



**Delhi University Women's Association**



# **DUWA NAAC REPORT 2018**



# NAAC REPORT

## 2018



**Delhi University Women's Association**  
**UNIVERSITY OF DELHI**  
**[Estb. 1964]**





# Delhi University Women's Association



***Founder President Durgabai Deshmukh, Vice Chancellor, Prof. C.D.Deshmukh and Mrs. Indira Gandhi, Prime Minister of India as Chief Guest.***



# Delhi University Women's Association



## HISTORY OF DUWA

Our story goes back to the times when women did not generally move out much and were restricted to the four walls and confined to the domestic chores. Delhi University had a Men's Club but there was no such meeting place for women. Women members from the university were allowed to use the venue only on Wednesday's - a kind gesture certainly. Dr. Durgabai Deshmukh, a social activist, an advocate and the wife of the Vice Chancellor, had a vision - An association for the women fraternity of the Delhi University. She had a vision and set out on a mission - the culmination of which is this Association. With the generous support of the Vice Chancellor Prof. C. D. Deshmukh, DUWA became a reality. Delhi University Women's Association has been registered under the Societies Registration Act XXI of 1860 (Punjab Amendment Act 1957) as extended to the Union Territory of Delhi on 31st October, 1964.





# Delhi University Women's Association



## DUWA AIMS

### **Delhi University Women's Association aims:**

\* To promote and to carry on social, cultural, recreational, educational & economic activities for the benefit of the women members on the staff and female family members of those on the staff of the Delhi University and its affiliated and constituent colleges and recognized institutions and also for the women relatives of the students studying in colleges of the University and who are residents in the Campus of the Campus of the University and of the surrounding areas.



# Delhi University Women's Association



## DUWA aims cont....

- \* To organize and maintain, as far as possible, limited residential accommodation with cultural and educational amenities for the members of the society coming to participate in the activities of the society and other bodies with cognate object as well as non members specially invited to participate in the activities of the society.
- \* To invite as and when feasible, cultural leaders, scholars, scientists and creative artists, who may or may not be members of the society, to take advantage of the facilities offered by the society.
- \* To undertake in general such other activities from time to time as shall be necessary for achieving the objects mentioned in the first clause.



# Delhi University Women's Association





# Delhi University Women's Association

DUWA Website:

<http://duwa.du.ac.in/index.html>





# **Delhi University Women's Association**

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## **Vision & Objectives**

***To promote and to carry on social, cultural, recreational, welfare, educational and economic activities for the benefit of the women-members on the staff, women students and family members of those on the staff of the Delhi University and its affiliated and constituent colleges and recognized institutions and also for the benefit of those who are residents in the Campus of the University and of the surrounding areas.***



# Delhi University Women's Association

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## Objectives

- (i) *To provide and maintain hostel accommodation for the members of the Association who are Teachers, Research Associates, Ph.D. scholars of Delhi University or any of its affiliated colleges, institutions.*
- (ii) *To invite as and when feasible cultural leaders, scholars, scientists and creative artists, who may or may not be members of the Association, to give lectures, conduct workshops, hold exhibitions which may contribute towards enrichment of knowledge and interests of the members of the association.*
- (iii) *To support working mothers and reduce their stress relating to the welfare and well being of their child and to lay the foundations of proper psychological development of the child.*



# **Delhi University Women's Association**

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## **Executive Committee of DUWA**

### **Composition**

- ***President (Ex Officio Post)***  
*The wife of the Vice-Chancellor, University of Delhi, Delhi shall be the ex-officio President of the Delhi University Women's Association.*
- ***Vice-President***
- ***Secretary***
- ***Treasurer***
- ***Joint Secretary***
- ***Joint Treasurer***
- ***Six other members***
- ***One nominated Associate member***
- ***Representative of University of Delhi***
- ***Vice President(s)/Secretaries of the Affiliated Unit(s) of DUWA***



# Delhi University Women's Association Executive Committee of DUWA



**Current EC**  
**January 2016 - January 2019**



**Previous EC**  
**January 2013 - January 2016**







# **Delhi University Women's Association**

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## **Activities we undertake**

- ~ School**
- ~ Sahyog**
- ~ Vatsalya**
- ~ Hostel**
  
- ~ Mind Body Centre**
- ~ Souvenir Shop**
- ~ Jagriti Program**
- ~ Skill development - Foreign - Language & Computer training**
- ~ Other activities & community service, good practices, waste management, drishti. (helping hand for the PWD students).**



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## Play Schools

**Beneficiary :-** Children 200 per year  
1200 students from 2012-18

**Durga Bai Deshmukh Balwadi- 1966**  
(100 students/batch)

**Usha Ganguli Sishu Vihar-1967**  
(100 students/batch)

*The two pre-schools run by DUWA promote intellectual, emotional, social, esthetic and physical development of a child*

**\*\*In Balwadi** - Children from economically weaker sections of DU Staff.

*These children are given free nutrition.*





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## School Cont.....



**Raksha Bandhan Festival**



**School Children at Gandhi Bhawan**





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## School Cont.....



**Parents orientation**



**Festival awareness**



**Nature walk**



**Outdoor activities**





# Delhi University Women's Association

## School Cont.....



*Prize Distribution*



*Independence Day*



*Christmas & New Year*





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## School Cont.....



***Celebrating  
Janamashtami***



***Graduation Day***



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## Sahyog (Tuition programme for weaker section

### Child Support Programme:-

Approximate 50 students/year

Beneficiary:- 300 students from 2012-18

- ~ Helps school students of standard 1 to XII from the neighborhoods.
- ~ For improving their academic performance
- ~ Classes are held six days a week from 3- 5 pm
- \*\* All children are served nutritious snacks & Health drinks.
- ~ Nominal charge of Rs. 25/- month







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## Summer Camp for Children

### One month programme during the

Beneficiary 50 students per  
year

## vacations

200 students from 2012-13







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## Summer Camp





# Delhi University Women's Association Summer Camp





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## **Vaatsalya – Day Care Centre**

***Vatsalya was inaugurated in 14 November, 2008 by Prof. Deepak Pantel.***

***Beneficiary – 355 children from 2012-18***

- ~ This is a child care programme – 6 days/week ; 8.30 am to 6.00 pm***
- ~ To support the working mothers of University of Delhi***
- ~ This day care facility is for age group of 6 months to 6 year old children***
- ~ Accommodation for 55 children***
- ~ Staff:- With 2 supervisors, 20 helpers (approx 3:1 ratio) & 2 cooks***
- ~ Doctor, Counsellor, Dietitian, Nutritionist, Activity teacher.***



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## Vaatsalya – Day Care Centre Cont...

We have four wings in a Vaatsalya :

S.NO	Heads	Age Limit	Strength
1	Infant	6 month to 1 year	06
2	Crèche	1 year to 2+ year	15
3	New Day Care	2+year to 4 year	17
4	Day Care	4 year to 6 year	17





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## Vatsalya Cont.....





# Delhi University Women's Association

*Vatsalya Cont.....*







# Delhi University Women's Association

## Vatsalya Cont.....

### Vatsalya activity





# Delhi University Women's Association

## Vatsalya Cont.....

### *Vatsalya activity*







# Delhi University Women's Association

## Vatsalya Cont.....

### Vatsalya activity





# Delhi University Women's Association Vatsalya Cont.....





# **Delhi University Women's Association**

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## **Women's Hostel** **Started in 1975**

**(Sri Sadan)**

**Working women of Delhi University (12 rooms; single seated)**

**(Old & New DUWA Hostels)**

**Reserach Scholar of Delhi University (25 seats; double seated)**

**(TOTAL 38 RESIDENTS AT A TIME & 1 WARDEN)**





# **Delhi University Women's Association**

## **Women's Hostel Cont.....**



**HOSTEL  
RESIDENTS**

DUWA

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# **Delhi University Women's Association**

## **Women's Hostel Cont.....**





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## Women's Hostel Cont.....



**Reading/ Computer Room**



**Dinning cum TV room**



# Delhi University Women's Association Women's Hostel Cont.....







# Delhi University Women's Association

## HISTORY OF MIND BODY CENTRE

The Mind Body Centre was Inaugurated on February 13<sup>th</sup>, 2014 by Prof. Dinesh Singh, Ex-Vice Chancellor, University of Delhi and Ms. Neelanjana Singh, Ex-President, DUWA.





# Delhi University Women's Association

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## OUR VISION

Today, students face the problems of:

- \* Huge consultation fees of doctors
- \* Long waiting time at hospitals and clinics
- \* Ineffectiveness of allopathic medicines in curing all problems
- \* This is why the Mind Body Centre was set up to provide:
  - \* Homeopathic consultation
  - \* Naturopathic consultation
  - \* Psychological Counseling
- \* The idea is to provide holistic care to the clients by attending to their physical, emotional and mental health needs.



# Delhi University Women's Association

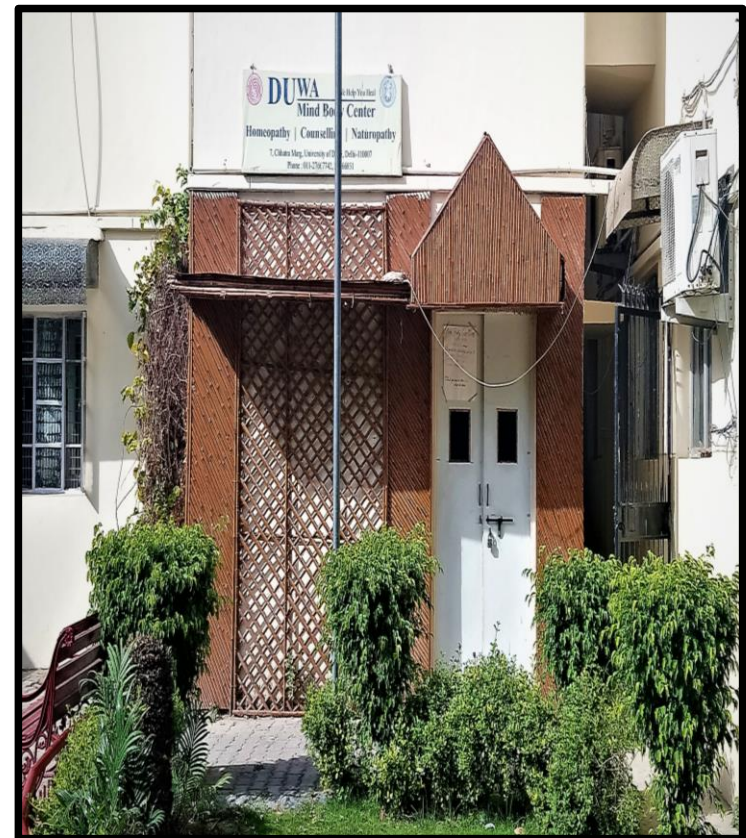
## Mind Body Centre Started in February 2014

**Promoting the wellness of women  
students & faculty of Delhi University**

**Holistic healing approach for problems of mind &  
body. Please find the beneficiaries below:-**

<b>1. Naturopathy &amp; Detoxing</b>	<b>3. Counselling</b>
2014-15 = 1224	2014-15 = 163
2015-16 = 1012	2015-16 = 523
2016 -17 = 884	2016-17 = 588
<b>2. Homeopathy</b>	
2014-15 = 371	
2015-16 = 1093	
2016-17 = 561	

**Health beyond health care !**



DUWA

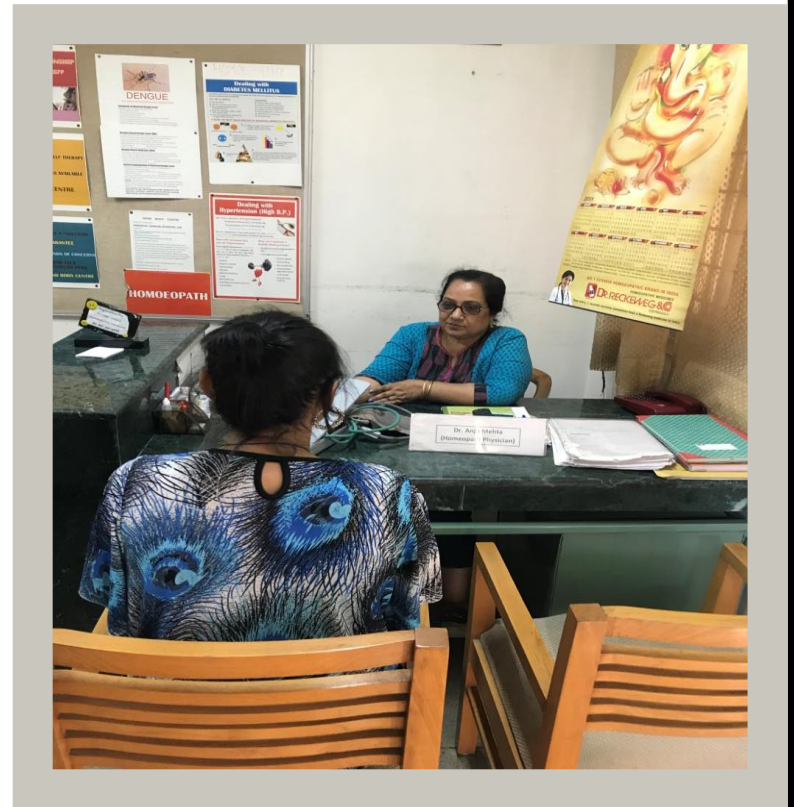




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## Facilities at Mind Body Centre

- \* The idea is to provide holistic treatment with no side-effects
- \* Pain-less treatment
- \* To take into consideration both mind and body simultaneously
- \* The registration fee is Rs.100/- valid for a year and the medicines cost Rs. 30/-
- \* Timings: 1 p.m.-5 p.m. everyday except Sunday





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## Facilities at Mind Body Centre

## PSYCHOLOGICAL COUNSELING

- To provide individual counseling
- Family counseling
- Telephonic counseling
- Email counseling

\* The objective of this facility is to provide a space for the female students and working women to help them cope with stress and other psychosocial issues.

\* The registration fee is Rs.100/- valid for a year and Rs.10/- for every follow-up sessions.

\* Timings: 10 am – 5 pm everyday except Sunday.





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## Facilities at Mind Body Centre

- \* **Naturopathy** is the treatment of illness by using diet, herbs, exercises, etc without using standard drugs or surgery. It includes:
- \* **ACCUPRESSURE**: The human body has approximately 1000 acupressure points of which 90-100 are very useful in curing common ailments.
- \* **YOGA**: Yoga means union of the individual consciousness or soul with the Universal Consciousness. Physical exercise is just one facet of Yoga.
- \* **SUJOK**: In sujok therapy, palm & feet represent all the organs/meridians in the body. It produces no side effects.
- \* **COLOR THERAPY**: It Therapy is helpful in re-establishing the balances of colours in human body. It can be used to treat a wide variety of problems.
- \* Other treatments include Detox, Vacuum-cupping, Blood circulation massager, etc.
- \* The registration fee is Rs.100/- valid for a year and detox treatment is Rs.50/- per session and other treatments are priced at Rs.10/-
- \* Timings- 9:30 a.m.-5:30 p.m. everyday except Sunday.





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## Facilities at Mind Body Centre





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## Souvenir Shop

Started in November 2014

(Commemorate the DUWA's Golden Jubilee Celebration)

**Beneficiary:-** approx 50 customers per day.  
Detailed report is available at shop.

- ~ To promote DU brand and to inculcate a sense of pride and belonging amongst the students and other members of DU community.
- ~ It is managed by DUWA members.
- ~ Great demand for souvenir items:-  
Folders sweat Shirts, bags, pens, keychains, mugs etc.







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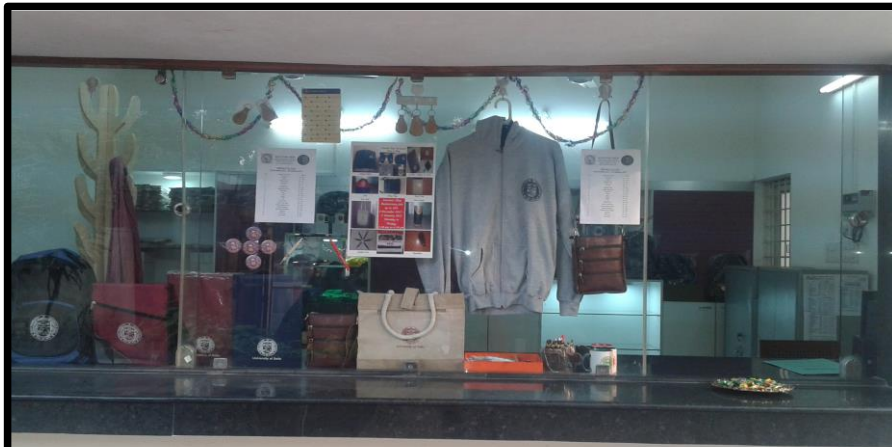
## Souvenir Shop Cont.....







# Delhi University Women's Association Souvenir Shop Cont.....





# Delhi University Women's Association

## Jagriti Awareness Programme

Beneficiary :- All students

*This programme strives to spread awareness through organizing lecture, discussions, screening camps, street plays competitions & other activities among the students of delhi university.*



MAHARAJASTUDIO 9891541454-9999563556-9555559311






# Delhi University Women's Association Jaagriti Cont.....

## *Jaagriti*

**Cancer Awareness  
Programme**

**Jaagriti : Cancer Awareness Programme**



Delhi University Women's Association  
Conducts  
Street Play Competition  
Theme : Cancer is Preventable & Treatable



**Attractive Prizes**

Ist Prize	: Rs. 7000/-
IInd Prize	: Rs. 5000/-
IIIrd Prize	: Rs. 3000/-


Two consolation prizes Rs. 1500/- each

Date : 6<sup>th</sup> September, 2011  
Venue : Arts Faculty Plaza  
Time : 3:00 p.m.  
Duration : 10 – 15 min (approx.)  
All are cordially invited

Street Play Competition on Cancer Awareness



Cancer Awareness Programme



**W.U.S. HEALTH CENTRE**  
in Collaboration with  
DELHI UNIV. WOMEN ASSOCIATION  
invites you to BREAST CANCER AWARENESS





# Delhi University Women's Association “Women Health and Cancer Screening Camp”

*Women Health and Cancer Screening Camp held on April 7, 2017 on the occasion of World Health Day At Delhi University Women's Association.*

**“Women Health &  
Cancer Screening  
Camp”**





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## "Women Health and Cancer Screening Camp"

Cont







# Delhi University Women's Association

## "Women Health and Cancer Screening Camp" Cont.....







# Delhi University Women's Association

## Computer Literacy

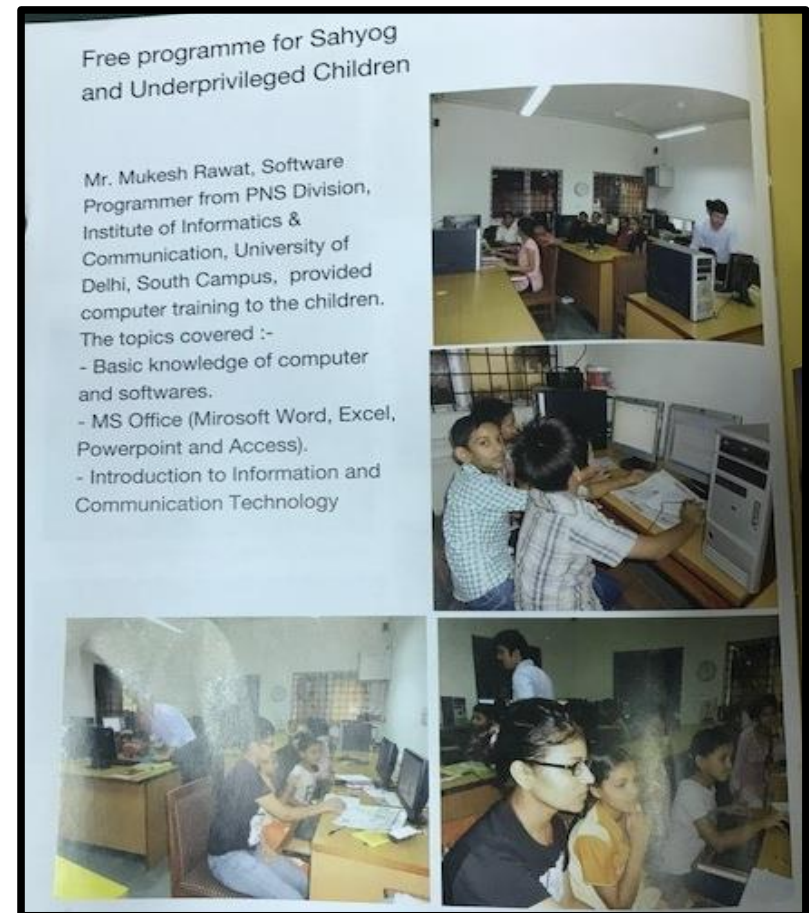
***We conduct short term computer training course for Sahyog and under privileged children.***

***Beneficiary:- 2012-18***

***Total:- approx 500***

***This programme includes:***

- 1. MS Word***
- 2. Excel***
- 3. Powerpoint***
- 4. Access and use of internet.***





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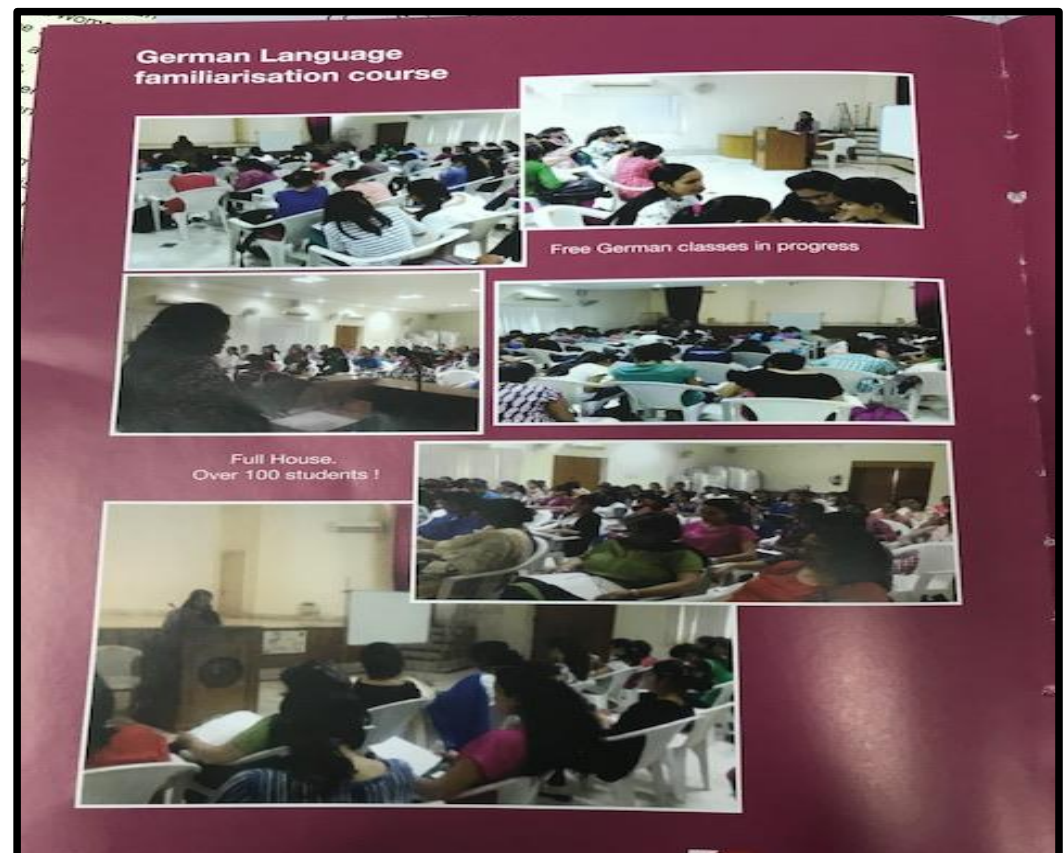
## Language Familiarization

### ***Beneficiary***

***50 students per batch***

***(a) Chinese Language  
2014-15 – 40 students***

***(b) German Language  
2015-16 = 50 students  
2016-17 = 50 students***





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## Other Activities







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## Other Activities Cont.....





# Delhi University Women's Association *Celebrations*







# Delhi University Women's Association *Celebrations*







# Delhi University Women's Association *Celebrations*





# Delhi University Women's Association

## Celebrations







# Delhi University Women's Association

## Celebrations







# Delhi University Women's

## Celebrations





# Delhi University Women's Association

## Celebrations





# Delhi University Women's Association

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## Best Practices and Waste Management

1. *We have different big boxes for putting recycable and non recycable and dry and waste separately.*
2. *A social organisation “Goonj” takes away the recycle waste.*
3. *DUWA is also working as paperless office work and online E-transactions.*
4. *Our school, Vatsalya and Sahyog children are involved in different save enviornment activities.*
5. *DUWA had donated 2 lakh amount in Vice Chancellor Relief Fund for Uttrakhand Tragedy.*
6. *We always provide freeship to underprivileged children.*
7. *DUWA won best practice award.*





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## Best Practices and Waste Management

Cont.

### Waste Management at DUWA







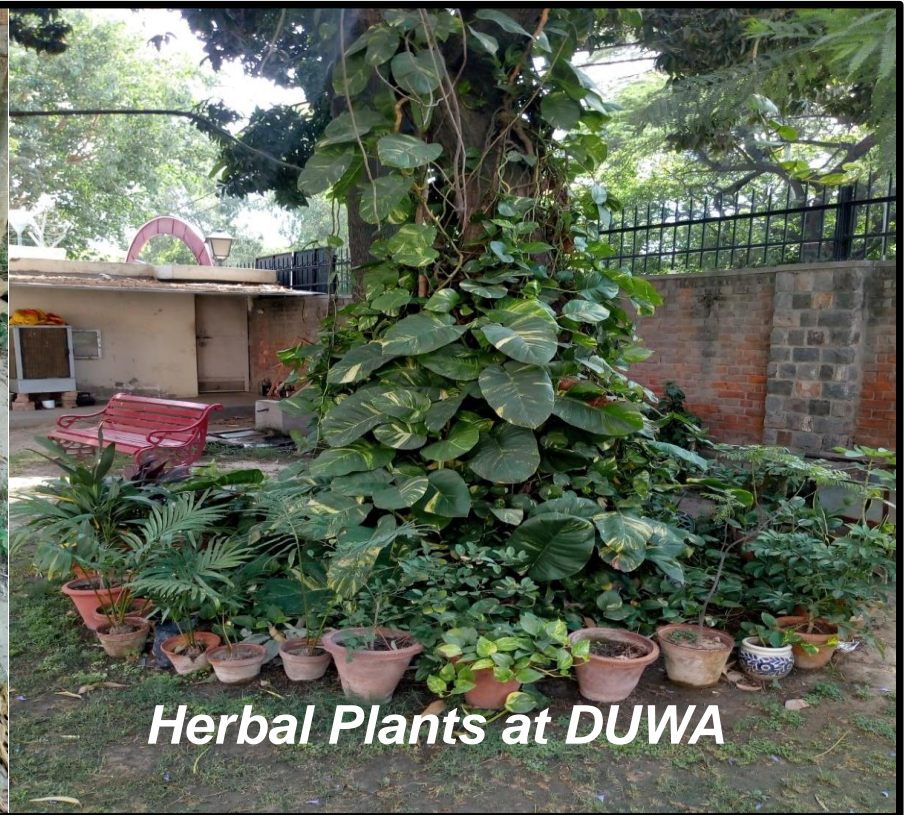
# Delhi University Women's Association

## Best Practices and Waste Management

### Cont



*Plantation by Children*



*Herbal Plants at DUWA*



# Delhi University Women's Association

## Media Reflections

### डीयूडब्ल्यूए की तरफ से लगाया गया दीवाली मेला



पश्चिमी दिल्ली, (ब्यूरो): दिल्ली यूनिवर्सिटी वूमैन्स एसो. (डीयूडब्ल्यूए) की कल्चरल कमेटी की तरफ से शुक्रवार को दीवाली मेले का आयोजन किया गया। नॉर्थ कैम्पस स्थित आर्ट्स फैकल्टी पर किये गए इस मेले की थीम महिला सशक्तिकरण और स्किल इंडिया आधारित थी। इस अवसर पर डीन ऑफ स्टूडेंट्स वेलफेयर प्रो. जे.एम. खुराना उपस्थित थे। डीयूडब्ल्यूए की सैक्रेटरी डॉ. गीता ने बताया कि हमारी कोशिश रहती है कि ज्यादा से ज्यादा महिलाओं को प्रशिक्षित करके उन्हें आत्मनिर्भर बनाया जाए। कल्चरल कमेटी की संयोजक और डिप्टी डीन ऑफ स्टूडेंट्स वेलफेयर डॉ. अमृता बाजाज ने बताया कि इस मेले में कुछ

ऐसी महिला उद्यमी भी शामिल हैं जो कि अपने उत्पादों की बिक्री से मिले पैसों का उपयोग सामाजिक कार्य में करती हैं। मेरठ की महिला उद्यमी रेखा सिंह ने बताया कि उत्पादों की बिक्री से जो राशि मिलेगी उसे आर्थिक तौर पर पिछड़े परिवार की मदद के लिए इस्तेमाल करूंगी। मेले में डीयूडब्ल्यूए द्वारा प्रशिक्षित महिलाओं के 25 स्टॉल लगाये थे। डीयूडब्ल्यूए हुनर से रोजगार तक जैसे कार्यक्रमों के जरिए आर्थिक तौर पर कमजोर महिलाओं को हैंडीक्राफ्ट्स, हैंडबैग, ज्वेलरी और कैंडल जैसी वस्तुएं बनाने की प्रशिक्षण देता है। मेले में स्कूली बच्चों का हुनर भी देखने को मिला। मेले का आयोजन हर साल किया जाता है।

मेले में महिलाओं द्वारा लगाए गए स्टाल

### डीयू में विशेषज्ञ बताएंगे समस्या का समाधान

Delhi University launches helpline

• छात्रों की समस्याओं का समाधान  
• छात्रों की समस्याओं का समाधान  
• छात्रों की समस्याओं का समाधान

• छात्रों की समस्याओं का समाधान  
• छात्रों की समस्याओं का समाधान  
• छात्रों की समस्याओं का समाधान

छात्राओं की मदद के लिए स्वास्थ्य केंद्रों का गठन

### DU offers counselling to help beat admission stress

Kritika Sharma Sebastian  
NEW DELHI: For girls who are stressed out about college admissions after Class XII, the Delhi University's Women's Association is offering counselling sessions with a counsellor, a homoeopath and a naturopath to beat the stress. The Women's Association of DU, which conducts activities for staff members and students at the varsity is currently offering to lend a helping hand to those who are stressed during the admission season. A student who wishes to meet the counsellors can pay a visit to the varsity's North Campus and find them at the Mind and Body Centre in the hostel and Body Centre in the campus. "We are currently offering counselling to girls who are facing admission in Delhi University and are under pressure to get into a good college. We are expecting to get more students since the first cut-off for DU is released. It is when most of the students will get to know if they can make it into their dream college or not. Last year, too, many students visited us after the cut-off were over," Anita Jain, a counsellor in the centre said. "The counselling mainly starts with a session where we try to understand the girl's problem by talking to her in detail. If we think that she needs to attend more sessions, we ask her to visit again. If we think that she would feel better with naturopathy, we recommend her to take a session. Some who are depressed or have serious issues can contact the homoeopath," she added. "During the non-admission season, many girls visit us with issues like relationship issues, peer problems, acute

### hindustan

### Tele-counselling for DU students

NEW DELHI: Delhi University has launched a free telephonic counselling service for all its students. An initiative of the Delhi University Women's Association (DUWA), students can call on the helpline, 180000007003, on Monday, Wednesday and Friday between 9 pm and 5 pm. "Expert therapists, psychologists and counsellors will be present at the DUWA mind body centre," said Neelanjana Singh, DUWA Chairman.

श्री ने काउंसलिंग सेवाओं के लिए हेल्पलाइन नंबर की





# Delhi University Women's Association

## Media Reflections



Saturday, 22 October, 2016

## The Statesman

With women's empowerment at the core, the Delhi University Women's Association (DUWA) has organised a Diwali Mela in which aspiring women entrepreneurs, including housewives, students and working women are given the opportunity to display hand made products. DUWA endeavours to promote and enhance the women's skills to make them financially independent and vocationally sound.

Among the products displayed by these homemakers are handmade candles, artificial jewellery made from waste material, including paper, Kantha and other embroidery work, paper art and metal works. These women, most of whom are from financially weaker section, are provided training at workshops organised by DUWA as part of its ambitious "Earn While Learn" programme for women and young girls. Rekha Singh, a



# Delhi University Women's Association

OUR STRENGTH, WEAKNESS, OPPURTUNITY , CHALLENGES & FUTURE

## **PLANS** **STRENGTH**

1. Community Development in the campus and nearby areas.
2. Upleftment of weaker section.
3. Holistic development of kids.
4. Safe & Secure enviorment for girls students and women.

## **WEAKNESS**

1. Scarcity of space and funds.

## **OPPURTUNITY & OUTREACH**

1. Enterpreneurship for students, involvement of faculties in different communities outreach programme, awareness about social problems to all.
2. Provide financial help natural calamities.
3. Financial assistance to weaker sections.
4. Coaching to underpriviledge students



## **Delhi University Women's Association**

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### **FUTURE PLANS**

1. Legal Literacy and family counselling.
2. Classes would be started for competitive and other entrance exams for the girls students.
3. Spoken English and Personality Development Course would be started.
4. Holistic Development of girl child and safety of women by the Ministry of Women & Child Development.
5. Special Programme for Reserve Categories students with the help of Ministry of Social Justice.





## Delhi University Women's Association

**DUWA  
REPORT COMPLETED**