

## Counselling Committee 2023-2024

**Topic- How Beliefs Create Our Reality**

**Date- April 24, 2024**

**Venue- Room No. 66, 11:45 a.m - 12:45 p.m.**

**Number of participants: 111**

Under the aegis of IQAC, the Counselling Committee of Janki Devi Memorial College (JDMC) conducted a session on "How Beliefs Create Our Reality" for the Commerce Department in Room No. 66 on April 24, 2024, from 11:45 onwards. Renowned Consciousness and Healing Coach, Mr. Hitesh Vashisth, took the stage as the distinguished speaker. With 104 students and 7 faculty members attending the session, Mr. Vashisth commenced by elucidating scientific experiments showcasing the profound influence of beliefs on shaping our lived reality. During the discourse, he guided the students through the intricate process of how thoughts evolve into beliefs, subsequently influencing behaviors, identities, and ultimately, our reality. The event concluded with a meditative exercise led by Mr. Vashisth, designed to cultivate positive thoughts and manifestations. This exercise served as a practical tool for students to actively engage in the process of consciously creating their reality.





**Topic- Managing Stress in Daily Life**

**Date- March 20, 2024**

**Venue- Room No. 40, 12:00 noon - 01:00 p.m.**

**Number of participants: 54**

Under the aegis of IQAC, the Department of Mathematics, Janki Devi Memorial College organised a special session on managing stress in daily life on 20 March 2024 in room no. 40 from 12:00-1:00 pm. A lot of students attended the event. The event started with the introduction of the speaker Ms. Niharika Gupta.

She explained the different types of stress and positive and negative aspects of stress and its impact on mental and physical well-being. In the end, she asked students to do an activity, they were asked to write about the stress that they are dealing with and to resolve it. In the end, she appealed to the participants to take care of their health seriously.

Her in-depth knowledge and the enthusiasm of the participants made this event a great success. Around 54 students were present for the session.

**Janki Devi Memorial College**  
(University of Delhi)  
**Counselling Committee**  
Under the aegis of IQAC  
**SPECIAL SESSION FOR DEPARTMENT OF MATHEMATICS**

**MANAGING STRESS IN DAILY LIFE**

**Date- 20-03-24**  
**Time-11.45AM**  
**Venue- Room no.-14**

**Speaker**  
Ms. Niharika Gupta

Ms. Geetanjali Raiya  
Mr. Vikender Singh  
(Coordinators)  
Counselling Committee

Dr. Poonam Kanwal  
(Convenor)  
Counselling Committee

Prof. Swati Pal  
Principal

**जानकी देवी मेमोरियल कॉलेज**  
(दिल्ली विश्वविद्यालय)  
**परामर्श समिति**  
IQAC के तत्वावधान में  
**गणित विभाग के लिए विशेष सत्र**

**दैनिक जीवन में तनाव का प्रबंधन**

**दिनांक- 20-03-24**  
**समय- 11.45 पूर्वाह्न**  
**स्थान- कक्ष संख्या-14**

**वक्ता**  
सुश्री निहारिका गुप्ता

शुशी गीतानजी रेया  
श्री विकेंडर सिंह  
(संयोजक)  
परामर्श समिति

डॉ. ए.एन. पूनम कंवल  
(संयोजक)  
परामर्श समिति

प्रोफेसर स्वाति पाल  
प्राचार्या



**Topic- Emotion Regulation**

**Date- February 20, 2024**

**Venue- Room No. 17, 11:30 a.m - 12:30 p.m.**

**Number of participants: 41**

On February 20, 2024, the Counselling Committee organized a session titled "How to Regulate Emotions?" featuring Ms. Niharika Gupta, the college's Counselling Psychologist, as the resource person. The session was specifically designed to equip students with effective techniques for managing stress, improving resilience, and enhancing their overall mental well-being throughout their academic journey.

Ms. Gupta provided an in-depth exploration of emotional regulation strategies, offering practical advice and interactive exercises aimed at helping students better understand and manage their emotions. The session also addressed how to apply these strategies in various aspects of student life, including academic pressures and personal challenges. By fostering a deeper awareness of emotional health and providing actionable tools, the event aimed to support students in achieving a more balanced and fulfilling college experience.

**JANKI DEVI MEMORIAL COLLEGE**  
(University Of Delhi)  
**Department of Hindi**  
(Under the aegis of the IQAC)  
**The Counselling Committee**  
Organizes a  
**Special session**  
**Emotion Regulation**  
Resource Person - Ms. Niharika Gupta  
(Counselling Psychologist)  
Date : 20 February 2024  
Time : 11:30 to 12:30  
Venue: Room No.17  
**FOR STUDENTS OF HINDI HONOURS**

**जानकी देवी मेमोरियल कॉलेज**  
(दिल्ली विश्वविद्यालय)  
**हिंदी विभाग**  
(आईक्यूएसी के तत्वावधान में)  
**परामर्श समिति**  
के सौजन्य से आयोजित  
**विशेष सत्र**  
**भावनात्मक विनिमयन**  
वक्ता - मिस निहारिका गुप्ता  
(काउंसलर)  
दिनांक : 20 फरवरी 2024  
समय : 11:30 से 12:30 बजे तक  
स्थान : कमरा नं 17  
**हिंदी विशेष के विद्यार्थियों के लिए**

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  
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

**Topic- How to Take Care of Your Mental Health**

**Date- December 8, 2023**

**Venue- Room No. 41A, 11:45 a.m - 12:45 p.m.**

## Number of participants: 48

On December 8, 2023, a comprehensive session entitled "How to Take Care of Your Mental Health" was conducted, featuring Dr. Saniya Bedi, the college's Counselling Psychologist, as the resource person. The session was meticulously designed to educate attendees about essential self-care practices, effective coping strategies, and a range of resources available for enhancing mental well-being.

Dr. Bedi provided valuable insights into managing mental health challenges, emphasizing practical tools and techniques for maintaining emotional balance and resilience. The event aimed to empower individuals by equipping them with knowledge and skills to take proactive steps in their mental health journey, fostering a supportive and informed community.

<b>JANKI DEVI MEMORIAL COLLEGE</b> University Of Delhi <b>The Counselling Committee</b>			
<b>Special session</b>			
<b>"How to Take Care of Your Mental Health"</b>			
Resource Person - Dr. Saniya Bedi (Counselling Psychologist)			
Date : 8 December 2023 Time : 11:45-12:45 Venue: Room No 41 A			
<b>FOR STUDENTS OF SANSKRIT HONOURS</b>			
Dr. Indu Soni COORDINATOR COUNSELLING COMMITTEE	Dr. Sonal Jain CO - CONVENOR COUNSELLING COMMITTEE	Dr. Poonam Kanwal CONVENOR COUNSELLING COMMITTEE	Prof. Swati Pal PRINCIPAL

<b>जानकी देवी मेमोरियल कॉलेज</b> (दिल्ली विश्वविद्यालय) <b>परामर्श समिति</b>			
<b>विशेष सत्र</b>			
<b>“अपने मानसिक स्वास्थ्य का ख्याल कैसे रखें”</b>			
विशेषज्ञ - डॉ. सानिया बेदी (परामर्श मनोवैज्ञानिक)			
दिनांक : 8 दिसम्बर 2023 समय : 11:45-12:45 स्थान : कमरा 41 A			
<b>संस्कृत विभाग के छात्रों के लिए</b>			
डॉ. इंदु सोनी समन्वयक परामर्श समिति	डॉ. सोनल जैन सह-संयोजक परामर्श समिति	डॉ. पूनम कंवल संयोजक परामर्श समिति	प्रो. स्वाति पाल प्रधानाचार्य

## Topic- Special Session on 'International Disability Day'

Date- November 29, 2023

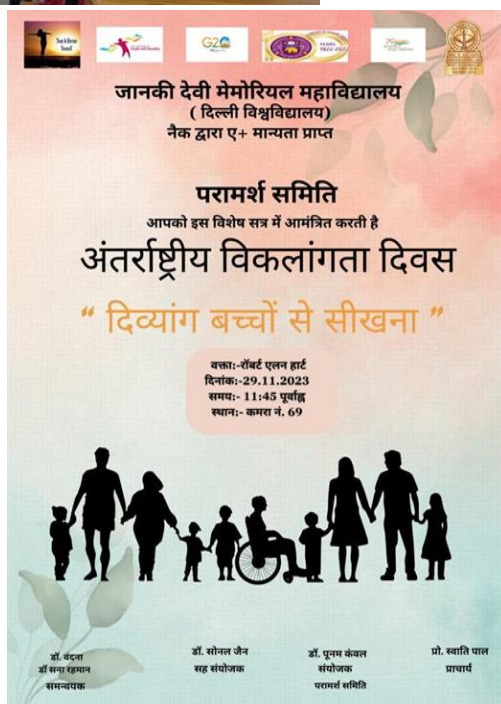
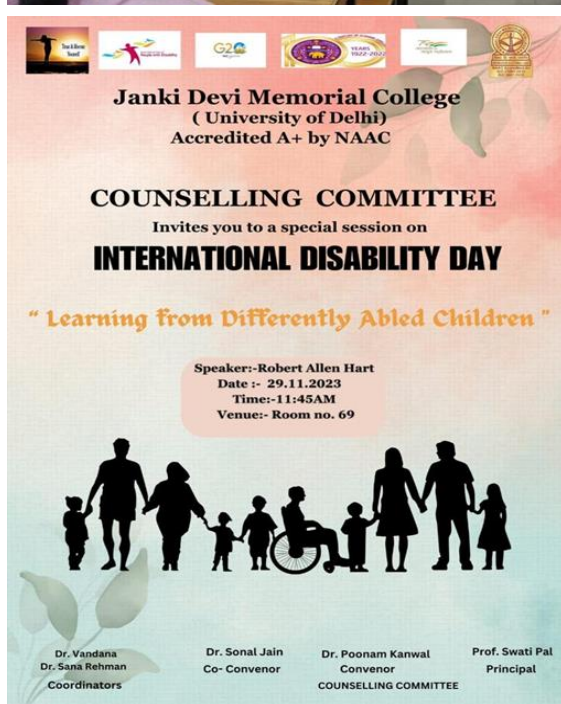
Venue- Room No. 69, 11:45 a.m - 12:45 p.m.

Number of participants: 95

The Counselling Committee organized a one day special session on the International Day of Persons with Disabilities. The resource person for the session was Robert Allen Hart. He spoke on "Learning from differently abled Children". He spoke about his wife and his two adopted

daughters who are facing multiple disabilities. They adopted their first daughter, Nivi, at age 4 from Bihar. She has cerebral palsy, hearing loss, and visual impairment. They adopted their second daughter, Ragini, at age 8 from Bihar. She too has cerebral palsy. He explained that there are many challenges of raising children with disabilities. He explained about the motivation of adoption and daily challenges they face in raising their two daughters. He also encouraged students to be compassionate towards differently abled and help change life of someone who needs it. He reiterated that both his daughters bring us so much joy. A total of 95 students attended the session with great enthusiasm.





**Topic- Special Discussion on 'Mental Health Day'**

**Date- October 11, 2023**

**Venue- Room No. 17, 11:45 a.m - 12:45 p.m.**

**Number of participants: 44**

On October 11, 2023, an engaging and interactive session was held in observance of Mental Health Day. The primary goals of the event were to raise awareness about mental health issues, challenge and dismantle the stigma surrounding mental health, and facilitate meaningful discussions on self-care practices, coping strategies, and available support resources. The session aimed to create a supportive and informative environment where participants could openly explore and address

mental health concerns. By encouraging open dialogue and sharing practical tools and resources, the event sought to empower individuals to take proactive steps towards improving their mental well-being and seeking help when needed.

	
<b>JANKI DEVI MEMORIAL COLLEGE</b> <b>UNIVERSITY OF DELHI</b> Accredited A+ by NAAC	<b>जानकी देवी मेमोरियल महाविद्यालय</b> दिल्ली विश्वविद्यालय NAAC द्वारा मान्यता प्राप्त A+
<b>THE COUNSELLING COMMITTEE</b> Invites You for Interactive session or Special Discussion	<b>परामर्श समिति आपको</b> मानसिक स्वास्थ्य पर परस्पर संवादात्मक सत्र और विशेषचर्चा के लिए आमंत्रित करती है
<b>ON</b>	<b>मानसिक स्वास्थ्य दिवस</b>
<b>MENTAL HEALTH DAY</b>	
<b>Date :</b> 11 October 2023 <b>Time :</b> 11:45 a.m - 12:45 p.m <b>Venue :</b> Room No. 17	<b>दिनांक:</b> 11 अक्टूबर 2023 <b>समय :</b> 11:45 बजे से 12:45 तक <b>स्थान :</b> कक्षा नं 17
	
Dr. Vinita Rani Dr. Indu Soni COORDINATORS COUNSELLING COMMITTEE	डॉ विनीता रानी डॉ इन्दु सोनी समन्वयक परामर्श समिति
Dr. Poonam Kanwal CONVENOR COUNSELLING COMMITTEE	डॉ पूनम कंवल संयोजक परामर्श समिति
Prof. Swati Pal PRINCIPAL	प्रो स्वाति पाल प्रचार्य


### Topic- Self-Love

**Date- September 15, 2023**

**Venue- Room No. 66, 11 a.m - 12 noon**

**Number of participants: 113**

On the 15th of September 2023, the Counselling Committee, Janki Devi Memorial College organised a special session with Ms. Saniya Bedi (Psychologist) on “Self-Love.” The session aimed at listening to our inner voices-both helpful and unhelpful and gently heal the unhelpful ones. The therapist used guided meditation and healing bowl to help the participants reconnect with their inner selves. She encouraged students to actively participate in the healing process and take responsibility for their own health to achieve holistic healing and a healthier life. The session was enriching and insightful for the students. It was attended by 113 students.




**JANKI DEVI MEMORIAL COLLEGE**  
UNIVERSITY OF DELHI

Accredited A+ by NAAC

**THE COUNSELLING COMMITTEE**  
invites you to a special session this  
*World Suicide Prevention Day*  
on

**Self-Love**


**Resource Person:** Ms. Saniya Bedi (Psychologist)  
**Date:** 15th September 2023  
**Time:** 11:00 a.m.-12:00 p.m.  
**Venue:** Room No. 66



Dr. Vineeta Bhatt  
COORDINATOR  
COUNSELLING COMMITTEE

Dr. Poonam Kanwal  
CONVENOR  
COUNSELLING COMMITTEE

Prof Swati Pal  
PRINCIPAL




**जानकी देवी मेमोरियल महाविद्यालय**  
दिल्ली विश्वविद्यालय

NAAC द्वारा मान्यता प्राप्त A+

**परामर्श समिति**  
आपको एक विशेष सत्र में आमंत्रित करता है इस  
विश्व आत्महत्या रोकथाम दिवस

**स्व-प्रेम**  
पर

**संसाधन विशेषज्ञ:** सुश्री सानिया बेदी (मनोवैज्ञानिक)  
**तारीख:** 15 सितंबर, 2023  
**समय:** प्रातः 11 बजे -12 बजे अपराह्न  
**स्थान:** कक्ष क्र. 66



डॉ. विनीता भट्ट  
समन्वयक  
परामर्श समिति

डॉ. पूनम कंवल  
संयोजक  
परामर्श समिति

प्रो स्वाति पाल  
प्राचार्या





**Topic- A New Beginning: Life as a College Student**

**Date- September 06, 2023**

**Venue- Online, 11 a.m. onwards**

**Number of participants: 35**

On September 6, 2023, an online session titled "A New Beginning: Life as a College Student" was organized in collaboration with the Sociology Department. The session, conducted by Dr. Saniya Bedi, was meticulously crafted to provide students with valuable tools and strategies for navigating the complexities of college life. Dr. Bedi's presentation aimed to address common challenges faced by students as they transition from high school to higher education, such as adapting to new academic demands, balancing social and personal responsibilities, and managing stress. The session offered practical advice and actionable tips to help students adjust more smoothly to their new environment.

Additionally, the discussion emphasized the importance of fostering personal growth and developing resilience, equipping students with the mindset and skills necessary to thrive both academically and personally. By creating an engaging and supportive atmosphere, the session

sought to empower students to embrace their college experience with confidence and a sense of purpose.

**जानकी देवी मेमोरियल कॉलेज**  
(दिल्ली विश्वविद्यालय)

परामर्श समिति के सहयोग से समाजशास्त्र विभाग  
आयोजन करता है

विभाग के प्रथम वर्ष के छात्रों के लिए एक परामर्श  
सत्र विषय पर

**एक नई शुरुआत: कॉलेज छात्र के  
रूप में जीवन**

संसाधन व्यक्ति: श्रीमती सानिया बेदी  
दिनांक: 6 सितंबर 2023  
सत्र का समय: सुबह 11:00 बजे  
शामिल होने का समय: सुबह 10:50 बजे  
लिंक:  
<https://meet.google.com/kfk-fofk-raj>

श्रीमती वन्दना मदन  
श्रीमती पौरिआंगथानल्लु  
(संयोजक प्रभारी)

सुशी चारु काला  
(शिक्षक प्रभारी)

डॉ. पूनम कंवल  
संयोजक  
(परामर्श समिति)

प्रो. स्वाति पाल  
(प्राचार्य)

**JANKI DEVI MEMORIAL COLLEGE**  
UNIVERSITY OF DELHI

Sociology Department in collaboration with  
the Counselling Committee  
**ORGANISES**  
A Counselling Session for the First year  
students of the department on the  
theme  
**A NEW BEGINNING: LIFE AS A  
COLLEGE STUDENT**

Resource person: Mrs. Saniya Bedi  
Date: 6 September 2023  
Session Time: 11am  
Login Time: 10:50am  
Link  
<https://meet.google.com/kfk-fofk-raj>

Ms. Vandana Madan  
Ms. Pouriangthani  
(Association Incharges)

Ms. Charu Kala  
(Teacher Incharge)

Dr. Poonam Kanwal  
Convener  
(Counselling Committee)

Prof. Swati Pal  
(Principal)

**Topic- Pranic Healing**

**Date- July 06,2023**

**Venue-02:15pm- 4:15 pm,SeminarRoom**

**Number of participants: 33**

The Counselling committee organized a special session for non-teaching staff of Janki Devi Memorial College on 6th July, 2023 in the Seminar Room. The resource person of the session was Ms. Nargis Mishra, a Delhi born Pranic Healer, with more than 20 years of experience in Pranic Healing. Nargis has been an instrument of healing a large number of patients in her long and well rewarding, blissful career as a Pranic healer. She is a student of Grand Master Choa Kok Sui, the Founder of Pranic Healing and did some of her courses with Grand Master Choa Kok Sui, himself. Nargis Misra, is also a renowned language expert (French, Basic Spanish, Russian, English and Hindi) other than trainer and practitioner of Pranic Healing, She has been healing not just in India but globally since many years.

Ms. Nargis talked about energy healing. She also engaged the participants in 20 minutes of twin heart meditation which involved blessing the earth to alleviate the sufferings, and praying for the

well-being of the entire society using heart and crown chakra. The Twin heart meditation was done using the audio of Grand Master Choa Kok Sui, Ms. Nargis kept on translating it for the participants and taught them the technique of doing it. The participants were calm, positive and relaxed after the meditation session.



**जानकी देवी मेमोरियल कॉलेज**  
(दिल्ली विश्वविद्यालय)  
**परामर्श समिति**  
IQAC के तत्वाधान में

गैर-शिक्षण कर्मचारियों के लिए विशेष सत्र



**प्राणिक उपचार**

तारीख- 06.07.2023  
समय- दोपहर 2.15 बजे से  
स्थान- सम्मेलन कक्ष

वक्ता  
**सुश्री नरगिस मिश्रा**

संस्थापक  
**श्री गौरव आर्य**  
9873260670

डॉ. सोनल जैन  
सह संयोजक  
परामर्श समिति

डॉ. पूनम कंवल  
संयोजक  
परामर्श समिति

प्रो. स्वाति पाल  
प्रधानाचार्य



**Janki Devi Memorial College**  
(University of Delhi)  
**Counselling Committee**  
Under the aegis of IQAC

Special Session for Non-teaching Staff



**Pranic Healing**

Date - 6th July 2023  
Time - 2:15 pm onwards  
Venue - Seminar Room

Speaker  
**Ms. Nargis Mishra**

Founder  
**Mr. Gaurav Arya**  
9873260670

Dr. Sonal Jain  
Co-Convenor  
Counselling Committee

Dr. Poonam Kanwal  
Convenor  
Counselling Committee

Prof. Swati Pal  
Principal





## Topic - Goal Setting and Motivation

Date: June 28, 2023

Resource Person- Ms. Deepa Shad [Devotus]

The Counselling Committee of Janki Devi Memorial College organized a special session for the students of the History Department on 'Goal Setting and Motivation' on Wednesday, 28<sup>th</sup> June, 2023. The session was organized in correspondence with the '**Devotus**', a foundation that focuses on the well-being and mental health of young adults. The motivational talk was coordinated by Dr. Khurshid Alam and Dr. Poonam Kanwal was the Convenor. Ms. Deepa Shad was the honorable speaker of this session.

The session was very interactive, from the beginning till the very end. The session started with everybody giving themselves a tight hug and some words of affirmation, to remind everyone to love and accept their true selves. This was followed by another lively activity, in which the students were asked their names and its meaning. This activity helped students see themselves and each other with more depth. Ms. Deepa created an atmosphere that encouraged the participation of students and faculties. The session consisted of various communal activities, deep and thought-provoking questions, understanding conversations, and a lot more. The session was followed by a

healthy round of questions and answers. The speaker motivated and guided the students through her experiences and marvelous words, she maintained a comfortable and jolly environment throughout the session. The talk was very fruitful and the students surely benefited a lot from this motivational session.

**जानकी देवी मेमोरियल कॉलेज**  
दिल्ली विश्वविद्यालय

"परामर्श समिति "इतिहास" विभाग के विद्यार्थियों के लिए विशेष सत्र का आयोजन कर रही है।

**लक्ष्य निर्धारण और प्रेरणा**

दिनांक :- 28.06.2023  
समय : प्रातः 10:00 से 11:00  
स्थान :- सेमिनार कक्ष

वक्ता  
सुश्री दीपा शाद

**Devotus**  
The mind matters.  
संस्थापक  
गौरव आर्य

डॉ. खुरशीद आलम  
समन्वयक

डॉ. पूनम कनवल  
संयोजक परामर्श समिति

प्रो. स्वाति पाल  
प्रधानाचार्य

**JANKI DEVI MEMORIAL COLLEGE**  
(UNIVERSITY OF DELHI)

**Counselling committee**  
Under the aegis of IQAC

A special session for the students of  
"History Department"

**GOAL SETTING & MOTIVATION**

Date: 28th June 2023  
Time: 10 A.M- 11 A.M  
Venue : Seminar Room

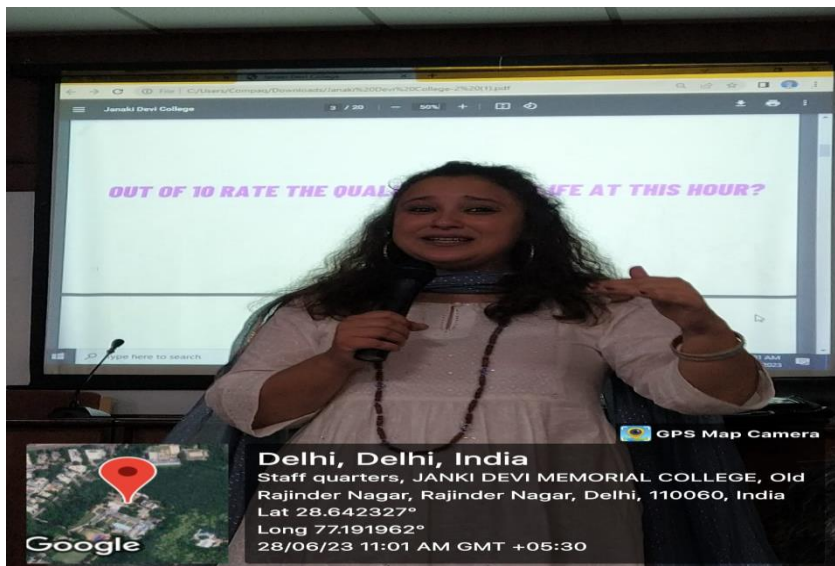
**SPEAKER**  
Ms Deepa Shad

**Devotus**  
The mind matters.  
**FOUNDER**  
Gaurav Arya

Dr Khurshid Alam  
Co ordinator

Dr.Poonam kanwal  
Convenor  
Counselling Committee

Prof Swati Pal  
Principal



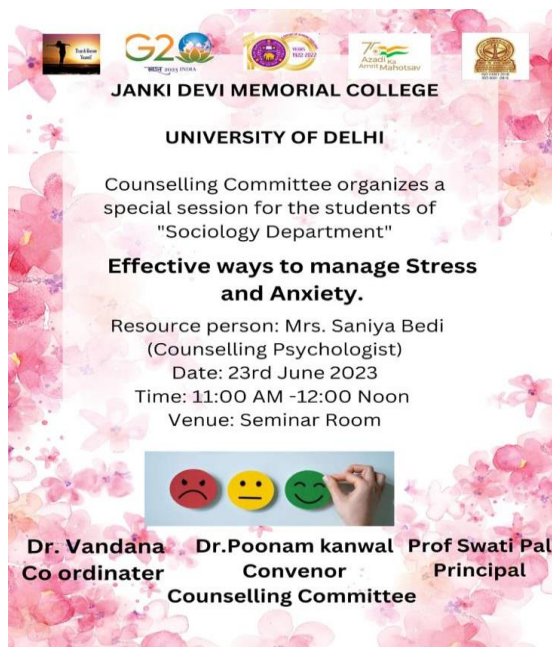
## Topic - Effective Ways to Manage Stress and Anxiety

Date- June 23, 2023

Resource Person- Ms. Saniya Bedi

Number of Participants- 29

The Counselling Committee organized a special session for the students' Department of Sociology, it was held on 23rd June 2023. It aimed to explain effective ways to manage stress and anxiety. Ms. Saniya Bedi the College Counselor held the session and discussed myriad points which helped the students to get clarity on various things. She said that anxiety and stress are part of human life, it is absolutely normal for all individuals to be stressed out but we should learn to deal with stress and anxiety in various ways. She said that all human beings can deal with stress with some hacks. Some of them are: one must speak to oneself; understand what triggers stress and anxiety; one must know one's emotions and know how to process them. She also suggested the importance of awareness (to be aware of one's body), relaxation, and worry time. The session was attended by 29 students and 3 teachers.



The poster features logos for Janki Devi Memorial College, University of Delhi, G20 India 2023, 100th Anniversary of Azadi Ka Amrit Mahotsav, and the Ministry of Education. The text reads: "JANKI DEVI MEMORIAL COLLEGE UNIVERSITY OF DELHI. Counselling Committee organizes a special session for the students of 'Sociology Department'. Effective ways to manage Stress and Anxiety. Resource person: Mrs. Saniya Bedi (Counselling Psychologist). Date: 23rd June 2023. Time: 11:00 AM -12:00 Noon. Venue: Seminar Room." Below this is an illustration of three smiley faces (sad, neutral, happy) and a hand pointing to the happy face. At the bottom, it lists: "Dr. Vandana Co ordinator, Dr.Poonam kanwal Convenor, Prof Swati Pal Principal Counselling Committee".

