



*Janki Devi Memorial College  
(university of delhi)*

## National Cadet corps (NCC)

*Presents*

# Fill your cup: Self care in pandemic

**JANKI DEVI MEMORIAL COLLEGE**  
**UNIVERSITY OF DELHI**  
**NATIONAL CADET CORPS (5DGBN)**  
(Under the aegis of IQAC)  
organizes

**FILL YOUR CUP**

A Webinar on  
**SELF CARE  
IN THE  
PANDEMIC**

JOIN US  
28TH MAY  
12:15 PM

Self Awareness  
Self-Care techniques  
Grounding/Centering Tools

**ZOOM**  
Meeting ID: 890 3273 1989  
Passcode: 238545

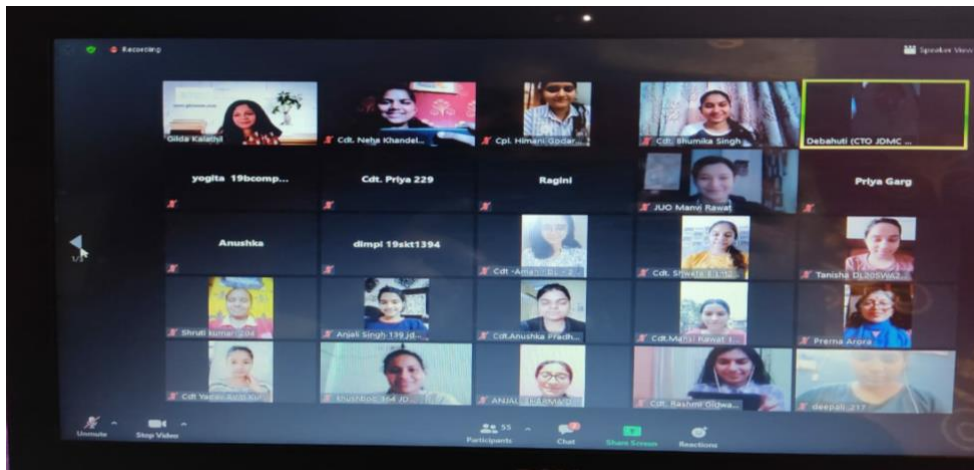
**WITH INTERNATIONAL SPEAKER**  
**GILDA ROSE KALATHIL**  
(COUNSELING PSYCHOLOGIST)

DEBAHUTI BRAHMACHARI  
CTO: Coordinator

Prof. SWATI PAL  
Principal

Janki Devi Memorial College NCC organised a self care webinar under the aegis of IQAC.

It was held on 28<sup>th</sup> May, 21 keeping in view the mental health of students and faculties during the pandemic time. Gilda Rose Kalathil, the speaker of the day, is a counseling psychologist and an international speaker. We broadly covered



the aspects of self awareness, self-care techniques and central tools that we may use for enriching in us- the luxury of self care these days. Ms Gilda Rose posed many questions to us. In the beginning, she asked about how do we feel, how do we feel after remembering the most horror movie we saw and made us realise that how we feel right now depends upon what we have in our minds. A new concept that we learnt was that if 'Mind food'; that is be conscious what you feed your minds with (the information), not letting everything affect you is the mantra and in case it is affecting us, we must address our minds instead of neglecting. Remaining in toxic positivity is either not recommended.



She gave us diverse tools that we may use for daily self care: self checking/introspection, being grateful, doing something creative, body movements in terms of dancing/exercising and healing hands. She made the session completely audience-oriented by interacting based on the responses that we gave for various qualitative questions. The take-aways will definitely be there with us throughout, helping us remain grounded with ourselves. It was indeed an amazing and engaging session.

Thank you.