

# **Report of Activities Conducted by the Department of Human Development and Family Empowerment (2024-2025)**

## **1. Gender Sensitization Webinar: Promoting Inclusivity and Equity**

**Date: 16th November 2024**

**Speaker: Ms. Shubhika, Co-Founder of FIFE**

**Event Coordinator: Prof. Sadhna Jain**

**Participants: Semester 6 HDFE Students**

The Department of Human Development and Family Empowerment (HDFE) successfully organised a webinar on Gender Sensitization titled "Promoting Inclusivity and Equity" on 16th November 2024. The event was coordinated by Prof. Sadhna Jain and attended by the enthusiastic students of Semester 6 (HDFE).

The keynote speaker, Ms. Shubhika, Co-Founder of FIFE, delivered a thought-provoking and interactive session focused on the importance of recognising gender as a spectrum, addressing stereotypes, and fostering inclusive practices in educational, social, and professional spaces.

Key highlights of the session included:

- Understanding gender identity, roles, and expressions
- Intersectionality and its impact on marginalized groups
- The role of language, media, and policy in shaping gender perceptions
- Practical ways to challenge bias and promote equity in daily life

The session was engaging, with students actively participating through questions and reflections. The talk empowered students to become advocates for gender justice and encouraged them to critically evaluate norms that perpetuate inequality.

The webinar concluded with a vote of thanks to Ms. Shubhika for her insightful address and to Prof. Sadhna Jain for her coordination and continuous support in promoting socially relevant learning.



**ADITI**  
**MAHAVIDYALAYA**  
(University Of Delhi)

**Department of Human  
Development and Family  
Empowerment**

Invites You All For A  
*Webinar on*

***GENDER  
SENSITIZATION***

**Promoting Inclusivity and Equity**

Resource person:

**Ms. Shubhika**

**(Co-Founder of FiFE)**



**PROF. Mamta Sharma**

**Principal, ADITI MAHAVIDYALAYA**

Date: 16 nov 2024

Time : 3pm

Venue: Google Meet

**PROF. SADHNA JAIN**  
(Event Coordinator and Faculty HDFE)

**PROF. REEMA LAMBA**  
Faculty Incharge of HDFE

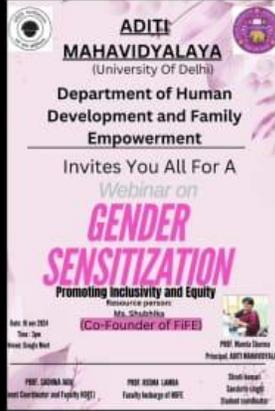
Shruti kumari  
Sanskriti singh<sup>1</sup>  
Student coordinator

15:08

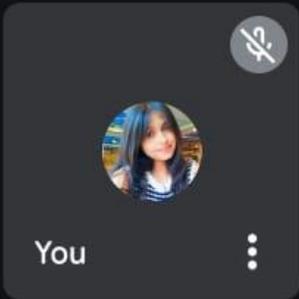
VoLTE 5G LTE 22%

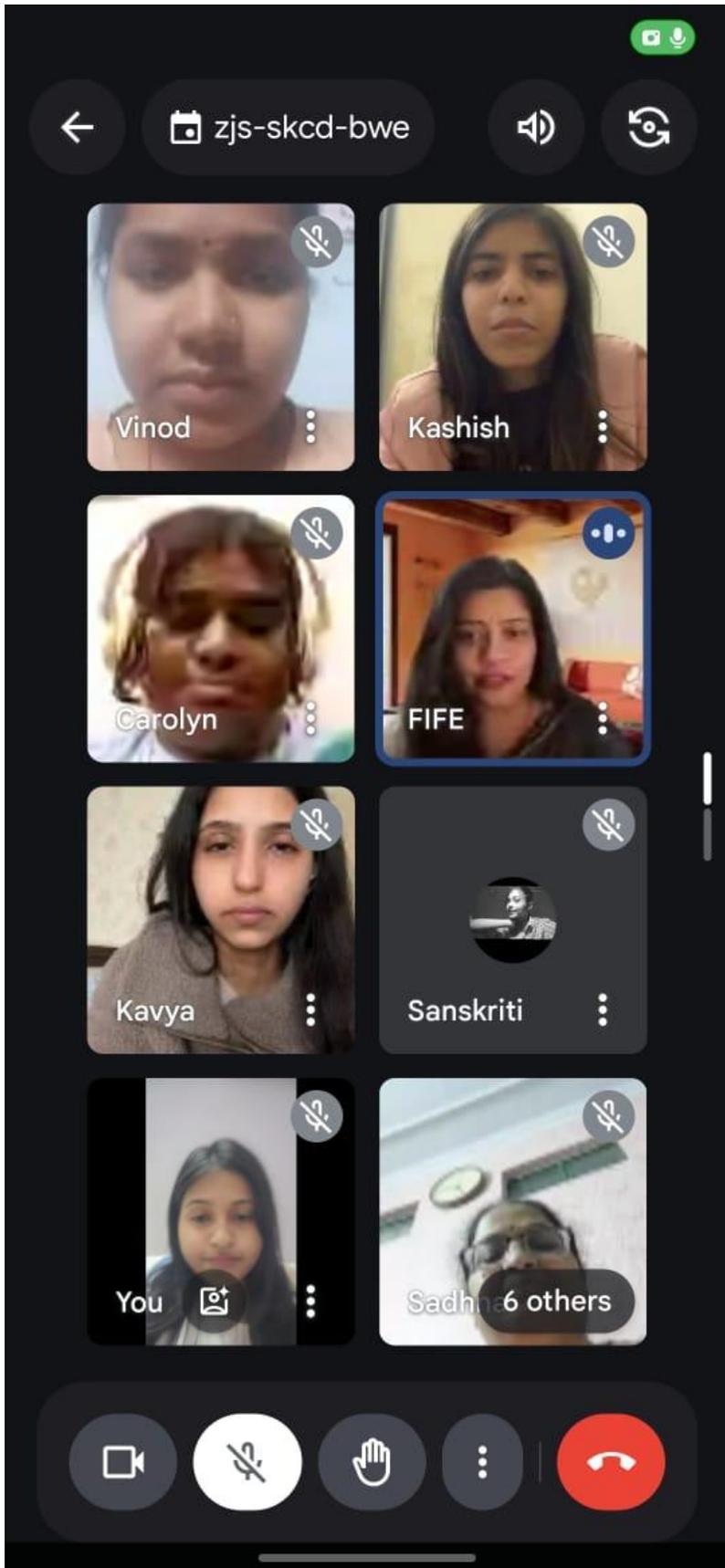


zjs-skcd-bwe



Sanskriti is presenting





## **2. Street Play**

### **Dreams Beyond Boundaries: Harnessing PM Vidyalakshmi"**

**Date: 18th November 2024**

**Performed by: Semester 6 HDFE Students**

**Event Coordinator: Prof. Sadhna Jain**

On 18th November 2024, the students of Semester 6, Human Development and Family Empowerment (HDFE) performed a powerful and engaging street play titled "Dreams Beyond Boundaries: Harnessing PM Vidyalakshmi" under the guidance of Prof. Sadhna Jain.

The performance aimed to raise awareness about the PM Vidyalakshmi scheme, a government initiative that enables students to access information on education loans and apply to multiple banks through a single window. Through energetic dramatization, impactful dialogues, and emotive storytelling, the play highlighted:

- The dreams and struggles of students from underprivileged backgrounds
- Barriers to higher education, especially for girls and marginalized groups
- The role of PM Vidyalakshmi in promoting equal access to financial support for education
- The importance of informed decision-making and institutional support

The street play was performed in the college premises. The performers received appreciation for their confident presentation and clarity in conveying a socially relevant message. This initiative served as both a learning experience and a platform for student advocacy, empowering participants to communicate policy-related information creatively and effectively. Prof. Sadhna Jain, as the event coordinator, played a pivotal role in guiding the students throughout the preparation and execution of the event.



# ADITI MAHAVIDYALAYA

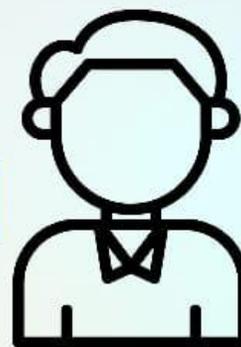
(UNIVERSITY OF DELHI)

DEPARTMENT OF HUMAN DEVELOPMENT AND  
FAMILY EMPOWERMENT

INVITES YOU ALL FOR A

**STREET PLAY**

**Dreams Beyond  
Boundaries**



**Harnessing PM Vidyalakshmi**

**DATE - 18 NOV. 2024**

**TIME - 1 PM**

**VENUE - HDFE LAB**



**PROF. MAMTA SHARMA**  
PRINCIPAL, ADITI MAHAVIDYALAYA

**PROF. SADHNA JAIN**  
Event Coordinator and Faculty HDFC

**PROF. REEMA LEMA**  
Faculty In-charge HDFC

**SANSKRITI SINGH**  
**SHRUTI KUMARI**  
Student Coordinators



**Street Play team**

### **3. Movie Screening and Review**

**Theme: Strengthening Women as Change Makers in Society**

**Date: 19th November 2024**

**Participants: Semester 6 HDFE Students**

**Event Coordinator: Prof. Sadhna Jain**

The Department of Human Development and Family Empowerment (HDFE) organized an insightful Bollywood Movie Screening and Review session on 19th November 2024, centered around the theme "Strengthening Women as Change Makers in Society." The activity was enthusiastically conducted by Semester 6 students under the mentorship of Prof. Sadhna Jain.

A selection of Bollywood films portraying strong, resilient female protagonists was screened and critically reviewed by the students. Films like:

- “Nil Battey Sannata” – portraying a mother’s determination to educate her daughter and break the cycle of poverty,

- “Gunjan Saxena: The Kargil Girl” – highlighting the journey of India’s first female air force pilot in combat,
- “Raazi” – showcasing courage and patriotism through the character of a young female spy,
- “Dangal” – illustrating female empowerment through sports, and the role of family in nurturing potential.

The above-mentioned Bollywood films and many other films served as powerful examples of how cinema can inspire change and challenge traditional gender roles.

Following the screenings, students engaged in a group-based review and discussion session where they analyzed:

- The representation of women as leaders, fighters, and agents of change
- Social barriers faced by female characters (patriarchy, lack of education, stereotypes)
- The importance of family and community support in shaping women’s success stories
- How such movies contribute to changing mindsets and promoting gender equality

The students reflected on real-life parallels, societal relevance, and how media can play a constructive role in shaping youth perspectives on women’s empowerment.

Prof. Sadhna Jain, the event coordinator, guided the students in selecting meaningful films, framing critical perspectives, and facilitating the discussion in a thought-provoking manner. Her encouragement helped students connect cinematic narratives with social realities and policy frameworks.

This creative academic engagement encouraged students to view cinema as a medium of social change. It strengthened their understanding of women's evolving roles in Indian society and motivated them to become advocates for gender justice in their communities.



# ADITI MAHAVIDYALAYA

## UNIVERSITY OF DELHI



Department of "Human Development and Family Empowerment"

Organises

## MOVIE SCREENING AND REVIEW

on the theme

*Strengthening Women as Change  
Makers in Society*



Prof. Mamta Sharma  
Principal,  
Aditi Mahavidyalaya

Date : 19th Nov , 2024  
Venue : HDFE Lab  
Time : 1 pm

Prof. Sadhna Jain  
( Event Coordinator and  
Faculty HDFE )

Prof. Reema Lamba  
( Faculty Incharge of HDFE )

Daradi Sarma  
Pooja Kushwaha  
( Student Coordinators )



# अदिति महाविद्यालय

(दिल्ली विश्वविद्यालय)



मानव विकास और परिवार सशक्तिकरण विभाग  
आयोजन

मानव विकास और परिवार सशक्तिकरण विभाग

## फिल्म स्क्रीनिंग और समीक्षा

विषय

### बाधाओं को तोड़ना: जोखिम में पड़े बच्चों को सशक्त बनाना

दिनांक : 19 नवंबर, 2024

स्थल : एचडीएफई लैब

समय : दोपहर 1 बजे

प्रो. साधना जैन  
(आयोजन समन्वयक और संकाय एचडीएफई)

प्रो. रीमा लांबा  
(एचडीएफई की संकाय प्रभारी)



प्रो. ममता शर्मा  
प्राचार्य  
अदिति महाविद्यालय

पूजा कुशवाहा  
दारदी शर्मा  
(छात्र समन्वयक)

#### 4. Sensitization Series

### **Making Aditi Mahavidyalaya Brighter, Accessible, and Inclusive: Crafting Pathways Towards Viksit Bharat**

#### **Enhancing Knowledge about Children with Disabilities**

##### **A. VISIT TO UDAAN SPECIAL SCHOOL**

**Date: 07.04.2025**

In alignment with the vision of **Viksit Bharat** and the pursuit of creating an inclusive academic environment, the Department of Human Development and Family Empowerment at Aditi Mahavidyalaya (University of Delhi), under the guidance of Prof. Sadhna Jain, organized an informative exposure visit to Udaan Special School. This was one of the activities of the sensitization series about enhancing knowledge about children with disabilities, as well as part of the HDPE 6th semester practical. The *Udaan Special School* is in Rohini, Delhi. The school is a collaborative initiative of **Tata Power Delhi Distribution Limited** and **Viklang Sahara Samiti Delhi (VSSD)**, aiming to empower differently-abled children by providing them with inclusive and specialized education.

During the visit, the students had the opportunity to observe the infrastructure, teaching methods, and the overall environment of the school. The school provides a vibrant and stimulating atmosphere for children with various disabilities. The classrooms were equipped with child-friendly and safe furniture, assistive devices, and educational materials suited to the needs of the children.

The students interacted with the special educators, who shared their experiences and the strategies they use to engage children in learning. Their patience, compassion, and dedication were truly commendable. They also saw the play area, which included specially designed equipment to help children develop motor and social skills through physical activity.

The infrastructure was well-maintained, with ramps, wide doorways, and accessible washrooms, ensuring mobility and ease for all children. The school also provides therapy and skill development sessions.

This visit was extremely insightful and gave the students a real-life understanding of how early intervention, care, and a supportive environment can make a significant difference in the lives of children with disabilities. They were deeply inspired by the efforts of Udaan Special School and its staff, and developed greater appreciation for the importance of inclusive education.

**ADITI MAHAVIDYALAYA**  
(University of Delhi)

Department of Human Development and Family Empowerment  
**Making Aditi Mahavidyalaya Brighter, Accessible and Inclusive: Crafting Pathway Towards Viksit Bharat**  
Sensitization Series :I  
**Enhancing Knowledge about Children with Disabilities**

**VISIT TO UDAAN**

**A SPECIAL SCHOOL**  
**Spreading awareness about children with disability**

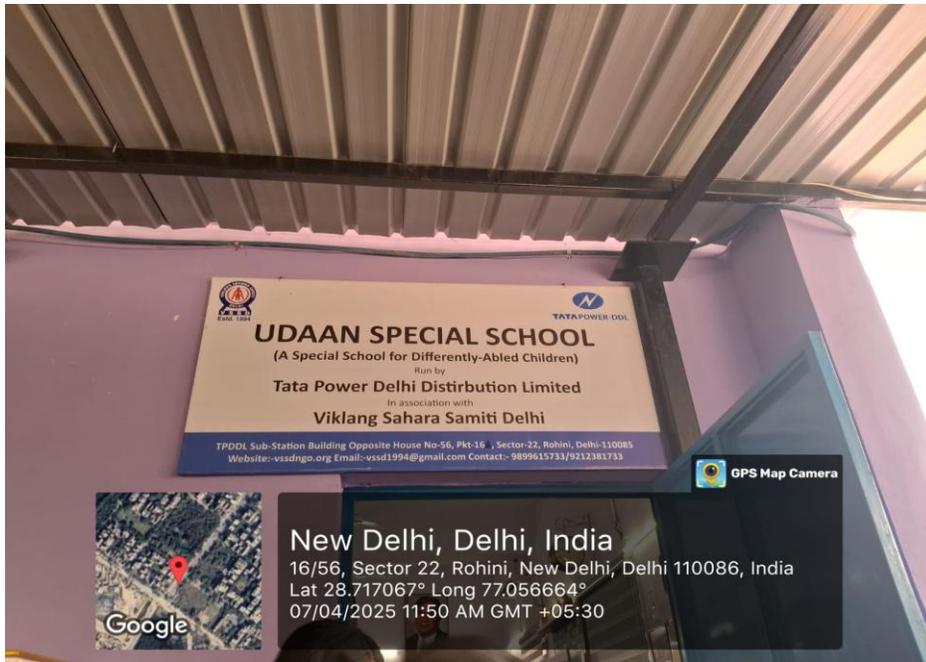
**Date: 7. April 2025**  
**Time: 10am**  
**Venue: Udaan school Mangolpuri**

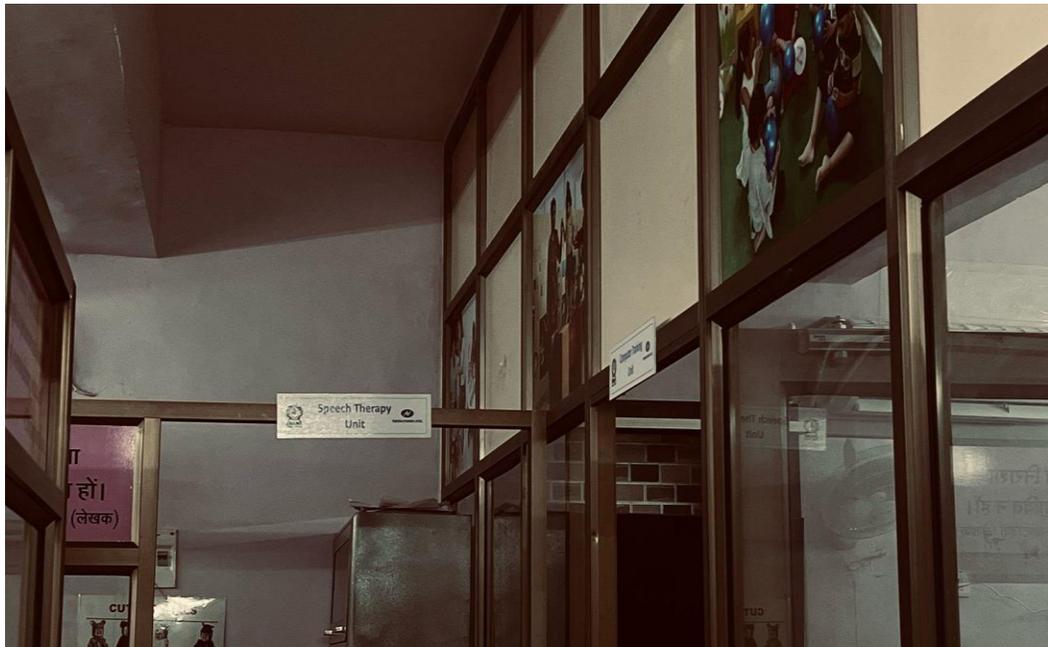
**Coordinators**  
**Prof. Sadhna Jain**  
(Program coordinator)  
**Prof. Reema lamba**  
(TIC-Home Science)

**Nodal Officer**  
**Viksit Bharat**  
**Prof. Pooja Khanna**

**Principal:**  
**Prof. Mamta Sharma**

**Co-coordinators**  
**Ms. Shruti kumari**  
**Ms. Pooja khushwaha**









GPS Map Camera

### New Delhi, Delhi, India

34, Pocket 16, Sector 22, Rohini, New Delhi, Delhi  
110085, India

Lat 28.717392° Long 77.056561°

07/04/2025 11:30 AM GMT +05:30



Google



**B. Online Talk on “Accessible and Inclusive Aditi Mahavidyalaya” Under the Sensitization Series: Crafting Pathways Towards Viksit Bharat**

**Resource Person: Sh Baldev Gulati, Assistant Prof (Social Work)**

**Date: 18.4.25**

In alignment with the vision of **Viksit Bharat** and the pursuit of creating an inclusive academic environment, the Department of Human Development and Family Empowerment at Aditi Mahavidyalaya (University of Delhi) organized an insightful online talk titled ‘**Making Aditi Mahavidyalaya Brighter, Accessible and Inclusive**’ on **18th April 2025 at 10:00 AM**.

The session was held as part of the ‘*Sensitization Series: Making Aditi Mahavidyalaya Brighter, Accessible, and Inclusive*’ and was conducted on Google Meet. The event aimed to enhance awareness and deepen understanding of the needs, rights, and inclusive strategies for children with disabilities in educational spaces.

The resource person for the session was Mr. Baldev Gulati, Assistant Professor, Department of Social Work, Aditi Mahavidyalaya. With his extensive expertise, Mr. Gulati shed light on the

significance of inclusion, accessibility, and the necessity of fostering empathetic academic institutions. He discussed the need to implement universal design principles and the challenges he faced as a visually impaired person. His talk emphasized holistic education models that accommodate diverse needs and uphold the dignity of all learners.

The event was graced by Principal Prof. Mamta Sharma, who appreciated the department's efforts in fostering inclusivity and encouraged collective responsibility in advancing the vision of a progressive and compassionate India.

The program was efficiently coordinated by Prof. Sadhna Jain with the students of semester 6, namely Ms. Shruti Kumari and Ms. Pooja Khushwaha as co-coordinators. Prof. Pooja Khanna, the Nodal Officer for Viksit Bharat, also played a pivotal role in steering the initiative forward.

With the slogan '*हमचलेगैसाथ-साथ, डालहाथोंमेंहाथ*' echoing the spirit of solidarity and inclusion, the event served as a meaningful step towards nurturing an accessible and aware campus environment for all.

This session stood as a testament to Aditi Mahavidyalaya's commitment to building a socially responsible and inclusive educational ecosystem, reinforcing the foundational values of **Nishtha**,



# ADITI MAHAVIDYALYA (University of Delhi)



**Department of Human Development and Family Empowerment**

**Making Aditi Mahavidyalaya Brighter,  
Accessible and Inclusive: Crafting Pathway  
Towards Viksit Bharat Sensitization Series**

**ONLINE TALK ON ACCESSIBLE AND INCLUSIVE  
ADITI MAHAVIDYALAYA**

**RESOURCE PERSON: MR BALDEV GULATI,  
ASSIST. PROF. SOCIAL WORK, AMV**

Enhancing Knowledge about Children with Disabilities

**हम चलेंगे साथ-साथ, डाल हाथों में हाथ**

**Date: 18.4.25  
Time: 10am  
Venue: google  
meet**

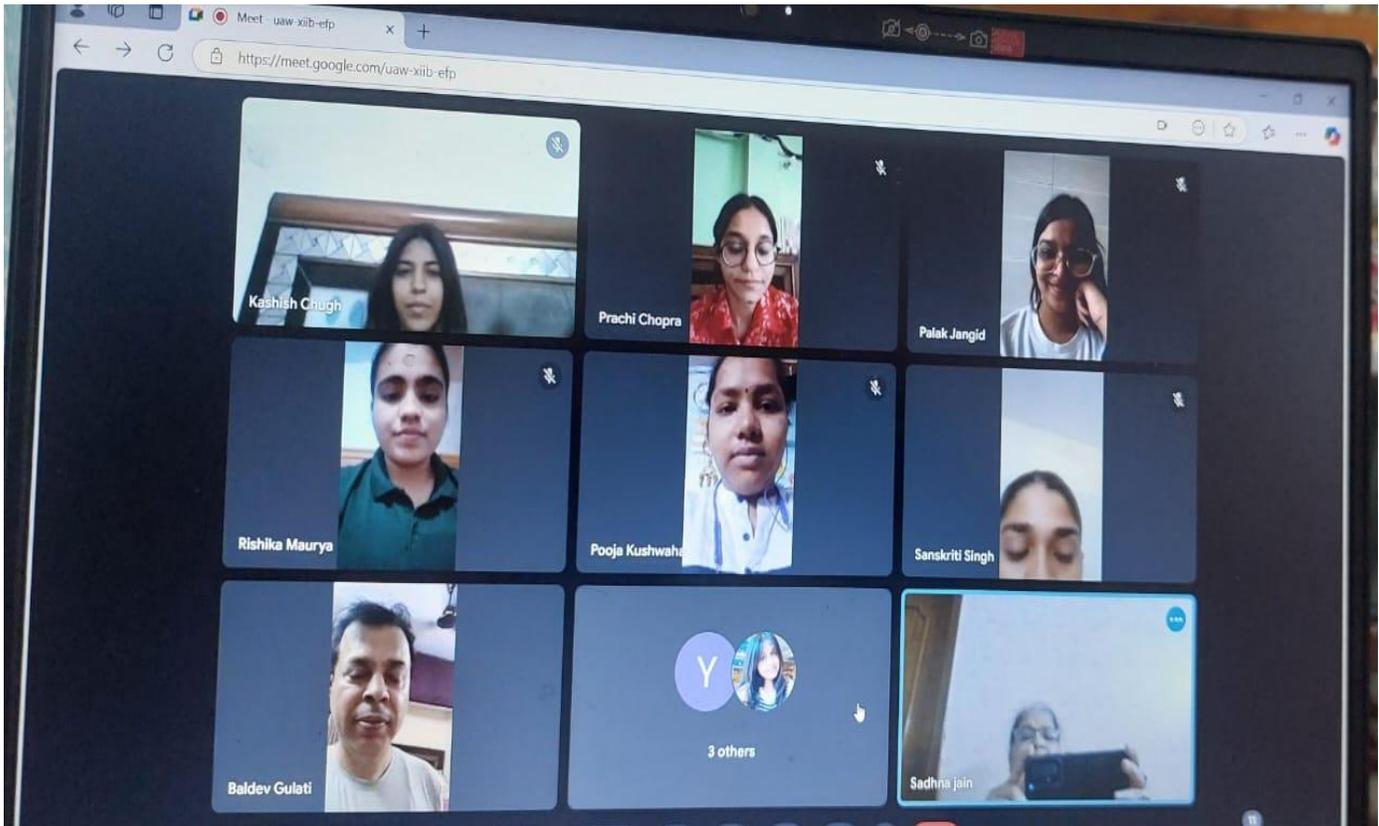


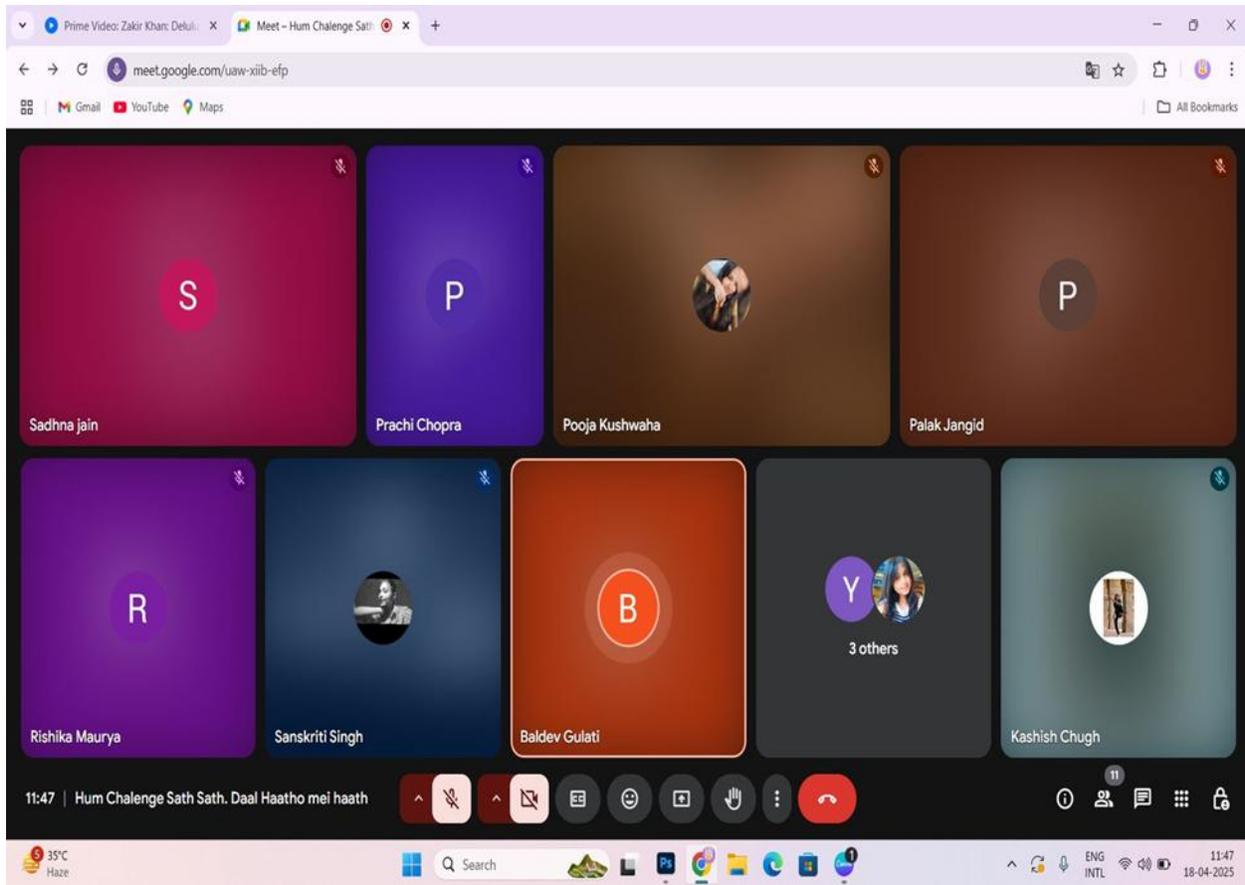
**Principal  
Prof. Mamta Sharma**

**Coordinators  
Prof. Sadhna Jain  
Prof. Reema Iamba (TIC-Home Science)  
Shakti, and Satyam**

**Co-coordinators  
Ms. Shruti Kumari  
Ms. Pooja Khushwaha**

**Nodal Officer  
Viksit Bharat  
Prof. Pooja Khanna**





### C. Pamphlet Making Activity on Childhood Disabilities

As part of an awareness and advocacy initiative under Viksit Bharat and the course curriculum, the students of Human Development and Family Empowerment (HDFE), Semester 6, undertook a **Pamphlet Making Activity on Childhood Disabilities** under the expert guidance of Prof. Sadhna Jain.

The objective of this creative and educational activity was to sensitise students and the larger academic community about the diverse challenges faced by children with disabilities, while promoting inclusion, early intervention, and support services.

Students worked individually to design informative and visually appealing pamphlets on topics such as:

- Types of childhood disabilities (intellectual, physical, sensory, learning)
- Early signs and symptoms

- The importance of early intervention and therapy
- Rights of children with disabilities (RPWD Act, 2016)
- Inclusive education and support systems
- Role of parents, teachers, and community in fostering inclusion

The pamphlets were rich in content, displayed an empathetic understanding of the subject, and reflected the students' ability to communicate complex issues in a simple and impactful manner. Selected pamphlets were displayed on campus and discussed in class to encourage peer learning. The students were conferred with Appreciation Letters by the respected Principal ma'am of the college.

This hands-on activity helped students develop not only academic understanding but also advocacy skills, which are essential for professionals working in the field of child development and disability studies.

Under the continuous mentorship of Prof Mamta Sharma, Principal, Aditi Mahavidyalaya, and Prof. Sadhna Jain ensured that the students were able to approach the topic with both sensitivity and critical insight.



# Aditi Mahavidyalaya University of Delhi



**Department of Human Development and Family Empowerment**

Making Aditi Mahavidyalaya Brighter,  
Accessible and Inclusive: Crafting Pathway Towards Viksit Bharat  
Sensitization Series : 3

Enhancing Knowledge about Children with Disabilities

## **PAMPHLET MAKING ACTIVITY**

*(Selecting best 3 pamphlets and felicitating the students)*

*Spreading awareness about children with disability*

**Date : 21. 4 . 25**

**Time: 1:30**

**Venus: HDFE lab**



**Coordinators**  
**Prof. Sadhna Jain**  
*(Program coordinator)*  
**Prof. Reema lamba**  
*(TIC-Home Science)*

**Nodal Officer Viksit  
Bharat**  
**Prof. Pooja Khanna**

**Principal :**  
**Prof. Mamta Sharma**

**Co-coordinators**  
**Ms. Shruti kumari**  
**Ms. Pooja khushwaha**

# PAMPHLETS ON THE TOPIC- "SPREADING AWARENESS ABOUT CHILDREN WITH DISABILITY-ACCESSIBILITY AND INCLUSION

**अधिकार और सुविधाएं:**

- विकलांगता प्रमाण पत्र (40% या अधिक विकलांगता पर)
- शिक्षा और नौकरियों में आरक्षण
- आर्थिक सहायता और पेंशन
- रेम्य और विशेष परिवहन जैसे सुविधाएं

**ऑर्थोपेडिक विकलांगता को जानें**

**जागरूकता | सहारा | सशक्तिकरण**

- सहायक उपकरण (जैसे बैसाखी या क्लिचैर) के साथ व्यक्ति की चिंत्
- उद्धरण: "विकलांगता, योग्यता की सीमा नहीं है।"

पुनर्वास और सहायता:

- निर्वासित और अल्पसंख्यक वर्ग
- अधिकांशवर्ग के समान शिक्षा, रोज़ा, बुकिंग आदि
- सर्वेक्षण आदि
- समावेशी शिक्षा और समावेशी जीवन
- समावेशी जीवन और विकास के साथ

संपर्क करें:  
पुनः सुनना  
970723977  
vinodkushwah4558@gmail.com  
अभिषेक एग्रीकल्चर, गुरुगढ़

## Understanding Disability Through History

**INTRODUCTION**  
Disability has been a part of human history for centuries, shaping societies, cultures, and policies. From ancient civilizations to the modern era, the perception and treatment of people with disabilities have evolved.

**Types of Disabilities in India**  
Physical Disabilities: Locomotor, muscular dystrophy, dwarfism.  
Visual Impairment: Blindness and low vision.  
Hearing & Speech Disabilities: Deafness, speech impairment.  
Intellectual Disabilities: Autism, learning disabilities, Down syndrome.  
Mental Illness & Neurological Disorders: Schizophrenia, Parkinson's disease.

**20th Century & Modern Developments**  
Early 20th Century: Institutionalization & Eugenics  
Many people with disabilities were placed in institutions under poor conditions.  
The eugenics movement promoted sterilization and exclusion of those with disabilities, especially in Nazi Germany.

**21st Century: Towards Inclusion & Equality**  
United Nations Convention on the Rights of Persons with Disabilities (2006) promoted equal opportunities.  
Increased focus on accessibility, employment, and education.  
Technology and assistive devices continue to empower individuals with disabilities.

**Historical Context:**  
Ancient and Medieval India: Vedic, Puranic & Mythology: Disabilities were often linked with karma, past life debts, and divine justice. However, texts like the Rig Veda and Mahabharata also depicted individuals with disabilities in leadership roles (e.g., Dhritarashtra in the Mahabharata).  
Buddhist & Jain Influence: Emphasized compassion and moral duties toward PwDs. Buddhist monasteries provided some support for disabled individuals.

**Statistics & Trends**  
As per Census 2011, 2.23% of India's population (26.8 million people) have disabilities.  
The RPWD Act, 2016 widened the scope, recognizing more disability types, which means real figures are likely higher.

## Down Syndrome

**WHAT IS DOWN SYNDROME?**

- Down syndrome is a chromosomal disorder resulting from an extra copy of extra maternal chromosome 21.
- Down syndrome occurs when an individual has a full or partial extra copy of chromosome 21.

Down syndrome is something that causes differences in the way somebody looks and learns.

Approximately 1 in 700 babies are born with Down syndrome every year. That means that with every 700 babies born, one baby will have Down syndrome.

**DOWN SYNDROME SYMPTOMS**

CHARACTERISTICS INCLUDE:

- Intellectual disability
- Child with Down syndrome
- Typically developing
- Normal
- Delayed from Down syndrome
- Retarded

**30,000** babies are born annually  
**1 in 850** births are affected with Down syndrome

**Nothing Down About Us!**

## What Are Behavioral Issues in Children

Because every child deserves a chance to thrive

**Possible Causes**  
Behavioral issues can stem from various factors, including:

- Biological: ADHD, autism, anxiety, or other neurodevelopmental conditions
- Environmental: Family stress, inconsistent discipline, lack of routine
- Emotional: Trauma, low self-esteem, bullying

It's important to approach the child with empathy and understanding

**You're Not Alone**  
Raising a child with behavioral challenges can be tough - but help is always available.  
Early support, compassion, and consistent guidance are key to a brighter future.

**How You Can Help**

- Positive Reinforcement: Reward good behavior
- Consistent Routines: Help children feel secure

**Organization Name**  
Phone Number  
Email Address  
Website or Social Media

**Support Services Available:**  
Child psychologists  
Behavior therapy  
School counselors  
Parenting workshops

## How Can You Help?

RECOGNIZE AND CELEBRATE STRENGTHS.  
ENCOURAGE A GROWTH MINDSET.  
PROVIDE EXTRA TIME AND ASSISTANCE WHEN NEEDED.  
USE INTERACTIVE AND HANDS-ON LEARNING METHODS.  
WORK WITH PROFESSIONALS FOR GUIDANCE AND SUPPORT.

**COMMON IDENTIFICATIONS**

- Physical Signs
  - Delayed sitting, walking, or crawling
  - Poor motor coordination
  - Difficulty holding objects
  - Vision or hearing problems
- Learning Challenges
  - Trouble reading, writing, or with numbers
  - Difficulty understanding instructions
  - Poor memory or focus
  - Delayed speech or language
- Communication Issues
  - Limited vocabulary for age
  - Difficulty expressing needs
  - Repetitive or unusual speech
- Social & Emotional Behavior
  - Trouble following conversation
  - Avoids eye contact
  - Difficulty making friends
  - Unusual fears

**LEARNING DISABILITIES**

**KASHISH CHUGH**  
COLLEGE ROLL NO. - 2201284  
UNIVERSITY ROLL NO. - 2200250127  
HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT  
SEMESTER-6TH  
3RD YEAR

**NGO'S AND SCHOOLS WORKING WITH PWD IN DELHI**

- Tamara
- Manovikas Charitable Society
- National Association for the Blind (NAB)
- The Blind Relief Association, Delhi
- Deepalaya
- Sarthak Educational Trust
- Saksham

**Special Schools for Children with Disabilities in Delhi**

- Akhil Bhartiya Netrahin Sangh
- Well Being Special School
- Children's Valley Special School
- The New Learning Heights
- Abhyaas Special School And Learning Centre
- Sunrise Learning Noida - Special School
- Abhyaas Special School and Learning Centre
- Beautiful Shades (Special Need Center)

**successful people with disabilities from different fields**

- Inventors & Scientists**  
Stephen Hawking - Physicist with ALS (Lou Gehrig's disease); author of A Brief History of Time.
- Entertainers & Artists**  
Helen Keller - Deaf and blind author, speaker, and activist.  
Deepta Malik - Paralympic silver medalist (shot put); paralyzed from the waist down.
- Leaders & Activists**  
Nick Vujicic - Motivational speaker born without arms and legs.

**SERVICES FOR SPECIAL CHILDREN**

**DIMPLE RAIKWAR**  
COLLEGE ROLL NO.-2201275  
UNIVERSITY ROLL NO.-2200250121  
HUMAN DEVELOPMENT AND FAMILY EMPOWERMENT  
SEMESTER-6TH  
3RD YEAR







