

Academic Year 2021-2022

The Department organised the following events under IQAC in 2021-2022:

1. **A Lecture cum Workshop on Yoga on 21st June 2021 titled योगो हि परमौषधम्
(Yogo Hi Paramaushadham - Relevance of Yoga in Present Times) –**

The Department of Sanskrit, Daulat Ram College and Yuva organized an online lecture-cum-workshop on the theme - Relevance of Yoga in Present Times on the occasion of 7th International Day of Yoga this year i.e. June 21, 2021. Over 90 students across the various departments of the college participated in the program. It was presided over by the Principal Prof. Savita Roy and graced by the presence of the Vice-Principal Dr. Sarita Nanda. The event started with the Vedic invocation by Km. Puja and coordinated by Km. Isha Soni. In her welcome address, Principal Ma'am reiterated the significance of Yoga in present times and reminded the Sanskrit people to come forward and introduce the world to the Yoga. Our Vice-Principal Dr. Sarita Nanda Ma'am encouraged students to adopt it in their daily life by describing its physiological benefits. The Chief Guest, Dr. Kalapini Agasti (Associate Professor and HoD, Department of Bharatiya Darshana, Kavikulaguru Kalidasa Sanskrit University, Ramtek) in her presentation on *Yoga for Holistic Health*, emphasized upon the significance of promoting mental health by adopting Yoga in daily lifestyle. Prof. Ranjit Behera (Professor, Department of Sanskrit, University of Delhi) graced the occasion as the Guest of Honour and introduced the participants to the origin and long tradition of Yoga and underlined the need to adopt Yoga in our lives. Ms. Rashmi Jain (Yoga Instructor and Researcher, Kavikulaguru Kalidasa Sanskrit University, Ramtek) was the resource person during the workshop. Through the live demonstration of various yogas and pranayama, Ms. Rashmi presented the practical aspects of the physical benefits of Yoga. After the workshop, Devanshi coordinated the Q&A session where the resource person satisfied the participants' queries. The formal vote of thanks was presented by Dr. Kamna Vimal, Teacher In-charge, Department of Sanskrit. The program concluded with the Shanti Patha by Km. Puja.

2. **E-SDP on E-Learning & Online resources and Tools for Sanskrit Learners under SDP 2022 Developing ICT Tools and Capacity Building (under IQAC)**

The Department of Sanskrit of the College organised Two Day E-SDP Workshop on *E-Learning & Online resources and Tools for Sanskrit Learners*, under the SDP 2021-22 Program Developing ICT Tools and Capacity Building (under IQAC), especially for the newly admitted first year under-graduate students of the Department on November 24 & 25, 2021. Inspired by the vision of enhancing ICT knowledge of the first year students and equipping them with the required resources and tools with reference to Sanskrit, the workshop had two major goals: Learning - Imparting knowledge about ICT tools and Sanskrit Resources and Preparing – enabling them to integrate the two practically & effectively.

The Inaugural of the E-SDP was held on November 24, 2021. The Convener of the SDP Program, Dr. Meetu Khosla (Associate Professor, Department of Psychology) guided and

inspired the students with her kind words. Dr. Kamna Vimal, the Coordinator of the SDP, presented the background of the Program.

The first day of the SDP had two technical sessions - Online Learning – Platforms & Classroom by Dr. Sushma Devi and The Google Workspace – Its various applications and their uses by Dr. Kamna Vimal. The second day had Dr. Ravi Kumar Meena as resource person on the various applications and uses of MS Office 2010 and Dr. Sharda Gautam on Sanskrit-Specific Online Resources and Tools by Dr. Sharda Gautam.

Dr. Sarita Nanda, Vice-Principal of the College graced the Valedictory session at of the SDP and encouraged the students to stay updated in ICT and incorporate it with their learning

There was an additional assessment session at 3:00 pm on 25th November, 2021. The students were assessed on the basis of a quiz based assignment and a project of presenting any one of the topics learnt from any of the technical sessions of the SDP. They also filled and submitted an online feedback form.

3. The Spoken Sanskrit Workshops (*Sanskrit Sambhashana Vargas*)

The Department also organised two rounds of Spoken Sanskrit Workshops (Sanskrit Sambhashana Vargas)

(a) **Varga I for Second Year Students of B. A. (H) Sanskrit** – With an aim to provide hand-holding to the students and to cover-up the lack of the offline communicational skills in Sanskrit, the department organised 4 weeks Sambhashana Varga from August 6, 2021 to September 6, 2021 under the Convenorship of Dr. Kamna Vimal. Dr. Rosy Sharma acted as the resource person for the Varga. The inaugural ceremony was presided over by respected Principal Ma'am who had been the inspiration and motivation behind the programme. Ma'am emphasized the importance of Sanskrit in the world today and Sanskrit being the link language between the knowledge stored in the ancient literature and the need of the world. She also encouraged the students to communicate freely in Sanskrit without worrying about being correct and to use Sanskrit in for communicating among themselves and with teachers. The review of the Sambhashana Varga I was held on September 4, 2021. The assessment viva test was conducted on September 13, 2021.

(b) **Varga II for Third Year Students of B. A. (H) Sanskrit** – With an aim to provide hand-holding to the students and to cover-up the lack of the offline communicational skills in Sanskrit, the department organised 2 weeks Sambhashana Varga from December 15, 2021 to December 31, 2021 under the Convenorship of Dr. Kamna Vimal. Dr. Rosy Sharma acted as the resource person for the Varga. The students are also carrying forward the practice in their C14 paper in VI Semester. The review and assessment is yet to be taken.

The valedictory of the Sanskrit Sambhashana Vargas is to be organised in coming events of the Department.

4. The Two Weeks Online Skill Development Programme on *Wellness Through Yoga and Healthy Lifestyle* from December 27, 2021 to January 8, 2022

With an aim to promote healthy development of the students of the students through the life affirming components like Yoga and Healthy Lifestyle, the Departments of Nutrition and Health Education and Sanskrit of Daulat Ram College have jointly organised the two weeks online Skill Development Programme during December 27, 2021 – January 8, 2022 under the SDP 2022. The SDP also was conducted under the Vidya Vistara Scheme of the University of Delhi.

The SDP was scheduled from December 27, 2021 – January 1, 2022 with two sessions everyday but due to on-going examinations and other factors, it was rescheduled to one session everyday at 3:30 pm from December 27, 2021 – January 8, 2022. The SDP had 2 plenary sessions i.e. the Inaugural and Valedictory sessions and 10 technical sessions in all.

The Program received an enthusiastic response and hence, the registration had to be closed within two days of its announcement. Total 65 registrations were received from about students of 10 disciplines. It included 7 students – Soniya Deora, Payal Parihar, Rudrakshi, Lalita, Bhoomika, Payal and Nandini - from the Government Girls College, Magra Punjala, Jodhpur, Rajasthan. After screening of invalid entries and pre-informed drop-outs, the SDP started with a total 62 participants. Faculty of Departments of Sanskrit and Nutrition and Health Education and Bio-chemistry of Daulat Ram College along with two inter-departmental and two external speakers - Dr. Renu Kishore (Associate Professor (Retd.), Dept of Psychology, Psychologist & Counsellor), Dr. Meetu Khosla (Associate Professor, Dept of Psychology and Convenor, SDP 2022), Dr. Anita Garga Mangla (Assistant Professor, Dept of Biochemistry) and Dr. Omanand (Mentor, Paramanad Yoga Institute).

We wish to extend our heartfelt thanks to you Dr. Malini Sharma, VVS Coordinator (DRC), Dr. Chayan Mehta, Coordinator (GGC, Magra Punjala, Jodhpur, Rajasthan) and Dr. Babulal Meghwal Principal & VVS Coordinator (GC, Barner, Rajasthan) for making it possible for us to coordinate with the students of our partner colleges and making the programme a success.

Besides these also, the department association has been active in organising various events to encourage and facilitate the students. The report of these events will be sent as association report for the Annual Report 2021-2022.

REC
Meeta Khosla
Dr. Sushma Devi
20529065 NISHTA CHOUDHARI
21199510 RITU KUMARI
21058476 SHRUTI AGGARWAL
Mr. Ravi Kumar Meena
21357691 NIDHI NEGI
21211079 DISHA SALLUJA
21133014 DIPRIKA MAINI
20581879 Teena
20A31824 ANSHU
Dr. Shashi Gautam
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Dr. Shashi Sharma
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21101040 AASTHA PANDEY
Dr. Sarita Panda
Dr. Shashi Sharma
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Department of Sanskrit

Daulat Ram College, DU

E-SDP



Developing ICT Tools and Capacity Building (under IQAC)

November 24-25, 2021 (9:00 AM - 1:00 PM)

E- learning & Online Tools for Sanskrit Learners



Session 1 & 2 on 24 Nov. 2021

Inaugural Session

Technical Session 1 : Online Learning - Platforms and Classroom -

Dr. Sushma Devi

Technical Session 2 : Introducing Google - Workspace - Applications &
Their uses- **Dr. Kamna Vimal**

Session 3 & 4 on 25 Nov. 2021

Technical Session 3 : MS Office 2010 - Features and Uses -

Dr. Ravi Kumar Meena

Technical Session 4 : Sanskrit Specific - Online Resources and Tools
Dr. Sharda Gautam

Valedictory Session - Dr. Shashi Sharma

- Mandatory for all the students of B.A. (H) Sanskrit 1st year
- E- Certificates will be issued to the students on the basis of attendance , feedback and assessment.

Meeting link : <http://meet.google.com/ybb-mgfq-cvr>


Dr. Kamna Vimal
Course Co-ordinator

Dr. Meetu Khosla
Convener , E- SDP

Prof. Savita Roy
Principal

kev-ozmp-wtb (2021-08-05 at 21:58 GMT-7) | Search results - Google Drive | (7) WhatsApp


mail.google.com/mail/u/0/?tab=rm&ogbl#search/meet+recording/FMfcgzGkZkQSHRLddGsXDNJCXJcQfbjr?compose=DmwnWsCWzjztXxPswGtThHwWzWf...



A screenshot of a Zoom meeting window. The main video area shows a woman with glasses and a red face mask sitting at a desk. She is wearing a brown and gold saree. Her right hand is on a computer mouse, and her left hand is near a keyboard. The background includes a wall with a framed picture and a desk with various items. The name 'Daulat Ram College' is visible at the bottom of the video frame. On the left side, there is a sidebar with a 'Compose' button and a list of mail folders: 'Inbox', 'Starred', 'Snapped', 'Sent', 'Drafts', 'Absentees of Asso.', 'Admission 2021', 'I H GE Epigraphy Test', 'I H GE Question Pa...', 'I P SEC Ayurveda Assig...', 'I Prog 2020', 'I H C 14 Assignment', 'I P to be sent', and 'Sambhaskar Kav...'. Below the video, there are 'Reply' and 'Forward' buttons. The Windows taskbar at the bottom shows the search bar, system tray with temperature (23°C), time (18:47), and date (17-02-2022).

kev-ozmp-wtb (2021-08-05 at 21:58 GMT-7) | Search results - Google Drive | (7) WhatsApp

mail.google.com/mail/u/0/?tab=rm&ogbl#search/meet+recording/FMfcgzGkZkQSHRLddGsXDNJCXJcQfbjr?compose=DmwnWsCWzjztXxPswGtThHwWzWf...



A screenshot of a Zoom meeting window, similar to the one above. The main video area now shows a smaller window of the same woman, 'Savyita Roy', in the same setting. The sidebar on the left is identical to the first screenshot. Below the video, there are 'Reply' and 'Forward' buttons. The Windows taskbar at the bottom shows the search bar, system tray with temperature (23°C), time (18:48), and date (17-02-2022).

kev-ozmp-wtb (2021-08-05) | Search results - Google Drive | (7) WhatsApp

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kev-ozmp-wtb (2021-08-05 at 21:58 GMT-7)

Compose

Mail

- Inbox 742
- Starred
- Blocked
- Sent
- Drafts
- Absentees of Asso...
- Admission 2021
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- II H GE Question Pa...
- II P SEC Agencda Assg...
- II Prog 2020
- II H C 14 Assignment
- II P to be sent
- Sambhaskan Kary...

Chat

Spaces

Meet

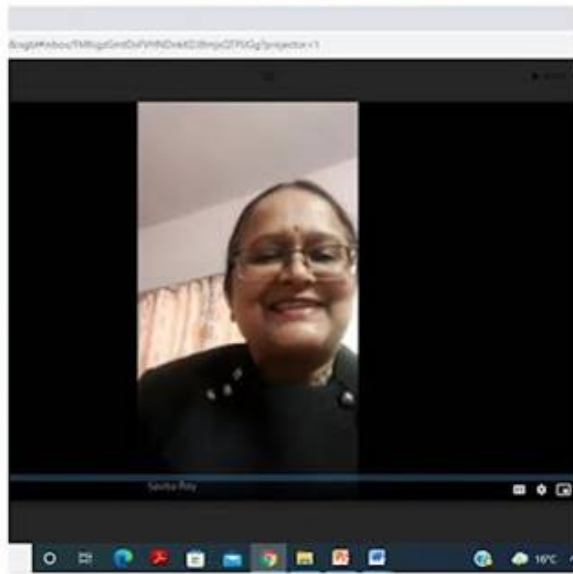
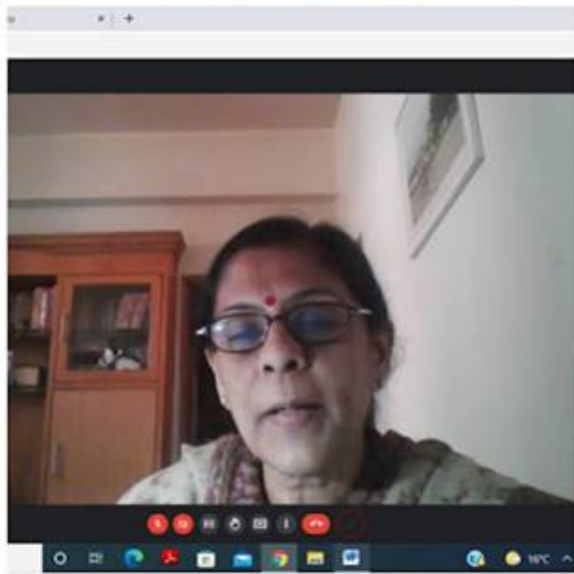
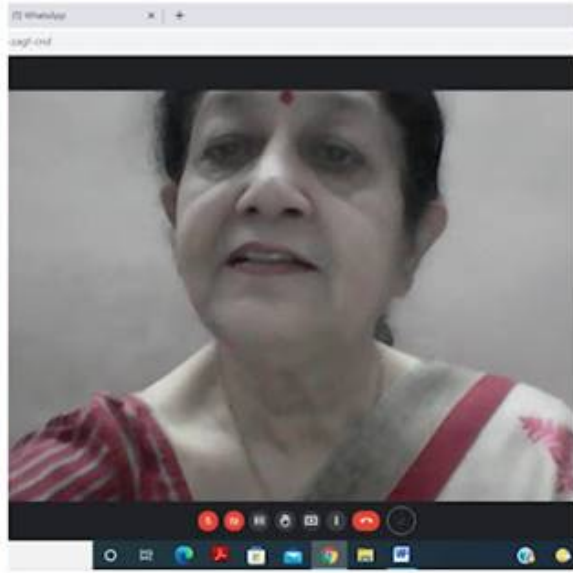
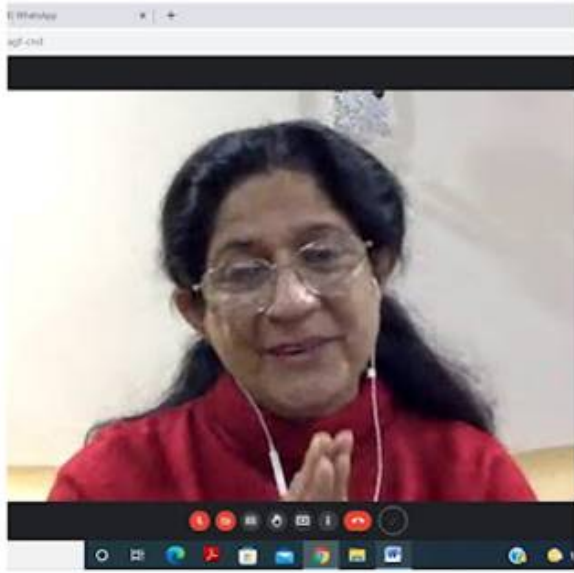
- New meeting
- My meetings

19014529006 KASHISH CHANCHAL

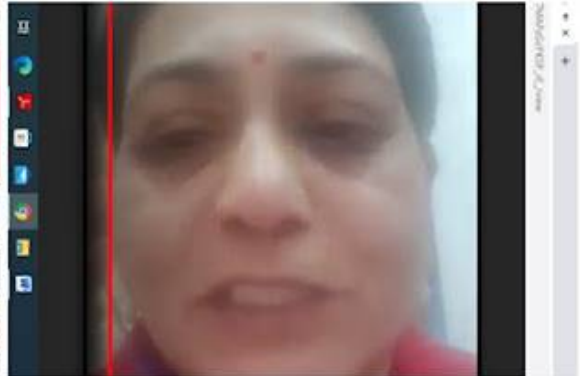
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Wellness through Yoga and Healthy Lifestyle

An Online Skill Development Programme (Under IQAC)

Organised by

Departments of Sanskrit &
Nutrition & Health Education
Daulat Ram College
University of Delhi



Free Registration Limited Seats First Come First Serve

**NOTE: Open for students of Daulat Ram College &
its partner Colleges under Vidya Vistara Scheme (DU) only**

December 27, 2021 - January 1, 2022
10:00 am to 12:00 noon & 2:00 pm to 4:00 pm

Dr. Kamna Vimal

Coordinator

Dr. Pooja Jain

Coordinator

Dr. Meetu Khosla

Convener

Prof. Savita Roy

Principal

Visit dr.du.ac.in for further information

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दौलत राम महाविद्यालय

संस्कृत विभाग एवं 'युवा' द्वारा आयोजित
" योगो हि परमौषधम् "
व्याख्यान में आप सभी सादर आमंत्रित हैं।



मुख्य अतिथि -
डॉ. कलापिनी अगस्ती
विभागाध्यक्षा
भारतीय दर्शन विभाग
कविकुलगुरु कालिदास
संस्कृत विश्वविद्यालय
रामटेक



अध्यक्षता -
प्रो. सविता रॉय
प्राचार्या
दौलत राम महाविद्यालय



विशिष्ट अतिथि-
प्रो. रंजीत बेहेरा
संस्कृत विभाग
दिल्ली विश्वविद्यालय



रिसोर्स पर्सन -
सुश्री रश्मि
योग प्रशिक्षक, शोधच्छात्रा
भारतीय दर्शन विभाग
कविकुलगुरु कालिदास
संस्कृत विश्वविद्यालय
रामटेक

सोमवार, 21 जून 2021 (9:00 प्रातः)

माध्यम - गूगल मीट

गूगल मीट लिंक - <https://meet.google.com/mtj-gyme-mub>

रजिस्ट्रेशन करने वाले प्रतिभागी को ई-सर्टिफिकेट भी दिया जायेगा।

रजिस्ट्रेशन लिंक -

<https://forms.gle/VkXvw8NeEHVxEBdw6>

विभागाध्यक्षा -
डॉ. कामना विमल

प्राचार्या -
डॉ. सविता रॉय

