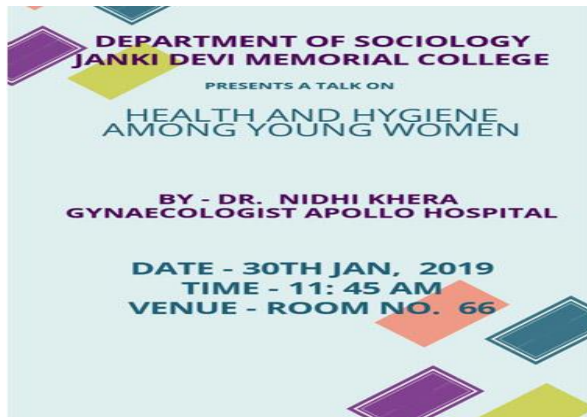


Talk on Health and Hygiene Among Young Women by Dr. Nidhi Khera

The Department of sociology organised a talk on January 30, 2019 about health and hygiene among young women. The speaker, Dr. Nidhi Khera a gynaecologist from Apollo Hospital, Moti Nagar talked about Poly-Cystic Ovarian Syndrome. She emphasised on the unhealthy style of life and genetics as the root cause of hormonal imbalance eventually leading to PCOS and other such disorders. She explained how this imbalance can be avoided by introducing two simple changes in one's lifestyle; exercise and healthy food. The talk highlighted how physical activity and healthy eating patterns can lead to a healthy and happy lifestyle which ultimately results in overall well-being of a person.



Talk on Health and Hygiene Among Young Women by Dr. Nidhi Khera January 30,2019



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Film -Screening

The Department of Sociology held a screening of the documentary "The Name Of The Disease" directed by Abhijit Banerjee, Arundhati Banerjee and Bappa Sen on 23 January 2019. The film provided students with a pluralistic understanding of healthcare in rural areas of Rajasthan. It took them beyond a bio-medical perspective, showing that treatment to disease is rooted in social environment.



Film -Screening, January 29,2019

Annual Department Festival- Ethos

The Department of Sociology organised it's annual inter-college festival "Ethos" with great zeal and enthusiasm.

The theme for the fest was ' Beauty and Body Image'.The day started with an interactive session with Friedrich-Ebert-Stiftung in collaboration with Women Power Connect. Ms Rashmi Singh debunked myths associated with fairness and popular beauty conceptions. Ms. Gayatri Sharma moderated the session and invited the students to share their experiences and encouraged them to think beyond the stereotypical ideals of beauty types and body images. The students wholeheartedly shared their anxieties concerning body image.

A number of competitions were organized such as Slam Poetry, Online Photography, Turncoat Debate and Treasure Hunt. Students from various DU colleges participated and won exciting cash prizes . It was a day of learning and fun and for all.

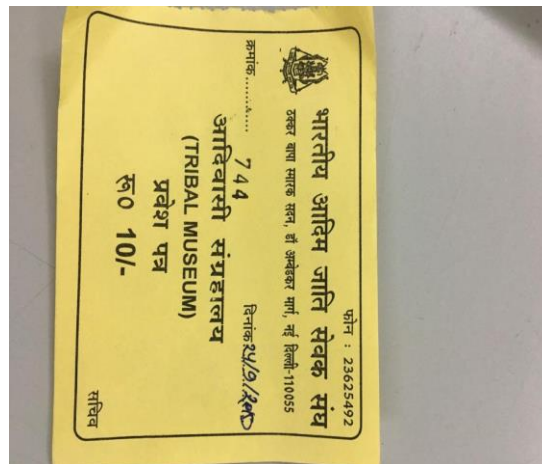




Ethos 2018

Visit to the Tribal Museum

The students from BA (H) Sociology visited the Tribal Museum on September 24, 2018. The trip enhanced and deepened students understanding on tribal social life and culture. The students got a vivid glimpse of tribal life by viewing exhibits of traditional murals and dioramas of tribes through important life events like festivals, acts of animal sacrifice, marriages etc.



Visit to the Tribal Museum, September 24, 2021

Film Screening: Bawandar

The Department of Sociology screened the film Bawandar for its second and third year students on September 22, 2018. The film was to educate students on issues related to patriarchy, gendered violence and role of the state and NGOs in empowering the society.

Interactive Session To Fight Plastic Waste

As an extension of the workshop the 'Environment and Alternatives to Plastic', the Smart Company at the behest of team Avani held an interactive session on September 22, 2018 with the students from the Sociology Department of the college.

The Smart Company seeks to promote a plastic free world by promoting the use of biodegradable/green bags manufactured by it as an alternative to black plastic bin liners in order to solve the problem of accumulation of plastic waste. Also, it pointed out the

advantages of using its smaller green bags for disposal of wastes like sanitary napkins and diapers especially in public restrooms.

The Smart Company's green bags are to be sold under the brand name 'smart mom' and 'smart girl'. This led to a healthy debate and discussion between the students and company. A sociologically imaginative and informed understanding of the students became evident as the company was to carry a feedback from them regarding a need to shift to a more gender sensitive brand name as 'smart citizens' for making their green bag project a success.



Interactive Session To Fight Plastic Waste, September 22,2018

Workshop by Mini Saxena

On September 20, 2018 Advocate Mini Saxena conducted a workshop to empower students to take informed decisions with respect to consent, and to create a culture wherein it is normal to give, withhold, check and withdraw consent in the case of sexual violence.

Seminar on Effective Communication

On September 8, 2018 , Mr. Vikas Chandwani , founder of organization Grow Thoughts along with Deependra Verma, Resource Deployment Manager, IBM India Pvt. Ltd. , Varsha Mathur Kapoor, Senior Test Manager , SopraSteria India and Saurabh Bhatnagar, Delivery Manager for Crescerance India Pvt Ltd., conducted a seminar on Effective Communication and how it is the most important tool for the holistic development of an individual. The interactive session discussed broadly the two ways through which the individual is recruited - the interview and group discussion. Both of these involve effective communication skills to be able to pass on all the information to the recruiter. Mr.Chandwani was effectively able to communicate the areas and special points to be focused on and remembered during the interview and discussion through his presentation.

The seminar was of special significance to the third year students who would soon appear for their interviews for further academic career or jobs.

SELF DEFENCE WORKSHOP

The Department of Sociology conducted a ten day Self Defence Training Workshop for the students from 3.09.18 to 14.09.18. Constable Samesta from Special Police Unit For Women And Children conducted this workshop. The training will prove beneficial in empowering young girls to combat any attack to their physical safety and checking crime against women. Students were provided certificates on the successful completion of the course.



SELF DEFENCE WORKSHOP September 2018

Screening of the film-Boys Don't Cry

On 18th, August, 2018 the biographical film, Boys Don't Cry was screened by the Department for its students. The film sensitised students on the life of transgenders life allowing them to question conventional definitions of gender that explain it in terms of masculine and feminine roles. The screening of the film was followed a short discussion on it.

Film Festival

A Film Festival was organised on 17th August, 2018. "The Color Purple" and "The India Untouched: Stories of People Apart" were screened and their sociological relevance discussed. These films immensely helped the students in understanding the issues of racism and caste.



Film Festival August 17, 2018

Inaugural of Add-on Course- Empowerment and Change: Role of State and Civil Society

The Department of Sociology, JDMC held the inaugural ceremony for its second Add-on course, Empowerment and Change: Role of State and Civil Society on 9th, August, 2018. The course has four modules, namely, Women, Children, Aged and Disabled and the LGBT community. The Department for this course has collaborated with several state and non-state organisations like Delhi Police, CDLSA (Central District Legal Services Authority), Delhi Commission for Women (DCW), Margins, CEQUIN (Centre for Equity and Inclusion) and TARSHI (Talking about Reproductive and Sexual Health Issues). The representatives from these organisations attended the ceremony and enlightened the gathering with their work and objectives. The session was graced by the college Principal Dr. Swati Pal who congratulated the Department of Sociology for introducing yet another Add-on course focusing on a theme of contemporary relevance. The inaugural ceremony commenced with a speech by Dr. Suman Nalwa, a senior IPS officer and currently the principal at the Delhi Police Training School. She shared her experiences as an officer and hardships she had to overcome being a woman. This was followed by an insight from Shubhra Mendiratta, a senior advocate on her organisation CDLSA and its involvement with the not so privileged sections of society like women and children. The next, speaker Shivani Singh from the NGO, Margins illuminated the students on the field of disability. She pointed out that there is a lack of neuro diversity in our society and being inclusive towards the disabled would automatically lead to include other sections of the society. Another speaker was Chitra Panchkaran, an NGO personnel affiliated with several gender sensitisation programmes for the Delhi Police who gave an inspiring speech on gender and inner ability of women. Finally, Vani Vishwanath from TARSHI elaborated on the engagement of her organisation with the LGBT community and its relevance for the course.



Inaugural Add-on Course August 9, 2018