



**Institute of Home Economics**  
**University of Delhi**  
**Accredited 'A' Grade by NAAC**  
**'Star College Scheme' by DBT**  
**DST-FIST Awardee**



## **HDCS DEPARTMENT ANNUAL REPORT**

**JULY 2022-JUNE 2023**

### **1. About the Department**

Department of Human Development and Childhood Studies include committed faculty who's professional and academic pursuits include guiding doctoral students, conducting research and contributing to academic writing and publication. The faculty members also share their expertise and skill through community outreach and intervention activities. Such activities encourage students to learn new skills and sensitizes them to diversity. The department is committed to preparing professionals who can successfully engage with multiple contemporary concerns and the changing global challenges through academics, research activities and community action.

At the HDCS department, we have always been very conscious of extending the teaching learning process beyond the classroom by providing our students with varied opportunities to experience and discover the real world. Student seminars, workshops by eminent resource persons and field trips to relevant organizations is an innate part of our department practice.

Aarambh, an Early Childhood Learning Centre initiated and nurtured under guidance of the Department of Human Development and Childhood Studies, Institute of Home Economics, University of Delhi. Through this centre, the department affirms its approach towards holistic child development and reconstructs happy and joyful childhood experience. The central vision of AARAMBH is to focus on early learning by providing a range of child stimulation activities guided through physical-motor, cognitive- language and social – emotional domains of development. The centre envisions optimizing age appropriate abilities for early brain stimulation where learning is playful!!

Aarambh provides the following facilities:

- Aarambh creche for 6 months to 2 years
- Early Learning Centre for children of ages 2 to 4 years
- Day care Programme for Children between 2 to 10 years
- After School Programme for Children between 5 to 10 years
- Counselling, Guidance and Workshops forum

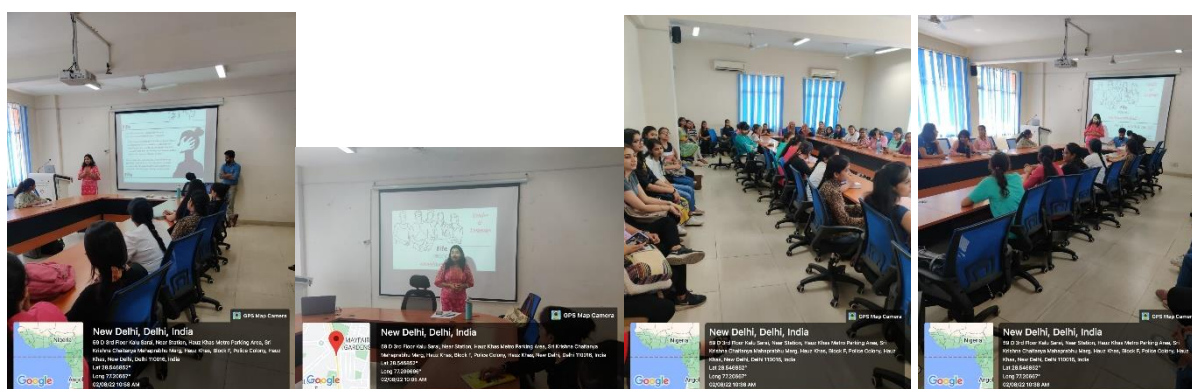
## 2. Major activities conducted

### 2.1 Workshops/Seminars/ lectures organized

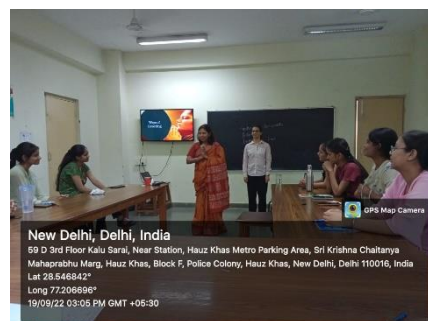
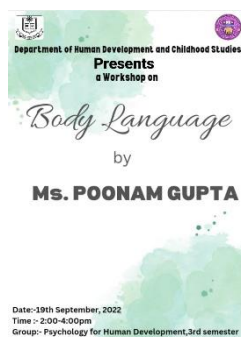
S.No	Title	RESOURCE PERSON	DATE & TIME	ONLINE/ OFFLINE
1.	Gender and Language	Ms. Shubhika, FIFE organization	02.08.2022	Offline
2.	Body Language	Ms. Poonam Gupta, IPAC	19.09.2022 2:00-4:00pm	Offline
3.	Dance and Movement Therapy	Ms. Rashi Bijlani, ASHA HAI	29.09.2022 2:00-4:00pm	Offline
4.	ABA Therapy for Children with Disabilities	Ms. Garima Narang, CRIA	15.10.2022 10:30-12:30pm	Online
5.	Developing Activities for Preschoolers	Ms. Sukhna Sawhney, Sesame Street	17.10.12022 1:30-3:30pm	Offline
6.	Learning Disabilities: Management and Classroom Strategies	Ms. Reshma Bhowan, Manav Rachna University	07.11.2022 3:30-5:30pm	Offline
7.	Empathy and Belongingness	Ms. Lata Singh, MEQ Academy	10.11.2022 1:30-3:30pm	Offline
8.	Media and Psychology	Dr. Yuki Azaad Tomar, IHE	20.11.2022 1:30-3:30pm	Offline
9.	Dance and Movement	Dr. Deepti Gupta, IHE	21.11.2022	Offline
10.	Theatre in Education	Mr. Aanand Chabukswar	05.12.2022 4:00-5:30pm	Online
11.	Gender Workshop	Ms. Shubhika, FIFE organization	30.01.2023 – 01.03.2023	Offline
12.	"Child Rights in India : Issues and Challenges"	Public Lecture by Nobel Laureate Shri Kailash Satyarthi	17.03.2023	Offline

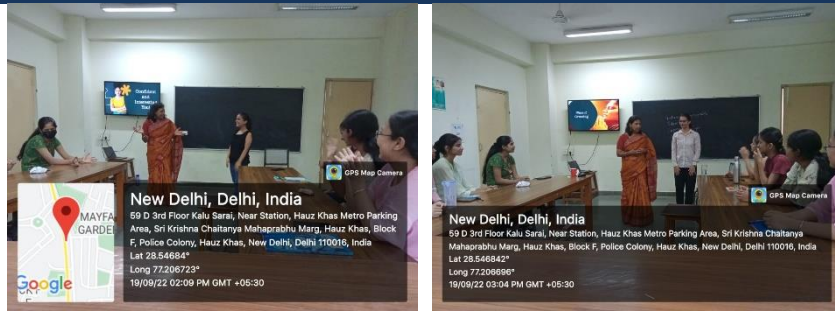
13.	ABA approach	Ms. Tarrannum, CRIA	29.03.23	Offline
14.	Ethics and Morality	Ms. Vandana Nangia, Special Educator	24.04.2023 1:30-4:30pm	Offline
15.	Dance and Movement for Early Years	Ms. Deepti Gupta, IHE	27.05.23	Offline
16.	Ethics and Morality	Ms. Vandana Nangia, Special Educator	02.05.2023 1:30-4:30pm	Offline
17.	Nurturing Mental Health through Mindfulness	Ms. Savita, Manav Rachna University	29.05.2023 5:00-7:00pm	Online
18.	Survey of a Childline Network	Bhavna Negi and Mila Tuli		Offline
19.	Research to understand adolescent relationships	Bhavna Negi		Offline

### Gender and Language



### Body Language

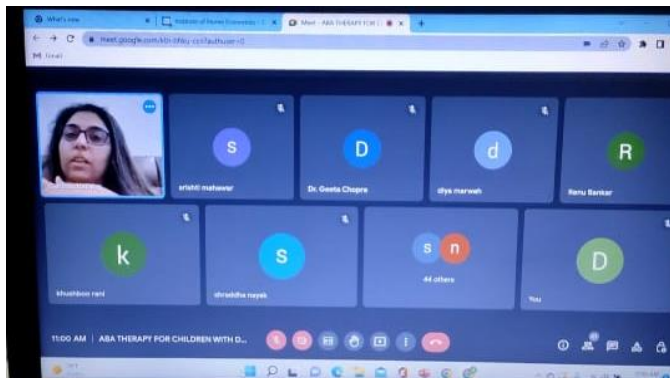
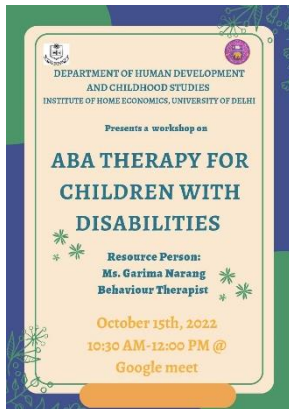




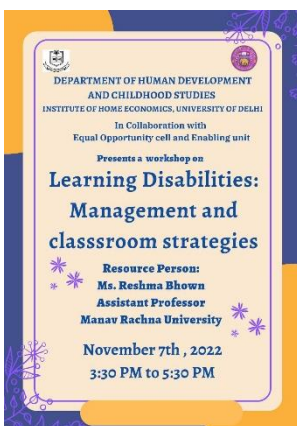
## Dance and Movement Therapy



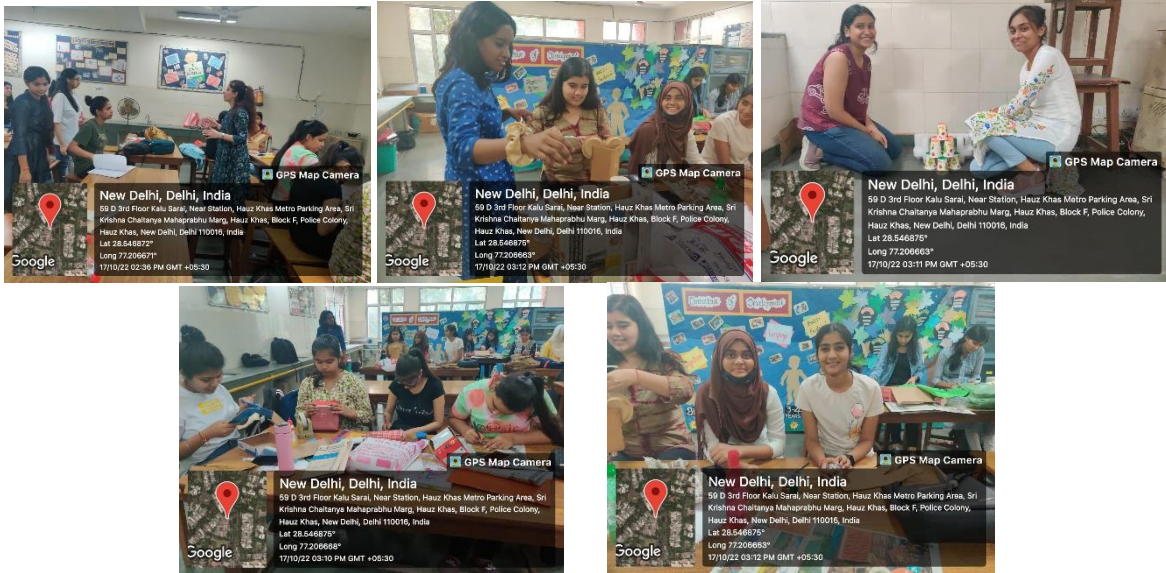
## ABA Therapy



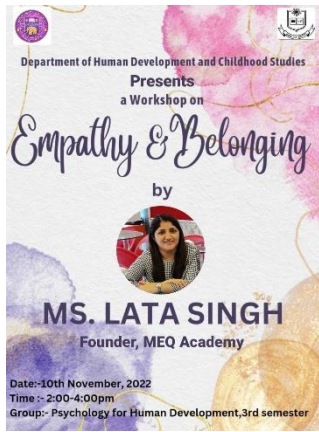
## Learning Disabilities



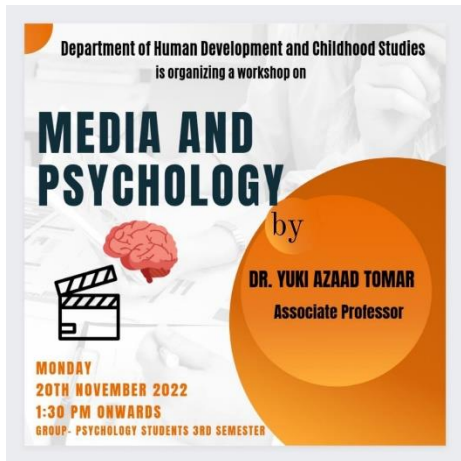
## Developing Activities for Preschoolers



### Empathy



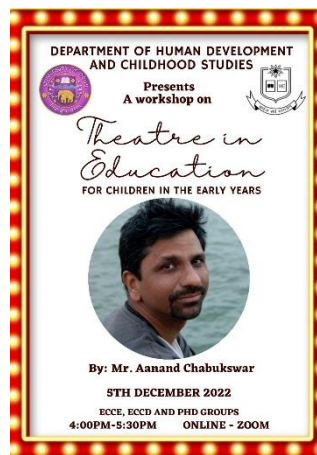
### Media and Psychology



### Dance and Movement



## Theatre in Education



## Gender Workshop



## Child Rights: Issues and Challenges



**ABA Approach**

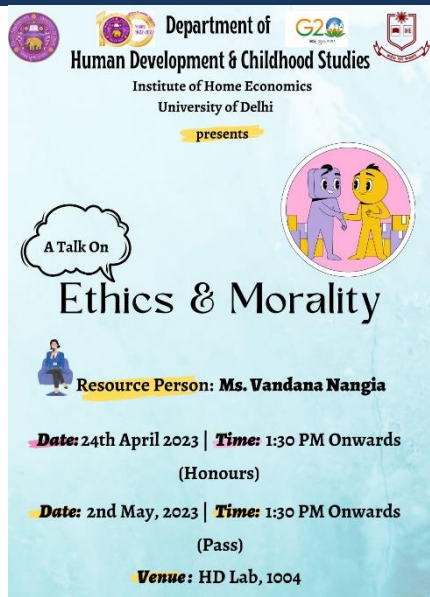


**Dance and Movement**



**Ethics and Morality**

**Mindfulness**



## 2.2 Short term courses

## 2.3 Extension and outreach activities

### 2.3.1 VOICES – MENTAL HEALTH SOCIETY Report 2022-23

VOICES RECORDS 2022-23 (July '22-June '23)						
EVENT/ACTIVITY	RESOURCE PERSON	ORGANISATION	DATE	TIME	NO. OF PARTICIPANTS	OFFLINE/ ONLINE
Tips to be stress-free during exams	-	-	28 JULY '22	-	4213	Online (Reel)
Ikshana	Renu ma'am, Kavita ma'am, Veenu ma'am and Voices team	HDCS Dept	5 AUG '22	10:00 AM	215	Offline
Game-O-Mania (Headphone Music Game, Movie Quiz, Tell A Story 2)	Voices Members	Voices Team	5 AUG '22	10-1:30	264	Offline
Signing Off of Previous Team	Voices Members	Voices Team with HDCS Dept	27 AUG '22	-	350	Online
Signing In of New Core Team	Voices Members	Voices Team with HDCS Dept	27 AUG '22	-	500	Online
Cinematic Sunday series started	Voices members	Voices Team	4 SEP '22	-	1000	Online



Teacher's day celebration	Voices members	Voices Team	5 SEP '22	-	1000	Offline and Online
Session on suicide prevention by Anukriti Pande	Ms. Anukriti Pande	Altreus Technologies and Amity University	10 SEP '22	8:00 PM	800	Online
Orientation meet	Voices Core members	Voices Team	17 SEP '22	7:00 PM	50	Online
Wear purple to promote ALzheimers	Voices Members	Voices Team	21 SEP '22	-	200	Offline and Online
Auditions	Voices Core Team	Voices Team	22 SEP '2	12:00 PM	80	Offline
World mental health day - Rangreza (Yaadon Ki Baarat, Call Your Loved Ones, Complete The Drawing, Bol Baby Bol) Plantation Drive in collaboration with NSS	Voices Members	Voices Team	10 OCT '22	10:00 AM	2000	Offline
Halloween bedsheet trend '22	Voices Members	Voices Team	31 OCT '22	-	20	Offline
Flickzilla debate competition	Dr. Geeta and Ms. Anita George	Voices Team with English Dept	4 NOV '22	11:00 AM	30	Offline
Common orientation day for freshers	Voices Core members	Voices Team	10 NOV '22	-	300	Offline
Understanding gender and sexuality workshop by Pratisandhi	Pratisandhi	Pratisandhi	11 NOV '22	11:00 AM	50	Offline
1st yr orientation meet	Voices Core Team	Voices	14 DEC '22	7:00 PM	50	Online
Team bonding activity	Voices Members	Voices	24 JAN '23	1:00 PM	20	Offline
Women's day - give a rose	Voices Members	Voices	8 MAR '23	-	1600	Offline and Online
HD FEST - FoodPsyche	Voices members	Voices Team with HDCS Dept	5 APR '23	11:00 AM	500	Offline
HD FEST + Nutrishala workshop (Nutritional Psychology and FoodPsyche)	Ms. Rakshita Mehra	Founder, Nutrishala	6 APR '23	1:00 PM	50	Offline
Farewell '23	Voices members	Voices Team	20 APR '23	11:00 PM	25	Offline
Signing off post seniors	Voices members	Voices	18 JUNE '23	-	2000	Online
Father's day	Voices members	Voices	18 JUNE '23	-	500	Online

Pride Month	Voices members	Voices	25 JUNE '23	-	1100	Online
International Day Against Drug Abuse	Voices members	Voices	26 JUNE '23	-	500	Online
PTSD Awareness Day	Voices members	Voices	27 JUNE '23	-	40	Online

### IKSHANA INAUGURATION - 5th August 2022



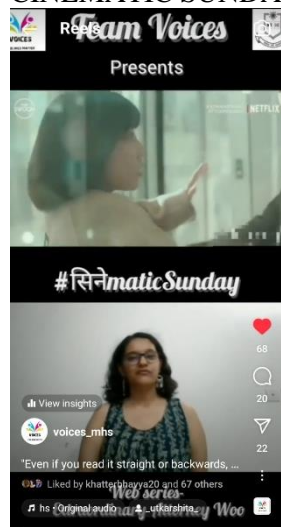
### SIGNING OFF OF CORE TEAM 2021-22



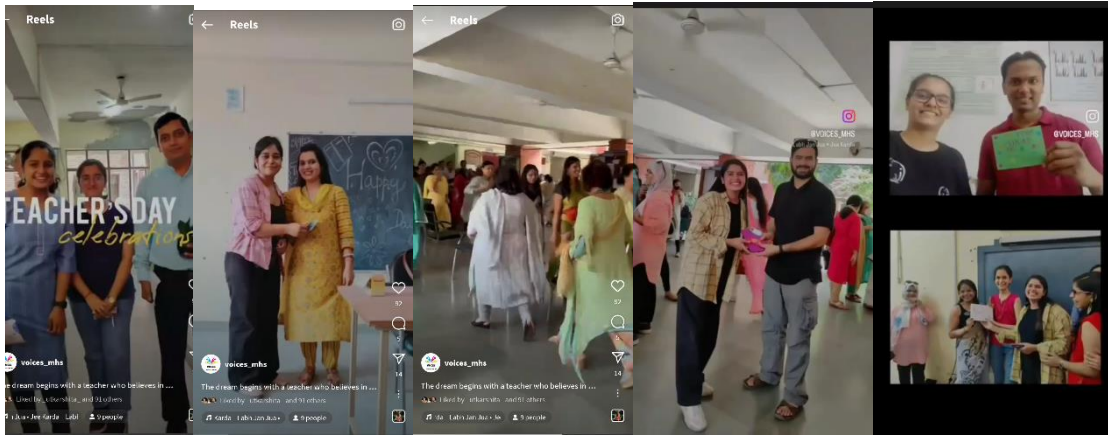
### SIGNING IN OF CORE TEAM 2022-



### CINEMATIC SUNDAYS



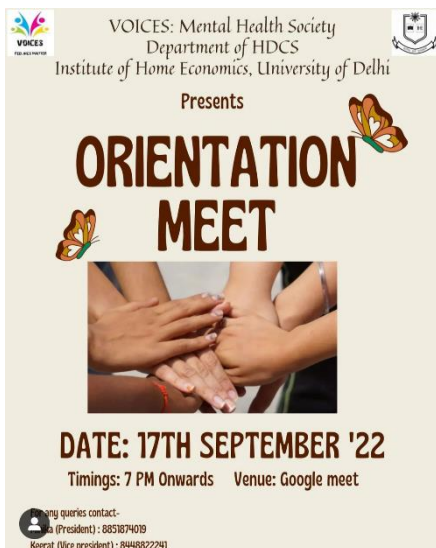
### TEACHERS' DAY CELEBRATION - 5th September 2022



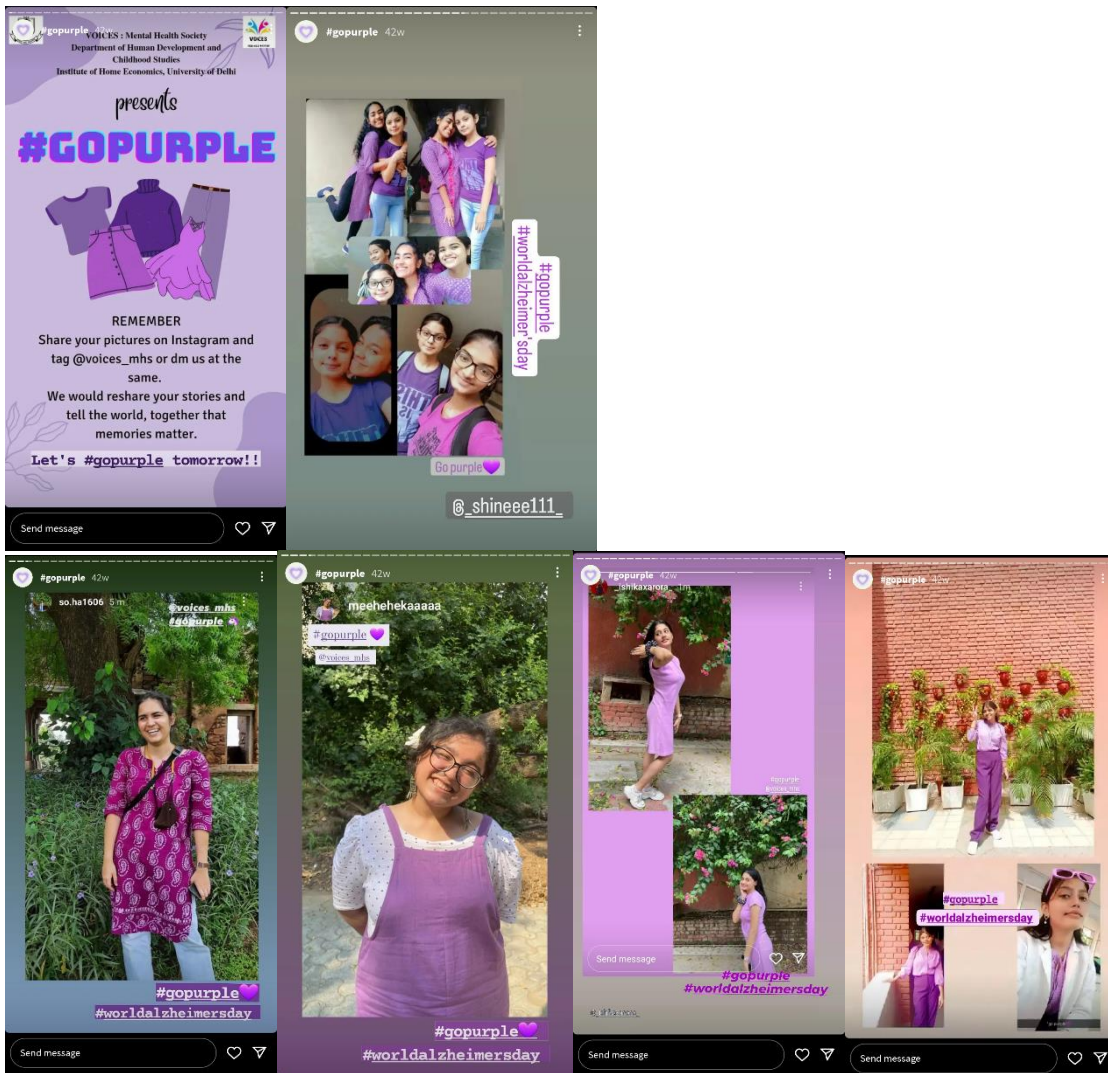
Session on suicide prevention by Anukriti Pande - 10th September 2022



Orientation meet - 17 September 2022



Wear purple to promote ALzheimers - 21th September 2022



## Auditions - 22nd September 2022

VOICES : THE MENTAL  
HEALTH SOCIETY  
DEPARTMENT OF HDCS  
Institute of Home Economics , DU

Presents

**AUDITIONS**

**Date - 22nd  
September  
Time - 12PM  
onwards  
Venue - Voices Room  
(1006)**

For more queries contact:  
Mihika Shah( President) - 8851874019  
Keerat( Vice president) - 8448822241



Team Voices  
welcomes  
you all



World mental health day - Rangreza - 10th October 2022



Halloween bedsheets trend '22 - 31st October 2022





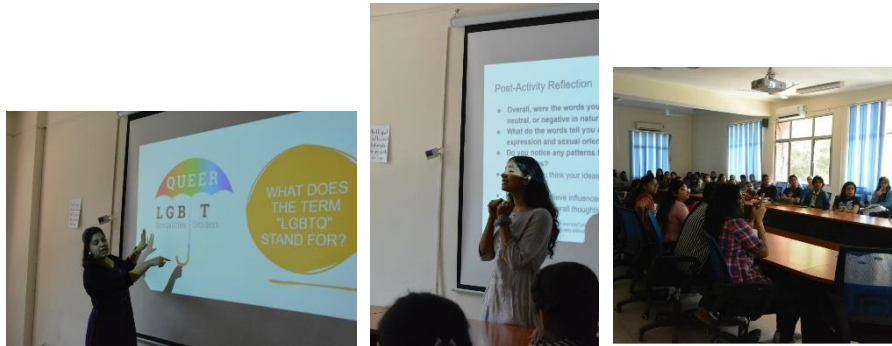
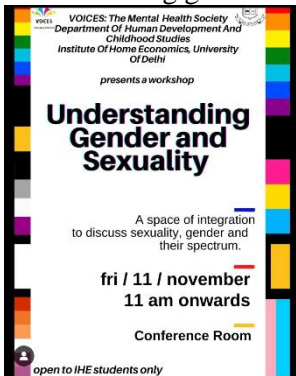
Flickzilla debate competition - 4th November 2022



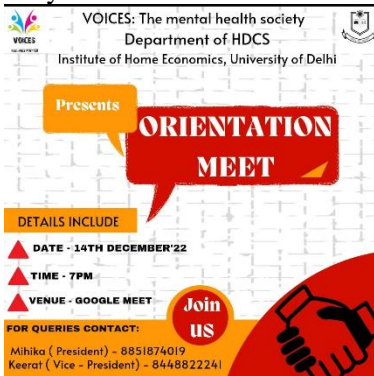
Common orientation day for freshers - 10th November 2022



Understanding gender and sexuality workshop by Pratisandhi - 11th November 2022



1st yr orientation meet - 14th December 2022



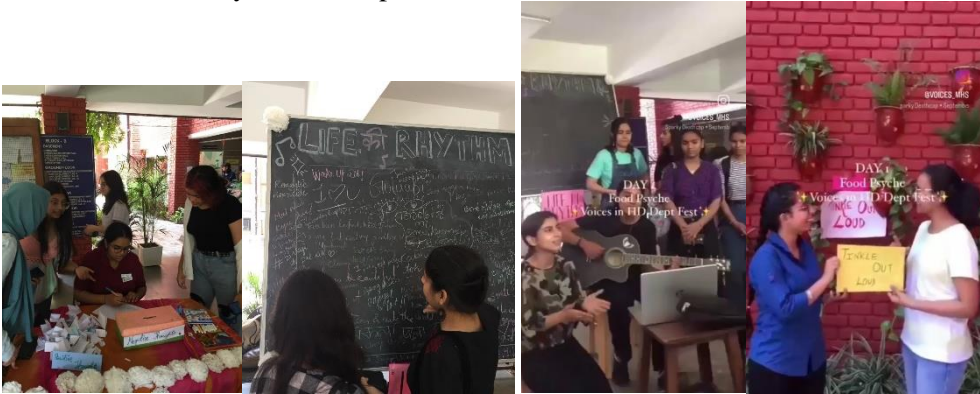
Team bonding activity - 24 January 2023



Women's day - give a rose - 8th March 2023



HD FEST - FoodPsyche - 5th April 2023



Farewell'23



Signing off post seniors - 18 June 2023





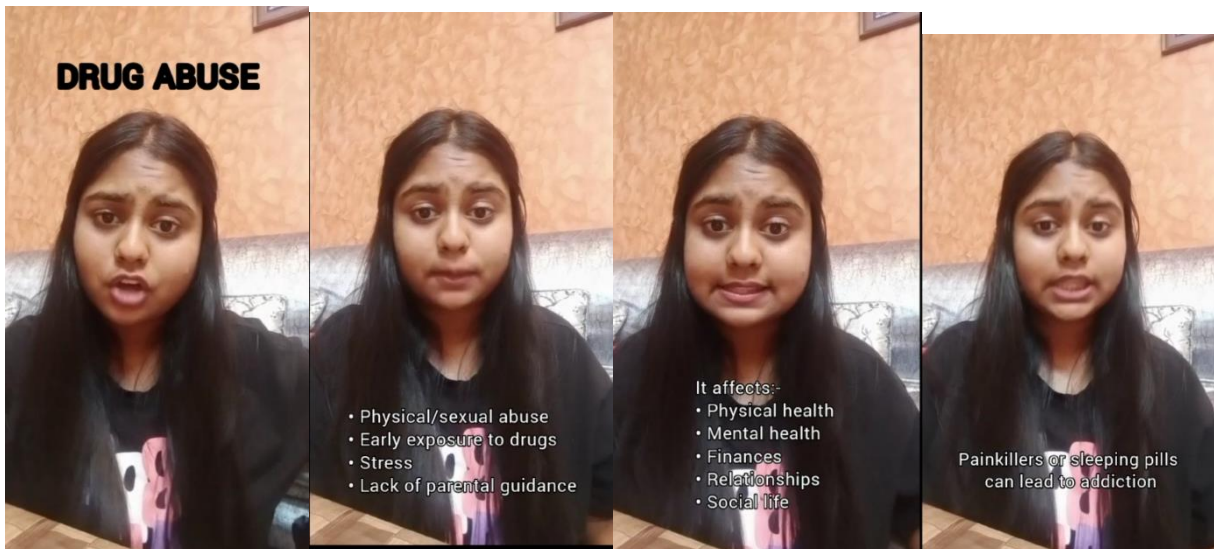
Father's day reel - 18 June 2023



Pride Month - 25 June 2023



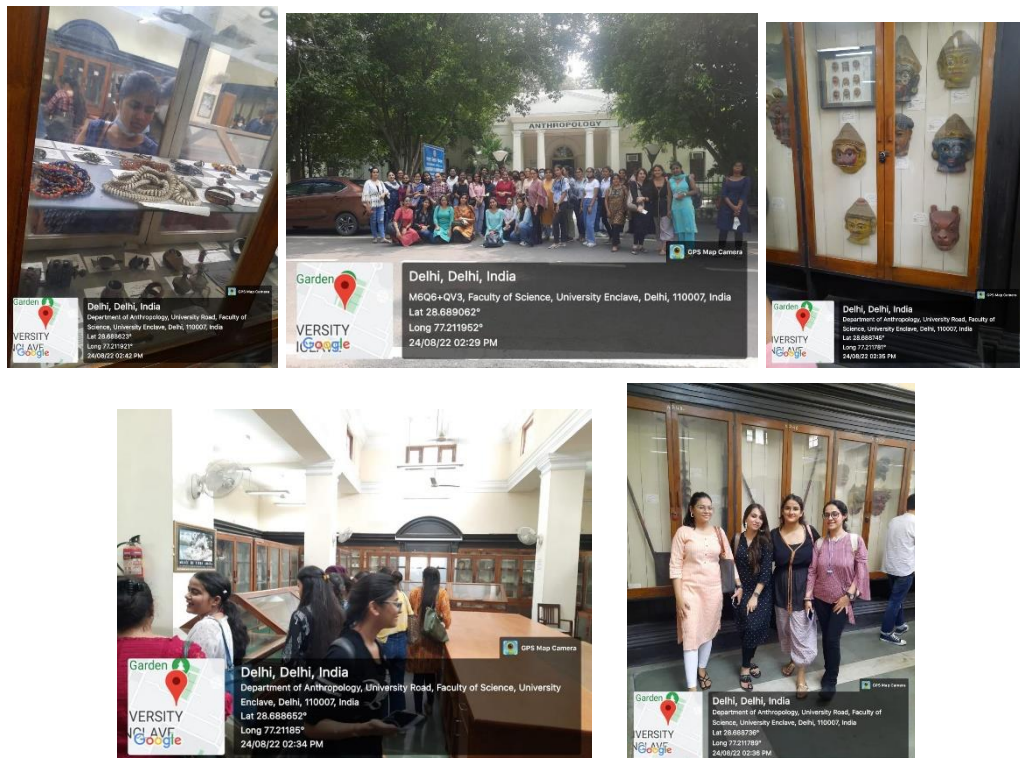
International Day Against Drug Abuse



Drug abuse reel

### 2.3.2 Field Visits

1. Students of B.Sc. (Pass) Home Science Sem V visited the anthropology department to gain an insight into the materials that existed in different cultures from time to time. This was a part of their SWFC practical. The visit was on 24.08.2022.



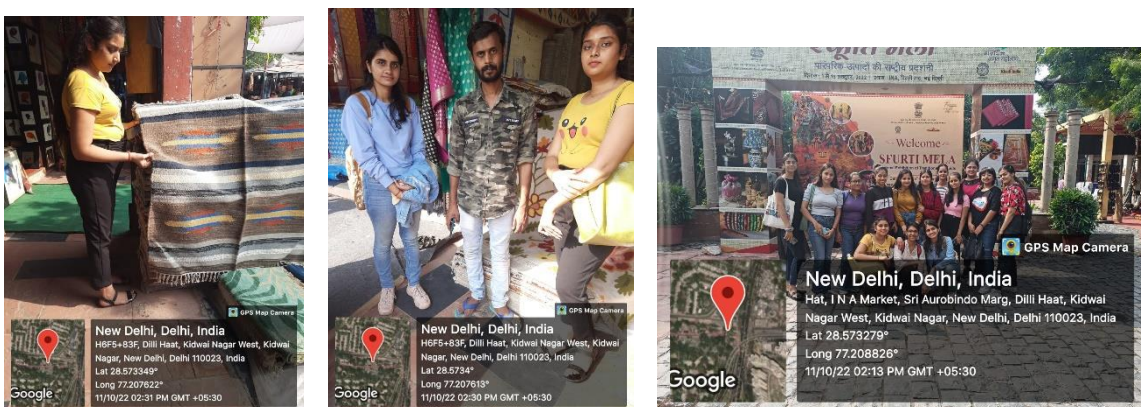
2. Students of B.Sc. (Hons.) Home Science Sem VI visited potters community at Sarojini Nagar to understand the construction of childhood in an artisan community on 02.09.2022.



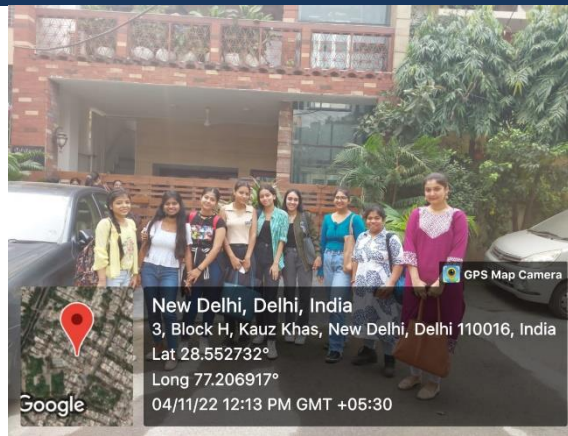
3. Students of B.Sc. (Hons) Home Science Sem V visited Katha centre for a session on writing, editing and publishing for children on 30.09.2022.



4. Students of B.Sc. (Pass) Home Science Sem V visited Dilli Haat as part of their SWFC practical to understand the tradition and culture of different artisans on 11.10.2022.



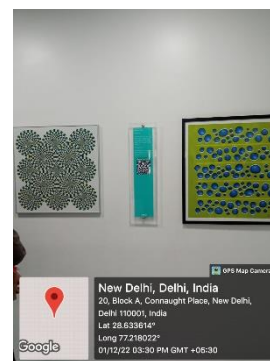
5. Students of B.Sc. (Pass) Home Science Sem V visited ASHA HAI, an organization working in the field of disability as part of their curriculum of Children with Disability. The visit was on 04.11.2022.

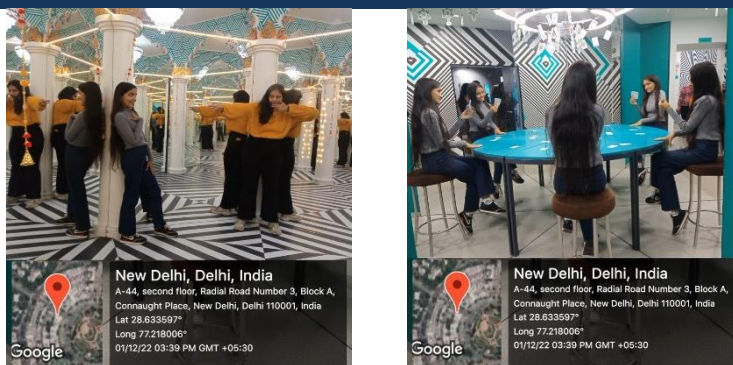


6. Students of B.Sc. (Hons. & Pass) Home Science Sem III visited Mobile Creche' as part of their Early Childhood care and Education/Development practical on 04.11.2022 and 23.11.2022 respectively.

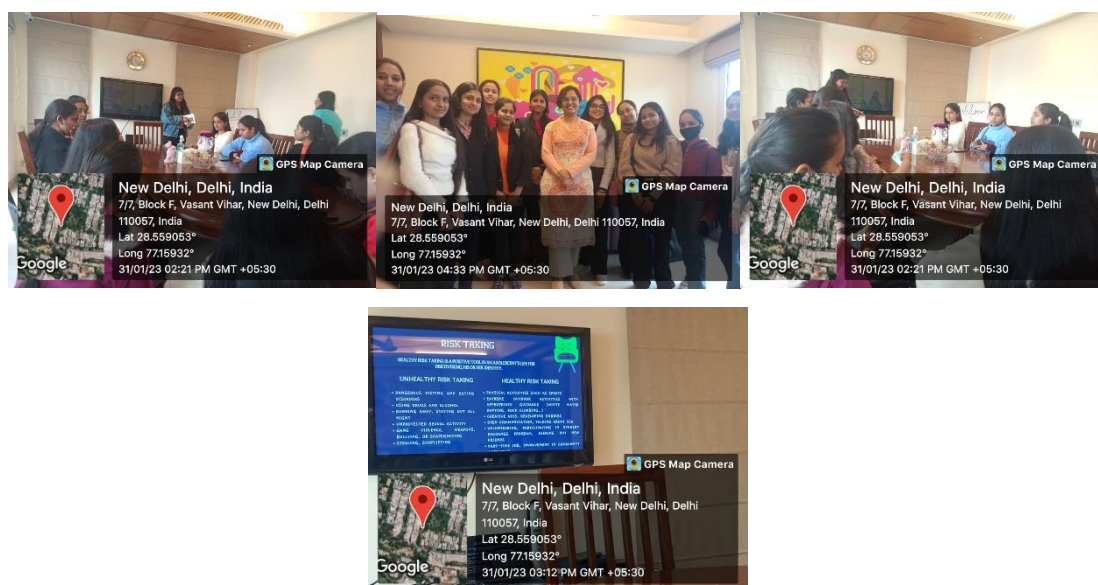


7. Students of B.Sc. (Hons.) Home Science Sem III visited Museum of Illusions as part of their SEC paper Understanding Psychology on 01.12.2022 to gain an insight into how illusions work.

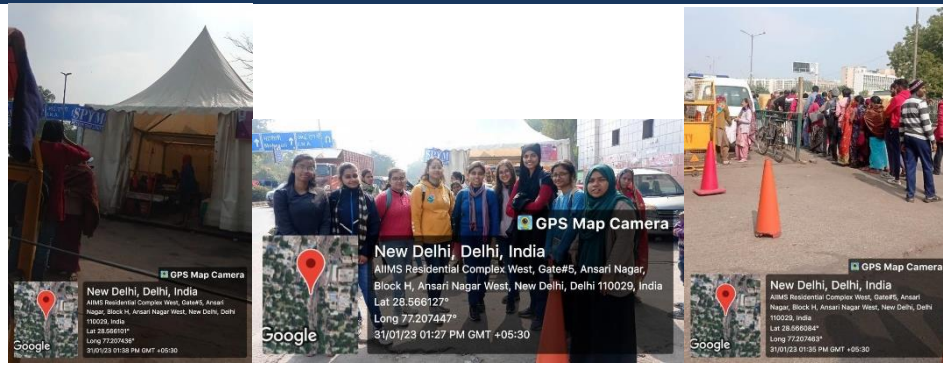




8. Students of B.Sc. (Hons.) Home Science Sem IV visited KARMA CARE as part of their Adolescent Relationships practical. The visit helped them understand the issues and challenges faced by the adolescents and how counsellors and psychologists help them cope with the same. The visit was on 31.01.2023.



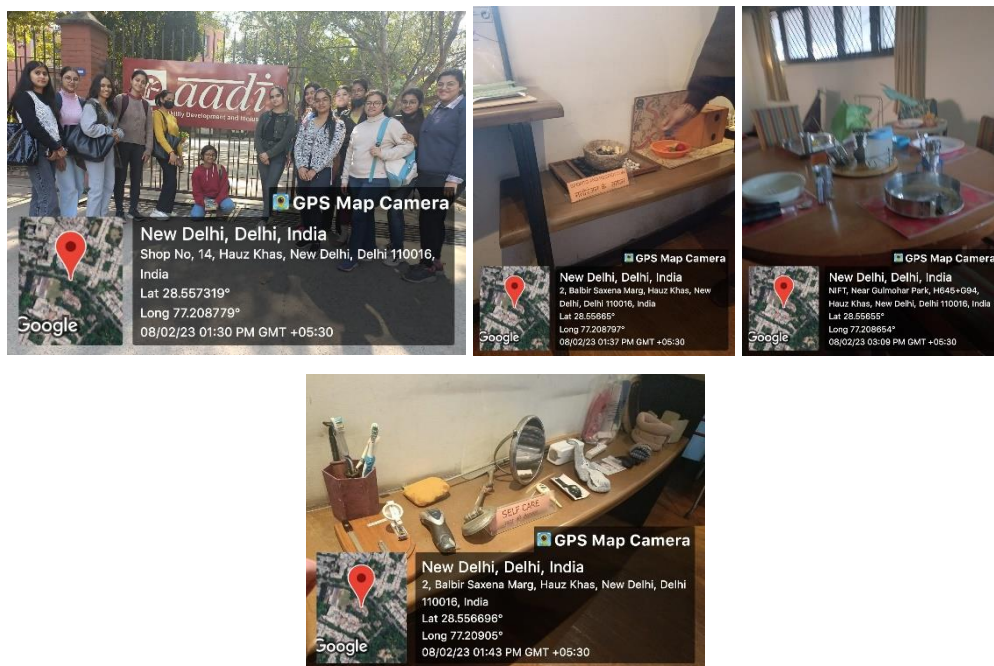
9. Students visited shelter homes at AIIMS to understand and document the exclusion and vulnerability of children in need of care and protection. Students visited shelter homes at AIIMS to understand and document the exclusion and vulnerability of children in need of care and protection. They interacted with the children and caregivers to gain insights into their living conditions and the challenges they face on a daily basis. Additionally, the students also explored possible solutions to address the issues faced by these children and presented their findings at the department level. The visit was on 31.01.2023.



10. Students of B.Sc. (Hons.) Home Science Sem VI attended Netri Summit on 03.02.2023.



11. Students of B.Sc. (Hons.) Home Science Sem VI visited AADI, an organization working in the field of disability as part of their curriculum of Childhood Disability and Social Action. The visit was on 08.02.2023.

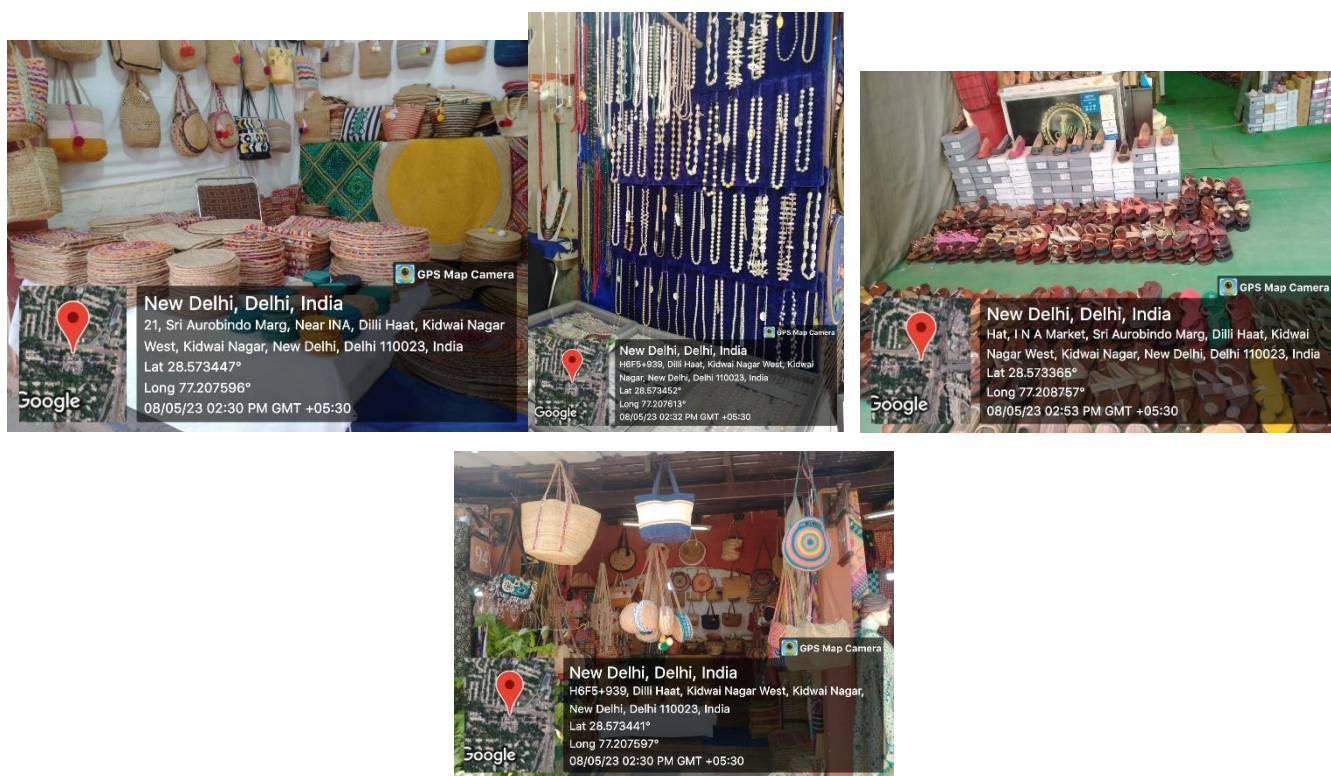


12. Students of B.Sc. Home Science IV Sem Hons and VI Sem Pass participated in a Storytelling for community in Mayapuri supported by Katha and PVR garima greh on 15.03.2023. Collaborated with children's publication house Katha and executed a storytelling and interaction session for children in

and around the communities of Garima Grih, Kirti Nagar. The session aimed to promote the love for reading and storytelling among children and provide them with a platform to express their creativity. The event was well-received by the children and their parents, who appreciated the efforts put in by both Katha and the IHE.



13. Students of VAC subject Ethics and Culture Sem II Hons visited Dilli Haat to understand the ethics of business that the shopkeepers at Dilli Haat keep in mind while doing business. They also tried to understand the traditions and cultural practices of their business.



14. Students of all the groups (microbiology, biochem, foodtech and home science pass and hons) visited Mobile Creche' as part of their Early Childhood care and Education/Development practical on 19.05.2023.



### 2.3.3 AARAMBH Early Child Development Centre

Aarambh, the Early Child Development Centre endeavours to provide a core promising space for child care, nurturing and development. Aarambh offers a range of services such as preschool, creche and daycare and after-school programmes. It caters to both college staff and neighbourhood community.

Aarambh offers a child-centric, safe, and stimulating environment to children and design age-appropriate activities and curriculum.

AARAMBH early child development centre resumed its functioning on 9th January, 2023. The centre runs a preschool, daycare, and afterschool care programs which provide support to the college staff and neighbouring community. The centre organized several activities for children from time to time while ensuring a warm, nurturant and joyful environment. Festivals were celebrated at the centre to introduce children to the various aspects of our culture as well as the seasonal rhythms.



Lohri Celebration at AARAMBH, 13<sup>th</sup> January 2023

### Summer Camp at AARAMBH

A three-week summer camp was organized for children in the age group of 3-12 years from 22nd May 2023 to 10th June 2023. The summer camp aimed at providing opportunities for holistic development for children. Storytelling sessions facilitated by Dr. Krishnaveni Achary provided opportunities for enhancing language skills and stimulating imagination. Sessions with Ms. Ruchi aimed at enhancing numeracy and mathematical



skills in a creative and engaging way. Activities carried out by Dr. Sneha gave opportunities to children to freely express themselves through arts. Activities were also carried out to enhance familiarity with the natural environment through nature trails, potting the plants, and creating a miniature garden. Daily Yoga and Dance sessions aimed at helping children understand their own bodies, movement, and finding the rhythm.





### 3. Student internships

#### 3.1 Internship at IPAC

Students of B.Sc (Hons) and B.Sc. (Pass) Home Science Sem IV participated in a month long Internship at Institute Of Psychometric Assessment And Counselling, Rajouri Garden, New Delhi. A total of 15 students

took part in this internship which was held once a week in an offline mode and rest of the days the students were to complete assignments. The internship was on Basic Counselling Skills. The internship was from 7<sup>th</sup> February, 2023 to 14<sup>th</sup> March, 2023. The internship was organized by Dr. Kavita Vasudev.

S.No	NAME	COURSE
1.	Alisha Singh	Bsc. Home Science (Pass)
2.	Kangna Jain	Bsc. Home Science (Pass)
3.	Palak Jain	Bsc. Home Science (Pass)
4.	Naushin Khan	Bsc. Home Science (Pass)
5.	Nawsheena	Bsc. Home Science (Pass)
6.	Riya Chauhan	Bsc. Home Science (Pass)
7.	Aayushi Mathur	Bsc. Home Science (Pass)
8.	Prisha Malik	Bsc. Home Science (Pass)
9.	Nishu Goyal	Bsc. Home Science (Pass)
10.	Geetika Bhuraria	Bsc. Home Science (Hons.)
11.	Komal Bhatt	Bsc. Home Science (Hons.)
12.	Priya Dixit	Bsc. Home Science (Hons.)
13.	Ankita Narula	Bsc. Home Science (Hons.)
14.	Rajshree	Bsc. Home Science (Hons.)
15.	Tanisha Mehrotra	Bsc. Home Science (Hons.)

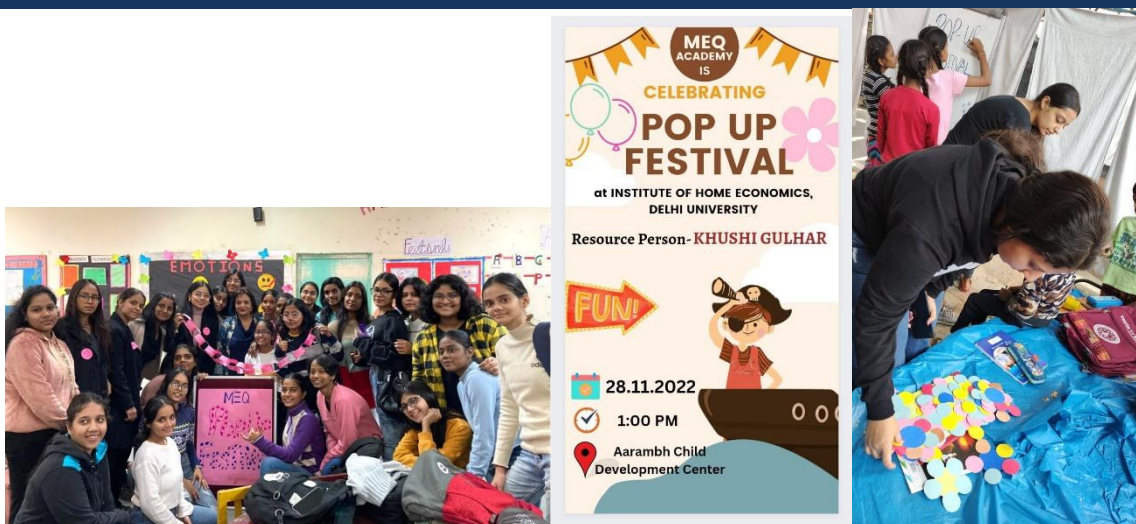




### 3.2 Internship at MEQ Academy

Students of B.Sc (Hons) Home Science Sem III participated in a month long Internship at MEQ Academy, New Delhi. A total of 5 students took part in this internship. The internship was from October-November, 2023.





### 3.3 Internship at AARAMBH

The centre provided internship opportunities to students pursuing M.A. Psychology, M.Sc. Counselling and Family therapy and Diploma in Early Childhood and care and education. Ms. Varsha and Ms. Yashmita completed their three-month internships at the centre which was a prerequisite for their MA coursework. Ms. Shruti Sharma pursuing M.Sc. Counselling and family therapy completed her one-month internship. As a part of ECCE Skill Enhancement course, Sem II students carried out observations, prepared activities, and volunteered in different workshops organized at the centre to understand the teaching-learning process and the overall functioning of an Ecce program. Overall, the centre has been able to provide ample learning opportunities for children and students (enrolled in the college and outside) as well as empower and support the staff and community while aligning itself with the regulations laid down by the government.

