

Janki Devi Memorial College

University of Delhi

JDMC-IQAC

Counselling Committee



2024-2025

Topic: Achieving Goals and Staying Motivated

Date: 23.08.2024

Topic of the event:	Achieving Goals and Staying Motivated
Date:	23. 08. 2024
Name of the organizer (s):	Counselling Committee, JDMC, DU
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra-college
Objectives of the event:	To help students identify and articulate their personal, academic and career goals.
Name and Affiliation of the Resource person <i>(if applicable)</i> :	Ms. Niharika Gupta, Counselling Psychologist, JDMC, DU
No. of Students Present	40

Brief Report

The Counselling Session on “Achieving your Goals and Staying Motivated” held at Room No. 66 of JDMC College on August 23, 2024, commenced at 12:00 PM. With over 40 students participating, the event began with the understanding of internal and external motivation. The students did an activity from which they understood to make crystal clear goals. The event witnessed enthusiastic participation from political science department. The session provided a fruitful opportunity to divide long term goals and short term goals and take action steps accordingly.

Poster of the event (English and Hindi):

JANKI DEVI MEMORIAL COLLEGE
(University of Delhi)
under the aegis of IQAC
COUNSELLING COMMITTEE
in collaboration with
DEPARTMENT OF POLITICAL SCIENCE
organises a counselling session on

Achieving Your Goals and Staying Motivated

Speaker:-
Ms. Niharika Gupta
(Counselling Psychologist)

23rd August, 2024 **Room Number 66** **12 PM to 1 PM**

Dr. Debabuti Brahmachari
Dr. Kush Kumar Gayasen
Ms. Shalini Singh
(ASSOCIATION IN-CHARGES)

Iffat Aurooj
Shahida Mushtaq
(STUDENT CO-ORDINATORS)

Dr. Poonam Kanwal
(TEACHER IN-CHARGE)

Dr. Poonam Kanwal
(CO-CONVENOR Counselling Committee)
Dr. Sunita Jaiswal
(CO-CONVENOR Counselling Committee)
Dr. Vineta Bhatt
(TEACHER CO-ORDINATOR Counselling Committee)

Prof. Payal Nagpal
(IQAC COORDINATOR)

Prof. Swati Pal
(PRINCIPAL)

जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)
IQAC के तत्वावधान में
परामर्श समिति
राजनीति विज्ञान विभाग
के सहयोग से
**अपने लक्ष्यों को प्राप्त
करना और प्रेरित रहना**
पर एक परामर्श सत्र का आयोजन करता है

वक्ता:-
सुश्री निहारिका गुप्ता
(परामर्श मनोवैज्ञानिक)

23 अगस्त, 2024 **कमरा संख्या 66** **दोपहर 12 बजे से 1 बजे तक**

**जी. डी. मेमोरियल कॉलेज
का संस्थापक नामांकन
समिति अधिकारी नियम**
(प्रबोधित प्रभारी)

**दायरेलत अधिकारी
प्राधिकारी प्रूषालय**
(कार्य समन्वयालय)

डॉ. पूनम कन्वल
(प्रभारी विद्यार्थी)

डॉ. पूनम कन्वल
(संस्थापक प्रसारण समिति)
(प्राची-प्रार्थना परामर्श समिति)
वा. विनेता भट्ट
(विद्यालय समन्वयालय परामर्श समिति)

डॉ. पायल नागपाल
(अधिकारिता समन्वयालय)

प्रो. स्वाति पाल
(प्रभारी)

Record of Attendance (Photos of attendance record):

Attendance Sheet		
Name	Year	Course
Sneha Gupta	3rd	BA Hons. Political Science
Rishika Meena	2nd	BA Hons. Political Science
Shivangi Sumanthana	2nd	"
Diya Sharma	2nd	BA Hons. Political Science
Bhoomi Parwal	2nd	BA Hons. Political Science
Jacklin Raj	2nd	BA Hons. Political Science
Apurva Ray	2nd	BA Hons. Political Science
Kanan Naikwal	2nd	BA Hons. Political Science
Simran	2nd	BA Hons. Political Science
Muktan Gupta	2nd	BA Hons. Political Science & Core
Kajal Kumar	2nd	"
Sanjali Kumar	2nd	"
Simran Kumar	2nd	"
Nandini Verma	3rd	BA (Hons) Political Science
Khushi	2nd	BA (Hons) Political Science
Pareeksha	2nd	"
Yusra	2nd	"
Diksha	2nd	"
Shilpa (656)	2nd	BA (Hons) Pol. Sci.
Palek Baghel	3rd	BA (Hons) Political Science
Nehaika Gupta	2nd	BA [H] Political Science
Sakshi Parwana	2nd	BA [H] Political Science
Chitraletha	3rd	BA [H] Political Science
Saloni	3rd	BA [H] Political Science

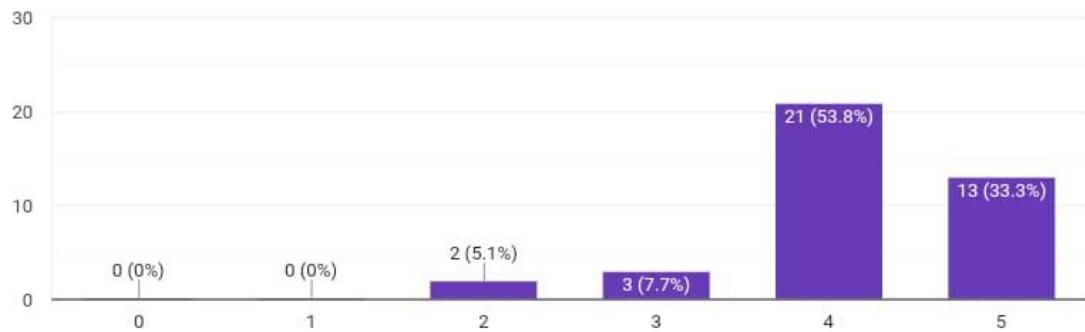
Gunjan	3rd	political science.
Honey	2nd	B.A political Sci Hons.
Sonam (1087)	3rd	B. A political Sci Hons.
Roshni (1225)	3rd	B.A political sci, Hons.
Habiba (1087)	2nd	B.A. Hons. Pol. Sc.
Julie (1093)	2nd	B.A. Hons. Political Science
Reenat (1227)	3rd	"
Sonam Angmo 1826	2nd	B. A Hons. Political
Abhinya 922	2nd	BA. Hons. Pol. Science
Himanshi 1072	3rd	BA. Hons. Pol. Sci.
Rutisha Kumar 695	3rd	" " "
Shivani Bharti 677	"	" "
Neha (722)	3rd	BA(H) B.I. Sci
Suganya Bore (1050)	2nd	" "
Isha Sharma	2nd	" "

Sample of feedback/ evaluation form (5 MCQ questions) (Should include satisfaction of participants, suggestions):

On a scale of 0 to 5 with zero being very bad and 5 being very good; rate your experience

 Copy

39 responses



Geotagged pictures of the event with captions (*Geotagged if offline, Screenshots if online*):





**Topic- Breaking the Silence on World Suicide Prevention Day****Date: September 10, 2024**

Name of the event:	Breaking the Silence on World Suicide Prevention Day
Name of the organizer (s):	Counselling Committee
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra college Counselling Session
Objectives of the event:	To familiarise and sensitise students towards mental health issues and suicide. Also, to teach the importance of listening and being there for the ones in need.
Name and Affiliation of the Resource person (<i>if applicable</i>):	Dr. Poonam Kanwal, Dr. Sonal Jain, Dr. Khurshid Alam and Mrs. Anuradha Goswami

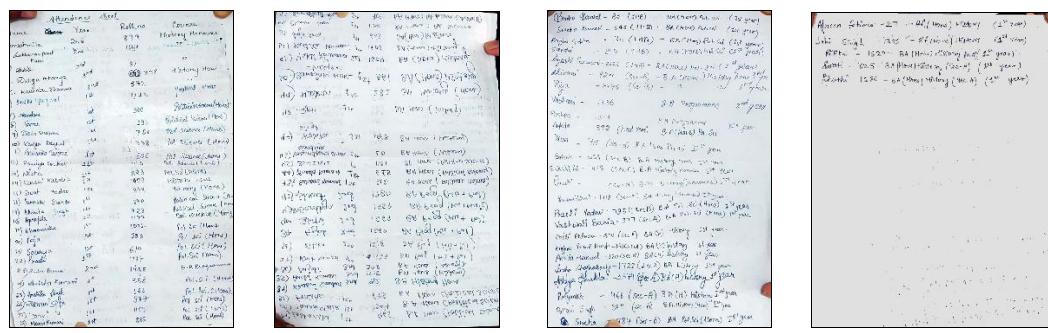
Brief Report**Topic- Breaking the Silence on World Suicide Prevention Day****Date: September 10, 2024****Venue: Room No. 68, 12:00 – 01:30 PM****Number of participants: 85**

Under the aegis of IQAC, the Counselling Committee of Janki Devi Memorial College conducted a session on "Breaking the Silence" on the World Suicide Prevention Day in Room no. 68 on September 10, 2024, from 12 PM onwards. Sumaitri's Director Mrs. Nalini Malhotra and Trainer Mr. Samir Bhatia took the stage as the distinguished speakers. With 85 students and members attending the session, Mr. Bhatia commenced the session by sensitising and enlightening students about mental health issues while simultaneously breaking the taboos associated with suicide. During the discourse, he guided the students through the intricate process of how to identify someone with suicidal tendencies, how to be an active listener and to be there for the ones in need. The speaker talked about how conversations about suicide are not easy, but they are necessary. Mr. Bhatia concluded the session by saying that with the right awareness, support, and action, we can all contribute towards building a community that fosters care, compassion, and mental well-being. The session was very interactive, with valuable insights presented by both the distinguished Speaker and the enthusiastic students.

Poster of the event (English and Hindi):



Record of Attendance (Photos of attendance record):



Sample of feedback/ evaluation form (5 MCQ questions) (Should include satisfaction of participants, suggestions):

FEEDBACK FORM FOR BREAKING THE SILENCE : COUNSELLING SESSION

B I U ↵ X

Form description

Email *

Mention your full name *

Course *

Year *

1st

2nd

3rd

Contact Number *

Short answer text

How did you find the session? *

Excellent

Good

Poor

Did you like the talk and the discussion that followed *

Yes

No

Did you learn something from the Session? *

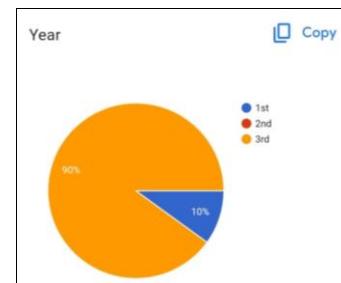
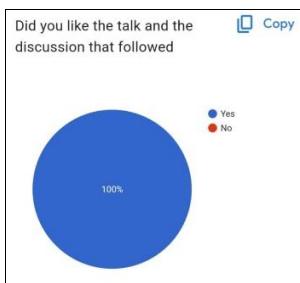
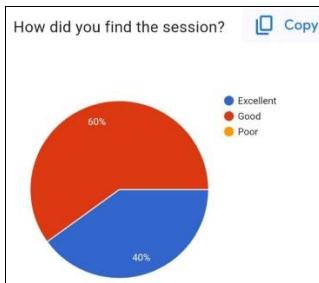
Yes

No

Please mention your comments or suggestions.

Short answer text

Effectiveness Evaluation Document (Pie charts):



Geotagged pictures of the event with captions (*Geotagged if offline, Screenshots if online*):



Topic- Self-awareness and Effective Communication**Date: October 15, 2024**

Name of the Event	'Self-awareness and Effective Communication'
Date of the Event	15 th October 2024
Name of the Organizer (s):	Dr Meenakshi (Counselling Coordinator); Dr. Poonam Kanwal (Convenor, Counselling Committee); Dr. Sonal Jain (Co-Convenor, Counselling Committee)
Type of Event:(intra-college/inter-college/ state/ national or any other collaboration)	Counselling Session
Objectives of the event:	To bring Self Awareness amongst students.
Name and Affiliation of the Resource person (if applicable):	Ms. Niharika Gupta (Counselling Psychologist)
Name and Affiliation of Prize winner of the event (If applicable):	NA

Brief Report

On October 15, 2024, a workshop on '**Self-awareness and Effective Communication**' was conducted for students of the Hindi Department. The event was organized by Dr. Meenakshi and Dr. Poonam Kanwal, and mentored by Ms. Niharika Gupta.

During the session, students explored the concept of self-awareness, its significance, and strategies to cultivate awareness of their behaviors in daily life. They also learned how self-awareness plays a crucial role in effective communication. The workshop concluded with an engaging art activity, "Draw Your Animal," where students illustrated animals that represented their internal characteristics and strengths. It was attended by around 40 students.




JANKI DEVI MEMORIAL COLLEGE
(University Of Delhi)

Department of Hindi
(Under the aegis of the IQAC)

The Counselling Committee

Organizes a

SPECIAL SESSION

TOPIC
How to be Self-Aware
and Communicate Effectively



Date : 15 OCTOBER 2024
Time : 12:00PM to 01:00PM
Venue: Room No.17

FOR STUDENTS OF HINDI HONOURS

Meenakshi Coordinator Counselling Committee	Dr. Sonal Jain Co-Convenor Counseling Committee	Dr. Poonam Kahwal Convenor Counseling Committee	Prof. Payal Nagpal (IQAC Coordinator)	Prof. Swati Pal Principal, JD MC
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जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)

हिंदी विभाग
(आईक्यूएसी के तत्वावधान में)

परामर्श समिति
के सौजन्य से आयोजित

विशेष सत्र

आत्म-जागरूक कैसे बनें और
प्रभावी ढंग से संवाद कैसे करें



दिनांक : 15 अक्टूबर 2024
समय : 12:00 से 01:00 बजे तक
स्थान : कमरा नं 17

हिंदी विशेष के विद्यार्थियों के लिए

मीनाक्षी समन्वयक परामर्श समिति	डॉ. सोनल जैन सह संयोजक परामर्श समिति	डॉ. पूनम कंवल संयोजक परामर्श समिति	प्रो. पायल नागपाल (आईक्यूएसी समन्वयक)	प्रो. स्वाति पाल प्राचार्य
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Delhi, Delhi, India

MAIN CAMPUS, JANKI DEVI MEMORIAL COLLEGE, J.D.M.C Rd, Old Rajinder Nagar,
Rajinder Nagar, Delhi, 110001, India

Lat 28.64208°

Long 77.191465°

15/10/24 01:03 PM GMT +05:30

GPS Map Camera



Delhi, Delhi, India

MAIN CAMPUS, JANKI DEVI MEMORIAL COLLEGE, J.D.M.C Rd, Old Rajinder Nagar,
Rajinder Nagar, Delhi, 110001, India

Lat 28.64201°

Long 77.191587°

15/10/24 01:01 PM GMT +05:30

GPS Map Camera



S.No.	Name	Roll No	Year	Sign
1.	Drishy Gupta	1165	2 nd	<u>Drishy Gupta</u>
2.	Archana	1178	2 nd	<u>Archana</u>
3.	Khusi	1174	2 nd	<u>Khusi</u>
4.	Sanjana	1206	2 nd	<u>Sanjana</u>
5.	Kumud	1925	2 nd	<u>Kumud</u>
6.	Priyanshi	808	2 nd	<u>Priyanshi</u>
7.	Poonya	466	3 rd	<u>Poonya</u>
8.	Noor Fatima	454	3 rd	<u>Fatima</u>
9.	Sabrina Parveen	1033	3rd year	<u>Sabrina</u>
10.	Rinki	440	3rd year	<u>Rinki</u>
11.	Adithi	1624	3rd year	<u>Adithi</u>
12.	Swaheen	1271	3rd year	<u>Swaheen</u>
13.	Neetu Kumari	1458	3rd year	<u>Neetu</u>
14.	Sakshi Jha	462	1 st year	<u>Sakshi</u>
15.	Laxmi	284	1 st year	<u>Laxmi</u>
16.	Grungun	374	1 st year	<u>Grungun</u>
17.	SALONI	677	1 st year	<u>SALONI</u>
18.	MUSKAN	933	1 st year	<u>MUSKAN</u>
19.	Sabreen	2019	1 st year	<u>Sabreen</u>
20.	Pooja	107	1 st year	<u>Pooja</u>
21.	Laxmi	2024	1 st year	<u>Laxmi</u>
22.	Bushra	982	1 st year	<u>Bushra</u>

24. Naima 1617	1 st year	<u>Naima</u>
25. Deeya 2020	1 st year	<u>Deeya</u>
26. Shivani 404	1 st year	<u>Shivani</u>
27. Dishika Rustagi 769	1 st year	<u>Dishika</u>
28. Poonam 759	1 st year	<u>Poonam</u>
29. Ankita 1755	3 rd year	<u>Ankita</u>
30. Geeta Geeta 1756	3 rd year	<u>Geeta</u>
31. Priti 1490	3 rd year	<u>Priti</u>
32. Shashi 1929	II th year	<u>Shashi</u>
33. Payal Singh 1190	2 nd year	<u>Payal Singh</u>
34. Darmiñi Ray 1195	2 nd year	<u>Darmiñi Ray</u>
35. Neetu		<u>Neetu</u>
36. Neha 1662	2 nd year	<u>Neha</u>
37. Khushnuma 1184	2 nd year	<u>Khushnuma</u>
38. Shivi 1275	2 nd year	<u>Shivi</u>
39. Shimpi 1924	2 nd year	<u>Shimpi</u>
40. Gaurina Upadhy 1175	2 nd year	<u>Gaurina</u>

Topic- A Place that works for everyone - Creating an inclusive world**Date: 18th November 2024**

Name of the Event	'A Place that works for everyone - Creating an inclusive world'
Date of the Event	18 th November 2024
Name of the Organizer (s):	Dr. Vandana and Dr. Sana Rehman (Counselling Coordinator); Dr. Poonam Kanwal (Convenor, Counselling Committee); Dr. Sonal Jain (Co-Convenor, Counselling Committee)
Type of Event:(intra-college/inter-college/ state/ national or any other collaboration)	Counselling Session
Objectives of the event:	To help raise awareness about disability and inclusivity.
Name and Affiliation of the Resource person (if applicable):	Ms. Geeta Mondol (Director of Community with Keystone Human Services India Association)
Name and Affiliation of Prize winner of the event (If applicable):	NA

Brief report-

The seminar commenced with a warm welcome to the speaker and the students. Dr. Mondal began her presentation by emphasizing that disability is not the defining characteristic of an individual. She stressed that disability is just a part of a person's life, and it should not dictate their entire existence.

Dr. Mondal highlighted the importance of creating an inclusive world where people with disabilities have equal opportunities to participate and contribute. She discussed various strategies for promoting inclusivity, such as accessible infrastructure, inclusive education, and employment opportunities. The speaker also shared several inspiring stories of individuals with disabilities who have overcome challenges and achieved success in their respective fields. These stories served as a powerful reminder that people with disabilities are capable of achieving great things when given the right opportunities. Overall, the seminar was a huge success, and it helped to raise awareness about the importance of creating an inclusive world.

The event was well-attended by students, faculty members, and guests from outside the college. The event was attended by around 70 students.



JANKI DEVI MEMORIAL COLLEGE

(UNIVERSITY OF DELHI)

COUNSELLING COMMITTEE

Under the aegis of IQAC

invites all to an

Interactive Session

on the topic

A Place that works for everyone- Creating an inclusive world

by

Geeta Mondol

Director Of Community Programs with
Keystone Human Services India association



DATE	TIMINGS	VENUE
November 18, 2024	12 Noon	Room 16

DR. VANDANA
DR. SANA REHMAN
(COORDINATORS)

DR. POONAM KANWAL
DR. SONAL JAIN
(CONVENORS)

PROF. PAYAL NAGPAL
(IQAC COORDINATOR)

PROF. SWATI PAL
(PRINCIPAL)



जानकी देवी मेमोरियल कॉलेज (दिल्ली विश्वविद्यालय)

कॉउंसलिंग कमेटी
आईक्यूएसी के तत्वावधान में

सभी को आमंत्रित करता है

संवादात्मक सत्र

के लिए

सभी के लिए उपयुक्त स्थान -
एक समावेशी दुनिया बनाना

वक्ता

गीता मंडल

कीस्टोन हूमन सर्विसेज इंडिया एसोसिएशन में
समुदाय कार्यक्रम निदेशक



दिनांक
नवंबर 18, 2024

समय
12 बजे

स्थान
कमरा 16

डॉ. वंदना
डॉ. सना रहमान
(समन्वयक)

डॉ. पूनम कंवल
डॉ. सोनल जैन
(संयोजक)

प्रो*. पायल नागपाल
(आईक्यूएसी समन्वयक)

प्रो. स्वाति पाल
(प्राचार्य)







Counselling Committee				
Year	Name	Roll No.	Course	Signature
1 st	Rashmi Jain	312	BA (Hons) History	
1 st	Suhani Kumar	612	BA (Hons) History	
1 st	Geeta Kumar	615	BA (Hons) Political Science	
2 nd	Banchal Singh	322	BA (Hons) History	
2 nd	Tulsi Singh	1390	BA (Hons) History	
7	Geetika	1620	BA (Hons) History	
7	Savita	1625	BA (Hons) History	
7	Shristi Chaudhary	1948	BA (Hons) History	
7	Sejal	1971	BA (Hons) History	
7	Efat Ayan	1379	BA (Hons) History	
7	Pallavi Singh	1465	BA (Hons) History	
7	Parvanka	1995	BA (Hons) History	
7	Mohni	1416	BA (Hons) History	
7	Hilraj Phule	1574	BA (Hons) History	
7	Angadpreet	323	BA (Hons) History	
7	Arshdeep Kaur	320	BA (Hons) History	
1 st	Sneha Chakraborty	1722	BA (Hons) History	
1 st	Bhumika	1897	B.com (P)	
2 nd	Kajal Yadav	366	B.com (P)	
2 nd	Reema Bharti	1881	B.com (P)	Reema Bharti
3 rd	Chandni Kurnari	856	B.com (Hons)	Chandni
2 nd	Priy়া	466	BA (Hons) (Hons)	
2 nd	Neesur Kurnari	1458	BA (Hons) (Hons)	
2 nd	Shitti	1624	BA (Hons) (Hons)	
2 nd	Ankita	1955	BA (Hons) (Hons)	
2 nd	Geeta	1956	BA (Hons) (Hons)	
2 nd	Lavanya	865	Beam Program	Lavanya
2 nd	Prachi	563	Beam (P)	Prachi
2 nd	Anuska Yadav	611	Beam (P)	Anuska
1 st	Sheyoni Banerjee	1136	BA Hindi (Hons)	Sheyoni
1 st	Nimriti Banerjee	1780	BA Hindi (Hons)	Nimriti

Date Page No.	
2nd year	Nisha Kumari
3rd year	RINKI
1st year	Priyanka Kumari
2nd year	Khushi
2nd year	Sachitra
2nd year	Priyanka
3rd year	Bhawna Goyal
2nd year	Gauri Joshi
2nd year	Leekha
1st year	Sunita Yadav
1st year	Rekha Patel
1st year	Sneha Raj
1st year	Nakhi
1st year	Poonam
1st year	Kanishka Jain
1st year	Khunda Sharma
1st year	Sonia
1st year	Husna Begum
1st year	Husna Lathees
2nd year	Khushnuma Bano
2nd year	Priyanka Yadav
2nd year	Priyanka
3rd year	Sneha
2nd year	Sapna Yadav
2nd year	Shashi
2nd year	Komal
2nd year	Sanjana
2nd year	Divya
2nd year	Aarika
2nd year	Riti Saini
2nd year	Vanya
3rd year	Sobia Parveen
2nd year	Shakshi Singh
	Diyu Dhevi
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Topic: Is Your Monkey Brain Making You Unhappy?**Date: 28th January 2025**

Topic of the event:	Is your Monkey Brain Making You Happy?
Date:	28 th January 2025
Name of the organizer (s):	Department of Mathematics & Counselling Committee
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra-college
Objectives of the event:	To raise awareness about stress management, its impact on well-being, and effective strategies for maintaining mental health.
Name and Affiliation of the Resource person (<i>if applicable</i>):	Dr. Rekhi Singh Rekhi Foundation, New Delhi, Delhi
No. of Students Present	102

Brief Report

Under the aegis of IQAC, the Counselling Committee, in collaboration with the Department of Mathematics at Janki Devi Memorial College, organized a special session on stress management titled "*Is Your Monkey Brain Making You Unhappy?*" on January 28, 2025. The session took place in Room No. 40, starting at 12:00 PM, and was attended by 102 students.

The event commenced with an introduction to the speaker, Dr. Rekhi Singh, who provided valuable insights into the concept of stress, its various types, and the influence of the "monkey brain" on mental and physical well-being. He highlighted both the positive and negative aspects of this instinct-driven part of the brain and engaged students in interactive activities where they shared their thoughts on different mental health issues.

Dr. Singh emphasized the importance of prioritizing one's health and encouraged students to adopt mindful practices for overall well-being. The session concluded with a lighthearted video demonstrating how laughter can enhance happiness, leading to an engaging and joyful experience for all participants.

His extensive knowledge, combined with the enthusiasm of the attendees, contributed to the session's success, making it both informative and impactful.

Poster of the event:



Geotagged pictures of the event:



Record of Attendance And Feedback:

Name	Roll num	Year	Section	Were the	Was the speakers con	What were your overall impressions of the workshop ?
Uarvashi	1697	3rd year	B	Yes	Yes	Good
Prachi	1928	2nd year	B	Yess	Yess	Very useful session
Aashi Mit	282	2nd year	B	Yes	Yes	It was a great experience and the speaker was very interactive to students
Kajal Sain	775	3rd year	A	Yes	Yes	Very Nice
Kaavya Kl	1015	3rd year	B	Yes	Yes	Amazing
Sanya Sh	1405	3rd year	B	Yes	Yess	It was informative .
Nandini K	1728	2nd year	B	Yesss	Yess	Awsome
Divya kur	1930	2nd year	B	Brain	Yes	That's good
Neeru Ch	1808	1st year	B	Yes	Yes, of course	The best
Rashmi S	1339	3rd year	B	Yes	Yes	I really got to know about my monkey brain
Khushboo	05	3rd year	A	Yes	Yes	Very good
Akanksha	21	3rd year	B	How to b	Yes	Great
Sonali	23/1741	2nd year	A	Yes Ofcou	Much needed	Excellent
Tamanna	1696	2nd year	A	Yes	Yes, absolutely	It was good
Rinki	1820	1st year	Sec b	Monkey r	Yes	Very good
Kirti singh	722	2nd year	B	Happines	Street management	Good
Anamika	23/1770	2nd year	A	Yes	Yes	Good
Saloni	1721	2nd year	B	Yes	Yes	Yes
Deepti	1392	3rd year	A	Yes	Yes	It was amazing.
Parul	1310	1st year	B	Yes	Yes	Best
Shweta G	1895	1st year	B	Yes	Yes	Best
Kirti Chau	1734	2nd year	A	Yes	Yes	How to manage your brain and find happiness
Reena	2043	1st year	B	Yess	Yess	Amazing
Kanika Ag	23/121	2nd year	A	Yes	Yes	It was really good.
Tanzil Jain	1660	3rd year	B	Certainly	Yes	Amazing
Prachi ku	1554	1st year	A	Yes topic	.	.
Pratigya	23/885	2nd year	A	Yes.	Yes.	It was good.
Khushi ka	1300	3rd year	A	Yes	Yes	Good one
Madhu ku	1931	2nd year	A	Yes	Yes	Yes
Ayushi Pa	432	2nd year	A	Yes	Yes	Very nice
Sakshi Sir	1466	2nd year	A	Yes	Yes	Yes
Palak tiw	1765	2nd year	B	Stress ma	Good thing	Good
Jyoti	832	1st year	B	Yes	Best	Best
Mehak ta	338	2nd year	A	yes	yes	happy
Nandni	1485	2nd year	A	Yes	Yes	Yes
Kaphee	1657	3rd year	B	Yes	Yes	Good
Naney	23/1704	2nd year	A	Yes	Yes	I enjoyed a lot
Isha Kum	1318	2nd year	A	Yes	Yes	Nice
Manisha	472	2nd year	B	Yes	Yes	It definitely made my day
Jasmin	23/1710	2nd year	B	Yes	Yes	Very nice
Manvi sir	1817	2nd year	A	Happines	Yes	Good
Nidhi	1494	2nd year	B	Yes	Yes	Very good
Suchitra	732	2nd year	B	Is your br	Yes	Good
Bhavna	754	3rd year	A	Yes	Yes	Nice
Komal ya	1429	2nd year	B	Happines	Stress management	Good
Vaishnavi	2062	1st year	A	.	.	.
Ashmita	1335	2nd year	B	Yes	Yes	Excellent
Nayantar	1719	2nd year	B	Clearly,it'	Yes	Good
Shreya Ch	1375	2nd year	A	Yes	Yes	Satisfied
Anshu ku	1740	2nd year	B	Happy m	Yes	That's good
Nikki kun	205	1st year	B	Yes	Yes	Excellent
Jasmeet	23/1699	2nd year	A	Yes	Yes	Yes
Pragati	1306	3rd year	A	Yes	Yes	Nice
Rishita gu	961	2nd year	B	Yes	Yes	Good
Simran	134	2nd year	A	Yes	Yes	Veryy interesting and informative
Afifa Kha	1696	3rd year	B	Yes	Yes	Amazing 
Sakshi Sh	1294	2nd year	A	Yes	Yes	Very refreshing
Kajal yad	1996	2nd year	A	yes	yes	good
Aditi Bish	1466	3rd year	B	Yes	Yes	A very interesting and stress free workshop
Ragini Pra	1857	2nd year	B	Yes	Yes	Yes
Vandana	1961	2nd year	B	Yes	Yes	Yes
Disha pav	1495	3rd year	A	Yes	Yes	Great 
Astha Sin	1425	3rd year	A	Yes	Yess	Very good
Sonal	1692	2nd year	A	Yes	Yes	Interesting

Yamini Sh	413	2nd year	A	Yes	Yes	Yes
Shivani G	570	3rd year	A	Yes	Yes	Amazing
Pooja kur	1474	3rd year	A	Yes	Yes	It was excellent
Jyoti kum	1606	3rd year	A	Yes	Yes	Fabulous
Preety Oj	1713	3rd year	B	Yes	Yes	It was Excellent.
Shalu	280	3rd year	B	Yes	Yes	How we can manage our stress happily
				Yeah.		
Artee	772	3rd year	B		Yeah	Excellent
Shraddha	1062	3rd year	B	Yes	Yup	Overall good
Vanshika	484	3rd year	B	Yes	Yes	Excellent
Gurpriya	1718	2nd year	b	Happines	Yes	Yes very

Sneha	1773	3rd year	B	Yes	Yes	Yes
Manisha	437	2nd year	B	How we	Stress management	Satisfied
Ayushi	1783	3rd year	A	Yes	Yes	Great
Shailvi	442	3rd year	A	Yes	Yes	Great
Nitika	1563	3rd year	A	yes	yes	great
Harshita	769	3rd year	B	Yes	Yes	Excellent
Tanvi San	1706	2nd year	B	Yes	Yes	Insightful
Vanshika	484	3rd year	B	Yes	Yes	Excellent
Khushi tiv	1470	3rd year	B	Yes	Yes	Very interesting workshop
Ekta	183	3rd year	A	Yes	Yes	Great
Sonal bar	1298	3rd year	B	Yes	Yes	Good
Layna Par	949	3rd year	B	Understa	Yes	Long Lasting positive impact
Sakshi	1669	3rd year	A	Yes	Yes	Great
Shatakshi	280	2nd year	A	Yes	Yes	Yes
				Yes		
Anjali Gu	1635	3rd year	B		Yes	Awesome
Khushboo	1481	2nd year	A	Yess	Yess	It was so good
Somya Bh	739	3rd year	B	Yes	Yes	It was really helpful and got to learn alot by it.
Swasti sh	612	2nd year	A	Yes	Yes	It was really good
Anshika v	260	3rd year	A	Yes	Ofcourse	Great
Kanika Pa	1702	2nd year	A	.	.	.
Prakriti	31	3rd year	A	Yess	Yeah, most of the top	Great
Ridhima	446	3rd year	A	Yes	Yes	Excellent
Nidhi	591	3rd year	A	Yes	Yes	Good
Priyanka	10	3rd year	B	Yes	Yes	It's all good.
Ishaka bh	181	3rd year	B	Yes	Yes	Very informative
Shalini	496	3rd year	B	Yes	Yes	Very informative
Khushi Ku	1507	3rd year	B	Yes	Yes	Very good

Topic: How to be self-aware and communicate effectively?

Date: 18th February 2025

Topic of the Event	How to be self-aware and communicate effectively?
Date	18 th February 2025
Name of the organizer	Counselling Committee
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra-college
Objectives of the event:	To understand skills required to cultivate self-awareness and communicate effectively, fostering personal growth, and positive relationships.
Name and Affiliation of the Resource person (<i>if applicable</i>):	Ms. Niharika Gupta
No. of Students Present	112

Brief Report

Under the aegis of IQAC, the Counselling Committee at Janki Devi Memorial College, organized a special session on self awareness titled "*How to be self aware and communicate effectively?*" on February 18, 2025. The session took place in Room No. 16, starting at 12:00 PM, and was attended by 112 students.

The seminar commenced with a warm introduction to our esteemed speaker, Ms. Niharika Gupta. With her vast experience and expertise, she was poised to share valuable insights on the importance of self-awareness and effective communication.

Ms. Gupta began by emphasizing the significance of self-awareness in personal growth. She highlighted that understanding one's strengths, weaknesses, and emotions is crucial for developing positive behavior. Through engaging examples and anecdotes, Ms. Gupta illustrated how self-awareness can lead to better decision-making, improved relationships, and enhanced overall well-being.

She also stressed the importance of effective communication in expressing oneself and building strong connections with others. Ms. Gupta provided practical tips on active listening, assertive expression, and empathetic understanding.

The audience was captivated by Ms. Gupta's insightful presentation, and her passion for the subject was evident throughout. Her valuable advice and expert guidance inspired the participants to cultivate self-awareness and positive behavior in their daily lives.

Poster of the event:



Geotagged pictures of the Event:







Record of Attendance:

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JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI)				
COUNSELLING COMMITTEE ATTENDANCE SHEET				
Date: 18/02/2025..... Venue: Room No-16..... Time: 12 Noon - 1 PM.				
Sno.	Name of student	Department	Semester	Signature
01.	Devanshi Sharma	Eco (H)	II	<i>Devanshi</i>
02.	Sneha	Eco (H)	II	<i>Sneha</i>
03.	Vanshika	Eco (H)	II	<i>Vanshika</i>
04.	Subhra Biswas	Eco (H)	II	<i>Subhra Biswas</i>
05.	Gadha P Y	Eco (H)	II	<i>Gadha</i>
06.	Alisha Kumar	Eco (H)	II	<i>Alisha</i>
07.	Samiksha Jha	Eco (H)	II	<i>Samiksha</i>
08.	Kashish Kashyap	Eco (H)	II	<i>Kashish</i>
09.	Monika	Eco (H)	II	<i>Monika</i>
10.	Khushi Haldwaniya	Eco (H)	II	<i>Khushi</i>
11.	Kamya Agarwal	Eco (H)	II	<i>Kamya</i>
12.	Tanusha Monga	Eco (H)	II	<i>Tanusha</i>
13.	Anayta Sharma	Eco (H)	II	<i>Anayta</i>
14.	Payal Kumar	Eco (H)	II	<i>Payal</i>
15.	Sameer Gupta	Eco (H)	II	<i>Sameer</i>

JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)

COUNSELLING COMMITTEE
ATTENDANCE SHEET

Date: 18/02/2025..... Venue: Room No-16..... Time: 10 Novm - 1 PM

Sno.	Name of student	Department	Semester	Signature
1.	Mohita Yadav	BA(Hon)Eco.	II nd	<i>Mohita</i>
2.	Ishwneet Kaur	BA(Hon)Eco	II nd	<i>Ishwneet</i>
3.	Tanigha Khurana	BA(Hon)Eco	II nd	<i>Tanigha</i>
4.	Murka Mallika	BA ECO(Hons)	II nd	<i>Murka</i>
5.	Pia Dhillon	BA(Hon)Eco	II nd	<i>Pia Dhillon</i>
6.	Aarva Nain	BA(Hon)Eco	II nd	<i>Aarva Nain</i>
7.	Niharika Celly	BA(Hon)Eco	II nd	<i>Niharika</i>
8.	Saumya Kumari	BA(Hon)Eco	II nd	<i>Saumya</i>
9.	Sonal Prakash	BA ECO(Hons)	II nd	<i>Sonal</i>
10.	Janvi Srivastava	BA ECO(Hons)	II nd	<i>Janvi</i>
11.	Cheshta Bhalla	BA ECO(Hons)	II nd	<i>Cheshta</i>
12.	S.Srecha Reddy	BA(H)Economics	II nd	<i>Srecha</i>
13.	Prakriti Pandey	BA(H)Eco	II nd	<i>Prakriti</i>
14.	Renu	BA(H)Eco	II nd	<i>Renu</i>

JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)

COUNSELLING COMMITTEE
ATTENDANCE SHEET

Date: 18/02/2025..... Venue: Room No-16..... Time: 10 Novm - 1 PM

Sno.	Name of student	Department	Semester	Signature
1.	Muskan Kumari	Eco(H)	II	<i>Muskan</i>
2.	Jarvi Yadav	Eco(Hon)	II	<i>Jarvi</i>
3.	Anshika	Eco(Hons)	II	<i>Anshika</i>
4.	Muska Arushka (2051) Amberton	Eco (Hon)	II	<i>Muska</i>
5.	Kaushiki Sharma (290)	Economics Honours	II	<i>Kaushiki</i>
6.	Kanak Dhingra (1038)	Economics Honours	II	<i>Kanak</i>
7.	Rekha Talwalkar (70)	Economics Honours	II	<i>Rekha</i>
8.	Ria Gary (453)	Economics Honours	II	<i>Ria</i>
9.	Shreeshika Jain (117)	Economics Honours	II	<i>Shreeshika</i>
10.	Palak Tehim (108)	Economics Honours	II	<i>Palak</i>
11.	Anushka Sharma (1471)	Economics Honours	II	<i>Anushka</i>
12.	Mahak (1619)	Economics Honours	II	<i>Mahak</i>
13.	Payal Kaur (1849)	Economics Honours	II	<i>Payal</i>
14.	Pooni Kangria	Economics (Hons)	II	<i>Pooni</i>
15.	Gayatri	Economics (Hon.)	II	<i>Gayatri</i>


JANKI DEVI MEMORIAL COLLEGE
 (UNIVERSITY OF DELHI)
 

 COUNSELLING COMMITTEE
 ATTENDANCE SHEET

Date: 18/02/2015..... Venue: Room No-16..... Time: 12 Noon - 1 PM

Sno.	Name of student	Department	Semester	Signature
1.	Vanshika Groyal	Economic (Hons)	IV	<i>[Signature]</i>
2.	Nururha Gupta	Economics(H)	IV	<i>[Signature]</i>
3.	Anousha Jain	Economics(H)	IV	<i>[Signature]</i>
4.	Krishna Kumar	Economics (H)	IV	<i>[Signature]</i>
5.	Kumari Khurshid	Economics (H)	IV	<i>[Signature]</i>
6.	Suniti Sri	Economics (H)	IV	<i>[Signature]</i>
7.	Prakriti Takra	Economics (H)	IV	<i>[Signature]</i>
8.	Soumya Singh	Economics (H)	IV	<i>[Signature]</i>
9.	Kalpana	Economics (H)	IV	<i>[Signature]</i>
10.	HEMANKI SINGH PARMAR	B.A-ECO(H)	IV	<i>[Signature]</i>
11.	Bhawna Kant	BA(Hons) Eco	IV	<i>[Signature]</i>
12.	Sneha Das Rai	BA(H) Eco	IV	<i>[Signature]</i>
13.	Naini Singh	BA (H) Economics	IV	<i>[Signature]</i>
14.	Manya B. Modi	Economics (Hons)	IV	<i>[Signature]</i>
15.	Parvya	Economics(H)	IV	<i>[Signature]</i>

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JANKI DEVI MEMORIAL COLLEGE
 (UNIVERSITY OF DELHI)
 

 COUNSELLING COMMITTEE
 ATTENDANCE SHEET

Date: 18/02/2015..... Venue: Room No-16..... Time: 12 Noon - 1 PM

Sno.	Name of student	Department	Semester	Signature
1.	Priya	BA(H) Economics	IV th	<i>[Signature]</i>
2.	Purnya	BA(H) Economics	IV th	<i>[Signature]</i>
3.	Ishika Goyal	BA(H) Economics	IV th	<i>[Signature]</i>
4.	Anisha Saini	BA(H) Economics	IV th	<i>[Signature]</i>
5.	Simranpreet Kaur	BA(H) Economics	IV th	<i>[Signature]</i>
6.	Roachit Gang	BA(H) Economics	IV th	<i>[Signature]</i>
7.	Purnima	BA(H) Economics	IV th	<i>[Signature]</i>
8.	Uttarshika Nanda	BA(H) Economics	IV th	<i>[Signature]</i>
9.	Disha Maheshwari	BA(H) Economics	IV th	<i>[Signature]</i>
10.	LATIKA	BA(H) Economics	IV th	<i>[Signature]</i>
11.	Tsering Dolma	BA(H) Economics	IV th	<i>[Signature]</i>
12.	Shiv Raj Kuman	BA(H) Economics	IV th	<i>[Signature]</i>
13.	Agamini Singh	BA(H) Economics	IV th	<i>[Signature]</i>
14.	Sakshi	BA(H) Economics	IV th	<i>[Signature]</i>
15.	Kanika	BA(H) Econ.	IV th	<i>[Signature]</i>

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2nd Year

JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI)				
COUNSELLING COMMITTEE ATTENDANCE SHEET				
Date: 18/02/2025 Venue: Room No - 16 Time: 12.00 AM - 1 PM				
Sno.	Name of student	Department	Semester	Signature
1.	Priya	BA (H) Eco	IV	<i>Priya</i>
2.	Priyanki - Yadav	BA (H) Eco	IV	<i>Priyanki</i>
3.	Kalpana Bonagowda	BA (H) Eco	IV	<i>Kalpana</i>
4.	Saloni Brarla	BA (H) Eco	IV	<i>Saloni Brarla</i>
5.	Vaishnavi	BA (H) Eco	IV	<i>Vaishnavi</i>
6.	Krunika Verma	BA (H) Eco	IV	<i>Krunika</i>
7.	Nidhi Gupta	BA (H) Eco	IV	<i>Nidhi</i>
8.	Hausikta Bhandwaj	BA (H) Eco	IV	<i>Hausikta</i>
9.	Shreya Patel	BA (H) Eco	IV	<i>Shreya</i>
10.	Dorothy Warayan	B.Com Prog.	IV	<i>Dorothy</i>
11.	Richa Kumar	B.Com Prog.	IV	<i>Richa</i>
12.				
13.				
14.				
15.				
16.				
17.				

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JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI)				
COUNSELLING COMMITTEE ATTENDANCE SHEET				
Date: 18/02/2025 Venue: Room No - 16 Time: 12.00 AM - 1 PM				
Sno.	Name of student	Department	Semester	Signature
1.	Ummayee Panda	Economics	VI	<i>Ummayee</i>
2.	Sonam Kumar	Economics	VI	<i>Sonam Kumar</i>
3.	Laxmi	Economics	VI	<i>Laxmi</i>
4.	Pavalki Rautogi	Economics	VI	<i>Pavalki</i>
5.	Avani Sharma	Economics	VI	<i>Avani</i>
6.	Rishvima Gogia	Economics	VI	<i>Rishvima</i>
7.	Greetika Rautela	Economics	VI	<i>Greetika</i>
8.	Harshita	Economics	VI	<i>Harshita</i>
9.	Tanisha Bolia	Economics	VI	<i>Tanisha</i>
10.	Priyanka	Economics	VI	<i>Priyanka</i>
11.	Prachi Jain	Economics	VI	<i>Prachi</i>
12.	Vaishnavi	Economics	VI	<i>Vaishnavi</i>
13.	Kajal	Economics	VI	<i>Kajal</i>
14.	Kanishka	Economics	VI	<i>Kanishka</i>
15.	Aayushi	Economics	VI	<i>Aayushi</i>
16.	Mehak Anora	Economics	VI	<i>Mehak</i>
17.	Harsikta Satyawali	Economics	VI	<i>Harsikta</i>



JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)



**COUNSELLING COMMITTEE
ATTENDANCE SHEET**

Date: 18/02/2025..... Venue: Room No-16..... Time: (2N0PM - 1PM)



JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)



**COUNSELLING COMMITTEE
ATTENDANCE SHEET**

Date: 18/02/2025..... Venue: Room No-16..... Time: 12 Noon - 1 PM.

Topic: Mental health hygiene: developing understanding and building skills

Date: 7th April 2025

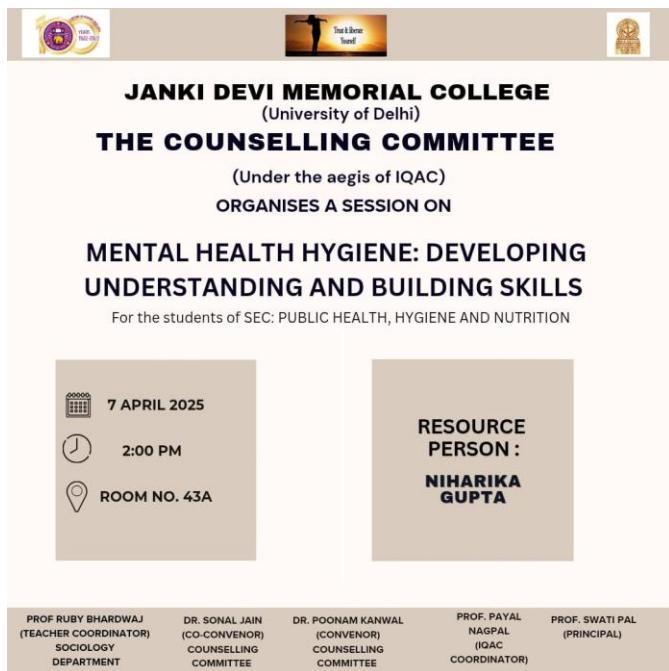
Topic of the Event	Mental health hygiene: developing understanding and building skills
Date	7 th April 2025
Name of the organizer	Counselling Committee
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra-college
Objectives of the event:	To enhance students' understanding of mental health hygiene and equip them with practical coping skills.
Name and Affiliation of the Resource person (<i>if applicable</i>):	Ms. Niharika Gupta
No. of Students Present	25

Brief Report

The Counselling Committee organised a session on “Mental Health Hygiene: Developing Understanding and Building Skills” for SEC: Public Health, Hygiene and Nutrition students. Ms. Niharika Gupta began by showing a visual on maintaining mental health and discussed how daily environments impact our mental well-being.

She explained overt (visible) and covert (invisible) signs of stress, and used an image of a bucket to illustrate stress factors and coping strategies. Emphasising the importance of consistent self-care, she encouraged daily practice of coping methods like yoga, hobbies, exercise, and mindfulness. Ms. Gupta also taught us how to frame mental health questionnaires, suggesting the use of indicators like environment or food, and the preference for close-ended questions. Students participated by drafting questions, which she reviewed. A key takeaway was the concept of compartmentalisation—organising thoughts to manage stress more effectively. She stressed the need for multiple coping strategies rather than relying on just one or two.

Poster of the event:



Geotagged pictures of the Event:



Topic: Celebrating Emotions Through Art**Date: 28th April 2025**

Topic of the Event	Celebrating Emotions Through Art
Date	28 th April 2025
Name of the organizer	Counselling Committee in collaboration with Girl Up-Nitara
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra-college
Objectives of the event:	To help in understanding the significance of art as a mode of self-expression.
Name and Affiliation of the Resource person (<i>if applicable</i>):	Ms. Niharika Gupta
No. of Students Present	20

Brief Report

On 28th April 2025, Girl Up-Nitara, in collaboration with the Counselling Committee of Janki Devi Memorial College, organized an art workshop commencing at 12 p.m. The workshop aimed to underscore the significance of art as a profound medium for self-expression.

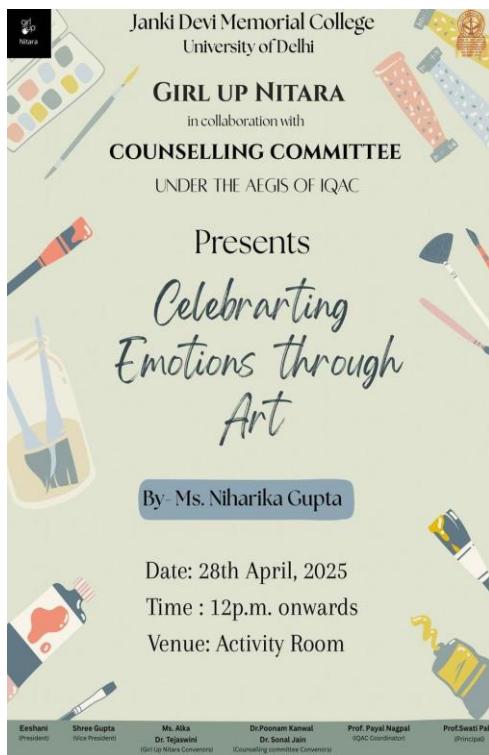
The session commenced with a formal felicitation of the guest, Ms. Niharika Gupta, conducted by members of the Girl Up team. Ms. Gupta began the workshop with a brief yet insightful introduction on the significance of art as a powerful mode of self-expression. She emphasized how creative activities can serve as a medium for exploring and understanding one's emotions. This was followed by an overview of the central component of the session, the "Jar Activity."

Initially, participants were first invited to visually express their inner thoughts through drawing so as to encourage introspection and creativity. These illustrations were intended to be deeply personal, not necessarily requiring interpretation by others. The main activity then took place, wherein students symbolically placed an item real or imagined that brought them comfort, happiness, or held personal

value into a metaphorical jar. This exercise was designed to promote emotional awareness, mindfulness, and self-reflection.

As the session drew to a close, Ms. Gupta took time to personally engage with students who appeared to need additional support, offering individual attention, reassurance, and guidance. Overall, the workshop created a safe and supportive environment for self-exploration, leaving participants with a greater sense of emotional insight and expression.

Poster of the event:



Pictures of the Event:



