

Counselling Committee- Report [2017-18]

Counselling is an integral part of addressing the problems and issues faced by people. As an institution, it is imperative that we take care of the emotional well-being of all within College. To effect that JDMC has signed a Memorandum of Understanding (MoU) with ALS WELLNESS NETWORK PVT LTD., with the brand name “Zyego”, on 17th January, 2018 for online counselling and workshops for students, faculty members and administrative staff, perhaps the first college to do so in Delhi University. Zyego is a professional counselling and emotional wellness company based in Delhi. It provides services which give instant relief, comfort, ongoing support to its clients who are undergoing emotional problems and stress.

According to the MoU, the Scope of Services to be provided by Zyego is as follows:

- a) Counselling of students, using the app
- b) Face to face counselling of students
- c) Group therapy sessions, both face to face and via invite only (confidential chat rooms)
- d) Personality assessments using psychometric methods
- e) Organising workshops for students and faculty members on relevant issues
- f) events which foster wellness, cohesion and a healthy work environment.



Counselling Committee with Zyego team

Workplace is where a person spends a considerable amount of time and hence forms a part of the person’s microsystem. Keeping the importance of the same in mind, an interactive session was conducted by Zyego on 24th January 2018 on the topic, Hot Talk on “Interpersonal Relationships at Workplace” and how to handle issues concerning protocol, hierarchy etc. The workshop was organized for the faculty members of the college. It witnessed participation facross all the departments. A total of 144 faculty members were present. The session began with understanding the importance of team work. This was followed by discussion on building effective interpersonal relationships. Reflection on how one can be a supportive team member was then undertaken. The session also included various fun and interactive activities. This was followed by a question and answer round wherein teachers shared their questions, reflections and experiences. This session was received very well by all the teachers.



**JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI**

THE COUNSELLING COMMITTEE

**Hot Talk
on
'Interpersonal Relationships at Workplace'
(For Teaching Staff)**

Date: 24th January 2018
Time: 11:00am-12:00pm
Venue: Seminar Room

KEY TAKEAWAYS:

- 1. Importance of teamwork**
- 2. Discussion on building effective interpersonal relationships**
- 3. Discussion on how to be a supportive team member**
- 4. Fun and interactive activities**
- 5. Q & A**

Zyego
Organisers

Dr Poonam Kanwal
Convenor

Dr Swati Pal
Principal



Principal Dr. Swati Pal with other faculty members attending the Counselling Workshop on 24th January, 2018

The first Workshop for the students of Sociology, Sanskrit and History was held on 31st January, 2018 on the topic 'Relationship and other Related Issues.' It also witnessed a good response from the students with 191 students' participation.

On 9th March, 2018, workshop on 'Emotional Abuse' was organized for the students. The Speaker, Mr. Arindam Sen, discussed about the emotional abuse with the participants and encouraged them to share their experience and views on the same. The workshop was attended by 65 students.

On 28th March, 2018, workshop on 'Impact of Social Media and Technology on Relationship' was organized for the students. 69 students participated in the workshop. The Speaker, Mr. Arindam Sen, discussed and shared some video clips about social media among teenagers and discussed the impact of it on the personal life of teenagers.

On 11th April, 2018, workshop on 'Exam stress' was organized for the students. 62 students participated in the workshop. This workshop was directed towards understanding the stress level among students during exam days. Mr. Arindam Sen gave students tips on how to overcome the same.

Counselling at Personal Level

To provide face to face counselling services to our students, JDMC also appointed Ms. Saniya Bedi, who is a Counselling Psychologist, University of Delhi in January, 2018. She has completed Bachelors in Psychology (Psychology Honours) from Delhi University and Masters in the same subject from Tata Institute of Social Sciences. She comes twice a week to the College. So far, students have come to her with range of

problems related to career, family, bullying, peer pressure, body image and self- confidence. She has also received two cases associated with suicidal tendencies. Number of students benefitted from counselling at personal level- 55



Face to face counselling session of students with Ms. Saniya Bedi