

Janki Devi Memorial College University of Delhi JDMC-IQAC

Counselling Committee

2023-2024

Topic: Achieving Goals and Staying Motivated

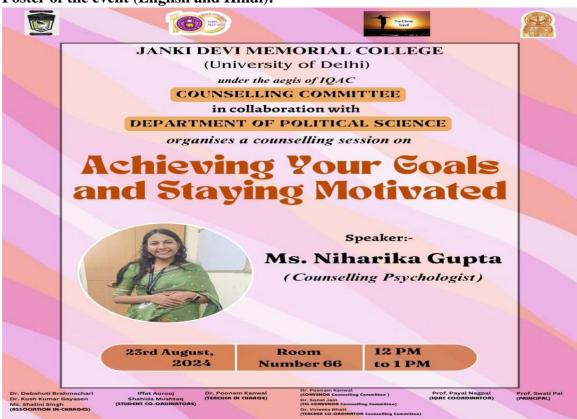
Date: 23.08.2024

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
(intra-college/inter-college/ state/ national or any other collaboration)	
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):



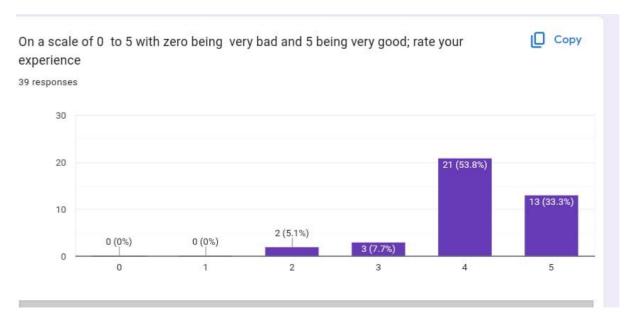


Record of Attendance (Photos of attendance record):

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Shinargi Suinastana	2nd	.,
Diya Starma	2nd	BA Hons Political Science
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Nihawika Gusta Sakshi Panwase	2-4.	B. A [H] Political Science
Chitraletha	grd	B.A [H] Political Science
Salone	3rd	B.A.[H] Political Science

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Honey	2nd	B.A political Sci Hons.
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Sample of feedback/ evaluation form (5 MCQ questions) (Should include satisfaction of participants, suggestions):



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 Counselling Session
(intra-college/inter-college/ state/ national or any other collaboration)	
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 (if applicable):	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):

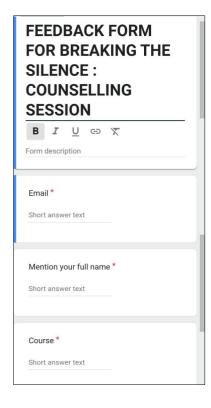






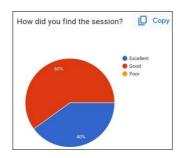


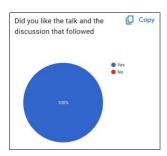
Sample of feedback/ evaluation form (5 MCQ questions) (Should include satisfaction of participants, suggestions):

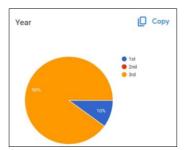




Effectiveness Evaluation Document (Pie charts):







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









Topic- Self-awareness and Effective Communication

Date: October 15, 2024

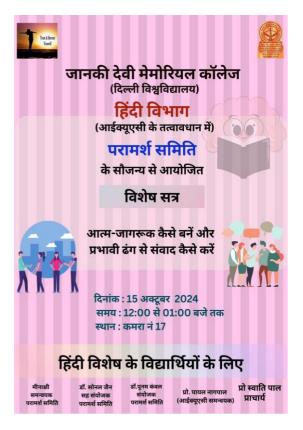
Name of the Event	'Self-awareness and Effective Communication'
Date of the Event	15 th October 2024
Name of the Organizer (s):	Dr Meenakashi (Counselling Coordinator);
	Dr. Poonam Kanwal (Convenor, Counselling Committee);
	Dr. Sonal Jain (Co-Convenor, Counselling Committee)
Type of Event:(intra-college/inter-college/ 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.











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Topic- A Place that works for everyone - Creating an inclusive world

Date: 18th November 2024

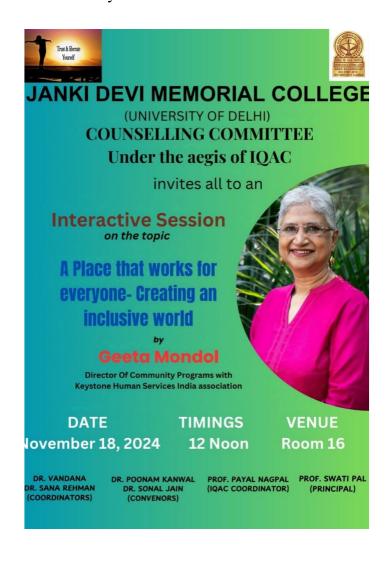
Name of the Event	'A Place that works for everyone - Creating an inclusive world'
Date of the Event	18 th November 2024
Name of the Organizer (s):	Dr. Vandana and Dr. Sana Rehman (Counselling Coordinator);
	Dr. Poonam Kanwal (Convenor, Counselling Committee);
	Dr. Sonal Jain (Co-Convenor, Counselling 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

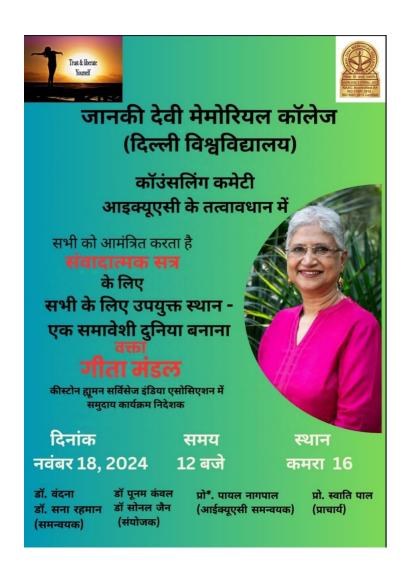
Brief report-

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.













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