

Alumnae Events 2019-20

1) Workshop on Cancer Awareness: Survival and Prevention

Date – September 20, 2019

A Workshop titled Cancer Awareness: Survival and Prevention was organized by Alumnae Association on September 20, 2019 in the Seminar Room. The speakers for the workshop were Dr. Divya Chaudhary , Chief Dietician, Rajiv Gandhi Cancer Institute and Research Centre and Ms. Richa agarwal ,Assistant Professor , K.R Mangalam University who is also a Cancer Survivor. Dr. Divya shared her expertise as a Dietician to make the audience aware about the role of healthy food and eating habits in prevention of this dangerous disease. She told how a healthy lifestyle and staying away from junk foods can help greatly in prevention of cancer. Ms. Richa who is a Cancer Survivor shared her story of her winning fight with cancer. She told how her positive attitude and zeal helped her to defeat this disease. The Talk was well attended by faculty of the college and 200 students. It was an enriching and informative experience.

Poster of the workshop

ALUMNAE ASSOCIATION
Janki Devi Memorial College
organises

WORKSHOP ON
CANCER AWARENESS: PREVENTION AND SURVIVAL

DATE: SEPTEMBER 20, 2019
TIME: 11 AM-12:30PM
VENUE: SEMINAR ROOM

SPEAKERS:

Dr. Divya Choudhary
Chief Dietician
Rajiv Gandhi Cancer Institute
and Research Centre

Ms. Richa Agarwal
Assistant Professor
K.R. Mangalam University

All faculty members, students and alumnae are invited.
Certificate of participation will be given.
For any queries write us at jdm.alumnae@gmail.com

Pictures of the event



2) Interactive Session on Role of Spirituality in Personality Transformation: Gaining Competitive Strengths **Date - 25 January 2020**

The Alumnae Association of Janki Devi Memorial College organized an interactive talk session on the topic "Role of Spirituality in Personality Transformation: Gaining Competitive Strengths" on 25th January 2020, from 10:30 am to 12:30 pm in the college seminar room. The speaker of the session was Ms. Santosh Sabharwal, who is an associate professor in Shri Ram College of

Commerce and a yoga, meditation instructor at Art of Living foundation. The session was attended by 120 students from various departments. It started with a warm welcome and felicitation of the guest speaker with a planter. The speaker talked about the contribution of spirituality in her personality transformation. She shared some important moments of her life which made her more confident and contented person. She shared some important meditation exercises and mind relaxing activities. She also put a light on how to deal with mental issues and societal pressure. The session ended with a vote of thanks to the speaker, the audience and the staff members of the alumnae association, then a light refreshment was provided to all the attendees.

Poster of the workshop



The poster is rectangular with a blue background and a dark blue border. It features the following text and graphics:

- Top left: Logo of Janki Devi Memorial College, featuring a lamp and the text "Janki Devi Memorial College" and "Alumnae Association".
- Top right: A large number "60" with a circular emblem inside, likely representing the college's 60th anniversary.
- Center: The text "Alumnae Association" in blue, followed by "Janki Devi Memorial College" in red, "organises" in blue, "Interactive Session" in blue, "on" in blue, "Role of Spirituality in Personality Transformation:" in blue, and "Gaining Competitive Strengths" in blue.
- Below center: "Alumna Speaker:" in blue, "Ms. Santosh Sabharwal" in blue, "Associate Professor" in blue, "Shri Ram College of Commerce" in blue, and "University of Delhi" in blue.
- Bottom center (in a white box with a blue border): "Date: 25 January 2020" in blue, "Timings: 10:30 am- 12:30 pm" in blue, and "Venue: Seminar Room" in blue.
- Bottom: "ALL ARE CORDIALLY INVITED" in red.



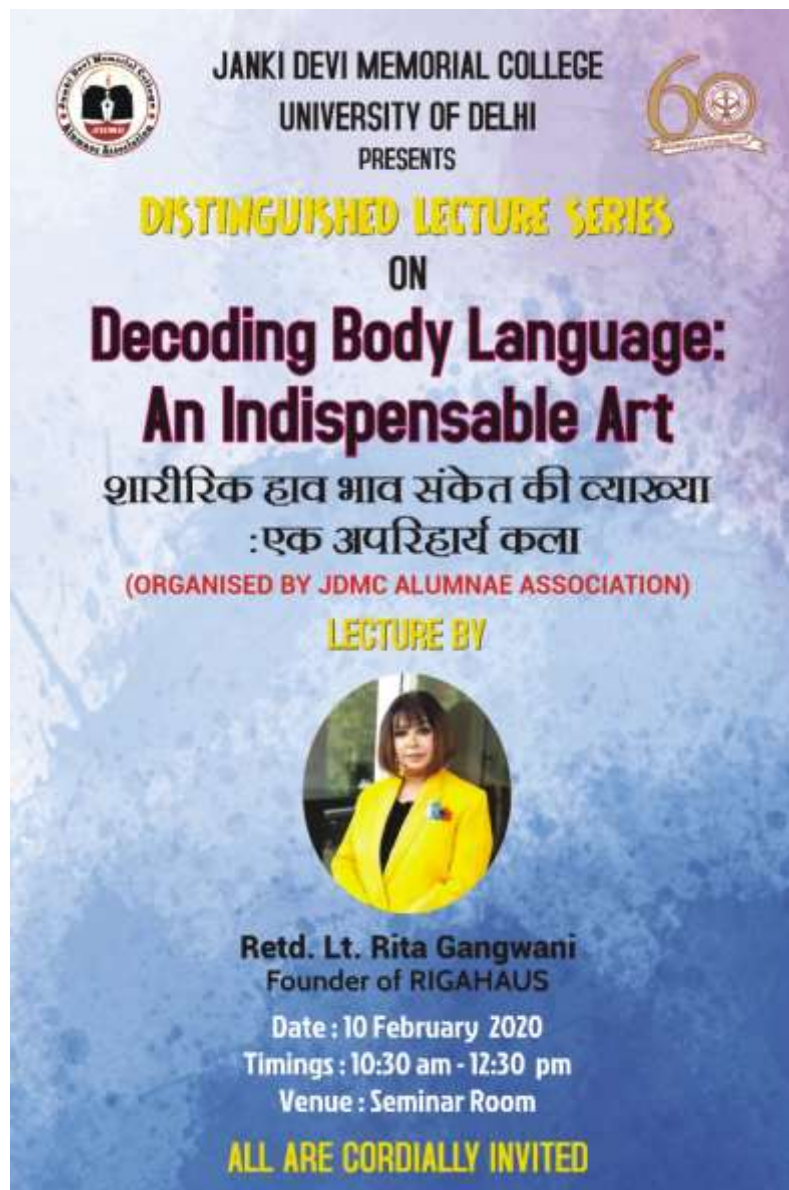




3) Distinguished Speakers Series by JDMC Alumnae Association
Title: Decoding Body Language: An Indispensable Art
Speaker: Retd. Lt. Rita Gangwani
Date: 27 February 2020

As a part of its diamond jubilee year celebration Janki Devi Memorial College has been organising a distinguished speaker series whereby 60 distinguished speakers from various walks of life are being invited to address and enlighten the students with their substantive knowledge. As a part of this series, the Alumnae Association of the college organised a public lecture on the topic "Decoding Body Language : An Indispensable Art" on 27th February 2020, from 10:30 am to 12:30 pm in the college library hall. The lecture was delivered by Retd. Lt. Rita Gangwani who is the founder of RIGAHAUS (Rita Gangwani's House of Personality Transformation) and a life coach of many well-known national and international pageant winners. The session was attended by 120 students and faculty members from various departments. It started with a warm welcome and felicitation of the guest speaker by Dr. Swati Pal, Principal, JDMC. Following the college's environmental policy, the guest was then invited to plant a sapling. Thereafter, the gathering was addressed by the Principal where she shared brief history of the founder of the college and her views on the significance of body language in life. The speaker during the


session talked about the meaning of body language, it's importance in various aspects of life and methods to improve it. She shared some interesting facts relating to the facial expressions and body postures study and the influence of culture on body language. She also put light on how to build relationships effectively at home and workplace. The session ended with a note of thanks to the speaker by Dr. Sangeeta Gupta, Member, DSS Committee. Then a light refreshment was provided to all the attendees.

Poster of the event



 **JANKI DEVI MEMORIAL COLLEGE**
UNIVERSITY OF DELHI
PRESENTS 

DISTINGUISHED LECTURE SERIES
ON
**Decoding Body Language:
An Indispensable Art**
शारीरिक हाव भाव संकेत की व्याख्या
: एक अपरिहार्य कला
(ORGANISED BY JDMC ALUMNAE ASSOCIATION)
LECTURE BY



Retd. Lt. Rita Gangwani
Founder of RIGAHAUS
Date : 10 February 2020
Timings : 10:30 am - 12:30 pm
Venue : Seminar Room
ALL ARE CORDIALLY INVITED

Photographs of the event





4) Social Outreach Activity During Covid-19 Date-04-05-2020

Janki Devi Memorial College of University of Delhi provided ration on 4th May 2020 to the people who are struggling to meet their daily needs due to lockdown in view of COVID-19. On behalf of the Alumnae Association of the college, Dr. Swati Pal, Principal, Janki Devi Memorial College distributed packets of ration including flour, dal, rice, sugar, oil, salt, and spices to needy people in Rajendra Nagar, New Delhi, especially rickshaw pullers and daily wage earners.

This distribution benefitted 200 people and beneficiaries expressed their gratitude for providing this help in this hour of crisis. The members of the Alumnae Association considered Dr. Pal's efforts to reach out to the needy and to give the necessary goods directly into their hands very courageous and significant and appreciated her for this generous gesture. In this distribution work, college employees Mr. Vijay Pratap, Mr. Vijay Maurya and Mr. Rakesh and two constables of Delhi police also accompanied the team for two consecutive hours and gave their invaluable support.





5) Kavi Sammelan

Date - 27-05-2020

JDMC Alumnae Association organized an online KAVI SAMMELAN-INDRADHANUSH on the evening of 27th May 2020. The participating poetesses were:

1. Dr. Swati Pal, Principal, Janki Devi Memorial College.
2. Dr. Poonam Sharma, President, Alumnae Association & Associate Professor, JDM College.
3. Dr. Sandhya Garg, Treasurer, Alumnae Association & Associate Professor, JDM College.
4. Dr. Sangeeta Sharma Adhikari, National President, Kavya Srijan Mahila Sangh.
5. Ms. Urmila Rawat, Lecturer, Mother Teresa Convent School and College, Navi Mumbai.
6. Dr. Bharti Aggrawal, Assistant Professor, DU.
7. Dr. Sudha Upadhyaya, Treasurer, Alumnae Association & Assistant Professor, JDM College.
8. Dr. Manju Rani, Assistant Professor, DU.
9. Mrs. Seema B. Verma, Senior Assistant Editor, The Hindu.

All poetesses recited their verses on various themes connected to women, social life and current issues prevailing in the nation and touched the heartstrings of the audience. All in all, everyone agreed that it was a splendid and relaxing evening in these times of pandemic.

The session ended with a note of thanks by Dr. Poonam Sharma, President, JDMC Alumnae Association.

Poster of the event

JANKI DEVI MEMORIAL COLLEGE ALUMNAE ASSOCIATION presents
कवि सम्मलेन-इंद्रधनुष
सात रंग, सात स्वर
कविता भरी शाम, जे.डी.एम्. अलुमनाई के नाम

POETESSES OF THE EVENING

 Dr. Saati Pal Principal, JDM College	 Dr. Poojya Shama President, Alumnae Association & Associate Professor, JDM College	 Dr. Sudhya Garg Treasurer, Alumnae Association & Associate Professor, JDM College	 Dr. Seegata Sharma Adhikari National President Kanya Srijan Mahila Sangh
 Ms. Garola Rawat Lecturer, Mother Teresa Convent School and College, Navi Mumbai	 Dr. Bharti Aggarwal Assistant Professor, DU	 Dr. Sudha Upadhyaya Treasurer, Alumnae Association & Assistant Professor, JDM College	 Dr. Manja Raaj Assistant Professor, DU

SESSION WILL BE ON ZOOM
DATE: 27TH MAY 2020
SESSION TIME: 4:00 PM – 5:00 PM
LOGIN TIME: 3:30 PM

FOR REGISTRATION FILL THE FOLLOWING GOOGLE FORM:
[HTTPS://FORMS.GLE/HZi5WNADHRCCsU7R6](https://forms.gle/HZi5WNADHRCCsU7R6)

Photographs of the event



