

**Janki Devi Memorial College**  
**Chetna Cell**  
**(The spiritual consciousness cell)**  
**2021-2022**

**Event - Sri Aurobindo's 150th Anniversary.**

**Topic-"Life beautiful"**

**Date -23th June, 2022**

**Time – 10.00 am**

**Venue – Seminar room**

The Spiritual Consciousness Cell "Chetna" and IQAC- centre for universal value and ethics of Janki Devi Memorial College organised a seminar titled "Life beautiful" engulfing the Vision and teachings of Sri Aurobindo on 23rd June, 2022 at 10 am in the Seminar room to commemorate Sri Aurobindo's 150th anniversary. The followers of the Mother and Sri Aurobindo from "Eager to Forge Ahead"- India Trust, who started a unique movement named as 'Janmobhumi to Tapobhumi' to celebrate the 150th Birth Anniversary Sri Aurobindo were invited to deliver the lecture. The session began with mediation followed by a Bhajan. The lecture began with a brief life sketch of Sri Aurobindo. Sri Aurobindo's belief in human divinity was highlighted by the esteemed speakers. The attainment of 'Divya manav' and 'ati manav' considered Sri Aurobindo as the ultimate destination of human beings. In other words, man is in the transitional phase, somewhere lying between animalistic and humanistic core but his ultimate destination is towards divinity. Sri Aurobindo concluded that man is moving towards divinity and will eventually attain that objective. But to attain that divinity having a purpose in life was considered to be the key element by Sri Aurobindo. It was reiterated that pursuit of material assets and lack of purpose in life fails to make us truly happy and content. To manifest the divine should be the purpose of our life. We should identify and nurture our own uniqueness. The lecture was highly enlightening and was attended by 80 students which also included faculty members. The session concluded with meditation and distribution of Prasad by "Eager to Forge Ahead" team.





**Janki Devi Memorial College**  
(University of Delhi)  
*IQAC- Centre for Universal Values and Ethics*  
**Cordially Invites you to Commemorate Sri Aurobindo's 150th Anniversary**  
In a seminar on  
**Topic - Life Beautiful**  
By  
**Team "Eager to Forge Ahead" (India)**  
**Date - 23.6.2022**  
**Time - 10am**  
**Venue - Seminar Room**

|                                            |                                             |                                |
|--------------------------------------------|---------------------------------------------|--------------------------------|
| Dr. Purna Arora<br>(Director, Coordinator) | Dr. Shilpa Chaudhary<br>(IQAC- Coordinator) | Prof. Swati Pal<br>(Principal) |
|--------------------------------------------|---------------------------------------------|--------------------------------|



## Event -National Webinar

**Topic- Jain Dharm: Jeevan Jeene Ki Kala”**

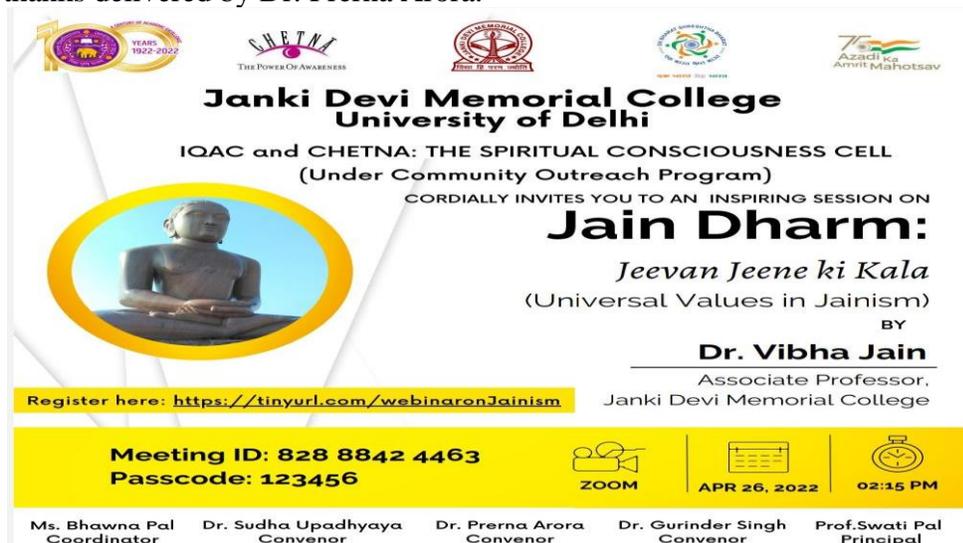
**Speaker – was Prof. Vibha Jain, Associate Professor, Department of Commerce, JDMC**

**Date -26th April, 2022**

**Time – 2.00 am**

**Venue – Zoom handle**

Chetna: The Spiritual Consciousness Cell and IQAC- Centre for Universal Values and Ethics of Janki Devi Memorial College, University of Delhi under the Community Outreach Program organised a National webinar on “Jain Dharm: Jeevan Jeene Ki Kala” on 26th April, 2022 at 2 pm on Zoom handle. The esteemed speaker was Prof. Vibha Jain, Associate Professor, Department of Commerce, Janki Devi Memorial College, University of Delhi. The webinar witnessed an enthusiastic participation of students and faculty members of JDMC as well as interested people outside the college. Dr. Vibha Jain began her lecture by positing that happiness is an inner state of mind, which can be cultivated in disassociation from outside world. While highlighting the basic tenets of Jainism and how they can facilitate a qualitative life, Dr. Jain emphasized the importance of selfless or desireless action. The Jain philosophy prescribes performance of duties without any desire for favourable outcome. Salvation, yet another founding principle of Jainism, informed the esteemed speaker, could be attained only through continuous performance of good deeds through right belief, right knowledge, and right conduct not only in this lifetime alone but in other lives too. Dr. Jain further underlined the connection each one of us have as pure soul with one another and recognised the importance of acknowledging and respecting the human soul in others. The lecture was highly interactive and enlightened the audience about many enriching facets of Jainism, which if practiced regularly, can fill our life with happiness and contentment. The webinar concluded with formal vote of thanks delivered by Dr. Purna Arora.



The poster features logos for 75 Years (1922-2022), CHETNA (The Power of Awareness), Janki Devi Memorial College, University of Delhi, IQAC, and Azadi Ka Amrit Mahotsav. It includes a central image of a Jain Tirthankar in a meditative pose. The text on the poster reads: "Jain Dharm: Jeevan Jeene ki Kala (Universal Values in Jainism) BY Dr. Vibha Jain, Associate Professor, Janki Devi Memorial College". It provides a registration link: <https://tinyurl.com/webinaronJainism>. A yellow banner at the bottom contains the Zoom Meeting ID: 828 8842 4463 and Passcode: 123456, along with the date and time: APR 26, 2022, 02:15 PM. At the very bottom, the names and roles of the organizers are listed: Ms. Bhawna Pal (Coordinator), Dr. Sudha Upadhyaya (Convener), Dr. Purna Arora (Convener), Dr. Gurinder Singh (Convener), and Prof. Swati Pal (Principal).

**Janki Devi Memorial College**  
**University of Delhi**

IQAC and CHETNA: THE SPIRITUAL CONSCIOUSNESS CELL  
(Under Community Outreach Program)

CORDIALLY INVITES YOU TO AN INSPIRING SESSION ON

# Jain Dharm:

*Jeevan Jeene ki Kala*  
(Universal Values in Jainism)

BY

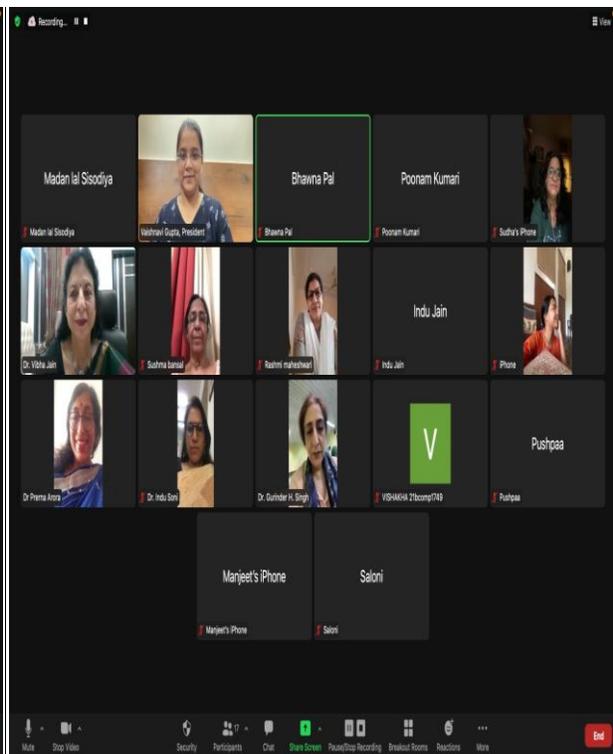
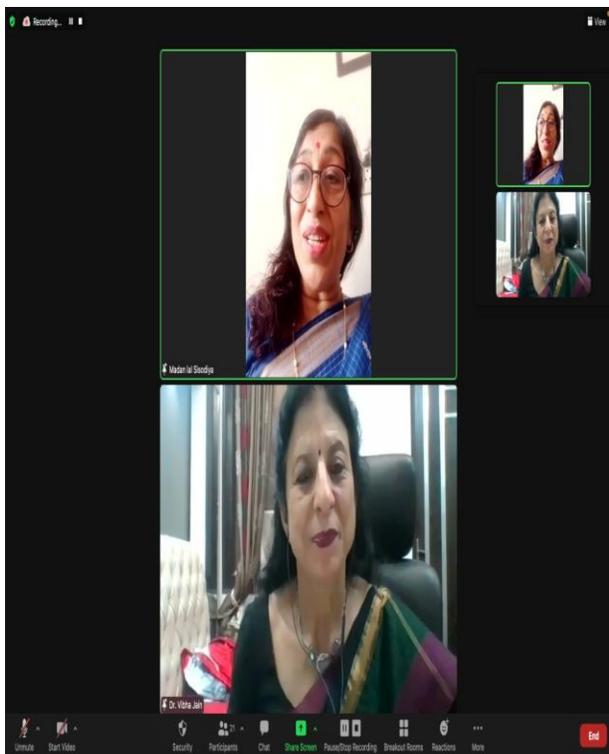
**Dr. Vibha Jain**  
Associate Professor,  
Janki Devi Memorial College

Register here: <https://tinyurl.com/webinaronJainism>

**Meeting ID: 828 8842 4463**  
**Passcode: 123456**

ZOOM APR 26, 2022 02:15 PM

Ms. Bhawna Pal Coordinator | Dr. Sudha Upadhyaya Convener | Dr. Purna Arora Convener | Dr. Gurinder Singh Convener | Prof. Swati Pal Principal



## Event -National Webinar

**Topic- “Religion and Morality: Perspectives from Guru Nanak’s Bani”**

**Speaker – Prof. Paramveer Singh, Punjabi University, Patiala**

**Date -20th April, 2022**

**Time – 11.40 am**

**Venue - Zoom**

Chetna: The Spiritual Consciousness Cell and IQAC- Centre for Universal Values and Ethics of Janki Devi Memorial College, University of Delhi organised a National webinar on “Religion and Morality: Perspectives from Guru Nanak’s Bani” on 20th April, 2022 at 11.40 am on Zoom handle. The esteemed speaker was Prof. Paramveer Singh, Professor Harbans Singh Department of Encyclopaedia of Sikhism, Punjabi University, Patiala. The esteemed speaker in his lecture highlighted the basic tenets of Sikh religion through the words of Guru Nanak enshrined in Gurbani. Prof. Paramveer Singh posited that religion is a medium to connect with the supreme power. Adherence to religion with desire for rewards is not genuine pursuit of religion. He further appraised that Guru Nanak did not distinguish between Hindus or Muslims. He considered all human beings, irrespective of their religion as children of God, who Guru Nanak reiterated in Gurbani, must prioritize becoming good Hindus or good Muslims, in essence good human beings who see and treat everyone equally. Mutual love and brotherhood will only get promoted and vices such as jealousy will be eliminated only when everyone connects to God. The lecture was highly captivating and enlightening. It reintroduced the audience with the foundational principles of Sikhism and the importance of connecting with the supreme power which is all the more relevant in today’s time. The webinar concluded with a formal vote of thanks delivered by Dr. Prerna Arora.



The poster is a vertical rectangular graphic with a light grey background. At the top, there are five logos: a purple circular logo on the left, the 'CHETNA' logo in the center, and three other logos on the right. Below the logos, the text reads: 'JANKI DEVI MEMORIAL COLLEGE UNIVERSITY OF DELHI', 'CHETNA : THE SPIRITUAL CONSCIOUSNESS CELL AND IQAC - CENTRE FOR UNIVERSAL VALUES AND ETHICS', and 'presents A NATIONAL WEBINAR ON RELIGION AND MORALITY : PERSPECTIVES FROM GURU NANAK'S BANI'. In the center, there is a portrait of Prof. Paramvir Singh in a blue turban and white beard, enclosed in a black circular frame. To the right of the portrait is a gold Khanda symbol and a black circle with a white '3'. Below the portrait, the text identifies 'Prof Paramvir Singh, Professor Harbans Singh Department of Encyclopaedia of Sikhism, Punjabi University, Patiala'. At the bottom, it provides the date 'April 20, 2022 | Login Time - 11:40 AM', meeting ID '839 1567 6262', passcode '123456', and registration link 'https://tinyurl.com/BaniofGuruNanak'. A yellow banner at the bottom states 'E-certificates for all participants'. At the very bottom, four names and titles are listed: Ms Bhawna Pal (Coordinator), Dr. Prerna Arora (Director), Dr. Shilpa Chaudhary (IQAC Coordinator), and Prof. Swati Pal (Principal).

**JANKI DEVI MEMORIAL COLLEGE  
UNIVERSITY OF DELHI**  
CHETNA : THE SPIRITUAL CONSCIOUSNESS CELL  
AND  
IQAC - CENTRE FOR UNIVERSAL VALUES AND ETHICS  
*presents*  
**A NATIONAL WEBINAR ON  
RELIGION AND MORALITY : PERSPECTIVES  
FROM GURU NANAK'S BANI**

**Prof Paramvir Singh,  
Professor Harbans Singh Department  
of Encyclopaedia of Sikhism,  
Punjabi University, Patiala**

**April 20, 2022 | Login Time - 11:40 AM**  
Meeting ID: 839 1567 6262 Passcode: 123456  
Registration Link: <https://tinyurl.com/BaniofGuruNanak>

**E-certificates for all participants**

Ms Bhawna Pal (Coordinator)    Dr. Prerna Arora (Director)    Dr. Shilpa Chaudhary (IQAC Coordinator)    Prof. Swati Pal (Principal)

REC You are viewing Vaishnavi Gupta, President's screen REC View Options

ੴ ਸਤਿਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ  
ਨਰਿਭਉ ਨਰਿਵੈਰੁ ਅਕਾਲ ਮੂਰਤੀ  
ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

Iko'nkār saṯ nām kartā purakh  
nirbhāo nirvair akāl mūrāṯ ajūnī  
saibhān gur parsād.

Unmute Start Video Participants 31 Share Screen Chat Reactions Settings More

REC

Paramvir Singh

Unmute Start Video Participants 25 Share Screen Chat Reactions Settings More

Bhawna Pal  
Bhawna Pal

Ramandeep Kaur  
Ramandeep Kaur

Renuka  
Renuka

Dr. Harsh Bala  
Dr. Harsh Bala

REC You are viewing Vaishnavi Gupta, President's screen REC View Options

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ  
ਨਰਿਭਉ ਨਰਿਵੈਰੁ ਅਕਾਲ ਮੂਰਤੀ  
ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

Question and Answer Session

Dr. Prema Arora

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Bhawna Pal

Trisha

Indu Soni

Dr. Prema Arora

Bim0000004123456@apps.bimla.gurur

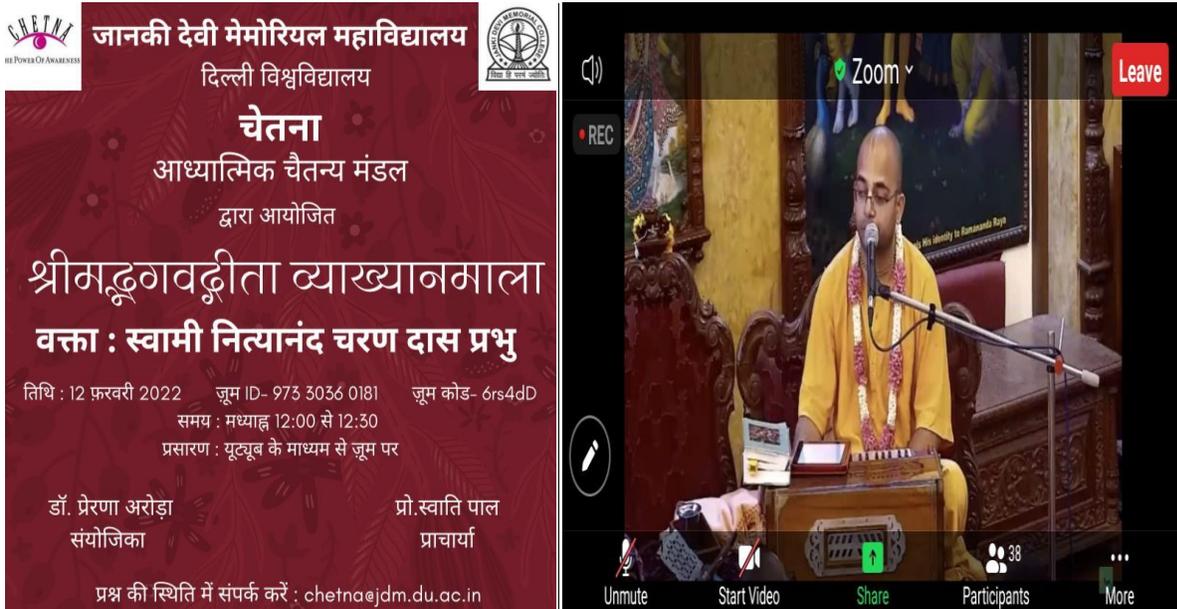
Dr. Tanuja Rawal

Dr. Harsh Bala

Unmute Start Video Participants 27 Share Screen Chat Reactions Settings More

**Event – Shrimadbhagwatgeeta Vyakhyanmala**  
**Topic- Accepting the process of Krishna consciousness"**  
**Speaker – Swami Nityanand Charan Das Prabhu**  
**Date - 12<sup>th</sup> Febuary, 2022**  
**Time – 12.00 noon - 12.30 PM**

Chetna -The Spiritual consciousness cell of Janki Devi Memorial College, University of Delhi organized Shrimad Bhagwat Geeta Vyakhyanmala celebrated the auspicious Ekadashi on 12th February, 2022 at 12.00 noon. This was telecast by Sound Cloud on zoom Platform. The webinar was attended by 38 participants which included students and faculty members. The program then proceeded with the screening of Swami Nityanand Charan Das Prabhu ji's lecture on "Accepting the process of Krishna consciousness". The lecture began with Bhagwat Gita Slokas. He explained seventh chapter verses of Bhagwatgeeta. All enthusiastically attended the session which made the event successful.



**CHETNA**  
BE POWER OF AWARENESS

**जानकी देवी मेमोरियल महाविद्यालय**  
दिल्ली विश्वविद्यालय

**चेतना**  
आध्यात्मिक चैतन्य मंडल  
द्वारा आयोजित

**श्रीमद्भगवद्गीता व्याख्यानमाला**  
**वक्ता : स्वामी नित्यानंद चरण दास प्रभु**

तिथि : 12 फ़रवरी 2022    जूम ID- 973 3036 0181    जूम कोड- 6rs4dD  
समय : मध्याह्न 12:00 से 12:30  
प्रसारण : यूट्यूब के माध्यम से जूम पर

डॉ. प्रेरणा अरोड़ा  
संयोजिका

प्रो. स्वाति पाल  
प्राचार्या

प्रश्न की स्थिति में संपर्क करें : chetna@jdm.du.ac.in

Zoom

REC

Unmute    Start Video    Share    Participants 38    More

Leave

REC

SB 11.7.51

Śrīmad Bhagavatam

20 March 18

Lord kṛṣṇa instructs Uddhava

Ex - 51

budhyate sve na bhedena

vyakti-stha iva tad-gataḥ

lakṣyate sthūla-matibhir

ātmā cāvasthito rka-vaḥ

chetna JDMC's screen



**Event - Shrimadbhagwatgeeta Vyakhyanmala**

**Topic- Everyone Searching for Pleasure**

**Speaker - Swami Nityanand Charan Das Prabhu**

**Date - 28<sup>th</sup> January, 2022**

**Time -12.00 noon - 12.30 PM**

Chetna -The Spiritual consciousness cell of Janki Devi Memorial College, University of Delhi organised Shrimadbhagwatgita Vyakhyanmala to celebrate the auspicious Ekadashi on 28th January, 2022 at 12.00 noon. This was telecast by Sound Cloud on Google Meet Platform. The webinar was attended by 56 participants which included students and faculty members. The program then proceeded with the screening of Swami Nityanand Charan Das Prabhu ji's lecture on "Everyone Searching for Pleasure". The lecture began with Bhagwat Gita Shlokas..He explained about our eternal quest which is 'Anand'. A serene atmosphere was created due to the spiritual vibes. All enthusiastically attended the session which made the event successful.

**जानकी देवी मेमोरियल महाविद्यालय**  
दिल्ली विश्वविद्यालय  
**चेतना**  
आध्यात्मिक चैतन्य मंडल  
द्वारा आयोजित  
**श्रीमद्भगवद्गीता व्याख्यानमाला**  
**वक्ता : स्वामी नित्यानंद चरण दास प्रभु**  
तिथि : 28 जनवरी 2022  
समय : मध्याह्न 12:00 से 12:30  
प्रसारण : यूट्यूब के माध्यम से गूगल मीट पर  
गूगल मीट कोड - **qyb-yuun-uy**  
डॉ. प्रेरणा अरोड़ा  
संयोजिका  
प्रो.स्वाती पाल  
प्राचार्या  
प्रश्न की स्थिति में संपर्क करें : [chetna@jdm.du.ac.in](mailto:chetna@jdm.du.ac.in)

SHWETA 21bap1052 is presenting

SB 11.7.28 Srīmad Bhagavatam 22Feb18

# Lord Kṛṣṇa Instructs Uddhava

TEXT - 29

janesu dahyamāṇesu  
 kāma-lobha-davāgninā  
 na tapyase ḡninā mukto  
 gangāmbhak-stha Iva dvīpah

SHWETA 21bap1052

APARNA 21bcomp11...

TASHU 21bap1590

Madan Master Ji Sis...

Bhawna Pal

21 others

You

People

Mute all Add people Host controls

- ARTI 21skt1745
- Bhawna Pal
- BHUMIKA 21eco1477
- DEEPIKA 20skt632
- Dr. Tanuja Rawal
- HRITHIKA 21bap511
- kashvi Chawla
- Madan Master Ji Sisodia
- MANISHA 20skt708
- MANYA 21eco1478
- Prema Arora

12:00 PM | qyb-yuun-uyi

SHWETA 21bap1052 is presenting

His identity to Ramananda Raya

SHWETA 21bap1052

ARTI 21skt1745

Dr. Tanuja Rawal

Madan Master Ji Siso...

TASHU 21bap1590

Bhawna Pal

YOGITA 20skt603

47 others

You

12:20 PM | qyb-yuun-uyi

**Event -“Makarsankranti, Lohri and Pongal”**  
**Date - 14<sup>th</sup> January, 2022**  
**Time - 3.30 pm**

Chetna Society of Janki Devi Memorial College, University of Delhi organised a webinar titled “Makarsankranti, Lohri and Pongal” to celebrate the auspicious festivals of Makarsankranti, Lohri and Pongal on 14<sup>th</sup> January, 2022 at 3.30 pm on Zoom platform. The webinar was attended by 77 participant which included students and faculty members across University of Delhi. Acharya Haridev Shastri from Sankrit Bharti graced the occasion as distinguished speaker of this webinar. The program began with college prayer and chanting of Sanskrit Shloka by Acharya ji, who began his lecture with a discussion on the importance of festivals in Indian culture. He called these festivals as “blood of the nation”. He distinguished between *Utsava* and *Parva* and reiterated the significance of *Parva* in bringing the people together as part of community. He offered reasoning derived from Indian mythology behind celebration of Makarsankranti. His lecture covered wide spectrum of themes which are integral part of Indian culture in general and of these festivals in particular such as *Daana* and *Aharvriti*. He concluded his lecture by discussing how these festivals brings people together and filled them with positivity. The program then proceeded with the screening of a short movie depicting the celebration of Makarsankranti, Pongal and Lohri. The Convenors of Chetna Society, Dr. Prerna Arora, Dr. Gurinder H. Singh and Dr. Sudha Upadhyaya further elaborated the important of Makarsankranti, Lohri, Dahi Chura and Pongal and spoke on each of these festivals. The program concluded with vote of thanks given by Dr. Tanuja Rawal.



## **Centre for Universal Values and Ethics and Chetna Society**

**Event – Webinar on Swami Vivekananda Birthday**

**Webinar Topic- “Swami Vivekananda’s Life and Ideas”**

**Speaker - Shri Nikhil Yadav, Pranta Yuva Pramukh, Vivekananda Kendra**

**Date - 12<sup>th</sup> January, 2022**

**Time - 1.30 Pm**

The Centre for Universal Values and Ethics and Chetna Society of Janki Devi Memorial College, University of Delhi under the aegis of IQAC, JDMC organised a webinar titled “Swami Vivekananda’s Life and Ideas” on occasion of birth anniversary of Swami Vivekananda on 12<sup>th</sup> January, 2022 on Zoom platform. The webinar witnessed an enthusiastic participation of 155 attendees which included both students and faculty members. The distinguished speaker of this webinar was Shri Nikhil Yadav, Pranta Yuva Pramukh, Vivekananda Kendra, Uttar Prant. The program began with college prayer and welcome note by the principal of our college, Prof. Swati Pal, who greeted the distinguished speaker and spoke about the importance and relevance of Swami Vivekananda philosophy in today’s time. The lecture began with Shri Nikhil Yadav speaking about the life of Swami Vivekananda and the teaching his life lessons have in store for us. He highlighted the influence Swami ji had on great personality around the world which included the like of Nikola Tesla and Mahatma Gandhi. He signed off by emphasising the importance of inculcating the values professed by Swami ji in order to know our inner selves and realize our actual potential. Dr. Jayanti Sahoo, member, Chetna Society then took on the stage and familiarized students with the Vedanta philosophy which Swami ji deeply believed in and practiced throughout his life. She spoke about purity, patience and perseverance propagated by Swami ji as means of overcoming all obstacles. Dr. Jayanti’s presentation on Swami ji not only provided students with an insights and practical solution offered by Swami ji to deal with challenging situations but also provided key to open the door of success. This marked the end of the program which concluded with a vote of thanks given by Dr.Pruna Arora, Convenor, Chetna Society.

**JANKI DEVI MEMORIAL COLLEGE**  
UNIVERSITY OF DELHI

**IQAC - CENTRE FOR UNIVERSAL VALUES AND ETHICS**

Cordially Invites you to celebrate the birth anniversary of  
**Swami Vivekananda**  
In a Webinar on  
**SWAMI VIVEKANANDA'S LIFE AND IDEAS**



**Shri Nikhil Yadav**  
Prant Yuva Pramukh  
Vivekananda Kendra, Uttar Prant

Date & Time: January 12, 2022 at 1:30 PM  
Platform - Zoom  
Meeting ID: 871 2970 3036  
Passcode: 123456

DR. PREMA ARORA (DIRECTOR)      DR. SHILPA CHAUDHARY (IQAC COORDINATOR)      PROF. SWATI PAL (PRINCIPAL)

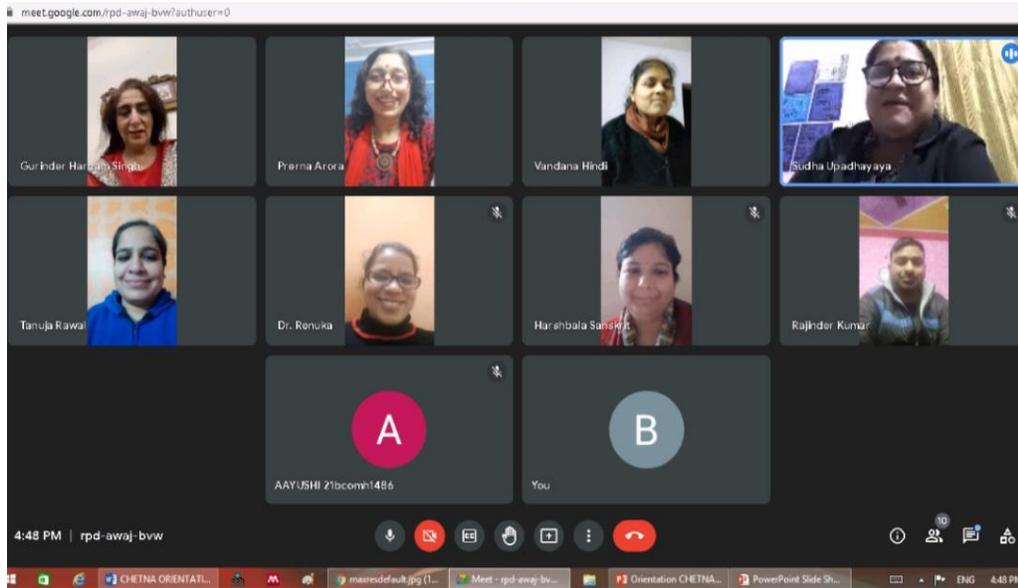
## Event – Orientation Session

Date - 8<sup>th</sup> January, 2022

Time – 3.30 pm

The online orientation session of the Chetna Society was held on 8<sup>th</sup> January, 2022 at 3.00 pm. The session was attended by 50 participants. The program began with the welcome of the freshly admitted first year students. This was followed by the college prayer. The freshly admitted first year students of the college were appraised about the Spiritual Consciousness Cell of JDMC. The program then proceeded to illuminate the students about the aims, objectives and vision of the Chetna society. The Convenor of Chetna, Dr.Perna Arora then gave an overview of the programs organised over a span of last two years to further familiarize the students about the nature of activities organised by the society. Furthermore, the students were briefed about various organising teams of the society that they could actively become part of and were invited for the same. To infuse a sense of purpose and enthusiasm among students, faculty members of Chetna addressed the gathering. The floor was opened for the students to clarify their doubts and share their views. The program ended with a vote of thanks which marked the end of the orientation session.





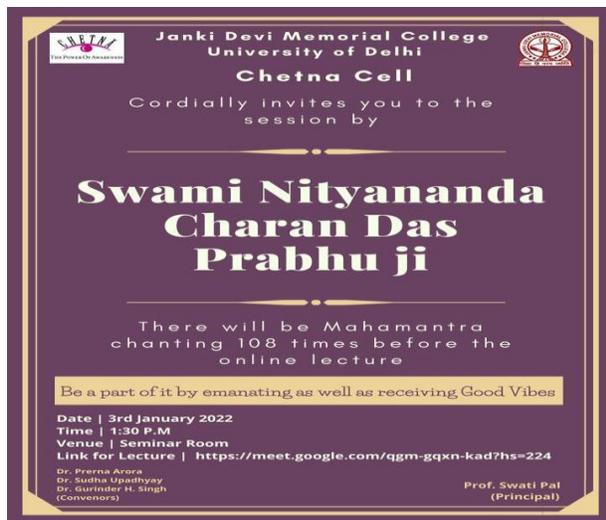
**Speaker – Swami Nityananda Charan Das Prabhu ji (on screen)**

**Date - 3rd January, 2022**

**Time -1.30 pm**

**Venue –Seminar Room**

Chetna Cell organised Swami Nityananda Charan Das Prabhu ji 's lecture on Bhagwad Geeta with the intent of auspicious start of the year. It was played on screen on 3rd January, 2021 at 1.30 pm in seminar Room (Jdmc).Hare Krishna Chanting was repeated with devotion 108 times and then Online Lecture started. After the lecture copies of the Bhagwad Geeta were distributed along with Prasadam . Participants attended lecture offline as well as online. A serene atmosphere was created due to the spiritual vibes.



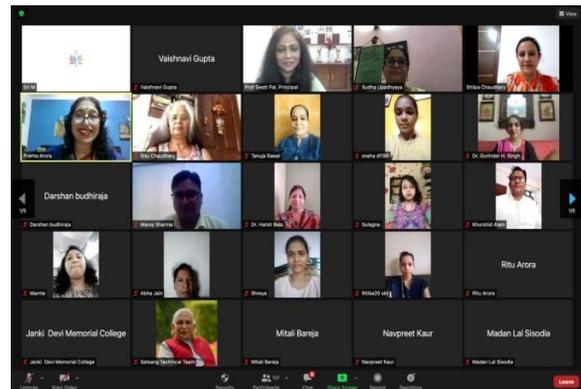
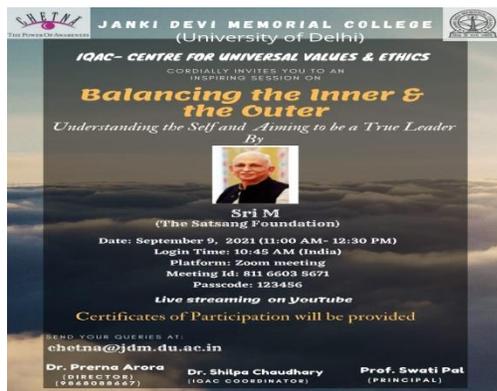
## Centre for Universal Values and Ethics and Chetna Society

**Webinar Theme - Balancing the inner and the outer: Understanding the Self and Aiming to be a True leader".**

**Speaker - Mr. Sri M**

**Date - 9th September, 2021**

The Chetna Cell under the aegis of the IQAC- Centre for Universal Value and Ethics, JDMC, organized a webinar on the topic "Balancing the inner and the outer: Understanding the Self and Aiming to be a True leader". The distinguished speaker of the webinar was Mr. Sri M of the Satsang Foundation. The Webinar was attended by close to 200 participants . The event proved to be a great success and provided important insight in balancing the inner and outer world.



**Event – Movie screening “The Forgotten Hero”  
(In Celebration of Azadi ka Amrit Mahotsav)**

**Date - 16-17 September, 2021**

**Time -3.15 pm - 5.15 pm**

Chetna, The Spiritual Consciousness Cell of Janki Devi Memorial College, University of Delhi celebrated the Azadi ka Amrit Mahotsav by screening the brilliant movie based on the life of Netaji Subhash Chandra Bose on 16th and 17th September, 2021. The Movie titled “Netaji Subhash Chandra Bose: The Forgotten Hero” directed by Mr. Shyam Benegal depicts the last five years of Bose’s life. The students and faculty members across all departments of the college enthusiastically attended the movie screening and made the event a success.

