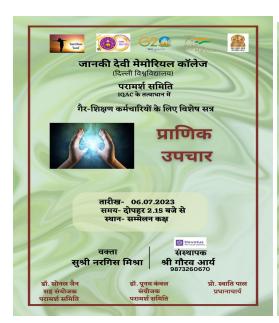# Counselling Committee
2023-2024

Topic- Pranic Healing
Date- July 06,2023
Venue-02:15pam- 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 तत्वावधान 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

Devotus
The mind matters.

संस्थापक
श्री गौरव आर्य
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डॉ. सोनल जैन
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डॉ. पूनम कंवल
संयोजक
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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

Devotus
The mind matters.

Founder
Mr. Gaurav Arya
9873260670

Dr. Sonal Jain
Co-Convenor
Counselling Committee

Dr. Poonam Kanwal
Convenor
Counselling Committee

Prof. Swati Pal
Principal

New Delhi, Delhi, India
MAIN CAMPUS, JANKI DEVI MEMORIAL COLLEGE, J.D.M.C Rd, Old
Rajinder Nagar, Rajinder Nagar, New Delhi, Delhi 110001, India
Lat 28.641928°
Long 77.191503°
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Delhi, Delhi, India
Staff quarters, JANKI DEVI MEMORIAL COLLEGE, Old Rajinder Nagar,
Rajinder Nagar, Delhi, 110060, India
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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, 28th 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.

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GPS Map Camera

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Rajinder Nagar, Rajinder Nagar, Delhi, 110060, India
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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.