



**ADITI MAHAVIDYALAYA**

(University of Delhi)

**DEPARTMENT OF HUMAN DEVELOPMENT  
AND FAMILY EMPOWERMENT (HDFE)**



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Student, Semester IV





# ADITI MAHAVIDYALAYA

(University of Delhi)

**DEPARTMENT OF HUMAN DEVELOPMENT  
AND FAMILY EMPOWERMENT (HDFE)**



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**MRS. SANTOSH DABAS**

**LAB ASSISTANT, (RETIRED)**



**PROF. (Dr.) SADHNA JAIN**



**PROF. (Dr.) REEMA LAMBA**



**SHRI RAJESH DAHIYA**

**LAB ASSISTANT**



# ADITI MAHAVIDYALAYA

(University of Delhi)

## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDFE)



### ***Message from PRINCIPAL'S DESK***

***Dear Students,***

***As the Principal of Aditi Mahavidyalaya an esteemed institution, I am delighted to address you through the E-newsletter of the Department of Human Development and Family Empowerment course. Your choice to pursue this course reflects your eagerness and commitment to making a positive impact on the lives of children, adults, and families thereby striving towards creating inclusive and sustainable communities.***

***I commend your dedication to personal growth and empathetic understanding. Through this course, you have gained a deep understanding of human development across domains and lifespan, family dynamics, exceptionalities, and the tools to empower yourself and those around you.***

***Our expert faculty at college has guided you through interactive learning experiences, combining theory with practical applications, and organizing programs like talks, workshops, events, activities, etc deepen your knowledge, broaden your perspectives, and shape your future career paths. I am sure, they have inspired you to think critically, communicate effectively, and develop skills that transcend the classroom.***

***Remember, your journey in Human Development and Family Empowerment is more than an academic pursuit. It is an opportunity and commitment to transform lives and make a lasting difference by contributing your bit in creating a contented, happy, equitable, inclusive, and empathetic brigade of human beings.***

***I congratulate and encourage you to embrace this remarkable journey and maximize the resources available to you. Together, let's empower individuals and strengthen families for a better future.***

***Wishing you an inspiring and rewarding journey of life ahead!***

***Warm regards***

**PROF. MAMTA SHARMA  
PRINCIPAL  
ADITI MAHAVIDALAYA**



# ADITI MAHAVIDYALAYA

(University of Delhi)

## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDFE)



### ***Message from the CHIEF EDITOR***

***Welcome to the Human Development and Family Empowerment E-newsletter! Explore the intricacies of individual growth and resilient families, principles, and perspectives on Early Child Care and Education, Children with Special Needs through interactive learning and expert guidance from the faculty of HDFE at Aditi Mahavidyalaya and eminent personalities in the field.***

***The department organized guest lectures, interactive workshops, talks, and research projects to gain practical experience, programs to showcase talents, and events and workshops on the G-20 Presidency of India with the theme One Family, One Earth, and One Planet. Ample opportunities were provided to connect with professionals, fostering networking and collaborations.***

***I hope the knowledge and practical experience gained by pursuing the course will make a positive impact on individuals and families as you are embracing this transformative journey of life.***

***Wishing you rewarding semesters and a life ahead!***

***Sadhna Jain***

***Prof (HDFE), AMV***





**ADITI MAHAVIDYALAYA**  
(University of Delhi)

**DEPARTMENT OF HUMAN DEVELOPMENT  
AND FAMILY EMPOWERMENT (HDFE)**



# EVENTS AT A GLANCE...



**STUDENTS OF HUMAN AND DEVELOPMENT AND FAMILY  
EMPOWERMENT**

- **ORIENTATION PROGRAMME**
- **TALKS**
- **EXPOSURE VISITS**
- **ECCE EVENTS**
- **G-20 PRESIDENCY EVENTS**
- **ART & CRAFT WORKSHOPS**
- **EVENTS RELATED TO CHILDREN WITH SPECIAL NEEDS.**



# ADITI MAHAVIDYALAYA

(University of Delhi)

## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDPE)



**ADITI MAHAVIDYALAYA**  
(University of Delhi)

**DEPARTMENT OF HOME SCIENCE**  
(Human Development & Family Empowerment Discipline)

Organizing a workshop on **GENDER FLUIDITY**

Date: 26th September 2022  
Venue: HDPE Lab  
Time: 12 noon

Resource Person: Riyansh, Volunteer, Humsafar Trust

Prof. Mamta Sharma  
Principal

Prof. Sadhna Jain  
(TIC (Home Science) and Webinar Co-ordinator)

Prof. Reema Lamba  
(Faculty, HDPE)

Anushka Saha  
(Student Coordinator, HDPE, Sem. III)

**ADITI MAHAVIDYALAYA**  
(University of Delhi)

**DEPARTMENT OF HUMAN DEVELOPMENT & FAMILY EMPOWERMENT**  
(Home Science)

Enactment of Poems for pre-schoolers  
ECCE (Early Childhood Care and Education) Function

Dance **Meri Pyara Bharat**  
Songs  
Date: 3rd February 2023  
Time: 11:00AM onwards  
Venue: Hall above the Canteen

Face Painting

DRAWING AND PAINTING ACTIVITY  
Date: 3rd February 2023  
Theme: Any Indian Monument/ Any Freedom Fighter  
Venue: Hall above the canteen

CALLIGRAPHY WITH REPUBLICAN SPIRIT  
BLOUSE (back side) / NURSA (ANY OTHER INDIAN DRESS)  
Date: 3rd February 2023  
Theme: Meri Pehchan Meri Dush  
Venue: Hall above the canteen

Competition is open for all students. All the participants should register.

Prof. Mamta Sharma  
Principal

Prof. Sadhna Jain  
(TIC (Home Science) and Post Co-ordinator)

Prof. Reema Lamba  
(TIC, HDPE)

Anushka Saha  
(Student Coordinator, HDPE, Sem. IV)

Nisha Gaur  
(Student Coordinator, HDPE, Sem. IV)

Link for registration: <https://forms.gibw4C8mFANCYV9J2p4s>  
For queries, contact: Anushka, - 8929274641, Nisha- 9968761039

**ADITI MAHAVIDYALAYA**  
(University of Delhi)

**DEPARTMENT OF HUMAN DEVELOPMENT & FAMILY EMPOWERMENT**  
(Home Science)

Invites you for **Arts & Crafts Workshop**

Date: 13th & 14th February 2023  
Time: 12:00 noon to 3:00 pm  
Venue: HDPE Lab (Room no. 49)

Prof. Mamta Sharma  
Principal

Prof. Sadhna Jain  
(TIC (Home Science))

Prof. Reema Lamba  
(TIC, HDPE)

Anushka Saha  
(Student Coordinator, HDPE, Sem. IV)

Nisha Gaur  
(Student Coordinator, HDPE, Sem. IV)

Ms. Harpreet Kaur  
(Resource Person)

**ADITI MAHAVIDYALAYA**  
(University of Delhi)

**DEPARTMENT OF HUMAN DEVELOPMENT & FAMILY EMPOWERMENT**  
(Home Science, SEMESTER IV)

Partners with G-20 Presidency at UNIVERSITY OF DELHI  
1st December, 2022 to 30th November, 2023

Cordially invites you all for the event on the theme **PRESCHOOLERS: CHAMPIONS OF ENVIRONMENT**

Theme based lectures by ECCE experts  
Drawing and painting activities  
Rhymes recitation and composition activities for pre-school.

Gallop with one family spirit  
Facilitation of Participants

Prof. Mamta Sharma  
Principal

Prof. Sadhna Jain  
(TIC (Home Science))

Prof. Reema Lamba  
(TIC, HDPE)

Anushka Saha  
(Student Coordinator, HDPE, Sem. IV)

Nisha Gaur  
(Student Coordinator, HDPE, Sem. IV)

Prof. Pooja Khanna  
Nodal Officer, G-20

**ADITI MAHAVIDYALAYA**  
**UNIVERSITY OF DELHI**

H.D.F.E Society  
(Dept. of H.D.F.E, Home Science)  
Invites you for a **WORKSHOP ON**

**EARLY INTERVENTION AND REHABILITATION OF CWD**

Speaker:- Shilpa Arora  
Date:- 9th February 2023  
Time:- 10:00 am -11:30am  
Venue:- H.D.F.E Lab

Prof. Mamta Sharma  
Principal

Prof. Reema Lamba  
(LIC, Dept. of H.D.F.E)  
(Prog.Co-ordinator)

Prof. Sadhna Jain  
(TIC, Home Science)

*Retirement Party*

After lifetime of work, you have hang up your hat. No more endless toil, but now it is endless joy.

Join us in a merry send off party

On 28th Oct 2022 at 12 noon  
HDPE Lab  
(Aditi Mahavidyalaya)

**Aditi Mahavidyalaya**  
University of Delhi

**POSTER MAKING COMPETITION**

Theme - I choose not to place 'dis' in my 'ability'

Come on lets be the part of inclusion through your creativity

Venue: Aditi Mahavidyalaya

Prizes will be given to winners  
And e certificate to Participants

Rules of competition:  
Size of sheet should be A4  
Adhere to the theme  
Colour: Poster colour, Crayon, Pencil colour

Submission of poster by: 6 feb  
HDPE Lab Between 11 :00 to 1:00

Prof. Mamta Sharma  
Principal

Prof. Reema Lamba  
Event Coordinator  
HDPE Discipline Incharge

Mr. Baldev Gulati  
Event Co-ordinator  
Social Work Department

Student Coordinator:  
Sonali Chawhan  
No:- 7543916594  
Vanadilava Road  
No:- 8587970114

**ADITI MAHAVIDYALAYA**  
**UNIVERSITY OF DELHI**

"LEARNING TO BE A PARENT I OWE TO BE"

**NAVIGATING A CHILD WITH DISABILITY: AN INTERACTIVE WEBINAR ON WORLD DISABILITY DAY**

Webinar on Saturday,  
3 December 2022  
Time 5:00pm-6:00pm  
<https://meet.google.com/hjc-daw-bkz>

Principal:- Prof. mamta sharma

Moderators:- Prof Reema Lamba ( Dept of HDPE)  
Mr Baldev Gulati ( Dept of Sw)





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**Orientation programme for HDFE Semester 3 students held in the month of August, 22.**

*Prof. Sadhna Jain ma'am was our professor who taught us in semester III. She explained the syllabus in the orientation programme. She also discussed the exposure visits that would take place in semester III to places like Anganwadi, SOS, MCH, etc. She discussed the practical files and all the related topics to our syllabus.*





# ADITI MAHAVIDYALAYA

(University of Delhi)

## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDFE)



### A talk:

A talk on **“GENDER FLUIDITY”**.

Resource Person: - Mr. Riyansh from Humsafar Trust

Date: 26<sup>th</sup> September 2022

*Gender fluidity refers to changes over time in a person's gender expression or gender identity, or both. Gender fluidity is a non-fixed gender identity that shifts over time or depending on the situation. These fluctuations can occur at the level of gender identity or gender expression. A gender-fluid person may fluctuate among different gender expressions over their lifetime, or express multiple aspects of various gender markers simultaneously. Gender-fluid individuals may identify as non-binary or transgender, or also identify with their assigned gender.*

*LGBT is an initialism that stands for “lesbian, gay, bisexual, and transgender.” In use since the 1990s, the initialism, as well as some of its common variants, functions as an umbrella term for certain sexualities and gender identities.*

*This session was very informative and interactive. He shared his experience, his family struggle, and how he convinces his jaat family.*





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(University of Delhi)

## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDFE)





**ADITI MAHAVIDYALAYA**  
(University of Delhi)


**DEPARTMENT OF HOME SCIENCE**  
[Human Development & Family Empowerment Discipline]


Organizing a  
workshop on  
**GENDER FLUIDITY**

Date: 26th September 2022  
Venue: HDFE Lab  
Time: 12 noon  
Resource Person: Riyansh, Volunteer, Humsafar Trust

 Prof. Mamta Sharma  
Principal

 Prof. Sadhna Jain  
[TIC (Home Science) and Webinar Co-ordinator]

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[Faculty, HDFE]

 Anushka Saha  
[Student Coordinator, HDFE, Sem. III]





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## Exposure visits

### a) Students of semester 3 to Anganwadi, Bawana

*The visit to Anganwadi was very informative as the supervisor told us about a lot of things. Like how they take care of children and how they provide mid-day meals to the children. How they take care of lactating mothers and pregnant mothers and young mothers.*



***Visto to A Anganwadi Centre, Bawana***



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### **b) Visit of students of semester 3 to Maternal and Child Health Centre, Bawana on 30.10.2022.**

*During this visit, we got to know about how the maternal and child health care centers work for lactating mothers, pregnant women, and their children. How they provide vaccinations, medication, and the necessary information to the young and the new mothers or to-be mothers. They go for proper check-ups and treatment for those who are 7-9 months pregnant and can't travel much. We all have learned a lot from there.*



**Maternal and Child Health Centre, Bawana**





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### c) Students to SOS, Bawana on 28.11.22.

*The visit to SOS, Bawana was very informative and useful for all the students of semester 3. During this visit, we all got to know about how the SOS works for the children. How they tackle the children in their own way. How they make children feel at home. They take the children shopping, have community meals, they also have Annies over there who take care of them. `*



### Visit to SOS, Bawana



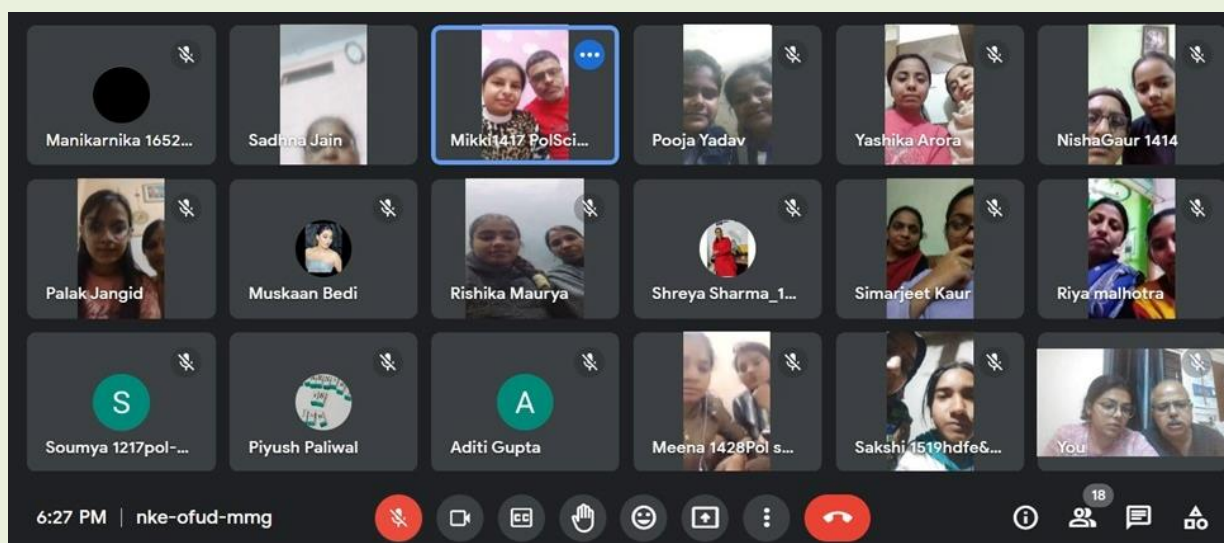
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### Parents, teachers, and students meeting of students of Semester 1 (UGCF-NEP) and Semester IV held on 26.1.23



#### ***Parents Teachers and Students Meeting (Sem 1 and IV)***

*Online Parent-Teacher Meeting for the students of Semesters 1 and 4 was held on 26.1.2023 at 6 pm through Google Meet. The students also attended the meeting.*

*All the concerned were informed through the mail and the link was also shared in their respective Whatsapp groups well in advance.*

*1. Their parents were appraised about the course, assessment methods, the importance of regularity*



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*in attending classes, and various curricular and co-curricular activities of the HDFE department in particular and the college in general. They were also informed that each and every student has to take part in the activities. The activities are organized to groom the holistic development of the students and to develop life skills, leadership, and managerial skills in them.*

- 2. Some parents of students in semester 4 requested to guide students about their career choices after graduation. Their point was well taken and was informed that the counseling of students regarding 'What Next after graduating with HDFE' is a regular feature of the department.*
- 3. The parents of students of semester 1 were sensitized about the changes in the structure of the course, academic calendar, and examination. A few parents inquired about their wards and they were informed about the performance of their wards.*

*Overall, the parents were very happy and thanked the college for initiating the organization of PTM for college students. A feedback form was shared with the parents.*

*The meeting ended with a vote of thanks from both sides (the teacher and the parent)*

### **Webinar on “Navigating A child with Disability”**





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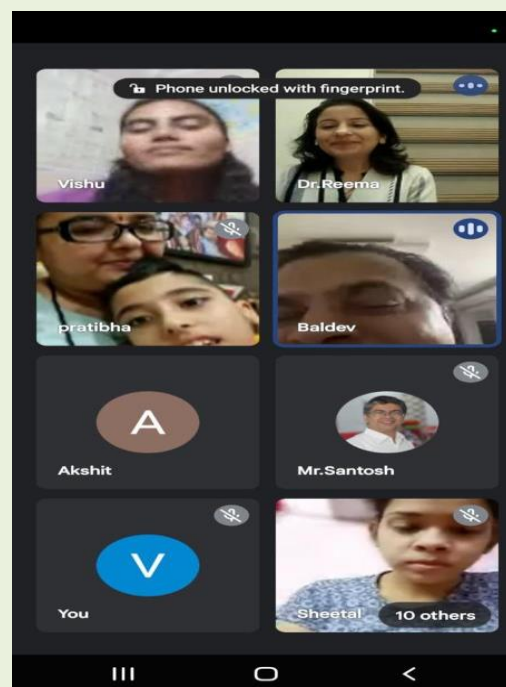
"LEARNING TO BE A PARENT I NEED TO BE"

**NAVIGATING A CHILD WITH  
DISABILITY: AN INTERACTIVE  
WEBINAR ON WORLD DISABILITY  
DAY**

*Webinar on Saturday,  
3 December 2022  
Time 5:00pm-6:00pm*

<https://meet.google.com/hjc-dauv-bkz>

Principal:- Prof.mamta sharma  
Moderators:- Prof Reema Lamba ( Dept of HDFE)  
Mr Baldev Gulati ( Dept of Sw)



*On 3rd Dec 2022, World Disability Day, an interactive webinar entitled "Navigating a Child with Disability" was organized. The key speakers Ms. Pratibha Dhanesh Sherwani and Ms. Neeta were two parents of children with disability who shared their personal experiences of bringing up a child with a disability. It was a very touché' webinar that highlighted the hardships, the*



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*struggles, the family support, and the celebrations they had in this journey.*

*Mrs. Pratibha Dhanesh Sherwani, a working mother, was 36 years old. She was a mother of two champs, a 15 years old girl and 11 yrs old boy. Her son was born with cerebral palsy. She faced many problems such as negative comments, social isolation, and marital problems, as well as negative attitudes from family, friends, community members, and healthcare professionals. The physical environment created access challenges because of a lack of sidewalks, ramps, functioning lifts, and small indoor spaces. But as time passed, she realized that her child is her treasure and as a parent, it was her responsibility to support and nurture him for his treatment. As they started the therapies (physiotherapy, occupational therapy) after being socially involved her son learned many things (introducing Himself, starting demanding, emotional expressions, and many other things). She is one example of a super mom herself who believes “Once you learn to appreciate small victories, there is no need for a finish line.”*

*The second speaker, Ms. Neeta, was a housewife. She had done BSc(chemistry). She had a son who had visual impairment. She devoted herself to her son. And left*



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*her working lifestyle. She shifted house just for her son's school so that he could adapt well with children of his age and would be able to interact with children with the same disability. She doesn't want her son to be neglected and wants to support him. Her son is an intelligent and cheerful child. It was wonderful to know that she didn't have to face many difficulties as her family and friends were very supportive.*

*“Accept what is, let go of what was, and believe in what will be.”*

*It was a wonderful experience for all that were present in the webinar. They were able to find answers to the queries they had in their mind related to children with disabilities and their upbringing.*

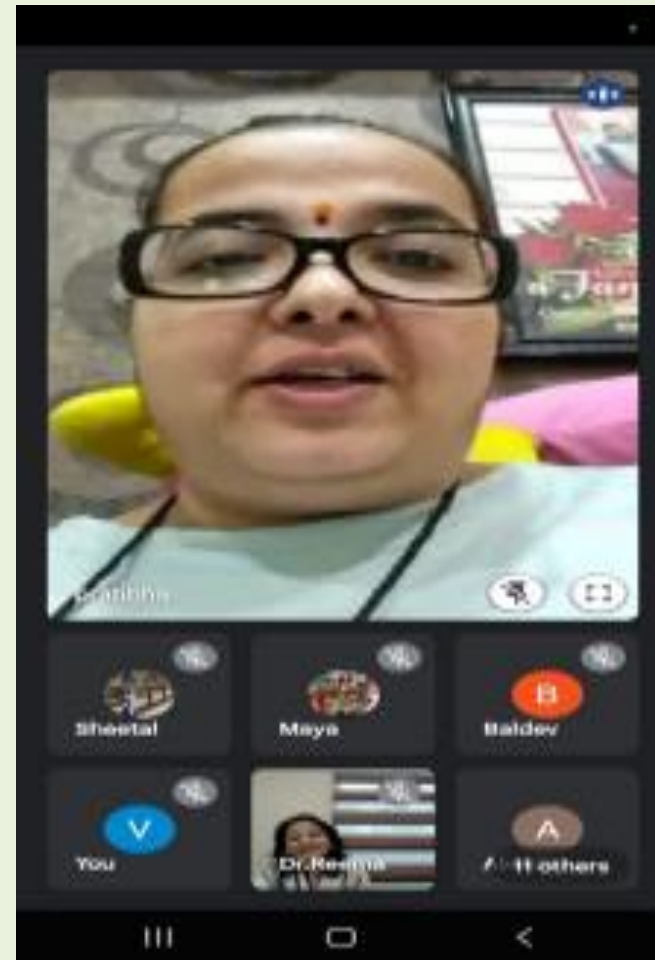
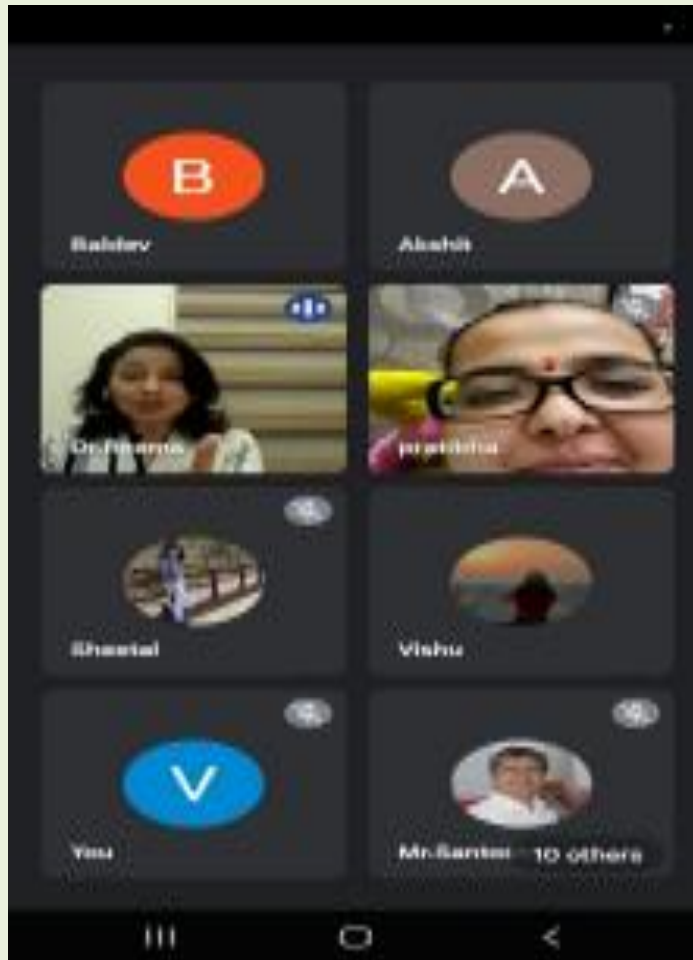




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## An ECCE function entitled “Mera Pyara Bharat”





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*ECCE function was conducted for the preschoolers to inculcate the feeling of patriotism in them using child-centric methods and in a creative way on 3<sup>rd</sup> February 2023. We have different cultural programmes and some theme-based dances.*

*We performed a skit on Indian freedom fighters like Rani laxmi bai, Mahatma Gandhi, Subhash Chandra Bose, and Sardar Vallabh Bhai Patel to make the children know about the sacrifice made for making our country independent.*

**[MERA PYARA BHARAT Instagram link:](#)**

**<https://www.instagram.com/p/CrGaWtOBqao/?igshid=MzRIODBiNWF1ZA==>**





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(University of Delhi)

DEPARTMENT OF HUMAN DEVELOPMENT & FAMILY EMPOWERMENT  
[Home Science]

*Patriotic Rhymes* Enactment of Poems for pre-schoolers  
*Dance* **Mera Pyara Bharat**  
*Songs* *Face Painting*

Date: 3rd February 2023  
Time: - 11:00AM onwards  
Venue: Hall above the Canteen.

**DRAWING AND PAINTING ACTIVITY**  
Date: - 3rd February 2023  
Theme: - Any Indian Monument/ Any Freedom Fighter  
Venue: - Hall above the canteen

**GALLOPING WITH REPUBLICAN SPIRIT**

**INDIAN DRESS PAINTING ACTIVITY**  
BLOUSE (back side) / KURTA (ANY OTHER INDIAN DRESS)  
Date: - 3rd February 2023  
Theme: - Meri Pehchan Mera Desh  
Venue: - Hall above the canteen

**PATRIOTIC RHYMES RECITATION**  
Date: - 3rd February 2023  
Theme: - Desi Bhakti  
Venue: - Hall above the canteen

*Felicitations for the Best Performers*

**Prof. Mamta Sharma**  
Principal

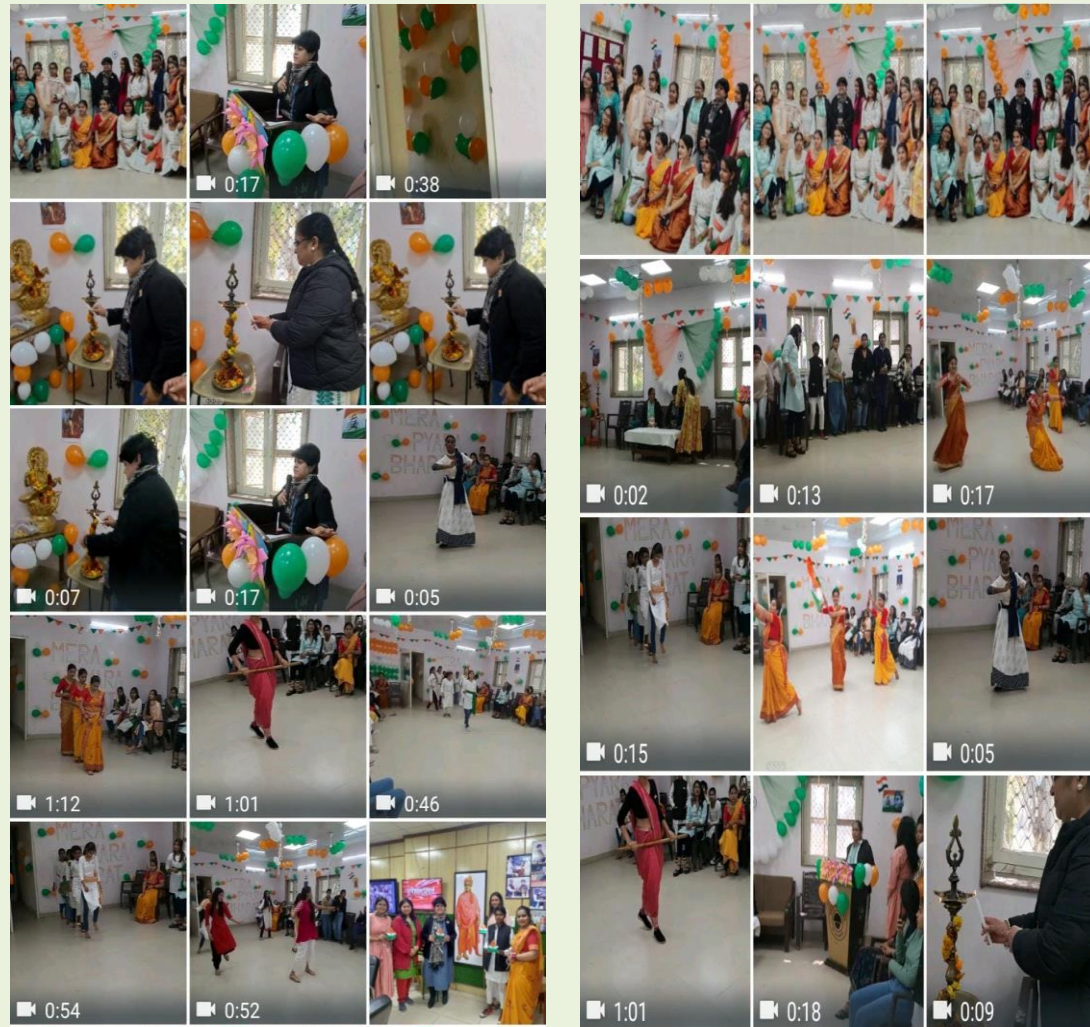
**Prof. Sadhna Jain**  
[TIC (Home Science) and Fest Co-ordinator]

**Prof. Reema Lamba**  
[DIC, HDFE]

**Anushka Saha**  
[Student Coordinator, HDFE, Sem. IV]

**Nisha Gaur**  
[Student Coordinator, HDFE, Sem. IV]

Link for registration: -<https://forms.gle/aZCfmFkHt6CYh3Pa8>  
For queries, contact: Anushka: - 8929274641, Nisha: -9968761039







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(University of Delhi)

## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDFE)



### The painting competition

*The students showcased their creativity in the form of a painting competition on the theme 'Any Indian Monument' and 'Indian freedom fighter'*

*From this activity, we wanted to inculcate feelings of patriotism and knowledge about the Indian freedom fighters among preschoolers.*





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## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDFE)



### Poster-making competition

**Aditi Mahavidyalaya**  
University of Delhi

**POSTER MAKING COMPETITION**

**Theme - I choose not to place 'dis' in my 'ability'**

*Come on lets be the part of inclusion through your creativity*

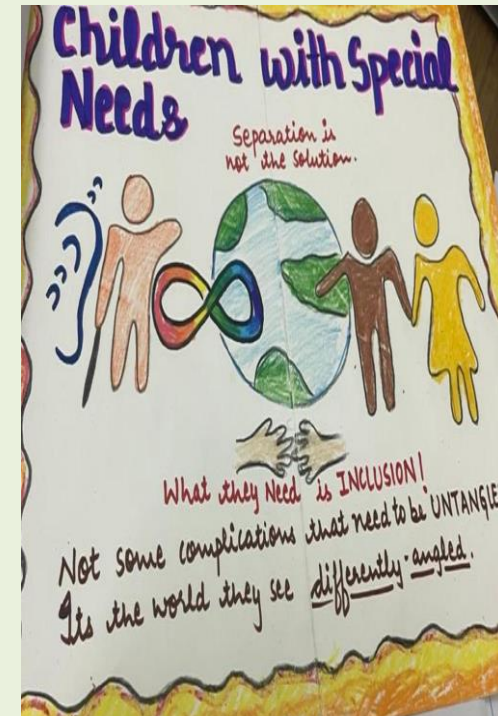
**Venue : Aditi Mahavidyalaya**

**Prizes will be given to winners**  
**And e certificate to Participants**

**Rules of competition:**  
Size of sheet should be A4  
Adhere to the theme  
Colour: Poster colour, Crayon, Pencil colour

**Submission of poster by: 6 feb**  
**HDFE Lab Between 11 :00 to 1:00**

<b>Prof. Mamta Sharma</b> Principal	<b>Prof. Reema Lamba</b> Event Coordinator HDFE Discipline Incharge	<b>Student Coordinator:</b> Sonali Chawhan No:-7543916594 Vasudhara Rawat No:-8587970114
	<b>Mr. Baldev Gulati</b> Event Co-Cordinator Social Work Department	





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## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDFE)



*A poster competition on the theme “I choose not to place ‘dis’ in my ‘ability’ ” was organized on 6th February 2023. Students from the Department of Human Development and Family Empowerment and Social Work department participated enthusiastically. The posters were displayed to create awareness and sensitivity towards people with disabilities. Students’ participation made this event even more meaningful and participants got certificates for their creativity and being responsive. There prize winners were*

*First position- Vasundhara Rawat*

*Second position-Sonali Chawhan*

*Third position- Rubi Praveen*



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## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDFE)



### Workshops

On 9<sup>th</sup> Feb 2023, a workshop was held on “Early Intervention and Rehabilitation of CWD” by Ms Shilpa Arora.





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AND FAMILY EMPOWERMENT (HDFE)**

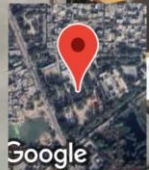




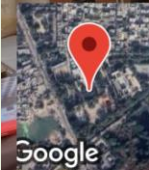
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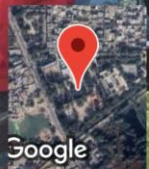
## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDFE)



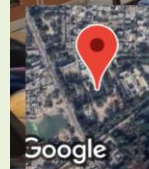
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Q2WP+5RJ, Vijay Colony, Shahbad Daulatpur Village,  
Rohini, Delhi, 110042, India  
Lat 28.795252°  
Long 77.037142°  
09/02/23 11:35 AM GMT +05:30



Delhi, Delhi, India  
Q2WP+5RJ, Vijay Colony, Shahbad Daulatpur Village,  
Rohini, Delhi, 110042, India  
Lat 28.795239°  
Long 77.03714°  
09/02/23 12:19 PM GMT +05:30



Delhi, Delhi, India  
Q2WP+5RJ, Vijay Colony, Shahbad Daulatpur Village,  
Rohini, Delhi, 110042, India  
Lat 28.795246°  
Long 77.037141°  
09/02/23 01:08 PM GMT +05:30



Delhi, Delhi, India  
Q2WP+5RJ, Vijay Colony, Shahbad Daulatpur Village,  
Rohini, Delhi, 110042, India  
Lat 28.795251°  
Long 77.037136°  
09/02/23 01:06 PM GMT +05:30





# ADITI MAHAVIDYALAYA

(University of Delhi)

## DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT (HDFE)



### Art and Craft Workshop

*This workshop was held on 13.2.23 and 14.2.23 for students of HDFE of Semester IV to make the students learn about how to make teaching aids for pre-schoolers with the help of origami sheets, newspapers, paper plates, etc.*

*Through paper plates, we made different kinds of face marks and with the help of newspaper, we made a magic cap.*





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**ADITI MAHAVIDYALAYA**  
(University of Delhi)

DEPARTMENT OF HUMAN DEVELOPMENT & FAMILY EMPOWERMENT  
[Home Science]

Invites you for **Arts & Crafts Workshop**

Date: 13th & 14th February 2023  
Time: - 12:00 noon to 3.00 pm  
Venue: HDFE Lab (Room no. 49)

**Prof. Mamta Sharma**  
Principal

**Ms. Harpreet Kaur**  
[Resource Person]

**Prof. Sadhna Jain**  
[TIC (Home Science)]

**Anushka Saha**  
[Student Coordinator, HDFE, Sem. IV]

**Prof. Reema Lamba**  
[DIC, HDFE]

**Nisha Gaur**  
[Student Coordinator, HDFE, Sem. IV]







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### Exposure visit of students of VI visited Upasana





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*Upasana-meaning “Tapasya”. Upasana is a “Home away from Home”, where there is no discrimination and no age factor. Upasana is the venture of Mrs. Shilpa Arora, a special educator, working first at the post of a special educator. Upasana Special School Opp. Bank of Baroda, Main Kanjhawala Road - Delhi*

*They have 98 students with varied special needs in Upasana*

*Here at Upasana besides providing a child with special education, speech therapy, physiotherapy, behavioral therapy, music therapy, dance & yoga we also have provision for vocational training. There is a sheltered workshop where children make handicrafts and decorative items like Pen stands, Vases, Piggy Banks, Shagun envelopes, Wrapping papers & Greeting cards. The older children also make snacks like Mathi, Namak Para, Mixture & Ladoos. Here everybody is given an opportunity to do some work to make them feel wanted. Appreciation is very important and with that to be rewarded, both act as positive reinforces & mood elevators. So this school is doing a lot for children with disability and we should join them in their venture to make the world a better place for children with disability, where they are accepted for what they are.*



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### Participation in G-20 Activities



*With the inspiration and innovative ideas under the very able leadership of Prof. Mamta Sharma, today, the Department of Human Development and Family Empowerment celebrated an event on the theme, ' Preschoolers: The Champions of*





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*Environment' under the co-ordinatorship of Prof Sadhna Jain as a part of G- 20 activities and our commitment to the core values of the theme. The department showcased innovative pedagogy to inculcate the values of 'One Planet, One Family and One Future' among students of the paper 'Principles and Perspectives on Early Childcare and Education'. Theme-based activities like:*

*Dramatization, Nukkad Natak, Rhyme recitation, and many more activities were organized to generate awareness and instill values to save trees, the harm of plastic usage, and the importance of millet by the student teachers the course for preschoolers. The whole auditorium was decorated using the principles of reuse, recycle and reduce.*

*The samplings of different millets like jawar, bajra, ragi, etc were grown and gifted to students to generate awareness about the potential of millets in reducing the triple burden of malnutrition and their role in maintaining the environment. The guests were served with yumilicious savory flavored 'Sattu'- a highly famous drink of summer in ancient years with thandi tasir but now on the verge of extinction was*





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*served to guests which were highly relished by them and revived nostalgic memories. The students transplanted the saplings of millets in the college herbal garden as a symbol of the importance of plantation and millets.*

*The souvenirs given to guests were also made from recycled material. The students decorated the pot with traditional Warli Art. The department worked tirelessly to make it a successful event. Everyone highly appreciated the programme.*





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### *Instagram link:-*

- <https://www.instagram.com/reel/CrRC0j4BT8P/?igshid=MDJmNzVkMjY=>  
G-20 SUMMIT EVENT (PRESCHOOLER: THE CHAMPION OF ENVIRONMENT)
- <https://www.instagram.com/reel/CrRGoaDBc-e/?igshid=MDJmNzVkMjY=>  
GLIMPSE OF THE EVENT
- <https://www.instagram.com/p/CrQ0jVWhruR/?igshid=MDJmNzVkMjY=>  
GANDESH VANDANA



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- <https://www.instagram.com/p/CrQ1XtdhDY2/?igshid=MDJmNzVkMjY=>  
SOME GLIMPSE OF OUR NUKKAD NATAK
- <https://www.instagram.com/p/CrQ1wKFheFk/?igshid=MDJmNzVkMjY=>  
BHARATNATYM DANCE
- <https://www.instagram.com/p/CrQ3o2gBGM-/?igshid=MDJmNzVkMjY=>  
BEKHAUFF DANCE
- <https://www.instagram.com/p/CrQ48Ylhna9/?igshid=MDJmNzVkMjY=>  
TIK- TIK DANCE

### **Art and Craft Workshop on Save Environment: Convert Trash into Treasure**

*Department of Human Development and Family Empowerment under the guidance of Prof Sadhna Jain organized two days of ART and CRAFT Workshop on the theme 'Save Environment - Covert Trash into Treasure' on 11<sup>th</sup> and 12<sup>th</sup> April 2023. Ms Harpreet Kaur conducted the workshop. This workshop has been organized in the context of the*





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*Presidency of India for G-20 Summit with the motto “**One Earth, One Family, One Future**” (Vasudhaiva Kutumbakam).*

*The students of 2<sup>nd</sup> year (4<sup>th</sup> Semester) of the Human Development and Family Empowerment (HDFE) department are studying a paper on ‘Principles and Perspectives on Early Childhood Care Education (ECCE)’ in which they learn to develop learning aids for all-round development of the children who are in the age group of 0-6 years. The workshop was organized with the aim of instilling values of saving the environment among preschoolers from the very beginning as these are the formative years of one’s life. The student teachers were sensitized about the kind of activities they can conduct to achieve the above goals.*

*From the workshop, the students learnt how to make preschoolers aware of getting beautiful things made from trash with environment-friendly techniques.*

- *The students converted the ‘trash’ into ‘treasure’ by making the following items:*



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- a) *Pencil holders, small pots for indoor plants from waste plastic bottles, and then covered with jute.*
- b) *Hut from broom fur and sticks.*
- c) *Wall hangings like birds, butterflies, etc. from colored sheets.*
- d) *Masks out of paper plates to be used for storytelling sessions.*
- e) *Animals and birds like rats, elephants, butterflies, etc from fallen leaves/ dry leaves*
- f) *Make various items from jute also.*

*The workshop ended with a vote of thanks to Smt. Harpreet Kaur by Prof. Sadhna Jain.*



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DEPARTMENT OF HUMAN DEVELOPMENT & FAMILY EMPOWERMENT  
[Home Science]

**G20** Azadi Ka Amrit Mahotsav  
भारत 2023 INDIA

Invites you for **CRAFT** Workshop

*Save Environment:  
Convert Trash into Treasure*

Date: 11th & 12th April, 2023  
Time: - 10:00 am onwards  
Venue: HDFE Lab (Room no. 49)

**Prof. Mamta Sharma**  
Principal

**Prof. Pooja Khanna**  
Nodal Officer, G-20

**Prof. Sadhna Jain**  
[Workshop Co-ordinator and TIC (Home Science)]

**Prof. Reema Lamba**  
[DIC, HDFE]

**Ms. Harpreet Kaur**  
[Resource Person]

**Anushka Saha**  
[Student Coordinator, HDFE, Sem. IV]

**Nisha Gaur**  
[Student Coordinator, HDFE, Sem. IV]







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### Online Interactive Workshop on Gender and Environment

*An online interactive workshop on Gender and Environment was organized to sensitize students about the role of gender in protecting the environment. Ms Shubhika, Founder and CEO of FIFE, an Organisation that is working to eliminate gender-based discrimination and violence was invited to conduct the workshop. She is a facilitator, writer, professor, storyteller, social worker, and filmmaker. She has also been teaching Gender and Film Making in various colleges at Delhi University.*

*Through the workshop, the students were sensitized about gender-responsive climate action, gender mainstreaming in climate projects, and challenges to gender-responsive climate action. The workshop also discussed the small steps which can be taken by the students in reducing global warming, and air and soil pollution. The workshop ended with vote of thanks to the resource person*





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[Home Science]

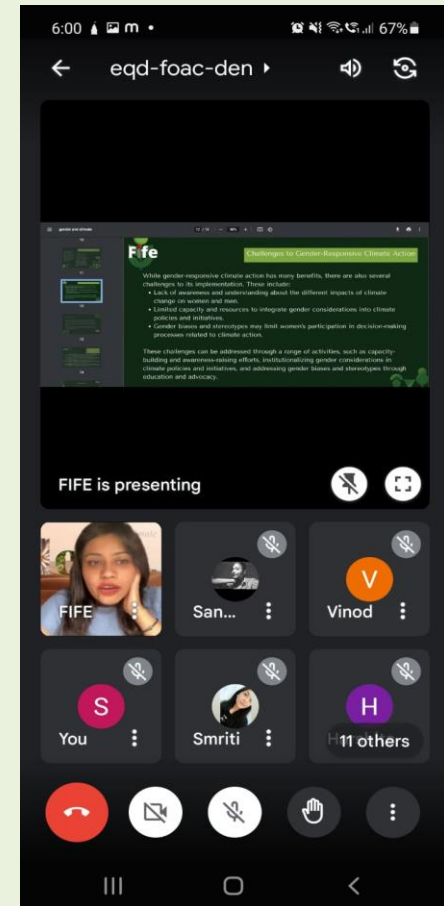
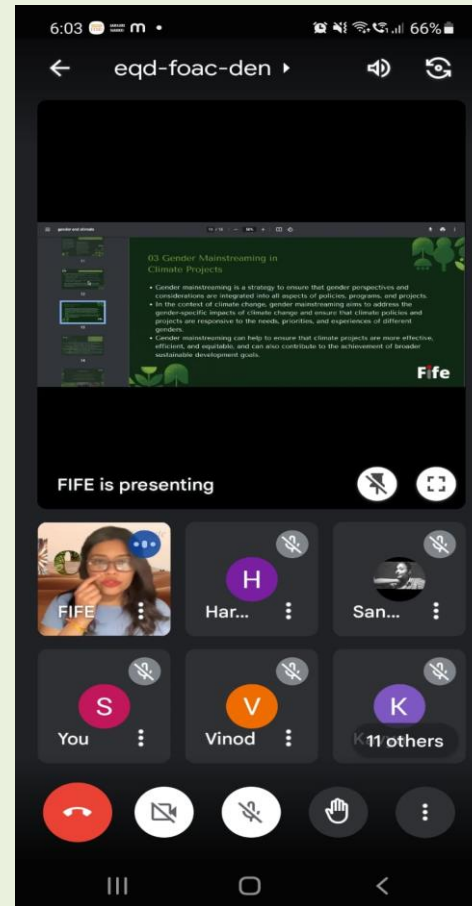
**G20** 2023 INDIA **75** Azadi Ka Amrit Mahotsav

**Online Interactive Session  
on  
'Gender and Environment'**

Date: April 24, 2023; Day: Monday  
Time: - 5.00pm to 6.00pm  
Platform: Google Meet  
Link: <https://meet.google.com/eqd-foac-den>

**Resource Person:**  
Ms. Shubhika  
[Founder and CEO- FIFE]

 Prof. Mamta Sharma Principal	 Prof. Pooja Khanna Nodal Officer, G-20
 Prof. Sadhna Jain [Session Co-ordinator and TIC (Home Science)]	 Anushka Saha [Student Coordinator, HDFE, Sem. IV]
 Prof. Reema Lamba [DIC, HDFE]	 Nisha Gaur [Student Coordinator, HDFE, Sem. IV]

### *Interactive workshop on Gender and Environment*



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### Farewell Get-Together

*Mrs. Santosh Dabas dedicated 24 years of her life to Aditi Mahavidyalaya, HDFE Laboratory. She superannuated in October'22. The Department of Home Science organised a farewell get-together for thanking her for her services and blessing her for the wonderful life ahead*



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***FAREWELL CEREMONY OF MRS. SANTOSH DABAS***



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AND FAMILY EMPOWERMENT (HDFE)**



## sसाहित्यिक कोना

*HDFE students recited poems which were either written by composed by them or someone else*

प्रणाम, मैं भी वही हूँ  
जो आप है, मां भारती की संतान  
आप की तरह मेरी शिराओं में भी तपस्वियों का तेज भरा है।

आज अपना परिचय इसलिए दे रहा हूँ क्योंकि प्रणाम करके परिचय देना हम भारतवासियों की परंपरा है।

भारत, मैं उस भारत से आता हूँ, जिसके होठों पे गंगा और हाथों में तिरंगा है। वो भारत जो कभी सत्यम् शिवम् सुंदरम् कभी वंदे मातरम और कभी पंजाब, सिंध, गुजरात, मराठा, द्राविड़ उत्कल बंगा है।

मैं उस भारत से आता हूँ, जो ठुकराए हुए लोगों की शरण स्थली बन जाता है और सात समंदर पार परदेसियों को भी सिस्टरस एंड ब्रदरस कहकर बुलाता है।

मैं उस भारत से आता हूँ, जिसने विश्व को हितोपदेश और कर्मयोग सिखाया लेकिन खुद कभी अपना पराया नहीं सीख पाया।

वसुधैव कुटुम्बकम् के सिद्धांत पर जिया मेरा भारत वो नीलकण्ठ है, जिसने खुद विष पी के दूसरों को अमृत दान किया।

मेरा भारत कर्मण्येवाधिकारस्ते गाता है, तीनों लोकों का स्वामी होके भी माखन चुराता है और महाअवतार होके भी मां के हाथों मार खाता है।



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मैं गौतम के भारत से आता हूं, जहां जनहित के लिए एक राष्ट्र पुत्र संन्यासी हो जाता है।

मैं राम के भारत से आता हूं, जहां पिता की एक बात पर बेटा सिंघासन त्यागकर वनवासी हो जाता है।

मैं उस भारत से आता हूं, जो स्त्री को उसके स्वाभिमान से पहचानता है, एक कुंवारी मां को महासती कुन्ती के नाम से जानता है और पांच पतियों वाली द्रौपदी को देवी मानता है।

मेरा भारत आकाश सा बलवान है, फिर भी धरती सा धैर्यवान है।

मेरा भारत प्रेम का पुण्यलोक, अहिंसा का जन्मस्थान है लेकिन नारी का अनादर हो जाए तो हमारा बच्चा बच्चा हनुमान है।

पढ़ो हमारा इतिहास, जो हमारे मस्तक पर छपा है एक दुशासन ने हमारी बेटा का आंचल खींच लिया, हमने सौ भाइयों की चिता जला दी। एक रावण ने हमारी मां का हरण किया हमने पूरे राक्षस कुल की लंका लगा दी।

मैं उस भारत से आता हूं जो ना कभी रुका, ना झुका, ना डरा है

मैं उस भारत से आता हूं जो वीरता की वसुन्धरा है

मैं उस भारत से आता हूं जो शांति का पहला शंखनाद और मानवता का अंतिम आसरा है।

आज अपना परिचय इसलिए दिया क्योंकि प्रणाम करके परिचय देना हम भारतवासियों की परंपरा है।

भारत, मैं उस भारत से आता हूं, जिसके होठों पे गंगा और हाथों में तिरंगा है। वो भारत जो कभी सत्यम् शिवम् सुंदरम् कभी वंदे मातरम् और कभी पंजाब, सिंध, गुजरात, मराठा, द्राविड़ उत्कल बंगा है।





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वसुधैव कुटुम्बकम् के सिद्धांत पर जिया मेरा भारत वो नीलकण्ठ है, जिसने खुद विष पी के दूसरों को अमृत दान किया।

मेरा भारत कर्मण्येवाधिकारस्ते गाता है, तीनों लोकों का स्वामी होके भी माखन चुराता है और महाअवतार होके भी मां के हाथों मार खाता है।

मैं गौतम के भारत से आता हूं, जहां जनहित के लिए एक राष्ट्र पुत्र संन्यासी हो जाता है।

मैं राम के भारत से आता हूं, जहां पिता की एक बात पर बेटा सिंघासन त्यागकर वनवासी हो जाता है।

मैं उस भारत से आता हूं, जो स्त्री को उसके स्वाभिमान से पहचानता है, एक कुंवारी मां को महासती कुन्ती के नाम से जानता है और पांच पतियों वाली द्रौपदी को देवी मानता है।

मेरा भारत आकाश सा बलवान है, फिर भी धरती सा धैर्यवान है।

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पढ़ो हमारा इतिहास, जो हमारे मस्तक पर छपा है एक दुशासन ने हमारी बेटा का आंचल खींच लिया, हमने सौ भाइयों की चिता जला दी। एक रावण ने हमारी मां का हरण किया हमने पूरे राक्षस कुल की लंका लगा दी।



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मैं उस भारत से आता हूँ जो ना कभी रुका, ना झुका, ना डरा है  
मैं उस भारत से आता हूँ जो वीरता की वसुन्धरा है  
मैं उस भारत से आता हूँ जो शांति का पहला शंखनाद और मानवता का अंतिम आसरा है।

आज अपना परिचय इसलिए दिया क्योंकि प्रणाम करके परिचय देना हम भारतवासियों की परंपरा है।

- अदिति गुप्ता (प्रथम वर्ष) (लेखक - मनोज मुंतशिर)

मेरा भारत मेरी शान  
तिरंगा जिसकी पहचान है  
उसको मेरा सलाम है  
भारत इसका नाम है  
देश है यह बलिदानों का  
देश है यह जवानों का



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इस देश की रक्षा हम करेगे  
किसी भी दुश्मन से नहीं डरेगे  
भारत इसका नाम है  
मेरा भारत मेरी शान

- साक्षी (द्वितीय वर्ष) (यूट्यूब के माध्यम से)

देश हमारा बड़ा महान, हिमालय है इसकी शान  
देश हमारा बड़ा महान, हिमालय है इसकी शान  
तिरंगा है हमारा मान, मिलकर रखे हम सम्मान,  
हिंदू मुस्लिम सिख इसाई, सभी यहाँ है भाई भाई,  
कश्मीर से कन्याकुमारी, अलग अलग है बोली हमारी,

देश हमारा बड़ा प्यारा, हम सब में है भाई चारा, देश हमारा बड़ा ही न्यारा, वंदे मातरम नारा हमारा





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देश हमारा बड़ा प्यारा, हम सब में है भाई चारा, देश हमारा बड़ा ही न्यारा, वंदे मातरम नारा हमारा  
देश हमारा बड़ा प्यारा, हिमालय है हमारी शान  
देश हमारा बड़ा प्यारा, हिमालय है हमारी शान  
-रिया (द्वितीय वर्ष) (यूट्यूब के माध्यम से)

देश मेरे देश...

देश मेरे देश, तेरा कितना प्यारा नाम हैं,

हमें गर्व हैं तुझ पर तेरे झंडे को सलाम हैं।

तीन रंगों से सजा तिरंगा सफेद, हरा और केशरीया,

सफेद 'शांति', हरा 'खुशहाली', केशरीया 'बलिदान' हैं।

देश मेरे देश,

तेरा कितना प्यारा नाम हैं।

अनेकता में एकता (2)



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भारत की विशेषता (2),

सुबह यहां की सदा नयी ,नयी यहां हर शाम हैं

देश मेरे देश, तेरा कितना प्यारा नाम हैं,

हमें गर्व हैं तुझ पर तेरे झंडे को सलाम है।

- स्मृति सिंह (द्वितीय वर्ष) (यूट्यूब के माध्यम से)

## ARTISTIC CORNER

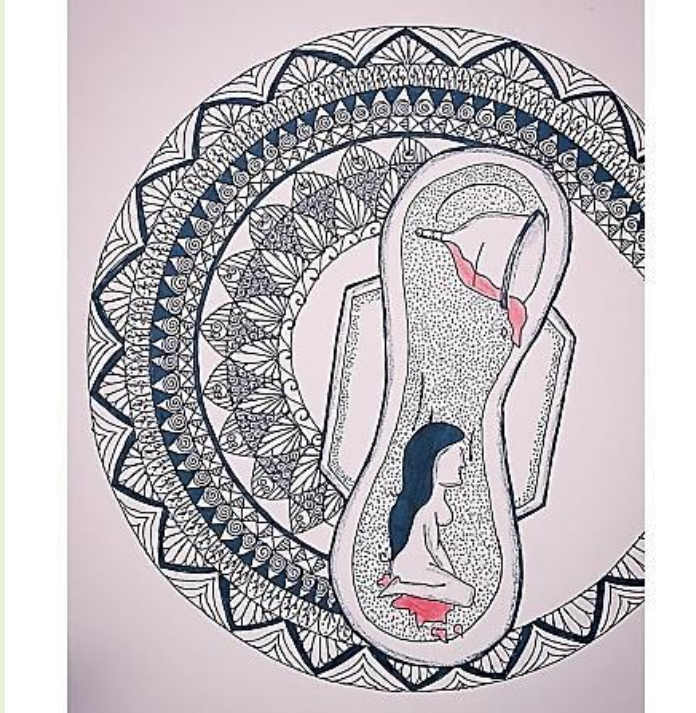
*CANVAS, MANDALA ART, POSTRS MADE BY ANUSHKA S, (II YEAR).*



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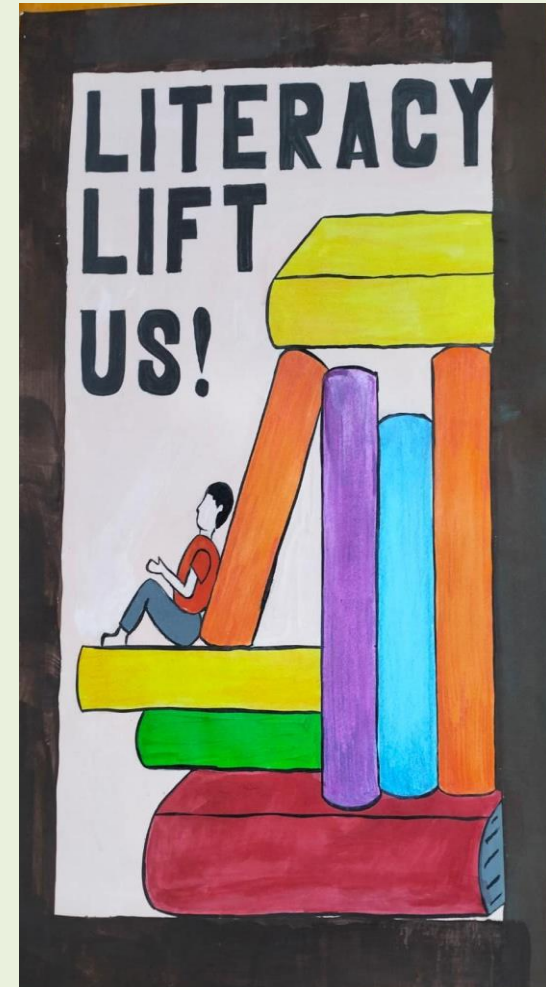




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