



Institute of Home Economics
University of Delhi
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INSTITUTE OF
HOME ECONOMICS
UNIVERSITY OF DELHI

DEPARTMENT OF HUMAN DEVELOPMENT AND CHILDHOOD STUDIES

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Empowering Futures.*



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DEVELOPMENT**
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ANNUAL REPORT

2025-2026



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Institute of Home Economics
University of Delhi
New Delhi - 110016



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better tomorrow for
every child.





Introduction

The Department of Human Development and Childhood Studies (HDSCS), Institute of Home Economics, University of Delhi, integrates **teaching, research and community service** to foster a holistic understanding of human development. Faculty members mentor doctoral candidates, produce scholarly publications and lead community outreach and intervention programmes, while students are encouraged to build competencies and appreciate diversity through active engagement.

परिचय

मानव विकास एवं बाल्यावस्था अध्ययन विभाग (HDSCS), गृह अर्थशास्त्र संस्थान, दिल्ली विश्वविद्यालय, शिक्षण, शोध एवं सामुदायिक सेवा को एकीकृत करते हुए मानव विकास की समग्र समझ को बढ़ावा देता है। विभाग के शिक्षक शोधार्थियों का मार्गदर्शन करते हैं, विद्वत्तापूर्ण प्रकाशन करते हैं तथा सामुदायिक पहुँच एवं हस्तक्षेप कार्यक्रमों का संचालन करते हैं। वहीं, विद्यार्थियों को सक्रिय सहभागिता के माध्यम से दक्षताओं का विकास करने तथा विविधता को समझने एवं उसका सम्मान करने के लिए प्रोत्साहित किया जाता है।

The department's work is organised around five thrust areas:

- Academic Excellence and Interdisciplinary Curriculum – a robust curriculum for B.Sc. (Hons.) and B.Sc. Programme students spanning Lifespan Development, Social Policy and National Development, Child Rights and Diversity, Parenting and Counselling, Gender Studies, and Laws and Policies for Women and Children in India, integrating theory with socially relevant perspectives.
- Skill Development and Capacity Building – Value Added Courses (VAC) and Skill Enhancement Courses (SEC) such as Working with People, Social and Emotional Learning, Early Childhood Care Settings, and Content Development for Children, focused on employability and professional readiness.
- Professional Training and Collaborative Initiatives – the department runs the IGNOU Learning Centre, offering the Master's programme in Family Therapy and Counselling along with diploma and certificate courses, and a short-term course on Cognitive Training.
- Community Engagement and Well-being Initiatives – counselling and guidance for college students, the student mental health society Voices, the Urja extension initiatives, and Aarambh – Development and Learning Centre, a daycare and preschool facility with parenting programmes.
- Research, Innovation and Knowledge Dissemination – edited volumes, an ICSSR-funded project on life skills education, and NEP-UGCF student-led projects developing community-based prototypes such as educational kits, menstrual hygiene modules, safety applications and digital literacy toolkits.

विभाग का कार्य पाँच प्रमुख क्षेत्रों के अंतर्गत संगठित है:

- शैक्षणिक उत्कृष्टता एवं अंतर्विषयी पाठ्यचर्या - B.Sc. (Hons.) एवं B.Sc. कार्यक्रमों के लिए एक सुदृढ़ पाठ्यचर्या, जिसमें जीवन-चक्र विकास, सामाजिक नीति एवं राष्ट्रीय विकास, बाल अधिकार एवं विविधता, अभिभावकत्व एवं परामर्श, जेंडर अध्ययन तथा भारत में महिलाओं एवं बच्चों से संबंधित कानून एवं नीतियाँ



शामिल हैं। इसमें सैद्धांतिक ज्ञान को सामाजिक रूप से प्रासंगिक दृष्टिकोणों के साथ एकीकृत किया गया है।

- **कौशल विकास एवं क्षमता निर्माण** - Value Added Courses (VAC) तथा Skill Enhancement Courses (SEC), जैसे लोगों के साथ कार्य करना, सामाजिक एवं भावनात्मक अधिगम, प्रारंभिक बाल्यावस्था देखभाल केंद्र तथा बच्चों के लिए सामग्री विकास; इन पाठ्यक्रमों का उद्देश्य विद्यार्थियों की रोजगारपरकता एवं व्यावसायिक तैयारी को सुदृढ़ करना है।
- **व्यावसायिक प्रशिक्षण एवं सहयोगात्मक पहल** - विभाग IGNOU Learning Centre का संचालन करता है, जहाँ Family Therapy and Counselling में मास्टर कार्यक्रम के साथ-साथ डिप्लोमा एवं प्रमाण-पत्र पाठ्यक्रम तथा Cognitive Training पर एक अल्पकालिक पाठ्यक्रम संचालित किया जाता है।
- **सामुदायिक सहभागिता एवं कल्याण संबंधी पहल** - महाविद्यालय के विद्यार्थियों के लिए परामर्श एवं मार्गदर्शन, विद्यार्थी मानसिक स्वास्थ्य सोसायटी **Voices, Urja** की विस्तार गतिविधियाँ तथा **Aarambh - Development and Learning Centre**, जो डे-केयर एवं प्री-स्कूल सुविधा के साथ अभिभावकत्व संबंधी कार्यक्रम भी संचालित करता है।
- **शोध, नवाचार एवं ज्ञान का प्रसार** - संपादित ग्रंथ, जीवन कौशल शिक्षा पर ICSSR द्वारा वित्तपोषित परियोजना तथा NEP-UGCF के अंतर्गत विद्यार्थियों द्वारा संचालित परियोजनाएँ, जिनमें शैक्षिक किट, मासिक धर्म स्वच्छता मॉड्यूल, सुरक्षा अनुप्रयोग एवं डिजिटल साक्षरता टूलकिट जैसे समुदाय-आधारित प्रोटोटाइप विकसित किए गए हैं।



2. Experiential Learning: Field Visits, Workshops and Seminars

2.1 Field Visits and Community-Based Work

Experiential learning is central to the department's pedagogy. Permissions are arranged in advance, and faculty members accompanied by student groups visit organisations for observation and interaction as part of learning to work with children and communities.

Aligned with NEP 2020's emphasis on experiential and skill-based learning, HDCS organised many educational visits under the Skill Enhancement Courses: the **National Book Trust of India**; the **National Council of Educational Research and Training (NCERT)**; the **National Bal Bhavan and Doll Museum**; and the **National Association for the Blind, Delhi**. These visits connected classroom learning with real-world settings in content creation for children, early childhood education, and social and emotional learning.

A Glimpse of few Field Visits

Date	Course and Subject	No. of Students	Organization Visited
August	B.Sc. (Hons.) Sem 3 – Organization and Management of Children's Institutions	19	Anganwadi at Shahpur Jat Village, New Delhi
August	B.Sc. Home Science – Developmental Diversity Across Ecological Settings	32	Association for Social Health in India (ASHI, NGO), New Delhi
Sept-Oct	SEC Group: Content Development and Media for Children	40	Children's Book Trust, Bahadur Shah Zafar Marg, New Delhi
	SEC Group: Early Childhood Care and Education Settings	42	National Book Trust, Vasant Kunj
August	B.Sc. Sem 5 (Hons. & Pass) – Specialization in Disability	16+30	Action for Ability Development and Inclusion, Hauz Khas, New Delhi
Oct	B.Sc. (Hons.) Sem 3 & 7 – Organization and Management of Children's Institutions; Child Rights and Social Action	19	Salam Balak Trust (NGO), Girls Shelter Home, Paharganj, New Delhi



2.2 Workshops and Seminars and Student Competitions

The department conducted several workshop and technical sessions for the students to engage in reflective

Programme	Date	Mode
Rewiring the Mind: NLP Strategies for Mental Health and Well-being (Resource Person: Ms. Poonam Yadav, JNU, Delhi)	18 August 2025	Offline
Mental Health Series: Scavenger Hunt	23 August 2025	
Holding Space: The Power of Presence in Counselling	19 August 2025	
Super Power: Unlocking Your Inner Compass	14 October 2025	
In the Space Between Toys: Healing Conversations Through Play	6 November 2025	
Understanding LGBTQIA+	6 November 2025	
Mapping as a Tool for Social Change	7 November 2025	
Cognitive Pathways to Well-Being: Integrating CBT Principles	7 November 2025	
Echoes in the Frame: Altering the Focus for Inclusion	10 November 2025	
Digital Entanglements: Understanding and Navigating Online Harm	10 November 2025	
Learning and Development as Cultural Participation	21 January 2026	
Life Skills Education	27 January 2026	
Care Through Conversations: Introduction to Counselling Skills	3 February 2026	
Emotional Resilience in Leadership	24 February 2026	
Parenting Approaches for Diverse Contexts	17 March 2026	



Yoga Workshop

To promote awareness about physical fitness, mental well-being, and the importance of maintaining a healthy and balanced lifestyle, a yoga workshop was organised for semester IV students Adolescent Relationship and Well being students. The workshop was conducted by Ms. Mini Sudarsan, affiliated with Bhartiya yog sansathan and Patanjali Yog peeth, who served as the Resource Person. She highlighted the significance of yoga in promoting physical and mental well-being and guided the participants through various yoga practices and exercises. The session included practical demonstrations and guided practice, providing participants with an opportunity to learn simple techniques that can be incorporated into their daily routine. A total of 30 participants attended the workshop and actively participated in the session.

2. अनुभवात्मक अधिगम: क्षेत्र भ्रमण, कार्यशालाएँ एवं संगोष्ठियाँ

2.1 क्षेत्र भ्रमण एवं समुदाय-आधारित कार्य

अनुभवात्मक अधिगम विभाग की शिक्षण-पद्धति का एक केंद्रीय अंग है। क्षेत्र भ्रमण के लिए आवश्यक अनुमतियाँ पहले से प्राप्त की जाती हैं तथा शिक्षक विद्यार्थियों के समूहों के साथ विभिन्न संस्थाओं एवं संगठनों का भ्रमण करते हैं। इन भ्रमणों का उद्देश्य बच्चों एवं समुदायों के साथ कार्य करने की प्रक्रिया के संदर्भ में अवलोकन एवं प्रत्यक्ष संवाद के माध्यम से सीखने के अवसर प्रदान करना है।

NEP 2020 द्वारा अनुभवात्मक एवं कौशल-आधारित अधिगम पर दिए गए बल के अनुरूप, HDCS ने Skill Enhancement Courses के अंतर्गत अनेक शैक्षणिक भ्रमण आयोजित किए। इनमें **National Book Trust of India, National Council of Educational Research and Training (NCERT), National Bal Bhavan and Doll Museum** तथा **National Association for the Blind, Delhi** शामिल हैं। इन भ्रमणों ने कक्षा में अर्जित ज्ञान को वास्तविक जीवन की परिस्थितियों से जोड़ा तथा बच्चों के लिए सामग्री निर्माण, प्रारंभिक बाल्यावस्था शिक्षा तथा सामाजिक एवं भावनात्मक अधिगम को व्यावहारिक संदर्भ प्रदान किया।

योग कार्यशाला

शारीरिक स्वास्थ्य, मानसिक कल्याण तथा स्वस्थ एवं संतुलित जीवनशैली बनाए रखने के महत्व के प्रति जागरूकता बढ़ाने के उद्देश्य से सेमेस्टर IV के **Adolescent Relationship and Well-being** पाठ्यक्रम के विद्यार्थियों के लिए योग कार्यशाला आयोजित की गई। कार्यशाला का संचालन **सुश्री मिनी सुदर्शन** ने संसाधन व्यक्ति के रूप में किया, जो भारतीय योग संस्थान एवं पतंजलि योगपीठ से संबद्ध हैं।

उन्होंने शारीरिक एवं मानसिक कल्याण को बढ़ावा देने में योग के महत्व पर प्रकाश डाला तथा प्रतिभागियों को विभिन्न योगाभ्यास एवं व्यायाम करवाए। सत्र में व्यावहारिक प्रदर्शन एवं निर्देशित अभ्यास शामिल थे, जिससे प्रतिभागियों को ऐसी सरल तकनीकों को सीखने का अवसर मिला जिन्हें वे अपनी दैनिक दिनचर्या में शामिल कर सकते हैं।



कुल 30 प्रतिभागियों ने कार्यशाला में भाग लिया तथा सक्रिय रूप से सहभागिता की।





EVENTS ON 21.04.2026

DEPARTMENT OF HUMAN DEVELOPMENT AND CHILDHOOD STUDIES
INSTITUTE OF HOME ECONOMICS | UNIVERSITY OF DELHI

DEPARTMENT OF HUMAN DEVELOPMENT AND CHILDHOOD STUDIES
INSTITUTE OF HOME ECONOMICS | UNIVERSITY OF DELHI

POSTER PRESENTATION



INDIAN LAWS & RECENT REFORMS

THEME

Understanding Laws and Policies for Women & Children through the Bharatiya Nyaya Sanhita

ROOM NO. 1203

DATE 21.04.26

TIME 10:00 AM

DEPARTMENT OF HUMAN DEVELOPMENT AND CHILDHOOD STUDIES
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI
presents

Social Inclusion:
Building Equitable & Inclusive Communities



Date: 21 April, Tuesday
Time: 9:00am to 11:00am
Venue: Room No. 1004

Organizers: Alisha Shakeel, Diksha Chauhan, M.Lekha & Prachi Tiwari

PATRON
PROF. (DR.) RADHIKA BAKSHI
DIRECTOR

TEACHER IN-CHARGE
DR. BHAVNA NEGI

COORDINATORS
Dr. RENU
Dr. SHASHI SHUKLA

Department of Human Development and Childhood Studies
Institute of Home Economics
University of Delhi

Aging In Today's World
challenges, realities and resilience



DR. POONAM SACHDEVA

TIME 2:30 PM Onwards

DATE & DAY 21st April 2026 Tuesday

VENUE Conference Room

PATRON Prof. Radhika Bakhshi

TEACHER - IN - CHARGE Dr. Bhavna Negi

COORDINATORS Dr. Ritu Singh
Ms. Shruti Sharma

Join us for insightful discussions, knowledge sharing and inspiring sessions.

Institute of Home Economics, University of Delhi



3. Academic Festival

Academic Fest 2025–26, “**Engaging with the Human Experience,**” was held from 6 to 12 November 2025, bringing together workshops, interactive sessions, showcases and departmental competitions.

Date	Event / Session	Resource Persons
6 Nov 2025	Workshop: In the Space Between Toys – Healing Conversations Through Play (1:30–3:30 pm, Room 1004)	Ms. Aishwarya Jain, RCI Licensed Interventional Specialist
7 Nov 2025	Interactive Session: Mapping as a Tool for Social Change (11:00 am–1:00 pm, Room 1004)	Saleha Sapra, CitySabha
7 Nov 2025	Workshop: Cognitive Pathways to Well-Being – Integrating CBT Principles (1:30–3:30 pm, Room 1004)	Ms. Mansi Narang, Counselling Psychologist
7 & 10 Nov 2025	Showcase: EXPRESSIONS – Design and Display for Early Years, student-crafted learning toys (from 11:00 am, Aarambh Lobby)	Student participants
10 Nov 2025	Interactive Session: Echoes in the Frame – Altering the Focus for Inclusion (10:30 am–12:00 noon, Conference Room)	Vicky Roy (Photographer & TEDx Speaker); V R Feroze (Founder, 'Autism at Work')
10 Nov 2025	Interactive Session: Know Myself Know Yourself – psychological games for self-awareness (11:00 am, Aarambh Lobby)	Ms. Akanksha, Paramarsh Counselling and Intervention Centre
10 Nov 2025	Interactive Session: Digital Entanglements – Understanding and Navigating Online Harm (1:30–3:30 pm, Conference Room)	Ms. Poorvi Gupta, Outreach Consultant & Independent Journalist, TATTLE
12 Nov 2025	Event: Colours of Childhood – Stories, Songs and Rights (from 11:00 am, Room 1004)	Faculty and student team

3.1 Highlights

- The City Sabha session on participatory mapping showed how empathetic, deliberative research gives marginalised communities a visual voice and informs inclusive, community-driven interventions.



- The CBT workshop equipped participants to identify and reframe unhelpful thought patterns and build healthier coping mechanisms.
- The inclusion session, under the theme “Everyone is good at something,” paired a photographer and an autism-advocacy founder to champion neurodiversity and alternative career pathways.
- The TATTLE session on digital harm built media literacy around misinformation, cyberbullying and digital boundaries; “Know Myself Know Yourself” used experiential games to build empathy and interpersonal skills.
- The fest concluded with “Colours of Childhood: Stories, Songs and Rights,” translating child advocacy and rights into accessible, culturally rich storytelling and music.

3.2 Departmental Competitions

Competition	Date
Worlds Within Words: Create, Imagine, Tell – Story Creation	10 November 2025
Ballads of Being – Open Mic Competition	10 November 2025
“Gender Neutral Social Policies Reinstate Gender Inequality” – Debate	16 March 2026

3. शैक्षणिक उत्सव

Academic Fest 2025-26, “**Engaging with the Human Experience**”, का आयोजन 6 से 12 नवंबर 2025 तक किया गया। इस उत्सव में कार्यशालाओं, संवादात्मक सत्रों, प्रदर्शनियों तथा विभागीय प्रतियोगिताओं को एक साथ प्रस्तुत किया गया।

3.1 मुख्य आकर्षण

- CitySabha के सत्र में सहभागी मानचित्रण (participatory mapping) के माध्यम से यह प्रदर्शित किया गया कि सहानुभूतिपूर्ण एवं विचार-विमर्श आधारित शोध किस प्रकार हाशिए पर स्थित समुदायों को दृश्य अभिव्यक्ति प्रदान कर सकता है तथा समावेशी एवं समुदाय-आधारित हस्तक्षेपों को दिशा दे सकता है।
- CBT कार्यशाला ने प्रतिभागियों को अनुपयोगी विचार-प्रतिरूपों की पहचान एवं पुनर्संरचना करने तथा अधिक स्वस्थ coping mechanisms विकसित करने में सक्षम बनाया।
- “Everyone is good at something” विषय के अंतर्गत आयोजित समावेशन सत्र में एक फोटोग्राफर एवं ऑटिज्म-समर्थन क्षेत्र के संस्थापक को साथ लाया गया, ताकि neurodiversity एवं वैकल्पिक करियर मार्गों को प्रोत्साहित किया जा सके।



- TATTLE के डिजिटल हानि संबंधी सत्र ने गलत सूचना, साइबरबुलिंग एवं डिजिटल सीमाओं के संदर्भ में मीडिया साक्षरता विकसित की। “Know Myself Know Yourself” में अनुभवात्मक खेलों के माध्यम से सहानुभूति एवं अंतर्व्यक्तिक कौशलों को विकसित किया गया।

- उत्सव का समापन “Colours of Childhood: Stories, Songs and Rights” के साथ हुआ, जिसमें बाल वकालत एवं बाल अधिकारों को सहज, सांस्कृतिक रूप से समृद्ध कहानी-कथन एवं संगीत के माध्यम से प्रस्तुत किया गया।

Entrepreneurial Competition in collaboration with E-Cell, IHE

The Department of Human Development and Childhood Studies at the Institute of Home Economics (University of Delhi) hosted a business idea presentation event titled "NextWave Ventures." The event is organized by the E-Cell in collaboration with Samarth Bharat, under the aegis of the Internal Quality Assurance Cell (IQAC). It focussed on entrepreneurial ideas within early childhood care and education. The students as part of their Skill Enhancement Course (SEC) engaged in project based learning where in they identified, planned, developed and presented a business proposal on Early Childhood Education. The event was judged by Dr Bhawna, School coordinator, Sunrise, Gurugram and Dr Meghna, convenor E cell. The event had registration from 62 students.

All participants were awarded certificates in recognition of their efforts. Additionally, the most innovative and well-executed business proposals were honoured with Best Presentation Awards. The event provided a meaningful platform for students to apply theoretical knowledge in practical contexts, enhance their entrepreneurial competencies, and develop critical thinking and presentation skills.

E-Cell, IHE के सहयोग से उद्यमिता प्रतियोगिता

गृह अर्थशास्त्र संस्थान, दिल्ली विश्वविद्यालय के मानव विकास एवं बाल्यावस्था अध्ययन विभाग ने “**NextWave Ventures**” शीर्षक से व्यवसायिक विचार प्रस्तुति कार्यक्रम आयोजित किया। इस कार्यक्रम का आयोजन E-Cell द्वारा **Samarth Bharat** के सहयोग से तथा **Internal Quality Assurance Cell (IQAC)** के तत्वावधान में किया गया।

कार्यक्रम का मुख्य फोकस प्रारंभिक बाल्यावस्था देखभाल एवं शिक्षा के क्षेत्र में उद्यमिता संबंधी विचारों पर था। विद्यार्थियों ने अपने Skill Enhancement Course (SEC) के अंतर्गत परियोजना-आधारित अधिगम के माध्यम से प्रारंभिक बाल्यावस्था शिक्षा से संबंधित व्यवसायिक प्रस्तावों की पहचान, योजना, विकास एवं प्रस्तुति की।

कार्यक्रम का मूल्यांकन **डॉ. भावना**, School Coordinator, Sunrise, Gurugram तथा **डॉ. मेघना**, Convenor, E-Cell द्वारा किया गया।

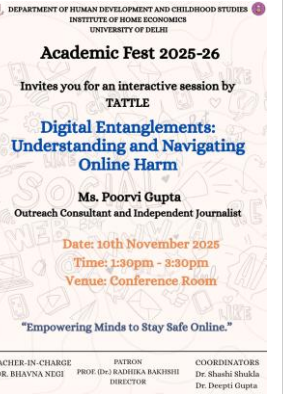
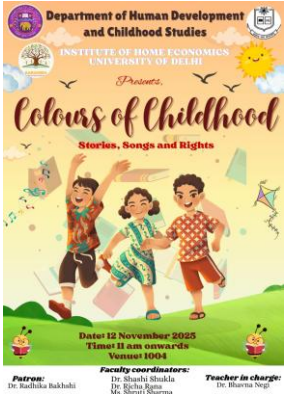
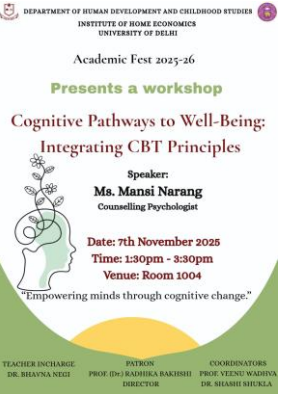
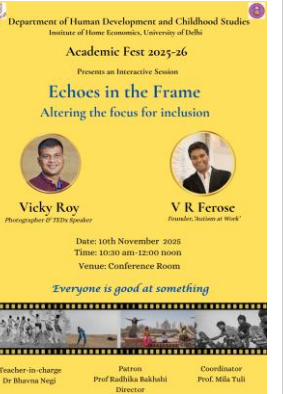
कार्यक्रम में **62 विद्यार्थियों** ने पंजीकरण कराया।

सभी प्रतिभागियों को उनके प्रयासों के सम्मान में प्रमाण-पत्र प्रदान किए गए। इसके अतिरिक्त, सर्वाधिक नवोन्मेषी एवं प्रभावी रूप से प्रस्तुत व्यवसायिक प्रस्तावों को **Best Presentation Awards** प्रदान किए गए। इस कार्यक्रम ने



विद्यार्थियों को सैद्धांतिक ज्ञान को व्यावहारिक संदर्भों में लागू करने, उद्यमिता संबंधी दक्षताओं को विकसित करने तथा आलोचनात्मक चिंतन एवं प्रस्तुतीकरण कौशल को सुदृढ़ करने के लिए एक सार्थक मंच प्रदान किया।

HDCS Fest Glimpses

 Department of Human Development and Childhood Studies Institute of Home Economics University of Delhi ACADEMIC FEST 2025-26 Invite you for an interactive session Know Myself Know Yourself psychological fun games Presented by Ms. Akanksha (Paramarsh Counselling and Intervention Centre) Date: 10 November 2025 Time: 11:00 am Venue: Aaromabh Lobby Patron: Prof. (Dr.) Radhika Bakshi Director Coordinators: Dr. Bhavna Negi Dr. Shashi Shukla	 Department of Human Development and Childhood Studies Institute of Home Economics University of Delhi ACADEMIC FEST 2025-26 presents EXPRESSIONS Design and Display for Early Years CREATE · INNOVATE · EDUCATE Showcase your creativity through learning-based toy designs! All entries need to be submitted beforehand Date: 7th & 10th November 2025 Time: 11 am onwards Venue: Aaromabh Lobby TEACHER IN CHARGE: Dr. Bhavna Negi PATRON: Prof. (Dr.) Radhika Bakshi DIRECTOR COORDINATORS: Prof. Venu Wadhwa Ms. Smriti Ms. Shruti Sharma	 Department of Human Development and Childhood Studies Institute of Home Economics University of Delhi ACADEMIC FEST 2025-26 ENGAGING WITH THE HUMAN EXPERIENCE Healing Conversations Through Play 6th November 2025 Cognitive Pathways to Well-Being 7th November 2025 Digital Entanglements 10th November 2025 Expressions: Designing for Early years 7th November 2025 Mapping as a tool for social change 9th November 2025 Altering the focus for inclusion 10th November 2025 Worlds Within Words 10th November 2025 Competitions and Games 10th November 2025 Engage, Explore, Evolve, all through November 2025 Teacher-in-charge: Dr. Bhavna Negi Patron: Prof. Radhika Bakshi Director Organising Team: Prof. Mita Tuli, Prof. Venu Wadhwa, Dr. Shashi Shukla, Dr. Deepthi Gupta, Dr. Kisha Rana, Ms. Smriti, Ms. Shruti Sharma Student Teams: Vidya and Usha	 DEPARTMENT OF HUMAN DEVELOPMENT AND CHILDHOOD STUDIES INSTITUTE OF HOME ECONOMICS UNIVERSITY OF DELHI Academic Fest 2025-26 Invites you for an interactive session by TATTLE Digital Entanglements: Understanding and Navigating Online Harm Ms. Poorvi Gupta Outreach Consultant and Independent Journalist Date: 10th November 2025 Time: 1:30pm - 3:30pm Venue: Conference Room "Empowering Minds to Stay Safe Online." TEACHER-IN-CHARGE: DR. BHAVNA NEGI PATRON: PROF. (DR.) RADHIKA BAKSHI DIRECTOR COORDINATORS: Dr. Shashi Shukla Dr. Deepthi Gupta
 Department of Human Development and Childhood Studies INSTITUTE OF HOME ECONOMICS UNIVERSITY OF DELHI Presents Colours of Childhood Stories, Songs and Rights Date: 12 November 2025 Time: 11 am onwards Venue: 1004 Patron: Dr. Radhika Bakshi Faculty coordinators: Dr. Shashi Shukla Dr. Kisha Rana Ms. Shruti Sharma Teacher in charge: Dr. Bhavna Negi	 DEPARTMENT OF HUMAN DEVELOPMENT AND CHILDHOOD STUDIES INSTITUTE OF HOME ECONOMICS UNIVERSITY OF DELHI Academic Fest 2025-26 Presents a workshop Cognitive Pathways to Well-Being: Integrating CBT Principles Speaker: Ms. Mansi Narang Counselling Psychologist Date: 7th November 2025 Time: 1:30pm - 3:30pm Venue: Room 1004 "Empowering minds through cognitive change." TEACHER IN CHARGE: DR. BHAVNA NEGI PATRON: PROF. (DR.) RADHIKA BAKSHI DIRECTOR COORDINATORS: PROF. VENU WADHWA DR. SHASHI SHUKLA	 Department of Human Development and Childhood Studies Institute of Home Economics University of Delhi Academic Fest 2025-26 Presents a workshop In the Space Between Toys: Healing Conversations Through Play Speaker: Ms. Aishwarya Jain RCI Licensed Interventional Specialist Date: 6th November 2025 Time: 1:30 pm - 3:30 pm Venue: Room 1004 "Healing hearts, one game at a time." PATRON: PROF. (DR.) RADHIKA BAKSHI DIRECTOR COORDINATORS: DR. BHAVNA NEGI DR. DEEPTI GUPTA	 Department of Human Development and Childhood Studies Institute of Home Economics, University of Delhi Academic Fest 2025-26 Presents an Interactive Session Echoes in the Frame Altering the focus for inclusion Vicky Roy Photographer & TEDx Speaker V R Ferose Founder, Indian Art Week Date: 10th November 2025 Time: 10:30 am-12:00 noon Venue: Conference Room Everyone is good at something Teacher-in-charge: Dr. Bhavna Negi Patron: Prof. Radhika Bakshi Director Coordinator: Prof. Mita Tuli





4. Extension Activities: Aarambh and Cognitive Bootcamp

4.1 Aarambh – Early Childhood Development Centre

Aarambh, the department's Early Childhood Development Centre initiated on **14 November 2015**, promotes holistic development and continues to serve the neighbourhood community through daycare, after-school care and enriching, stimulating experiences that support cognitive-linguistic, social-emotional and physical-motor development.

Aarambh Summer Camp

May 2026 – “Panch Tatva”: organised from 18 to 30 May 2026, the camp provided children with an enriching, creative and experiential learning environment built around the five elements – Earth, Water, Fire, Air and Space. Sixteen (16) children enrolled and participated enthusiastically in theme-based activities. The camp was inaugurated by the Director, Prof. Radhika Bakhshi, with a warm welcome to parents and children, marked by a tree plantation activity highlighting environmental awareness. Invited resource persons specialising in storytelling, puppetry and theatre conducted workshops that developed children's imagination, creativity, communication, confidence and expressive skills. The camp closed with certificates and books from the National Book Trust (NBT) presented to the participating children. Fourteen (14) HDCS students volunteered and facilitated the smooth functioning of the camp.

May 2025 – an earlier summer camp initiative of HDCS was organised in offline mode with 3 interns and 10 children.

Internships at Aarambh

From July to December 2025, Aarambh hosted interns from M.A. Psychology, M.Sc. Counselling and Family Therapy, and the Diploma in Early Childhood Care and Education.

4.2 Cognitive BootCamp

The Cognitive Bootcamp (listed as the Cognitive Trainer Boot Camp at the Aarambh Centre), conducted from **May to August 2025 with 15 participants**, was a 60-hour intensive training programme supplemented by a 30-hour internship at the Paramarsh Intervention and Training Centre, established by an IHE alumnus. Conducted under the department's guidance, the short-term programme bridged theoretical learning with practical application in psychological and educational contexts.

The course covered self-awareness, rapport building, early intervention and therapeutic approaches. Through experiential activities such as **Brain Gym, GLAD assessments, vision boards and role plays on cognitive behavioural therapy**, participants gained hands-on exposure to essential psychological tools, developing core competencies in emotional resilience, assertiveness and boundary-setting, alongside intervention strategies for learners with cognitive and emotional challenges crucial to their professional growth.



4. विस्तार गतिविधियाँ: Aarambh एवं Cognitive Bootcamp

4.1 Aarambh - प्रारंभिक बाल्यावस्था विकास केंद्र

विभाग के प्रारंभिक बाल्यावस्था विकास केंद्र **Aarambh** की स्थापना **14 नवंबर 2015** को की गई थी। यह केंद्र समग्र विकास को बढ़ावा देता है तथा डे-केयर, स्कूल के बाद देखभाल एवं समृद्ध एवं प्रेरक अनुभवों के माध्यम से आसपास के समुदाय की निरंतर सेवा कर रहा है। ये अनुभव बच्चों के संज्ञानात्मक-भाषिक, सामाजिक-भावनात्मक तथा शारीरिक-मोटर विकास में सहायता करते हैं।

Aarambh ग्रीष्मकालीन शिविर

मई 2026 - "पंचतत्व": 18 से 30 मई 2026 तक आयोजित इस शिविर ने बच्चों को पाँच तत्वों - **पृथ्वी, जल, अग्नि, वायु एवं आकाश** - पर आधारित समृद्ध, रचनात्मक एवं अनुभवात्मक अधिगम का वातावरण प्रदान किया।

कुल **16 बच्चों** ने शिविर में नामांकन कराया और विषय-आधारित गतिविधियों में उत्साहपूर्वक भाग लिया। शिविर का उद्घाटन निदेशक **प्रो. राधिका बखशी** द्वारा किया गया। इस अवसर पर अभिभावकों एवं बच्चों का स्वागत किया गया तथा पर्यावरणीय जागरूकता को रेखांकित करने के लिए वृक्षारोपण गतिविधि आयोजित की गई।

कहानी-कथन, कठपुतली एवं रंगमंच के क्षेत्र में विशेषज्ञता रखने वाले आमंत्रित संसाधन व्यक्तियों ने कार्यशालाएँ आयोजित कीं। इन कार्यशालाओं के माध्यम से बच्चों की कल्पनाशक्ति, रचनात्मकता, संप्रेषण, आत्मविश्वास एवं अभिव्यक्ति संबंधी कौशलों को विकसित किया गया।

शिविर का समापन प्रतिभागी बच्चों को प्रमाण-पत्र एवं National Book Trust (NBT) की ओर से पुस्तकें प्रदान करने के साथ हुआ।

HDCS के 14 विद्यार्थियों ने स्वयंसेवक के रूप में भाग लिया तथा शिविर के सुचारु संचालन में सहयोग किया।

मई 2025 - HDCS की पूर्व ग्रीष्मकालीन शिविर पहल ऑफलाइन माध्यम से आयोजित की गई थी, जिसमें 3 इंटर्न एवं 10 बच्चों ने भाग लिया।

Aarambh में इंटर्नशिप

जुलाई से दिसंबर 2025 तक Aarambh में M.A. Psychology, M.Sc. Counselling and Family Therapy तथा Diploma in Early Childhood Care and Education के विद्यार्थियों ने इंटर्नशिप की।

4.2 Cognitive BootCamp

Cognitive Bootcamp, जिसे Aarambh Centre में Cognitive Trainer Boot Camp के रूप में सूचीबद्ध किया गया है, मई से अगस्त 2025 तक आयोजित किया गया। इसमें **15 प्रतिभागियों** ने भाग लिया।



यह 60 घंटे का गहन प्रशिक्षण कार्यक्रम था, जिसके साथ Paramarsh Intervention and Training Centre में 30 घंटे की इंटर्नशिप भी शामिल थी। यह केंद्र IHE के एक पूर्व विद्यार्थी द्वारा स्थापित किया गया है। विभाग के मार्गदर्शन में संचालित इस अल्पकालिक कार्यक्रम ने सैद्धांतिक अधिगम को मनोवैज्ञानिक एवं शैक्षिक संदर्भों में व्यावहारिक अनुप्रयोग से जोड़ा।

पाठ्यक्रम में आत्म-जागरूकता, rapport building, प्रारंभिक हस्तक्षेप तथा therapeutic approaches को शामिल किया गया। **Brain Gym, GLAD assessments, vision boards तथा cognitive behavioural therapy पर role plays** जैसी अनुभवात्मक गतिविधियों के माध्यम से प्रतिभागियों को आवश्यक मनोवैज्ञानिक उपकरणों का व्यावहारिक अनुभव प्राप्त हुआ।

इस प्रशिक्षण के माध्यम से प्रतिभागियों ने भावनात्मक लचीलापन, assertiveness एवं boundary-setting जैसी प्रमुख दक्षताओं के साथ-साथ संज्ञानात्मक एवं भावनात्मक चुनौतियों वाले शिक्षार्थियों के लिए हस्तक्षेप रणनीतियों को विकसित किया, जो उनके व्यावसायिक विकास के लिए महत्वपूर्ण हैं।

5. Research and Publications

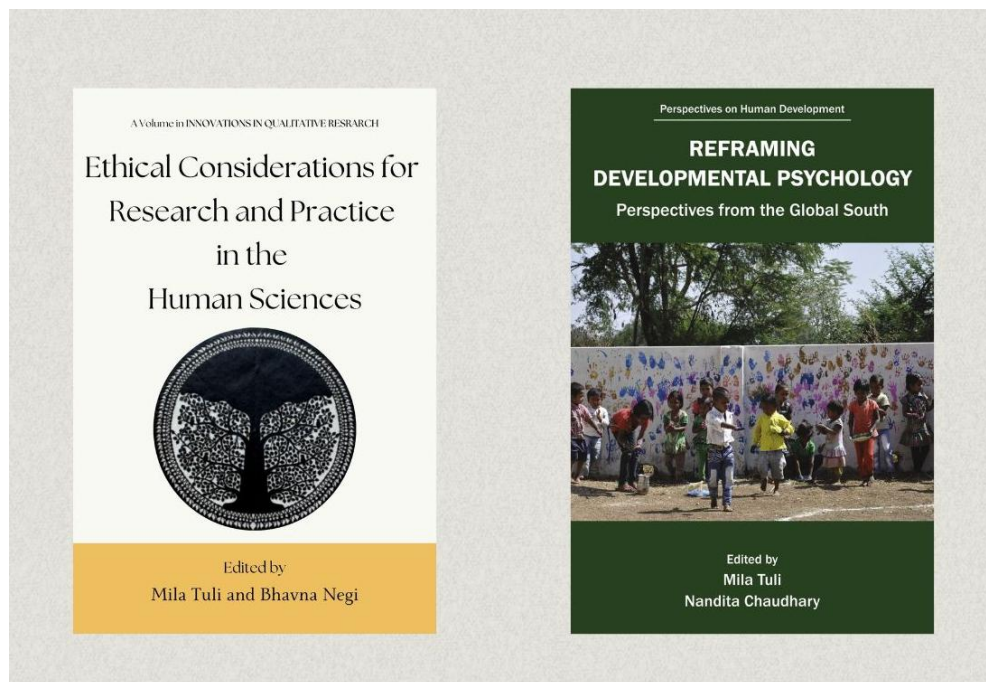
The department proactively engages in research initiatives and publication, with a strong orientation towards socially relevant inquiry.

5. शोध एवं प्रकाशन

विभाग सामाजिक रूप से प्रासंगिक शोध की दिशा में विशेष अभिमुखता के साथ शोध पहलों एवं प्रकाशन कार्यों में सक्रिय रूप से संलग्न है।

5.1 Edited Volumes

- Tuli, M., and Chaudhary, N. (2025). (Eds.). Reframing Developmental Psychology. Perspectives from the Global South, Emerald Publishing.
- Tuli, M., and Negi, B. (2025). Ethical Considerations for Research and Practice in the Human Sciences.



5.2 Funded Research

The department has been awarded the **Punyashloka Ahilya Devi grant from ICSSR** for the project **“Empowering Futures: Assessing the Role of Life Skill Courses and Mental Health Programmes in Enhancing Leadership and Job Opportunities for Adolescent Girls and Young Women in Delhi-NCR,”** with faculty investigators Dr. Bhavna Negi, Dr. Shashi Shukla, Prof. Mila Tuli and Dr. Deepti Gupta.

5.3 Publications

Research Papers				
S.No.	Title of the Paper	Journal Title	Name of the scholar/author	Year
1	Ethics as Epistemology: Rethinking Research on Children and Families through Care, Reflexivity, and Relational Practice	Integrative Psychological and Behavioral Science	Bhavna Negi, Shashi Shukla, Deepti Gupta, Mila Tuli & Nandita Chaudhary	2026
2	From weirdness to wildness: Wordplay and worldviews in the social	Behavioural and Brain Sciences	Nandita Chaudhary, Mila Tuli	2026



Research Papers				
	sciences			
3	Anhedonia: A Comprehensive Narrative Review	Indian Journal of Clinical Psychiatry	Dishita Jallan, Sara Wadhwa, Veenu Wadhwa , Reema Lamba	2025
4	Exploring Awareness of Reproductive Health and Related Issues among School and College Students (Adolescents) in the Metropolitan City of Delhi	Akshara Multidisciplinary Research Journal	Renu Gulati, Veenu Wadhwa	2025
5	From Inner Worlds to Cultural Currents: The Legacy of Sudhir Kakar's Work on Indian Identity	Culture & Psychology, OnlineFirst	Mila Tuli, Bhavna Negi	2025
6	From Inner Worlds to Cultural Currents: The Legacy of Sudhir Kakar's Work on Indian Identity	Culture & Psychology, OnlineFirst	Mila Tuli, Bhavna Negi	2025
7	Ethics in a Culture of Dharma	Review of General Psychology	Mila Tuli, Deepti Gupta	2025
8	Peripheral Lives, Central Meanings: How the Global South Can Participate	Online Readings in Psychology and Culture	Nandita Chaudhary, Mila Tuli , Punya Pillai	2025



Research Papers				
	in Reimagining Psychology for the Future			
9	The Family in Urban India: Variations and Evolution	Third Concept	Smriti Bhatia, Punya Pillai, Mila Tuli	2024
10	Khel aur Paramparik Khilone: Astitvaki Khoj mein Ek Kala	Adhigam, Shaikshik Shodh Patrika	Veenu Wadhwa	2024
11	Deriving ECCE Excellence: Impact on Later Education	International Journal of Home Science	Shachi Vashisth, Veenu Wadhwa , Reetu Chandra	2024
12	Transforming Early Childhood Education: Re-Envisioning The Child In NEP2020	Educational Administration: Theory and Practice	Bhavna Negi, Shashi Shukla	2024

S.No.	Title of the Paper	Journal Title	Name of the scholar/author	Year
1	Mirror Pathways: Life Trajectories in Research and Fiction	New Paths in Trajectory Equifinality Modelling: Theory and History in the Human and Social Sciences	Namrataa Mamgai, Punya Pillai & Mila Tuli	2026



S.No.	Title of the Paper	Journal Title	Name of the scholar/author	Year
2	Childcare in Indian Families: Conversations About Co-Sleeping, Body Contact, and Feeding	Epistemological Renewal of the Human Sciences	Punya Pillai, Mila Tuli , Shraddha Kapoor	2026
3	Growing Old, Caring and Being Cared For: Redefining the Place of the Elderly in Family Life	Reframing Developmental Psychology: Perspectives from the Global South	Mila Tuli	2025
4	Recognizing Developmental Diversity: The Imperative for Culturally Guided Development Policies	Emerald Publishing Limited	Bhavna Negi	2025



S.No.	Title of the Paper	Journal Title	Name of the scholar/author	Year
5	Living on the Street: Ethics of Researching Invisible Families and Children	Ethical Considerations for Research and Practice in the Human Sciences, pp. 141–160	Bhavna Negi	2025
6	Poverty in the Global South: Liberating Psychological Inquiry through Cultural Psychology	Poverty, Psychosocial and Educational Dynamics: The Perspective of Semiotic Cultural Psychology	Katherine Carriere, Mila Tuli , Nandita Chaudhary, Patricia Trindade	2024

Symposium Presentation at ISTP 2026

- Prof.Mila Tuli presented a paper titled “Care as Foundation: Toward a Culturally Rooted Practice of Development and Education” at ISTP 2026 in an online symposium. The presentation explored care as a foundational principle in human development and education, highlighting the importance of culturally grounded, relational, and context-sensitive approaches to learning and development.

Student Research under NEP-UGCF

- In line with NEP-UGCF, fourteen (14) fourth-year students undertook academic projects developing community-based prototypes such as educational and informative kits, menstrual hygiene modules, safety applications, digital literacy toolkits and apps. The students along with faculty presented papers



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DST-FIST Awardee

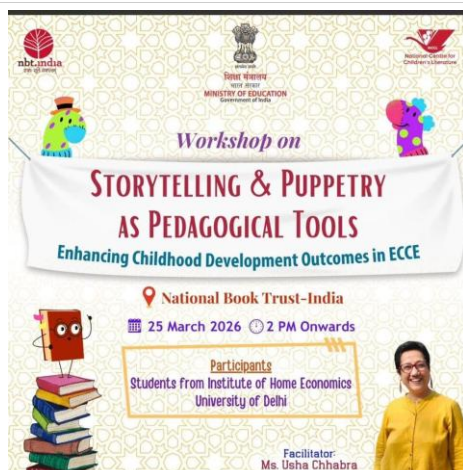


in 18 international and national conferences and bagged two best paper awards.



Photo Gallery- Glimpses of the Department Activities

Moments from the storytelling and puppetry workshop, community engagement, Annual Events Day and the Panch Tatva Carnival.





Department of Human Development and Childhood Studies
Institute of Home Economics
University of Delhi
Under the Aegis of IQAC

Invites you for an interactive session
on
**Rethinking Family:
Traversing the Journey of Adoption
in India**

Speaker
Prof. Vinita Bhargava (Retd.)
Lady Irwin College;
Founder Member,
Central Adoption Resource Authority

Date: 1st April 2026
Time: 1:30-3:00pm
Mode: Online (Google Meet)

Patron
Prof. Radhika Bakhshi
Director

Teacher-in-charge
Dr. Bhavna Negi

Coordinators
Dr. Renu
Dr. Deepti Gupta

DEPARTMENT OF HUMAN DEVELOPMENT AND CHILDHOOD STUDIES
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI

With
E-CELL IN COLLABORATION WITH SAMARTH BHARAT
UNDER THE AEGIS OF IQAC
Presents
**THE BUSINESS IDEA PRESENTATIONS
"NEXTWAVE VENTURES"**

SEC: Early Child Care and
Education Settings

REGISTER NOW!
[HTTPS://FORMS.GLE/DKWCF78IYMM142SV5](https://forms.gle/DKWCF78IYMM142SV5)

Date: 15th April' 2026
Day: Wednesday
Time: 1:30 PM onwards
Venue: Room No. 1004 , Block B,
IHE, DU

PATRON
Prof. Radhika Bakhshi

COORDINATORS
Dr. Bhavna Negi
Dr. Shashi Shukla
Ms. Shruti Sharma

IHE
E - Cell COMMITTEE

CDC, Samarth Bharat
MR. SHONAI GUPTA
(CONVENOR)
PROF. RAVINDER KAUR
(Co CONVENOR)





EVENTS ON 21.04.2026
DEPARTMENT OF HUMAN DEVELOPMENT AND CHILDHOOD STUDIES
INSTITUTE OF HOME ECONOMICS | UNIVERSITY OF DELHI

POSTER PRESENTATION

INDIAN LAWS & RECENT REFORMS
THEME: Understanding Laws and Policies for Women & Children through the Bharatiya Nyaya Sanhita
ROOM NO. 1203
DATE: 21.04.26
TIME: 10:00 AM

Social Inclusion: Building Equitable & Inclusive Communities
Date: 21 April, Tuesday
Time: 9:00am to 11:00am
Venue: Room No. 1004
Organizers: Alka Shukla, Divya Chaudhary, M. Latha & Prachi Tiwari

Aging In Today's World
challenges, realities and resilience
DR. POONAM SACHDEVA
TIME: 2:30 PM onwards
DATE & DAY: 20th April 2026
VENUE: Conference Room

Patron: Prof. Radhika Bakhshi
Teacher-in-Charge: Dr. Bhavna Negi
COORDINATORS: Dr. Ritu Singh, Ms. Shruti Sharma

Join us for insightful discussions, knowledge sharing and inspiring sessions.

DEPARTMENT OF HUMAN DEVELOPMENT AND CHILDHOOD STUDIES
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI
(Under the Aegis of IQAC)

Presents

YOGA WORKSHOP
"Nurture Your Body, Calm Your Mind"

Date: 21st April 2026
Time: 9:30 AM
Venue: Room no 1004

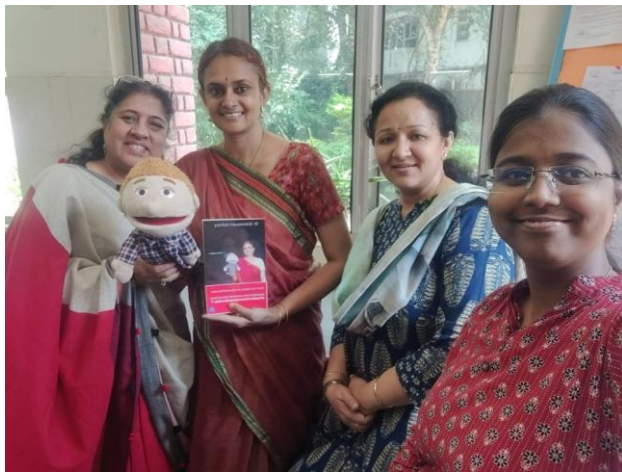
Resource Person:
Ms. Mini Sudarsan
Affiliated with Bharatiya Yog Sansthan
Professional Yoga Instructor

Patron: Prof. Radhika Bakhshi
Teacher-in-Charge: Dr. Bhavna Negi

Organizing Committee:
Dr. Renu | Ms. Smriti

Illustrations of people practicing yoga are shown at the bottom.





SUMMER CAMP 2026
AARAMBH
- Learning and Development Centre -
Department of Human Development and Childhood Studies
Institute of Home Economics, University of Delhi

SCHEDULE - 30.05.2026, SATURDAY

Panch Tatva Carnival: The Grand Finale
A Celebration of Earth, Water, Fire, Air & Space

TIME	ACTIVITY
10:00 - 10:15	Circle of the Five Elements Children gather for an energetic opening circle with music, movement, cheers, and quick recall games inspired by Earth, Water, Fire, Air, and Space.
10:15 - 11:00	Panch Tatva Yoga Journey A playful yoga session inspired by all five elements - flowing like water, standing strong like mountains, glowing like fire, floating like air, and stretching into the vastness of space.
11:00 - 11:15	Celebration Snack Break
11:15 - 12:00	Elemental Carnival Games Children rotate through fun game stations such as: Water Relay Sprint Nature Snack Race Flame Ring Toss Cosmic Target Toss Feather Blow Challenge
12:00 - 12:30	Talent Spark Celebration Children sing, dance, role-play, drum, share jokes, or present their favourite camp memories in a joyful mini-showcase celebration.
12:30 - 1:00	Farewell Fiesta & Memory Circle A closing celebration with music, badgecraft, and a gratitude sharing, group photograph, and a "Panch Tatva Promise" to care for themselves, others, and nature.

Five Elements. Endless Fun. One Journey. A Lifetime of Memories!

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SCHEDULE - 27.05.2026, WEDNESDAY

MOONLIT MYSTERIES: A NIGHT SKY ADVENTURE

10:00 - 10:15	Twilight Welcome Circle We gather under the open sky to share, listen and set our intentions for a magical day ahead.
10:15 - 11:00	Cosmic Yoga Journey Flow like the stars, stretch like the moon, and breathe like the universe in this fun and calming yoga session.
11:00 - 11:15	Starlight Snack Break Refuel with delicious, healthy snacks to keep our energy shining bright!
11:15 - 12:00	Constellation Lantern Craft Create your own glowing lantern by punching star patterns and watching constellations light up!
12:00 - 12:30	Shooting Star Treasure Hunt Follow the cosmic clues, solve riddles, and find hidden star treasures scattered across the galaxy!
12:30 - 1:00	Moonbeam Relaxation We unwind with a guided relaxation journey under the moonlight and goodbye wishes to the stars.

**EXPLORE
IMAGINE
SHINE**

Let's explore the universe, spark wonder and create memories that shine forever!



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

