

**Proforma for the Compulsory and Cultural Societies/Sports Department/Student Council Report
Year 2020-21**

(Information should be compiled for the period starting from 1st July 2020 to 30th June 2021)

***Submit the report by 15th August 2021 on igac.coordinator@jmc.ac.in**

1. Name of the Society – Nrityanjali, The Indian Dance Society
2. Name of the Teacher Convenor and other members
Convenor
Dr. Anupama Srivastava
3. No. of students enrolled in the Society - 33
4. Names of Student President/Vice-President and other Office Bearers

Rosmin Ann Raju - **President**

Neha Joseph – **Vice President**

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. |
|---|---------------------------------------|--|---|---|
| Mental, Physical and emotional health in Dance And Relevance of classical dance in modern society | 20 th June, 2020 | 202 | 31 | Webinar Summary of Topic 1: We organised an webinar on the topic of Mental Health in dance and we invited MS Shikha Khare as our guest speaker. she gave us her valuable knowledge about how dance as an activity helps us to fight stress and help us to cope with the pressure. |

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| | | | <p>The question answers session was held in between the talk and many interesting questions came up like how can we manage both studies and dance without getting stressed, how dance is helping us in this pandemic situation. All the participants were highly enthusiastic about asking questions from the speaker.</p> <p>Smt. Ruchi Balooni elaborated that the significance of classical dance in our society has grown over the years. She reflected upon various points that justify the same. In today's fast-moving world where technology has overpowered humans, classical dance help students become patient. Since it takes time for a person to follow and imbibe classical dance, years of practice and dedication itself develops patience level within a person and makes a person calm and composed. She advised the young minds to act and live in the present and enjoy and work today, instead of worrying about the future or jumping from one thing to another. Classical dance plays another prominent role in making our body healthy, fit, flexible and also enhancing our blood circulation. Apart from this, one also learns to moderate our breaths and how to control it use it while reciting various bols in order to get hold of the same.</p> |
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|----------------|---------------------------|----|---|---|
| Unwind Session | 31 st may 2021 | 60 | 5 | Nrityanjali x Tarannum organised an interactive Unwind Session “RELIVING BY RELIEVING” on the topic “Anxiety Depression During Pandemic and It’s Management”. The speaker for the session was Dr. Priya Bhatnagar, Faculty of JMC. It was an informative and interactive session for both the students as well as the faculty. The participants took part in the session enthusiastically and were able to grasp the concept of Anxiety depression especially during the pandemic and how to manage it. |
|----------------|---------------------------|----|---|---|

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

6. Attach Minutes of the meetings held during the year- Once in a week every month

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

| Percentage | Number of students |
|------------|--------------------|
| 0% - 25% | |
| 25% - 50% | |
| 50% - 75% | |
| 75% - 90% | |
| Above 90% | 33 |

8.

| Extension and outreach 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 |
| | | | | |

9.

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|---|---|--|----------------------|
| 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 |
| | | | |

10.

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|--|--|------------------------------------|--|
| 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) |
| | | | |

11.

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|-------------|---|---|--|
| 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 | |
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12.

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|---|---------------------------------|--------------------------|---|-------------------------|----------------------------|---|
| 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) | | | | | | |
| Year | Name of the award/ medal | Team / Individual | University/State/National/ International | Sports/ Cultural | Name of the Student | Certificate/Geo-Tagged Photographs |
| | | | | | | |

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 | Certificate/Geo-Tagged Photographs |
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Additional Requirements from:

GREEN SOCIETY

- Environment Audit
- Energy Audit
- Green Audit
- Green Initiatives with Geotagged photos, videos, reports, participants, circulars/notices
- Action Plan
- Adherence/Revision of the Policy Document
- Awards and recognitions for clean and green campus
- Beyond the campus environmental promotion activities
- Energy Conservation (solar energy, use of LEDs)- Maintenance of bills
- Waste Management facilities (Solid Waste, Liquid Waste, Bio Medical Waste, E-waste, Waste Recycling System)

EQUAL OPPORTUNITY CELL

- Initiatives for Disabled Friendly Activities
- Events organised with Geotagged photos, videos, reports, participants, circulars/notices
- Adherence/Revision of the Policy Document
- Maintenance of Facilities (Proper Documentation including Bills, AMC, etc)

WSC

- Counsellor's Report

NRITYANJALI- THE INDIAN DANCE SOCIETY

organises interactive webinar session on:

TOPIC: MENTAL, PHYSICAL
AND EMOTIONAL
HEALTH IN DANCE

TOPIC: RELEVANCE OF
CLASSICAL DANCE IN
THE MODERN SOCIETY



Ms. Shikha Khare *Smt. Ruchi Balooni*
Renowned Kathak Exponents

20th June, Saturday at 5:00pm

PLATFORM: GOOGLE MEET

ENTRIES WILL BE CLOSED AT 5:30PM

Regards:

Sr.(Dr.) Rosily T.L.r.j.m, Officiating Principal
Dr. Anupama Srivastava, Convenor

E-Certificates will be provided to all the participants

NRITYANJALI X TARANNUM

RELIVING BY RELIEVING

Topic: Anxiety, Depression during
Pandemic and its Management

Join us for an Unwind Session
with Dr. Priya Bhatnagar,
Faculty of JMC.

On,

31 MAY'21 , 16:00 PM



FOR FURTHER QUERIES:

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