



ANNUAL REPORT 2022-2023

Girl Up Nitara

Janki Devi Memorial College University of Delhi

Current Office Bearers

Core Members

President- Bhavya Sinha [B.A. (hons.) Sociology- 3rd Year]

Vice- President- Khushi Pandey [B.A. (hons.) Economics- 3rd Year]

General Secretary- Tanya Sharma [B.A. (hons.) Economics- 3rd Year]

Treasurer- Shreya Midha [B.com. (H)- 3rd Year]

Heads

Media and PR Head- Tanisha Bhatt [B.com (H)- 3rd Year]

Content Head- Purnima Chauhan [B.com (H)- 3rd Year]

Logistics Head- Khushi Garg [B.A. (H) Political Science- 3rd Year]

Sponsorships Head- Navya Dang [B.com. (H)- 3rd Year]

Coordinators

Media and PR Team - Ajuni Broka [B.A. (H) Economics- 2nd Year]

Content Team- Rudrani Brothakur [B.A. (H) History- 2nd Year]

Logistics Team- Nivedita [B.A. (H) Political Science- 2nd Year]

Sponsorship Team- Pooja Jain [B.com (H)- 2nd Year]

11. Webinar on ASPIRANTS - The journey ahead

On 9th March 2023, Girl up Nitara organized a webinar on ASPIRANTS - The journey ahead under the series "UDAAN - Your next flight". The webinar took place at zoom from 5 pm onwards. The guest speaker was Mr. Vishal Choudhary, IRS (Assistant Commissioner). He is based in Baddi, Himachal Pradesh and has qualified UPSC Civil Services Examination 2020, with Commerce and Accountancy as optional subjects. He also qualified for UGC Net JRF 2019. The webinar was attended by the teacher convenors, Dr. Vibha Jain and Ms. Mansi Anand. Along with the teachers more than 100 students attended the event. The event aimed at providing guidance and to address all the gueries of the students. It started with the teacher convenor, Dr. Vibha Jain's welcome speech which was followed by the speaker's introduction. Mr. Vishal Choudhary shared his journey and his lifetime experiences. He talked about how even after failing a few attempts he was still motivated towards his aim and also encouraged students to stay motivated in such situations. Students interacted with the speaker through their questions and reviews. He also talked about how one can opt for an optional subject and guided the students regarding the coaching institutes. This resulted in an interactive webinar where the speaker cleared all the doubts and also promised to provide his own book recommendations. The runtime of the event was around 80 minutes. Girl up Nitara received a very positive response for the event as it successfully fulfilled the expectations of the students.

(09.03.2023 - Poster of webinar on 'Aspirants - The journey ahead')



(09.03.2023 - Glimpse of webinar on 'Aspirants - The journey ahead')





10. "BIND AND BOND"- The donation drive

GIRL UP NITARA organized a donation drive "Bind and Bond" where scrap/unused pages of old notebooks were collected via donations from the JDM college students and staff, later binded to make new notebooks. These were then donated to unprivileged and needy children who can't afford it.

PHASE 1

<u>Title</u>: "Collecting Love Collecting Smiles" <u>Tagline</u>: If you don't ink it, donate it!

<u>Day 1</u>

Time: 10 am to 2pm

On 13th Feb, a team of members from Girl up Nitara put up a stall from 10am to 2pm, inviting donations of unused pages from students in the campus itself. The team worked hard in spreading the word for the donation drive by sharing the motive with the college students passing by the stall.

Thereafter many students participated in this donation drive

Thereafter many students participated in this donation drive.

Day 2

Time: 10 am to 2pm

On 14th Feb the day started off with a very interesting quote " **Paper dedo Roll Bind karna hai**". Many students got attracted towards it and loved the way of advertisement. Through posters, online messages and notices, students got to know about donation drive and contributed for the purpose. Seeing the overwhelming response from the students it was decided to extend the Phase 1 to another day.

Day 3

Time: 10am to 2pm

On the last day of phase 1, the team was super active and team members also participated by donating the pages. Also, as a token of appreciation, the team distributed toffees and chocolates to students who donated pages. The whole process depended upon the willingness of the students on how many pages they wanted to donate. The team was polite and respectful to the students.

(13.02.23 & 14.02.23 - Glimpse of 'Bind and Bond- The donation drive' PHASE - 1)







PHASE 2

Title: "बंधन"

 $\underline{\textit{Tagline}} \colon \textit{A garland of bright future for the needy}$

DAY 1

<u>Time: 12pm to 2pm</u> Venue: GCR/Lawn

On 27th February, the team of Girl up Nitara started the work of binding the notebooks with beautiful ribbons. The teams were divided to work on different aspects. Some were arranging paper into correct sizes; some punched the sheets and others were binding it. The core team was there all the time supporting and mentoring the volunteers.

On day 1 more than 90 notebooks were made.

Day 2

Time: 12pm to 2pm

Venue: GCR

The Last day started enthusiastically and more members joined.

Convenor Ms. Mansi ma'am came there to check and praise students for their hard work. Each team member dedicated their time in making beautiful notebooks with lots of love and care.

Over 120 notebooks were made. The President of Girl up Nitara highly appreciated everyone for their help and assured the team to go on the donation drive soon.

(27.02.23 & 28.02.23 - Poster and glimpse of 'The donation drive - Bind and Bond' PHASE - 2)





9. Two Add-on Course called 'Acupressure 5' and second round of 'Acupressure 1'

Second round of 'Acupressure 1' commenced on 1/December/2022.

Acupressure 5 commenced on 14/December/2022

Timing: Twice a week - 3.30pm to 5.00 pm

Girl Up Nitara under the aegis IQAC Centre for Career Counselling, Career Opportunities and Skill Development, Janki Devi Memorial College conducted two 30-hour online add-on courses called 'Ancient Techniques of Acupressure level 5, which was in collaboration with Acupressure Shodh Prashikshan Evam Upchar Sansthan (ASPEUS).

Acupressure is a non-invasive art of treating numerous common ailments. It is an ancient art that enables you to take care of your body, reducing the fuss of running to the doctor every time.

The participants of the courses belonged to various age groups ranging from 30 years to 60 years. Classes were conducted on Google Meet with the use of presentations. These presentations along with the recordings of the lectures were shared with the students on a daily basis. Use of Google Classroom was made to share relevant videos and other study material with the participants. Practical sessions and doubt clearing sessions were conducted to resolve queries.

The course touched upon various topics in great detail like; Principles of Diagnosis, Yin Yang – concept and imbalance, Diseases related to blood and body fluids, Essence, Five Element Diagrams, Diagnosis among many others. Minute details were covered so as to enable students to locate precise pressure points. There were lessons covering right principles of diagnosis of disease. The course was an attempt to provide a glimpse of non-invasive treatment methods and spread awareness about it.

The key resource person for the courses was Prof. Ramola Madnani, Professor at Acupressure Shodh Prashikshan Evam UpcharSansthan (ASPEUS). She did her graduation in 1979-1982 from Janki Devi Memorial College (JDMC), University of Delhi. She has also completed a one-year diploma course in interior decoration from JDMC. She has done a certificate course related to Acupressure from Gujrat Ayurveda University, Jamnagar. She initiated and has been teaching acupressure at JIMS, Rohini, New Delhi, since last two years. She has her own Therapy Centre in Mansarovar Garden, New Delhi.

Regular evaluation using online tests was also conducted to assess the understanding of participants. At the end of the course, feedback was collected from them to seek their comments for further improvement.

(Poster of 'Acupressure 5')



UNIVERSITY OF DELHI

Under the aegis of JDMC-IQAC centre for Career Counselling, Career Opportunities and Skill Enhancement

Presents

Ancient Techiques Of Acupressure [LEVEL 5]

- Course is open only for those who know the basics of Accupressure
- Course fee is 3000
- Reading material will be couriered to participant's registered addresses
- Fees will be collected through online banking transactions
- · Fees once paid is Non refundable
- Candidates must send receipt/proof of successful payment at addonacupressure@gmail.com and attach it in their reaistration form
- · Late Admissions will not be accepted
- Interested candidates can register at the following link https://tinyurl.com/aculevel5

Class Schedule: Mondays and Thursdays Class Timings : 3:30pm to 5:00pm

<u>Last Date of Registration: December 5, 2022</u>
<u>Course Commencement Date: December 14, 2022</u>

30 HOURS COURSE

ACCOUNT DETAILS

A/C Name: JDM S S ACCOUNT
Bank Name: Canara Bank
A/C No: 8594101050003
IFSC Code: CNRB0008594
Branch: Janki Devi Memorial
College,
Sir Ganga Ram Hospital
Marg ,New Delhi 110060



Use QR Code for the payment of the course

For any query write to us at addonacupressure@gmail.com

Ms. Amita Yadav (Co-Convenor) Ms. Bhawna Pal (Co- Convenor) Dr. Vibha Jain (Convenor) Prof. Swati Pal (Principal)

(Poster of second round of 'Acupressure 1')











JANKI DEVI MEMORIAL COLLEGE

UNIVERSITY OF DELHI

GIRL UP NITARA

Under the Aegis of

JDMC-IQAC Centre for Career Counselling, Career Opportunities and Skill Enhancement



Ancient Techniques Of Acupressure [LEVEL 1]

- . Course Fee is ₹3200.
- Reading material will be couriered at participant's registered address.
- Fees will be collected through online banking transaction.
- · Fees once paid is non-refundable.
- Candidates must send reciept/proof of successful payment at addonacupressure@gmail.com and attach it in their registration form.
- · Late admissions will not be accepted.
- Interested candidates can register at the following link:

https://tinyurl.com/aculevel1

- Last Date of Registration: November 15, 2022
- Course Commencement Date: December 1, 2022
- Class Schedule: Mondays and Thursdays
- Timings: 3:30 PM- 5 PM

30 HOURS COURSE

Account Details

Account Holder's Name:

Account Number: 8594101050003 IFSC Code: CNRB0008594

Bank Name: Canara Bank Branch: Janki Devi Memorial College, Sir Ganga Ram Hospital Marg,

New Delhi- 110060

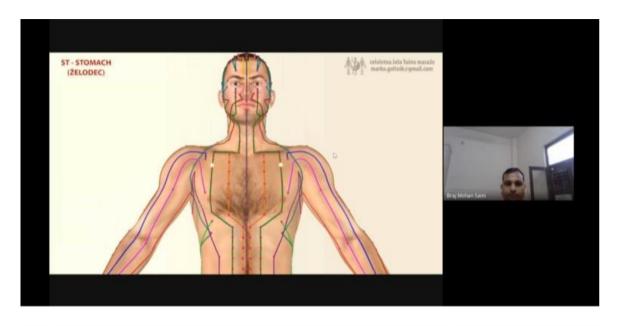
Use the QR Code for the payment of the Course

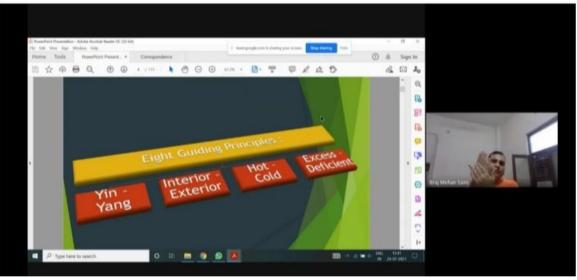


27998504050003@cnrb

For any queries write to us at addonacupressure@gmail.com

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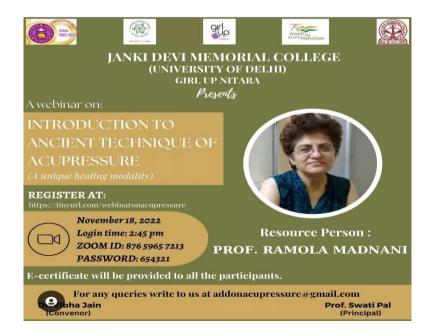


8. Webinar on "Introduction to Ancient Technique of Acupressure"

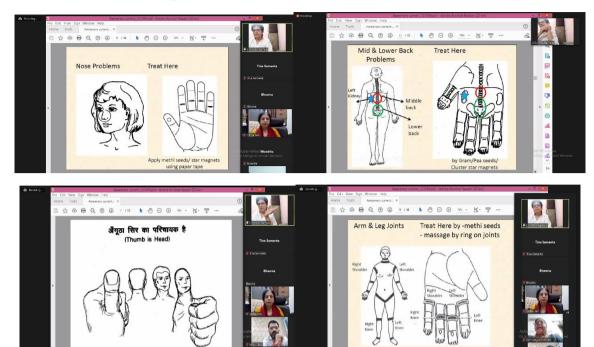
Girl Up Nitara, Janki Devi Memorial College, University of Delhi successfully organized a Webinar on "INTRODUCTION TO ANCIENT TECHNIQUE OF ACUPRESSURE" on November 18th, 2022 from 03:00 p.m. onwards on the Zoom platform. The purpose of the webinar was to educate all of the attendees on the Ancient Technique of Acupressure as well as the significance of Acupressure for an individual in their day-to-day lives. The resource person of the webinar, *Professor Ramola Madnani*, is an acupressure practitioner and educator who has worked in the field for the past quarter of a century.

She began the session with the introduction to the term Acupressure and how it involves applying gentle finger pressure, such as by pressing, massaging, or placing a bead on specific sites located on the body's meridians to cure ailments. She further explained that pressure administered is usually held for several seconds to minutes and that pressure may be applied in circular movements, pushing the acupoint in and out, or a combination. The session turned out to be very interactive with experiences shared by the ex-students of the Acupressure courses conducted by JDMC. The webinar was well attended by more than 110 participants from different age groups.

(18.11.22 - Poster on Webinar of 'Introduction to Ancient Techniques of Acupressure')



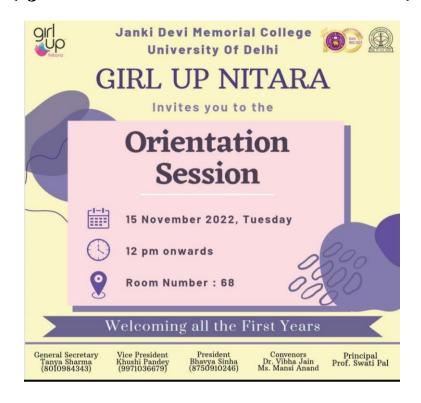
(18.11.22 - Glimpse of 'Introduction to Ancient Techniques')



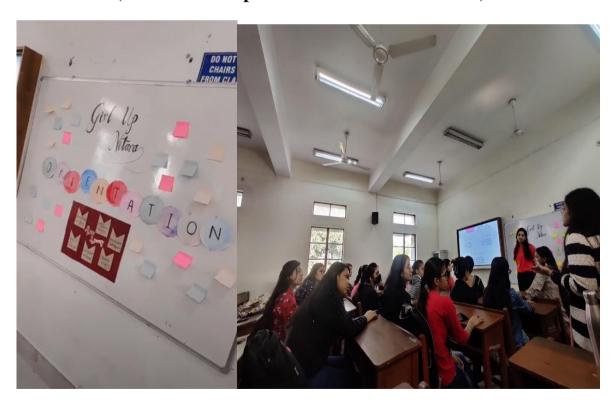
7. Orientation

Girl Up Nitara organized an **offline orientation session** for the **first years** on 15th November 2022, in Room 68, 12 pm onwards. The objective of the event was to familiarize the new and young students of Janki Devi Memorial College with the vision and objectives of Girl Up team. The event was attended by around 25 students. The session commenced with Bhavva Sinha, President of Girl Up Nitara welcoming the students and making them aware about the events conducted by Girl Up Nitara date. The entire team of Girl Up Nitara was introduced to the participants. The audience also participated in the discussion by letting the team know about their past experiences and future plans. The younger team members also shared their experiences of working as a member of Girl Up Nitara. The convenors also shared their words of wisdom with the participants. The students were also told about the future endeavours being planned by the team and the benefits they would enjoy if they join the Girl Up Team. The event ended with a vote of thanks to the participants to make the event a successful one providing the Girl Up Nitara team with heartfelt positive feedback.

(15.11.22 - Poster on 'Orientation Session')



(15.11.22 - Glimpse of the Orientation Session)



6. UX Design Bootcamp

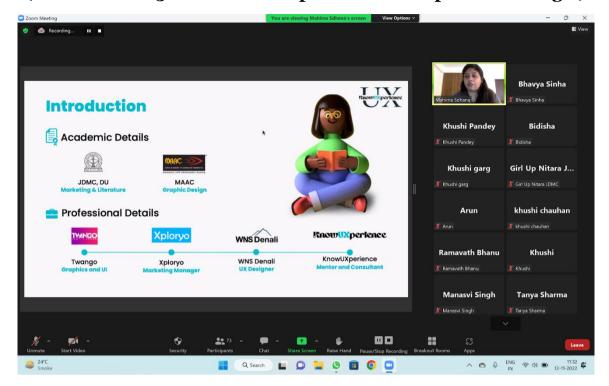
Girl Up Nitara organized a **two-day bootcamp** on the topic **'To explore how to enter the vastly growing UX design industry'** in **collaboration** with **'KnowUXperience'** on 12th and 13th November 2022 via Zoom at 11:00am. The resource person for the day was **Ms. Mahima Sdhana** - a professional UX Designer, who is also an alumni of JDMC. She has worked with top brands across the globe and mentored many students in this industry.

She began the session by sharing insights from her journey and experience with the students. Ms. Sdhana introduced the students about the vast scope the UX industry offers. She shared how she came across the designing career and the experience she gained. In this era where technology plays a vital role, she taught how one can actually pursue it and showed visuals of the UI to briefly explain the features. The session was very interactive. She presented her own PPT which was beautifully explained. She also offered a complete designing course to the students to learn UX designing. The total number of participation for the 2-day bootcamp was 80 and 60 attendees respectively. At the end, a vote of thanks was given by the host to Ms. Mahima Sdhana and the participants for such a lovely and engaging session.

(12.11.2022 & 13.11.2022 - Poster of Bootcamp on 'UX design')



(12.11.2022 & 13.11.2022 - Glimpse of Bootcamp on 'UX design')



Name changes of the Society

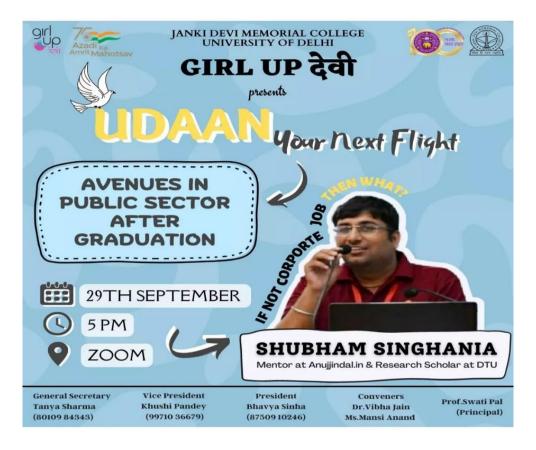
On 19th October,2022, the name of the society changed from Girl up देवी to Girl up Nitara. This has been noted to all the further official purpose.

5. UDAAN, Your Next Flight - Avenues in Public Sector after Graduation

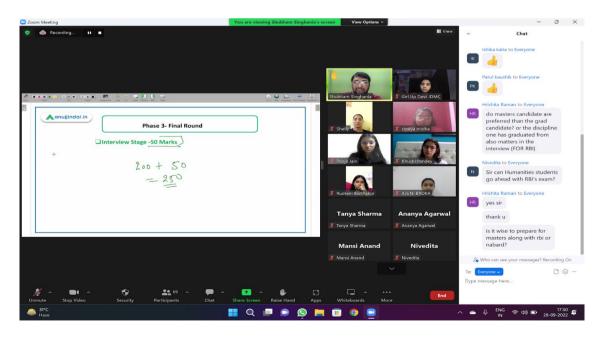
Girl up देवी conducted a special session on 29th September, 2022 unde the series- UDAAN your next flight to generate awareness and guide students towards Avenues in Public Sector after Graduation. The session was conducted online on Zoom at 5:00pm which was conducted by **Mr. Shubham Singhania**, a mentor at Anujjindal.in and a Research Scholar at DTU. He gave an insightful idea about the Public Sector. The session focused on **RBI grade B, SEBI, NABARD Grade A and UGC NET/JRF**. The session was a detailed one; students learnt about the eligibility criteria, educational Qualification of a candidate, pros of serving in the public sector, and the pattern of the paper. He also gave the examples of his ex-students who are

currently serving as a public officer and the things we can learn from them. Session was very interactive with quite some queries by participants of more than 70. The resource person handled all the queries very sincerely.

(29.09.2022 - Poster on 'UDAAN - Your next flight')



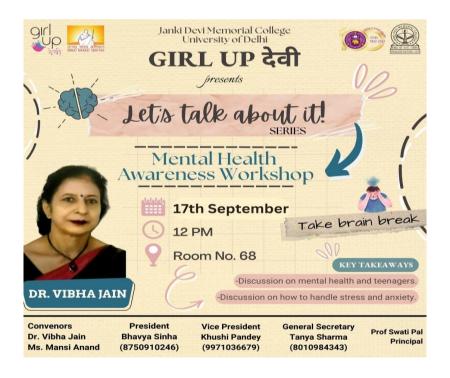
(29.09.2022 - Glimpse of The session 'UDAAN')



4. Let's talk about it - Mental Health Awareness Workshop

On 17th September 2022, Girl Up देवी hosted a workshop on 'Mental Health Awareness' as a part of its 'Let's talk about it' Series with around 50 students attending it. The event was conducted in view of the occasion of World Suicide Prevention Day. The speaker for the workshop was Dr. Vibha Jain. The event started with welcoming the speaker. She talked about the stigmas, taboos, and stereotypes in regard to mental health. She further discussed how stress & anxiety can contribute to poor mental health and the need to take care of our mental health. The workshop concluded with an activity wherein there was a 'Wall of Gratitude' and the participants were asked to draw/write about anything that makes them happy and grateful. A large number of students then expressed their gratitude. It was a liberating and fun activity that gave the students a platform to express themselves. The workshop made students aware of the importance of mental health and thus, was a great success.

(17.09.2022 - Poster on 'Mental health awareness workshop - A series on ' let's talk about it ')



(17.09.2022 - Glimpse of Mental health awareness workshop)





<u>3. Girlup देवी Recruitment</u> <u>Drive 22-23</u>

Girl Upदेवी invited applications from **second- and third-year students** of college to apply for selection in various teams, namely Content, Logistics, Media and Sponsorship. Around **100 responses** were received out of which 70(approx.) students were shortlisted for interviews.

The interviews were conducted on **3rd and 4th September**, **2022** in slots, based on first and second preference of teams given by the students in the recruitment form. Tasks were assigned to the interviewees to qualify for selection. The whole process went on smoothly and the **results were announced on the official Instagram handle of Girlup देवी on 7th Sep. 2022**. There was a total of **26 new members**. All the new members were given a warm welcome by the entire team of Girl Up देवी after being added to the official WhatsApp groups.

(03.09.2022 & 04.09.2022 - Poster and Glimpse on 'Recruitment drive')





2. Binge-O-Night (National Sports Day Edition)

On **29 August**, **2022**, on the occasion of **National Sports Day**, Girl Up देवी hosted a screening of the movie - **Skater Girl**, **at 9:00 pm**. The event saw a positive response with about 45 students participating in the event. The movie highlighted the struggles and stereotypes faced by an aspiring skateboarder in a remote village of Rajasthan and gave the viewers a deeper understanding of the value of sports and individuality and provided inspiration and encouragement. Furthermore, the event also included a segment of interactive and enjoyable games in the interval. Our teacher-convenors also joined in for this movie screening. At last, all the participants were appreciated for their participation and a feedback form was circulated for insightful reviews and suggestions.

(29.08.2022 - Poster on 'Binge- O- Night'- National sports day edition)



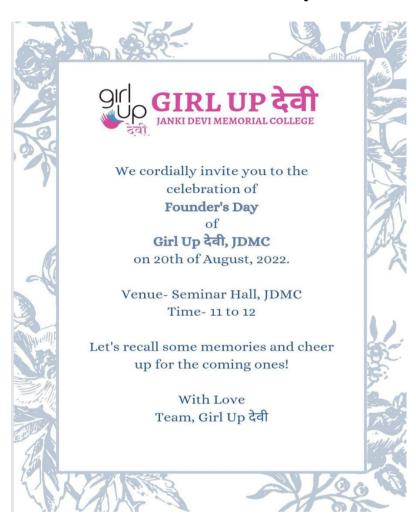
(29.08.22 - Glimpse of the movie screening)



1. Founder's Day Celebrations

Girl Up देवी, celebrated its **first Founder's Day** on **20 August**, **2022**. **Ms. Kaashni Kapoor and Ms Kashish Chadha** were invited as the Chief Guests for the day. The Chief Guests were welcomed, followed by their felicitation by our teacher conveners Dr Vibha Jain ma'am and Ms Mansi Anand ma'am. They were briefed about Girl Up देवी which was followed up by words of our teacher conveners and founders Manasvi Gupta, Ritika Goyal, Priyanshi Gupta & Vanya Tripathi. The audience were also briefed about the future endeavors of Girl Up देवी on the occasion of the centenary year of the University of Delhi; followed by a performance from the members of the society & the inspiring video message of our beloved Principal Professor Swati Pal. The event concluded with a note of thanks delivered by the core team members of Girl Up देवी.

(20.08.2022 - Invite of 'Founder's Day Celebration')



(20.08.2022 - Glimpse of 'Founder's Day Celebration')



