



**JANKI DEVI MEMORIAL COLLEGE**  
**UNIVERSITY OF DELHI**  
**Chetna- The Spiritual Consciousness Cell**  
**(2024-25)**

Name of the event:	Exam Stress Management as per Indian Knowledge System
Mode of event	Offline
Objectives of the	To equip students with spiritual tools for managing exam stress and enhancing mental and emotional well-being.
Date of the Event:	9th April 2025
Time	10:00 am to 11:30 am
Venue	Music room

Stress Management Session by Brahma Kumaris at Janki Devi Memorial College  
BK Renu Didi and BK Neha Didi from the Brahma Kumaris, a globally recognized spiritual organization. The session aimed at equipping students with practical tools to cope with the rising levels of stress during exams. BK Renu Didi and BK Neha Didi shared simple yet effective techniques for calming the mind, including the use of positive affirmations, focused thinking, and meditation practices. They emphasized that managing one's internal environment is as crucial as preparing for the exams themselves.

The speakers highlighted how a positive mindset, developed through regular spiritual practices, not only enhances academic performance but also contributes to overall

well-being. Students were encouraged to take short meditative breaks during study sessions, practice gratitude, and reaffirm their self-worth and capabilities through daily affirmations.

The interactive session was well-received by students and faculty members alike.

Many participants shared that they felt more centered and motivated after the session.

A guided meditation conducted at the end helped everyone experience a few moments of deep silence and inner peace.

Such events serve as a reminder that academic success and mental health go hand in hand. By integrating simple spiritual techniques into daily routines, students can build resilience and confidence to navigate stressful times with calm and clarity.

Overall, the session proved to be deeply enriching and left a lasting impact on all attendees. Total 28 Students took advantage of this seminar.



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

**Chetna**  
The Spiritual Consciousness Cell

Under the aegis of IQAC  
Centre for the study of Indian knowledge system  
is organising a Session on  
**Exam Stress Management**  
as per Indian Knowledge System  
With Brahmakumaris

🕒 09 - 04 - 2025 , 10 AM 📍 Music Room



**Samridhi Grover (President)**  
Muskan Makkar (Vice President)  
Chetna Student Union

**Dr. Prema Arora**  
Ms. Bhawna Pal  
Dr. Renuka Singh  
Dr. Harshbala  
(Faculty Coordinators)

**Dr. Prema Arora**  
Prof. Sudha Upadhyaya  
Ms. Bhawna Pal  
(Convenors)

**Prof. Payal Nagpal**  
IQAC coordinator

**Prof. Swati Pal**

25 PM



**जानकी देवी मेमोरियल कॉलेज**  
(दिल्ली विश्वविद्यालय)

**चेतना**  
आध्यात्मिक चेतना प्रकोष्ठ  
भारतीय ज्ञान प्रणाली अध्ययन केंद्र  
आईक्यूएसी के तत्वावधान में  
एक सत्र का आयोजन कर रहा है  
भारतीय ज्ञान प्रणाली के अनुसार परीक्षा तनाव प्रबंधन  
ब्रह्माकुमारियों के द्वारा

🕒 09 - 04 - 2025 , सुबह 10 बजे 📍 स्थान: म्यूजिक रूम



**समृद्धि गровер (अध्यक्ष)**  
मुस्कन मक्कर (उपाध्यक्ष)  
चेतना छात्र संघ

**डॉ. प्रेमा अरोड़ा**  
सुधी भावना पाल  
डॉ. रंजना सिंह  
डॉ. हर्षबाला  
(विश्वविद्यालय के प्राध्यापक)

**डॉ. प्रेमा अरोड़ा**  
प्रो. सुधा उपाध्याय  
सुधी भावना पाल  
(संयोजक)

**प्रो. पायल नागपाल**  
(आईक्यूएसी समन्वयक)

**प्रो. स्वति पाल**

25 PM







Anetha Society			
Sl. No.	Name	Program	Year
1	A. Anand Kumar	BA Program	2nd year
2	Charchit Gupta	BA Prog	2nd ya
3	Kanchan Kumar	BA Prog	2nd year
4	Devika Gupta	BA Prog	2nd year
5	Aditya Kumar	BA Prog	2nd year
6	Charchit Gupta	BA Prog	2nd year
7	Kanchan Kumar	BA Prog	2nd year
8	Devika Gupta	BA Prog	2nd year
9	Aditya Kumar	BA Prog	2nd year
10	Charchit Gupta	BA Prog	2nd year
11	Kanchan Kumar	BA Prog	2nd year
12	Devika Gupta	BA Prog	2nd year
13	Aditya Kumar	BA Prog	2nd year
14	Charchit Gupta	BA Prog	2nd year
15	Kanchan Kumar	BA Prog	2nd year
16	Devika Gupta	BA Prog	2nd year
17	Aditya Kumar	BA Prog	2nd year
18	Charchit Gupta	BA Prog	2nd year
19	Kanchan Kumar	BA Prog	2nd year
20	Devika Gupta	BA Prog	2nd year
21	Aditya Kumar	BA Prog	2nd year
22	Charchit Gupta	BA Prog	2nd year
23	Kanchan Kumar	BA Prog	2nd year
24	Devika Gupta	BA Prog	2nd year
25	Aditya Kumar	BA Prog	2nd year



Name of the event:	<b>Intra College Paper Presentation Competition</b>
Mode of event	Offline
Objectives of the	World Happiness Day
Date of the Event:	26th March, 2025
Time	12:00 Pm
Venue	Room no 12

Chetna: The Spiritual Consciousness Cell in collaboration with the Department of Sanskrit, under the aegis of IQAC, at Janki Devi Memorial College, University of Delhi.

#### Event Overview:

Janki Devi Memorial College, University of Delhi, organized a Paper Presentation Competition to celebrate World Happiness Day. The event was conducted by Chetna: The Spiritual Consciousness Cell in collaboration with the Department of Sanskrit to encourage discussions on the theme "Spirituality and Happiness."

#### Objective:

The competition provided a platform for students and researchers to present their perspectives on the connection between spiritual practices and happiness, exploring diverse interpretations from psychological, philosophical, and religious standpoints.

#### Key Organizers:

Faculty Coordinators: Dr. Renuka Singh & Dr. Harsh Bala

#### Registration & Participation:

Participation was open to pre-registered candidates, ensuring a well-organized and structured competition. The registration was facilitated through an online form.

#### Conclusion:

The event successfully highlighted the interconnection between spirituality and happiness, fostering insightful discussions and intellectual engagement. Participants presented well-researched papers, making the competition an enriching experience. This initiative not only celebrated World Happiness Day but also reinforced the significance of mental well-being, mindfulness, and spiritual growth in the pursuit of happiness.

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

Under the aegis of IQAC

**Chetna: The Spiritual Consciousness Cell**  
in collaboration with  
**Department of Sanskrit**  
celebrates

**World Happiness Day**  
by organising  
**Paper Presentation Competition**  
On the topic  
*Spirituality and Happiness*

**Date- 26 March, 2025**  
**Time- 12 PM**  
**Venue- Room No. 12**

Registration Link: <https://forms.gle/PRSLbQzkAziSsNy1A>

Dr. Renuka Singh Dr. Purna Arora Dr. Jyoti Prof. Payal Nagpal Prof. Swati Pal  
Dr. Harsh Bala Prof. Sudha Upadhyay Department of Sanskrit (IQAC Coordinator) (Principal)  
(Faculty Ms. Bhawna Pal (Teacher in Charge)

Only pre-registered participations will be allowed to present paper in the competition

 **जानकी देवी मेमोरियल कॉलेज**  
**दिल्ली विश्वविद्यालय**

चेतना: आध्यात्मिक चैतन्य मंडल  
और  
संस्कृत विभाग

आई.क्यू.ए.सी के तत्वावधान मे

**विश्व प्रसन्नता दिवस**  
के उपलक्ष्य में आयोजित कर रहा है  
**प्रपत्र प्रस्तुतिकरण प्रतियोगिता**  
विषय  
**आध्यात्मिकता और खुशी**

**दिनांक - 26 मार्च 2025**  
**समय - 12 दोपहर**  
**स्थान - कक्ष संख्या 12**

रजिस्ट्रेशन लिंक : <https://forms.gle/PRSLbQzkAziSsNy1A>

डॉ. रेनुका सिंह डॉ. प्रेरणा अरोड़ा डॉ. ज्योति प्रो. पायल नागपाल प्रो. स्वाति पाल  
डॉ. हर्षबाला प्रो. सुधा उपाध्याय विभागाध्यक्षा (आई.क्यू.ए.सी समन्वयक) (प्राचार्य)  
(समन्वयक) मि. भावना पाल संस्कृत विभाग

प्रतियोगिता में केवल पूर्व-पंजीकृत प्रतिभागियों को ही पेपर प्रस्तुत करने की अनुमति होगी।







TEAM NT [2025]

31. Tanisha Sharma	BCH	III <sup>rd</sup> year	<u>Tanisha</u>
32. Shubhshree	BA (prog)	1 <sup>st</sup> year	<u>Shubhshree</u>
33. Anupama Gupta	BA (prog)	1 <sup>st</sup> year	<u>Anupama</u>
34. Stanzin Ensal	B.A (Prog)	1 <sup>st</sup> year	<u>Stan</u>
35. Ranak	BA (Prog)	1 <sup>st</sup> Year	<u>Ranak</u>
36. Dhanshka S	BA (Prog)	1 <sup>st</sup> year	<u>Dhanshka</u>
37. Muskan Khanajia	BA (Prog)	1 <sup>st</sup> year	<u>Muskan</u>
38. Priyanshu	BA (P)	"	<u>Priyanshu</u>
39. Shilpa	BA (P)	1 <sup>st</sup> year	<u>Shilpa</u>
40. Ashya Aslam	BA (P)	1 <sup>st</sup> year	<u>Ashya</u>
41. Ritika	BA (P)	1 <sup>st</sup> year	<u>Ritika</u>
42. Ritika	BA (P)	1 <sup>st</sup> year	<u>Ritika</u>
43. Ananya Mehal	BA (P)	1 <sup>st</sup> year	<u>Ananya</u>
44. Khushi Pant	BA (P)	1 <sup>st</sup> year	<u>Khushi Pant</u>
45. Katyayani Nimmariya	BA (P)	II <sup>nd</sup> year	<u>Katyayani</u>

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Date = 26/3/25


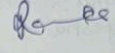



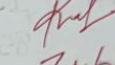
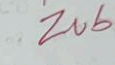
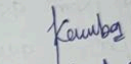
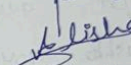
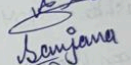
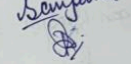
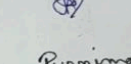
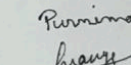
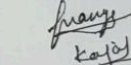
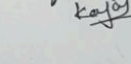
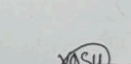
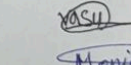
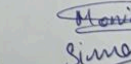
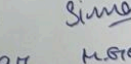
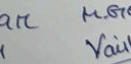
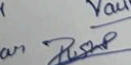
Paper Presentation Competition organised by chetna Society & Sanskrit Department on the topic 'Spirituality & Happiness'

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1. Ananya Mehal	2. Khushi Pant	3. Katyayani Nimmariya	4. Ritika	5. Ashya Aslam	6. Shilpa	7. Priyanshu	8. Muskan Khanajia	9. Dhanshka S	10. Ranak	11. Stanzin Ensal	12. Anupama Gupta	13. Shubhshree	14. Tanisha Sharma
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TEAM [2025]  
20/3/25 Paper Presentation Competition organised by Chatra Society & Subject Dept.

Name	Class	Signature
① Dr Jyon	-	
② Renuka Singh	Faculty Dept. of Pop Science	
③ Dr Hansa Bala	Faculty Dept. / SKT	
④ Dr Tanuja Rawal	Faculty SKT Dept. JDMC	
⑤ Dr Priyanka	Faculty Music JDMC	
⑥ Dr. Kush Kumar Gajasan	Faculty (Pol. Sci) JDMC	
⑦ Dr. Arif Zubeer Ahmed	Faculty (Pol. Sci) JDMC	
⑧ Kirti Kumbha	BA Prog (Hist & Pol Sci) 1391 1 <sup>st</sup> year	
⑨ Alisha Mev	BA Prog (1256) 1 <sup>st</sup> year	
⑩ Sangana K	BA Prog (1278) 1 <sup>st</sup> year	
⑪ Dya	BA Prog (1316) 1 <sup>st</sup> year	
⑫ Purnima Chatterjee	BA Prog 1276 1 <sup>st</sup> year	
⑬ Manya She	BA Prog 1279 1 <sup>st</sup> year	
⑭ Kajal	BA Prog 998 1 <sup>st</sup> year	
⑮ Vasundhara	BA Prog. 996 1 <sup>st</sup> year	
⑯ Monika Sokal	BAProg. 1388 3 <sup>rd</sup> year	
⑰ Simran Siulha	BA Prog. 1196 3 <sup>rd</sup> year	
⑱ Mamita Gogoi	BA Prog 1455 3 <sup>rd</sup> year	
⑲ Vaishnavi Pandey	Ba Prog (1457) 3 <sup>rd</sup> year	
⑳ Pushpa	BA (H) Sanskrit (1272) 3 <sup>rd</sup> year	
㉑ Shreyata Arinam	BAP (Hist + Pol. Sc.) 1215 1 <sup>st</sup> year	

Name of the event:	<b>Full body Health check up camp</b>
Mode of event	Offline
Objectives of the	The camp aimed to provide free medical check-ups, consultations, and health awareness among students.
Date of the Event:	27&28 February, 2025
Time	9.00 am to 5:00 PM
Venue	Medical room and GCR

#### Day 1: February 27, 2025

Whistle Clove Dental Hospital conducted oral and dental check-ups with the expertise of Dr. Nishat, Dr. Sartaj, Dr. Smriti, and Dr. Ashiful. They carefully examined students' dental health, identifying issues such as cavities, gum diseases, and overall oral hygiene. Through these screenings, students became more aware of their oral health status and received expert recommendations for maintaining healthy teeth and gums. Additionally, the doctors provided valuable guidance on proper brushing techniques, flossing, and the importance of regular dental visits. Many students benefited from personalized consultations, where they received specific advice on improving their oral hygiene based on their individual needs. This session not only helped students address existing dental concerns but also encouraged them to adopt preventive measures for long-term oral health.

On the same day, Ganga Ram Hospital offered BP, sugar, BMI, and pulse check-ups, along with physician consultations by Dr. Tanu, Dr. Alpana, and Dr. Shamil Chakraborty. Students underwent essential health screenings to monitor their vital parameters and received expert medical advice on managing their blood pressure, sugar levels, and overall physical health. The consultation helped many students gain a better understanding of their fitness levels and provided them with preventive measures to maintain a healthy lifestyle.

Meanwhile, Bio City Healthcare Hospital provided CBC, cholesterol tests, and diet & nutrition consultations with Dr. Rahul and Dietician Deepanshi. Students had their blood samples analyzed to check for cholesterol levels and other essential health indicators. Based on their reports, they received personalized diet plans to improve their



nutrition and overall well-being. The session helped students understand the role of a balanced diet in maintaining good health and preventing lifestyle-related diseases.

Day 2: February 28, 2025

Whistle Clove Hospital extended its services by providing oral, dental, and eye check-ups with Dr. Paradip Kumar, Dr. Nishant, and Dr. Sanika. Many students who had missed the previous day's dental check-ups took advantage of this opportunity. Additionally, eye examinations were conducted to assess vision issues, and students received recommendations for corrective measures if needed.

Apollo Indraprastha Hospital offered BP, sugar, BMI, bone density, ECG tests, and general physician consultations with Dr. Yogesh Kumar, Dr. Babita, Dr. Kumbharam, Dr. Sansat, and Dr. Pooja. These tests helped students assess their cardiovascular health, bone strength, and overall fitness. The ECG check-up was particularly beneficial in identifying any underlying heart conditions, ensuring that students took necessary precautions for a healthier lifestyle.

Lastly, Bio City Healthcare Hospital continued to provide CBC, cholesterol, diet, and nutrition consultations with Dr. Deepanshi and Dr. Rahul. Students received further insights into their health reports, along with customized dietary recommendations. This session reinforced the importance of balanced nutrition and preventive healthcare in maintaining overall wellness. Total 240 Students with Teachers , Non Teaching Staffs , Helpers took the advantage of this camp .





clove:  
DENTAL



In collaboration with  
Janki Devi Memorial College, University of Delhi  
Under the aegis of IQAC  
Centre for the study of Indian Knowledge System



whistle  
AND SMILE

# Free Dental, Health & Eye Check Up Camp

GET 3D SCAN & CONSULT WORTH ₹1000



27<sup>th</sup>-28<sup>th</sup>  
February

Janki Devi Memorial College - D.U.

📍 Venue-Medical Room,  
Girls Common Room

Organiser - Vishnu Kaushik | 9718988882

🕒 10 AM - 4 PM

📞 011-38367129  
[www.whistle.in](http://www.whistle.in)



Ms. Bhawna Pal  
Convenor

Prof. Sudha Upadhyaya  
Convenor

Dr. Purna Arora  
Convenor

Prof Payal Nagpal  
IQAC Coordinator

Prof. Swati Pal  
Principal

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
HEALTH CAMP  
ATTENDANCE SHEET

Date: 22/5/2025 Venue: G.P. Time: 8:30 to 11:30

S.NO.	Name	Department	Semester	Signature
1	Ajitha	B.Com	6	Ajitha
2	Mridul	B.Com (H)	6	Mridul
3	Rishi	B.Com (H)	6	Rishi
4	Vishal Vajra	B.Com (H)	6	Vishal
5	Lakshya	B.Com (H)	6	Lakshya
6	Charak	B.Com (H)	6	Charak
7	Seetha	B.Com (H)	6	Seetha
8	Shruti	B.Com (H)	6	Shruti
9	Rajesh	B.Com (H)	6	Rajesh
10	Sudha	B.Com (H)	6	Sudha
11	Rishi	B.Com (H)	6	Rishi
12	Anurag Anurag Pandey	B.Com (H)	6	Anurag Pandey
13	Shikha Rana	B.Com (H)	6	Shikha Rana
14	Hema	B.Com (H)	6	Hema
15	Aishwarya Datta Choudhary	B.Com (H)	6	Aishwarya Datta Choudhary

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
HEALTH CAMP  
ATTENDANCE SHEET

Date: 22/5/2025 Venue: G.P. Time: 8:30 to 11:30

S.NO.	Name	Department	Semester	Signature
16	Rachana Rana	B.A (P)	4	Rachana Rana
17	Rajni Gupta	B.A (P)	4	Rajni Gupta
18	Shikha	B.A (P)	4	Shikha
19	Himanshu Rana Singh	B.A (P)	4	Himanshu Rana Singh
20	Shikha	B.A (P)	4	Shikha
21	Shikha	B.A (P)	4	Shikha
22	Shikha	B.A (P)	4	Shikha
23	Shikha	B.A (P)	4	Shikha
24	Shikha	B.A (P)	4	Shikha
25	Shikha	B.A (P)	4	Shikha
26	Shikha	B.A (P)	4	Shikha
27	Rajni	B.A (P)	4	Rajni
28	Manan	B.A (P)	4	Manan
29	Gayatri	B.A (P)	4	Gayatri
30	Gayatri Kumari	B.A (P)	4	Gayatri Kumari

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
HEALTH CAMP  
ATTENDANCE SHEET

Date: 22/5/2025 Venue: G.P. Time: 8:30 to 11:30

S.NO.	Name	Department	Semester	Signature
31	Shikha	B.A (P)	4	Shikha
32	Shikha	B.A (P)	4	Shikha
33	Shikha	B.A (P)	4	Shikha
34	Shikha	B.A (P)	4	Shikha
35	Shikha	B.A (P)	4	Shikha
36	Shikha	B.A (P)	4	Shikha
37	Shikha	B.A (P)	4	Shikha
38	Shikha	B.A (P)	4	Shikha
39	Shikha	B.A (P)	4	Shikha
40	Shikha	B.A (P)	4	Shikha
41	Shikha	B.A (P)	4	Shikha
42	Shikha	B.A (P)	4	Shikha
43	Shikha	B.A (P)	4	Shikha
44	Shikha	B.A (P)	4	Shikha
45	Shikha	B.A (P)	4	Shikha
46	Shikha	B.A (P)	4	Shikha
47	Shikha	B.A (P)	4	Shikha
48	Shikha	B.A (P)	4	Shikha
49	Shikha	B.A (P)	4	Shikha
50	Shikha	B.A (P)	4	Shikha





**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
HEALTH CAMP  
ATTENDANCE SHEET

Date: \_\_\_\_\_ Venue: \_\_\_\_\_ Time: \_\_\_\_\_

S.NO.	Name	Department	Semester	Signature
76	Lukhnau Prate Kaur	B.A. Home Science	2	[Signature]
77	Anjali Kumari	B.A. English	6	[Signature]
78	Monika Aggarwal	B.Com. Hons	2	[Signature]
79	Twinkle Pandey	B.Com. Hons	2	[Signature]
80	Rishika	B.Sc. Maths	6	[Signature]
81	Vijeta	BA(P)	6	[Signature]
82	Rena Bhatti	B.Com (P)	4	[Signature]
83	Shelvi Singh	JVC admin Dept.		[Signature]
84	Manya	BA(P)	2	[Signature]
85	Doha	B.A. (Eng)	3	[Signature]
86	Rishi	B.A. (Prog)	8	[Signature]
87	Pragati	B.A. (Comp)	1	[Signature]
88	Samra	BA Hons Pol	6	[Signature]
89	Sneha Gupta	BA Hons Pol	6	[Signature]
90	Khushi	B.A. Hons Pol	6	[Signature]

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
HEALTH CAMP  
ATTENDANCE SHEET

Date: \_\_\_\_\_ Venue: \_\_\_\_\_ Time: \_\_\_\_\_

S.NO.	Name	Department	Semester	Signature
91	Anjali	BA (Prog)	6 <sup>th</sup>	[Signature]
92	Devidra	JAMC	-	[Signature]
93	Anushka	Pol Sci	6 <sup>th</sup>	[Signature]
94	Rishika	B.A. Prog	4 <sup>th</sup>	[Signature]
95	Shruti Singh	B.Sc (H) Chem	4 <sup>th</sup>	[Signature]
96	Divyanshi Mathur	B.Com (H)	2 <sup>nd</sup>	[Signature]
97	Ananya	BA(H) Socio	4 <sup>th</sup>	[Signature]
98	Damini Pandey	B.Com	2 <sup>nd</sup>	[Signature]
99	Niharika	SKT (H)	1 <sup>st</sup>	[Signature]
100	Dilley Sharma	Sanskrit (H)	1 <sup>st</sup>	[Signature]
101	Neha	B.A. Prog	2 <sup>nd</sup>	[Signature]
102	Aashika	Sau (H)	2 <sup>nd</sup>	[Signature]
103	Manika Saini	BA Prog	1 <sup>st</sup>	[Signature]
104	Hanshika Sharma	B.A. Prog	3 <sup>rd</sup>	[Signature]
105	Tigmet Datta	B.A. Prog	3 <sup>rd</sup>	[Signature]

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
HEALTH CAMP  
ATTENDANCE SHEET

Date: \_\_\_\_\_ Venue: \_\_\_\_\_ Time: \_\_\_\_\_

S.NO.	Name	Department	Semester	Signature
107	Parvati Kumari	B.Com (H)	1 <sup>st</sup>	[Signature]
108	Anjali Kumari	B.Sc Maths	VI <sup>th</sup>	[Signature]
109	Pragati	BA Prog	VI <sup>th</sup>	[Signature]
110	Shruti Singh	Faculty		[Signature]
111	Kushboo Kumari	BA (Prog)	2 <sup>nd</sup>	[Signature]
112	Neha	B.A. Prog	IV <sup>th</sup>	[Signature]
113	Priya Kumari	BA (Prog)	VI <sup>th</sup>	[Signature]
114	Jaya Chaudhary	B.COM (Prog)	IV <sup>th</sup>	[Signature]
115	Muskan	B.Com (P)	IV <sup>th</sup>	[Signature]
116	Aashika	B.COM (P)	IV <sup>th</sup>	[Signature]
117	Shruti	B.Com (P)	IV <sup>th</sup>	[Signature]
118	Pragati Pandey	BA (P)	IV <sup>th</sup>	[Signature]
119	Susmita Kumari	BA (P)	VI <sup>th</sup>	[Signature]
120	Komal	B.A. (Eng)	2 <sup>nd</sup>	[Signature]
121	Anjali	BA (H) Socio	2 <sup>nd</sup>	[Signature]

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
HEALTH CAMP  
ATTENDANCE SHEET

Date: \_\_\_\_\_ Venue: \_\_\_\_\_ Time: \_\_\_\_\_

S.NO.	Name	Department	Semester	Signature
132	Ashika Singh	BA Prog	1 <sup>st</sup>	[Signature]
133	Swastika Datta	BA History	1 <sup>st</sup>	[Signature]
134	Kiran	BA (P)	1 <sup>st</sup>	[Signature]
135	Shruti Singh	BA (P)	1 <sup>st</sup>	[Signature]
136	Shruti Singh	"	"	[Signature]
137	Shruti Singh	"	"	[Signature]
138	Aashika	BA Program	II <sup>nd</sup>	[Signature]
139	Rishika	BA Prog	III <sup>rd</sup>	[Signature]
140	Yashita	B.A. (Hons)	II <sup>nd</sup>	[Signature]
141	Sonu Tabassum	BA (Hons)	3 <sup>rd</sup>	[Signature]
142	Ramika Khan	"	3 <sup>rd</sup>	[Signature]
143	Neha	BA Program	2 <sup>nd</sup>	[Signature]
144	Aashika Mav	BA Program	I <sup>st</sup>	[Signature]
145	Alisha Kumari	BA (H) Economics	II <sup>nd</sup>	[Signature]
146	Sanskriti Jha	BA (H) Economics	II <sup>nd</sup>	[Signature]



**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)

HEALTH CAMP  
ATTENDANCE SHEET

Date: 23/09/20 Venue: GSR Time: .....

S.NO.	Name	Department	Semester	Signature
152	Riya Sharma	BA Prog.	1st	Riya Sharma
153	Anjali	B. Com (A)	4th	Anjali
154	Ashvi	BA (Hons) Eng	4th	Ashvi
155	Anvi	BA (Hons) Eng	4th	Anvi
156	Yashvi	B.Sc. (H) Math	5th	Yashvi
157	Shivangi	"	"	Shivangi
158	Manya	"	"	Manya
159	Kushkuma Bano	BA Hindi/Eng	4th	Kushkuma
160	Dr. MD Zubair Akbar	Pol. Sci.		Dr. MD Zubair Akbar
161	Dr. KHAHANGA CHAND	Pol. Sci.		Dr. KHAHANGA CHAND
162	Azumi Tukian	BA Economics	4th	Azumi
163	Toshali Tannan	B. Com (P)	2nd	Toshali
164	Shreya Sharma	B. Com (P)	2nd	Shreya
165	Agrima Srivastava	B. Com (P)	2nd	Agrima
166	Tanisha	B. Com (P)	3rd	Tanisha



**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)

HEALTH CAMP  
ATTENDANCE SHEET

Date: ..... Venue: ..... Time: .....

S.NO.	Name	Department	Semester	Signature
167	Rakshi Rishi	Arts	1st	Rakshi
168	Hansa	Arts		Hansa
169	Vishal	Arts		Vishal
170	Vanshika	Arts	1st	Vanshika
171	Dr. Ashwini Kumar	Political Science	Teacher	Dr. Ashwini Kumar
172	Kirti Anand	BA Eng	1st Sem	Kirti
173	Kanak Prajapati	BA Prog	1st Sem	Kanak
174	Lavanya Vanshika	B. Com (P)	1st Sem	Lavanya
175	Anshu Vats	B.A. Programme	1st sem	Anshu
176	Teja	B.A. Programme	2 sem	Teja
177	Divyanshi Kataria	History	✓	Divyanshi
178	Sakshi Bansal	Economics		Sakshi
179	Bijoyata Yonzon	Economics	Faculty	Bijoyata
180	Muskan Makkar	B. Com (H)	VI	Muskan
181				

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
HEALTH CAMP  
ATTENDANCE SHEET

Date: 28/2/25 Venue: GCR Time: 9:00 AM

S.NO.	Name	Department	Semester	Signature
1	Amrita Tewari	Mathematics	-	Amrita
2	Muskan Mukherjee	B.Com (H)	VI	Muskan
3	Jannika Ojha	B.Com (H)	VI	Jannika
4	Muskan Gaur	B.Com (H)	VI	Muskan
5	Pooja Yadav	Faculty	-	Pooja
6	Satish Kumar	Faculty	-	Satish
7	Rashmi Singh	BA (Prog)	II	Rashmi
8	Rishika	BA (Prog)	II	Rishika
9	Kritika	BA (Prog)	II	Kritika
10	Harshita	BA (Prog)	II	Harshita
11	Anjali Singh	B.A (H) Economics	IV	Anjali
12	Vandana Sharma	B.A (H) Political Science	IV	Vandana
13	Pooja Teller	BA (H) Hindi	IV	Pooja
14	Pranav	BA (H) Sanskrit	IV	Pranav
15	Mohini Singh	B.A (Prog)	IV	Mohini

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
HEALTH CAMP  
ATTENDANCE SHEET

Date: 28/2/25 Venue: GCR Time: 9:00 AM

S.NO.	Name	Department	Semester	Signature
16	Shalini M	B.Com (Prog)	2 <sup>nd</sup>	Shalini
17	Ekta Yadav	B.Sc Math (H)	2 <sup>nd</sup>	Ekta
18	Aashu Chandra	B.A Prog	6 <sup>th</sup>	Aashu
19	YOGITA	B.A Prog	4 <sup>th</sup>	Yogita
20	Muskan Kumari Sah	B.A Prog	4 <sup>th</sup>	Muskan
21	Sonam Jais	B.A Prog	4 <sup>th</sup>	Sonam
22	Shivani	B.A Prog	4 <sup>th</sup>	Shivani
23	Ridhima	B.Sc. Maths	6 <sup>th</sup>	Ridhima
24	Nidhi	B.Sc. Maths	6 <sup>th</sup>	Nidhi
25	Meera	Computer	-	Meera
26	Pratibha	Photocopy	-	Pratibha
27	Bimla	Library	-	Bimla
28	Vandana Singh	Math	-	Vandana
29	Ruby	Soc	-	Ruby
30	Mukhi	Faculty	-	Mukhi

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
HEALTH CAMP  
ATTENDANCE SHEET

Date: 28/2/25 Venue: GCR Time: 9:00 AM

S.NO.	Name	Department	Semester	Signature
31	SANJAY Kumar	S.D.V.G	-	Sanjay
32	Shubham	J.M.C	-	Shubham
33	Chanya Pooja	JDMC (Prog)	6	Chanya
34	Khushi	JDMC (Prog)	2	Khushi
35	Imam Naz Ansari	JDMC (Prog)	2	Imam
36	Dr. Harshita Sharma	Library	-	Harshita
37	Shreya	Library	-	Shreya
38	Muskan Dutt	Political Sci	4	Muskan
39	Natasha	BA (H) Hindi	4	Natasha
40	Tania Dandia	BA (H) Sanskrit	2	Tania
41	Ridhi Sani	Hindi Hons.	4 <sup>th</sup>	Ridhi
42	MUSKAN	BA Prog	4 <sup>th</sup>	Muskan
43	Agushi	BA Prog	6 <sup>th</sup>	Agushi
44	Jinni Jaiswal	BA (H) Sanskrit	6 <sup>th</sup>	Jinni
45	Vandana Mathya	BA (H) Sanskrit	6 <sup>th</sup>	Vandana





# JANKI DEVI MEMORIAL COLLEGE

(UNIVERSITY OF DELHI)

HEALTH CAMP

ATTENDANCE SHEET

Date: 28/02/25 Venue: GCR Time: 9:00 AM



S.NO.	Name	Department	Semester	Signature
46	Soeta Marula	Mathematics	VI	Soeta
47	Dr. Kaushal Kishore	Admission		Dr. Kaushal
48	Shweta Kumari	Philosophy	II	Shweta
49	Rishi	Philosophy	II	Rishi
50	Ritu	Faculty	-	Ritu
51	Ira Negi	English	II	Ira
52	YAMUNA PRASAD			
53	Sania Rawat	Maths	II	Sania
54	Durgesh Yadav	BA Program	II	Durgesh
55	Khushi Pant	BA Program	II	Khushi
56	Komal Kurmani	BA Program	II	Komal
57	Swastika Dasal	BA Program	II	Swastika
58	Renu Hoya	BA Prog.	II	Renu
59	Ramachandran			Ramachandran



# JANKI DEVI MEMORIAL COLLEGE

(UNIVERSITY OF DELHI)

HEALTH CAMP

ATTENDANCE SHEET

Date: 28/2/25 Venue: GCR Time: 9:00 AM



S.NO.	Name	Department	Semester	Signature
1	ANNA DEWANI	Mathematics	-	Anna
2	Muskan Makhari	B.Com. (H)	VI	Muskan
3	Jamunda Orovora	B.Com. (H)	VI	Jamunda
4	Muskan Gaur	B.Com. (H)	VI	Muskan
5	Poojapata Yonzon	Faculty	-	Pooja
	Sakshi Bansal	Faculty		Sakshi
	Rashmi Singh	BA (Prog)	II	Rashmi
	Rishika	BA (Prog)	II	Rishika
	Kritika	BA (Prog)	II	Kritika
	Atankha	BA (Prog)	II	Atankha
	Angori Singh	B.A.M Economics	IV	Angori
	Vandika Sharma	BA (H) Pol Sci	IV	Vandika
	Palak Tailor	BA (H) Pol Sci	IV	Palak
	Pooja Arora	BA (H) Pol Sci	IV	Pooja
	Mohini Singh	BA (Prog)	II	Mohini

Name of the event:	<b>Poster making competition (Paying Tribute to the Missile Man of India)</b>
Mode of event	Offline
Objectives of the	World students day
Date of the Event:	24th October, 2024
Time	12:00-1:00 PM
Venue	Room no 67 - 68

On 24th October 2024, Chetna : The Spiritual Consciousness Cell conducted a “Poster Making Competition” for students of all the Departments. The competition was held in the presence of Dr. Prerna Arora, Dr. Nisha Malik, Dr. Jayanti Sahoo and Ms. Alka .The primary objective of the competition was honing the skills of the Creative Minds and Paying Tribute to the Missile Man of India. The competition commenced at 12:00 pm in room number 67. The participants were given a time period of 1.5 hours to complete their posters. The results of the competition were announced after the submission of the posters by the participants and certificates were provided to the winners. The competition helped the students to learn more about their Skills and it even developed a sense of respect in the minds of all the students towards the Missile Man of India, Dr. APJ Abdul Kalam. The competition ended with the distribution of the certificates to the winners by Dr. Prerna Arora, Dr. Nisha Malik, Dr. Jayanti Sahoo and Ms. Alka. Arushi Yadav won the 1st position followed by Monika who won the 2nd position and Sanjana along with Diksha who won the 3rd position.



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



**CHETNA: The Spiritual Consciousness Cell**

Under the aegis of IQAC  
presents

**POSTER MAKING COMPETITION**

October 24, 2024

12 - 1:30 PM

Room number - 68,67

**Note**

Topic: Birth anniversary of Dr. APJ Abdul Kalam

1: A4 sheet will be provided

2: plagiarism is strictly prohibited

Samridhi Grover  
Muskan Makkar  
(Student  
Coordinators)

Dr. Jayanti Sahoo  
Dr. Nisha Malik  
Ms. Alka  
(Faculty Coordinators)

Dr. Prerna Arora  
Prof. Sudha Upadhyaya  
Ms. Bhawna Pal  
(Convenors)

Prof. Swati Pal  
(Principal)



**जानकी देवी मेमोरियल कॉलेज**  
 (दिल्ली विश्वविद्यालय)



**चेतना : आध्यात्मिक चेतना प्रकोष्ठ**

आईक्यूएसी के तत्वावधान में  
प्रस्तुत करता है

**" चित्रकला प्रतियोगिता "**

अक्टूबर 24, 2024

12 से 1:30 बजे

68, 67

**टिप्पणी**

विषय: डॉ. एपीजे अब्दुल कलाम की जन्म जयंती

1. A4 साइज की शीट उपलब्ध करायी जायेगी।

2. साहित्यिक चोरी सख्त वर्जित है।

समुद्धि शोवर  
मुस्कान मक्कर  
(छात्र समन्वयक)

डॉ. जयंती पी. साहू  
डॉ. निशा मलिक  
सुश्री अल्का  
(शिक्षक समन्वयक)

डॉ. प्रेरणा अरोड़ा  
प्रो. सुधा उपाध्याय  
सुश्री भावना पाल  
(संयोजक)

प्रो. स्वाति पाल  
(प्राचार्या)







Chetna Society (Poster Making Competition)  
Attendance Sheet  
Date - 24/10/2024

Name	Roll no.	Course	Contact No.	Sign
1) Ayushyadav	48	BA Eng (H)	7355870913	Ayushyadav
2) Anisha Kumari	858	BA (Hons) Pol. Sci	9577121592	Anisha Kumari
3) Anushka Chopra	9525	B.COM (H)	9911677904	Anushka Chopra
4) Afifa Sajida	1134	BA Pol science	8860597121	Afifa Sajida
5) Maryam	1070	"	8860597121	Maryam
6) Jatin Kulkarni	1230	"	8875218338	Jatin Kulkarni
7) Kavit	1022	"	9818907003	Kavit
8) Nidhi Kumari	1505	Sociology (Hons)	9821508482	Nidhi Kumari
9) Anisha	67	BA (P)	9310157437	Anisha
10) Monika	154	BA (H) Eco	8750509074	Monika
11) Sanyasa	1342	Sociology (H)	636681012	Sanyasa

Name of the event:	<b>Talk-Yudh : Uchit ya Anuchit</b>
Name of the Speaker	Ms. Mithlesh Kumari from the Chinmaya Mission
Mode of event	Offline
Objectives of the	Rashtriya Ekta Diwas
Date of the Event:	23th October, 2024
Time	12:00-1:00 PM
Venue	<b>Music room</b>

Chetna – The Spiritual Consciousness Cell of Janki Devi Memorial College organized a Talk titled “Yudh : Uchit ya Anuchit” (War : Just or Unjust) by Ms. Mithlesh Kumari from the Chinmaya Mission on 23<sup>rd</sup> October, 2024 from 12P.M. to 1P.M. in the Music Room. This event was held in the presence of Dr. Prerna Arora and Ms. Bhawna Pal, Convenors of Chetna- The Spiritual Consciousness Cell of JDMC and Mr Madan . They warmly welcomed the guests and the students and the event began with the traditional lamp lighting by Ms. Mithlesh Kumari.

The talk delved into the moral dilemmas surrounding war. Ms. Mithlesh engaged the students by asking their opinions on the topic, acknowledging that war is often viewed as wrong, yet citing historical examples like the wars fought by Arjuna in the Mahabharata and Lord Ram. She emphasized that the righteousness of war depends on the cause, particularly when it is waged for \*dharma\* – the protection of family, society, and the nation. Ms. Mithlesh further elaborated on the concept of \*dharma\* and how wars fought for just causes are not considered wrong. She also added wars fought for personal reasons and ego are not right. In the subsequent Q&A session, students posed questions on topics like rebirth, karma, and destiny. Ms. Mithlesh highlighted the role of karma in shaping outcomes but noted that destiny also plays a significant role. Her concluding advice was to focus on performing good deeds without attachment to the results. The session ended with the felicitations of Ms. Mithlesh Kumari by the convenors of Chetna, Dr. Prerna Arora and Ms. Bhawna Pal.




## Janki Devi Memorial College (University of Delhi)

**Centre for Universal Values and Ethics  
&  
Chetna- The Spiritual Consciousness Cell**  
(under the aegis of IQAC)

Celebrate  
**RASHTRIYA EKTA DIVAS**

Join us for a talk on  
**Yudhh: Uchit ya Anuchit**

with **Ms. Mithilesh Kumari**  
from **Chinmaya Mission**



**Date:**  
23 Sept, 2024

**Time:**  
12 - 1 P.M.

**Venue:**  
Music Room

**Student Coordinators:**  
Samridhi Grover  
(President)  
Muskan Makkar  
(Vice President)

**Faculty Coordinators:**  
Dr. Purnima Arora  
Ms. Bhawna Pal

**Convenors:**  
Dr. Purnima Arora  
Prof. Sudha Upadhyaya  
Ms. Bhawna Pal

**Principal:**  
Prof. Swati Pal







Name of the event:	Role of Indian Knowledge System in Higher Education.”
Mode of event	Offline
Name of the Speaker	Dr. TP Shashi Kumar, Director of Research & Developer, GFECER
Date of the Event:	30th September 2024
Time	12:00-1:00 PM
Venue	Committee Room

On 30th September 2024, the Chetna - The Spiritual Consciousness Cell and the Department of Philosophy of Janki Devi Memorial College, under the aegis of the IQAC and Viksit Bharat Club, organized an interactive session titled “Role of Indian Knowledge System in Higher Education.”

The speaker for this insightful session was Dr. TP Sasi Kumar, a distinguished personality with vast experience in multiple fields. Dr. Kumar is currently the Director of Research & Developer at GFECER and has held several prestigious positions in the past, including serving as:  
 .Former Deputy Directorate of Security, Government of India,.Former ISRO Scientist,  
 .Former Director of Academics at UGC.

### **Main focus of the event:**

The session focused on the integration and importance of Indian Knowledge Systems (IKS) in higher education, highlighting how traditional Indian wisdom and teachings can contribute to modern educational structures. The emphasis was placed on exploring the roots of India’s rich cultural and intellectual heritage, bringing relevance to ancient knowledge in today’s academic world. The interaction was highly engaging, with students and faculty members actively participating in the discussions. Dr. Kumar eloquently conveyed the relevance of India's ancient wisdom in today’s knowledge-based society, addressing how IKS can enhance critical thinking, ethical decision-making, and holistic learning.

### **Student interaction**

The session concluded with a Q&A segment, where attendees were able to ask Dr. Kumar questions regarding the practical applications of Indian Knowledge Systems in various academic disciplines and future career prospects. The feedback from the participants was overwhelmingly positive, with many expressing a renewed interest in understanding and applying Indian Knowledge Systems in their academic pursuits. This event was a significant step towards aligning modern education with India’s traditional intellectual heritage, and it

furthered the college's commitment to promoting holistic education that respects and incorporates indigenous knowledge systems.

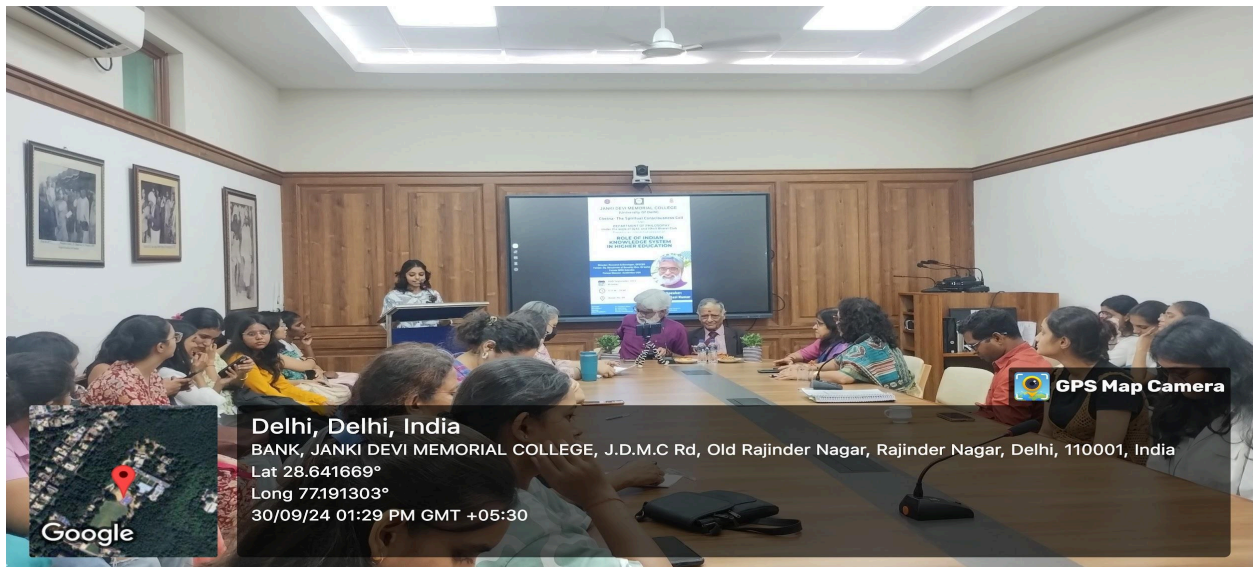
## Posters for the event:

<p><b>जानकी देवी मेमोरियल कॉलेज</b> (दिल्ली विश्वविद्यालय)</p> <p><b>चेतना-आध्यात्मिक चेतना कोशिका</b> और <b>दर्शनशास्त्र विभाग</b></p> <p>आईक्यूएसी एवं विकसित भारत क्लब के तत्वावधान में पर एक इंटरैक्टिव सत्र प्रस्तुत करता है</p> <p><b>उच्च शिक्षा में भारतीय ज्ञान प्रणाली की भूमिका</b></p> <p>निदेशक- अनुसंधान एवं डेवलप, जीएफसीईआर पूर्व, उप- सुरक्षा निदेशालय (भारत सरकार) पूर्व इसरो वैज्ञानिक पूर्व निदेशक- शैक्षणिक यूजीसी</p> <p>30 सितंबर 2024 सोमवार</p> <p>दोपहर 12 बजे से दोपहर 2 बजे तक</p> <p>कमरा नंबर 69</p> <p><b>वक्ता:</b> <b>डॉ. टीपी शशि कुमार</b></p> <p>गणदि (अध्यक्ष) मुस्कान (उप-अध्यक्ष)</p> <p>डॉ. जयंती पी. साहू डॉ. कर्मका शुशी भावना पाल (संयोजक)</p> <p>डॉ. प्रेमा अरोरा डॉ. गुरिंदर N सिंह डॉ. सुधी उपाध्याय शुशी भावना पाल (संयोजक)</p> <p>प्रो. स्वाती पाल (प्रधानाचार्य)</p>	<p><b>JANKI DEVI MEMORIAL COLLEGE</b> (University Of Delhi)</p> <p><b>Chetna- The Spiritual Consciousness Cell</b> AND <b>DEPARTMENT OF PHILOSOPHY</b></p> <p>Under the aegis of IQAC and Viksit Bharat Club Presents an interactive session on</p> <p><b>ROLE OF INDIAN KNOWLEDGE SYSTEM IN HIGHER EDUCATION</b></p> <p>Director- Research &amp; Developer, GFECER Former, Dy. Directorate of Security (Gov. Of India) Former ISRO Scientist Former Director- Academics UGC</p> <p>30th September 2024 Monday</p> <p>12 P.M.- 2P.M.</p> <p>Room No. 69</p> <p><b>Speaker:</b> <b>Dr. TP Sasi Kumar</b></p> <p>Samridhi (President) Muskan (Vice-President)</p> <p>Dr. Jayanti P. Sahoo Dr. Harsh Bala Ms. Bhawna Pal (Faculty Coordinators)</p> <p>Dr. Purna Arora Dr. Gurinder N Singh Prof. Sudha Upadhyaya Ms. Bhawna Pal (Convenors)</p> <p>Prof. Swati Pal (Principal)</p>
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## Geo tag photos:







Name of the event:	<b>UNTANGLE ART, HEART, &amp; MINDFULNESS ( ART THERAPY )</b>
Mode of event	Offline
Objectives of the	Benefits of art therapy
Date of the Event:	8th October, 2024
Time	12:00-1:00 PM
Venue	Room no

CHETNA, the spiritual consciousness cell of Janki Devi Memorial College, University of Delhi, in collaboration with SARTHI (NGO) under project Abhivyakti , organized a workshop focusing on art therapy under the aegis of IQAC. On 8<sup>th</sup> October, 2024 an insightful Art Therapy Workshop was conducted at Janki Devi Memorial College by the Chetna Society. The workshop aimed to provide students with a creative outlet to express their emotions and enhance their mental well-being. Art therapy is Known for its healing potential, and this workshop emphasized its role in reducing stress, improving emotional expression, and promoting self-awareness.

#### OBJECTIVES OF THE WORKSHOP

The primary objectives of the workshop were to introduce students to the concept of benefit of art therapy, to create a safe and non-judgmental space for self-expression through art, to foster emotional awareness and reflection through guided art exercises and to reduce stress and promote relaxation using creative methods.

#### PARTICIPANTS ENGAGEMENT

The workshop was highly interactive, and participants were actively involved in all the exercises. The free expression art session was particularly impactful , as students as well as teachers expressed emotions they had difficulty articulating verbally. Many participants shared that the activities helped them gain clarity on their current emotional states and provided them with a sense of calm and relief. Several students mentioned that they felt more connected to themselves after the session, having learned how art can serve as an outlet for their feelings.

#### CONCLUSION

The Art Therapy Workshop conducted by chetna society was a resounding success. It provided participants with valuable insights into the therapeutic power of art and its role in promoting mental well- being. The positive feedback from students highlighted the need for more such workshops in the future.

## Posters for the event:



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

**CHETNA**  
(The Spiritual Consciousness Cell)

Under the aegis of IQAC  
presents a workshop on

**UNTANGLE: ART, HEART, & MINDFULNESS**  
(ART THERAPY)

Organised by SARTHI (NGO) under Project Abhivyakti

Facilitated by: Aaliyah Ali and Kritika Makkar

October 8, 2024  
12-1 p.m.  
Room No. 68


**\*\*Materials Needed: Please carry your own art supplies- any type of colours (crayons/coloured pens/painting colours) and some A4 sized white sheets\*\***

Samridhi Grover  
Muskan Makkar  
(Student)

Ms. Bhawna Pal  
Dr. Harshbala  
(Faculty Coordinators)

Dr. Preetna Arora  
Prof Sudha Upadhyaya  
Ms. Bhawna Pal  
(Convenors)

Prof. Swati Pal  
(Principal)



**जानकी देवी मेमोरियल कॉलेज**  
(दिल्ली विश्वविद्यालय)

**चेतना**  
(आध्यात्मिक चेतना प्रकोष्ठ)

के तत्वावधान में  
आईक्यूएसी: सेंटर फॉर यूनिवर्सल वैल्यूज एंड एथिक्स  
एक कार्यशाला प्रस्तुत करता है

**भावनात्मक कल्याण के लिए कला चिकित्सा**

सार्थी (एनजीओ) द्वारा परियोजना अभिव्यक्ति के अंतर्गत आयोजित

सुविधा प्रदाता : पेशेवर मनोवैज्ञानिक  
तारीख और स्थान :  
समय :  
प्रतिभागी : 30 छात्र

**\*\*आवश्यक सामग्री: कृपया अपनी कला सामग्री साथ लाएं - किसी भी प्रकार के रंग (क्रैयॉन/रंगीन पेन/पेंटिंग के रंग) और कुछ A4 आकार की सफेद शीट्स\*\***

समृद्धि गेवर  
मुस्कन मक्कर  
(छात्र समन्वयक)

सुशी भावना पाल  
(शिक्षक समन्वयक)

डॉ. प्रेम्ना अरोरा  
डॉ. सुधा उपध्याय  
(अध्यक्ष)

प्रो. भावना नागपाल  
(आईक्यूएसी  
सहायक)

प्रो. स्वाति पाल  
(प्राचार्य)

## Geo tag photos:











**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
*Art Therapy*

**ATTENDANCE SHEET**

Date: 8 October 2024 Venue: Room no. 6.8. Time: 12-1 P.M.

Sno.	Name of student	Department	Semester	Signature
1	Nishika Noel	Commerce	III	Nishika
2	Mahi Dhringra	Commerce	III	Mahi
3	Nidhi Kumari	Sociology (Hons)	First I	Nidhi
4	Kajal Kamra	Commerce	1st	Kajal
5	Anusadha	Commerce	3rd	Anusadha
6	Vansha Bhatia	Commerce	3rd	Vansha
7	Sarita Nanwani	BA Prog	5th	Sarita
8	Prachi Arora	B.Com (H)	3rd	Prachi
9	Kunjali Gupta	B.Com (H)	5th	Kunjali
10	Anjali Yadav	B.Com (H)	5th	Anjali
11	Anshika Yadav	B.Com Program	1st	Anshika
12	Sakshi Singh	B.Com Program	3rd	Sakshi
13	Bhoomi	B.Commerce	2nd	Bhoomi
14	Kabirish Kishita Gaur	Commerce	2nd	Kabirish
15	Manya	B.Com (H)	2nd	Manya
16	Rishi Saini	Hindi (H)	3rd	Rishi

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)  
*Art Therapy*

**ATTENDANCE SHEET**




Date: 8 October 2024 Venue: Room no. 6.8. Time: 12-1 P.M.

Sno.	Name of student	Department	Semester	Signature
1	Namrata Pal	BA (Hons) Philo	Sem-1	Namrata
2	Isha Kumari	B.Com Prog	Sem-1	Isha
3	Muskan	B.Com (H)	Sem-5	Muskan
4	Tanisha	B.Com (H)	Sem-5	Tanisha
5	Samridhi	B.Com (H)	Sem-5	Samridhi
6	Dimple Sori	B.Com (H)	Sem-3	Dimple
7	Muskan Gupta	BA (Hons) Pol. Sci	3	Muskan
8	Olivia	B.Com (H)	Sem-3	Olivia
9	Toshi Nask	BA (Prog)	Sem-3	Toshi
10	Muskan Gaur	B.Com (Prog)	Sem-3	Muskan
11	Rachna Kumari	BA (P)	Sem-3	Rachna
12	KIRAN	B.A. Prog.	Sem-5	Kiran
13	Bhawana Pal	Faculty - Commerce		Bhawana
14	Dr. Harsh Bala	Faculty - Sanskrit		Dr. Harsh Bala



Name of the event:	<b>Self-Composed Poetry Competition</b>
Mode of event	Offline
Objectives of the event	Creative expression in Poetry
Date of the Event:	26th September 2024
Time	12:00-1:00 PM
Venue	Music Room

In celebration of World Peace Day, **Chetna, the Spiritual Consciousness Cell of Janki Devi Memorial College, University of Delhi**, organized an **Inter-College Self-Composed Poetry Competition** under the aegis of **Centre For Universal Values And Ethics**. Dr. Vandana, Prof. Sudha Upadhyaya and Dr. Nisha Malik remained the coordinators for the event. The event aimed to promote peace through creative expression in poetry. Dr. Amita Charan, Professor, Department of Commerce, Janki Devi Memorial College, and Dr. Prerna Arora, Convenor, Chetna graced the event as the esteemed judges for the competition. Their expertise added depth and value to the proceedings, and their thoughtful feedback enriched the participants' experiences. The competition saw enthusiastic participation from students across various colleges. Each participant recited original compositions, with themes centered on peace, harmony, and the spirit of unity. The poetry reflected deep emotion, cultural significance, and a shared desire for a peaceful world. The Music Room resonated with powerful verses, and the heartfelt performances deeply moved the audience. In organizing this event, Chetna sought to inspire the youth to use poetry to advocate for peace and reflect on the importance of spiritual consciousness in fostering a harmonious world. The program successfully provided a platform for students to showcase their poetic talent while engaging with critical global issues like peace and unity. The event concluded with Dr. Amita Charan and Dr. Prerna Arora announcing the winners and encouraging all participants. The professors along with Prof. Sudha Upadhyaya, Convenor-Coordinator, Chetna, and Dr. Vandana, Coordinator, Chetna rewarded participants with certificates of participation and the winners with certificates of appreciation and cash prizes. Through this poetry competition, Chetna reaffirmed its commitment to nurturing spiritual awareness and promoting values of peace and cooperation among students.

## Janki Devi Memorial College UNIVERSITY OF DELHI

**CHETNA: THE SPIRITUAL CONSCIOUSNESS CELL**  
Under the aegis of  
**IQAC-Centre For Universal Values And Ethics**  
Celebrates


### WORLD PEACE DAY

By organising an  
**Inter-College Self Composed Poetry  
Competition**

Cash prizes and  
certificates will be  
given to the winners

For quires:-  
Samridhi - 9911677904  
Muskan - 9465145165

**VENUE : Music Department**  
**DATE : 26.09.2024**  
**TIME :12 PM**



DR. VANDANA  
PROF. SUDHA UPADHYAYA  
DR. NISHA MALLIK  
COORDINATORS

Dr. PRERNA ARORA  
PROF. SUDHA UPADHYAYA  
MS. BHAWNA PAL  
CONVENORS

PROF. PAYAL NAGPAL  
IQAC COORDINATOR

PROF. SWATI PAL  
PRINCIPAL





## जानकी देवी मेमोरियल कॉलेज दिल्ली विश्वविद्यालय

**चेतना : आध्यात्मिक चैतन्य मंडल**  
**आइ.क्यू.ए.सी सार्वभौमिक मूल्य एवं नैतिकता केंद्र**  
के संयुक्त तत्वाधान में

### विश्व शांति दिवस

के उपलक्ष्य में  
**अंतर - महाविद्यालय स्वरचित कविता  
प्रतियोगिता**

का आयोजन कर रहा है

विजयी प्रतिभागियों  
को पुरस्कार राशि एवं  
प्रमाण पत्र प्रदान किए जाएंगे

संपर्क सूत्र :-  
समृद्धि - 9911677904  
मुस्कान - 9465145165

**स्थान :- संगीत विभाग**  
**दिनांक :- 26.09.2024**  
**समय :- मध्याह्न 12 :00**



डॉ. वंदना  
प्रो. सुधा उपाध्याय  
डॉ. निशा मालिक  
समन्वयक

डॉ. प्रेरणा अरोड़ा  
प्रो. सुधा उपाध्याय  
सुषी भवना पाल  
संयोजक

प्रो. पायल नागपाल  
आई. क्यू. ए.सी. समन्वयक

प्रो. स्वाति पाल  
प्राचार्य



Raajnandiinee, Janki Devi Memorial College bagged the first position.



Dakshita, Janki Devi Memorial College, and Aayushi, Janki Devi Memorial College shared the second position.



The third position was secured by Niharika, St. Stephen's College, and Khushi, Janki Devi Memorial College.





Chetna- The Spiritual Consciousness Cell

NAME OF THE EVENT: Poetry Competition (World Peace Day)  
DATE OF THE EVENT: 26 September 2024

*Participant Attendance*

ROLL NO.	CONTACT NO.	COLLEGE	
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NO	NAME	DOB	NO	NAME	DOB	NO	NAME	DOB
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02	Alimkhanov	21/05/55	04	Alimkhanov	01/03/53	06	Karimkhanov	01/03/53
03	Alimkhanov	21/05/55	05	Alimkhanov	01/03/53	07	Karimkhanov	01/03/53
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05	Alimkhanov	21/05/55	07	Alimkhanov	01/03/53	09	Karimkhanov	01/03/53
06	Alimkhanov	21/05/55	08	Alimkhanov	01/03/53	10	Karimkhanov	01/03/53
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35	Alimkhanov	21/05/55	37	Alimkhanov	01/03/53	39	Karimkhanov	01/03/53
36	Alimkhanov	21/05/55	38	Alimkhanov	01/03/53	40	Karimkhanov	01/03/53
37	Alimkhanov	21/05/55	39	Alimkhanov	01/03/53	41	Karimkhanov	01/03/53
38	Alimkhanov	21/05/55	40	Alimkhanov	01/03/53	42	Karimkhanov	01/03/53
39	Alimkhanov	21/05/55	41	Alimkhanov	01/03/53	43	Karimkhanov	01/03/53
40	Alimkhanov	21/05/55	42	Alimkhanov	01/03/53	44	Karimkhanov	01/03/53
41	Alimkhanov	21/05/55	43	Alimkhanov	01/03/53	45	Karimkhanov	01/03/53
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Name of the event:	Cardiac health awareness and CPR training
Mode of event	Offline
Objectives of the	Practical training of CPR
Date of the Event:	25th September 2024
Time	10:00-3:00 PM
Venue	Auditorium, GCR ,Medical room Janki Devi memorial college

Chetna, the Spiritual Consciousness Cell of Janki Devi Memorial College, University of Delhi, organized a Heart and Gynae checkup camp under the auspices of the Internal Quality Assurance Cell (IQAC). On 25th September 2024, the Chetna Society organized a comprehensive health awareness event at Janki Devi Memorial College. The event, centered around a CPR (Cardiopulmonary Resuscitation) workshop, also featured free medical checkups, including heart, eye, dental, and gynecological services. The initiative aimed at promoting health consciousness and equipping students with essential life-saving skills.

#### Objective of the Event:

The event had a dual focus:

- 1.To provide practical training on performing CPR in emergencies.
- 2.To offer students access to free medical checkups, promoting overall health and early detection of potential health issues.

#### CPR Workshop:

The CPR workshop, conducted by certified paramedics and first aid experts, was the central activity of the event. It focused on teaching participants life-saving techniques in case of sudden cardiac arrest and emergency situations.

#### Key Highlights:

##### 1.Demonstrations and Practice:

Students learned the step-by-step process of CPR, including how to check responsiveness, perform chest compressions, and provide rescue breaths. They were also trained on how to use an Automated External Defibrillator (AED) to assist a person in cardiac arrest.

## 2.Hands-On Learning:

Participants practiced these techniques on manikins, under expert supervision, gaining practical experience in administering CPR effectively.

## 3.Q&A Session:

A question-and-answer session was held at the end to clarify doubts about CPR, emergency protocols, and other first aid measures.

## Free Health Checkups:

In addition to the CPR workshop, a wide range of free medical checkups were offered in the medical room and girls Common Room (GCR) of the college. Qualified medical professionals, including doctors, dentists, and gynecologists, were present to provide consultations and checkups

## Services Provided:

### 1.Heart Checkup:

Cardiologists conducted basic heart screenings, checking blood pressure, heart rate, and providing advice on maintaining heart health. This helped raise awareness about cardiovascular risks among young adults.

### 2.Eye Checkup:

Ophthalmologists performed free eye examinations, checking vision clarity and screening for common eye conditions such as myopia, hyperopia, and eye strain due to excessive screen time.

### 3.Dental Checkup:

Dentists examined participants for oral health issues such as cavities, gum disease, and overall dental hygiene, offering advice on proper dental care.

### 4.Gynecological Checkup:

A team of gynecologists provided consultations on women's health issues, encouraging students to prioritize their reproductive health and raise awareness about common gynecological concerns.

## Impact and Feedback:

The event was highly appreciated by both students and faculty members. The CPR workshop provided essential life-saving skills, while the free medical checkups allowed participants to gain insights into their personal health, making early detection of health issues possible. Many



students expressed gratitude for the opportunity to receive expert consultations without any cost.

The health initiative organized by the Chetna Society was a resounding success. By combining a CPR workshop with free medical checkups, the event made significant strides in promoting both emergency preparedness and proactive health management within the college community.

Chetna Society plans to continue organizing such meaningful events to promote awareness and foster a sense of responsibility for physical and mental well-being

Posters for the event :



### JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI)

**Chetna- The Spiritual Consciousness Cell**  
Under the aegis of  
IQAC- Centre for Universal Values and Ethics  
presents a workshop on

## CARDIAC HEALTH AWARENESS & CPR TRAINING



**Dr. Kavita Tyagi**  
Interventional Cardiologist  
Sir Ganga Ram Hospital  
New Delhi



**Sunny Subani**  
(CPR Expert)



**Prof. Swati Pal**  
(Principal)



**Dr. Renuka Gupta**  
Gynaecologist & Gynae Oncologist  
CK Birla Hospital, Punjabi Bagh



Computerised Eye  
Check up  
from Eye Specialist,  
Sharp Sight Hospital,  
Pusa Road



FREE HEART HEALTH  
CHECK UP  
AT 11A.M.  
IN THE MEDICAL  
ROOM

**COURTESY: OM HEALTH FOUNDATION, KAROL BAGH, NEW DELHI**



**Wednesday**  
25th September



**12 NOON**



**AUDITORIUM**



**Dr. Perna Arora**  
Dr. Renuka Singh  
Dr. Harsh Bala  
Ms. Bhawna Pal  
Dr. Swati Malik  
(Coordinators)



**Dr. Perna Arora**  
Dr. Gurinder H Singh  
Prof. Sudha Upadhyaya  
Ms. Bhawna Pal  
(Convenors)



**Prof. Payal Nagpal**  
(IQAC Coordinator)



**Prof. Swati Pal**  
(Principal)



### जानकी देवी मेमोरियल कॉलेज (दिल्ली विश्वविद्यालय)

**चेतना-आध्यात्मिक चेतना कोशिका**  
आईक्यूएसी के तत्वावधान में  
प्रस्तुत करता है

## हृदय स्वास्थ्य जागरूकता एवं सीपीआर प्रशिक्षण कार्यशाला



**डॉ. कविता त्यागी**  
इंटरवेंशनल कार्डियोलॉजिस्ट  
सर गंगा राम अस्पताल  
नई दिल्ली



**सनी सुहानी**  
(सीपीआर विशेषज्ञ)



**प्रो. स्वाति पाल**  
(प्रधानाचार्य)



**डॉ. रेणुका गुप्ता**  
स्त्री रोग विशेषज्ञ एवं स्त्री रोग ऑन्कोलॉजिस्ट  
सीके बिड़ला अस्पताल, पंजाबी बाग



नेत्र विशेषज्ञ,  
भारत साइट अस्पताल,  
पूजा रोड  
से कम्प्यूटराईज्ड नेत्र जांच



हृदय स्वास्थ्य जांच  
सुबह 11 बजे  
शिक्षिता कक्ष में

**सौजन्य: ओम हेल्थ फाउंडेशन, करोल बाग, नई दिल्ली**



**बुधवार**  
25 सितंबर



**दोपहर 12 बजे**



**सभागार**



**डॉ. प्रेरणा अरोड़ा**  
डॉ. रेणुका सिंह  
डॉ. लव कला  
सुश्री भावना पाल  
डॉ. स्वाति मलिक  
(समन्वयक)



**डॉ. प्रेरणा अरोड़ा**  
डॉ. सुखि एच सिंह  
डॉ. सुधा उपाध्याय  
सुश्री भावना पाल  
(संयोजक)



**प्रोफेसर पायल नागपाल**  
(आईक्यूएसी समन्वयक)



**प्रो. स्वाति पाल**  
(प्रधानाचार्य)

Geotag photos:



## CPR TRAINING







## Media coverage

### जानकी देवी महिला महाविद्यालय में हैल्थ चैकअप कैंप के दौरान 150 मरीजों का स्वास्थ्य जांचा



#### उत्तम हिन्दू न्यूज नेटवर्क

**नई दिल्ली :** ओम हेल्थ फाउंडेशन एवं चेतना संस्था के संयुक्त तत्वाधान व प्रिन्सीपल स्वाति पाल के मार्ग दर्शन में जानकी देवी महिला महाविद्यालय राजेंद्र नगर में हेल्थ चैकअप कैंप व सीपीआर ट्रेनिंग कार्यक्रम का आयोजन किया गया। जिसमें सर गंगाराम हॉस्पिटल की वरिष्ठ हार्ट रोग विषयज्ञ डॉक्टर कविता त्यागी, एस के विरला हॉस्पिटल से ओनको गाइनेकोलॉजिस्ट डॉक्टर रेणुका गुप्ता, शार्प साइट आई अस्पताल के डॉक्टर अंशुल, डेंटिस्ट डॉक्टर तनिषा, डॉक्टर अजय सांगवान, डॉक्टर जयदीप चाहल की टीम ने करीब 150 छात्रों व स्टाफ मेंबर का चैकअप किया जिनमें

50 मरीज का कंप्यूटराइज्ड आई टेस्टिंग मशीन से चैकअप किया गया। इस दौरान जरूरतमंद मरीजों का एक लिपिड प्रोफाइल शुगर के टेस्ट भी निशुल्क किए गए। इस अवसर पर सनी सहानी द्वारा कॉलेज स्टूडेंट को सीपीआर तकनीक बारे डेमो के माध्यम से प्रशिक्षित किया इस अवसर पर अंकों गाइनेकोलॉजिस्ट डॉक्टर रेणुका गुप्ता महिलाओं को होने वाले सर्वाइकल कैंसर, ब्रेस्ट कैंसर, ओवरी कैंसर के लक्षणों के बारे में विस्तृत जानकारी दी वहीं सर गंगाराम हॉस्पिटल की इंटरवेंशनल कार्डियोलॉजिस्ट डॉक्टर कविता त्यागी ने हार्ट रोगों बारे जागरूक किया।

## Health check-up camp at Janki Devi Women's College: 150 patients examined

DAULAT CHAUHAN  
NEW DELHI, SEPT 25

A health checkup camp and CPR training program were organized at Janki Devi Women's College, Rajendra Nagar, by Om Health Foundation and Chetna Sanstha. The medical team, comprising senior heart specialist Dr. Kavita Tyagi from Sir Ganga Ram Hospital, onco-gynecologist Dr. Renuka Gupta from SK Birla Hospital, Dr. Anshul from Sharp Sight Eye Hospital, dentist Dr. Tanisha, Dr. Ajay Sangwan, and Dr. Jaideep Chahal, conducted health checkups for around 150 students and staff members. Out of these, 50 patients underwent computerized eye testing, and free lipid profile and sugar tests were conducted for those in need. Sunny Sahani trained the college



students on CPR techniques through a demonstration. During the event, Dr. Renuka Gupta, an onco-gynecologist, provided detailed information about the symptoms of cervical cancer, breast cancer, and ovarian cancer. She emphasized the importance of early detection in cancer treatment, stating that timely intervention could save lives and lead to a healthy future.

Dr. Kavita Tyagi, an interventional cardiologist from Sir Ganga Ram

Hospital, raised awareness about heart diseases, particularly in women. She pointed out that women who smoke are six times more likely to suffer from heart diseases compared to men. She also dispelled the misconception that heart diseases are less common in women, revealing that 63% of female deaths are caused by heart conditions. She urged women to be extra vigilant about heart disease symptoms, which tend to be milder in women.



## Alumnae Association, Janki Devi memorial College

Posted by सुधा उपाध्याय  
Just now · 🌐

जानकी देवी मेमोरियल कॉलेज दिल्ली विश्वविद्यालय के सौजन्य से कॉलेज आध्यात्मिक चेतना प्रकोष्ठ चेतना सोसाइटी की ओर से CPR ट्रेनिंग करवाई गई। विद्यार्थियों और फ्रैकल्टी ने इस सुरक्षा संरक्षण ट्रेनिंग बड़े मनोयोग और उत्साह से हिस्सा लिया। डॉ कविता त्यागी गंगाराम हस्पताल डॉ रेनुका गुप्ता एस के बिडला हस्पताल डॉ अंशुल शार्प आइ साइट डॉ तनीषा डॉ अजय सांगवान डॉ जयदीप चहल ने जानकी देवी मेमोरियल कॉलेज में हेल्थ चेक अप किया करीब 150 विद्यार्थियों का।  
[Janki Devi Memorial College Alumnae Association,](#)  
[Janki Devi memorial College](#)

## Health check-up camp at Janki Devi Women's College: 150 patients examined

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Hospital, raised awareness about heart diseases, particularly in women. She pointed out that women who smoke are six times more likely to suffer from heart diseases compared to men. She also dispelled the misconception that heart diseases are less common in women, revealing that 63% of female deaths are caused

## Registration for Health check up

JANKI DEVI MEMORIAL COLLEGE  
(UNIVERSITY OF DELHI)  
Cardiac Health Awareness and  
CPR Training  
Attendance Sheet

Date: 25/9/24 Time: 10 AM to 12 PM Venue: G.C.R.

Sno.	Name	Faculty/Student	Department	Signature
1	Bhishma	Std	BA Med (H)	ALL
2	Deetha	"	"	ALL
3	Shirya	"	"	ALL
4	Saaksha	"	BA Pol Sci	eye
5	Sansiddhi	"	BA Pol Sci	eye
6	Noox	"	BA Pol Sci	eye
7	Madhvi Kati	"	BA Pol Sci	ALL
8	Asha	"	"	ALL
9	Ananya	Std	B.com (Hons)	ALL
10	Muskan	Std	BA Pol Sci	ALL
11	Samidhali	Std	BA Pol Sci	ALL
12	Tanishka	Std	B.com (P)	ALL
13	Gurpreet	Std	BA Pol Sci	ALL
14	KHUSABOO	Student	B.Sc Math	ALL

JANKI DEVI MEMORIAL COLLEGE  
(UNIVERSITY OF DELHI)  
Cardiac Health Awareness and  
CPR Training  
Attendance Sheet

Date: 25/9/24 Time: 10 AM to 12 PM Venue: G.C.R.

Sno.	Name	Faculty/Student	Department	Signature
01	Anushka Saxena	Student	B. Com (H)	ALL
02	Sonika Raut	Student	B.Sc Math	ALL
03	Kashika Singh	Student	B. Com (H)	ALL
04	Kalpna Singh	Student	B. Com (H)	ALL
05	Anushka Singh	Student	B. Com (H)	ALL
06	Harshita Jodhi	Student	B. Com (H)	ALL
07	Nayana	Student	B. Com (H)	ALL
08	AARCHI	Student	B. Com (H)	ALL
09	Devesh	Student	B. Com (H)	ALL
10	Sonam Kumari	Student	B. Com (H)	ALL
11	Midha Tripathi	Student	B. Com (H)	ALL
12	Tanish	Student	B. Com	ALL
13	Sakshi	Student	B. Com	ALL
14	Priyanka	Student	B. Com	ALL





JANKI DEVI MEMORIAL COLLEGE  
(UNIVERSITY OF DELHI)  
Cardiac Health Awareness and  
CPR Training  
Attendance Sheet



Date: 25/9/24 Time: 10:00 AM Venue: GCR

Sno.	Name	Faculty/Student	Department	Signature
	Sushama	Student	NPTT	Sushama
	Subhaya	Student	Pol. Sc (H)	Subhaya
	Anubika	Student	Pol. Sc. (H)	Anubika
	Pooja	Student	BSC Math (H)	Pooja
	Riddhi	Student	BA Prog.	Riddhi
	Bhama	Student	BSc Maths (Hons)	Bhama
	Aparna	Student	BSc Maths (Hons)	Aparna
	Nikita Pandey	Student	BA (P)	Nikita Pandey
	Apurva Singh	Student	BA Socio Pol.	Apurva Singh
	Rashmi Nagar	Student	BA (H)	Rashmi (AII)
	Nisha Chandra	Student	BA (H)	Nisha (AII)
	Rakshi Singh	Student	BA (P)	Rakshi (AII)
	Kumudini	Student	B.com (P)	Kumudini
	Chandni	Student	B.com (P)	Chandni



JANKI DEVI MEMORIAL COLLEGE  
(UNIVERSITY OF DELHI)  
Cardiac Health Awareness and  
CPR Training  
Attendance Sheet

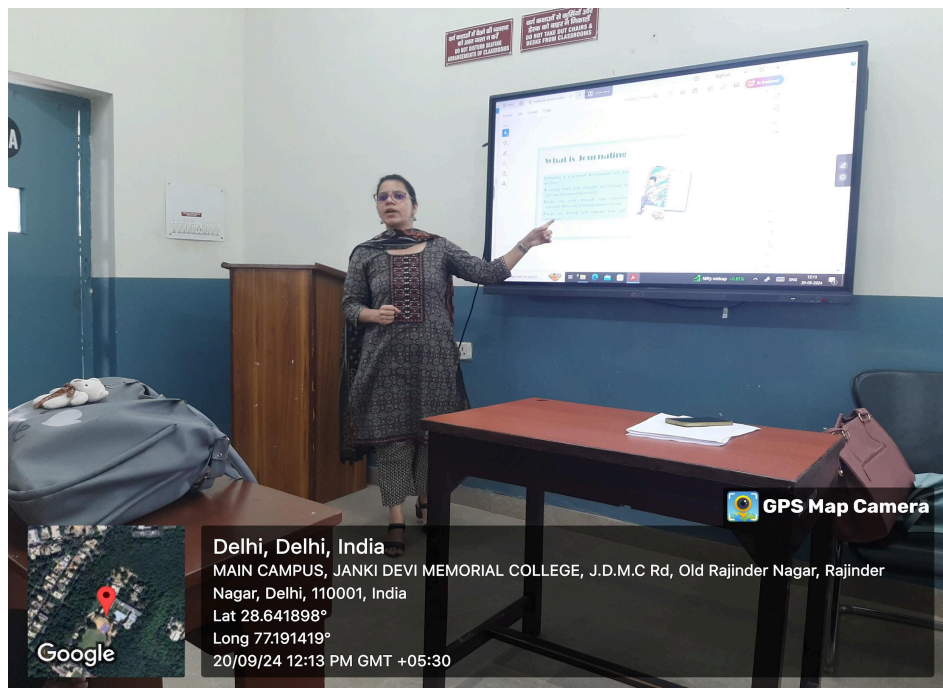
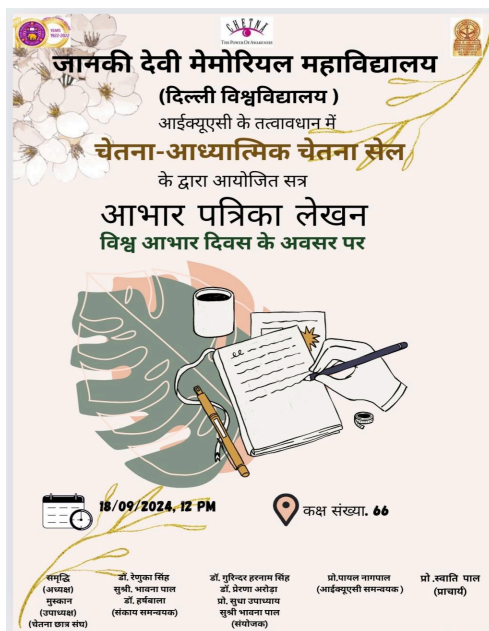
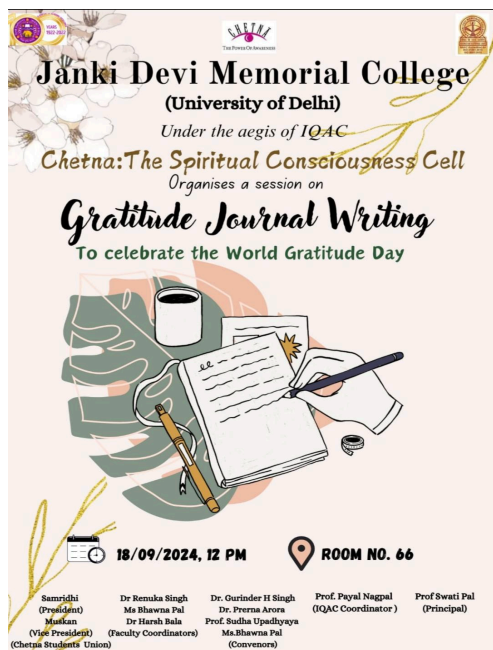


Date: 25/9/24 Time: 10:00 AM Venue: GCR

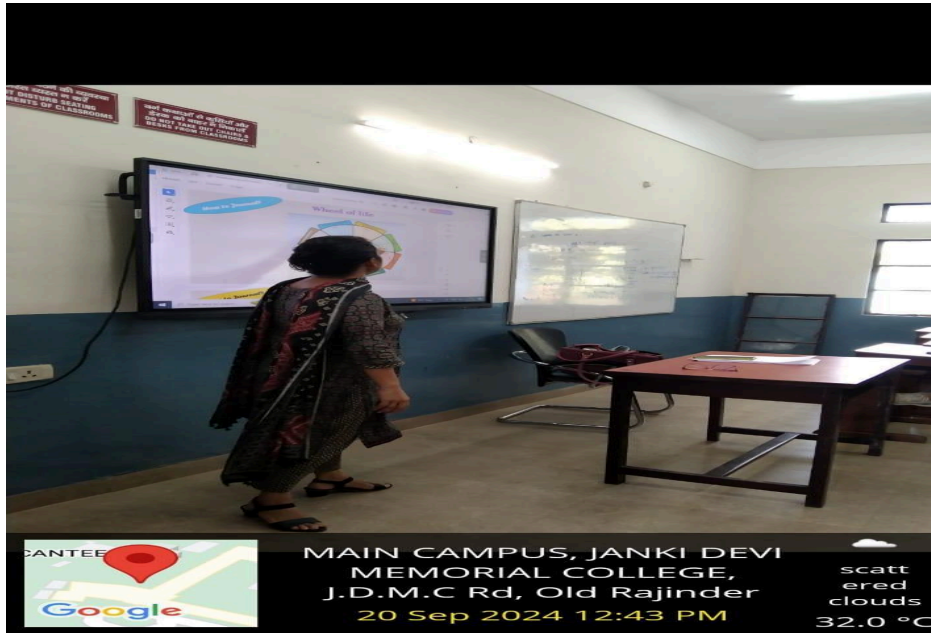
Sno.	Name	Faculty/Student	Department	Signature	
1.	Anshul Patel	S.O.	Admin	Anshul	Eye
2.	Vansh Jain	Sr. Asstt.	Accounts	Vansh	Eye/BP
3.	Rishika Rawat	S.O.	Accounts	Rishika	Sugar/BP
4.	Deepika Chaudhary	Asstt.	Accounts	Deepika	Eye/BP
5.	Sunil Kumar	Office Att.	Accounts	Sunil	
6.	Surbhata Kh.	As.	Admin	Surbhata	
7.	Dr. Kaushal	AO	Admin	Dr. Kaushal	Eye/BP
8.	Shushma	Nurse	Admin	Shushma	Eye/BP
9.	Madan Lal	Music Faculty	Music	Madan Lal	Eye/BP
10.	Dr. Harsh Bala	Sanitary	SK & Dpt	Dr. Harsh Bala	Eye/BP
11.	Dr. Nivedita Sh.	Librarian	Library	Dr. Nivedita Sh.	Eye/BP
12.	Omiz Singh Barua	Lib. Asst.	"	Omiz Singh Barua	Eye/BP
13.	Simla	Lib. Att.	"	Simla	Eye/BP
14.	Dee Rek	CL	Admin	Dee Rek	Eye

Name of the event:	<b>Gratitude Journal Writing Session</b>
Mode of event	Offline
Objectives of the	Promote positive attitude
Date of the Event:	<b>20th September 2024</b>
Time	12:00-1:00 PM
Venue	Room no 39 A

As part of World Gratitude Day celebrations, Chetna, the Spiritual Consciousness Cell of Janki Devi Memorial College, University of Delhi, organized a Gratitude Journaling Session under the auspices of the Internal Quality Assurance Cell (IQAC). Dr. Renuka Singh, Associate Professor, Department of Political Science, and Faculty Coordinator at Chetna, delivered the keynote address. The session emphasized the importance of gratitude in fostering mental well-being and mindfulness. Convenors Dr. Prerna Arora, Prof. Sudha Upadhyaya and faculty coordinator Dr. Harsh Bala facilitated the smooth conduct of the program and that helped reinforcing the college's commitment to holistic student development. Dr. Singh emphasized that gratitude journaling helps uncover hidden facts and fosters a positive outlook on life. By reflecting on the things we appreciate, we can shift our perspective, cultivate contentment, and lead more fulfilling lives. The session encouraged participants to adopt gratitude journaling as a daily practice. Through this Gratitude Journaling Session, Chetna aimed to promote spiritual consciousness, self-reflection, and positivity among students and faculty. The event successfully created a supportive environment for sharing experiences and insights, inspiring attendees to incorporate gratitude into their daily lives. The session concluded with participants leaving with a renewed sense of appreciation and a commitment to cultivate gratitude in their personal and professional lives.









**Chetna- The Spiritual Consciousness Cell**  
 NAME OF THE EVENT: Attitude Journal Writing  
 DATE OF THE EVENT: 20 September 2024

Sr.No	Name	Roll No.	Phone No.	Address	Parent's Name	Parent's Phone No.
1	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
2	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
3	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
4	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
5	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
6	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
7	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
8	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
9	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
10	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
11	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
12	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
13	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
14	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
15	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
16	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
17	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
18	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
19	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
20	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
21	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
22	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
23	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
24	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
25	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
26	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
27	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
28	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
29	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816
30	Pooja	1126	9811263816	Dr. A. Dugga	9811263816	9811263816

*Handwritten signatures and notes are visible at the bottom of the page.*

Name of the event:	<b>Orientation Session</b>
Mode of event	Offline
Objectives of the	Introduction about Chetna Society
Date of the Event:	17th September, 2024
Time	12:00-1:00 PM
Venue	Music Room

Chetna- The Spiritual Consciousness Cell of Janki Devi Memorial College organized an orientation session on 17<sup>th</sup> September, 2024 at 12 a.m., in the Music room. The orientation was held in the presence of teachers including Dr. Perna Arora, Prof. Sudha Upadhyaya, Ms. Bhawna Pal, Dr. Vandana, Dr. Swati Malik and Dr. Harsh Bala. They warmly welcomed the students and introduced themselves before giving an insightful introduction to the society. They shared the essence of Chetna, explaining that it signifies "consciousness," which refers to the soul driving all our actions, not just the physical body. They highlighted that once the soul departs, what remains is merely the body, and our good deeds shape our future lives. In today's fast-paced world, where competition, work, and jealousy often take precedence, the teachers encouraged introspection rather than placing blame on others for our difficulties. Chetna, as they explained, provides a safe and nurturing space for students to grow both spiritually and personally. Ms. Bhawna Pal further elaborated on the society's activities planned for the upcoming session, such as a CPR workshop, poetry competition, and gratitude journaling session, all aimed at promoting mindfulness and self-reflection. The event concluded with teachers urging students to join teams according to their interests, fostering collaboration and personal growth. A brief meditation session was held at the end, allowing students and teachers alike to relax and center themselves. This peaceful conclusion set a positive tone for the spiritual journey ahead with Chetna.






**JANKI DEVI MEMORIAL COLLEGE**  
(University Of Delhi)

**CHETNA The Spiritual Consciousness Cell**

Invites you to the

**Deeksharambh**  
(ORIENTATION SESSION)

DATE: 17TH SEPTEMBER 2024

TIME: 12-1 PM

VENUE: MUSIC ROOM

Dr. Nisha Malik  
Dr. Jayanti P. Sahu  
Dr. Renuka Singh  
Dr. Harsh Bala  
Dr. Vandana  
Dr. Indu Soni  
Ms. Alka  
Ms. Swan Malik  
(CHEPNA STUDENT'S UNION) (Coordinators)

Dr. Gurinder H. Singh  
Dr. Purna Azora  
Prof. Sudha Upadhyaya  
Ms. Bhavna Pal  
(Convenors)

Prof. Swati Pal  
(Principal)




**जानकी देवी मेमोरियल कॉलेज**  
(दिल्ली विश्वविद्यालय)

चेतना -आईक्यूएसी के तत्वावधान में

आपको आमंत्रित करता है

**दीक्षारंभ**  
(ओरिएंटेशन सत्र)

दिनांक: 17 सितंबर 2024

समय: दोपहर 12-1 बजे

स्थान: संगीत कक्ष

डॉ. निशा मलिक  
डॉ. जयंती साहू  
डॉ. रेणुका सिंह  
डॉ. हार्श बाला  
डॉ. वंदना  
डॉ. इंदु सोनी  
मिस अलका  
मिस स्वनि मलिक  
(संयोजक)

डॉ. गुरिंदर एच. सिंह  
डॉ. पूर्णा अजरा  
डॉ. सुधा उपध्याय  
डॉ. भवना पाल  
(संयोजक)

डॉ. सुवति पाल  
(प्रिंसिपल)





Topic: Date: 17 Sep 2024				
C46071 - 2024-25				
Observation attendance				
name	cause	year	contact number	roll number
Nigam Anurag	BA (P)	III	9319553693	1343
Shanika Garg	BA (P)	III	9310799106	1524
Manika Singh	BA (P)	Ist	8720023103	1887
Siddha Dutt	BA (P)	I	9065588253	1145
Sangam	BA (Comp)	I	977755621	
Shruti Kaur	BA (Comp)	III	7032330031	841
Dolly Sharma	B.Com (Hons)	I	880414433	
Pooja Singh	B.Com (Hons)	I	7177703447	
Rashika	B.Com (Hons)	I	910347369	
Anshika Kumar	B.A (P) (Hons) (Finance)	I	7827963911	1537
Anushka Nagar	B.Com (H)	III	9315858777	713
Pooja Agarwal	B.Com (H)	II	981136871	1570
Tanika Sharma	B.Com (H)	III	701759242	877

16-2-1  
 17-9-24  
 19-7-24