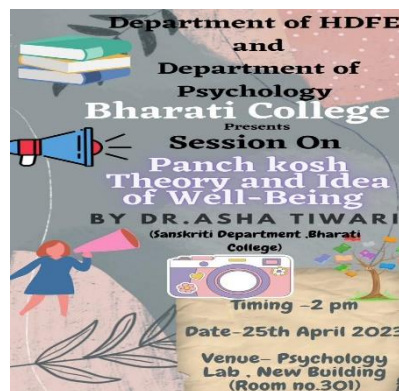


### Summary of events organized by HDFE department from June 2022-Aug 2023

1. Seminar on 'Pankosha theory and idea of well-being' by Ms. Aha Tiwari, Associate Professor, Department of Sanskrit on 25<sup>th</sup> April'23.
2. Celebrated its annual event 'UTKARSH' on 19<sup>th</sup> April'23 with the theme 'Promoting positive well-being and parental engagement'. It included talk by Dr. R.C. Shukla on the topic 'Developmental disabilities: Early identification and intervention for essential life skills' and 2<sup>nd</sup> talk by Ms. Neha and Ms. Shreya Singhal on the topic 'Rising above stress: managing anxiety in college
3. Organized a visit for Semester 4 students to the nearby anganwadi centre on 6<sup>th</sup> April'23. They got an opportunity to observe the anganwadi set-up, the infrastructure, the indoor and outdoor space available for children, safety measures around the anganwadi centre.
4. An online orientation for M.A Courses, Ambedkar University on conducted 4th April'23. The session was conducted by faculty from Ambedkar University. The orientation includes details regarding the following courses i.e. M.A Education, M.A Education (Early childhood care and education).
5. Organized a toy making and story telling workshop on 3rd February'23. The workshop was conducted by Ms. Pooja Anand, Assistant Professor, Shyama Prasad Mukherji College.
6. The students of B.A Programme IIIrd year HDFE, Bharati College in February 2023 as a part of practical work, participated in a voluntary work at Aaashiwad Special Education School, M-471, Gru Harkishan Nagar, Paschim Vihar and HCRA, Virender Vihar.
7. Conducted an Specific Learning Disability, Autism & ADHD workshop by Ms. Alisha Ali, Special Educator Teacher at K.R Mangalam World School on 25<sup>th</sup> January 2023.
8. MoU between Bharati College and Delta Rights Advisors (Feb. to Aug. 2022): The students of HDFE department participated in an internship program organized by Delta Rights Advisors to collect data to understand the status of early childhood education practices among marginalized children in the project location.
9. Seminar on 'Ill effects of using abusive language and swear words and its association with misogyny' in anti-swear brigade campaign on 8<sup>th</sup> August'22.
10. Gender Certification Course (11th October to 15th November): organized Gender Certification Course in Collaboration with FIFE on 11th of October. The Founder and the CEO of FIFE Organization Ms. Shubhika was the mentor in these sessions. organized a talk on Child Protection: Role of Childline India Foundation on 28<sup>th</sup> October'22. The Speaker was Mr. Shesha Dev Bhoi (SENIOR PROG. COORDINATOR), CHILDLINE INDIA FOUNDATION.
11. Organized **Logo making and Best out of waste Competition** on 21 September'2022
12. Collaborated with Department of Sociology, Bharati College conducted the Movie screening on 'Shabaash Mithu', a movie of women empowerment on 26th August'22.

## Activities for 2023 by HDFE Department

- Seminar on 'Pankosha theory and idea of well-being'**  
 The speaker of the talk was Dr. Asha Tiwari, Associate Professor, Department of Sanskrit on 25<sup>th</sup> April'23. The students studying the Value Addition Course 'Art of being happy' participated in the event. The event was organized in collaboration with Psychology Department of Bharati College.



- Visit to an Anganwadi centre:** The Department of HDFE organized a visit of Semester 4 students to the nearby anganwadi centre on 6<sup>th</sup> April'23. The students got an opportunity to observe the anganwadi set-up, the infrastructure, the indoor and outdoor space available for children, safety measures around the anganwadi centre. The students got an opportunity to understand quality early childhood practices for young children. They also interviewed the anganwadi worker and helper.

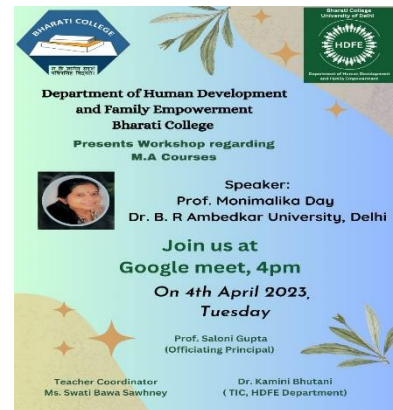


- Utkarsh'23:** The Department of HDFE celebrated its annual event on 19<sup>th</sup> April'23. The theme of the celebration was 'Promoting positive well-being and parental engagement'. It included talk by Dr. R.C. Shukla on the topic 'Developmental disabilities: Early identification and intervention for essential life skills' and 2<sup>nd</sup> talk by Ms. Neha and Ms. Shreya Singhal on the topic 'Rising above stress: managing anxiety in college'. Two competitions were also organized for students which includes photography and poetry competition. The day ended with a cultural performance by students.



- **Orientation for M.A Courses, Ambedkar University:**

The department of HDFE conducted an orientation for M.A Courses, Ambedkar University on 4<sup>th</sup> April'23. The session was conducted by faculty from Ambedkar University. The orientation includes details regarding the following courses i.e. M.A Education, M.A Education (Early childhood care and education) and so on. Students found the orientation to be very useful.



- **Voluntary work by HDFE Students:** The students of B.A Programme IIIrd year HDFE, Bharati College in February 2023 as a part of practical work, participated in a voluntary work at Aaashiwad Special Education School, M-471, Gru Harkishan Nagar, Paschim Vihar and HCRA, Virender Vihar. The students were required to carry out a case study on children with special needs. Students found it to be very good learning experience. Students were also provided with participation certificate.

- **Toy making and Storytelling workshop:** The department of HDFE organized a toy making and story telling workshop on 3<sup>rd</sup> February'23. The workshop was conducted by Ms. Pooja Anand, Assistant Professor, Shyama Prasad Mukherji College. The students thoroughly enjoyed the workshop as they made various teaching aids to engage young children studying at the play school. Some of the teaching aids prepared were – bird stick puppets, various animal face mask, finger puppets and hand puppet for story telling.





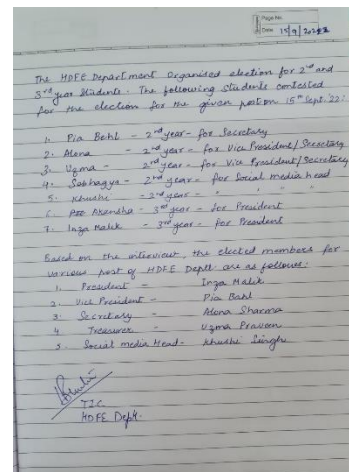
- Children with Special needs workshop:** The Workshop was conducted on Specific Learning Disability, Autism & ADHD by Ms. Alisha Ali, Special Educator Teacher at K.R Mangalam World School. She started the seminar by making us understand about the disability & how it makes us handicapped. She explained about Inclusive Education which includes Gender Physical attributes, caste, religion, culture & disability to study together in mainstream. The clip of a movie "TAARE ZAMEEN PAR" in which the child was facing problem with same words pronunciation, getting instructions not able to read & write properly was showed and discussed. Then we talked about Autism, It's Types, Causes of Autism, how Steaming Behavior look like & we saw a clip of a serial which came in 2009 in which the child has stolen the phone because she was suffering from "AUTISTIC. "INCLUSION IS A MINDSET ".



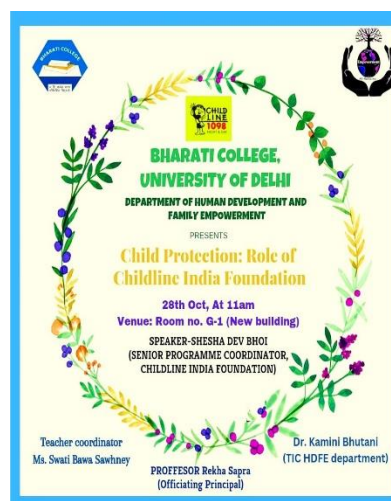


## Activities for 2022 by HDFE Department

- **Students' union election for HDFE Department:** The student's election was held on 15<sup>th</sup> September 2022. Many students contested for the election and share their thoughts how they plan to work for the department. The various positions for which students were contesting were President, Vice president, Secretary, Treasurer and Social media Head.



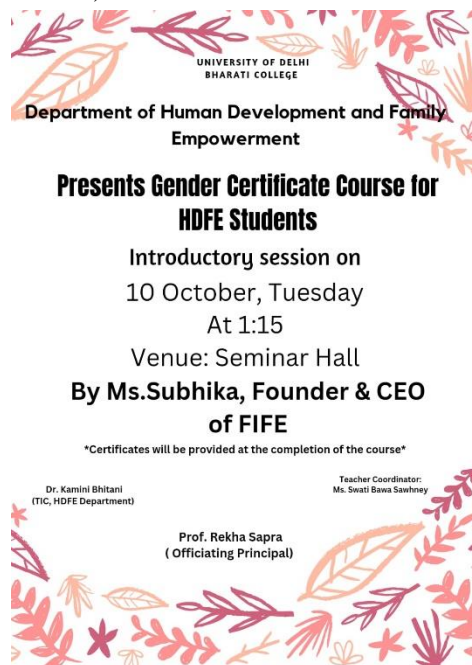
- Department of HDFE organized **Logo making and Best out of waste Competition** on 21 September'2022 at Saraswati area, Bharati College. The Logo was made for the HDFE Department and Best out of waste competition was open, as in no theme was given. The competition entries were judged by the faculty at Bharati College. First and second prize was given to the selected students.
- **MoU between Bharati College and Delta Rights Advisors:** The students of HDFE department participated in an internship program organized by Delta Rights Advisors to collect data to understand the status of early childhood education practices among marginalized children in the project location. The students were also given stipend and certificate for their hardwork. The data collection carried on from February to August 2022.
- The Department of HDFE organized a talk on Child Protection: Role of Childline India Foundation on 28<sup>th</sup> October'22. The Speaker was Mr. Shesha Dev Bhoi (SENIOR PROG. COORDINATOR), CHILDLINE INDIA FOUNDATION. In the talk it was discussed about the CIF and CHILDLINE 1098 how it works and how the organization help children all over India. CHILDLINE 1098 is a phone number those spells hope for millions of children across India. CHILDLINE is a National, 24-hour a day, 365 days a year, Emergency toll free phone service for children in need of aid and assistance. CHILDLINE India Foundation (CIF) is the nodal agency of the Union Ministry of Women and Child Development for setting up, managing and monitoring the CHILDLINE service all over the Country.



- **Gender Certification Course (11th October to 15th November)**

The Human Development and Family Empowerment Department started with the Gender Certification Course in Collaboration with FIFE on 11th of October. The Founder and the CEO of FIFE Organization Ms. Shubhika was the mentor in these sessions.

The Gender Course began with exploring the basic aspects of Gender and its impact with group activities and great energy. On the 3rd Day, Gender based Discrimination and Violence was discussed with the help of discussions and many group activities. Combating Sexual Harassment was the topic of the day 4 where Sexual Harassment was discussed and how to Combat Sexual harassment at various places with the help of some group activities and on spot play. The 5th day compromised of talking about Consent and Sexual Harassment at Work Place. Case studies, group presentation and some group activities helped us in getting to know about these issues deeply. The 6th Day was all about Gender and Media. The session started with Punjabi POP Culture and the way they portray women. There was also discussion on Hindi Films and their relationship with female characters, male gaze, agency, female solidarity. The 7th Day consisted of discussion on Masculinity and Toxic Masculinity. This session started with unboxing the ideas of Masculinity with some questions. Some videos were reviewed by students to understand how the false notions are ingrained in our minds. There was also discussion about how the society has put “Mens” in a box as well. On the 8th Day we talked about Intersectionality with help of videos, group discussions and group activities. 15th November was our last session before our Semester Exam Break. We'll resume the Gender Certification Course in 2023.



- The Department of HDFE organized a Seminar on 'Ill effects of using abusive language and swear words and its association with misogyny' in anti-swear brigade campaign on 8<sup>th</sup> August'22. This seminar is all about swear words based on gender (mainly females) and how the language has influence on our mind and focused on misogyny. In this seminar, introduction to gender course was also given.



- The Department of HDFE in collaboration with Department of Sociology, Bharati College conducted the Movie screening on 'Shabaash Mithu', a movie of women empowerment on 26<sup>th</sup> August'22. This movie shows that struggle is the part of life but for women, society make it harder by the stereotype of feminine. We saw in every step; women were suppressed by many and don't get equal opportunity like men just because they were women. But after all the struggle and hardwork, they successfully made their existence with National Women Cricket Team of India.



- The Department of Human Development and Family Empowerment, Bharati College, University of Delhi, organized a series of workshops, via Google Meet, on Early Childhood Education in Pre-schoolers. The events were enlightened under the expertise of Mrs. Savitri Singh, Ex-Principal, IIT Nursery School, IIT Delhi. Students and teachers from various colleges participated in these enriching sessions. Workshop on Language Development for Pre-schoolers was held on 14th January'22. Participants were introduced to the different areas in language development like listening skills, speaking skills, oral expression, reading readiness and writing readiness. Innovative

ideas were discussed regarding ways to engage the pre-schoolers in language development activities. Next in the series was Workshop on Physical Development and Creativity held on 28th January'22. Activities to develop gross-motor and fine-motor skills in children during pre-school years were explored in this workshop. The participants were also made familiar to the various areas related to creativity and the role of teacher in the classroom to promote holistic development in children. Last workshop, held on 2nd February'22, focused on Cognitive Development in Pre-schoolers. Topics covered in this session were sensorial development, observation, classification, situational thinking, problem-solving and reasoning during early childhood.

The resource person presented and discussed creative ways on how to occupy the interests of pre-schoolers through different activities that are helpful in their all-round development. Her knowledge on the subject effectively guided the participants making the events extremely useful, informative, interactive and successful in every aspect.



- The students of B.A Programme IIIrd year Department of Human Development and Family Empowerment (HDFE), Bharati College as a part of practical work, participated in field work at Aaashiwad Special Education School, M-471, Gru Harkishan Nagar, Paschim Vihar and Harmonious Children's Rehabilitation Association (HCRA) at Hari Nagar and Paschim Vihar. The students were required to observe children with special needs.

### Activities for 2021 by HDFE Department



- **TOPIC: MINDFULNESS TO DEAL WITH ANXIETY** On 14th November 2021 at 5:00 p.m. A webinar on the topic “Mindfulness to deal with anxiety” was organized by the department of Human Development and Family Empowerment of Bharati College (University of Delhi). The founder, consultant psychologist and therapist of Nurture and Cherish Clinic Ms. Ravneet Kaur was invited as a speaker by the faculty of Bharati College. The webinar started at 5:00 p.m. on 14th November 2021.

The speaker asked the students about various things from what they find difficult in the online education and online pattern of today’s life, and how they are able to cope up from the physical and emotional stressors of the pandemic life.

Students turn wise shared what they like and dislike about today’s lifestyle. And the speaker gave directions or ways to the different difficulties each students faced. Making the sessions interactive, the speaker shared ways of fighting small stress and how to enlighten one’s mood when low.

She also guided everyone on how to mediate and what are the alarming signs which are leading to anxiety issues. She also guided the students on how to reach for help and what kind of help is available in our country for issues like anxiety. The session was light and interactive. It enlightened everyone regarding anxiety and various other issues, anyone can face (sometimes one may not be aware of it).



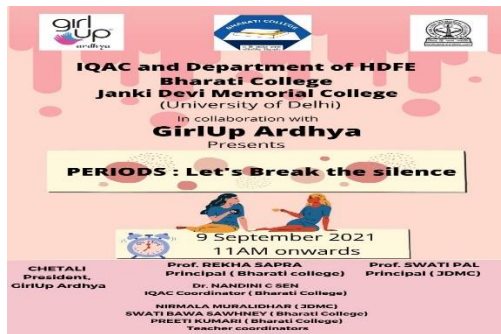
- A Webinar on the topic “**Rights of the youngest**” was organized by the department of Human Development and Family Empowerment of Bharati College (University of Delhi) with the organisation called ‘Mobile Creches’. The chairperson of Mobile Creches Ms. Amrita Jain was invited as a speaker by the faculty of Bharati College. The webinar started at 11:30 a.m. on 6th October 2021. The webinar was very useful for maintain the mental well-being of students as it aims was to create awareness regarding the rights and benefits for young children of our country.
- A webinar ‘**The role of Childline India Foundation in protection of children**’ was conducted by Department of Human Development and Family Empowerment of Bharati College, University of Delhi on September 29th, 2021. The Speaker was Mr. Shesha Dev Bhoi

sir (SENIOR PROG. COORDINATOR), CHILDREN INDIA FOUNDATION. The speaker talked about how do they work to maintain mental well being of the children coming to their organization.

Speaker gave a wonderful information about Who are children, Exploitation, abuse, violence against children, what is the role of Childline India Foundation in protection of children, And many more informative topics. Around 87 students joined this webinar, which actively participated in the Q & A round, which showed their interest, about which our respected speaker was explaining. Over all this was a very informative and interesting webinar.



- GirlUp Ardhya presents “Periods: let's break the silence”. This webinar is conducted for the young women, to aware them about the truth and myths about menstruation, the hygiene to be maintained on those days and many more. Prof. Rekha Sapra principal ( Bharati college) Prof. Swati pal principal (Janki devi memorial college) Dr. Nandini Sen IQAC Coordinator (bharati college) were invited as guest for this webinar, along with them we had our respectful teacher coordinators, Ms. Nirmala Muralidhar(JDMC), Ms. Swati bawa sawney (Bharati college) and Ms. Preeti kumari (Bharati college) This GirlUp Ardhya webinar was conducted successfully by the collaboration of IQAC and department of HDFE(Bharati college), (Janki devi college) with GirlUp Ardhya.This informative webinar was conducted on September 9, 2021 at 11 am. There were 5 members from GirlUp Ardhya team who explained all information about periods, including Ms. Chetali, president (GirlUp Ardhya). About 95 students were present during this webinar, many of them came with their doubts, in Q&A round, which shows the interest of the students, getting informed about such topics.



- The students of B.A Programme IIIrd year Department of Human Development and Family Empowerment (HDFE), Bharati College as a part of practical work, participated in a voluntary work at Aaashiwad Special Education School, M-471, Gru Harkishan Nagar, Paschim Vihar. The students were required to carry out a case study on children with special needs. As agreed,



only 2 students will be visiting the school each day and they would stay from 10 am to 3 pm.