

**Proforma for the Compulsory and Cultural Societies/Sports Department/Student Council Report
Year 2021-22**

(Information should be compiled for the period starting from 1 st July 2021 to 30 th June 2022)

1.Name of the Society - Peace Society

2.Name of the Teacher Convenor and other members -

Convenor - DR SAVITA RASTOGI (Commerce)

Co-Convenor - DR. JASMIN (Economics)

No of Student Members : 521

Details of Student Members:

Roll no	Name	Department/Programme(drop-down)	Semester
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Details of Faculty Advisors:

Name	Department
ANU SINGH DESWAL	Economics
Ms. Ruchi Bhalla	Economics
DR SAVITA RASTOGI	Commerce
Dr. Anshi Goel	Commerce
DR. JASMIN	Economics

3.No. of students enrolled in the Society - 2

4.Names of Student President/Vice-President and other Office Bearers

President - Vedika Khanna

Vice President - Yashvi Sharma

5.Events /Talks by eminent personnel/ organized/ attended in the academic year (in the chronological order with date, time, reports, number of participants with signatures)

Name of the Event/Talk/Seminar	Date of the Event (DD-MM-YYYY)	Number of students participated	Number of Faculty Members participated	Short report containing details of names of students/staff, resource persons, geotagged photos, attendance sheets, etc.
Wildlife Conservation Awareness	09/04/2022 04:00 PM-09/04/2022 05:00 PM	123	4	

Name of the Event/Talk/Seminar	Date of the Event (DD-MM-YYYY)	Number of students participated	Number of Faculty Members participated	Short report containing details of names of students/staff, resource persons, geotagged photos, attendance sheets, etc.
Establishing Relationships with Grandparents in the Era of Technology	09/02/2022 06:00 PM-09/02/2022 07:00 PM	256	3	
World Cancer Day	04/02/2022 04:00 PM-04/02/2022 05:00 PM	279	1	
How Self-Awareness Helps in Reducing Anger	27/01/2022 06:00 PM-27/01/2022 07:00 PM	231	4	
Mental Health of Professional Athletes	19/01/2022 07:00 PM-19/01/2022 08:00 PM	286	1	
Relationship Between Gratitude and Law of Attraction	17/10/2021 05:00 PM-17/10/2021 06:00 PM	189	4	
Transforming Lives Through Gratitude	14/10/2021 05:00 PM-14/10/2021 06:00 PM	86	1	
Importance of Gratitude in One's Life	11/10/2021 05:00 PM-11/10/2021 06:00 PM	176	4	
Mind Management is Time Mngement	12/02/2022 04:47 PM-12/02/2022 04:47 PM	215	3	
Can the Youth of India make India a Superpower?	30/03/2022 04:45 PM-30/03/2022 04:45 PM	20	4	
Unconventional Career Paths	02/02/2022 04:42 PM-02/02/2022 04:42 PM	286	4	
Mental Health and Anger Management	29/01/2022 04:40 PM-29/01/2022 04:40 PM	231	3	
Transitioning In and Out Of Online Classrooms	30/11/2021 04:36 PM-30/11/2021 04:36 PM	94	2	

Name of the Event/Talk/Seminar	Date of the Event (DD-MM-YYYY)	Number of students participated	Number of Faculty Members participated	Short report containing details of names of students/staff, resource persons, geotagged photos, attendance sheets, etc.
Minding our Minds	08/10/2021 04:33 PM-08/10/2021 04:33 PM	200	4	
International Peace Day	21/09/2021 04:27 PM-21/09/2021 04:27 PM	80	4	
Collage Making Competition: "Let Your Soul Speak"	05/01/2022 04:21 PM-05/01/2022 04:21 PM	12	2	

* **Attendance Register with student's signature to be maintained.**

6. Attach Minutes of the meetings held during the year :

7. Record of attendance of participation by students during the year:- 2764

8.

Extension and outreached Programmes conducted by the society, (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs (if applicable))				
Name of the activity	Organising unit/ agency/collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
Wildlife Conservation Awareness	Wildlife SOS		2021-22	123

9.

Awards and recognitions received for extension activities from government /government recognised bodies (if applicable)			
Name of the activity	Name of the Award/ recognition for Institution	Name of the Awarding government/ government recognised bodies	Year of award
Wildlife Conservation Awareness			

10.

Capacity building and skills enhancement initiatives taken by the society including the following: 1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills

Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
How Self-Awareness Helps in Reducing Anger	27/01/2022 06:00 PM-27/01/2022 07:00 PM	231	
Mind Management is Time Mngement	12/02/2022 04:47 PM-12/02/2022 04:47 PM	215	
Unconventional Career Paths	02/02/2022 04:42 PM-02/02/2022 04:42 PM	286	
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11.

Year	Name of the Activity conducted by the society to offer guidance for competitive examinations		Short report containing details of names of students/staff, resource persons, geotagged photos, attendance sheets, etc.
	Name of the Activity	Number of students attended /participated	
No records found.			

12.

Awards/medals for outstanding performance in sports/cultural activities at university/state/national / international level (award for a team event should be counted as one)

Name of the activity	Name of the Award/ recognition for Institution	Name of the Awarding government/ government recognised bodies	Year of award
No records found.			

13.

Sports and cultural activities/events in which students of the society participated organised by the institution/other institutions

Date of event/activity(DD-MM-YYYY)	Name of the event/activity	Name of the Student participated	Name of the Student participated
No records found.			

PEACE SOCIETY (2021-2022)

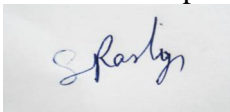
Peace Society is one of the largest compulsory societies in Jesus and Mary College, comprising of a core team of 44 students including the office bearers, core team heads of various departments, core team members of each department and a membership of 521 in total.

Peace is not just an absence of conflict, it involves people interacting with one another pro-socially. At Peace Society, we encourage a positive way of life. The society has a multipronged approach to inculcate inner peace and cohesion through a variety of events ranging from musical performances, competitions, team games to concerted efforts on initiatives such as anti-plastic campaign, mental health webinar etc. The society has a broad vision which deals with individuals and multiple facets of their personality, environment, spirituality and faith.

In the academic session 2021-22, the society conducted a plethora of events in the form of interactive webinars and interesting competitions ranging from personality development to mental health. Peace society welcomed the new academic session with 'International Peace Day' on 21st September, 2021 where a meditation session was taken by Ms. Manka Bajaj, a life coach and a mindfulness expert. Along with this, the society organized a collage making competition and the theme was "Your Idea of Peace". On October 8th, 'Minding our Minds' was a webinar taken by Jagriti Sharma, a counselling psychologist at Fortis Healthcare wherein she answered anonymously asked questions by students. Gratitude week was seen as a series of three events. The first was 'Importance Of Gratitude In One's Life' by Deepika Dahima, founder of Yellow Turquoise and a counselling psychologist, followed by 'Transforming Lives Through Gratitude' by Keshav Sharma, a psycho-oncologist at Fortis Healthcare, ending on 'Relationship Between Gratitude And Law Of Attraction' by Shradha Neeraj, a life coach on living and teaching gratitude. The society ended the Gratitude Week with a "Gratitude Bingo" on Instagram, as its marketing campaign in addition to "Gratitude Mail Man" where the society gave a unique opportunity to people to express their gratitude to their loved ones. On 30th November, the society presented a webinar on 'Transitioning In and Out Of Online Classrooms' by Tarini Khurana, co-founder of Kaksha Learning where she gave her valuable insights and all the helpful advice regarding online classes. On 19th January, sports psychologist Dr. Shivjot Gill organised a webinar which focused on 'Mental Health Of Professional Athletes'. Thereafter, Dr. Raji Arabi, a consultant, homeopathic physician, executive and wellness coach presented a webinar on 'How Self-Awareness Helps in

Reducing Anger'. A webinar was held on 29th January with Nishtha Narula, a counselling psychologist in the Department of Mental Health and Behavioural Sciences at Fortis Healthcare wherein she briefed a workshop and training session on 'Mental Health and Anger Management'. Anubhav Dubey, a highly successful entrepreneur and co-founder of Chai Sutta Bar, presented a webinar on 'Unconventional Career Paths' on 2nd February. World Cancer Day celebrations took place on 4th February with a special panellist including cancer conquerors Ms Neerja Malik, founder of Apollo Cancer Support Group and a phenomenal public speaker along with Teena Kaur, National Film Award-winning Documentary filmmaker and a screen writer. It was followed by a webinar, mentored by Mahima Bhalotia, founder of The Social Paathshala on 'Establishing Relationships with Grandparents in the Era of Technology' on 9th February with the motive that love is the greatest gift that one generation can leave to another. 12th February was marked for a webinar on 'Self Love: Manage Relationship with Oneself' by Gazal Hai Na, a self-love coach explaining how one deserves his/her own love and affection. A webinar was conducted by Mr. Aswini Bajaj, founder of Leveraged Growth, on the topic 'Mind Management Is Time Management' on 12th February explaining that the key is not spending time but investing it. The society concluded its tenure by organising a Declamation Competition marking 75 years of country's independence on 30th March, 2022 on the topic "Can the Youth of India make India a Superpower?"

With the onset of Covid-19 pandemic, the holistic experience of college life for students came to a stand-still. However, Peace Society was determined to have a tenure full of enriching experience for its members. Therefore, with this zeal and passion, Peace Society conducted interactive and engaging webinars along with thrilling and insightful events which proved to be a fruitful experience for its members.



Dr. Savita Rastogi (Convenor)

Vedika Khanna (President)

Yashvi Sharma (Vice President)