



Janki Devi Memorial College

University of Delhi

JDMC-IQAC

Name of the event:	Faculty Sensitization Workshop on Recognizing Psychological Distress Among Students
Date of the Event	30 October 2025
Name of the organizer (s):	Internal Quality Assurance Cell (IQAC), Janki Devi Memorial College
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra college
Objectives of the event:	To sensitize faculty members to recognize early signs of psychological distress among students. To promote a supportive and inclusive learning environment. To strengthen faculty capacity for timely identification and referral of students requiring mental health support.
Name and Affiliation of the Resource person (if applicable):	Dr. Vandana Gambhir, Assistant Professor, Behavioural trainer and educationist

Brief Report

The Internal Quality Assurance Cell (IQAC), Janki Devi Memorial College, organized a **Faculty Sensitization Workshop on Recognizing Psychological Distress Among Students** on **30 October 2025** for the teaching faculty. The workshop aimed to equip faculty members with the knowledge and skills to identify early signs of psychological distress among students and to foster a supportive and empathetic academic environment.

The session was conducted by Dr. Vandana Gambhir, Assistant Professor, Behavioural trainer and educationist. She discussed the common indicators of psychological distress, including stress, anxiety, depression, and behavioral changes among students. The resource person emphasized the importance of early identification, sensitive communication, and timely referral

to appropriate mental health support services. She also highlighted the crucial role of teachers in promoting students' emotional well-being while maintaining professional boundaries.

The workshop concluded with an interactive discussion, during which faculty members raised questions related to handling sensitive situations, providing initial support, and addressing mental health concerns in academic settings. The resource person responded with practical insights and encouraged participants to adopt a compassionate and student-centric approach.

Overall, the workshop was informative and insightful. It enhanced faculty members' awareness of student mental health issues and strengthened their capacity to recognize psychological distress, thereby contributing to a more inclusive, supportive, and mentally healthy campus environment.

Event Posters



JANKI DEVI MEMORIAL COLLEGE
(University of Delhi)

IQAC in Collaboration with Counselling Committee

Is Organising

**Faculty Sensitization Workshop on
Recognizing Psychological Distress Among
Students**



Dr. Vandana Gambhir
Assistant Professor
Behavioural trainer and educationist

 **DATE : 30 October 2025**

 **Venue : Room No. 66**

 **Time : 11:30 AM to 1:00PM**

**IQAC Accreditation Committee
and Counselling Committee
(organiser)**

**Prof. Poonam Kanwal
Dr. Sonal Jain
(Counselling Committee
Convenor)**

**Dr. Kush Gayasen
(IQAC Coordinator)**

**Dr. Shiwani Burnwal
(IQAC Deputy Coordinator)**

**Prof. Swati Pal
Principal**



जानकी देवी मेमोरियल महाविद्यालय (दिल्ली विश्वविद्यालय)

परामर्श समिति के सहयोग से IQAC

आयोजित करता है

छात्रों में मानसिक तनाव को समझने हेतु शिक्षक जागरूकता कार्यशाला



दिनांक : 30 अक्टूबर 2025



स्थान : कमरा नं. 66



समय : 11:30 बजे से 1:00 बजे तक

डॉ. वंदना गंभीर

सहायक प्राध्यापक

व्यवहार विशेषज्ञ और शिक्षाविद्

आईक्यूएसी एवं परामर्श समिति
(आयोजक)

प्रो. पूनम कंवल
डॉ. सोनल जैन
(परामर्श समिति संयोजक)

डॉ. कुश गयासेन
(आईक्यूएसी समन्वयक)

डॉ. शिवानी बर्नवाल
(आईक्यूएसी उप समन्वयक)

प्रो. स्वाति पाल
प्राचार्या

Event Photos:



Attendance

