

Mentor-Menteeship Report

Department of Sanskrit

Objective

To identify specific needs of the student Community– Academic, Personal, Adjustment related, Career and provide Counselling and remedies

After joining the Professional course, students face pressures, which may be academic, personal, or career related. At times they may feel stressed and interfering in their pursuits. There is cross cultural, neo-ethnic convergence, increasing academic competition, Peer pressure, unique adolescent problems, mounting career demand, etc. among the student community.

Department of Sanskrit, Daulat Ram College, Under the Mentor-Menteeship Program being implemented by Daulat Ram College, University of Delhi joined hands to prevent student going through these stress factors and to help them overcome the above-mentioned problems. Each teacher of the department is the Local Mentor and counsellor to a allocated group of students and tries to help the students to cope up academically, give personal Counselling, extend career guidance, support co-curricular activities, co-ordinate welfare activities, interact with their parents, seek student's involvement in pursuit of college vision and objectives and establish healthy, co-operative and academic ambience in the College.

Activities aimed at encouraging Nationalism Indian Values and Culture

Under the program, the department organised various activities like Yoga Workshop, Meditation sessions, Har Ghar Tiranga, Academic lectures of distinguished Guest Speakers, Mehendi Competition, Singing and Dance Competitions, Rangoli Making, Poster Making and Art and Craft Competition for the students of the department on various national and international occasions e.g. International Day of Yoga, Independence Day, Guru Purnima, Gandhi Jayanti, Vivekananda Jayanti, Basant Panchami, Republic Day, Ambedkar Jayanti, etc.

International Day of Yoga: On June 21, 2022 the department organised a lecture-cum-yoga workshop for the students. Sh. Himanshu Ratoodi from SLBSNU, Delhi was the resource person and trainer. He instructed and conducted various yoga postures for the overall well being of the students. Around 62 students of the department participated in the workshop.

Building Attitude Towards Research

The students were encouraged to participate in various research opportunities. The Department proposed two research projects under the Navdhara Research Program being initiated by the Daulat Ram College with four students of Sanskrit Honours Second Year – Anjali, Shruti, Aastha, Anjali Raj.

The students were guided and mentored to conduct research on Netaji Subhash Chandra Bose and participate in the National Conference on *Subhash-Svaraj-Sarkar* organised by Bharatiya Shikshan Mandal. Ten students of the department participated in the Conference.

Besides, Priya Mishra, Arshita, Mankanchan, Nikita and Shikha from M. A. Sanskrit conducted research on various aspects of Sanskrit, Artificial Intelligence and Sanskrit being one among them, and presented them in National and International Seminars.

Many students acted as Volunteers for the International Veda Vijnana Conference held in Delhi during April 29-30, 2023.

Participation in Intercollege Activities

The students were encouraged to prepare and participate in various intercollege activities and competitions, organised with the aim of promoting Sanskrit and the Indian culture and values. Muskan Bansal, Isha Soni, among many others participated in Prashna Manch organised by St. Stephens.

NSS/NCC/NSO

All the students of the department are compulsorily the members of these units of the college. While Aastha, Laxmi, Anjali are members of NCC, many partake in the social service. Under NSS, around 5 students of the department undertook the Self-Défense Training.

Career Counseling

Regular sessions were organised to guide the students regarding the career options. They were guided about the entrance exams for B.Ed., M. A. Language courses and other skills from different universities.

SDP

A one week long Skill Development Program was organised from June 21-28, 2022 on Cultural Diversity and National Integration for the students. Total 22 students participated in the SDP. Resource Persons from the Department as well as Prof. Anju Seth (Department of Sanskrit, Satyawati College, University of Delhi) and Dr. Saurabh Ji (Assistant Professor, Department of Sanskrit, University of Delhi) trained the students during sessions.

Periodical Sessions on Moral Values, Problem Solving, Counseling

During sessions, students were instructed on the significance of Moral Values and encouraged to adopt them in their life. They also were helped in their academic pursuits, Besides, through one to one counselling, they were asked about their personal and social issues and were guided accordingly.

Remedial Classes

During the Tutorials, their weaknesses were discussed and resolved.

Activities to enhance skills

They were encouraged and given different tasks to enhance various skills like decoration, presentation, etc.