

Counselling Committee-Report [July, 2018 – June, 2019]

With the inaugural success of the program, the counselling committee continued with providing support and guidance to the students of Janki Devi Memorial College. The committee continued with the service of Ms. Saniya Bedi (Counselling Psychologist) and Zyego for face to face and group counselling sessions, respectively. The previous sessions experience and the subsequent feedback encouraged the committee to provide support and strengthen the mental well-being of the students. In the academic session, Ms. Saniya Bedi provided support and guidance to 58 JDMC students.

Zyego conducted a total of ten workshops for the college students. On 20th August, 2018, a workshop with Sport Students was organized wherein the problems faced by sports students were taken up. Mr. Arindam helped the students in identifying the stressors and suggested suitable coping mechanisms to tackle such stressors.



Workshop with Sport Students on 20th August, 2018

On 29th August, 2018, a session with First year students was conducted. The students were oriented with the importance of mental-being and were encouraged to be more vocal about their mental health.



Session with First year students on 29th August, 2018

On 19th September, 2018, in session with Chetna Society and Sanskrit Department Students, Mr. Arindam apprised the students with the causes of anxieties and suggested solutions to manage such anxieties.

On 6th October, 2018, a session with Hostellers was conducted by Mr. Arindam. He discussed common issues and challenges faced by the hostellers and suggested coping mechanisms for the same.

On 14th November, 2018, a Session with North East Students was organized. In this session, Mr. Arindam rightfully talked about the various issues faced by the students coming from north-eastern region of India. The students also discussed and had multiple queries that Mr. Arindam suitably solved.

On 11th December, 2018, a workshop with Non-Teaching Staff was organized to discuss about the co-worker relationships at workplace and the staff was apprised about the same by doing some role play and simulation activities.

On 8th February, 2019, after getting the positive feedback and based on the demand of the hostellers, the committee organized a session for them. In this session, family separation issues and consequent loneliness experienced by the students were taken up and resolved.



Session with Hostellers on 8th February, 2019

On 15th February, 2019, a Session with North East Students was organized with major focus on career counselling. As the students came from different part of north-east, cultural alignment and other challenges faced by such students were taken up.

On 27th March, 2019, a Session with First year students was held. They were given timely session on how to manage exam stress and the counsellor helped them with suitable tips to ward off exam anxieties.

On 3rd April, 2019- Workshop with Chetna society students was held. In this session, the society students were also advised on managing exam related stress with required resolve.