



KAMALA NEHRU COLLEGE

University of Delhi



दीक्षारंभ

DEEKSHARAMBH

Student Induction Programme 2026–27

An Initiative By UGC

A Warm Welcome to the Freshers

10th – 15th August 2026

12:00 – 2:00 PM | NSR, Kamala Nehru College

“The beginning is the most important part of the work.”

— Plato

Welcome, Batch of 2026–27!

Dear Students, welcome to Kamala Nehru College — a space that has, for decades, nurtured young women to become confident, compassionate and capable individuals. As you step into this new chapter of your academic journey, the college is delighted to host Deeksharambh, a week-long foundation Programme designed to help you settle in, discover the campus community, and begin your college life with clarity and confidence.

Deeksharambh, An Initiative of UGC meaning ‘the beginning of initiation’, is envisioned as more than an orientation — it is a gentle, guided transition from school to college life. Over five days, you will engage in sessions on physical wellness, human values and mental well-being, student orientation, personal safety, and peer mentoring, alongside a Society Fair that will introduce you to the many co-curricular avenues the college offers.

We look forward to seeing you embrace this week with curiosity and enthusiasm and to formally welcoming you into the Kamala Nehru College family.

A New Beginning

The word Deeksharambh signifies the beginning of a meaningful journey of learning.

The One Week Foundation Program, aligned with the National Education Policy (NEP) 2020 and the University Grants Commission (UGC) guidelines, is designed to help students adapt confidently to university life.

The programme introduces students to the academic culture, institutional values, student support systems, extracurricular opportunities, and holistic development initiatives available at Kamala Nehru College.

Objectives

- Ease the transition from school to university
- Promote physical and emotional well-being
- Introduce academic regulations
- Encourage ethical values
- Build confidence and leadership
- Foster inclusivity and belonging
- Encourage participation beyond the classroom

Programme Schedule at a Glance

Day	Date	Theme	Resource Person
Day 1	10 August 2026	Delhi is a Safe Place	SI Kiran Sethi; NIS in Taekwondo Shiv Kumar Kohli
Day 2	11 August 2026	Holistic Well-Being (Human Values and Mental Wellbeing)	Prof. Anirban Dash, Director, National Mission for Manuscripts
Day 3	12 August 2026	Student Orientation	Induction Committee
Day 4	13 August 2026	Physical Wellness	Dr. Deepika, Gynecologist and Founder of Ridhima Foundation
Day 5	14 August 2026	Buddy Mentoring (Department-wise) & Society Fair	Departments & Societies

Venue: NSR, Kamala Nehru College | Time: 12:00 – 2:00 PM (daily)

DAY 1

Delhi is a Safe Place

Date: 11th August 2026

Time: 12:00 – 2:00 PM

Venue: NSR

For many first-year students, this is their first extended experience of living and commuting in Delhi. Day 1 is dedicated to building awareness, confidence, and practical know-how around personal safety in the city — at college, in transit, and in daily life.

The session will cover safe commuting practices, women's safety helplines and emergency contacts, the college's own safety and grievance redressal mechanisms, and everyday precautions for navigating public spaces confidently. The intent is not to instill fear, but to equip every student with the awareness and resources that make independent city life manageable and secure.

- Safe commuting: public transport, cabs and campus access
- Emergency helplines and important safety contacts
- College safety mechanisms and grievance redressal cells
- Everyday precautions for navigating the city confidently.

Resource Person:



SI Kiran Sethi; In-Charge of the All Women Police Unit, G.B. Road, Limca Book of Records holder, Second Dan Black Belt in Judo-Karate



Shiv Kumar Kohli; NIS-certified Taekwondo coach, Two-time Limca Book of Records holder and a two-time International World Book of Records holder, Honorary Chief Coach for Self-Defence Training with the Delhi Police

Holistic Wellbeing (Human Values & Mental Wellbeing)

Date: 10th August 2026

Time: 12:00 – 2:00 PM

Venue: NSR

College life brings with it new freedoms and new pressures alike. Day 2 of Deeksharambh turns attention inward, focusing on the human values and emotional grounding that help students navigate this transition with self-awareness and empathy.

The session will explore the importance of core values such as respect, integrity, empathy and inclusivity in shaping a healthy campus community, alongside an open conversation on mental wellbeing — recognising stress, anxiety and homesickness as normal parts of transition, and understanding when and how to seek support. Students will be introduced to the college's counselling and wellbeing resources, along with simple, everyday practices for maintaining emotional balance.

- Core human values for a respectful campus community
- Understanding and normalising the emotions of transition
- Recognising stress and building healthy coping mechanisms
- Introduction to the college's counselling and support services

Resource Person:



Prof. Anirban Dash
Director, National Mission for Manuscripts.

Student Orientation

Date: 12 August 2026

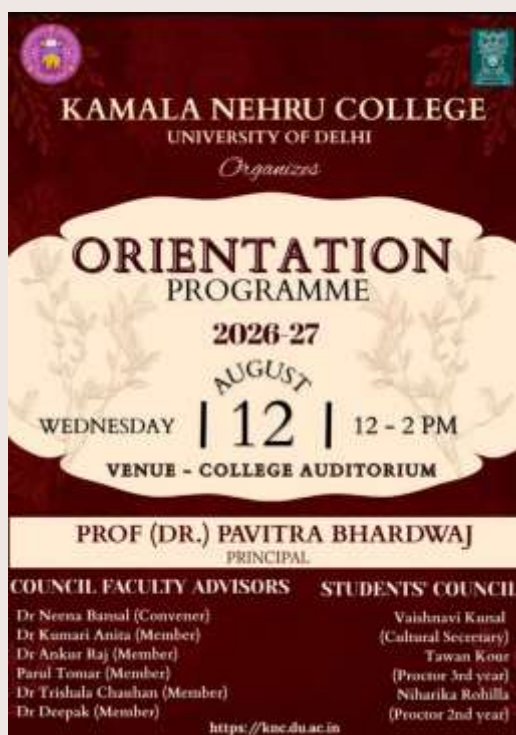
Time: 12:00 – 2:00 PM

Venue: NSR

Day 3 is devoted to helping students find their footing within the academic and administrative life of Kamala Nehru College. The session will walk first-years through the structure of their courses, the examination and evaluation system, attendance requirements, and the various offices and departments they will interact with over the coming years.

Students will also be introduced to the college's library, IT and administrative services, the academic calendar, and the channels available for raising queries or concerns. The goal is to leave every student with a clear, practical understanding of how the college works — so that the semester ahead begins with confidence rather than confusion.

- Overview of academic structure, courses and evaluation
- Attendance policy and examination guidelines
- Introduction to key offices: academic, administrative, library, IT
- Academic calendar and important dates
- Whom to approach for queries, concerns and support



DAY 4

Physical Wellness

Date: 13th August 2026

Time: 12:00 – 2:00 PM

Venue: NSR

Good physical health is the foundation on which every other pursuit of college life rests. As you begin a new phase marked by longer hours, new routines and greater independence, the Physical Wellness session is designed to help you build habits that keep your body strong, energetic and resilient through the academic year ahead.

The session, conducted by Dr. Deepika, will introduce students to the basics of fitness, nutrition and posture awareness suited to a student lifestyle — from managing screen time and sedentary study hours, to simple stretches and breathing exercises that can be practised even within a busy timetable. Students will also learn to recognise early signs of fatigue and stress on the body, and practical ways to stay active on campus, whether through walking, yoga, sports, or the college's fitness initiatives.

The larger aim of the day is to help first-year students understand that physical wellbeing is not a one-time effort but a daily practice — one that supports concentration, confidence and emotional balance throughout the demands of college life.

- Understanding fitness fundamentals for a student lifestyle
- Nutrition basics: eating well on a college schedule
- Posture, movement breaks and managing sedentary hours
- Simple stretches, breathing exercises and stress-relief techniques
- Introduction to sports and fitness opportunities at KNC

Resource Person:



Dr. Deepika is a gynaecologist and the Founder of Ridhima Foundation. Through the Nirog Nari Campaign, she spearheads initiatives focused on preventive healthcare, women's wellness and health awareness. Her vision is to bridge gaps in healthcare access and knowledge, empowering women to make informed health choices while advancing sustainable health equity.

DAY 5

Buddy Mentoring (Department-wise) & Society Fair

Date: 14 August 2026

Time: 12:00 PM – 2:00 PM

Venue: NSR

The final day of Deeksharambh brings the week full circle, connecting first-years directly with their departments and with the vibrant co-curricular life of the college. Under the Buddy Mentoring initiative, students will be paired with senior mentors from their own department, offering a friendly, department-specific point of contact for academic and campus-life guidance throughout the year.

The day culminates in the much-awaited Society Fair, where the college's societies, clubs and committees — spanning the performing arts, literary and debating societies, media, sports, and community service — will set up stalls to welcome new members. It is an opportunity for first-years to explore their interests beyond the classroom and find their community within Kamala Nehru College.

- Department-wise pairing with senior student mentors
- Guidance on academics, campus life and college culture
- Society Fair: Registration desks and open interactions
- Sign-ups for societies, clubs and committees



Organising Committee

Patron

**Prof. (Dr.) Pavitra Bhardwaj
(Principal, Kamala Nehru College)**

Dr. Pooja, IQAC Co-ordinator

IQAC MEMBERS:

**Ms. Jayanti Bala
Mr. Lokesh Yadav
Dr. Rupali
Ms. Pragati Yadav
Ms. Mahima Yadav**