

ADR TECHNIQUES & PRACTICAL SESSION

Date: 10 September 2026

Time: 3:30 PM - 4:30 PM

Venue: Moot Court Hall

Organised by: Alternative Dispute Resolution Board, HILSR, Jamia Hamdard



The Alternative Dispute Resolution Board, Hamdard Institute of Legal Studies and Research (HILSR), Jamia Hamdard, organised an **“ADR Techniques & Practical Session”** on 10 September 2026 at the Moot Court Hall. The session was designed to introduce students to the practical functioning of Alternative Dispute Resolution mechanisms and demonstrate how different processes may be employed to resolve disputes outside conventional courtroom litigation. Approximately 80 students from all years of HILSR attended the session.

The Directorate of Training and Official Representation, headed by Areeba Athar and Uroosa, conducted the demonstration session. Students of the first and second years of HILSR were invited to attend, particularly to familiarise them with ADR concepts early in their legal education. The session adopted an interactive and practical approach rather than limiting the discussion to theoretical explanations. A fictional dispute arising out of a college canteen transaction was used as the common factual scenario. The dispute concerned a food order placed during a college fest, where the students and the canteen owner differed over the final amount payable. The students maintained that the agreed amount was ₹ 20,000, while the canteen owner claimed ₹ 30,000, thereby creating a dispute concerning the additional ₹ 10,000. The same dispute was then demonstrated through three different ADR processes.

The first demonstration focused on negotiation, where the parties attempted to resolve the matter directly through bargaining and ultimately arrived at a mutually acceptable amount. The students were shown how negotiation allows the disputing parties to retain complete control over the process and outcome, without the intervention of a third-party decision-maker. The second demonstration illustrated mediation, wherein a neutral mediator facilitated communication between the parties, identified their underlying interests and assisted them in exploring possible solutions. The demonstration highlighted that a mediator does not impose a decision, but enables the parties to arrive at a settlement themselves. The final demonstration dealt with arbitration, where the arbitrator heard the claims, examined the documents and evidence presented by both sides, considered their respective arguments and ultimately delivered a decision determining the dispute.

Importantly, after the completion of each act, the students were briefed about the scenario that had been presented and the ADR mechanism demonstrated, allowing them to understand the distinction between the processes and their respective roles. The session was successfully concluded by emphasising that ADR is not merely about resolving disputes, but about identifying **the process best suited to the nature and circumstances of a particular dispute**. The practical demonstrations provided the first- and second-year students with an accessible introduction to ADR and its application in real-world situations.

