



# ADITI MAHAVIDYALAYA (UNIVERSITY OF DELHI) Research & Development Cell NEWSLETTER 2024-25

## Message from the Chairman

It is with great responsibility and enthusiasm that I commit to advancing our institution's research agenda and cultivating an environment that fosters scholarly excellence. Our committee's goal is to promote and support high-quality research across various disciplines, encouraging interdisciplinary collaboration and innovative approaches to knowledge creation. Together, we have the opportunity to shape the intellectual landscape of our college and make meaningful contributions to our respective fields. I strongly believe in the power of collaboration and inclusivity in research. Your expertise and commitment are essential as we navigate the complexities of academic research and pursue excellence. I look forward to working with each of you to explore new research funding opportunities, improve research infrastructure, and celebrate the achievements of our faculty and students.



PROF. K.P. SINGH

## Message from the Principal

As the Principal, I am deeply committed to nurturing a culture of academic excellence, innovation, and meaningful inquiry within our institution. The Research and Development Cell serves as a cornerstone in advancing our research vision—by supporting faculty initiatives, encouraging interdisciplinary engagement, and shaping a dynamic research ecosystem. Together, we aim to position our college as a center of cutting-edge research and scholarly advancement. I look forward to collaborating with each one of you, harnessing our shared knowledge, creativity, and passion to elevate our institution to greater heights.



PROF. MAMTA SHARMA

## Message from the Convener

It gives me an immense pleasure to extend my warm greetings as the Convener of the Research and Development Cell at Aditi Mahavidyalaya. I am excited to begin this journey with all of you, united in our mission to cultivate a dynamic and enriching research environment within our college. Our committee plays a crucial role in nurturing and guiding the diverse research pursuits of both faculty and students. Together, we have a unique opportunity to shape the research landscape of our institution, driving innovation and contributing meaningfully to the broader academic community. I am committed to fostering a culture of transparency, inclusivity, and unwavering dedication to excellence in all our endeavors.



PROF. BHAWNA RAJPUT

# GLIMPSES 2024-2025

Research is a pursuit integral to progress in any society. Its potential is immense and has been instrumental in bringing about constructive changes in societies in innumerable ways. Aditi Mahavidyalaya, as a premier institute of higher learning, is committed towards cultivating a meaningful research environment and expanding its benefits to the society. The college has institutionalized a Research & Development Cell to specifically focus on various areas of research.

## VISION AND MISSION

"To create a research intensive environment which provides support to faculty's research endeavours and expand the research capacity and research portfolio of the faculty." The Research & Development Cell of the College counsels faculty members for research policies, procedures, initiatives and explores research collaborations with external researchers, including academic institutions, research agencies both domestically and overseas.

## INTER COLLEGE SHORT STORY WRITING COMPETITION

The Inter-College Short Story Competition, held on 15th October 2024, was organized by the Research and Development Cell of Aditi Mahavidyalaya in collaboration with Blue Star Publications. With around 90 entries on the theme "Vision for Better India," the event highlighted creative talent across the different colleges of University of Delhi.

The competition was judged by founder Janvi and guest host Prachi Maurya, the competition awarded Adeeba Khanam first prize, followed by Nida Sultan and Shrishti Gosh, with a special mention to Kashish. The winning stories will be published in an upcoming anthology by Blue Star Publications.



## BOOK LAUNCH



The Research and Development Cell of Aditi Mahavidyalaya, in collaboration with Blue Star Publications™, organized a Book Launch Event to unveil Vision for Better India, an anthology of winning entries from the Inter-College Short Story Competition. The event celebrated the creativity of young writers and reinforced the college's commitment to nurturing literary talent.

The event was attended by Principal Prof. Mamta Sharma, Convenor Prof. Bhawna Rajput, Blue Star founders Ms. Janvi and Mr. Jatin, and Student Union President Ms. Saumya Pandey. The winners—Adeeba Khanam, Nida Sultan, Shrishti Gosh, and Kashish—were felicitated for their impactful stories. Guest speakers inspired students with insights into the literary world, making the event a meaningful tribute to youthful expression and storytelling.

## SESSION ON "RESEARCH AND PUBLICATION ETHICS" AND INTERNSHIP DRIVE WITH BLUE STAR PUBLICATION

The Research & Development Cell of Aditi Mahavidyalaya, University of Delhi, organized a session on research and publication ethics, followed by an internship drive in collaboration with Blue Star Publication on February 17, 2025. The event featured Prof. (Dr.) Ramesh C. Gaur from IGNCAs as the key note speaker, who addressed crucial topics like plagiarism, copyright, and predatory journals, emphasizing academic integrity.

An engaging Q&A session followed, encouraging discussions on research practices and the role of AI in academic writing. The second half featured Janvi, Founder of Blue Star Publication, introducing students to internships in writing, editing, and publishing. With over 90 students participating, the event successfully combined academic insights with practical career opportunities. The R&D Cell thanked all dignitaries and participants, with special recognition to Prof. Mamta Sharma, Prof. Bhawna Rajput, Pratima, and Diksha for their contributions.



## STARTUP FIESTA



On February 28, 2025, the Department of Commerce, in collaboration with the Research and Development Cell of Aditi Mahavidyalaya, University of Delhi, organized Startup Fiesta 2025 to foster entrepreneurial spirit among students. Held at the Kuber Block Corridor, the event featured innovative student-led stalls showcasing food, handmade products, and games. Participants competed in teams of two and were judged on creativity, theme, and revenue generation.

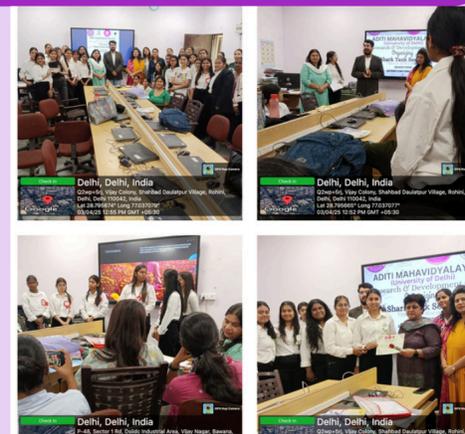
The event received an enthusiastic response, with several teams presenting unique and sustainable business ideas. The first prize of ₹2000 was won by Sakshi, Khyati, Sania, and Apsara (B.A. Program 3rd year), followed by Diksha and Deepshika for second, and Riya and Rajna for third.

Led by Prof. Anu Jain and Prof. Bhawna Rajput, along with teacher and student coordinators, and supported by Principal Prof. Mamta Sharma, the event was a resounding success. It provided students with practical entrepreneurial exposure and inspired confidence in their business abilities.

# SHARKTANK

On April 3, 2025, the Research & Development Cell of Aditi Mahavidyalaya, University of Delhi, organized a Shark Tank Session in collaboration with Author's Ink Publications to promote entrepreneurial thinking. Open to all students, the event featured teams pitching innovative business ideas to a panel of judges, simulating a real-life investment scenario. With 34 participants, the winners were Suhani, Varda, Shreya, Sneha, and Divya (1st place), Prachi and Sonali (2nd), and Megha, Neeta, Vartika, and Vanshika Tomar (3rd). The session emphasized creativity, strategic thinking, and communication skills, concluding with valuable feedback and motivation for aspiring entrepreneurs.

YOUTUBE LINK : [https://youtu.be/Lx4nuZlZyf0?si=t6N\\_g4BCjDGnZAg6](https://youtu.be/Lx4nuZlZyf0?si=t6N_g4BCjDGnZAg6)



## UG RESEARCH PROJECTS 2024-2025

### Creating awareness among adolescents about the importance of micronutrients in their daily diet

PROJECT CODE: F-NO/01/2024/UGRP

Project Title: Creating Awareness Among Adolescents About the Importance of Micronutrients in Their Daily Diet

Principal Investigator: Prof. Poonam Lakra (Department of Home Science)

Co-Principal Investigator: Prof. Manisha Wadhwa (Department of Education)

Tenure of Research Project: 1 year

Year of Completion: 2025

Funding Agency: Research Cell, Aditi Mahavidyalaya (University of Delhi)

Students Include: Arushi Sharma, Nivedita Maharaj, Nivedita Anand, Hemangi, Khyati, Shweta, and Kriti Tomar

Summary:

This project aimed to raise awareness among adolescents about the importance of micronutrients in daily diets. A questionnaire assessing knowledge, attitude, and practices related to micronutrients was administered to 163 students of Aditi Mahavidyalaya. Based on the responses, a module focusing on essential micronutrients—vitamin A, zinc, iron, and iodine—was developed. Two workshop sessions were conducted with a group of 50 college girls to disseminate knowledge through interactive activities and discussions. Pre- and post-evaluations of participants demonstrated an improvement in awareness and practices related to micronutrient intake. The study emphasized the need for continued nutrition education among adolescents to combat deficiencies and promote better health outcomes.



### An Exploratory Study of Undergraduate Learners' Preparedness and Preferences for Different Modes of Learning in Higher Education



PROJECT CODE: F-NO/02/2024/UGRP

Project Title: An Exploratory Study of Undergraduate Learners' Preparedness and Preferences for Different Modes of Learning in Higher Education

Principal Investigator: Prof. Sadhna Jain (HDFE, Aditi Mahavidyalaya)

Co-Principal Investigators: Prof. Mamta Sharma (Principal, Aditi Mahavidyalaya), Dr. Baldev Gulati (Social Work)

Tenure of Research Project: 1 year

Year of Completion: 2025

Funding Agency: Research Cell, Aditi Mahavidyalaya (University of Delhi)

Students Include: Undergraduate students from the Department of Social Work.

Summary:

This study explored undergraduate students' preparedness and preferences for in-person, online, and hybrid learning modes in higher education. Using surveys and focus group discussions with 227 participants, it was found that while most students were comfortable using smartphones and technology, they showed a strong preference for hybrid and traditional learning over online formats due to issues like connectivity and limited interaction.

Hybrid learning emerged as a flexible, inclusive, and resource-efficient model, aligning with the goals of NEP 2020. The study recommends equipping students and faculty with digital skills and support to enhance learning outcomes. Though limited by sample size and self-reported data, the research offers valuable insights for developing student-centered, tech-enabled educational strategies.

### Gardening As A Relaxation Technique Among College Students : An Evidence Based Action Research

PROJECT CODE: F-NO./03/2024/UGRP

Project Title: Gardening as a Relaxation Technique Among College Students: An Evidence-Based Action Research

Principal Investigator: Dr. Gyanvati (Department of Social Work)

Co-Principal Investigator: Prof. Beena Antony Reji (Department of Social Work)

Tenure of Research Project: 1 year

Year of Completion: 2025

Funding Agency: Research Cell, Aditi Mahavidyalaya (University of Delhi)

Students Include: Aastha Lal, Ipsita, Madhu Mourya, Monika, and Salina

Summary:

This action research explored gardening as a relaxation technique to manage anxiety among college students. Recognizing the rising stress levels due to academic and social pressures, the project involved 25 students, with 24 affirming gardening as an effective stress-relief method. Participants reported feelings of calmness, mindfulness, joy, and a deeper connection with nature. Gardening in groups fostered teamwork, satisfaction, and a sense of contribution to the environment. The study highlighted the therapeutic potential of gardening in improving students' mental well-being and promoting a more relaxed campus environment.



### Empowering Families through Program Media methods in Bawana community in Delhi: An Evidence Based Study



PROJECT CODE: F-NO/04/2024/UGRP

Project Title: Empowering Families through Program Media Methods in Bawana Community in Delhi: An Evidence-Based Study

Principal Investigator: Dr. Mali Devi Sawariya (Department of Social Work)

Co-Principal Investigator: Prof. Sunita Bahmani (Department of Social Work)

Tenure of Research Project: 2024-25

Funding Agency: Research Cell, Aditi Mahavidyalaya (University of Delhi)

Students Include: Siddhi, Farheen, Ragini, Salina, and Sneha (BSW, 3rd Year)

Summary:

This project explored how program media methods can empower families in Bawana, Delhi. Using interviews and case studies with 30 families from diverse backgrounds, the research assessed the role of media tools—TV, posters, NGOs, and social media—in disseminating information on health, education, and financial literacy. While media increased awareness of government schemes, access to advanced tools like theatre and digital platforms was limited by socio-economic barriers. The study found that family empowerment is often hindered by gender inequality and lack of participation in program design. Recommendations include promoting inclusive, community-driven media strategies, using micro-influencers and festive gatherings for outreach, and developing stronger feedback mechanisms. The study emphasizes the vital role of social workers in empowering families as foundational units of social development.

# Role of Green Finance in Mission Viksit Bharat

PROJECT CODE: F-NO/05/2024/UGRP

Project Title: Role of Green Finance in Mission Viksit Bharat

Principal Investigator: Dr. Sunita Dahiya, Department of Commerce

Co-Principal Investigators: Prof. Mamta Sharma, Principal, Aditi Mahavidyalaya, and Prof. Bhawna Rajput, Department of Commerce

Tenure of Research Project: 2024-25

Funding Agency: Research Cell, Aditi Mahavidyalaya (University of Delhi)

Students Include: Ms. Pratima (B.Com Hons., 2nd Year), Ms. Anshika Rathi (B.Com Hons., 2nd Year), and Ms. Paridhi Khandelwal (B.Com Hons., 2nd Year).

Summary

This research explores the pivotal role of green finance in achieving the vision of Mission Viksit Bharat, emphasizing its contribution to environmental sustainability through support for renewable energy, sustainable agriculture, and energy efficiency. As climate change and ecological degradation intensify, green finance has become an essential mechanism for transitioning toward a low-carbon and resilient economy. The study delves into the principles and practices of green finance, identifies global challenges and prospects for its expansion, and evaluates the role of key stakeholders—financial institutions, governments, and international organizations. It further highlights the importance of strong policy frameworks and regulatory support in mobilizing sustainable finance. Through an interdisciplinary approach, the research underscores how green finance, backed by innovation, public-private collaboration, and strategic policy alignment, can accelerate India's journey toward sustainable economic growth under Mission Viksit Bharat.



# Impact of Yoga on Physical, Emotional and Social Wellbeing of Students of Delhi University



PROJECT CODE: F-NO/06/2024/UGRP

Project Title: Impact of Yoga on Physical, Emotional and Social Wellbeing of Students of Delhi University

Principal Investigators:

Prof. Mamta Sharma (Principal)

Prof. Punyatoya Patra (Department of Geography)

Co-Principal Investigator:

Dr. Rashmi Gupta (Department of Physical Education)

Period of Project: 2024-25

Funding Agency: Research Cell, Aditi Mahavidyalaya, University of Delhi

Students Include: Pratima, Bharti Singh, Pooja, Sapna, Tamanna Zafar, Vishnu Rajeshwar, Rani Mishra.

Summary

The project investigates the impact of Yoga on the physical, emotional, and social well-being of students at Delhi University. With the increasing prevalence of physical and mental health challenges among college students, particularly due to busy schedules and high stress levels, Yoga has emerged as a potential remedy. The research involved interviewing 150 students from Aditi Mahavidyalaya who had been exposed to Yoga through various NEP programs and other initiatives over the past three years. A structured questionnaire was used to gather data on mental health, self-esteem, and physical health, with tools like the Depression, Anxiety, Stress Scale (DASS-42) and the Rosenberg Self-Esteem Scale. The findings revealed that students who practiced Yoga regularly showed significant improvements in both physical and mental health. Those who practiced Yoga consistently reported better physical health, reduced stress, and greater emotional stability. In contrast, students who had only a basic understanding of Yoga or practiced it casually reported improved self-esteem but did not experience significant relief from depression, anxiety, or physical ailments. Additionally, students who were already in good health before practicing Yoga became more socially engaged, enthusiastic, and energetic.

# Nexus Between Women Empowerment and Vikshit Bharat@2047

PROJECT CODE: F-NO/07/2024/UGRP

PROJECT TITLE: Nexus Between Women Empowerment and Vikshit Bharat@2047

Principal Investigator:

Prof. Bhawna Rajput, Department of Commerce, Aditi Mahavidyalaya

Co-Principal Investigator:

Jyoti, Department of Commerce, Aditi Mahavidyalaya

Period of Project: 2024-25

Funding Agency: Research Cell, Aditi Mahavidyalaya, University of Delhi

Students Include: Nancy (Department of Commerce, B.Com Prog.), Shivani Mishra (Department of Commerce, B.Com Prog.)

Summary

This research aimed to explore the connection between women empowerment and the vision of Vikshit Bharat (Developed India by 2047). The focus was on how women's active participation in all sectors of society can contribute significantly to achieving India's development goals. The findings emphasized the importance of empowering women for economic growth, improved educational and health outcomes, and increased participation in social and political spheres. The study also examined existing barriers to women's empowerment, such as gender discrimination and lack of access to resources, and assessed the effectiveness of current policies. Additionally, it looked into the role of women in driving social change and sustainability, highlighting their leadership potential in global development. The research noted regional and cultural variations in the empowerment of women across India, indicating that the path to empowerment is not uniform but depends on local context. The study concluded with several recommendations for enhancing women's empowerment, including the removal of social and institutional barriers and the implementation of more inclusive policies. Overall, the research affirmed that women's empowerment is crucial to realizing the vision of Vikshit Bharat, and that the full participation of women in all aspects of life is essential for India's transformation into a prosperous, inclusive, and sustainable nation by 2047.



## STUDENT CORNER



**PRATIMA**  
**PRESIDENT**  
**B.COM (HONS) 2 YEAR**

Being a part of the R&D Cell has been a transformative experience, providing me with invaluable opportunities to delve deeper into my academic interests and gain practical insights beyond textbooks. The mentorship from faculty members has been essential in guiding me through all stages of research, from conceptualization to execution. The R&D Cell fosters a spirit of inquiry and innovation, preparing students to face future challenges with confidence, and I am grateful for the opportunities it has given me. I look forward to contributing further to its endeavors.

The R&D Cell remains a cornerstone of innovation and academic progress, acting as a collaborative platform where students and faculty work together on groundbreaking research and transformative projects. It proudly supports various research initiatives by assisting with grant acquisition and providing essential resources. Additionally, the cell has organized a range of insightful workshops and seminars with leading industry experts, broadening our knowledge and perspectives. Committed to fostering a culture of innovation, the R&D Cell continues to drive impactful research within our community.



**DIKSHA**  
**VICE PRESIDENT**  
**B.COM (HONS) 2 YEAR**