



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)

**25rd August,
2024**

**Room
Number 66**

**12 PM
to 1 PM**

Dr. Debahuti 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
(CONVENOR Counselling Committee)
Dr. Sonal Jain
(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**

डॉ. देबाहुति ब्रह्मचारी
डॉ. कुश कुमार गायसेन
शुक्ली शालिनी सिंह
(एसोसिएशन प्रभारी)

डायमल अकरोज
शाहिदा मुश्ताक
(छात्र समन्वयक)

डॉ. पूनम कानवल
(प्रभारी शिक्षक)

डॉ. पूनम कानवल
(समीपक परामर्श समिति)
डॉ. सोनल जैन
(सहा-समीपक परामर्श समिति)
डॉ. विनेता भट्ट
(शिक्षक समन्वयक परामर्श समिति)

डॉ. पायल नागपाल
(आईक्यूएसी समन्वयक)

डॉ. स्वति पाल
(प्रधाना)

Record of Attendance (Photos of attendance record):

| <u>22/8/21 Attendance Sheet</u> | | |
|---------------------------------|-------------|-------------------------------|
| <u>Name</u> | <u>Year</u> | <u>Course</u> |
| Sneha Gupta | 3rd | BA Hons Political Science |
| Rishika Sharma | 2nd | BA Hons Political Science |
| Shivangi Sureshastava | 2nd | " |
| Siya Sharma | 2nd | BA Hons Political Science |
| Bhoomi Parwal | 2nd | BA Hons Political Science |
| Jacklin Raj | 2nd | BA Hons Political Science |
| Apoorva Raj | 2nd | B.A Honours Political Science |
| Naman Nathani | 2nd | B.A Honours Political Science |
| Simran | 2nd | BA Hons Political Science |
| Muskan Gupta | 2nd | BA Hons Political Science |
| Rajkumari | 2nd | " |
| Sanjali Kumari | 2nd | " |
| Simran Kumari | 2nd | " |
| Nandani Verma | 3rd | BA (Hons) Political Science |
| Khushi | 2nd | BA (Hons) Political Science |
| Parul | 2nd | " |
| Jynda | 2nd | " |
| Diksha | 2nd | " |
| Shilpa (656) | 2nd | BA (Hons) Pol Sci |
| Palak Baghel | 3rd | BA (Hons) Political Science |
| Nehaika Gupta | 2nd | B.A [H] Political Science |
| Sakshi Pathania | 2nd | B.A [H] Political Science |
| Chitraksha | 3rd | BA [H] Political Science |
| Saloni | 3rd | BA [H] Political Science |

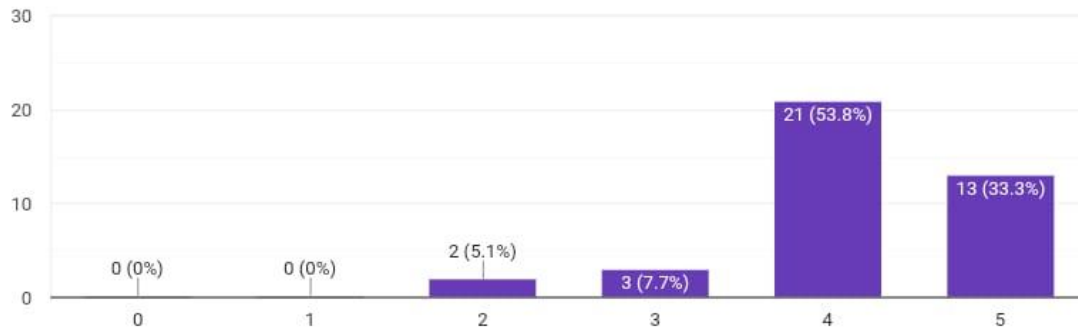
| | | |
|------------------------|-----|-----------------------------|
| Gurpreet | 3rd | political sci Hons. |
| Honey | 2nd | B.A political Sci Hons. |
| Sonam (1087) | 3rd | B. A political Sci Hons. |
| Roshni (1225) | 3rd | B. A political sci, Hons. |
| Habibchoi (1087) | 2nd | B.A. Hons. Pol. Sci. |
| Julie (1093) | 2nd | B.A. Hons Political Science |
| Zeenat (1227) | 3rd | " |
| Parvika 171 | | |
| Sonam Arora 1026 | 2nd | B. A Hons Political Science |
| Abhinaya 922 | 2nd | B.A. Hons Pol. Science |
| Himanshi 1072 | 3rd | BA Hons Pol Sci. |
| Kuldeep Kumar 695 | 3rd | " |
| Shivani Bhatti 677 | " | " |
| Neha (722) | 3rd | BA (H) B.I. Sci |
| Vijayash Bora (1050) | 2nd | " |
| Iha 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*):





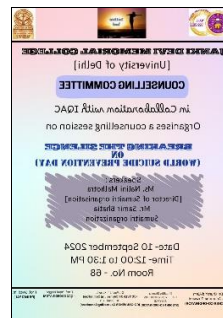
**Topic- Breaking the Silence on World Suicide Prevention Day****Date: September 10, 2024**

| | |
|---|--|
| 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):

| Sl. No. | Name | Roll No. | Signature |
|---------|---------------|------------|-----------|
| 1 | Adarsh Kumar | 2101010101 | |
| 2 | Aditya Singh | 2101010102 | |
| 3 | Akash Singh | 2101010103 | |
| 4 | Aman Singh | 2101010104 | |
| 5 | Anamika Singh | 2101010105 | |
| 6 | Ananya Singh | 2101010106 | |
| 7 | Arjun Singh | 2101010107 | |
| 8 | Ashish Singh | 2101010108 | |
| 9 | Ashish Singh | 2101010109 | |
| 10 | Ashish Singh | 2101010110 | |
| 11 | Ashish Singh | 2101010111 | |
| 12 | Ashish Singh | 2101010112 | |
| 13 | Ashish Singh | 2101010113 | |
| 14 | Ashish Singh | 2101010114 | |
| 15 | Ashish Singh | 2101010115 | |
| 16 | Ashish Singh | 2101010116 | |
| 17 | Ashish Singh | 2101010117 | |
| 18 | Ashish Singh | 2101010118 | |
| 19 | Ashish Singh | 2101010119 | |
| 20 | Ashish Singh | 2101010120 | |

| Sl. No. | Name | Roll No. | Signature |
|---------|--------------|------------|-----------|
| 21 | Ashish Singh | 2101010121 | |
| 22 | Ashish Singh | 2101010122 | |
| 23 | Ashish Singh | 2101010123 | |
| 24 | Ashish Singh | 2101010124 | |
| 25 | Ashish Singh | 2101010125 | |
| 26 | Ashish Singh | 2101010126 | |
| 27 | Ashish Singh | 2101010127 | |
| 28 | Ashish Singh | 2101010128 | |
| 29 | Ashish Singh | 2101010129 | |
| 30 | Ashish Singh | 2101010130 | |
| 31 | Ashish Singh | 2101010131 | |
| 32 | Ashish Singh | 2101010132 | |
| 33 | Ashish Singh | 2101010133 | |
| 34 | Ashish Singh | 2101010134 | |
| 35 | Ashish Singh | 2101010135 | |
| 36 | Ashish Singh | 2101010136 | |
| 37 | Ashish Singh | 2101010137 | |
| 38 | Ashish Singh | 2101010138 | |
| 39 | Ashish Singh | 2101010139 | |
| 40 | Ashish Singh | 2101010140 | |

| Sl. No. | Name | Roll No. | Signature |
|---------|--------------|------------|-----------|
| 41 | Ashish Singh | 2101010141 | |
| 42 | Ashish Singh | 2101010142 | |
| 43 | Ashish Singh | 2101010143 | |
| 44 | Ashish Singh | 2101010144 | |
| 45 | Ashish Singh | 2101010145 | |
| 46 | Ashish Singh | 2101010146 | |
| 47 | Ashish Singh | 2101010147 | |
| 48 | Ashish Singh | 2101010148 | |
| 49 | Ashish Singh | 2101010149 | |
| 50 | Ashish Singh | 2101010150 | |
| 51 | Ashish Singh | 2101010151 | |
| 52 | Ashish Singh | 2101010152 | |
| 53 | Ashish Singh | 2101010153 | |
| 54 | Ashish Singh | 2101010154 | |
| 55 | Ashish Singh | 2101010155 | |
| 56 | Ashish Singh | 2101010156 | |
| 57 | Ashish Singh | 2101010157 | |
| 58 | Ashish Singh | 2101010158 | |
| 59 | Ashish Singh | 2101010159 | |
| 60 | Ashish Singh | 2101010160 | |

| Sl. No. | Name | Roll No. | Signature |
|---------|--------------|------------|-----------|
| 61 | Ashish Singh | 2101010161 | |
| 62 | Ashish Singh | 2101010162 | |
| 63 | Ashish Singh | 2101010163 | |
| 64 | Ashish Singh | 2101010164 | |
| 65 | Ashish Singh | 2101010165 | |
| 66 | Ashish Singh | 2101010166 | |
| 67 | Ashish Singh | 2101010167 | |
| 68 | Ashish Singh | 2101010168 | |
| 69 | Ashish Singh | 2101010169 | |
| 70 | Ashish Singh | 2101010170 | |
| 71 | Ashish Singh | 2101010171 | |
| 72 | Ashish Singh | 2101010172 | |
| 73 | Ashish Singh | 2101010173 | |
| 74 | Ashish Singh | 2101010174 | |
| 75 | Ashish Singh | 2101010175 | |
| 76 | Ashish Singh | 2101010176 | |
| 77 | Ashish Singh | 2101010177 | |
| 78 | Ashish Singh | 2101010178 | |
| 79 | Ashish Singh | 2101010179 | |
| 80 | Ashish Singh | 2101010180 | |

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

FEEDBACK FORM FOR BREAKING THE SILENCE : COUNSELLING SESSION

Form description

Email *

Short answer text

Mention your full name *

Short answer text

Course *

Short answer text

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? *

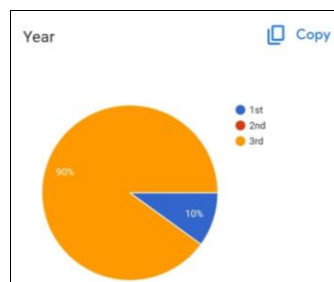
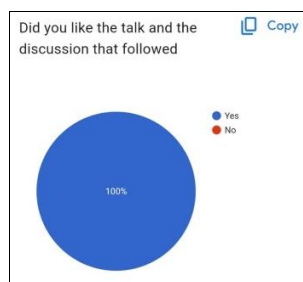
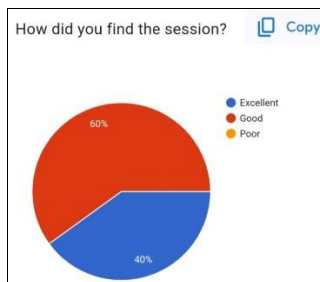
☐ Yes

☐ No

Please mention your comments or suggestions.

1 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 Meenakashi (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. Meenakashi 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
Counselling Committee

Dr. Poonam Kanwal
Convenor
Counselling Committee

Prof. Payal Nagpal
(IQAC Coordinator)

Prof. Swati Pal
Principal, JDMC



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





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 01:00 PM GMT +05:30



GPS Map Camera

15/10/2024

| S.No. | Name | Roll No | year | Sign |
|-------|-----------------|---------|----------------------|-----------------------|
| 1. | Drishthy Gupta | 1165 | 2 nd | <u>Drishthy 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 | 1929 | 2 nd | <u>Kumud</u> |
| 6 | Priyanshi | 808 | 2 nd | <u>Priyanshi</u> |
| 7 | Pooja | 466 | 3 rd | <u>Pooja</u> |
| 8 | Noor Fatima | 454 | 3 rd | <u>Noor Fatima</u> |
| 9. | Sabreen Parveen | 1033 | 3 rd yr. | <u>Sabreen</u> |
| 10 | Rinki | 470 | 3 rd yr. | <u>Rinki</u> |
| 11. | Aditi | 1684 | 3 rd year | <u>Aditi</u> |
| 12. | Swatee | 1271 | 3 rd year | <u>Swatee</u> |
| 13. | Neeru Kumari | 1458 | 3 rd year | <u>Neeru</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 | naima |
| 25 | Deeya | 2020 | 1 st year | Deeya |
| 26 | Shivani | 404 | 1 st year | Shivani |
| 27 | Dishika Rustagi | 765 | 1 st year | Dishika |
| 28 | Poonam | 759 | 1 st year | Poonam |
| 29 | Ankita | 1755 | 3 rd year | Ankita |
| 30 | Greta Greta | 1756 | 3 rd year | Greta |
| 31 | Priti | 1490 | 3 rd year | Priti |
| 32 | Shashi | 1929 | 2 nd year | Shashi |
| 33 | Payal Singh | 1190 | 2 nd year | Payal Singh |
| 34 | Damini Raj | 1195 | 2 nd year | Damini Raj |
| 35 | Neta | | 2 nd year | Neta |
| 36 | Neta | 1662 | 2 nd year | Neta |
| 37 | Khashkuma | 1184 | 2 nd year | Khashkuma |
| 38 | Shruti | 1275 | 2 nd year | Shruti |
| 39 | Shimpi | 1924 | 2 nd year | Shimpi |
| 40 | Gaurina Upadhyay | 1175 | 2 nd year | Gaurina |

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
आइक्यूएसी 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 ह्यूमन सर्विसेज इंडिया एसोसिएशन में
समुदाय कार्यक्रम निदेशक



| दिनांक | समय | स्थान |
|----------------|--------|---------|
| नवंबर 18, 2024 | 12 बजे | कमरा 16 |

डॉ. वंदना
डॉ. सना रहमान
(समन्वयक)

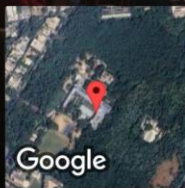
डॉ. पूनम कंवल
डॉ. सोनल जैन
(संयोजक)

प्रो*. पायल नागपाल
(आईक्यूएसी समन्वयक)

प्रो. स्वाति पाल
(प्राचार्य)



GPS Map Camera



Delhi, Delhi, India
Hall, Janki Devi Memorial College, Old Rajinder
Nagar, Rajinder Nagar, Delhi, 110001, India
Lat 28.641816° Long 77.192098°
18/11/24 12:44 PM GMT +05:30





GPS Map Camera



Google

Delhi, Delhi, India
Hall, Janki Devi Memorial College, Old Rajinder
Nagar, Rajinder Nagar, Delhi, 110001, India
Lat 28.64182° Long 77.192071°
18/11/24 12:45 PM GMT +05:30

| 18 th Nov, 2024 Counselling Committee | | | | |
|---|------------------|----------|------------------------------|------------|
| Year | Name | Roll No. | Course | Signature |
| 1 st | Rashmi Jain | 812 | B.A (Hons) History | Rashmi |
| 1 st | Subani Kumari | 812 | B.A (Hons) History | Subani |
| 1 st | Quanta Kumari | 615 | B.A (Hons) Political Science | Quanta |
| 1 st | Manchal Singh | 322 | BA (Hons) History | Manchal |
| 1 st | Tishi Singh | 1390 | BA (Hons) History | Tishi |
| 1 st | Ritika | 1620 | BA (Hons) History | Ritika |
| 1 st | Swati | 1625 | BA (Hons) History | Swati |
| 1 st | Smriti Chaudhary | 1948 | BA (Hons) History | Smriti |
| 1 st | Seetu | 1771 | BA (Hons) History | Seetu |
| 1 st | Elat Ayub | 1379 | BA (Hons) History | Elat |
| 1 st | Pallavi Singh | 1465 | BA (Hons) History | Pallavi |
| 1 st | Pariyanka | 1496 | BA (Hons) History | Pariyanka |
| 1 st | Meha | 1416 | BA (Hons) History | Meha |
| 1 st | Alaya Phule | 1574 | BA (Hons) History | Alaya |
| 1 st | Aniketia | 323 | BA (Hons) History | Aniketia |
| 1 st | Ankita Mandal | 320 | BA (Hons) History | Ankita |
| 1 st | Sneha Mukherjee | 722 | BA (Hons) History | Sneha |
| 2 nd | Bhumika | 1897 | B.com (P) | Bhumika |
| 2 nd | Kasak Yadav | 366 | B.com (P) | Kasak |
| 2 nd | Renu Bhanu | 1881 | B.com (P) | Renu Bhanu |
| 3 rd | Chandni Kumari | 856 | B.com (Hons) | Chandni |
| 3 rd | Pooja | 466 | BA (Hons) History | Pooja |
| 3 rd | Neha Kumari | 1458 | BA (Hons) History | Neha |
| 3 rd | Aditi | 1624 | BA (Hons) History | Aditi |
| 3 rd | Ankita | 1355 | BA (Hons) History | Ankita |
| 3 rd | Arushi | 1956 | BA (Hons) History | Arushi |
| 3 rd | Lavanya | 869 | B.com Program | Lavanya |
| 3 rd | Prochi | 563 | B.com (P) | Prochi |
| 3 rd | Anuska Yadav | 611 | B.com (P) | Anuska |
| 1 st | Siksha Bhowmik | 1136 | BA Hindi (Hons) | Siksha |
| 1 st | Niharika Bhowmik | 1780 | BA Hindi (Hons) | Niharika |

| Sl. No. | Name | Roll No. | Course | Branch |
|----------|------------------|----------|--------------------------|--------------|
| 1st year | Neha Kumari | 280 | B.A. Hindi (Hons) | Hindi |
| 1st year | RINKI | 440 | B.A. Hindi (Hons) | Hindi |
| 1st year | Prityanka Kumari | 1586 | B.A. (Hons) Pol. Science | Pol. Science |
| 2nd year | Kushi | 51 | B.A. (Hons) Hindi | Hindi |
| 2nd year | Sachna | 1086 | B.A. (Hons) Hindi | Hindi |
| 2nd year | Pratima | 1403 | B.A. (Hons) Hindi | Hindi |
| 2nd year | Bhauwagdaswari | 1406 | B.A. (Hons) Hindi | Hindi |
| 2nd year | Gauri Upadhyay | 1175 | B.A. (Hons) Hindi | Hindi |
| 2nd year | Shikha | 1612 | B.A. (Hons) Hindi | Hindi |
| 1st year | Sevati Yadav | 1349 | B.A. (Hons) History | History |
| 1st year | Rashmidevi Patel | 245188 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Shikha Raj | 1760 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Rakhi | 1630 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Poonam | 1588 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Kanishka Chauri | 1653 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Vandana Sharma | 614 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Sonika | 1641 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Muskan Prasad | 1666 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Muskan Lather | 1282 | B.A. (Hons) History | History |
| 1st year | Kushuma Sano | 1184 | B.A. (Hons) Hindi | Hindi |
| 1st year | Poochi Yadav | 1464 | B.A. (Hons) History | History |
| 1st year | Prityanka | 808 | B.A. (Hons) Hindi | Hindi |
| 1st year | Neha | 14 | B.A. (Hons) Hindi | Hindi |
| 1st year | Sapna Yadav | 1216 | B.A. (Hons) Hindi | Hindi |
| 1st year | Shashi | 1929 | B.A. (Hons) Hindi | Hindi |
| 1st year | Komol | 1925 | B.A. (Hons) Hindi | Hindi |
| 1st year | Sanjana | 1206 | B.A. (Hons) Hindi | Hindi |
| 1st year | Divya | 1183 | B.A. (Hons) Hindi | Hindi |
| 1st year | Anita | 1236 | B.A. (Hons) Hindi | Hindi |
| 1st year | Rishi Sani | 1861 | B.A. (Hons) Hindi | Hindi |
| 1st year | Vanya | 1773 | B.A. (Hons) Hindi | Hindi |
| 1st year | Sabina Parveen | 1033 | B.A. (Hons) Hindi | Hindi |
| 1st year | Atishi Singh | 1597 | B.A. (Hons) Hindi | Hindi |
| 1st year | Divya Dhevi | 1566 | B.A. (Hons) Hindi | Hindi |

| Sl. No. | Name | Roll No. | Course | Branch |
|--------------|-----------------|----------|-----------------------|-----------|
| 1st year | Anushka | 1436 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Nishu | 269 | B.A. (Hons) History | History |
| 1st year | Poochi | 1621 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Sakshi Singh | 1583 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Akshita | 1314 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Sana Raut | 1238 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Anshul | 1427 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| Team Members | | | | |
| 1st year | Dorothy Narayan | 1683 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Anushka Yadav | 611 | B.A. (Hons) History | History |
| 1st year | Sakshi Singh | 1583 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Sakshi | 523 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Kavita | 1645 | B.A. (Hons) Pol. Sci. | Pol. Sci. |
| 1st year | Shikha | 522 | B.A. (Hons) Pol. Sci. | Pol. Sci. |

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:




JANKI DEVI MEMORIAL COLLEGE
 (University of Delhi)
THE COUNSELLING COMMITTEE
 &
THE DEPARTMENT OF MATHEMATICS
 (Under the aegis of IQAC)
 ORGANISES A SPECIAL SESSION ON
STRESS MANAGEMENT
"IS YOUR MONKEY BRAIN MAKING YOU UNHAPPY?"

 **JANUARY 28, 2025**
 **12:00 NOON**
 **ROOM NO. 14**

SPEAKER



DR. REKHI SINGH

DR. MANISH CHALHAN
MR. VIKENDRA SINGH
(COORDINATORS)
COUNSELLING COMMITTEE



PROF. RITU ABORA
(TEACHER
INCHARGE)

DR. SONAL JAIN
(CO-CONVENOR)
COUNSELLING
COMMITTEE

DR. POONAM KANWAL
(CONVENOR)
COUNSELLING
COMMITTEE

PROF. PAYAL
NAGPAL
(IQAC
COORDINATOR)

PROF. SHWATI PAL
(PRINCIPAL)



जानकी देवी मेमोरियल कॉलेज
 (दिल्ली विश्वविद्यालय)
 परामर्श समिति
 &
 गणित विभाग
 (आईक्यूएसी के तत्वावधान में)
 प्रस्तुत करता है
 तनाव प्रबंधन
"क्या आपका मंकी दिमाग आपको दुखी कर रहा है?"

 **जनवरी 28, 2025**
 **दोपहर 12:00**
 **कमरा नं. 14**

वक्ता



डॉ. रेखी सिंह

डॉ. मनीष चौहान
श्री विकेंद्र सिंह
(समन्वयक)
परामर्श समिति

डॉ. रितु अबरा
(शिक्षक प्रभारी)

डॉ. सोनल जैन
(सह-संयोजक)
परामर्श समिति

डॉ. पूनम कान्त
(संयोजक)

डॉ. पावन नागपाल
(आईक्यूएसी समन्वयक)

डॉ. श्वति पाल
(प्रधानाचार्य)

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 | Yess | 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 |
| Khushbo | 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 Jai | 1660 | 3rd year | B | Certainly | Yes | Amazing |
| Prachi ku | 1554 | 1st year | A | Yes topic | . | . |
| Pratigya I | 23/885 | 2nd year | A | Yes. | Yes. | It was good. |
| Khushi ka | 1300 | 3rd year | A | Yes | Yes | Good one |
| Madhu ki | 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 |
| Nayantara | 1719 | 2nd year | B | Clearly, it' | Yes | Good |
| Shreya Cl | 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 I | 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 Pr | 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 S | 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 |
| Artee | 772 | 3rd year | B | Yeah. | 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 c | 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 ti | 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 |
| Shataksh | 280 | 2nd year | A | Yes | Yes | Yes |
| Anjali Gu | 1635 | 3rd year | B | Yes | Yes | Awesome |
| Khushbo | 1481 | 2nd year | A | Yess | Yess | It was so good |
| Somya Bf | 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:

Page - 1


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 Biswal | Eco (H) | II | <i>Subhra Biswal</i> |
| 05 | Gadha P Y | Eco (H) | II | <i>Gadha</i> |
| 06 | Alisha Kumari | 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 Halder | Eco (H) | II | <i>Khushi</i> |
| 11 | Kanya Aggarwal | Eco (H) | II | <i>Kanya</i> |
| 12 | Tanusha Mangla | Eco (H) | II | <i>Tanusha</i> |
| 13 | Ananya Sharma | Eco (H) | II | <i>Ananya</i> |
| 14 | Pooja Kumari | Eco (H) | II | <i>Pooja</i> |
| 15 | Saani Gupta | Eco (H) | II | <i>Saani</i> |

JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)

COUNSELLING COMMITTEE
ATTENDANCE SHEET

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

| Sno. | Name of student | Department | Semester | Signature |
|------|------------------|------------------|------------------|--------------------|
| 1. | Monika Yadav | B.A. Hon. Eco. | II nd | <i>[Signature]</i> |
| 2. | Ishwneet Kaur | BA Hon. Eco | II nd | <i>[Signature]</i> |
| 3. | Tanigsha Khurana | BA Hon. Eco | II nd | <i>[Signature]</i> |
| 4. | Murka Mahanta | BA Eco Hon. | II nd | <i>[Signature]</i> |
| 5. | Pia Datta | BA (Hons) Eco | II nd | <i>[Signature]</i> |
| 6. | Aarna Nain | BA (Hons) Eco | II nd | <i>[Signature]</i> |
| 7. | Mihanka Chelly | BA (Hons) Eco | II nd | <i>[Signature]</i> |
| 8. | Saumya Kumari | BA (Hons) Eco | II nd | <i>[Signature]</i> |
| 9. | Sonal Prakash | BA Eco (Hons) | II nd | <i>[Signature]</i> |
| 10. | Laarvi Srinidhi | BA Eco (Hons) | II nd | <i>[Signature]</i> |
| 11. | Cheshta Bhatia | BA Eco (Hons) | II nd | <i>[Signature]</i> |
| 12. | S. Sreeta Reddy | BA (H) Economics | II nd | <i>[Signature]</i> |
| 13. | Prakriti Pandey | BA (H) Eco | II nd | <i>[Signature]</i> |
| 14. | Ranu | BA (H) Eco | II nd | <i>[Signature]</i> |

JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)

COUNSELLING COMMITTEE
ATTENDANCE SHEET

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

| Sno. | Name of student | Department | Semester | Signature |
|------|-----------------------|------------------|----------|--------------------|
| 1. | Muskan Kaur | Eco (H) | II | <i>[Signature]</i> |
| 2. | Jarvi Yadav | Eco (Hons) | II | <i>[Signature]</i> |
| 3. | Anshika | Eco (Hons) | II | <i>[Signature]</i> |
| 4. | Abhishek (2251) | Eco (Hons) | II | <i>[Signature]</i> |
| 5. | Kaushiki Sharma (280) | Economics Honors | II | <i>[Signature]</i> |
| 6. | Kanaka Dhangra (1038) | Economics Honors | II | <i>[Signature]</i> |
| 7. | Abhishek Tahir (170) | Economics Honors | II | <i>[Signature]</i> |
| 8. | Ria Garg (453) | Economics Honors | II | <i>[Signature]</i> |
| 9. | Shreshtha Jain (117) | Economics Honors | II | <i>[Signature]</i> |
| 10. | Palak Telim (109) | Economics Honors | II | <i>[Signature]</i> |
| 11. | Anushka Sharma (1471) | Economics Honors | II | <i>[Signature]</i> |
| 12. | Mahak (1619) | Economics Honors | II | <i>[Signature]</i> |
| 13. | Pooja Keri (1844) | Economics Honors | II | <i>[Signature]</i> |
| 14. | Pooja Kanojia | Economics Honors | II | <i>[Signature]</i> |
| 15. | Gurahi | Economics Honors | II | <i>[Signature]</i> |



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 |
|------|--------------------|------------------|----------|-----------|
| 1 | Vanshika Goyal | Economics (Hon) | IV | Goyal |
| 2 | Nishtha Gupta | Economics (H) | IV | Nishtha |
| 3 | Anousha Jain | Economics (H) | IV | Anousha |
| 4 | Krishna Komari | Economics (H) | IV | Krishna |
| 5 | Kumari Khushi | Economics (H) | IV | Khushi |
| 6 | Arushi | Economics (H) | IV | Arushi |
| 7 | Pratik Takra | Economics (H) | IV | Pratik |
| 8 | Somya Singh | Economics (H) | IV | Somya |
| 9 | Kalpna | Economics (H) | IV | Kalpna |
| 10 | HEMATI SINGH PATEL | B.A. Eco (H) | IV | Hemati |
| 11 | Bhina Kant | BA (H) Eco | IV | Bhina |
| 12 | Sneha Das Rai | BA (H) Eco | IV | Sneha |
| 13 | Naina Singh | BA (H) Economics | IV | Naina |
| 14 | Manya B. Modi | Economics (Hon) | IV | Manya |
| 15 | Priya | Economics (H) | IV | Priya |



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 |
|------|-------------------|------------------|----------|-------------|
| 1 | Priya | BA (H) Economics | IV | Priya |
| 2 | Purnya | BA (H) Economics | IV | Purnya |
| 3 | Ishika Goyal | BA (H) Economics | IV | Ishika |
| 4 | Anisha Saini | BA (H) Economics | IV | Anisha |
| 5 | Simranpreet Kaur | BA (H) Economics | IV | Simranpreet |
| 6 | Ruchi Gang | BA (H) Economics | IV | Ruchi |
| 7 | Purna | BA (H) Economics | IV | Purna |
| 8 | Utkarsha Nanda | BA (H) Economics | IV | Utkarsha |
| 9 | Disha Maheshwari | BA (H) Economics | IV | Disha |
| 10 | LATIKA | BA (H) Economics | IV | Latika |
| 11 | Tsering Dolma | BA (H) Economics | IV | Tsering |
| 12 | Shruti Raj Kumari | BA (H) Economics | IV | Shruti |
| 13 | Agarwal Singh | BA (H) Economics | IV | Agarwal |
| 14 | Shakunika | BA (H) Economics | IV | Shakunika |
| 15 | Kanika | BA (H) Economics | IV | Kanika |

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2nd Year




JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)
COUNSELLING COMMITTEE
ATTENDANCE SHEET




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

| Sno. | Name of student | Department | Semester | Signature |
|------|-------------------|--------------|----------|----------------------|
| 1 | Priya | BA (H) Eco | IV | <i>Priya</i> |
| 2 | Priyanka Yadav | BA (H) Eco | IV | <i>Priyanka</i> |
| 3 | Kalpna Banagere | BA (H) Eco | IV | <i>Kalpna</i> |
| 4 | Saloni Bralla | BA (H) Eco | IV | <i>Saloni Bralla</i> |
| 5 | Vaishnavi | BA (H) Eco | IV | <i>Vaishnavi</i> |
| 6 | Kuma Arun | BA (H) Eco | IV | <i>Kuma</i> |
| 7 | Lakshita Verma | BA (H) Eco | IV | <i>Lakshita</i> |
| 8 | Nidhi Gupta | BA (H) Eco | IV | <i>Nidhi</i> |
| 9 | Hanshita Bhandwaj | BA (H) Eco | IV | <i>Hanshita</i> |
| 10 | Shrutha Paul | BA (H) Eco | IV | <i>Shrutha</i> |
| 11 | Dorothy Narayan | B.Com. Prog. | IV | <i>Dorothy</i> |
| 12 | Richa Kumari | B.Com. Prog. | IV | <i>Richa</i> |
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JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)
COUNSELLING COMMITTEE
ATTENDANCE SHEET



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

| Sno. | Name of student | Department | Semester | Signature |
|------|--------------------|------------|----------|---------------------------|
| 1 | Anamaya Pauda | Economics | VI | <i>Anamaya</i> |
| 2 | Anam Kumari | Economics | VI | <i>Anam Kumari</i> |
| 3 | Laxmi | Economics | VI | <i>Laxmi</i> |
| 4 | Pavithra Rautogi | Economics | VI | <i>Pavithra</i> |
| 5 | Anam Sharma | Economics | VI | <i>Anam</i> |
| 6 | Rachima Gogia | Economics | VI | <i>Rachima</i> |
| 7 | Greetika Rautela | Economics | VI | <i>Greetika</i> |
| 8 | Harshita | Economics | VI | <i>Harshita</i> |
| 9 | Tanisha Bala | Economics | VI | <i>Tanisha</i> |
| 10 | Purni | Economics | VI | <i>Purni</i> |
| 11 | Prachi Jain | Economics | VI | <i>Prachi Jain</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 Anora</i> |
| 17 | Harshita Satyawali | Economics | VI | <i>Harshita Satyawali</i> |

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:




JANKI DEVI MEMORIAL COLLEGE
(University of Delhi)
THE COUNSELLING COMMITTEE
(Under the aegis of IQAC)
ORGANISES A SESSION ON

**MENTAL HEALTH HYGIENE: DEVELOPING
UNDERSTANDING AND BUILDING SKILLS**
For the students of SEC: PUBLIC HEALTH, HYGIENE AND NUTRITION

**7 APRIL 2025**

**2:00 PM**

**ROOM NO. 43A**

**RESOURCE
PERSON :
NIHARIKA
GUPTA**

PROF. RUBY BHARDWAJ
(TEACHER COORDINATOR)
SOCIOLOGY
DEPARTMENT

DR. SONAL JAIN
(CO-CONVENOR)
COUNSELLING
COMMITTEE

DR. POONAM KANWAL
(CONVENOR)
COUNSELLING
COMMITTEE

PROF. PAYAL
NAGPAL
(IQAC
COORDINATOR)

PROF. SWATI PAL
(PRINCIPAL)

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:



