दिल्ली विश्वविद्यालय चाणक्यपुरी, नई दिल्ली-110021 रा.मू.प्र.प. द्वारा ''ए+'' ग्रेड मान्यता प्राप्त

### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

### JESUS AND MARY COLLEGE

### **UNIVERSITY OF DELHI**

### **SUPPORTING DOCUMENTS FOR 7.2**

### **BEST PRACTICES**

# APPRECIATING DIVERSITY AND BUILDING AN INCLUSIVITY SKILL DEVELOPMENT AND ENHANCEMENT



University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

This document includes information regarding the following initiatives:

- 1. Report on 'Cultural Connect' event
- 2. Report of Departments Cultural Societies on the theme of diversity and inclusivity
- 3. Report of Equal Opportunity Cell
- 4. Bridge classes and scholarships in college
- 5. Research Training
- 6. Training of Employable and career enhancement skills
- 7. Department of Vocational studies
- 8. Certificate courses
- 9. Capacity Building and Life Skills training

### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फेक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

#### CULTURE CONNECT

The Students' Council devised the idea for *Culture Connect 2023*, giving space to students of JMC to participate and volunteer in showcasing our country's multifaceted cultural heritage. *Culture Connect 2023* was held on 21st April. Numerous activities were organized under the banner of the event, in keeping with the spirit of the G20 mission of celebrating the diverse cultural heritage and traditions of our glorious nation.

Event included music and dance perfromances showcasing the cultural diversity of performance styles of various states of the country like Ghoomar, Kalbelia, Gidda, Jogwa, Kathak, Bharatnatyam, etc. Merchandise Stalls selling clothes, accessories, handicrafts, and other artefacts epitomizing the beauty of the nation's offerings like a lac bangle maker, candle maker, dupatta sellers, etc. Talents & Workshopslike pottery making, mehendi, bhangra workshop, dholwala, etc were organised for visitors . The college is home to a wide group of international students, and we incorporated the syncretic possibilities of some international collaborations like a Bachata Workshop and food offerings like Korean and Japanese food.





## Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

#### WORK OF DEPARTMENTS AND SOCIETIES IN ENHANCING

#### INCLUSIVITY AND APPRECIATING CULTURAL DIVERSITY

The various academic departments of the college address the issue of diversity and need for inclusion through the various events organized by them over the course of the year. The college also runs mentor-ward system to facilitate students to raise concerns around cultural, language and economic differences to be addressed by students.

The college has various cultural societies that routinely schedule events that intend to raise awareness about India's rich heritage and cultural diversity. The Indian Culture Society) aim to celebrate and promote Indian heritage, craft and tradition by hosting regular music and dance performances. Other societies like Ethnic eight- The north east society, Dastaan- Art and Architecture Society, Film Appreciation Society, AICUF, NSS and Women's Study Centre also actively work to facilitate enriching discussions and programmes around building harmony and tolerance and becoming appreciative of the diversity amongst the students and staff of college.

दिल्ली विश्वविद्यालय चाणक्यपुरी, नई दिल्ली-110021 रा.मू.प्र.प. द्वारा ''ए+'' ग्रेड मान्यता प्राप्त

# Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

| NAME OF                                               | EVENT                                            | DATE                                                             | THEME                                                                       | EXPECTED                                                                                                    |
|-------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| SOCIETY                                               |                                                  |                                                                  |                                                                             | OUTCOME                                                                                                     |
| Ethnic Eight                                          | Indigenous Day                                   | 9th August, 2022                                                 | V 28th<br>International Day<br>of the World's<br>Indigenous Peoples<br>2022 | AwarenessandEducationaboutethnic diversity.                                                                 |
|                                                       | Karam Festival                                   | 9 <sup>th</sup> October, 2022                                    | 2022       Musical       Programme     of       ethnic sings                | AwarenessandEducationaboutethnic diversity.                                                                 |
|                                                       | Folk Dance<br>Competition                        | 14 <sup>th</sup> September,<br>2022                              | Intra folk dance competition                                                | AwarenessandEducationaboutethnic diversity.                                                                 |
|                                                       | Talk                                             | 12 <sup>th</sup> November,<br>2022                               | Oral discourses of<br>the Khasis of<br>Meghalaya.                           |                                                                                                             |
| NSS                                                   | Workshop                                         | 17 <sup>th</sup> March, 2023                                     | Thriving in a                                                               | Education about                                                                                             |
|                                                       |                                                  |                                                                  | Diverse World                                                               | accommodation<br>and conflict<br>management in<br>diverse setting                                           |
| Dastaan                                               | Heritage Walk                                    | 27 <sup>th</sup> September.<br>2023                              | World Tourism<br>Day                                                        | Explore the<br>cultural richness of<br>the city of Delhi                                                    |
| Jesus and Mary<br>College<br>Educational<br>Programme | Teachingclasses,donationdrives,walksandcampaigns | · · ·                                                            |                                                                             | Promotes<br>sensitivity towards<br>economically<br>disadvantaged<br>students.                               |
| Psychology<br>Department                              | Talk                                             | National Identity                                                | 9 <sup>th</sup> September, 2022                                             | Promoted a critical<br>and nuanced<br>understanding of<br>the link between<br>nation and one's<br>identity. |
| History Department                                    | Talk                                             | Endangered Santali<br>Archives -<br>An Indigenous<br>Perspective | 12 <sup>th</sup> October, 2022                                              | Promoted<br>awareness about<br>marginalised<br>communities.                                                 |

दिल्ली विश्वविद्यालय चाणक्यपुरी, नई दिल्ली-110021 रा.मू.प्र.प. द्वारा ''ए+'' ग्रेड मान्यता प्राप्त

# Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in





#### SPEAKER: Dr. SNEH KAPOOR Date-17thMarch,2023 Time-4-5 pm Venue-402 rof.Sandra Joseph Dr.Sugand rincipal Program



Dr.Suganda Sehgal Programe officer NSS, JMC





दिल्ली विश्वविद्यालय चाणक्यपुरी, नई दिल्ली-110021 रा.मू.प्र.प. द्वारा ''ए+'' ग्रेड मान्यता प्राप्त

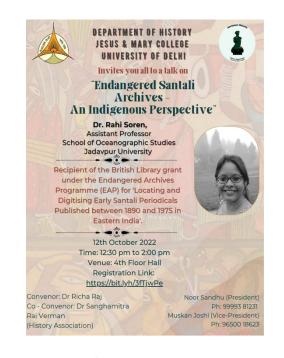
### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फेक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in





#### Jesus and Mary College Department of History

invites you to a Lecture on

#### The Making of the Indo-Islamic World: Geographical & Environmental Perspectives

#### ANDRÉ WINK

Andrè Wink is Professor Emeritus, History, University of Wisconsin. His research on India and the Indian Ocean in medieval and early modern age with an emphasis on geography and the wider history of Islam has been greatly appreciated. His latest work draws on the evolution of Asian society with geography and environment as the central theme. He presently holds the WARF professorship.



DATE: 8th February, 2023 DAY: Wednesday

TIME: 12:30 PM - 1.30 PM VENUE: 4th Floor Hall For more details, contact: Dr. Richa Raj (Convenor) Dr. Sanghamitra Verman (Co-Convenor) Ananya Rai (President)-9560340800 Muskan Joshi (Vice-President)-966001862 HISTORY ASSOCIATION, JMC

दिल्ली विश्वविद्यालय चाणक्यपुरी, नई दिल्ली-110021 रा.मू.प्र.प. द्वारा ''ए+'' ग्रेड मान्यता प्राप्त

### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

#### WORK BY EQUAL OPPORTUNITY CELL TO MAKE THE CAMPUS DISABILITY FRIENDLY

The Equal Opportunity Cell helps in enhancing inclusivity by regularly conducting workshops and trainings for increasing awareness around the experience and management of disability. The society also stays in constant touch with students who experience academic challenges owing to their special needs and cater to it through infrastructural and institutional procedures.

| EVENT            | DATE                           | THEME                                                                                                          | EXPECTED<br>OUTCOME                                                                     |
|------------------|--------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Talk             | 20 <sup>th</sup> July, 2022    | A journey Towards<br>Inclusion                                                                                 | Awareness about how to<br>make differently abled<br>persons more included in<br>college |
| Webinar          | 10 <sup>th</sup> January, 2023 | 'Impediments to Inclusion<br>in Higher Education and<br>Accessibility Guidelines<br>2022' by Dr.Vaishali Kolhe | Career education and<br>guidance to students<br>with different abilities                |
| Unnati- EOC fest | April, 2023                    | The Power of<br>Perseverance                                                                                   | Inspire and motivate<br>students with physical<br>and learning challenges.              |
| Prayas- EOC fest | March, 2023                    | Inter-college competition<br>for PWBD students                                                                 | Building capacities and<br>raising awareness about<br>physicial disability              |

दिल्ली विश्वविद्यालय चाणक्यपुरी, नई दिल्ली-110021 रा.मू.प्र.प. द्वारा ''ए+'' ग्रेड मान्यता प्राप्त

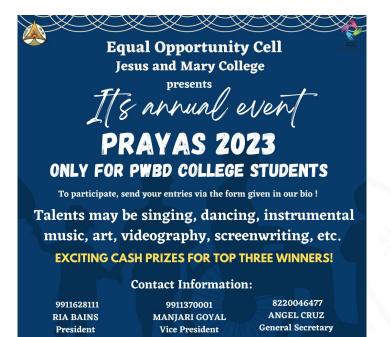
### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फेक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in





# Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

#### BRIDGE CLASSES AND SCHOLARSHIPS FOR DISADVANTAGED STUDENTS

Bridge classes aim to be a 10-15 day workshop for 1st year students who have just entered college. This workshop or classes aims to equip students with specific skills that may be required to help them with college life, mainly catching up with teaching pedagogies in higher education". Courses covered include study skills and note taking classes. Besides, this the college on its annual convocation awards financial support through scholarship to disadvantaged/disabled students. The scholarship titled Smt. Sushila Pahwa Scholarship and Smt. Pushpa Pritam Das Memorial Scholarship are awarded to students from economically disadvantaged background and Dr. Prem Singh Award to students with a physical disability.

### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

#### RESEARCH TRAINING FOR FACULTY AND STUDENTS

The college placed immense value on regular trainings in research skills promoting the acumen of the students and faculty. Faculty Development Programmes, Research trainings by experts and research supervision is an important part of the academic calendars of all departments.

#### JMC REVIEW

The college publishes an esteemed peer reviewed journal- *The JMC Review*. It is a journal of criticism, practice and theory. It covers a range of disciplines including anthropology, cultural studies, economics, education, english studies, history, international relations, philosophy, political science, psychology and sociology. Its aim is to provide an interdisciplinary platform for scholarly debates and exchange of ideas. The 2022 (volume six) is titled "In Search for Peace and Justice" encompasses a range of social perspectives, enlightening the reader with scholarship related to conflict, social inequity, education, gender and racial diversity, justice, and fairness, amongst others.

| NAME OF THE                 | TOPIC                                | DATE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DEPARTMENT/SOCIETY          |                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| English Literary Society    | Academic Writing Workshop            | 21st and 28th September                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Sociology Department        | Qualitative Methodology:             | 13 <sup>th</sup> February, 2023                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                             | Relevance of Classical               | and the second se |
|                             | Sociologists                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                             | Reading, Writing and Reasoning in    | 22 <sup>nd</sup> and 23 <sup>rd</sup> September, 2022                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|                             | Sociology                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| History Department          | Research Paper Writing Workshop      | 28 <sup>th</sup> September, 2022                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Finance and Investment Cell | Quantitative analysis in finance and | 24 <sup>th</sup> March, 2023                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|                             | economics                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

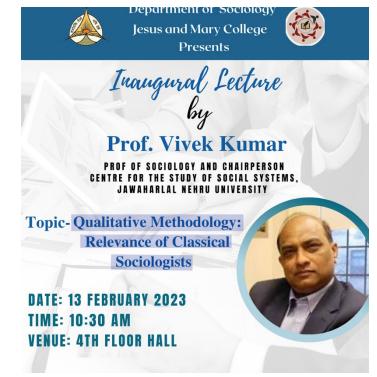
दिल्ली विश्वविद्यालय चाणक्यपुरी, नई दिल्ली-110021 रा.मू.प्र.प. द्वारा ''ए+'' ग्रेड मान्यता प्राप्त

### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade

दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in : admin@jmc.ac.in, info@jmc.ac.in ईमेल/E-mail principal@jmc.ac.in







andhu (President) 993 81231 n Joshi (Vice-President)

https://tinyurl.com/hisrpw Registration fee: ₹150/- (to be paid at the venue)

Convener: Dr Richo Co- Convener: Dr Sanghar

Two Days Workshop on Reading, Writing and Reasoning in Sociology



**DR.VINITA CHANDRA** Department of English Ramjas College, University of Delhi



DR.DHIVYA JANARTHANAN Social Change Council of Social Development

Venue- MPH (Thevenet Hall)

### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

#### TRAININGS OF EMPLOYABLE AND CAREER ENHANCEMENT SKILLS BY SOCIETIES AND DEPARTMENTS

The various cultural and academic societies of the college hold training sessions and workshops hat help students have awareness and develop capacities around entrepreneurship, increasing innovation in work, creating livelihood opportunities and exchanging knowledge related to theoretical and practical aspects of Finance and Investment scenarios in the world. The following programmes were held in the year 2022-23.

| NAME OF<br>DEPARTMENT/SOCIETY | EVENT               | THEME                                             | DATE                                  |
|-------------------------------|---------------------|---------------------------------------------------|---------------------------------------|
| NCWEB                         | Interactive session | C.V correction and<br>Interview Preparation       | 23 <sup>rd</sup> February, 2023       |
| History Department            | Talk                | Wealth Management:<br>Evolution and<br>Strategies | 21 <sup>st</sup> , September,<br>2022 |
| English Department            | Talk                | "How to prepare for civil services?"              | 12 <sup>th</sup> April, 2023          |
| Meractus, Marketing Society   | Talk                | Prepare for Masters in<br>India and Overseas      | 11 <sup>th</sup> April, 2023          |
| Entrepreneurship Cell         | Talk                | Decoding the mind of<br>an Entrepreneur           | 3 <sup>rd</sup> Nov, 2022             |
|                               | Interactive session | Start-o-Sphere                                    | 27 <sup>th</sup> March, 2023          |
| The Film Appreciation Society | Workshop            | Film Editing                                      | 5 <sup>th</sup> Nov, 2022             |

दिल्ली विश्वविद्यालय चाणक्यपुरी, नई दिल्ली-110021 रा.मू.प्र.प. द्वारा ''ए+'' ग्रेड मान्यता प्राप्त

### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade

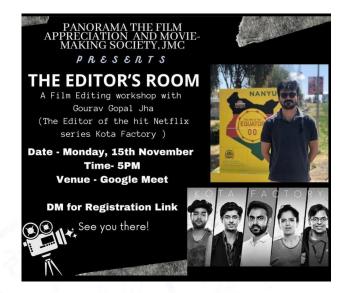


दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in









### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फेक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

#### DEPARTMENT OF VOCATIONAL STUDIES

With the commencement of the new academic session (2022-2023), all the students of the B.Voc- Retail Management and IT (RM&IT) and B.Voc-Healthcare Management (HCM) courses looked forward to making it a tremendous success. Students enrol into internship for hands-on learning to have a better understanding of the industry's practical aspects, making the curriculum more engaging and idiosyncratic. To get a hands-on experience, B.Voc students went for their internships in December 2022 and January 2023, 2nd year students went for 30 days internship in Venkateshwar Hospital (Dwarka), Max Hospital (Shalimar Bagh and Saket), ACME, Pantaloons, Marketeers Hub, Ashman Foundation, Younity, FrontRow, Hamleys, ITV Network, Zaphire. 3rd-year students went for their internship at Artemis Hospital(Gurugram) and Apollo Hospital(Noida), ACME, FrontRow, Zaphire for 30 days.

For futher skill enhancement, the department also organized on "Post – Pandemic Leadership & Management" and "Let's Crack Group Discussion" on 02nd Novemberand 7<sup>th</sup> November, 2022 respectively. The session was insightful and students gained practical knowledge about the field of management in the globalised world scenario.

#### University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

#### CERTIFICATE COURSES

JMC is committed to developing the students in a holistic manner. We believe in empowering students to make informed choices about their lives and career. Towards this goal we not only engage with University prescribed curricula but also expose the students to a range of add-on courses which are optional.

These courses are need based and respond to the constantly evolving requirements in the field. Curricula of these courses are carefully studied by the experts before selection of specific organization to conduct the same.

The courses conducted by the industry and other practitioners are hands-on . It includes industry/studio visit (as required) to provide experimental learning. Our students get an advantage of enhancing their CV's by participating in these courses on the college campus itself, without disturbing their regular classes (as these sessions are held after the main classes are over) and are aligned to the University and college calendar ( exams, college activities etc.).

JMC welcomes women students from any other institution as well to attend these courses. There is a formal system of feedback from the students enrolled in these courses in a constant pursuit of improving them. On successful completion of these courses, the students get certificates from JMC and the other conducting agency. These certificates help in seeking internships and jobs subsequently.

| COURSE                     | AGENCY                                |
|----------------------------|---------------------------------------|
| Digital Marketing          | Delhi Institute of Digitial Marketing |
| Data Science and Analytics | Delhi Institute of Digitial Marketing |
| Cyber Security             | Delhi Institute of Digitial Marketing |

### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in

#### CAPACITY BUILDING AND LIFE SKILLS TRAINING

In the year 2022-23, the college focused on enhancing life skills and other soft skills training in students, faculty and non-teaching staff. Various departments and societies organized talks on mental health, stress management, yoga practice and communication skills. The goal was to help the members of the college feel more capacitated to handle academic and personal stressors to lead a more healthy and meaningful life.

| NAME OF THE ORGANIZING | EVENT                | THEME                                                                                                    | DATE                          |
|------------------------|----------------------|----------------------------------------------------------------------------------------------------------|-------------------------------|
| DEPARTMENT/SOCIETY     |                      |                                                                                                          |                               |
| Psychology Department  | Mental Health Week   | Making mental health a priority for all                                                                  | 10-15 <sup>th</sup> Oct, 2022 |
| B.Voc Department       | Awareness Program pm | Self-care for happier                                                                                    | 11 <sup>th</sup> Oct, 2022    |
|                        | Mental Health        | mind and body                                                                                            |                               |
|                        | Workshop             | Culinary Workshop                                                                                        | 9 <sup>th</sup> Nov, 2022     |
| Commerce Department    |                      |                                                                                                          |                               |
| Sports Department      | Workshop             | Health, Wellbeing and<br>Sports                                                                          | 25 <sup>th</sup> April, 2023  |
| Peace Society          | Online workshop      | Workshop for<br>improved IQ, GQ and<br>SQ and stress<br>management through<br>awakening of inner<br>powe | 21 <sup>st</sup> March, 2023  |

दिल्ली विश्वविद्यालय चाणक्यपुरी, नई दिल्ली-110021 रा.मू.प्र.प. द्वारा ''ए+'' ग्रेड मान्यता प्राप्त

### Jesus and Mary College

University of Delhi Chanakyapuri, New Delhi - 110021 Accredited by NAAC with "A+" Grade



दूरभाष/Tel No. : +(91)-(011)-26110041, 26875400 फैक्स नं/ Fax No. : +(91)-(011)-24105466 वेबसाइट/Website : http://www.jmc.ac.in ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in principal@jmc.ac.in





- Dr. Anil Kumar Kalkal Convenor Director Delhi University Sports E Council University of Delhi
- Prof. A. K. Singh
   Prof. Yogesh Singh

   Presiding Authority
   Patron

   Chairman
   Vice Chancellor

   Delhi University Sports
   University of Delhi

   University of Delhi
   Patron
- Dr. Anju Luthra Coordinator Department of Physical Education Jesus and Mary College

Jesus and Mary

College

