



## **JANKI DEVI MEMORIAL COLLEGE**

Report on the Seminar : Indian knowledge system (Bharatiya Gyan Pranali)

Name of the Organizer - Chetna : The Spiritual Consciousness Cell

Date – September 22, 2025

Time – 10A.M.

Venue – Music Room

No. Of faculty - 5

No. Of students - 65

CHETNA : The Spiritual Consciousness Cell of Janki Devi Memorial College organized an enlightening seminar on Indian knowledge system - Bharatiya Gyan Pranali. The event was held on September 22, 2025 at 10A.M. in the Music Room.

The event was graced by Swami Sarvalokananda Ji, senior monk of the Ramakrishna Mission, who delivered an inspiring talk on Bharatiya Gyan Pranali (Indian Knowledge System). In his address, Swamiji explained how India's traditional wisdom, drawn from the Vedas, Upanishads, Yoga, Ayurveda, and other sciences, continues to guide humanity even today.

He made the session interactive by asking students meaningful questions like "What is purity?", "How can one control emotions?", and "What are the benefits of doing good?" Through these thought provoking discussions, he emphasized that true knowledge is not only about intellectual growth but also about inner discipline, moral strength, and compassion.

Swamiji inspired the youth to balance modern education with spiritual values and highlighted that doing good to others ultimately refines one's own character and brings peace of mind. The event concluded with gratitude to Swamiji, leaving the audience enriched and motivated to practice these ideals in daily life.

Attendance

File

:-

[https://docs.google.com/spreadsheets/d/1LUb9pj\\_tO9j1qcqwlWUYApPWqmXlrQ\\_fB\\_G7BklXNxc/edit?usp=drivesdk](https://docs.google.com/spreadsheets/d/1LUb9pj_tO9j1qcqwlWUYApPWqmXlrQ_fB_G7BklXNxc/edit?usp=drivesdk)













# जानकी देवी मेमोरियल कॉलेज (दिल्ली विश्वविद्यालय)

भारतीय ज्ञान प्रणाली अध्ययन केंद्र  
(आई. क्यू. ए. सी. के तत्वावधान में)

चेतना: आध्यात्मिक चेतना प्रकोष्ठ  
संगीत और संस्कृत विभाग

## ~ भारतीय ज्ञान प्रणाली ~

दिनांक: 22 सितंबर 2025  
समय: सुबह 10 बजे  
स्थान: संगीत कक्ष



स्वामी सर्वलोकानंदजी  
(सचिव: रामकृष्ण मिशन, दिल्ली)

प्रो. प्रेरणा अरोड़ा  
(निदेशक और समन्वयक)  
कु. भव्या मित्तल  
डॉ. हर्ष बाला  
(समन्वयक)

प्रो. प्रेरणा अरोड़ा  
प्रो. सुधा उपाध्याय  
कु. भावना पाल  
(संयोजक)

डॉ. कुश कुमार गयासेन  
(आई. क्यू. ए. सी. समन्वयक)  
डॉ. शिवानी बर्नवाल  
(आई. क्यू. ए. सी. सह-समन्वयक)

प्रो. स्वाति पाल  
(प्राचार्य)



## JANKI DEVI MEMORIAL COLLEGE

Report on Seminar : “From Nari to Narayani – The Supreme Power of Meditation and Sattvic Ego”

Name of the Organizer - Chetna : The Spiritual Consciousness Cell

Date - September 8, 2025

Time - 2P.M.

Venue - Computer Lab 2

No. Of faculty - 5

No. Of students - 108

The seminar “From Nari to Naryani – The Supreme Power of Meditation and Sattvic Ego” was organized by CHETNA – The Spiritual Consciousness Cell of Janki Devi Memorial College on September 8, 2025 at 2 P.M. in Computer Lab 2. The session was led by Ms. Vinita Sharma and her team.

The speakers discussed three major themes –

1. Ahamkara (ego) - explained as both self-identity and pride;
2. Self-consciousness - differentiated from positive self-awareness;
3. Sun rays - taken as a symbol of hope, light, and positivity.

To make the session more engaging, an interactive story-making game was also conducted with the students, allowing them to reflect on the concepts in a creative way.

The programme concluded with enthusiasm and active participation of the students. It was an insightful and inspiring session, encouraging everyone to practice meditation, balance, and self-awareness in their daily lives.

Attendance

File

:-<https://1drv.ms/x/c/407ca0d864cc39a6/EUr9imcmUZBNrVgH8MGN52oBTtqQVp8Qko nSPvw1EGFmDw?e=TkHAQM>





GPS Map Camera

Delhi, Delhi, India 🇮🇳

Main Campus, Janki Devi Memorial College, J.d.m.c Rd, Old Rajinder Nagar,  
Rajinder Nagar, Delhi, Delhi 110060, India

Lat 28.642062° Long 77.191677°

08/09/2025 03:35 PM GMT +05:30

Google



GPS Map Camera



**Delhi, Delhi, India**

Staff Quarters, Janki Devi Memorial College, Old Rajinder  
Nagar, Rajinder Nagar, Delhi, Delhi 110060, India  
Lat 28.642287° Long 77.19166°  
08/09/2025 03:01 PM GMT +05:30





Geo-Tagging Camera

2025/09/08 15:35

New Delhi, Delhi, India

17, Near Railway Dispensary, Railway Colony, Old  
Rajinder Nagar, Rajinder Nagar, New Delhi, Delhi,  
110060, India

Lat 28.642733 Long 77.191644



GPS Map Camera



Delhi, Delhi, India

Main Campus, Janki Devi Memorial College, J.d.m.c Rd, Old Rajinder Nagar, Rajinder Nagar, Delhi, Delhi 110060, India

Lat 28.642252° Long 77.191691°

08/09/2025 03:02 PM GMT +05:30





जानकी देवी मेमोरियल कॉलेज  
(दिल्ली विश्वविद्यालय)  
चेतना: आध्यात्मिक चेतना प्रकोष्ठ  
भारतीय ज्ञान प्रणाली अध्ययन केंद्र  
(आई . क्यू . ए . सी . के तत्वावधान में)

नारी से नारायणी  
(ध्यान एवं सात्विक अहंकार की महाशक्ति)

संगोष्ठी में आमंत्रित हैं

वक्ता – श्रीमती विनिता शर्मा  
और टीम

8 सितंबर, 2025

2:30 P.M. - 4:30 P.M.

कंप्यूटर प्रयोगशाला 2



प्रो. प्रेरणा अरोड़ा  
प्रो. सुधा उपाध्याय  
सुश्री भावना पाल  
(शिक्षक संयोजकगण)

डॉ. कुश कुमार गयासेन  
(आई. क्यू. ए. सी. समन्वयक)  
डॉ. शिवानी बर्नवाल  
(उप आई. क्यू. ए. सी. सह-समन्वयक)

प्रो. स्वाति पाल  
(प्राचार्य)



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

**CHETNA : THE SPIRITUAL CONSCIOUSNESS CELL  
CENTRE FOR THE STUDY OF INDIAN KNOWLEDGE SYSTEM  
(UNDER THE AEGIS OF IQAC)**


**Invites you to an enriching Seminar on**

**From Naari to Narayani  
(The Supreme Power of Meditation and Sattvic ego)**

**- Ms. Vinita Sharma  
and Team**

 **September 8, 2025**

 **2:30 P.M. - 4:30 P.M.**

 **Computer lab 2**



**Prof. Purna Arora  
Prof. Sudha Upadhyaya  
Ms. Bhawna Pal  
(Faculty coordinators  
and Convenors)**

**Dr. Kush Kumar Gayasen  
(IQAC Coordinator)  
Dr. Shiwani Burnwal  
(Deputy IQAC Coordinator)**

**Prof. Swati Pal  
(Principal)**





# JANKI DEVI MEMORIAL COLLEGE

## Report on the Seminar : “Advaita Vedānta - Realizing the Infinite Self”

Name of the Organizer - Chetna : The Spiritual Consciousness Cell

Date – August 29, 2025

Time – 11A.M.

Venue – Seminar Room

No. Of faculty - 4

No. Of students - 56

CHEटना : The Spiritual Consciousness Cell of Janki Devi Memorial College organized an enlightening seminar on Advaita Vedānta – Realizing the Infinite Self. The event was held on August 29, 2025 at 11A.M. in the Seminar Room.

The speaker for the seminar was Dr. Sanjay Pande, a spiritual philosopher and educator, and a former Vigilance Officer of the Central Vigilance Commission(Retd). Dr. Pande delivered an insightful lecture on the philosophy of Advaita Vedānta, highlighting the essence of realizing the infinite self and the oneness of existence. His explanations provided clarity on how these age-old philosophical ideas remain deeply relevant in today's world.

The audience, comprising students and faculty members, actively participated in the session and benefited from Dr. Pande's thought-provoking perspectives. The seminar not only deepened the participants' understanding of India's spiritual traditions but also encouraged them to apply these teachings in their personal and academic lives.

The event concluded on a positive note with an interactive discussion, leaving the participants enriched with a profound understanding of self-realization and spiritual consciousness.

Attendance File :-

<https://1drv.ms/x/c/407ca0d864cc39a6/Ee87e0GyYvINISBHeAbB97wBLcaQ4t3rVUiJGY8GrJ2PSw>







### Delhi, Delhi, India

Main Campus, Janki Devi Memorial College, J.d.m.c Rd, Old Rajinder Nagar, Rajinder Nagar, Delhi, Delhi 110060, India

Lat 28.642102° Long 77.191678°

29/08/2025 11:55 AM GMT +05:30







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

**CHETNA : THE SPIRITUAL CONSCIOUSNESS CELL**

**Centre for the Study of  
Indian Knowledge System  
(Under the aegis of IQAC)**

**Invites you to an enriching Seminar on**

# ***Advaita Vedānta***

***- Realizing the Infinite Self***



**SPIRITUAL PHILOSOPHER  
AND EDUCATOR**

**DR. SANJAY PANDE**

**FORMER VIGILANCE OFFICER  
CENTRAL VIGILANCE COMMISSION  
(RETD.)**



**11 AM**



**Seminar Room**



**August 29, 2025**

**Prof. Purna Arora  
Ms. Bhawna Pal  
(Faculty Coordinators)**

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

**Dr. Kush kumar Gayasen  
(IQAC Coordinator)  
Dr. Shiwani Burnwal  
(IQAC Co Coordinator)**

**Prof. Swati Pal  
(Principal)**





जानकी देवी मेमोरियल कॉलेज  
(दिल्ली विश्वविद्यालय)

चेतना: आध्यात्मिक चेतना प्रकोष्ठ  
भारतीय ज्ञान प्रणाली अध्ययन केंद्र  
(आई . क्यू . ए . सी . के तत्वावधान में)

## अद्वैत वेदान्त – अनन्त आत्मा का साक्षात्कार



आध्यात्मिक दार्शनिक  
एवं शिक्षाविद्



**डॉ. संजय पांडे**  
केंद्रीय सतर्कता आयोग (सेवानिवृत्त)

संगोष्ठी में आमंत्रित हैं



**सुबह 11 बजे**



**संगोष्ठी कक्ष**



**29 अगस्त, 2025**

प्रो. प्रेरणा अरोड़ा  
सुश्री भावना पाल  
(शिक्षक संयोजकगण)

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

डॉ. कुश कुमार गयासेन  
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डॉ. शिवानी बर्नवाल  
(आई. क्यू. ए. सी. सह-समन्वयक)

प्रो. स्वाति पाल  
(प्राचार्य)



# **JANKI DEVI MEMORIAL COLLEGE**

## **Report on Orientation Programme 2025 – 26**

Name of the Organiser - Chetna : The Spiritual Consciousness Cell

Date: August 21, 2025

Time: 12:00 PM

Venue: Music Room

No. Of faculty - 4

No. Of students - 44

On August 21, 2025, The Orientation Programme for the new academic session 2025–26 was organized by CHETNA – The Spiritual Consciousness Cell at Janki Devi Memorial College, University of Delhi. It was held in the Music Room at 12P.M.

The programme started with a warm welcome to all the new students. The convenors, Prof. Perna Arora and Prof. Sudha Upadhyaya explained the purpose of CHETNA and how it helps students to connect with spiritual values, discipline, and holistic learning. They stressed the need to balance modern education with India's traditional knowledge and inspired everyone to be more responsible and mindful in their journey ahead. The team members, Dr. Harshbala and Dr. Anil also conveyed their message to the students during the session and explained them about CHETNA in detail.

A special mention was made by Mr. Shubham Kumar, who represented the organisation behind the programme Young India: Know Thyself – A Leadership Development Initiative. He spoke about how their activities, inspired by the vision of Swami Vivekananda, focus on youth empowerment through discipline, confidence, cultural rootedness, and leadership training. His insights resonated strongly with the objectives of CHETNA, as both initiatives share a common goal of nurturing responsible, conscious, and value-driven individuals.

The programme ended with an interactive discussion where students shared their thoughts and excitement for the upcoming year. Overall, the orientation was very informative and inspiring, setting a positive start for the session 2025–26.









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

**CHETNA : THE SPIRITUAL CONSCIOUSNESS CELL**

**Centre for the Study of  
Indian Knowledge System :  
(Under the aegis of IQAC)**

**Orientation  
2025-26**

**THURSDAY 21 at 12 P.M.**

**2025**

**Venue:**

**MUSIC ROOM  
(behind the Auditorium)**

**Prof. Nisha Malik  
Dr. Vandana**

**Dr. Harshbala**

**Dr. Renuka Singh**

**Dr. Indu Soni**

**Dr. Anil**

**Ms. Swati**

**(Team Members)**

**Prof. Purna Arora**

**Prof. Sudha Upadhyaya**

**Ms. Bhawna Pal**

**(Convenors)**

**Dr. Kush kumar Gayasen**

**(IQAC Coordinator)**

**Dr. Shivani Burnwal**

**(IQAC Co Coordinator)**

**Prof. Swati Pal**

**(Principal)**



जानकी देवी मेमोरियल कॉलेज  
(दिल्ली विश्वविद्यालय)

चेतना: आध्यात्मिक चेतना प्रकोष्ठ

भारतीय ज्ञान प्रणाली अध्ययन केंद्र  
(आई . क्यू . ए . सी . के तत्वावधान में)

अभिविन्यास कार्यक्रम

2025-26

21 अगस्त, 2025



12:00 PM



संगीत कक्ष

प्रो. निशा मलिक  
डॉ. वंदना  
डॉ. हर्षबाला  
डॉ. रेनुका सिंह  
डॉ. इंदु सोनी  
डॉ. अनिल  
सुश्री स्वाति  
(टीम सदस्य)

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

डॉ. कुश कुमार गयासेन  
(आई. क्यू. ए. सी. समन्वयक)  
डॉ. शिवानी बर्नवाल  
(आई. क्यू. ए. सी. सह-समन्वयक)

प्रो. स्वाति पाल  
(प्राचार्य)





JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI)

CHETNA ORIENTATION

ATTENDANCE SHEET



Date: 31-08-2025 Venue: Music Room Time: 12:00 PM

S.NO.	Name	Department	Semester	Signature
1.	Matti	Maths	3	Matti
2.	Prachi	Maths	3	Prachi
3.	Joshi Nalk	BA (Prog)	5 <sup>th</sup>	Joshi
4.	Chhavi sharma	BA (Prog)	5 <sup>th</sup>	Chhavi
5.	Vishakha	BA (Prog)	5 <sup>th</sup>	Vishakha
6.	Muskan Gupta	BA (Hons) Pol. Science	5 <sup>th</sup>	Muskan
7.	Remi sharma	B.Com	3 <sup>rd</sup>	Remi
8.	Simran	B.A. Programme	2 <sup>nd</sup>	Simran
9.	Muskan	B.Com (P)	2 <sup>nd</sup>	Muskan
10.	Jyoti	B.Com (P)	2 <sup>nd</sup>	Jyoti
11.	Urvashi	B.Com (P)	2 <sup>nd</sup>	Urvashi
12.	Nidhi	B.Com (P)	2 <sup>nd</sup>	Nidhi
13.	Toshali	B.Com (P)	3 <sup>rd</sup>	Toshali
14.	Agrima	B.Com (P)	3 <sup>rd</sup>	Agrima
15.	Blond	B.A. Programme	1 <sup>st</sup> Year	Blond



JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI)

CHETNA ORIENTATION

ATTENDANCE SHEET

Date: 21-08-2025 Venue: HUSC, 400m Time: 12:00 PM



S.NO.	Name	Department	Semester	Signature
1.	Mattni	Maths	3	Mattni
2.	Prachi	Maths	3	Prachi
3.	Joshi Nask	BA (Prog)	5 <sup>th</sup>	Joshi
4.	Chhavi Sharma	BA (Prog)	5 <sup>th</sup>	Chhavi Sharma
5.	Vishakha	BA (Prog)	5 <sup>th</sup>	Vishakha
6.	Muskan Gupta	BA (Hons) Pol. Science	5 <sup>th</sup>	Muskan
7.	Remi Sharma	B.Com	3 <sup>rd</sup>	Remi Sharma
8.	Simran	B.A Programme	2 <sup>nd</sup>	Simran
9.	Muskan	B.Com (P)	2 <sup>nd</sup>	Muskan
10.	Shreya	B.Com (P)	2 <sup>nd</sup>	Shreya
11.	Unvashi	B.Com (P)	2 <sup>nd</sup>	Unvashi
12.	Nidhi	B.Com (P)	2 <sup>nd</sup>	Nidhi
13.	Toshali	B.Com (P)	3 <sup>rd</sup>	Toshali
14.	Agrima	B.Com (P)	3 <sup>rd</sup>	Agrima
15.	Blind	B.A Programme	1 <sup>st</sup> Year	Blind



JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI)

CHETNA ORIENTATION

ATTENDANCE SHEET

Date: 21/8/25 Venue: MUSIC ROOM Time: 12:00 PM



S.NO.	Name	Department	Semester	Signature
30	Gauri Sharma	BA(Hons) Philosophy	1 <sup>st</sup> year	Gauri
31	Priyanshi	BA programme	2 <sup>nd</sup> year	Priyanshi
32	Palchin Lasraji	BA Economics (Hons)	1 <sup>st</sup> year	Palchin
33	Aayushi	BA (Prog.)	2 <sup>nd</sup> year	Aayushi
34	Sunishi	BA (Prog.)	2 <sup>nd</sup> year	Sunishi
35	Reema	BA (Prog.)	2 <sup>nd</sup> year	Reema
36	Kaushiki Jais	Bcom (Hons)	2 <sup>nd</sup> year	Kaushiki
37	Tamara Gutera	B.Com Prog	2 <sup>nd</sup> year	Tamara
38	Shubhanshu	BA (Prog)	2 <sup>nd</sup> year	Shubhanshu
39	Ophelia Khurajum	BA Prog	1 <sup>st</sup> year	Ophelia
40	Anurag Pandey	BA (Hons) Pol. Sci.	1 <sup>st</sup> year	Anurag Pandey
41	Khushi	B. com (Prog)	2 <sup>nd</sup> year	Khushi
42	Khushi Wadhwa	B. com (Prog)	2 <sup>nd</sup> year	Khushi
43	Hartika Sharma	BA(Hons) Pol. Science	3 <sup>rd</sup> year	Hartika
44	Neelam Raghava	BA(P) Music	3 <sup>rd</sup> year	Neelam