

## **Activities conducted by the Department of HDFE during 2023-2024**

### **1. Orientation Programme for HDFE Semester 5 (August, 2023)**

Prof. Sadhna Jain explained the syllabus in the orientation program. She also discussed the activities to be conducted as part of the practicum in semester 5. She discussed the practical files and all the related topics to the syllabus.

No. of students: 25

Teachers: 01

Non-Teaching staff: 01

### **2. Workshop on Suicide Prevention**

The Department of HDFE, Aditi Mahavidyalaya in collaboration with the Institute of Human Behavior and Allied Sciences - I.B.H.A.S. conducted a training program on 'Suicide Prevention Among Youth' to celebrate the closure week of Azadi ka Amrit Mahotsav on 16<sup>th</sup> August 2023. Eminent counsellors from I.B.H.A.S. Ms. Rashi Manaktala and Ms. Elica Anand were invited as resource persons to conduct the program. Principal of the college Prof. Mamta Sharma congratulated Prof. Sadhna Jain, Convener of the Skill Development Committee, and Prof. Manisha Wadhva, Nodal Officer 'Azadi ka Amrit Mahotsav' for this noble endeavor, and warmly welcomed the speakers as well as students for beginning the new academic session with such a sensitive discussion. Under her esteemed leadership, our college has always stood as a weapon for the all-round development of students to ensure their present and future well-being. She enlightened the students about 4 quotients that everyone ought to work on to achieve mental, physical, and social fitness. These were the Intelligence Quotient which represents the intellect of the students, Emotional Quotient representing their character, the Social Quotient which represents personal charisma and the Adversity Quotient, a new paradigm in self-development that ensures coming out of adverse situations without hampering the natural course of life. Citing example of the J.K. Rowling, she stressed that students to have an open-minded approach and a firm belief in themselves to achieve accomplishment. Prof. Sharma encouraged the students to dream and envision big, take utmost care of their health, and remain connected to their loved ones to have a fulfilling life. Ms. Elica an alumni of Aditi, expressed her happiness to come back to college now as a mentor of students and explained how the college had played a role in mentoring her path. The resource persons oriented students about the importance of physical and emotional

health, and that the two go hand in hand in making a complete individual. The students were explained about numerous disorders and neural challenges they or someone they know might be facing, and that their existence is more prevalent than we know. The first step in treating the patient is acceptance of the situation and believing that it is real and can be cured. They explained that lack of awareness of the mental disorders and societal stigma associated with them causes disease aggradation in many cases. Students were curious to know if they could help someone facing such a challenge and were happy to learn that they also could contribute towards well being of the patient even from a close distance. The relevance of the topic in today's youth can be seen in the increasing number of young self-acclaimed deaths, who are not able to face the adversities life throws with self-belief, and they give up on the beautiful gift 'life' that the creator has chosen for them. The session reached fruition with students' queries being efficiently answered by the esteemed resource persons with a promise to conduct such sessions soon for other students of the college too.

No. of students: 47-50

Teachers: 07

Non-Teaching staff: 03



**3. RCI approved Continuous Rehabilitation Education for Special Educators on Social Communication Disorders**

A Three-day National level Continuous Rehabilitation Education (CRE) approved by the Rehabilitation Council of India (RCI) has been organized by Aditi Mahavidyalaya in joint collaboration with IAHRW and Bharati College University of Delhi from 17.8.23-19.8.23 on Social Communication Disorders (SCD) with the inspiration of Prof Mamta Sharma. It was jointly organized by Aditi Mahavidyalaya, Bharati College Janakpuri, and the Indian Association of Health, Research, and Welfare. More than 300 participants from eight states attended it. Each day had two sessions.

Prof Mamta Sharma, Principal Aditi Mahavidyalaya addressed the esteemed gathering of professionals. She mentioned that the event not only showcases our commitment to understanding and addressing crucial challenges but also emphasizes the power of knowledge and collective efforts in shaping a more inclusive and empathetic society. She mentioned that while communication is the cornerstone of human relationships, for some, it can be a complex puzzle to decipher. People with SCD may experience difficulties in understanding and using verbal and nonverbal communication cues, which can include gestures, facial expressions, body language, and even tone of voice. She emphasized that as educators and responsible members of society, it becomes our duty to embrace and support those who grapple with Social Communication Disorders. We must strive to create an environment where understanding prevails over judgment, where patience triumphs over impatience, and where inclusivity is valued over exclusivity.

Prof Saloni Gupta, Principal of Bharati College mentioned while addressing the gathering that in a world that thrives on interconnectedness and communication, it is essential for us to recognize the challenges faced by individuals who experience Social Communication Disorder. She emphasized that by engaging in discussions, workshops, and sharing of experiences, we have the chance to reshape our perspectives and attitudes towards Social Communication Disorder.

The sessions were taken by eminent clinical psychologists, therapists, and special educators like Dr. Roma Kumar, Ms. Satinder Kaur Walia, Dr. Ashima Srivastava, Ms. Rashi Bijlani-Dance Movement Therapy, Ms. Sonam Sachdeva, and Dr. Archana Sharma. The eminent speakers delve into its etiology, diagnosis, characteristics, role of dance movement therapy, evidence-based interventions, and the role of parents, practitioners, and special educators in Social Communication Disorders.

Prof Sharma, in the valedictory session, emphasized the need to create a more empathetic and effective learning environment, ensuring a brighter future for individuals affected by SCD by

tailoring interventions to individual needs in their work settings through the learnings imbibed by the CRE.

Dr Sonia Kaushik on behalf of Prof Saloni Gupta, Principal Bharati College, wished all success to the participants and expected each participant to take the learnings to their workplace and execute it for the betterment of mankind.




The CRE was coordinated by the teachers of Aditi Mahavidyalaya and Bharati College namely Prof Sadhna Jain, Prof Nidhi Goel, and Dr Sonia Kaushik. The workshop was a great success

No. of Participants: 300

Teachers: 07

Non-Teaching staff: 05-08



**3 Days Offline National Level CRE Workshop on Social Communication Disorders (SCD)**  
 CRE Status by Rehabilitation Council of India, New Delhi  
 August 17-19, 2023  
 Venue: Seminar Hall, Bharati College, Janakpuri, New Delhi  
*Organized by*  
 Iahavidyalaya, Delhi (Prof. Saloni G)      Bharati College, Janakpuri, Delhi (Prof. Saloni G)  
 Indian Association of Health Research and Welfare (IAHRW)  
 Contact: Mr. Suresh Rathod (94217-74280), Mr. Tushar Bhalerao (97)



#### **4. Participation of the HDFE Department in the G-20 Event sponsored by the Delhi University Culture Council**

The students of HDFE showcased their talents by participating in traditional folk dance, reel making, poster making, and slogan writing competitions. A few students also worked as volunteers during the event. Prof Sadhna Jain was the Nodal Officer of the event. The event was held on 18.10.23 at Shaheed Sukhdev College of Business Studies. Aditi Mahavidyalaya was the Nodal Centre for the program. Swami Shradhhanand College was co-opted along with SSBSC. Italy- one of the countries under the G-20 was assigned as the guest country.

#### **5. Participation of HDFE Students in NAAC**

Students of HDFE volunteered to beautify the college premises for NAAC. They did Warli Art, Mandala Art etc on selected walls of the college, pots, paper plates, etc. They prepared teaching-learning material for preschoolers, posters related to people with disability etc to be displayed at the time of the NAAC Visit

#### **6. Poster making on Disability**

The HDFE students of Semester 6 made posters on Strengths and Issues of Children with Special needs as part of their practicum work

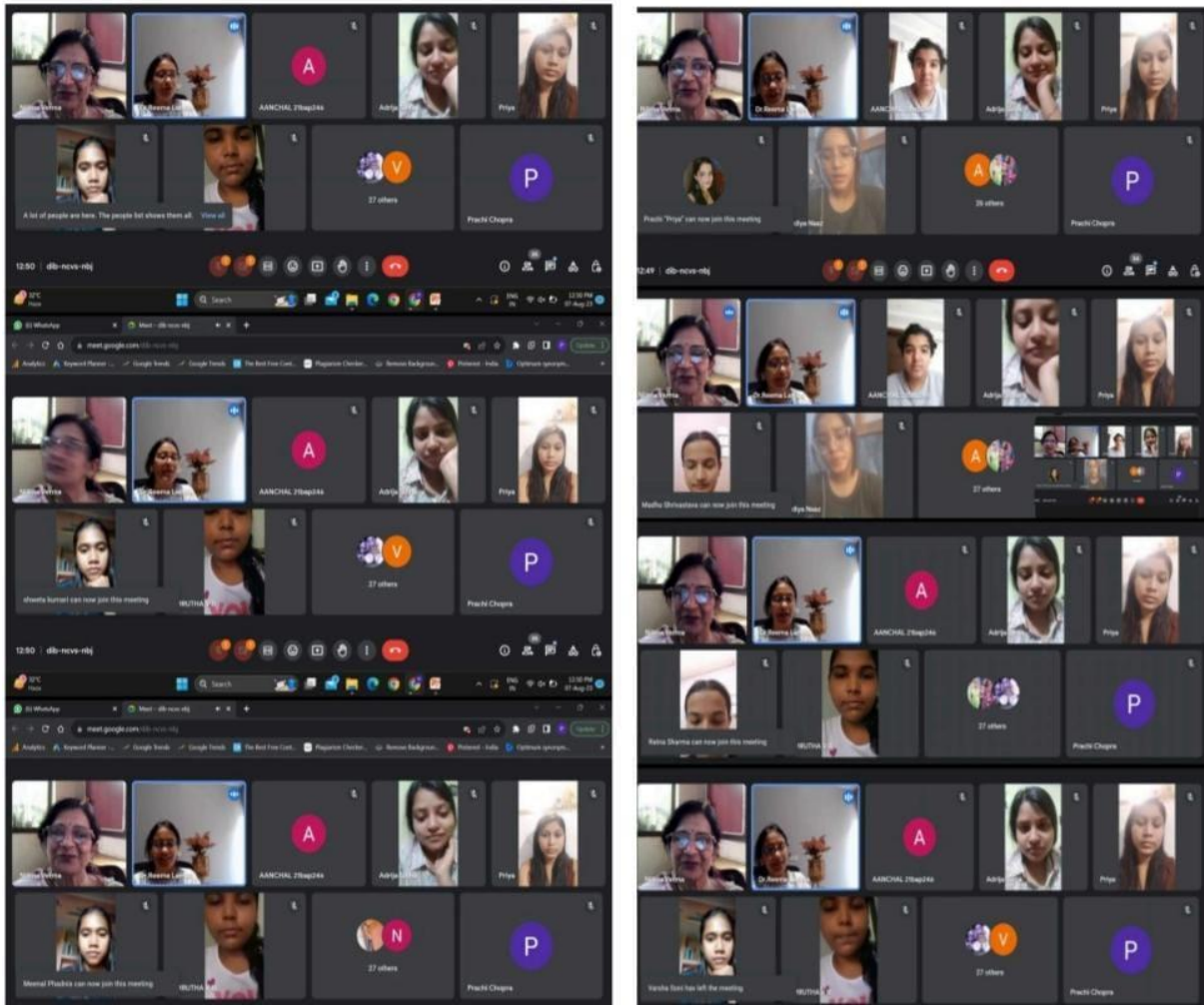
#### **7. Compilation of newspaper Clippings on Disability/People with Disabilities**

The HDFE students of Semester 6 compiled newspaper clippings related to disability/people with disabilities as part of their practicum work

#### **8. Talk on “BREASTFEEDING: RESPONSIBLE PARENTING” (07.08.2023)**

Resource Person: Dr. Nilima Varma’s

The online session celebrating Breastfeeding Week 2023 was a valuable opportunity for student attendees to gain insights into the importance of breastfeeding. Through engaging discussions and expert guidance, students learned about the numerous health benefits for both infants and mothers. The session emphasized practical strategies to overcome challenges and highlighted the vital role of a supportive community in promoting successful breastfeeding journeys. Dr. Nilima Varma’s expertise provided invaluable guidance, boosting confidence and inspiring students to contribute positively.



## 9. Webinar on Developmental Orthopaedic Disability: Necessity of Early Intervention

Resource Person: Ms Superna Gupta, Associate Professor, SPM College, University of Delhi

Date: 07<sup>th</sup> April, 2024

Ms. Gupta delved into the intricate facets of orthopedic impairments, particularly emphasizing the significance of early intervention strategies tailored for children with developmental delays. The discourse extensively covered clubfoot, delineating its manifestation as a common birth defect affecting foot muscles and bones. Ms. Gupta expounded on various treatment modalities, including corrective measures such as casting, bracing, and, in severe cases, minor surgical intervention. Before and after Videos PPTs of the children suffering from club foot were shown which kept the students engrossed. The participants were engaged in a dynamic discussion, raising pertinent queries regarding the causes of clubfoot and the effectiveness of preventive measures. Prof. Sadhna Jain concluded



the session with heartfelt gratitude to Ms. Gupta for her invaluable insights and expertise in the field.

No of students: 25

No. of teachers: 03

**ADITI MAHAVIDYALAYA**  
(University of Delhi)  
Department of Human Development And Family Empowerment  
Invites For An Online Talk On  
**'DEVELOPMENTAL ORTHOPAEDIC DISABILITY :  
NECESSITY OF EARLY INTERVENTION'**  
*By- Ms. Superna Gupta*  
Associate Professor  
SPM College. ( University of Delhi)  
Date :- 7th April' 2024  
Time :- 3 PM onwards  
On Google Meet  
Professor Mamta Sharma  
Principal  
Aditi mahavidyalaya  
Professor Sadhna Jain  
Teacher In-Charge HDFE and  
Programme Coordinator  
Professor Reema Lamba  
HDFE Faculty  
Student coordinators -  
Anushka Saha  
Nikita Sharma  
For any query contact  
#8929274641

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## 10. Talk on Turning Pressure into Performance: The Art of Exam Zen-Unlock your Exam Excellence

Resource Person: Ms Pooja Sharma

Date: 09<sup>th</sup> April, 2024

Ms. Sharma adeptly guided attendees in transforming exam stress into productive energy, emphasizing the cultivation of a calm and focused mindset. Her insights explored techniques to manage anxiety, enhance concentration, and optimize study habits, empowering students to navigate exams with confidence and proficiency. Participants gleaned valuable strategies for achieving academic success while maintaining well-being. The session provided a holistic approach to exam preparation, enriching students' understanding of achieving excellence under pressure.

No. of Students: 50

Teachers: 03

Non-Teaching Staff: 01



**ADITI MAHAVIDYALAYA**  
(UNIVERSITY OF DELHI)



### SKILL DEVELOPMENT COMMITTEE

IN COLLABORATION WITH

### HDFE DEPARTMENT

*presents a seminar on*

**Turning Pressure into Performance: The Art of Exam Zen  
Unlock Your Exam Excellence!**



**Guest Speaker**  
**Ms. Pooja Sharma**  
Psychologist

**09 April 2024 (Tuesday)**

**02:30 PM**

PRINCIPAL  
Prof. Mamta sharma

CONVENER  
Prof. Sadhna Jain

CO-CONVENER  
Dr. Baldev Gulati



## 11. Webinar on Handling Specific Learning Disabilities

Resource person: Ms Mukta Jatkar, A registered Special Educator

Date: 14<sup>th</sup> April, 2024

Mrs Jatkar explained that Specific Learning Disabilities (SLDs) are neurological disorders affecting information processing. Dyslexia, dysgraphia, and dyscalculia are common types. Causes include genetic predisposition, brain developmental differences, environmental factors like prenatal exposure, and inadequate educational experiences. Early intervention and personalized support are crucial for managing SLDs effectively. Ms. Jatkar's expertise illuminated various strategies and interventions tailored for addressing specific learning disabilities (SLDs) among students. With a wealth of experience in the field, she provided nuanced insights into the identification, assessment, and support mechanisms essential for effectively managing SLDs in educational settings. Participants gained valuable knowledge on recognizing common SLDs such as dyslexia, dyscalculia, and dysgraphia, along with practical strategies to mitigate their impact on academic performance.



## 12. Webinar on How to Prepare for Competitive Exams after Graduation

Resource Person: Dr Santosh Yadav, Assistant Professor, Aditi Mahavidyalaya

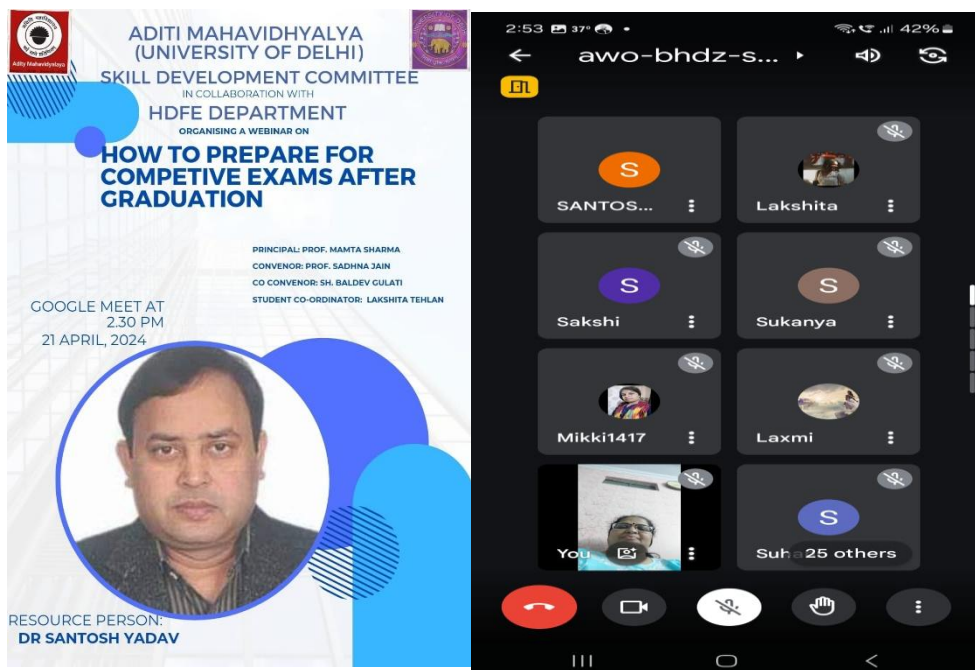
Date: 21.4.24

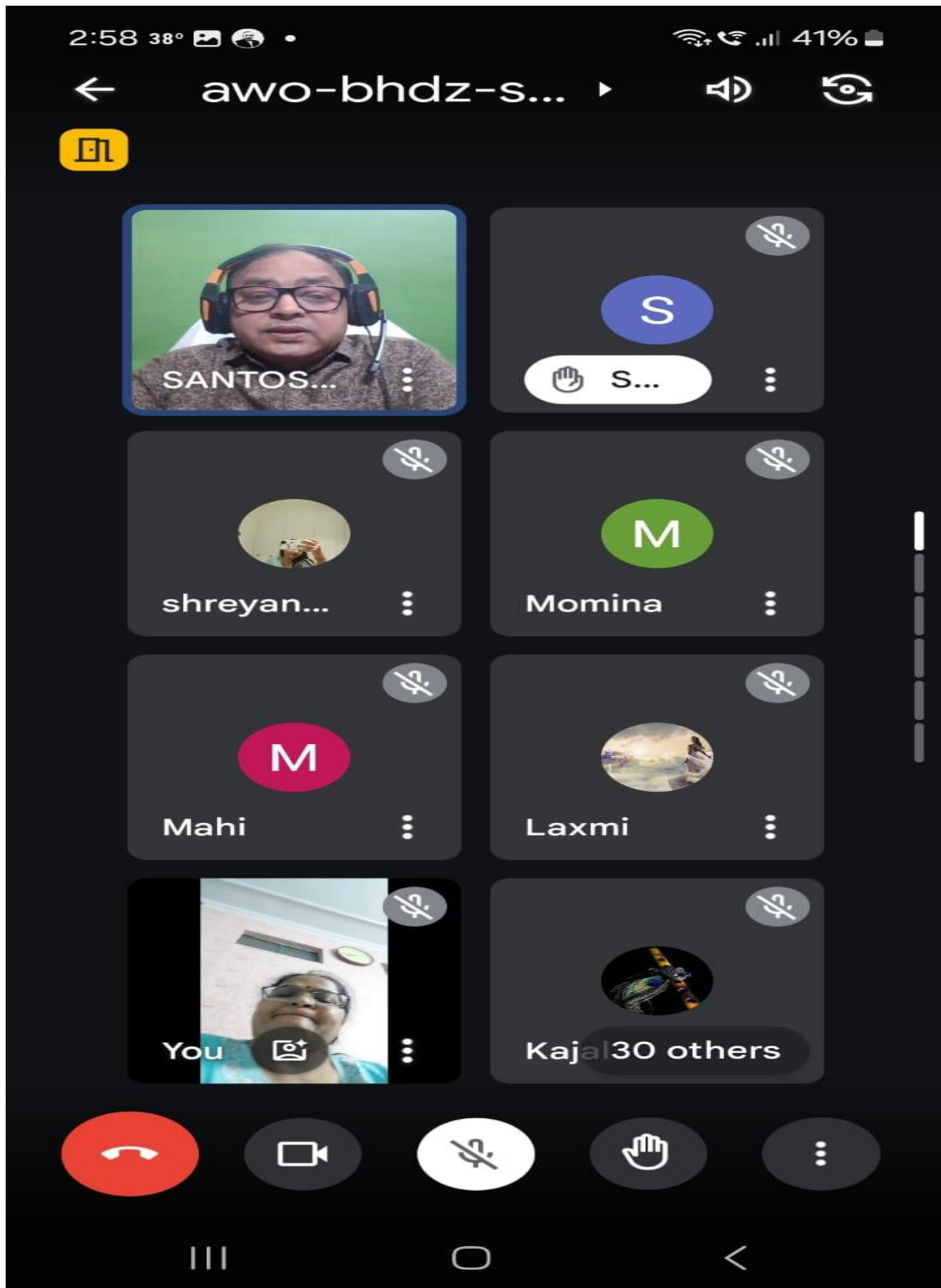
Dr. Yadav, a seasoned educator and mentor, provided invaluable insights and strategies for graduates aspiring to excel in competitive examinations across various fields. The webinar commenced with Dr. Yadav's elucidation on the significance of competitive exams in shaping

career trajectories. He emphasized the importance of meticulous planning, strategic preparation, and effective time management as foundational pillars for success in competitive examinations. Dr. Yadav navigated attendees through a comprehensive roadmap for exam preparation, encompassing a range of competitive exams including civil services, banking, management, and specialized professional courses. Drawing from his extensive experience, he outlined the distinctive features and examination patterns of each domain, guiding participants on the selection of suitable exams aligned with their career goals and strengths.

Throughout the session, Dr. Yadav underscored the significance of building a robust study schedule tailored to individual learning styles and preferences. He elaborated on the importance of accessing high-quality study materials, leveraging technology-enabled learning platforms, and engaging in regular self-assessment to gauge progress and identify areas for improvement.

Furthermore, Dr. Yadav delved into effective exam-taking strategies, including mastering time management techniques, developing strong analytical and problem-solving skills, and cultivating a positive mindset to navigate the challenges posed by competitive examinations with confidence and composure. The webinar fostered an interactive environment, allowing participants to seek clarifications, share experiences, and glean insights from Dr. Yadav's expertise.





13. Visit to ECCE Centre by students of Sem 4 on 20-21<sup>st</sup> April 2024

The visit aimed to provide firsthand insights into early child care programs and their significance in child development.

During the visit, students engaged in immersive experiences, observing the functioning and interactions within the ECCE Centre. They had the opportunity to witness various activities designed to nurture the holistic development of young children. the visit provided students with a deeper understanding of the importance of early intervention and support in laying the foundation for lifelong learning and development. They learned about the role of ECCE Centres in promoting holistic growth, including physical, cognitive, emotional, and social domains, during the crucial early years of a child's life. Through interactive sessions and discussions with educators and caregivers, students also explored the challenges and best practices in early childcare programs, gaining valuable perspectives on the evolving landscape of early childhood education.



**Activities to be held in April-May, 2024**

14. Visit to Vision Special School by students of Semester 6 in April 2024
15. A seminar was conducted by the students of Human Development and Family Empowerment with the inspiration of Prof Mamta Sharma, Principal Aditi Mahavidyalaya, and Prof Sadhna Jain, Teacher Incharge HDFE and the Event Co-ordinator. Prof Kusum Gupta, Director, Vision Institute of Advanced Studies in Special Education delivered the talk on 'Importance of Early Detection and Intervention Cross Disabilities. The interactive talk was very informative and enriching.
16. Another talk was delivered by Mr Baldev Gulati, Assistant Prof. Social Work on 'Career Opportunities in Special Education'. He put forth many innovative arenas like career opportunities in Community Based Rehabilitation, Disability Tourism, etc. He also mentioned that with the awareness and availability of opportunities for people with disabilities, many PwDs are turning into taxpayers and not tax consumers. The eminent speakers were felicitated by Prof Mamta Sharma. She also expressed the desire to work collaboratively with Vision Institute to bring many more positive outcomes in the field of Disability Studies.  
  
Prof Mamta Sharma also felicitated the meritorious students and distributed the 'Letter of Appreciation' to HDFE students. The students were on cloud nine. The students showed their infinite potential  
  
during the afternoon session through dance, drama, posters and slogans. Later, they expressed their gratitude to respected Principal mam for harnessing opportunities for the optimal development of the mind, body heart, head and hand and encouraging each one of them to have a growth mindset. Students also bid farewell to each other. A few glimpses of the same are shown through the pics.
17. Showcasing of the Skills and Talents acquired through HDFE by students of Sem 6 and Sem 4.











# Aditi Mahavidyalaya (University Of Delhi)

(Department of Human Development and  
Family Empowerment )



Cordially invites you for

## समर्थ'24

(Seminar on Awareness about People with Disabilities)

### **"Let's Our Lives Reflect The Infinite Abilities Within Us."**

On

**14th May '2024**

**Venue: College Reading Hall**

**Time : 10:30 am onwards**



**Prof. Mamta Sharma**  
( Principal )



**Prof. Sadhna Jain**  
( Teacher in-charge  
and Event Coordinator)



**Prof. Reema Lamba**  
( Faculty ,HDFE)



**Dr. Kusum Gupta**  
Principal,  
Vision Special School.



**Sh. Baldev Gulati**  
Assistant Professor,  
Social Work  
Department

### **STUDENT COORDINATORS**



**Anushka Saha**  
Sem VI



**Nikita Sharma**  
Sem VI







