

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.



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



Ms Shalini Singh
Coordinator,
Political Science Dept.

Dr Poonam Kanwal
Convenor,
Counselling Committee

Prof Swati Pal
Principal



जानकी देवी मेमोरियल कॉलेज
NACC द्वारा A+ मान्यता प्राप्त
दिल्ली विश्वविद्यालय
राजनीति विज्ञान विभाग के सहयोग से
परामर्श समिति
आपको विशेष व्याख्यान के लिए आमंत्रित करता है

कौशल जीवन

संसाधन व्यक्ति : मिस. सानिया बेदी
(परामर्श मनोवैज्ञानिक)

दिनांक : 26 मई, 2023
समय : सुबह 10 बजे से
स्थान : सेमिनार कक्ष



मिस. शालिनी सिंह
समन्वयक
राजनीति विज्ञान विभाग

डॉ. पूनम कंवल
संयोजक
परामर्श समिति

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



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

Date- April 26, 2023

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

Time- 10.30- 11.30, Venue Room No.66

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.

**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 TERRY
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 रॉक शो पर

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

वक्ता:
डॉ. भवना 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 TERRY
MEHAK GUPTA
ANWESHA SHARMA
SIVYANSA
(छात्र संघ)

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

DR. POONAM KANWAL
(प्राचार्य शिक्षक)

PROF. SWATI PAL
(प्रधाना)

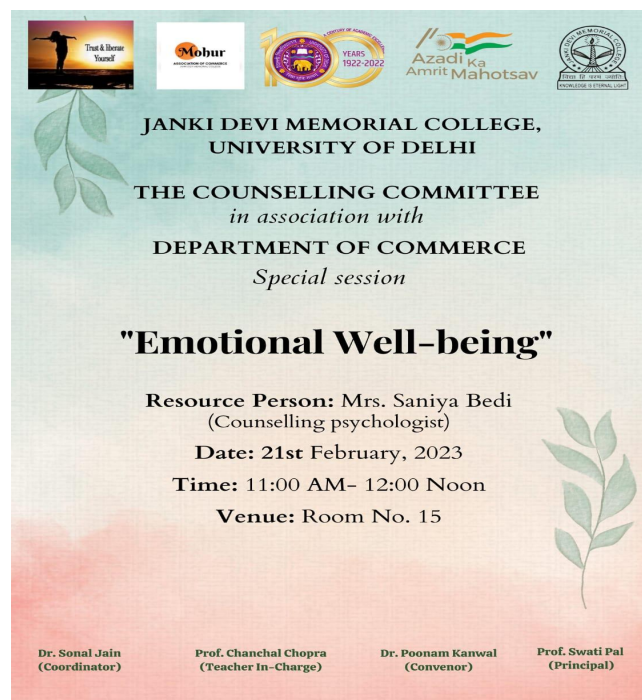


DATE :February 21, 2023

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.



**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
(Convener)

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.





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

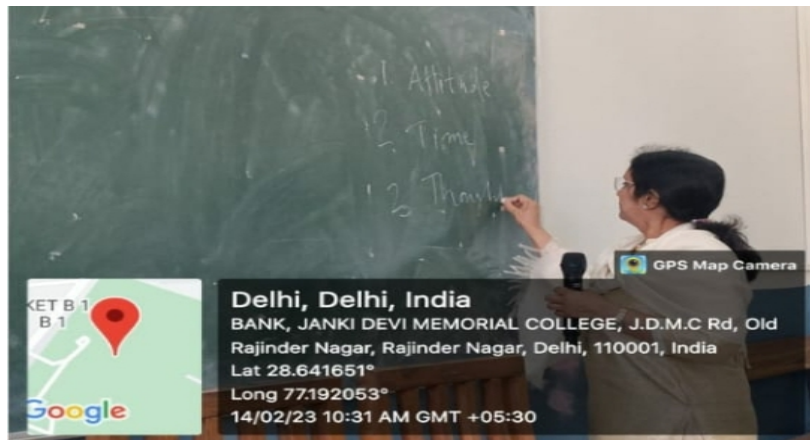
Dr. Poonam Kanwal
Dr. Debahuti Brahmachari
(Department Association Incharges)

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. 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 20 students were present from the sanskrit department. 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 key takeaways of the session were: Identify Your Goals, Tips on taking care of yourself, and staying motivated.



**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, where students were encouraged to be open with their questions and issues. A total of 25 students were present from hindi and sanskrit department. 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**

**"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)

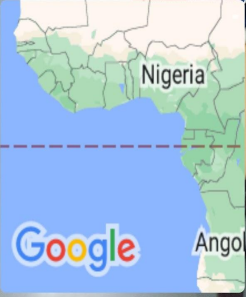
Prof.Swati Pal
(Principal)

Poster Maker





GPS Map Camera



Delhi, Delhi, India
548, Khera Khurd Village, Delhi, 110082, India
Lat 28.777594°
Long 77.098354°
27/12/22 11:09 AM

DATE : November 29, 2022

TOPIC : Rise Up To Ability : Awareness Talk

TIME : 12 p.m. 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)**



GPS Map Camera



Delhi, Delhi, India

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

Lat 28.64179°

Long 77.192135°

29/11/22 12:28 PM GMT +05:30



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

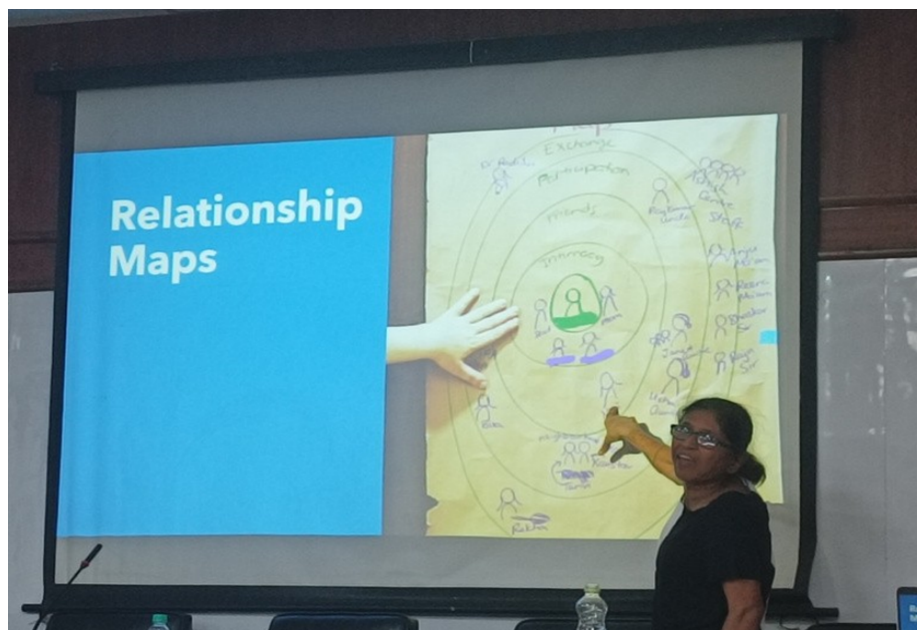


Venue: Seminar Room

Dr. Khachungla Chahang
(Coordinator)

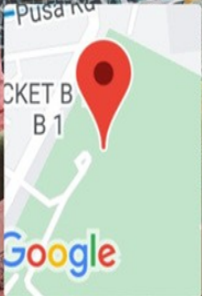
Dr. Poonam Kanwal
(Counselling Convenor)

Prof. Swati Pal
(Principal)





GPS Map Camera



Delhi, Delhi, India
Staff quarters, JANKI DEVI MEMORIAL COLLEGE, Old
Rajinder Nagar, Rajinder Nagar, Delhi, 110060, India
Lat 28.642209°
Long 77.19175°
02/11/22 11:18 AM GMT +05:30

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. 63, 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**

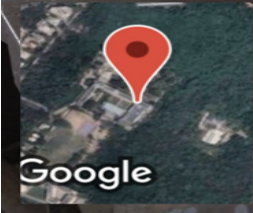
Resource person: Ms Saniya Bedi
(Counselling Psychologist)

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

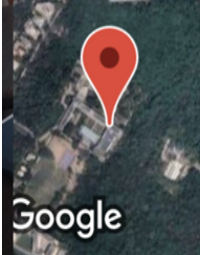
KEY TAKEAWAYS:

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.

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**

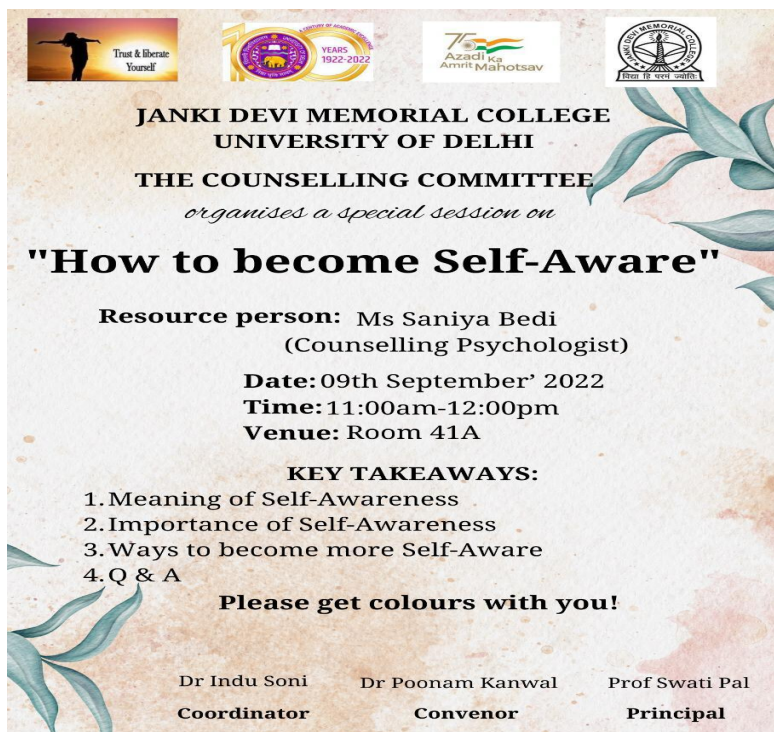
Ms. Bijoyata Yonzon (Coordinator) **Dr. Poonam Kanwal** (Counselling Convenor) **Prof. Swati Pal** (Principal)



Date - September 23, 2022

Topic of the Session - Suicide Prevention Awareness

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-10th 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 **Convenor** **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,
Lat 28.641871, Long 77.191885
09/09/2022 11:11 AM

Date - September 7, 2022

Topic of the Session- Seeding Awareness

The Counseling Committee and Chetna Cell in collaboration with the Mindful Ful 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)



POCKET B

KB 3
B 3

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°
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POCKET B
KB 3
B 3
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 28.641695°
Long 77.191308°
07/09/22 12:23 PM

GPS Map Camera



POCKET B
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B 3
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
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Long 77.19131°
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Date- 6th September, 2022

Topic of the Session – Self-Care

This session was organised for the students of BSc (Hons) Mathematics. 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!

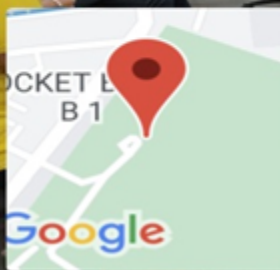
Ms Geeta
Dr Rashmi
Organisers

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

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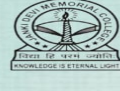
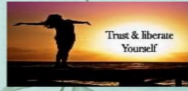
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Date- 26th August 2022

Topic of the Session - How to frame Boundaries

This session was organised for the students of BA (Hons) Political Science. 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 P R
(Department Association Incharges)

Dr. Suman Gupta
(Teacher In-Charge)

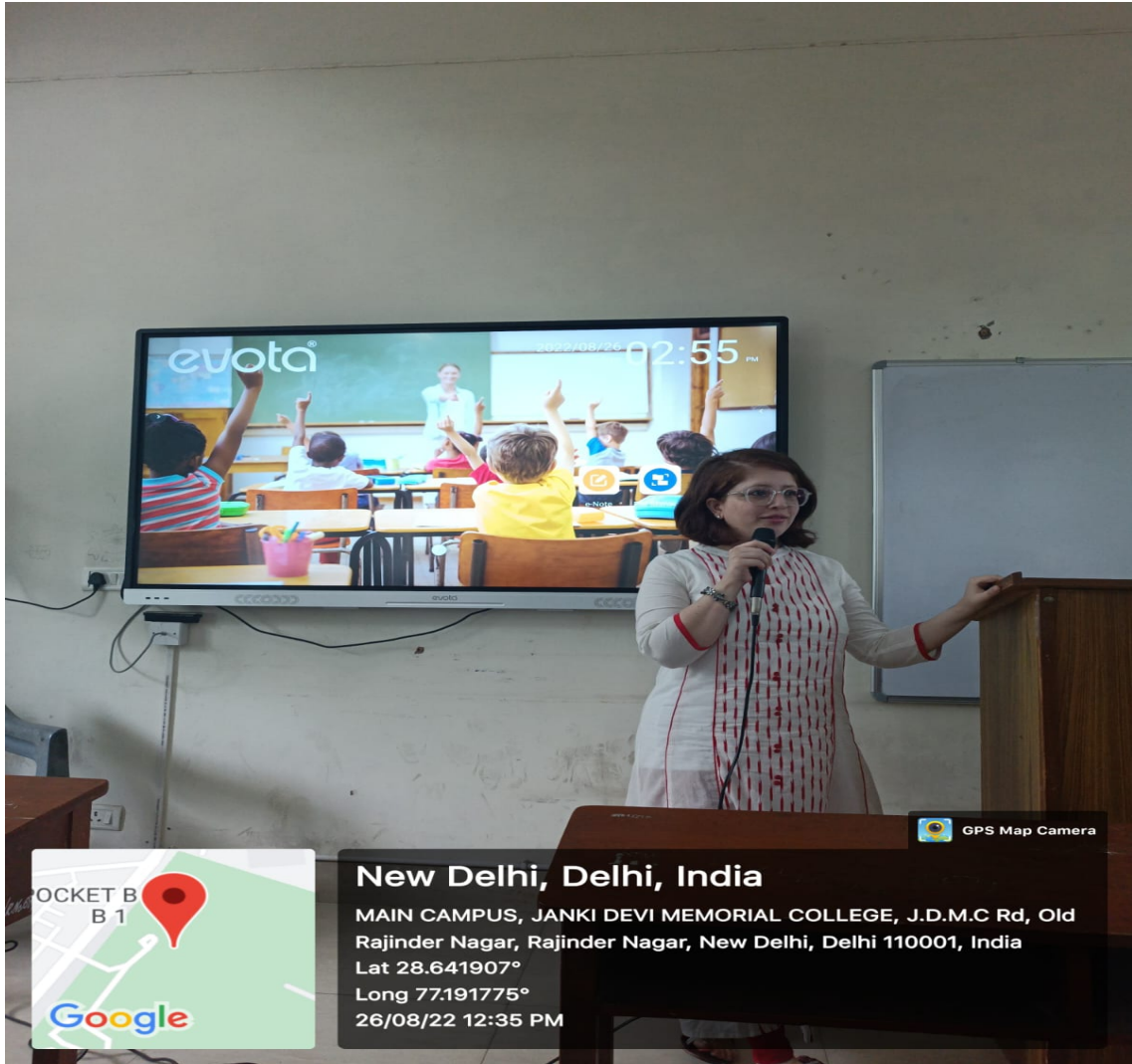
Dr. Poonam Kanwal
(Convenor)

Prof. Swati Pal
(Principal)



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BUCKET B
B 1



GPS Map Camera

New Delhi, Delhi, India

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Rajinder Nagar, Rajinder Nagar, New Delhi, Delhi 110001, India
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26/08/22 12:35 PM

Date- 5th August, 2022

Topic of the Session – How to manage emotions.

A special session was organised by the Counseling Committee on “How to manage emotions”. The resources person for the session was college counseling 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 counselor.



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.



DR. VANDANA
(ORGANISER)

DR. POONAM KANWAL
(CONVENOR)

PROF. SWATI PAL
(PRINCIPAL)

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NIKHAT 20bap1196	SHAMINA 20bap98	SHIVANI 20bap817	JAYA 20bap699	SONAM 20bap313	SAVITA 20bap1147	Vandana 20bap1196
PRATIBHA 20bap302	SHIVANI 20bap955	TEENA 20bap1159	AARTI 20bap1591	ANUPRIYA 20bap686	MANVI 20bap26	DEEKSHA 20bap1576
RITU 20bap1274	SHWETA 20bap1316	GEETA 20bap1596	GEETIKA 20bap582	PUNAM 20bap1125	SNEHA 20bap1008	ANAMIKA 20bap428
LAKSHMI 20bap95	KUMKUM 20bap755	KAVITA 20bap757	PRANJALI 20bap981	KHUSHI 20hnd747	MANSI 20bap858	SUKHNOOR 20bap961
	SHITAL 20bap822		DAVKI 20bap811	PREETI 20bap1160		

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NIKHAT 20bap1196	SHAMINA 20bap98	SHIVANI 20bap817	JAYA 20bap699	SONAM 20bap313	SUMAN 20bap268	Vandana 20bap1196
SUKHNOOR 20bap961	SHIVANI 20bap955	SAVITA 20bap1147	AARTI 20bap1591	ANUPRIYA 20bap686	MANVI 20bap26	ANJALI 20bap287
RITU 20bap1274	RADHA 20hnd1211	Madan Sisodia	GEETIKA 20bap582	HEMA 20bap1271	DEEPA 20bap849	ANAMIKA 20bap428
PREETI 20bap1160	SNEHA 20bap1008	SHWETA 20bap1316	PUNAM 20bap1125	PRANALI 20bap981	KAVITA 20bap757	LAKSHMI 20bap95
		KHUSHI 20hnd747	RIYA 20hnd846			

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Date-2nd August, 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.

