

## Counselling Committee Report (2022-2023)

**Date- May 26, 2023**

**Topic - Life Skills**

**Venue- 10 am - 11 am, Seminar Room**

On the 26th of May 2023, the Department of Political Science, Janki Devi Memorial College organized a special lecture with Saniya Bedi on “life skills.” The speaker explained the Life Skills that are necessary to lead a healthy and successful life. Having control over emotions is an important life skill. Emotional balance affects one’s health and well-being. The talk was enriching and insightful for the students. The talk was attended by 50 students.



The poster features a light blue background with a green gradient at the bottom. At the top, there are five logos: 'Trust & Believe Yourself', 'NAAC A+ 1922-2022', 'G20', '75th Anniversary', and the University of Delhi emblem. The text is centered and reads: 'JANKI DEVI MEMORIAL COLLEGE Accredited A+ by NAAC UNIVERSITY OF DELHI Political Science Department in association with Counselling Committee invites you for a special lecture on Life Skills Resource person: Ms Saniya Bedi (Counselling Psychologist) Date: 26th May 2023 Time: 10:00 a.m.-11:00 a.m. Venue: Seminar Room'. Below the text is an illustration of hands holding a tablet with three smiley faces (red, yellow, green). At the bottom, three names are listed: Ms Shalini Singh (Coordinator, Political Science Dept.), Dr Poonam Kanwal (Convenor, Counselling Committee), and Prof Swati Pal (Principal).



The poster features a light blue background with a green gradient at the bottom. At the top, there are five logos: 'Trust & Believe Yourself', 'NAAC A+ 1922-2022', 'G20', '75th Anniversary', and the University of Delhi emblem. The text is centered and reads: 'जानकी देवी मेमोरियल कॉलेज NACC द्वारा A+ मान्यता प्राप्त दिल्ली विश्वविद्यालय राजनीति विज्ञान विभाग के सहयोग से परामर्श समिति आपको विशेष व्याख्यान के लिए आमन्त्रित करता है कौशल जीवन संसाधन व्यक्ति : मिस. सानिया बेदी (परामर्श मनोवैज्ञानिक) दिनांक : 26 मई, 2023 समय : सुबह 10 बजे से स्थान : सेमिनार कक्ष'. Below the text is an illustration of hands holding a tablet with three smiley faces (red, yellow, green). At the bottom, three names are listed: मिस. शालिनी सिंह (समन्वयक, राजनीति विज्ञान विभाग), डॉ. पूनम कंवल (संयोजक, परामर्श समिति), and प्रो. स्वाति पाल (प्रधानाचार्य).



Delhi, Delhi, India

HALL, JANKI DEVI MEMORIAL COLLEGE, Old Rajinder Nagar,  
Rajinder Nagar, Delhi, 110001, India

Lat 28.642007°

Long 77.192172°

26/05/23 11:06 AM GMT +05:30

GPS Map Camera

Google



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 28.64211°

Long 77.19154°

26/05/23 10:23 AM GMT +05:30

GPS Map Camera

Google

Date- April 26, 2023

Topic - “Building a Better You: The Power of Language, Empathy and Love”

Time- 10.30- 11.30, Venue- Seminar Room

The Counselling Committee organised a talk on “Building a Better You: The Power of Language, Empathy and Love”, for the students of Political Hons. The Speaker Dr. Bhavna Chawla, spoke about the use of language, empathy, and love in building friendships, and a positive personal aura. She said that these qualities are life skills which are important to do well in this world. The talk was attended by 45 students.



**JANKI DEVI MEMORIAL COLLEGE  
(UNIVERSITY OF DELHI)**  
DEPARTMENT OF POLITICAL SCIENCE  
In collaboration with  
**COUNSELLING COMMITTEE**  
Invites you to a talk on

**"BUILDING A BETTER YOU: THE POWER  
OF LANGUAGE, EMPATHY, AND LOVE"**

**SPEAKER:**  
**DR. BHAVNA CHAWLA**  
(President, CESA,  
HOD Business Studies, SJC,  
Educationist and soft skill trainer)

Date: 26th April, 2023  
Time: 10:00 AM onwards  
Venue: Seminar Room

**ANISHA SHARMA**  
MEERA TIBOTI  
MEHAK GUPTA  
ANWESHA SHARMA  
SIVYANSA  
(Students' Union)

**DR. POONAM KANWAL**  
**DR. DEBAHUTI BRAHMACHARI**  
(Association incharges)

**DR. POONAM KANWAL**  
(Teacher incharge)

**PROF. SWATI PAL**  
(Principal, JDMC)



**जानकी देवी मेमोरियल कॉलेज  
(दिल्ली विश्वविद्यालय)**  
राजनीति विज्ञान विभाग  
इसके सहयोग से  
**परामर्श समिति**  
आपको आमंत्रित करता है एक टॉक शो पर

**स्व-निर्माण: भाषा, सहानुभूति  
एवं प्यार का महत्व**

**वक्ता:**  
डॉ. भावना चावला  
(CESA अध्यक्ष,  
HOD बिजनेस स्टडीज, SJC,  
शिक्षाविद् एवं मुद्र कौशल प्रशिक्षक)

दिनांक: 26 अप्रैल, 2023  
समय : सुबह 10:00 बजे से  
स्थान: सेमिनार कमरा

**ANISHA SHARMA**  
MEERA TIBOTI  
MEHAK GUPTA  
ANWESHA SHARMA  
SIVYANSA  
(छात्र संघ)

**DR. POONAM KANWAL**  
**DR. DEBAHUTI BRAHMACHARI**  
(संघ प्रभारी)

**DR. POONAM KANWAL**  
(अध्यापिका)

**PROF. SWATI PAL**  
(प्रधाना)



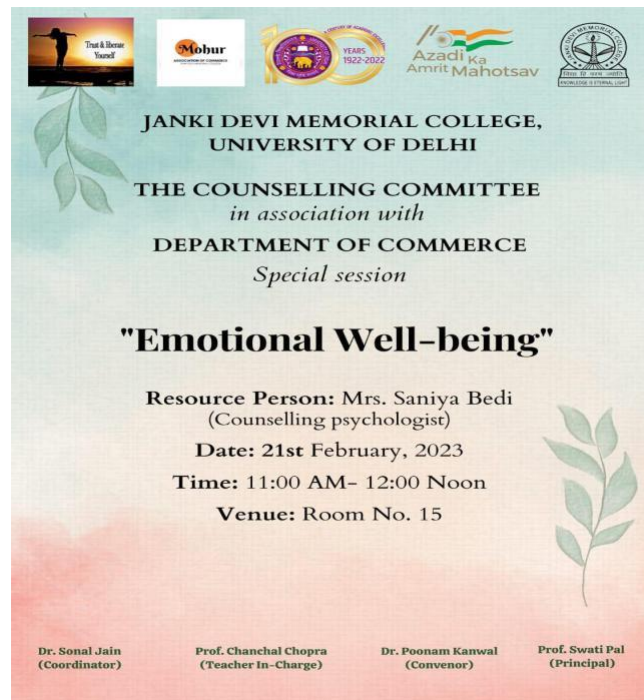


**DATE :February 21, 2023**

**TOPIC : “Emotional Well-being”**

**TIME : 11am-12 noon VENUE : Room No. 15**

The Counselling Committee in association with Department of Commerce organized a special session for the students on “Emotional Well-being”. The session began with the introduction of the resource person, Mrs. Saniya Bedi (Counselling Psychologist). Ms. Bedi shared the fundamentals of emotional regulation with the participants. Doable and practical tips were shared with respect to managing emotions. Some of the tips shared by her included-How to identify the feelings, how to deal with them and how to finally heal. Around 55 students participated in this interactive session.



The poster features a light green and pink background with a leaf motif on the left and right sides. At the top, there are logos for 'Trust & Believe Yourself', 'Mobur', '100 YEARS 1922-2022', 'Azadi Ka Amrit Mahotsav', and the University of Delhi. The text is centered and reads: 'JANKI DEVI MEMORIAL COLLEGE, UNIVERSITY OF DELHI', 'THE COUNSELLING COMMITTEE in association with DEPARTMENT OF COMMERCE', 'Special session', and the title '"Emotional Well-being"'. Below the title, it lists the resource person as Mrs. Saniya Bedi (Counselling psychologist), the date as 21st February, 2023, the time as 11:00 AM- 12:00 Noon, and the venue as Room No. 15. At the bottom, there are four names and titles: Dr. Sonal Jain (Coordinator), Prof. Chanchal Chopra (Teacher In-Charge), Dr. Poonam Kanwal (Convenor), and Prof. Swati Pal (Principal).

**JANKI DEVI MEMORIAL COLLEGE,  
UNIVERSITY OF DELHI**

**THE COUNSELLING COMMITTEE**  
*in association with*  
**DEPARTMENT OF COMMERCE**  
*Special session*

**"Emotional Well-being"**

**Resource Person:** Mrs. Saniya Bedi  
(Counselling psychologist)

**Date:** 21st February, 2023

**Time:** 11:00 AM- 12:00 Noon

**Venue:** Room No. 15

**Dr. Sonal Jain**  
(Coordinator)

**Prof. Chanchal Chopra**  
(Teacher In-Charge)

**Dr. Poonam Kanwal**  
(Convenor)

**Prof. Swati Pal**  
(Principal)



**DATE : February 14, 2023**

**TOPIC : “How to Cope with Exam Stress” (BA Hons. students of Political Science Department)**

**TIME : 10-11am VENUE : Room No. 66**

The Counselling Committee organized a special session for the students of BA(Hons)Political Science 1st year on “How to Cope with Exam Stress.” The session began with the introduction of the organization “Devotus” its founder Mr. Gaurav Arya and the counselling psychologist Ms. Shobha Jain attached with the organisation. The talk started with an energizer and was extremely informative as it gave the students several tips on how to cope with stress during their exams. The importance of time management, taking notes, and having the right attitude and thought process was stressed and Ms. Shobha Ma'am made the session extremely interactive and enriching for the students. The event had active participation by the students of the department and ended with a note of thanks to the speaker and audience. 58 students attended the session.





JANKI DEVI MEMORIAL COLLEGE  
(UNIVERSITY OF DELHI)

COUNSELLING COMMITTEE

in collaboration with

DEPARTMENT OF POLITICAL SCIENCE

invites the students of

BA (Hons) Political Science to a special session on



HOW TO COPE  
WITH EXAM  
STRESS?

SPEAKER:

**Shobha Jain**  
(Counseling Psychologist)



FOUNDER:  
Gaurav Arya

Mark the date:

14th February, 2023 | 10:00 - 11:00 AM | Room No. 66

Dr. Poonam Kanwal  
Dr. Debahuti Brahmachari  
(Department Association Incharges)

Anisha Sharma  
Medha Tushri  
Mehak Gupta  
(Core Union Members)

Dr. Poonam Kanwal  
(Counselling Convenor)

Dr. Suman Gupta  
(Teacher In-charge)

Prof. Swati Pal  
(Principal)





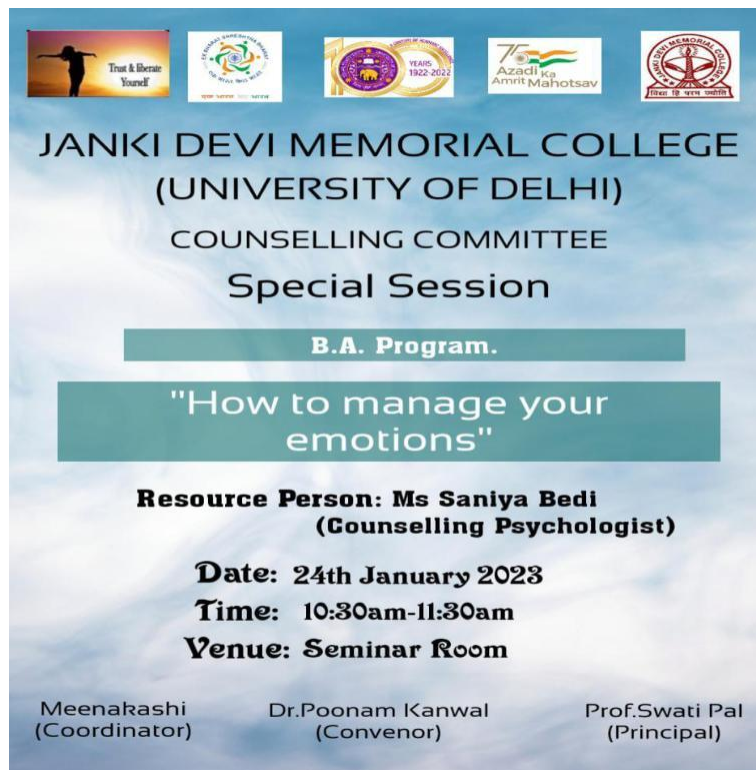
**DATE : January 24, 2023**

**TOPIC : How to manage to your emotion (For BA Prog students)**

**TIME : 11 a.m. onwards**

**VENUE : Seminar Room**

The Counselling session for the students of the Department of Hindi and Sanskrit was held on the 24th January, 2023 in Seminar Room, Session coordinated by Ms. Meenakshi. Counsellor, Ms. Saniya Bedi . Ms. Bedi was introduced to the students at the onset of the session, where students were encouraged to be open with their questions and issues. A total of 33 students were present from BA program course. Ms. Bedi took an interesting and interactive session with the students, who were eager to ask her more questions, even after the end of the session. The session concluded with the teachers emphasizing the need for mental health awareness and sensitivities.



**JANKI DEVI MEMORIAL COLLEGE  
(UNIVERSITY OF DELHI)  
COUNSELLING COMMITTEE  
Special Session**

**B.A. Program.**

**"How to manage your emotions"**

**Resource Person: Ms Saniya Bedi  
(Counselling Psychologist)**

**Date: 24th January 2023  
Time: 10:30am-11:30am  
Venue: Seminar Room**

Meenakashi (Coordinator)      Dr. Poonam Kanwal (Convenor)      Prof. Swati Pal (Principal)





नई दिल्ली, दिल्ली, भारत

MAIN CAMPUS, JANKI DEVI MEMORIAL COLLEGE, J.D.M.C Rd, ओल्ड राजिंदर नगर, राजिंदर नगर, नई

दिल्ली, दिल्ली 110001, भारत

Lat 28.641952°

Long 77.191401°

24/01/23 11:58 AM GMT +05:30



नई दिल्ली, दिल्ली, भारत

MAIN CAMPUS, JANKI DEVI MEMORIAL COLLEGE, J.D.M.C Rd, ओल्ड राजिंदर नगर,  
राजिंदर नगर, नई दिल्ली, दिल्ली 110001, भारत

Lat 28.641952°

Long 77.191401°

24/01/23 11:37 AM GMT +05:30

**DATE : January 10, 2023**

**TOPIC : Achieve Your Goals and Stay Motivated (For Sanskrit Department)**

**TIME : 11 a.m. onwards**

**VENUE :Room No- 41A**

The counselling session for the students of the Department of Sanskrit was held on the **10th January 2023** in Room no 41A, Session was taken by Counsellor, Ms. Saniya Bedi and coordinated by Dr. Indu Soni. This session aimed at helping the students understand how they can discover themselves and form goals accordingly. They were encouraged to look beyond the usual societal expectations, and work towards what they truly desire for. A total of 20 students were present from the sanskrit department.

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

**COUNSELLING COMMITTEE**

invites the Department of Sanskrit to a seminar on

**ACHIEVE YOUR GOALS AND STAY  
MOTIVATED**

**KEY TAKEAWAYS:**

1. Identify your goals
2. Tips on staying motivated
3. Tips on taking care of yourself

**Mark the date:**  
**10th January, 2023 | 11:00 AM - 12:00 PM | Room No. 41A**

Dr. Indu Soni  
(Coordinator)

Dr. Poonam Kanwal  
(Counselling Convenor)

Prof. Swati Pal  
(Principal)





**DATE :December 27, 2022**

**TOPIC : How to take care of your mental health ( Special session )**

**TIME : 11 a.m. onwards**

**VENUE : Seminar Room**

The counselling session for the students of the Department of Hindi and Sanskrit was held on the 27th December, 2022 in Seminar Room, Session coordinated by Ms. Meenakshi. Counsellor, Ms. Saniya Bedi in the presence of three faculty members, Dr. Poonam kanwal, Dr. Raju from political science department and Ms. Meenakshi from hindi department . Ms. Bedi was introduced to the students at the onset of the session. Students learnt the meaning and importance of self-care. Doable tips on how they can take care of themselves was shared by the counsellor. They also learnt how to prioritize values, and how to communicate clearly. how to say no, and how to recharge when needed. The session was interactive and was attended by 25 students.



The poster features a light blue background with a subtle wave pattern. At the top, there are five logos: 'Trust & Liberate Yourself', a circular logo with a tree, a purple circular logo with '100th 1922-2022', '75 Azadi Ka Amrit Mahotsav', and the Janki Devi Memorial College logo. The main text is centered and reads: 'JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI) COUNSELLING COMMITTEE Special session "How to take care of your mental health"'. Below this, it lists the resource person as Ms. Saniya Bedi, a Counselling Psychologist, and provides the date (27th December 2022), time (11:00am-12:00pm), and venue (Seminar room). A green box highlights the target audience: 'Hindi hons. and Sanskrit hons. students'. At the bottom, the names and roles of the organizers are listed: Meenakashi (Coordinator), Dr. Poonam Kanwal (Convenor), and Prof. Swati Pal (Principal). A 'Poster Maker' watermark is visible in the bottom right corner.

**JANKI DEVI MEMORIAL COLLEGE  
(UNIVERSITY OF DELHI)  
COUNSELLING COMMITTEE  
Special session**

**"How to take care of your  
mental health"**

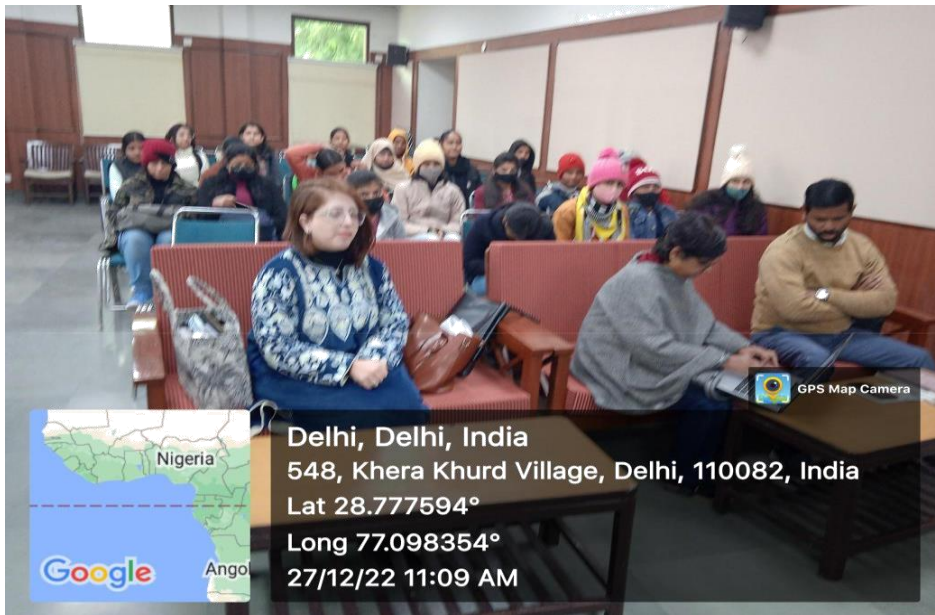
**Resource person: Ms Saniya Bedi  
(Counselling Psychologist)**

**Date: 27th December 2022  
Time: 11:00am-12:00pm  
Venue: Seminar room**

**Hindi hons. and Sanskrit hons. students**

Meenakashi (Coordinator)      Dr.Poonam Kanwal (Convenor)      Prof.Swati Pal (Principal)

Poster Maker



**DATE : November 29, 2022**

**TOPIC : Rise Up To Ability : Awareness Talk**

TIME : 12 noon onwards

VENUE : Room No. 66

**DESCRIPTION :**

The Counselling Committee of Janki Devi Memorial College organized an awareness talk on the topic 'Rise Up To Ability' on 29 November 2022 to commemorate the International Day of Persons with Disabilities. The resource person for the session was Dr. Sonali Kataria Sirohi, who is the founder of Sunrise Learning Foundation. The workshop was attended by students from different departments.

The session began with a welcoming speech by the anchors, who then explained the significance of the International Day of Persons with Disabilities, after which, the speaker addressed the students. The speaker began by explaining the problem of exclusion, isolation and lack of acceptability in the society. Through her life story, the speaker tried to make the students empathetic and conveyed the idea of diversity, change in outlook, acceptance, and inclusion.

She explained :

- how differently-abled people have lots of potential in them but due to a lack of social acceptance and exclusion, their talent and abilities remain unexplored;
- she differentiated between the terms *Neuro-diverse* and *Neuro-typical*;
- how people with Autism and likewise disorders have different ways of social interaction, imagination, and communication;
- she emphasized the fact that every autistic person is different in nature like any other individual;
- she highlighted the idea that people might be '*different but not less*'.

The speaker, then encouraged the students to share their personal experiences. This insightful and informative session was well-received by the students.

In the end the teachers thanked the speaker for presenting such a perceptive session.





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

To commemorate International Day for  
Persons with Disabilities

**COUNSELLING COMMITTEE**

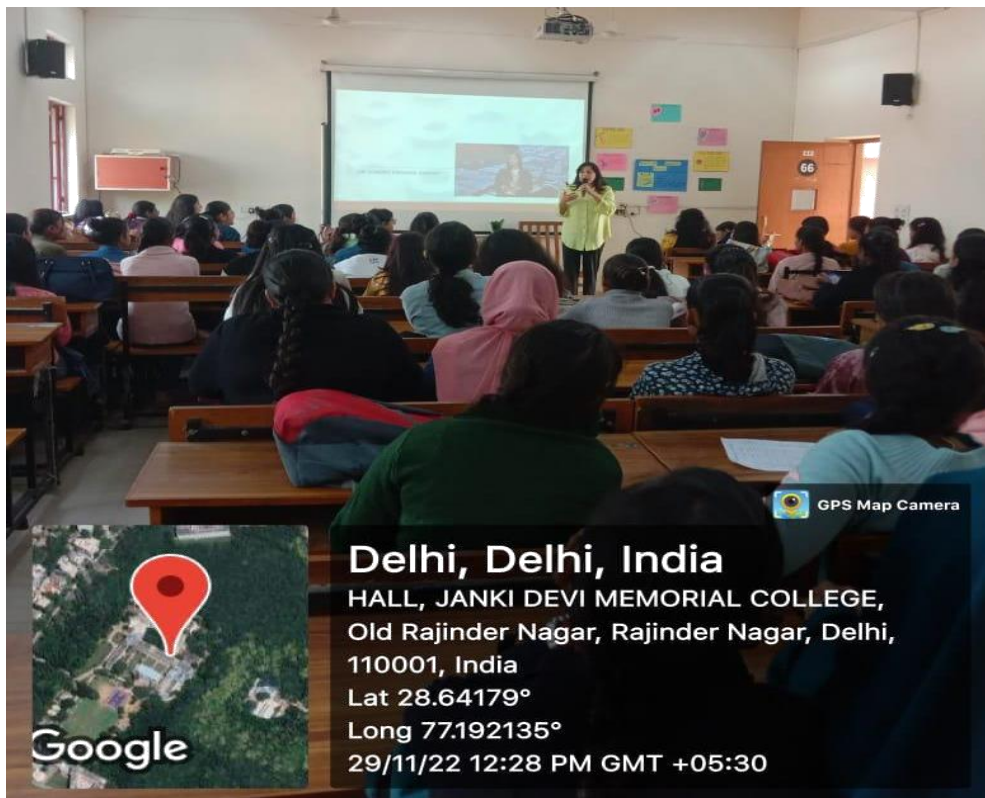
invites you to an Awareness Talk on

***RISE UP TO ABILITY***

**SPEAKER: Dr. Sonali Kataria Sirohi**

**Mark the date:**  
**29th November, 2022 | 12:00 - 1:00 PM | Room No. 66**

Dr. Vandana (Coordinator)      Dr. Poonam Kanwal (Counselling Convenor)      Prof. Swati Pal (Principal)





New Delhi, DL, India

Central Ridge Forest Area, New Delhi,  
110060, DL, India

Lat 28.641758, Long 77.192079

11/29/2022 01:35 PM GMT+05:30

Note : Captured by GPS Map Camera

**Date : 2 November 2022 (Seminar Room)**

**Topic : 'I Choose You': Growing friendships with people who experience Disability.**

The Counselling Committee of Janki Devi Memorial College organized an awareness workshop in collaboration with **Ashish Foundation** on the topic 'I CHOOSE YOU: Growing friendships with people who experience disability'. Ashish Foundation for the Differently Abled Charitable Trust, established in 2007, works with children and young adults with autism and other developmental disabilities. They believe that each individual has the ability and deserves the opportunity to contribute to society. Ashish Foundation mentors families in meeting the specific needs of their children and also mentors several disability-focused organizations across India. The resource persons were Preeti Bhasin, Programme Manager, Ashish Foundation and Susan Sywulka-ABA specialist. The workshop was attended by around 80 students from different departments. The workshop involved exercises, audio visual descriptions and an enriching discussion. It also touched upon social role valorization and how we can take simple initiatives in our day to day life to befriend anyone with physical or intellectual disability and make them feel valued. The key takeaways of the session were: Becoming aware of the friendship gaps; Appreciating the value of freely given relationships, Deciding the next steps to grow in friendships. The session ended with a vote of thanks and felicitation of the speakers with a painting and thank-you card as a token of gratitude.







**JANKI DEVI MEMORIAL COLLEGE**  
(University of Delhi)

**COUNSELLING COMMITTEE**  
invites you to an Awareness Workshop by

*Ashish Foundation*

on the topic

**I CHOOSE YOU!**  
**Growing friendships with people**  
**who experience disability**

**Key Takeaways :**

- Become aware of the friendship gap.
- Appreciate the value of freely given relationships.
- Decide the next steps to grow in friendship.



**Resource persons:**

Preeta Bhasin  
Susan Sywulka



**Date: 2nd November, 2022**



**Time: 11:00 AM -12:00 PM**



**Venue: Seminar Room**

Dr. Khachungla Chalhng  
(Coordinator)

Dr. Poonam Kanwal  
(Counselling Convener)

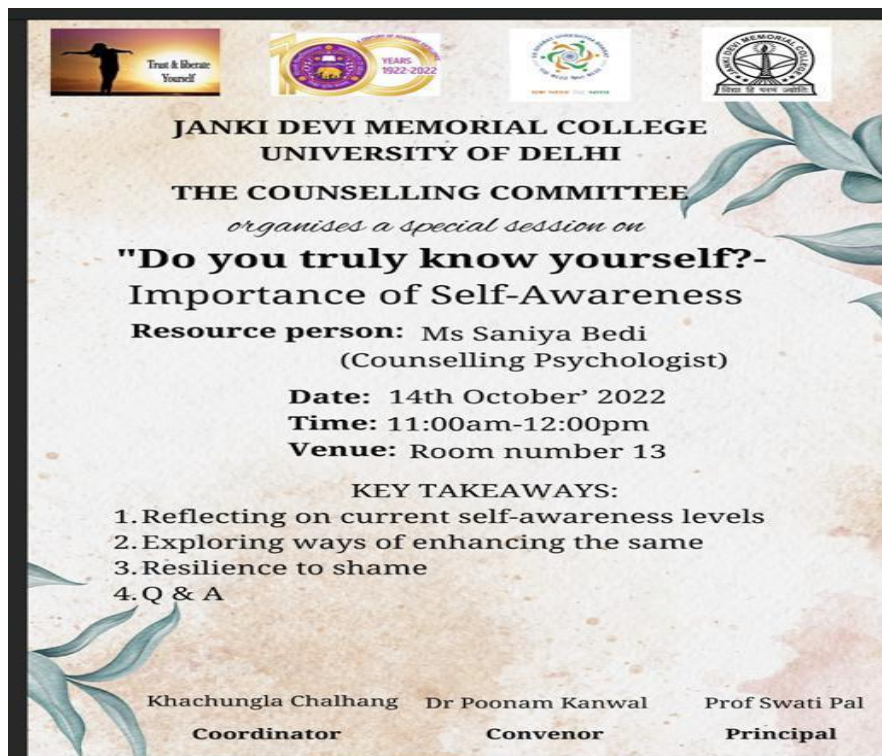
Prof. Swati Pal  
(Principal)



**Date: October 14, 2022**

**Topic: “Do you truly know yourself? Importance of Self Awareness.”**

The counselling session for the students of the Department of English was held on the 14th October, 2022 in Room. No. 13, by the counsellor, Ms. Saniya Bedi in the presence of two faculty members, Dr. Khachungla Chahang and Ms. Jaya Yadav. Ms. Bedi was introduced to the students at the onset of the session, where students were encouraged to be open with their questions and issues. A total of 15 students were present. Ms. Bedi took an interesting and interactive session with the students, who were eager to ask her more questions, even after the end of the session. The session concluded with the teachers emphasizing the need for mental health awareness and sensitivity.



**JANKI DEVI MEMORIAL COLLEGE  
UNIVERSITY OF DELHI**

**THE COUNSELLING COMMITTEE**  
*organises a special session on*

**"Do you truly know yourself?-  
Importance of Self-Awareness**

**Resource person:** Ms Saniya Bedi  
(Counselling Psychologist)

**Date:** 14th October' 2022  
**Time:** 11:00am-12:00pm  
**Venue:** Room number 13

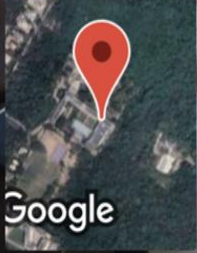
**KEY TAKEAWAYS:**

1. Reflecting on current self-awareness levels
2. Exploring ways of enhancing the same
3. Resilience to shame
4. Q & A

Khachungla Chahang    Dr Poonam Kanwal    Prof Swati Pal  
**Coordinator                      Convenor                      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 28.641638°  
Long 77.192192°  
14/10/22 12:04 PM GMT +05:30



**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 28.641638°  
Long 77.192192°  
14/10/22 12:04 PM GMT +05:30



**Date - 11th October, 2022**

**Topic of the session - Mindfulness and Mental Health**

The Counselling Committee organized a session for the students of the Economics Department of JDMC on the World Mental Health Day, on October 11, 2022. The session was titled “Mindfulness and Mental Health.” The speaker, Ms. Saniya Bedi, highlighted the importance of mental health and mindfulness and also explained the importance of World Mental Health Day, which was celebrated on October 10, 2022. She also conducted an activity which helped students understand the significance of mindful eating. She suggested to avoid eating anything which is high on sugar when anxious.

She elucidated some key points regarding self-care and self-awareness and also shared three hacks on how a person can manage their anxiety, which are, first, one can only manage it but can't get rid of it; second, to always use the prefix- 'My Mind is saying' before any sentence and lastly, calm down your body as it's useless to explain your mind so focus on your body. She also suggested to Ask yourself questions of the things around and to start eating mindfully in order to feel less anxious. Around 24 students participated in the session.

**JANKI DEVI MEMORIAL COLLEGE**  
(University of Delhi)  
**ECONOMICS DEPARTMENT**  
in association with  
**COUNSELLING COMMITTEE**  
in celebration of  
*World Mental Health Day*  
invites you to a session on  
**MINDFULNESS  
AND MENTAL HEALTH**

- Resource person: Ms. Saniya Bedi**
- Date: 11th October, 2022**
- Time: 11:00 AM -12:00 PM**
- Venue: Room No. 67**

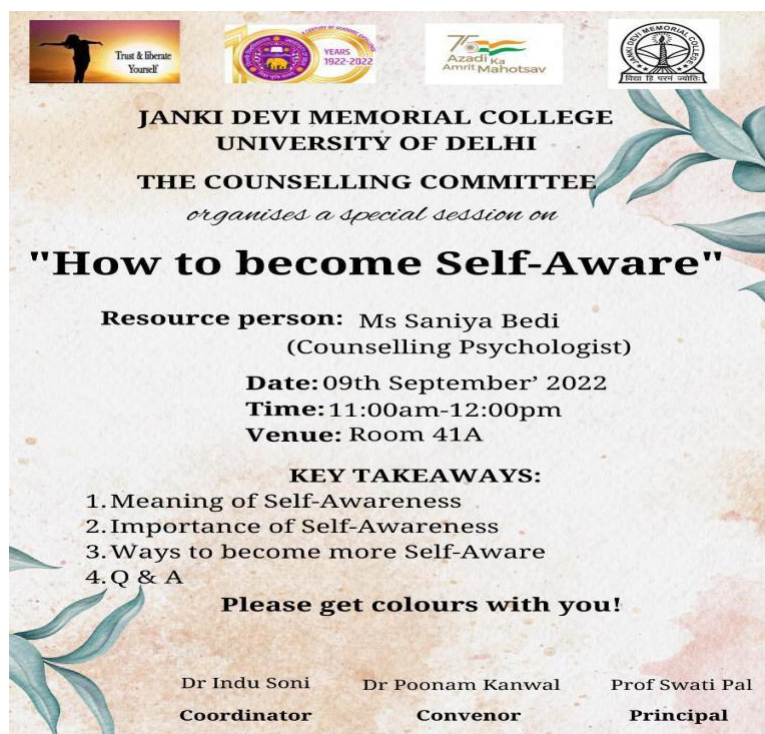
**Ms. Bijoyata Yonzon** (Coordinator)      **Dr. Poonam Kanwal** (Counselling Convenor)      **Prof. Swati Pal** (Principal)



**Date - September 09, 2022**

**Topic of the Session – How to become Self-Aware**

The Counselling Committee organised a session for the students of Sociology Department on “Suicide Prevention Awareness”. More than 50 students attended the session..Ms. Saniya Bedi, discussed the need for such a day (World Suicide Prevention Day-10<sup>th</sup> September every year) to make people aware of the major suicides that are being committed by people. Ms. Bedi believed that social pressure is one of the major causes of suicide. She added that stress, anxiety and tension are part of normal life and one must deal with these issues confront them rather than push them under the carpet. She held that postponing worries/ tensions can be a temporary solution, it is important to deal with them. She emphasised that people must hold onto their happy memories and have hope, be strong enough to deal with their troubles rather than sink into them, just to keep going one day at a time.



**JANKI DEVI MEMORIAL COLLEGE  
UNIVERSITY OF DELHI**

**THE COUNSELLING COMMITTEE**  
*organises a special session on*

**"How to become Self-Aware"**

**Resource person:** Ms Saniya Bedi  
(Counselling Psychologist)

**Date:** 09th September' 2022  
**Time:** 11:00am-12:00pm  
**Venue:** Room 41A

**KEY TAKEAWAYS:**

1. Meaning of Self-Awareness
2. Importance of Self-Awareness
3. Ways to become more Self-Aware
4. Q & A

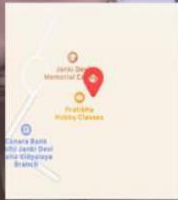
**Please get colours with you!**

Dr Indu Soni      Dr Poonam Kanwal      Prof Swati Pal  
**Coordinator**      **Convener**      **Principal**





नई दिल्ली, DL, भारत  
Central Ridge Forest Area, नई दिल्ली,  
Lat 28.641866, Long 77.191916  
09/09/2022 11:20 AM

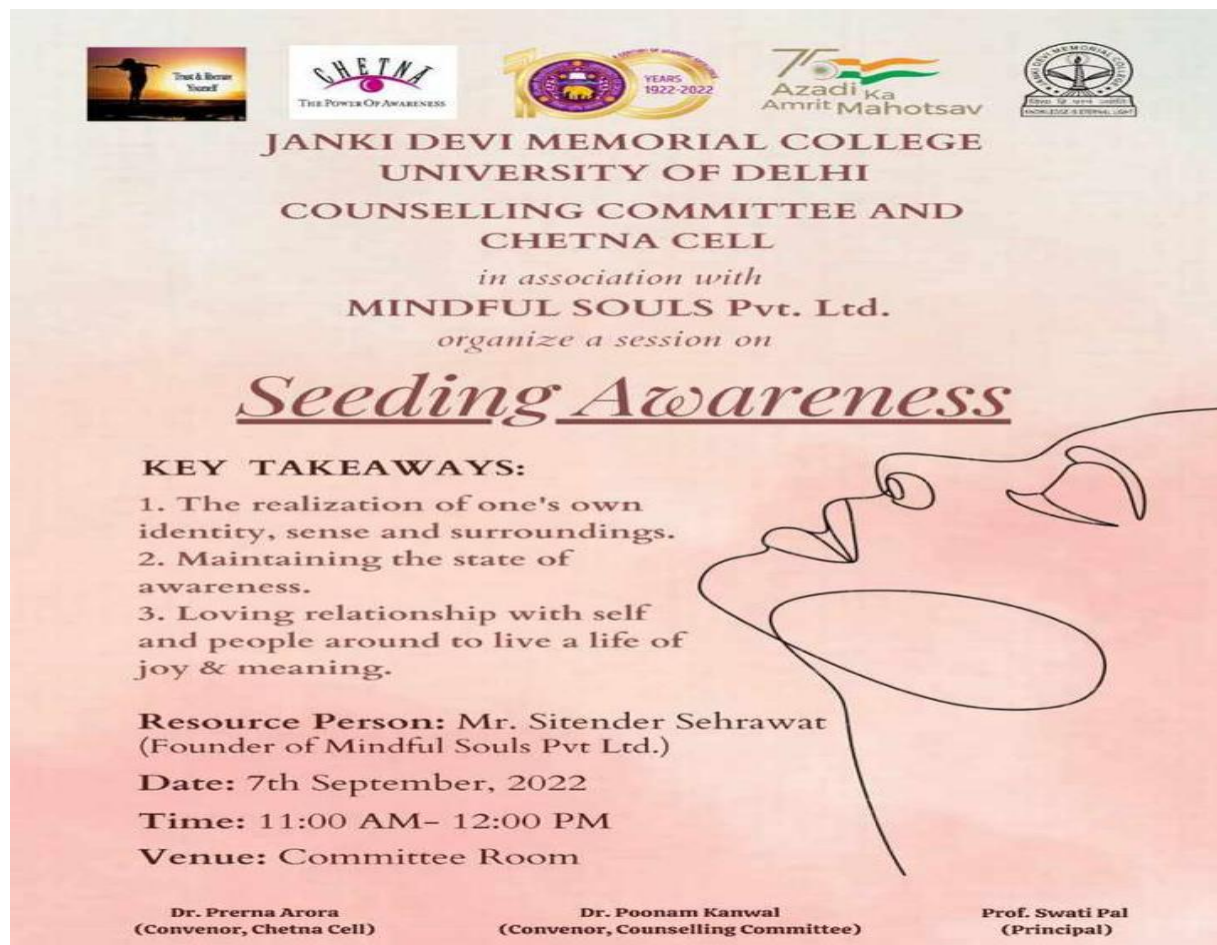


नई दिल्ली, DL, भारत  
Central Ridge Forest Area, नई दिल्ली,  
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**Date - September 07, 2022 (Venue- Committee Room)**

**Topic of the Session- Seeding Awareness**

The Counseling Committee and Chetna Cell in collaboration with the Mindful Souls (Pvt. Ltd.) organized a special session for the students of the college on 'Seeding Awareness'. Mr. Sitender Sehrawat was the key speaker. It was an interactive session. The key takeaways from the session were -realization of one's own identity, sense, and surroundings, maintaining a state of awareness and a loving relationship with oneself. A total number of 75 students including teachers were present in the session.



**JANKI DEVI MEMORIAL COLLEGE  
UNIVERSITY OF DELHI  
COUNSELLING COMMITTEE AND  
CHETNA CELL**  
*in association with*  
**MINDFUL SOULS Pvt. Ltd.**  
*organize a session on*

**Seeding Awareness**

**KEY TAKEAWAYS:**

1. The realization of one's own identity, sense and surroundings.
2. Maintaining the state of awareness.
3. Loving relationship with self and people around to live a life of joy & meaning.

**Resource Person:** Mr. Sitender Sehrawat  
(Founder of Mindful Souls Pvt Ltd.)

**Date:** 7th September, 2022

**Time:** 11:00 AM- 12:00 PM

**Venue:** Committee Room

**Dr. Prerna Arora**  
(Convenor, Chetna Cell)

**Dr. Poonam Kanwal**  
(Convenor, Counselling Committee)

**Prof. Swati Pal**  
(Principal)





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**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 28.641695°  
Long 77.191308°  
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Google

**New Delhi, Delhi, India**  
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Lat 28.6417°  
Long 77.19131°  
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GPS Map Camera





POCKET B

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**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 28.641706°  
Long 77.191312°  
07/09/22 12:36 PM

GPS Map Camera

**Date- September 06, 2022**

**Topic of the Session – Self-Care**

This session was organised for the students of BSc (Hons) Mathematics in Computer Lab III. The title of the session was ‘Self-Care’. Students learnt the meaning and importance of self-care. The session was interactive and was attended by fifty-one students.





**JANKI DEVI MEMORIAL COLLEGE  
UNIVERSITY OF DELHI**

**THE COUNSELLING COMMITTEE**

*organizes a special session on*

## **"Self-Care"**

**Resource person:** Ms Saniya Bedi  
(Counselling Psychologist)

**Date:** 6th September' 22

**Time:** 11:00am-12:00pm

**Venue:** Computer Lab III

### **KEY TAKEAWAYS:**

1. Meaning of Self-Care
2. Importance of Self-Care
3. Discussion around Self-Harm
4. Q & A

**Please get colours with you!**

Ms Geeta  
Dr Rashmi  
**Organisers**

Dr Poonam Kanwal  
**Convenor**

Prof Swati Pal  
**Principal**



GPS Map Camera



**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 28.642134°

Long 77.191581°

06/09/22 11:04 AM GMT +05:30



**Date- August 26, 2022**

**Topic of the Session - How to form Boundaries**

This session was organised for the students of BA (Hons) Political Science in room no. 68. The title of the session was 'How to Frame Boundaries'. Students learnt how to prioritize values, and how to communicate clearly. how to say no, and how to recharge when needed. The session was attended by seventy students.

**JANKI DEVI MEMORIAL COLLEGE,  
UNIVERSITY OF DELHI  
DEPARTMENT OF POLITICAL SCIENCE**  
*in association with*  
**THE COUNSELLING COMMITTEE**  
*organizes a special session on*  
**"How to form boundaries"**

**Resource Person: Mrs. Saniya Bedi**  
(Counselling psychologist)  
**Date: 26th August, 2022**  
**Time: 12:30 PM- 1:30 PM**  
**Venue: Room No. 68**

**KEY TAKEAWAYS:**

1. Prioritize your values
2. Communicate your boundaries clearly
3. Learn how to say no, politely and professionally
4. Take time off to recharge when needed

**Dr. Poonam Kanwal**  
Dr. Debahuti Brahmachari  
Dr. Rehamol PR  
(Department Association Incharges)

**Dr. Suman Gupta**  
(Teacher In-Charge)

**Dr. Poonam Kanwal**  
(Convenor)

**Prof. Swati Pal**  
(Principal)



GPS Map Camera



**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  
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Long 77.19183°  
26/08/22 12:33 PM



GPS Map Camera



**New Delhi, Delhi, India**  
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26/08/22 12:35 PM



**Date- August 05, 2022**

**Topic of the Session – How to manage emotions**

A special session was organised by the Counselling Committee on “How to manage emotions”. The resource person for the session was college counselling Psychologist, Ms. Saniya Bedi. Around 33 students attended the session. This workshop intended at exploring emotions, their need and the importance of accepting emotions. Discussion around emotional intelligence and its regulation was carried out. A very simple and doable breathing exercise was taught to the participants and the technique of worry time and worry jar was discussed. Students actively participated by sharing their personal experiences and feelings with the counsellor.



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

The Counselling Committee organizes a special workshop on

**"HOW TO MANAGE EMOTIONS"**

Resource Person: Mrs. Saniya Bedi  
(counsellor and Psychologist)

**Key Takeaways**

- How to Identify what you're feeling.
- Accept your emotions (all of them).
- Know when to express yourself.
- Handling different emotions.

Details of the event:-

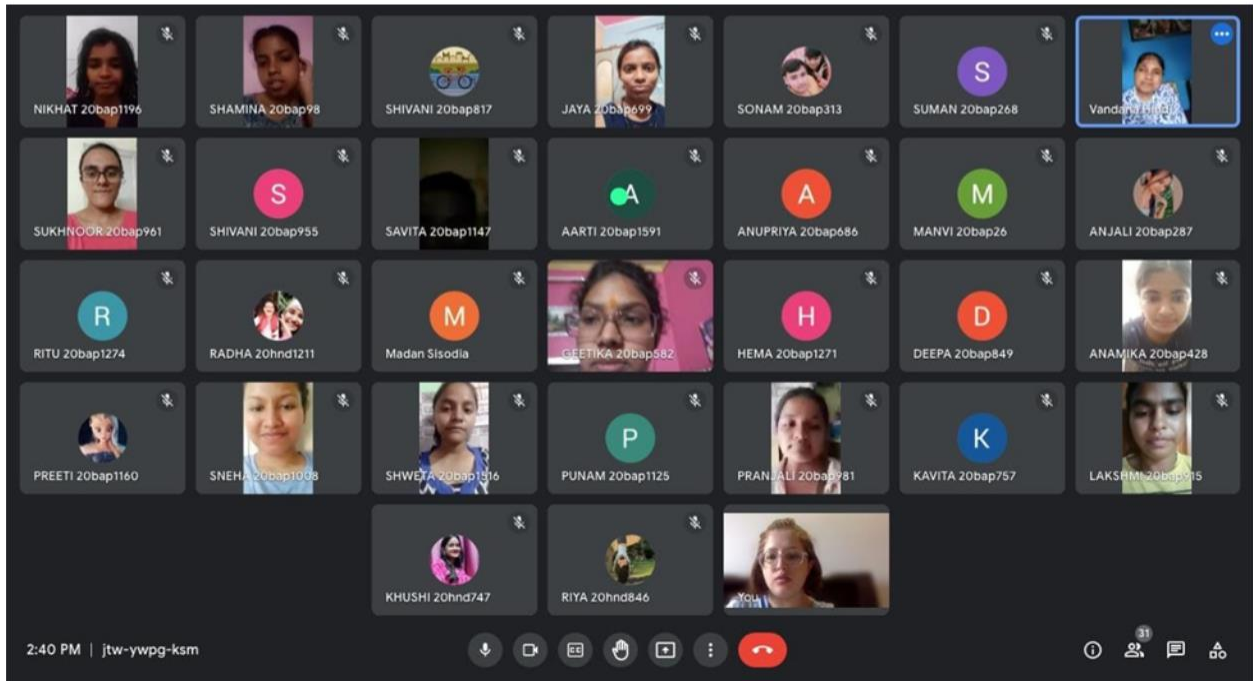
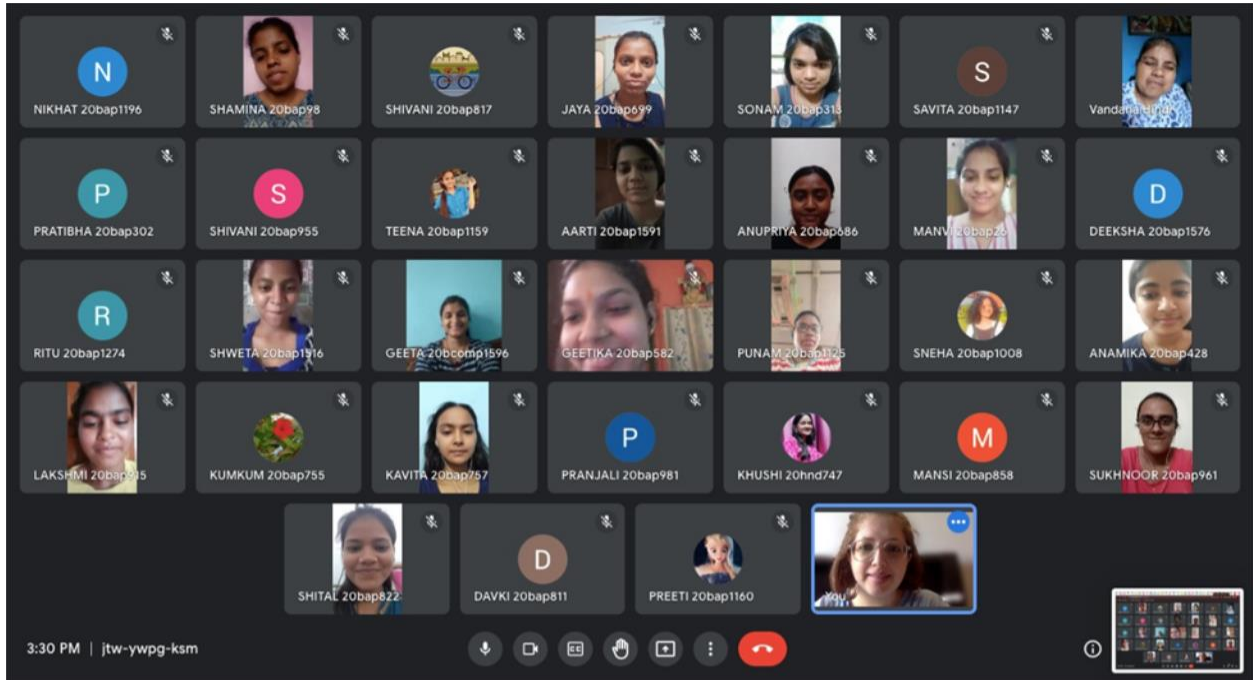
- 1) Date: 5th August '22
- 2) Day: Friday
- 3) Timings: 2:30 onwards
- 4) Venue: Room No. 12

**DR. VANDANA**  
(ORGANISER)

**DR. POONAM KANWAL**  
(CONVENOR)

**PROF. SWATI PAL**  
(PRINCIPAL)

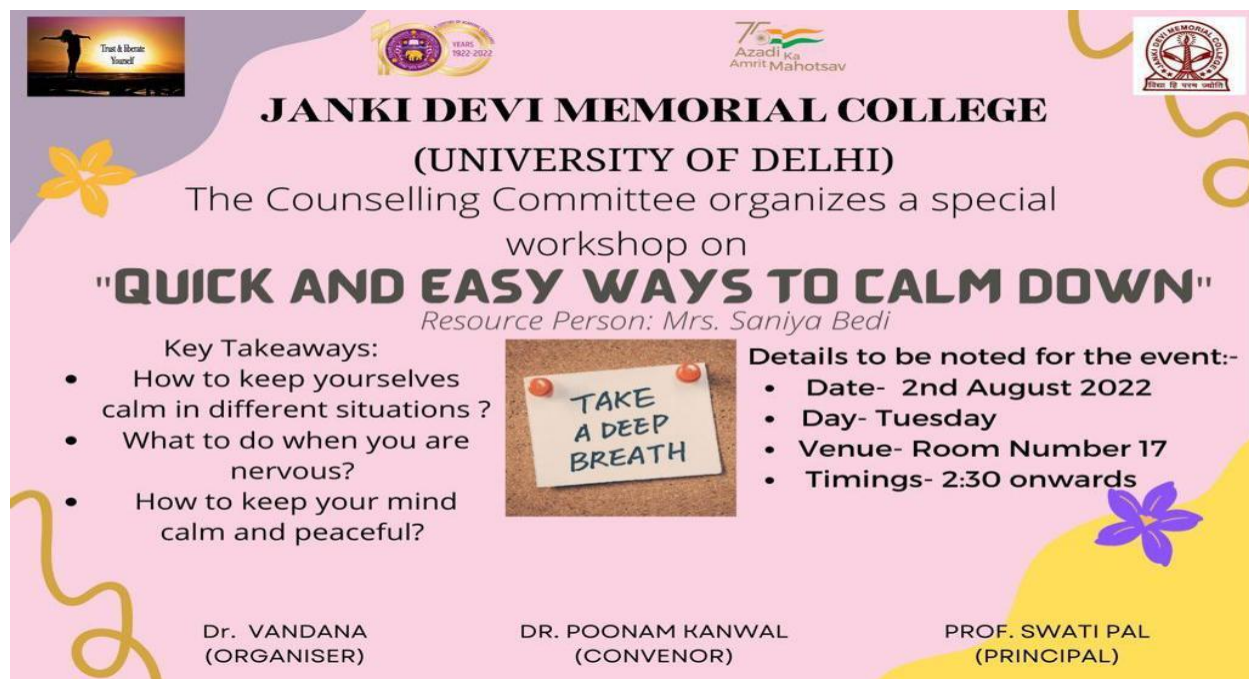




**Date- August 02, 2022:**

**Topic of the Workshop - 'Quick and Easy Ways to Calm Down'**

Workshop was organised on 'Quick and Easy Ways to Calm Down' on 2nd August, 2022. The Speaker, Ms. Sanya Bedi discussed issues related to stress, nervousness, mental peace, sensitivity, and how to calm oneself down in different situations. The talk focused on problems, identification and overcoming techniques like breathing, good distractions, etc. 35 students took active part in the workshop.



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

The Counselling Committee organizes a special workshop on  
**"QUICK AND EASY WAYS TO CALM DOWN"**  
*Resource Person: Mrs. Saniya Bedi*

**Key Takeaways:**

- How to keep yourselves calm in different situations ?
- What to do when you are nervous?
- How to keep your mind calm and peaceful?

**Details to be noted for the event:-**

- Date- 2nd August 2022
- Day- Tuesday
- Venue- Room Number 17
- Timings- 2:30 onwards

Dr. VANDANA (ORGANISER)      DR. POONAM KANWAL (CONVENOR)      PROF. SWATI PAL (PRINCIPAL)

