a research paper. She also shed light on various crucial aspects of research writing to provide the students with a nuanced understanding of the process.

Towards the end of the session, an interactive session held. Dr. Sahoo cleared the doubts of the students about plagiarism, hypothesis etc. This session was concluded by a vote of thanks delivered by Yukti Anand, Department Representative, Department of Philosophy.







### Regular Yoga classes

## (SEPTEMBER 2021)

In continuation of the two previous months, the Department of Philosophy, Janki Devi Memorial College (University of Delhi) organized regular online Yoga classes for faculty members, students, and other interested Yoga enthusiasts for three weeks in September. The classes were attended by over 20 people on a daily basis. The expert guidance of the esteemed Yoga instructors proved to be beneficial for the attendees. The sessions were held on the Zoom platform and were also streamed live on YouTube.

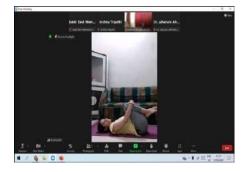
All the weeks saw active participation from the attendees. Despite the online nature of the classes, the participants extracted significant benefits. This course has been well received by the participants.









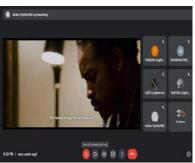


### Movie screening - The Pursuit of Happyness

The Movie Screening House of the Department of Philosophy, Janki Devi Memorial College (University of Delhi) organised its first movie screening of the semester on September 24, 2021, at 5 pm. The movie - "The Pursuit of Happyness" was streamed on the Google meet platform. The session was attended by over 20 students from the department.

All the attendees unanimously agreed that the most crucial takeaway from the movie was that persistence, determination, and passion guarantee success. The screening session was the perfect activity for a Friday evening and was enjoyed thoroughly by everyone.







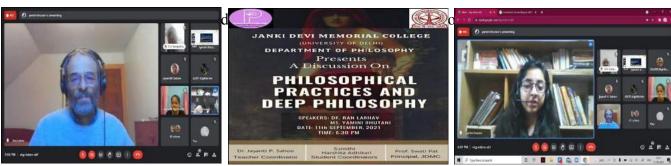
Movie Screening on The Pursuit of Happyness, by Movie Screening House, Department of Philosophy, on 24<sup>th</sup> September, 2021

## Discussion on Philosophical Practices and Deep Philosophy

Curiosity - the Discussion Forum of Department of Philosophy, Janki Devi Memorial College, University of Delhi organised a session for its students and faculty members to deliberate over "Philosophical Practices and Deep Philosophy" on September 6, 2021, at 6 pm over Google Meet. Over 40 students from the department participated in the discussion.

The session began with a welcome address delivered by Dr. Jayanti P. Sahoo, Programme Coordinator, and Associate Professor, JDMC, DU. The speakers on the panel were Dr. Ran Lahav, Professor, University of Michigan, and Ms. Yamini Bhutani, postgraduate from the University of Delhi. Ms. Yamini talked about philosophical practices by elaborating on her experiences of studying Sartre, and also elucidated the process of mind mapping which can facilitate one's comprehension of philosophical concepts. Dr. Ran, in his brief lecture, emphasised the nuances of Philosophy as a discipline, its uses in daily life and then extended his views on deep philosophy. The question-answer round towards the end of the session helped the students in gathering valuable takeaways.





Discussion on Philosophical Practices and Deep Philosophy by Curiosity, Department of Philosophy, 11<sup>th</sup> September, 2021

### Bidding Farewell to the Philosophy Hons. Batch 2018-2021

Department of philosophy conducted the valedictory ceremony for the batch of 2021, on  $1^{st}$  September 2021 over Google meet at 12 noon. The event drew enthralling attention towards the  $2^{nd}$  and the  $3^{rd}$  year students, who enthusiastically hosted their seniors and the faculty members of the department.

This event commenced with an address by Prof Swati Pal, Principal, JDMC, followed by a farewell note by her, to the outgoing students. The program comprised of a skit composed by the students, which was consequentially taken over by a recorded compilation of songs sung by Sukhman, student, second year. To make this conjecture even more enticing, a set of games were conducted that garnered good engagement from everyone. The two games were performed with an interlude of title distribution.

Towards the end of the program, words of reverence and affection were pronounced by the management head, rowed by the screening of a video that led towards a pleasant interaction between the teachers and the outgoing batch of students, ending the event on an emotionally reassuring note.



Farewell of batch 2018-21, Department of Philosophy, 1st September, 2021

# ICPR Sponsored Two-Day International Webinar on Health, Happiness and Well-being: A Journey through Yoga

Department of Philosophy, Janki Devi Memorial College, (University of Delhi) in association with the Indian Council of Philosophical Research organized a two-day international webinar on August 27 and 28, 2021, on the theme Health, Happiness and Well-being: A Journey through Yoga. With a lineup of over 25 stellar speakers, and a student presentation. Both the days had two sessions, each. The first day of the webinar was conducted in a blended mode in the college premises itself, and the sessions of the second day were held on the Zoom platform. The entire event was streamed live on YouTube and was attended by over 200 participants.

We all are going through very tough times. The ongoing COVID crisis has created not only mental insecurity but also financial as well social insecurity. Therefore, taking the current scenario into account, the theme of this webinar becomes all the more important and relevant.

We strongly believe that through the practice and understanding of various types of yoga, one can get back to a normal state of life. And this is possible only when we read, understand, and interpret our texts properly. Even though Yogic practice is as old as the Vedas are, yet it is considered highly relevant and beneficial in dealing with contemporary individual, as well as social problems. The practice and understanding of various types of yoga addresses a diverse range of physical, psychological, emotional, and spiritual health issues. The objective of this webinar was thus to analyze and understand the concept of Happiness, Health, and Well-being through the lens of ancient Indian Philosophical by laying emphasis on Karmayoga, Jñāna yoga, Bhakti yoga, and Rāja yoga.

This first day of this webinar was in a blended mode which took place in the seminar room of Janki Devi Memorial College, University of Delhi. It began with an opening ceremony lead by Prof. Swati Pal, Principal, JDMC who welcomed the audience. The keynote speaker, Professor R. C. Sinha, Chairman - ICPR, introduced the thematic significance of this seminar. The keynote address was followed by a short lecture by the guest of honor - Professor Rajneesh Kumar Shukla, Vice-Chancellor, Mahatma Gandhi Antarashtriya Hindi Vishvavidyalaya, Wardha who addressed the connection of Yoga with other schools of Philosophy.

### Speakers of Day 1:

Professor R.P. Singh, professor of Philosophy, Jawaharlal Nehru University, spoke about Yoga as a roadmap to solve problems that are global in nature, like the pandemic. He focused on approaching Yoga as a therapy and not as a theory.

Mr. Anantha Krishna, Research Scholar at NIMHANS gave an overview on the topic of effects of yogic positions on Immunomodulatory functions and the microbiome on obesity.

Prof. Veer Sagar Jain, Professor at Department of Jain philosophy, Shri Lal Bahadur Shastri Rashtriya Sanskrit University, elaborated on the details of Yoga in the Jain School of Indian Philosophy.

Dr. Ajay Verma, Associate Professor, Centre for Philosophy from Jawaharlal Nehru University addressed the topic of health, happiness, and well-being from a Buddhist perspective.

R.Ramanujan, M.Sc. Yoga from S-VYASA University gave a detailed exposition of the third limb of the Ashtanga Yoga of the Patanjali Asana.

Dr.Sujata Raju, Associate Professor, Department of Philosophy at Daulat Ram College presented her paper titled "Asparśa-yoga: The state of No Mind".

Yogacharya Dr. Pradeep Yogi, Senior Yoga Consultant, and Philosopher at BNCHY spoke about the importance of a healthy lifestyle in being happy and maintaining one's health.

Mr. Saurabh Rawat, Research Scholar, Department of Philosophy, University of Delhi presented his paper in which he elucidated the different approaches to the concept of Happiness.

Dr.T P Sasikumar, Space Scientist and Educationist from Hyderabad elaborated on the approach that Indian Philosophy has towards Happiness.

Dr.Nutan Kher, Reiki Grandmaster, Holistic Healer, and Prosperity Workshop Leader spoke about Karma and the path towards well-being.

### Speakers of Day 2:

Swami Atmashraddhananda Ji, Secretary of Ramakrishna Mission from Kanpur elaborated on well-being and happiness from the standpoint of spirituality.

Prof. Christopher Key Chapple, Doshi Professor of Indic and Comparative Theology and Founding Director of the Master of Arts in Yoga Studies at Loyola Marymount University, California, discussed the textual sources on Yoga Therapy.

Professor Ramnath Jha, School of Sanskrit and Indic Studies, Jawaharlal Nehru University, New Delhi elaborated on Yoga and its definition with context from the Gita.

Dr. Sapna S, Professor of Ayurveda, Sanskrit University from Mathura spoke on the topic of Health and Happiness.

Dr. P Kaushik, YSCAN Project, NIMHANS presented his paper on the topic "Bhagavadgītā - A Guide for Mental Health".

Dr. Surjeet Kumar Singh, the Director-in-Charge & Assistant Professor at Dr. Bhadant Anand Kausalyayan Centre for Buddhist Studies, Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha, talked about the approach towards Health and Happiness.

Dt. Priya Mittal, Dietician Priya Mittal Senior Dietician, and nutritionist, CEO, Zenith Diet Mentors Pvt Ltd presented on the topic of Obesity.

Prof. Bal Ram Singh, Executive Mentor, School of Indic Studies, Institute of Advanced Sciences, Dartmouth, MA spoke on the topic of Yoga Science for Health.

Professor Rajnish Mishra, School of Sanskrit and Indic Studies, Jawaharlal Nehru University, New Delhi touched upon Happiness and Well-being with the context of the Indian Epics.

Professor Sushim Dubey, Professor of Philosophy, Nava Nalanda Mahavihara (Deemed to be University), Ministry of Culture, Government of India, Nalanda addressed the National Education Policy and its various areas of focus.

Dr. Jayanti P Sahoo, Associate Professor, Department of Philosophy, Janki Devi Memorial College, University of Delhi spoke about the Vedanta perspectives and understanding of happiness and well-being through the concept of Self.

Radha Tiwari, Parul Bhaker, Ishika Mishra, students of Janki Devi Memorial College presented on the topic of Health, Happiness, and Wellbeing: A Journey through Yoga.

Professor Sachchidanand Mishra, Member Secretary, ICPR, New Delhi spoke about the basic ideas of health and well-being in Indian Philosophy.

Towards the closing of the second day of the webinar, a panel discussion was held where Professor T P Sashikumar, Professor Sushim Dubey, Dr. Jayanti P Sahoo, and Professor Bal Ram Singh put forth their observations about the concepts that were brought up in the lectures and also answered some questions raised by the audiences. After the fruitful panel discussion, Ishika Mishra, President of the Student Union of the Department of Philosophy delivered a vote of thanks and the two-day webinar was brought to its conclusion.

YouTube Live Stream Links:

Day One - https://www.youtube.com/watch?v=9jSBdZh4 rQ

Day Two (Morning) - <a href="https://www.youtube.com/watch?v=xifS8cOI4cg">https://www.youtube.com/watch?v=xifS8cOI4cg</a>

Day Two (Evening) - <a href="https://www.youtube.com/watch?v=d4oQP05gaS8">https://www.youtube.com/watch?v=d4oQP05gaS8</a>



August 28, 2021. Department of Philosophy, Two-day international webinar on the theme Health, Happiness and Wellbeins: A Journey through Yoga (Day 2)



Health, Happiness and Wellbeinst: A Journey through Yoga (Day 2)







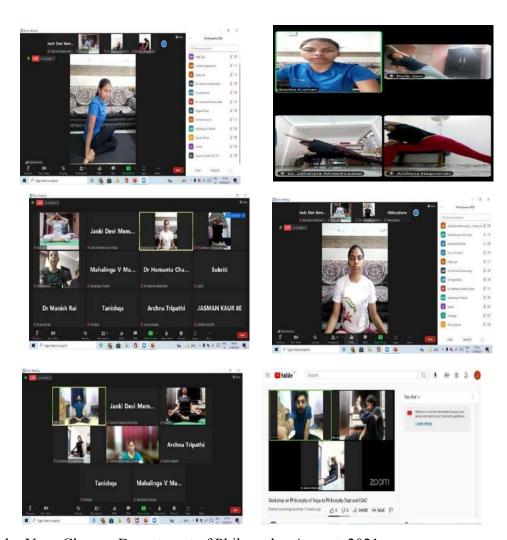
JANKI DEVI MEMORIAL COLLEGE University of Delhi Department of Philosophy In Association with ICPR PRESENTS A TWO-DAY INTERNATIONAL WEBINAR ON HEALTH, HAPPINESS, AND WELLBEING: A JOURNEY THROUGH YOGA DATE: 27TH AUGUST,2021 DATE: 28TH AUGUST,2021 Principal, JDMC

### Regular Yoga Classes August, 2021

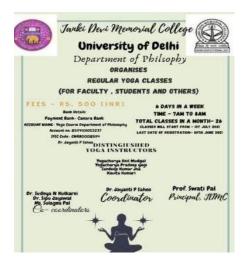
In continuation of the previous month, the Department of Philosophy, Janki Devi Memorial College (University of Delhi) organized regular online Yoga classes for faculty members, students, and other interested Yoga enthusiasts. The classes in the second month garnered a good response, with up to 30 participants. Under the expert guidance of the esteemed Yoga

instructors the sessions held on the Zoom platform and streamed live on YouTube. All the weeks saw active participation from the attendees. Despite the online nature of the classes, the participants extracted significant benefits. Week 4 marked the termination of the month-long series of classes.

This course has been well received by the participants.



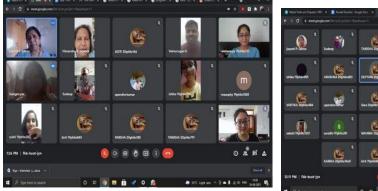
Regular Yoga Classes, Department of Philosophy, August, 2021



### Mentor-mentee program

Department of Philosophy, Janki Devi Memorial College (University of Delhi) organised a mentor-mentee program for students on August 24, 2021 at 11:45 am on Google meet platform. This session was attended by over 30 students and faculty members of the department.

The session began with a constructive discussion about the general understanding of a healthy mentor-mentee relationship, its characteristics and important elements. Dr. Jayanti P Sahoo, Associate Professor, Department of Philosophy, JDMC presented the nuances of a mentor's role and the appropriate behavior of a mentee. All the students and teachers suggested that a mentor-mentee relationship should be a safe space for both the parties involved and agreed on the fact that mutual trust and respect is a prerequisite for the relationship to nurture. The teachers engaged with the students on numerous points everyone left the session with some crucial takeaways.





Mentor-mentee program, Department of Philosophy, 24th August, 2021



#### **National Anthem**

The students and faculty members of the department of Philosophy, Janki Devi Memorial College (University of Delhi) gathered together to render the National Anthem on the occasion of the Independence Day of the Republic of India at 12 noon on August 13<sup>th</sup>, 2021







# Regular Yoga Classes Monthly Report- July, 2021

Department of Philosophy, Janki Devi Memorial College (University of Delhi) organised regular online Yoga classes for faculty members, students, and others. The classes garnered a good response, with up to 40 participants attending the sessions on a daily basis. The expert guidance of the esteemed Yoga instructors proved to be beneficial for the attendees. The sessions were held on the Zoom platform and were also streamed live on YouTube.

All the weeks saw active participation from the attendees. Week 2 of the yoga classes included special sessions for recommending appropriate diet charts for various age groups. Yoga postures meant specially meant for dealing with headaches, body aches, and stress-related problems were taught. Despite the online nature of the classes, the participants extracted significant benefits.

Week 4 marked the termination of the first month of the classes.

This course has been well received by the participants.







Regular Yoga Classes, Department of Philosophy, July 2021











### In association with MAAC, Karol Bagh

And

# Centre for Career Counselling, Career Opportunities, and Skill Enhancement Webinar on Career Prospects in Media and Entertainment Industry

Speakers: Mr. Pawan, Mr. Navjot

Date and Time: 27th and 28th July 2021 at 4:30 pm

Platform: Zoom Meetings

Department of Philosophy, in association with MAAC, Karol Bagh and Centre for Career Counselling, Career Opportunities, and Skill Enhancement organised a two-day webinar workshop on 'Career Prospects in Media and Entertainment Industry' under the aegis of IQAC on 27<sup>th</sup> and 28<sup>th</sup> July 2021 over Zoom platform.

The first day of the webinar commenced with an address by Professor Swati Pal, Principal, JDMC, and was followed by a brief introduction by one of the session facilitators. Students were educated about the ever-growing, dynamic role of media and cinematics in the entertainment industry. The speakers emphasized the significance of this industry in contemporary times and its flourishing scope for students who look forward to opting for it as a profession.

On the second day of the webinar workshop, the speaker explained each aspect of the media industry, specifically elaborated upon the intricacies of animation, graphic designing, motion graphics and product designing. The session kept the students captivated and evoked several queries, which were catered to in the question-answer session at the end of the webinar.













#### **National Webinar**

Topic- Education: Philosophical Discernment, Profession, and Career Prospects

Speaker- Dr. Bharti Sharma

Date and time- 9th July 2021, 11:00 pm (IST)

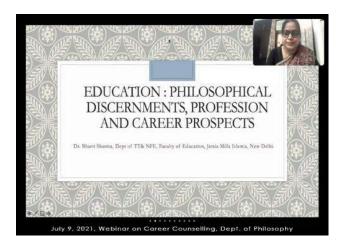
Platform- Zoom meetings

The Department of Philosophy, Janki Devi Memorial College, University of Delhi organized a national webinar on "Education: Philosophical Discernment, Profession, and Career Prospects", under the Aegis of IQAC and Centre for Career Counselling, Career Opportunities, and Skill Enhancement.

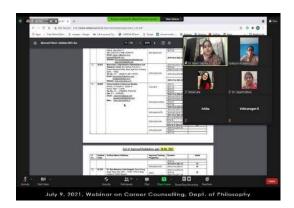
Dr. Bharti Sharma, Associate Professor at Jamia Millia Islamia, was invited to address the gathering. The programme began with the address by Dr. Swati Pal, Principal, JDMC. Dr. Sharma described the necessary components of the trail of pedagogical advancements since colonial times in India. She took this opportunity to comprehensively present to her audience the New Education Policy (NEP) launched in 2020. Furthermore, she shed light on newer and lesser-known facts about pursuing teaching as a profession post-graduation. She guided future teaching aspirants, to indulge in tutoring differently abled students considering their rising demand.

Before the termination of the event, an enthusiastic round of queries was taken up by Dr. Sharma. Finally summing up with a vote of thanks by the student coordinator and the teachers.









### Webinar lecture on 'Indian Philosophy: An Alternate Perspective'

Department of Philosophy, Janki Devi Memorial College (University of Delhi) organised a webinar lecture on 'Indian Philosophy: An Alternate Perspective' on July 23, 2021, from 3 PM to 5 PM. The lecture was attended by the faculty members and over 60 students. It was conducted on the Zoom platform and was also streamed live on YouTube.

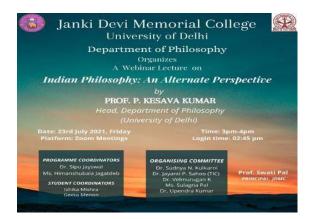
The session commenced with an opening address by Professor Swati Pal, Principal, JDMC, who welcomed the guest lecturer, Professor P. Kesava Kumar, Head, Department of Philosophy (University of Delhi). In his lecture. Professor Kumar focused on the sanctity of Indian Philosophy and explained it in the context of contemporary times while shedding light on certain historical events. He viewed Indian Philosophy from a socio-political lens and emphasised the importance of contesting the pre-existing notions. He also explained the need for the process of learning and unlearning.

The attendees were intrigued by the lecture and actively participated in the question and answer session held towards the conclusion of the webinar.

YouTube link to the recording of the session: <a href="https://www.youtube.com/watch?v=VSoJL\_vLA74">https://www.youtube.com/watch?v=VSoJL\_vLA74</a>







### **Mentoring Session by IQAC**

IQAC, Janki Devi Memorial College organised a mentoring session for the students of the Department of Philosophy on July 19, 2021. The session was conducted on the Zoom platform and over 50 students from the first and the second year attended the session. Professor Swati Pal, Principal, JDMC mentored the students of the philosophy department during this session. She highlighted the advantages of remote studies and elaborated on the scope of online education. She talked about the importance of seizing new opportunities and encouraged students to undertake different avenues such as research projects, add on courses designed by them. The students enjoyed the interaction thoroughly and were highly motivated by Professor Pal's enlightening words.









# Extension Activity of the Philosophy Department July, 2021

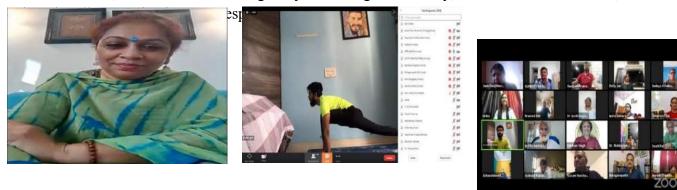
- 1. The faculty members of the Department of Philosophy, Janki Devi Memorial College, University of Delhi contributed to a community outreach programme, organized by the JDMC-IQAC Centre for Extension and Outreach Activities launched from 8<sup>th</sup> July 2021 to 20<sup>th</sup> July 2021.
  - The fundraiser intended to donate an Oxygen Concentrator to a Delhi based NGO-Children of the World- working to empower the children who are vulnerable, abandoned and destitute. The faculty members of the Department of Philosophy raised a total of 3,500 I.N.R as a token of their altruistic contribution on July 14, 2021. This programme rendered a platform for all the teaching and non-teaching staff, students and other stakeholders to come forward and facilitate the fundraising for the Oxygen Concentrators.
- 2. Fee assistance of 8000 to students given by philosophy faculty in October 2021

### **International Yoga Day Celebration (under the Aegis of IQAC)**

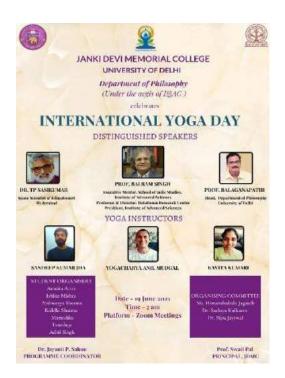
The Department of Philosophy, Janki Devi Memorial College (University of Delhi), celebrated the International Yoga Day on 19<sup>th</sup> June, 2021 in collaboration with IQAC. This event was conducted on the Zoom platform and was live streamed on YouTube.

The session commenced with a welcome speech, followed by an address by Dr. Swati Pal, Principal, Janki Devi Memorial College highlighting importance of yoga as a way of life. Post the address, yoga instructor Kavita Kumari demonstrated yoga postures for the

participants also shared valuable insights on yoga. After the lecture demonstration, the first distinguished speaker, Professor Balram Singh discussed the role of 'Philosophy of Yoga, Health and Mental Well-Being Amidst Covid-19 Pandemic' elucidated upon the science of Kriya Yoga. The second guest speaker, Dr. T. P. Sasikumar delivered a lecture on the importance of yogic practices followed by Yogacharya Anil Mudgal's discussions on the importance of yoga in daily life. The third distinguished speaker of this event Professor Balaganapathi D. pondered upon the philosophical impetus of yoga in the form of a practical discourse. This event came to an end with Surya Namaskar and an interactive session amongst the participants and speakers. Followed by an insightful speech by Dr. Jayanti P. Sahoo and a vote of thanks delivered by Dr. Sudnya N. Kulkarni. Having its roots in the Indian context, the International Yoga day holds a great sanctity, and its commemoration,



International Yoga Day celebration, Department of Philosophy (under the aegis of IQAC), 19<sup>th</sup> June, 2021



## Event- Lecture Program on "An overview of Greek and Roman Mythology"

Thursday, 9th June 2021

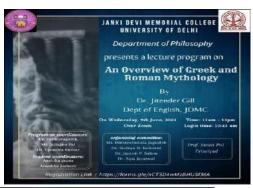
The Department of Philosophy, Janki Devi Memorial College, University of Delhi organized a lecture program on "An overview of Greek and Roman Mythology". The lecture was given by Dr. Jitender Gill, Department of English, JDMC on Thursday, 9<sup>th</sup> June 2021 at 11 a.m. This lecture was conducted online over Zoom platform live streamed on YouTube. Certificates were provided to all participants. Dr. Jitender Gill spoke in depth about the Greek and the Roman Gods. She elaborated on the twelve most important Olympian Gods. She addressed questions from the audience and recommended relevant literatures for further reading. There were over 165 participants including students and teachers from all across the country and disciplines. The lecture was incredibly informative and was followed by an engaging discussion and question and answer session.

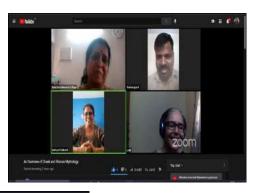
### Meeting Link:

https://zoom.us/j/92066099952?pwd=bitmNk5nSmtWQzMyYnB5dVI1R0U5QT09

#### Youtube Stream Link:

https://www.youtube.com/watch?v=UxbieXt5qV0











Lecture Program on "An overview of Greek and Roman Mythology", Department of Philosophy,  $9^{\text{th}}$  June, 2021