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2.3.1. Student centric methods





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Experiential Learning





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Figure 2.3.1.1 Student participated in parliamentary debate (2020) (1) and (2019) (2).



(1)The Debating Society of Daulat Ram College Q Parliamentary debate presents **DRC Parliamentary Debate 2019 Inauguration Chief Guest** Mr. Siddharth Mishra ·Director, Centre for Reforms, Development and Social Justice. ·Consulting Director, Millenium Post. ·Chairperson, Vivekananda Institue of Journalism and Mass Communication. feel honoured to be a part Date: September 28, 2019 of seminar on Paryavaraniya Venue: Conference Hall, Daulat Ram College Chintan: Bharatiya Drishti.All the staff and students of the Time: 10:30 AM Sanskrit department deserve 6 of 6 matches (2)





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Figure 2.3.1.2 Role play activity in classrooms.











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Figure 2.3.1.3 Students acquire scientific writing skills by skill development program (2022).





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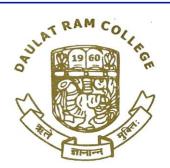
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Figure 2.3.1.4. Experiential learning is gained by attending international webinars by distinguished speakers 2020 (1) Mental health awareness Lectures 2022 (2) and cyber security lectures 2022 (3).



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DAULAT RAM COLLEGE (NAAC ACCREDITED "A" GRADE) **DELHI UNIVERSITY**



PSYCHOLOGY RESOURCE CENTRE

MENTAL HEALTH CENTRE AND VALUE EDUCATION CENTRE

is organizing

ADS II

(Awareness, De-Stigmatisation, Seeking Help) **CAMPAIGN: PROMOTING, ENHANCING AND MAINTAINING MENTAL HEALTH** (IQAC)

For First Year students of Daulat Ram College

DATES- 2nd February, 9th February, 16th February Time- 5:00 pm -6:00 pm









PRINCIPAL Prof. Savita Roy Dr. Meetu Khosla

Dr. Binusha

Dr. Deepesh

- Certificates will be provided after successful completion of course
- The first 25 students per department will be allowed to enrol for the program

Last Registration Date-29th January 2022 Form Link- https://forms.gle/uW9wWyUZyDuaV2649

For further details, feel free to contact-Covener- Dr. Meetu Khosla- meetukhosla@dr.du.ac.in Student coordinator- Nitya Arora- 20113546@dr.du.ac.in

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Figure 2.3.1.5 Students learned about Internship opportunities by attending incrementum (2022) (1) detailed program schedule (2).



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Time: 12:00 NOON - 1:00 PM

Time: 1:00 PM - 3:30 PM

Day 1: 4th March 2022 **SPEAKERS CONCLAVE**

- Welcome address by Ms. Deepika Jindal and Ms. Roopshikha, the Co-Convenors of the Placement Cell
- Address by Prof. Savita Roy, Principal, Daulat Ram College
- Address by Prof. Savita Noy, 1 Michail, Badiat Ram College Address by Ms. Samridhi Sharma, President, Placement Cell Commencement of Incrementum 5.0

Inauguration and Felicitation

Speaker Session

Time

1:00 PM to 1:40 PM

Speakers (Address followed by QnA session) Mr. Daksh Sethi, Founder of Guby Rogers, TEDx & Josh Talks Speaker, Corporate Trainer, Soft-Skills Trainer

1:50 PM to 2:30 PM

Mr. Aditya Arora, CEO of Faad Network Pvt. Ltd, Padma Shri Nominee, Microsoft Changemaker, Parliamentary Awardee

2:40 PM to 3:20 PM

Dr. Shubhra Chakraborty, Founder & CEO of Poshan, Founder of Mission Helping Hands, Keynote Speaker

Vote of Thanks

Time: 3:20 PM

Day 2 & 3:5th and 6th March 2022 **COMMENCEMENT OF FAIR**

Recruitment and Internship Drives

Time: 12:00 NOON - 6:00 PM

- Online Internship and Recruitment drives with 40+ companies onboard
- Students can register for their preferred companies
- Registration will be followed by a Selection process which will be coordinated by the POCs

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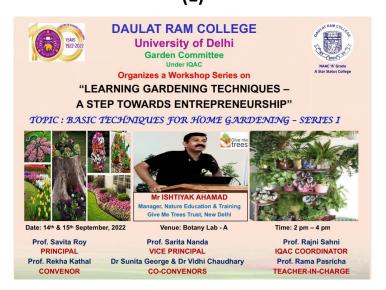
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Figure 2.3.1.6. Students get hand-on training in workshops: Learning reproductive biology with fluorescence microscopy in (2021) (1) and Gardening techniques (2022) (2).



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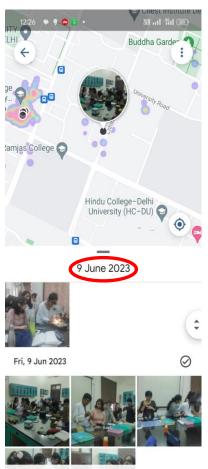
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Dr. Radhika Gupta (Asstt. Prof. Biochemistry)

Figure 2.3.1.7. Students gained practical knowledge by participating in hands-on workshop in zebrafish model system, 2022.









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Participative Learning





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Figure 2.3.1.8 Students participated in ICT skill development programs 2022 (1) and 2023 (2).



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Department of Biochemistry
IN-HOUSE SKILL-DEVELOPMENT PROGRAMME

Enhancing Learning Through ICT Tools

DATE : 23 AND 24 AUGUST 2023

VENUE : GOOGLEMEET TIME : 09:00 AM-02:00 PM





TOPICS

Google Meet
Google Classroom
Google Apps
MS Excel
Scanning & Creation of PDF
Assignment Presentation-Designing

Dr. Neeraj Dohare Dr. Narendra Kumar Dr. Neeru Dhamija Dr. Anita Goel Dr. Radhika Gupta Dr. Anita Garg Mangla

RESOURCE PERSON

Prof. Sarita Nanda (Vice Principal and TIC) Prof. Meetu Khosla (Convenor) Prof. Savita Roy (Principal)

Prof. Padmshree Mudgal (Mentor) Dr. Neeru Dhamija (Coordinator) Dr. Neeraj Dohare (Co-coordinator)

(2)

1https://docs.google.com/forms/d/e/1FAIpQLSedVAc4rn_J544inci3_IQs FNY1J1cgpYRviKbLFMtQUEerPQ/viewform?usp=sf_link



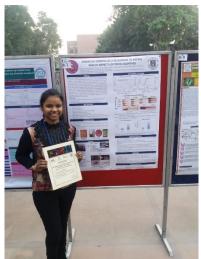


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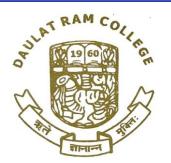
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Figure 2.3.1.9. Student presented posters of their research outcomes in conferences.









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Figure 2.3.1.10. Student published research article in peer reviewed journal.



SHORT COMMUNICATION

Assessment of Anxiolytic Activity of Brahmi (Bacopa monnieri) in Zebrafish Model System

Padmshree Mudgal^{1*}, Radhika Gupta¹, Adita Joshi², Chandhana Prakash¹, Kajal Gupta¹, Ritika Sachdeva¹ and Niharika Joshi¹

¹Department of Biochemistry, Daulat Ram College, University of Delhi, Delhi - 110007, India; padmshree.m@gmail.com ²Sansriti Foundation. Delhi - 110016. India

Abstract

The increasing prevalence of anxiety and stress-related disorders has made it a leading contributor to the global health burden. The present treatment options have severe side effects and show remission on discontinuation of the medication. Hence, there is an urgent need to explore after alternative treatments for long-term usage with minimum toxicity. The medicinal plant Brahmi (Bacopa monnieri) has been used in Indian traditional medicine as a neural tonic for centuries. The present study aimed to study the toxicity and anxiolytic activity of Brahmi using the sebrafish model system. The toxicity assays determined the minimum effective concentration of Brahmi to be 0.0196. In addition, behavioral assays such as thigmotaxis and scototaxis and endocrine assays such as the measurement of cortisol levels in stressed zebrafish larvae were performed. Zebrafish embryos exposed to 0.296 Brahmi up to seven days post fertilization (dpf) did not show any developmental toxicity. Behavioral and endocrine assays were performed on 5dpf zebrafish larvae developmental toxicity. Behavioral and endocrine assays were performed on 5dpf zebrafish larvae the developmental coxicity. Behavioral and endocrine assays were performed on 5dpf zebrafish larvae that brahmi significantly reduced thigmotaxis (wall hugging) and scototaxis behavior in zebrafish larvae exposed to osmotic stress as compared to untreated stressed larvae. Stress activates the hypothalamic-pituitary-interernal axis and stimulates the release of cortisol in zebrafish larvae. Our studies report that Brahmi mitigates the stress response in zebrafish larvae and has minimum toxicity. This suggests that Brahmi may be a safe option for long term management of stress.

Keywords: Cortisol, HPI Axis, Scototaxis, Stress, Thigmotaxis

1. Introduction

Anxiety disorders and depression are becoming leading contributors to the global health burden. COVID-19 pandemic has further exacerbated the scale and burden of mental health problems with an increase of 25% globally with women and young people being hit the worst-12. Anxiety disorders are comorbid and are often diagnosed together with depression, mood disorders, bipolar disorders, and substance abuse³, which can lead to significant impairment of general well-being and impact normal day-to-day functioning. The first line of drugs for these disorders is selective serotonin-norepinephrine reuptake inhibitors. Other treatment options include

tricyclic antidepressants, mixed antidepressants (e.g., mirtazapine), antipsychotics, antihistamines (e.g., hydroxyzine), alpha- and beta-adrenergic medications (e.g., propranolol, clonidine), and GABAergic medications (benzodiazepines, pregabalin, and gabapentin)^{4,5}. Most of these drugs are addictive, have severe side effects such as sedation, a decrease in cognitive ability, and hence are not recommended for long-term use⁶. A high relapse rate is observed in patients when treatment is stopped. An increased risk for suicidal ideation (not suicides) in children and adolescents has been reported in cases treated with antidepressants such as escitalopram, citalopram, paroxetine, sertraline, mirtazapine, and venlafaxine⁷.

*Author for correspondence

Article Received on: 08.10.2022

Revised on: 28.04.2023

Accepted on: 23.05.2023

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https://www.informaticsjournals.com/index.php/jnr/article/view/3136 2/22463





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Figure 2.3.1.11 Students participated in science exhibition (Gyanotsav-2023) in at IARI campus.









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Problem Solving Methodologies





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Figure 2.3.1.12 Students engaged in research labs performing experiments.









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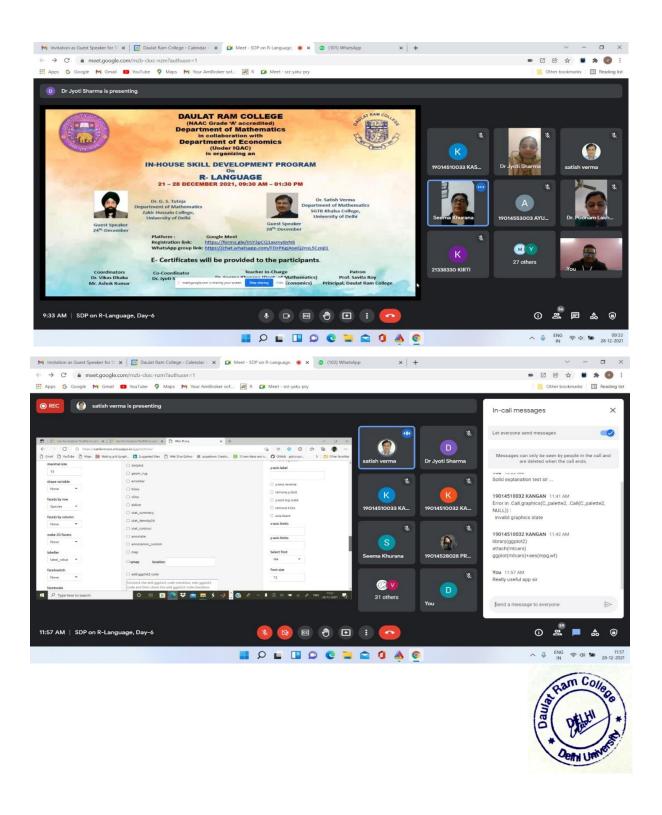




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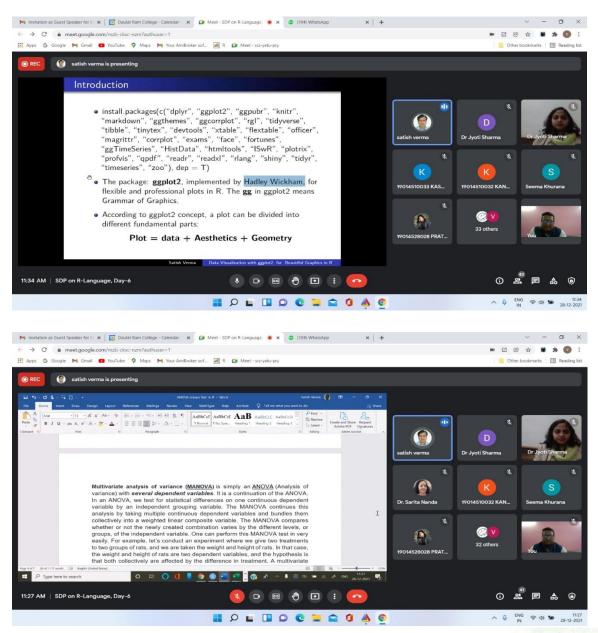
Figure 2.3.1.13 Students solving problem using statical tool R.





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Figure 2.3.1.14 Students presenting their project work outcomes.







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Figure 2.3.1.15: A dedicated Braille section







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Teachers use ICT enabled tools including online resources for effective teaching and learning process





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Figure 2.3.1.16. All teachers were skill trained in ICT tools through e-faculty development programme.





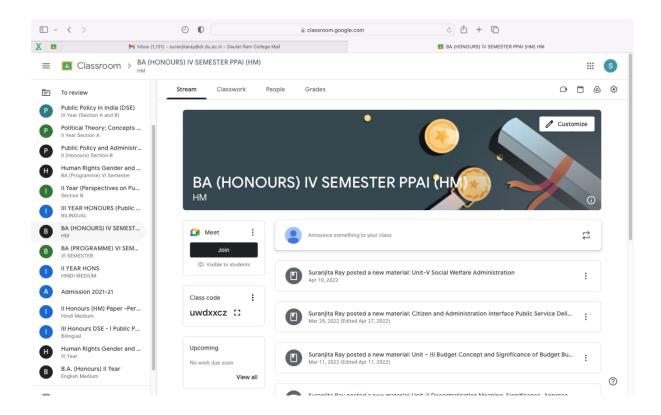


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Figure 2.3.1.17. Utilization of google classroom for different papers by DRC teachers.





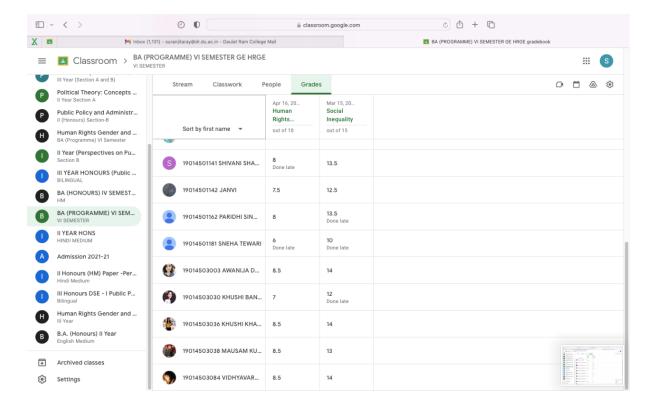


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Figure 2.3.1.18. Online evaluation of assignments by DRC teachers.







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Figure 2.3.1.19. All teachers were involved in online evaluation of online University examination during covid pandemic.





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Certificate of Appreciation

This is to certify and appreciate the contribution of **Ms MEETU KHOSLA** of **Daulat Ram College** for the timely evaluation of answer scripts of Open Book Examination (OBE) held in March, 2021.

Evaluator Id 14060 UPC 12111103 (Introduction to Psychology)

Con El



evaluator_certificates@exam1.du.ac.in

Professor Diwan S Rawat Dean (Examinations)





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Evaluator Id 14101 UPC 52411102 (Business Organization & Management)

Professor Diwan S Rawat

C.No. 486 22-06-2021

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Dean (Examinations)





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Evaluator Id 14235 UPC 72052803 (HINDI BASHA AUR SANSPRESHAN (For the students of all subjects of (Hons. Courses))

Consel

Professor Diwan S Rawat
Dean (Examinations)



C.No. 504 22-06-2021

evaluator_certificates@exam1.du.ac.in





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This is to certify and appreciate the contribution of Ms NEETU GUPTA of Daulat Ram College for the timely evaluation of answer scripts of Open Book Examination (OBE) held in March, 2021.

Evaluator Id 14072 UPC 72052805 (HINDI BAS

UPC 72052805 (HINDI BASHA AUR SANSPRESHAN (For the students of all subjects of B. Com (Programme))

Professor Diwan S Rawat

Dean (Examinations)

C.No. 482 22-06-2021

evaluator certificates@exam1.du.ac.in

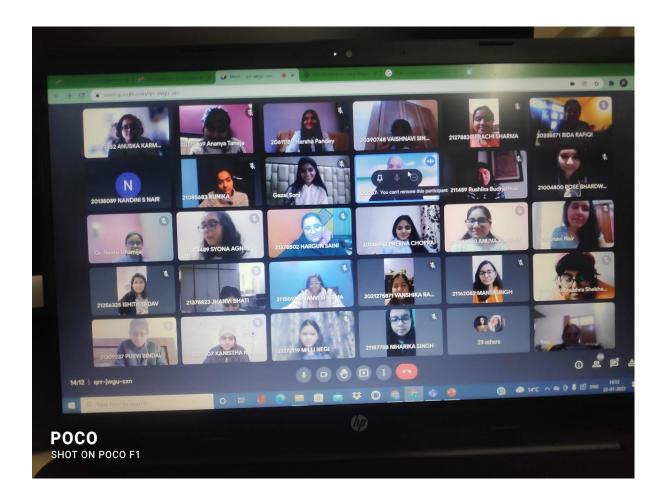




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Figure 2.3.1.20. Online classroom on Google meet taking by DRC teachers.



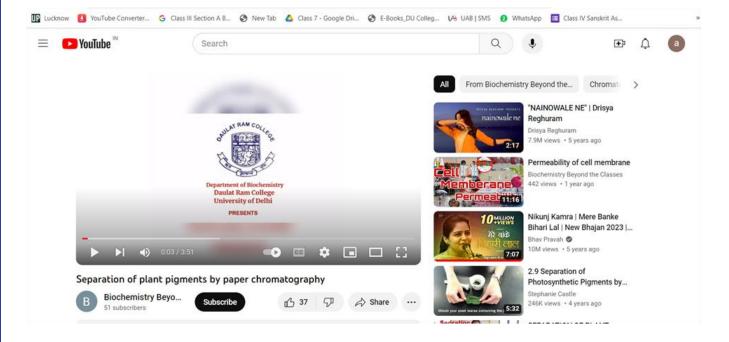




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Figure 2.3.1.21. Use of YouTube for the better topic understanding by DRC teachers.



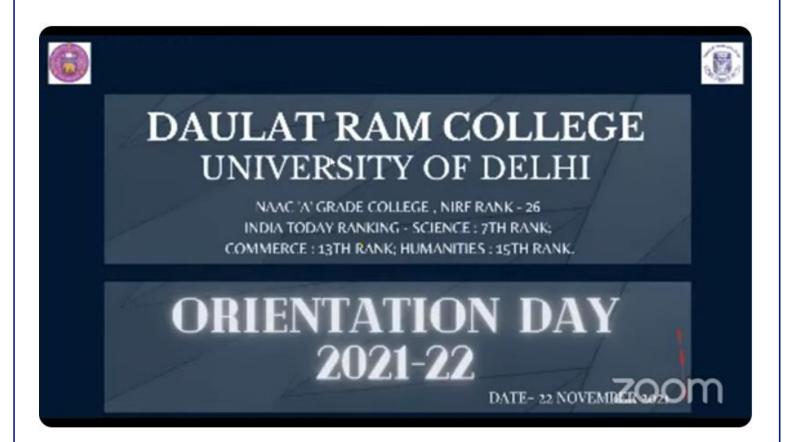




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Figure 2.3.1.22. The orientation day program organized on line mode on ZOOM platform in 2021-22.







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Figure 2.3.1.23. ICT enabled class rooms with projector (1) and Electronic smart board (2).



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