

Janki Devi Memorial College
Chetna Society
(The Spiritual Consciousness Cell)
(2022-2023)

Event - Seminar on Kriya Yoga and Spirituality

Date - 1st March, 2023

Time- 11.00 am

Venue - Music Room

Centre for Universal Values and Ethics, Chetna: The Spiritual Consciousness Cell and Department of Philosophy jointly organized a Seminar on the topic 'Kriya Yoga and Spirituality' on March 1, 2023 at 11 AM in the Music Hall, JDMC. Smt. Joyati Kapoor, the Founder Working President of Yogiraj Shyamacharan Mission was the distinguished speaker of the Seminar. She began her lecture with a description of Kriya Yoga and its meaning. She emphasized that the Kriyayoga is the main path to be followed for concentration of the mind and the spiritual progress of the Soul. She traced the history of Kriya Yoga and explained its importance in our daily lives. She also acquainted the audience with the methods of practicing Kriya Yoga. The lecture was followed by an interactive question and answer session which saw enthusiastic participation of the students. The session concluded with a vote of thanks given by Dr. Jayanti Sahu, Associate Professor, Department of Philosophy. The program was a great success, it was attended by a total of 75 participants which included students and faculty.







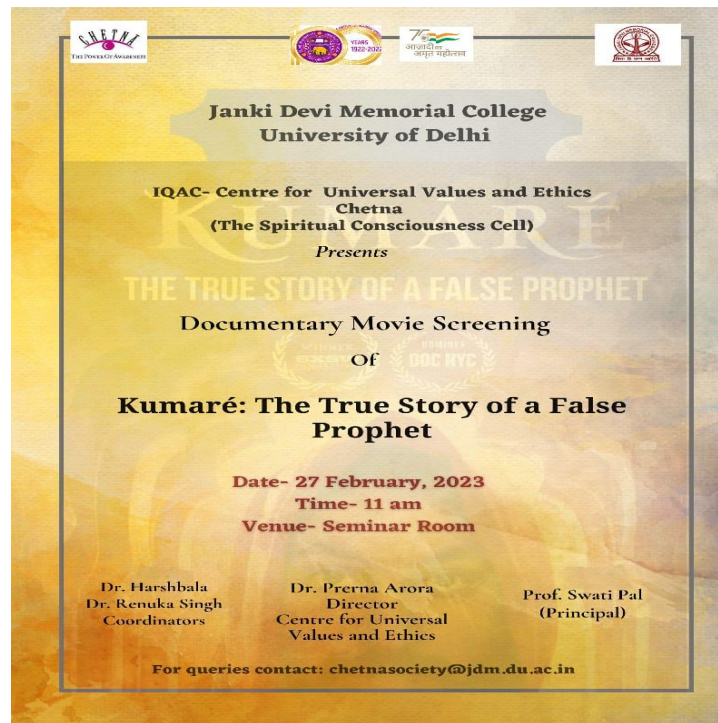
**Event- Movie Screening
(Kumare The true Story & false prophet)**

Date - 27th February, 2023

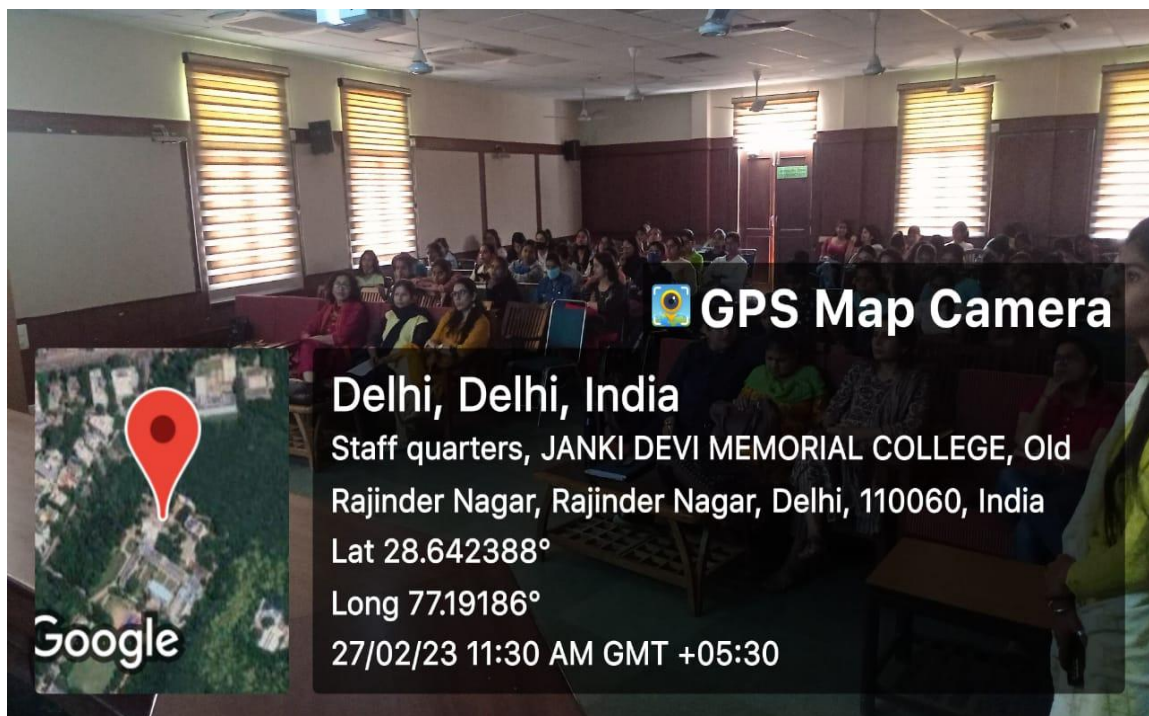
Time - 11.00 am to 1.00Pm

Venue- seminar Room

The Centre for Universal value & Ethics, Chetna Cell, JDMC organised a Documentary movie "Kumare The true Story & false prophet" on 27th February, 2023 at 11 am in the Seminar room. The documentary exposed the irrationality of blind faith and in this process revealed some greater spiritual truths about the inner power each one of us has. The documentary projected that this inner power does not require guru to tap in. The documentary screening was attended by 73 students and 9 faculty members.







Chetna Cell Music Department and Sarang

Event Basant Panchmi

Date- 25th January 2023

Time - 12.00 Pm

Venue - Music Room

Basant Panchami was celebrated by the Music Department, SARANG- The Indian Music Club and CHETNA -The Inner consciousness Cell on 25 January 2023 in the music hall at 12:00 a.m. Obiscence was paid to goddess Saraswati with the students singing Saraswati Aarti, Vandana and Bhajans. The pratima of the goddess was adorned with bright yellow saree and yellow garlands. Aarti was offered by the principal, teachers and students. The principal spoke about the relevance of the occasion and recalled her childhood Basant Panchami incident with her father. She shared some valuable thoughts that in order to achieve anything in life, one has to put in double the amount of effort. She emphasized that the goddess will help only those who will work hard to help themselves.








Lecture Design your Destiny

Date -15th November, 2022

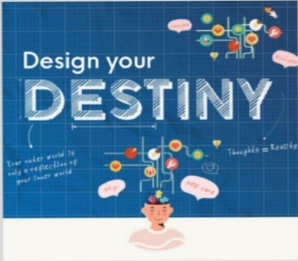
Time 12:00 to 1.00 pm

Venue - Committee Room

The Centre for Universal Values and Ethics, Chetna Society of Janki Devi Memorial College organized a lecture on Meditation Experience under 'Design your Destiny' program on 15th November, 2022 at 12 noon in the Committee Room, facilitated by the Brahma Kumari Organisation. The lecture aimed to invoke the inner power within us to design our destiny through mediation. The students were familiarized with the importance of virtues in leading a purposeful life and the different ways these virtues could be used in dealing with adverse Life situations. The lecture witnessed an enthusiastic participation of 33 students and faculty members.



Janki Devi Memorial College
(University of Delhi)
Centre for universal values and ethics
Invites you to the
LECTURE
On meditation experience



Date : 15th, November 2022
Time : 12:pm - 1:00pm
Venue : committee room

Convenors ;
Dr. Perna Arora
Dr. Gurinder Harnam Singh
Dr. Sudha Upadhyay

Prof. Swati Pal
(Principal)

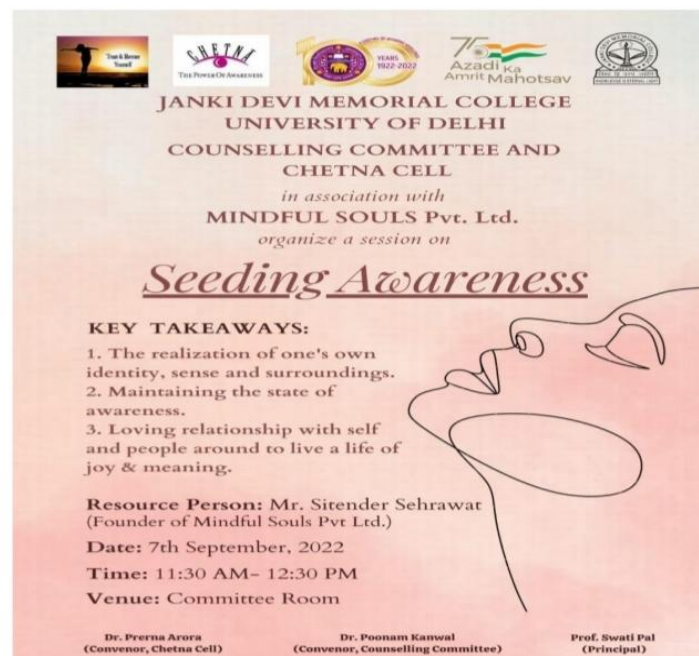


Topic of the Session- Seeding Awareness Speaker- Mr. Sitender Sehrawat

Date - 7th September, 2022

Venue - Committee Room

The Counseling Committee and Chetna Cell in collaboration with the Mindful Souls (Pvt. Ltd.) organized a special session for the students of the college on 'Seeding Awareness'. Mr. Sitender Sehrawat was the key speaker. It was an interactive session. The key takeaways from the session were - the realization of one's own identity, sense, and surroundings maintaining a state of awareness and a loving relationship with oneself. A total number of 75 students including teachers were present in the session.



The poster is for a session titled 'Seeding Awareness'. At the top, there are five logos: 'You & Me', 'CHETNA THE POWER OF AWARENESS', '75 YEARS 1922-2022', '75 Azadi Ka Amrit Mahotsav', and the University of Delhi logo. Below the logos, the text reads: 'JANKI DEVI MEMORIAL COLLEGE UNIVERSITY OF DELHI COUNSELLING COMMITTEE AND CHETNA CELL in association with MINDFUL SOULS Pvt. Ltd. organize a session on Seeding Awareness'. The title 'Seeding Awareness' is in a large, stylized font. Below the title, under 'KEY TAKEAWAYS:', there are three points: 1. The realization of one's own identity, sense and surroundings. 2. Maintaining the state of awareness. 3. Loving relationship with self and people around to live a life of joy & meaning. To the right of the text is a line drawing of a person's head in profile, looking upwards. Below the key takeaways, the text reads: 'Resource Person: Mr. Sitender Sehrawat (Founder of Mindful Souls Pvt Ltd.)', 'Date: 7th September, 2022', 'Time: 11:30 AM- 12:30 PM', and 'Venue: Committee Room'. At the bottom, there are three names and titles: 'Dr. Perna Arora (Convenor, Chetna Cell)', 'Dr. Poonam Kanswal (Convenor, Counselling Committee)', and 'Prof. Swati Pal (Principal)'.

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UNIVERSITY OF DELHI
COUNSELLING COMMITTEE AND
CHETNA CELL
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MINDFUL SOULS Pvt. Ltd.
organize a session on
Seeding Awareness

KEY TAKEAWAYS:

1. The realization of one's own identity, sense and surroundings.
2. Maintaining the state of awareness.
3. Loving relationship with self and people around to live a life of joy & meaning.

Resource Person: Mr. Sitender Sehrawat
(Founder of Mindful Souls Pvt Ltd.)

Date: 7th September, 2022
Time: 11:30 AM- 12:30 PM
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