

Janki Devi Memorial College

University of Delhi

JDMC-IQAC Counselling Committee 2025-26

Topic: Practicing Gratitude and Positive Thinking

Date: 29.08.2025

Name of the event	Practicing Gratitude and Positive Thinking
Date of the Event	29th August, 2025
Name of the organiser	Counselling committee
Type of event (intra-college/inter-college/ state/ national or any other collaboration)	Intra college Counselling Session
Objective of the event	To help students manage stress, anxiety, depression, or other emotional challenges. Also to provide a safe space to express feelings without judgment. Teach students better time management and study habits and different methods to stay calm and happy even during rush and stressful days.
Name and Affiliation of the Resource person (if applicable)	Ms. Niharika Gupta (Counselling psychologist)

Brief Report:

Venue: Room no 44, Janki Devi Memorial College, Delhi University

The Counselling Session took place on 29th August 2025. The session was aimed to make students understand the importance of mental health. To make them learn better method to tackle stress in today's busy life. The Counselling Session was headed by Ms Niharika Gupta. She interacted with students on different topics related to stress and mental health. The Students also engaged in activities like meditation. The session also highlighted the importance of gratitude in keeping your life happy. Students made a gratitude Jar where they wrote down things they were thankful for. The session was interactive and shed light on various important aspects of student life.

The session Encouraged self-awareness, self-confidence, and resilience. Guided students in improving interpersonal relationships with peers, faculty, or family. How to use gratitude as a medium to keep your life happy.

The session equipped students with strategies to handle personal and academic challenges effectively. It also promoted critical thinking and responsible decision-making. Encouraged positive lifestyle choices and personal responsibility.

The Counselling Session successfully created awareness among students about mental health and importance of seeking help. The counselling session helped the student share their concerns openly, understand possible solutions, and gain clarity about the next steps. The session ended on a positive note with encouragement, guidance, and a plan for moving forward with confidence.

Poster Of The Event:





Geotagged Photos Of The Event:



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ATTENDENCE

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2.) Killan	837	(BA Pelogram)
31 Anam	1334	BA History (Hons.) Sec-A
4) falak	1627	BA history (Hous) Soc-1
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(10) Kareena	340	BA teirboy how sec A
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1) Khush: Panchal - 336 ( 1 year) History (H)
  2) Vaidravi Shardilya - 1157 (Istyran) History (4)
   3) Dipika - 2182 (1st year) History (H)
  4) Vaishnavi Singh - 1956 (3rd year) BA Prog
  5) Munica - 446 (3rd year) BA Programme
   6) Aastha Yati - 443 (3rd year) BA Programme
  7) Muskan - 1892 (2001 year) BA Programme
  8) Aakansha 1761 (32d)
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16) Anisha Ekta 1701 1st 17 17 18

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18) Rey Lalimi 1450 1st 11 11 11
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1	Pragya-19	BA wi now
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Topic: Navigating Stress and Anxiety: Tools for a Healthier Mind

Date: 10.09.2025

Name of the event:	Navigating Stress and Anxiety: Tools for a Healthier Mind					
Date of the Event	10th September 2025					
Name of the organizer (s):	Dr. Meenakshi Coordinator (Counselling Committee)					
Type of event (intra-college/inter-college/ state/	Intra college Counselling Session					
national or any other collaboration)						
Objectives of the event:	The aim of the session was to help students reflect on their digital habits and develop a more balanced, intentional relationship with technology. The workshop emphasized the importance of mindful digital engagement and encouraged participants to reduce unnecessary screen time for better mental well-being.					
Name and Affiliation of the Resource person (if applicable):	Ms. Himanshi Sahni, Counselling Psychologist					
No. of Students Present	40					

Brief Report

Janki Devi Memorial College, Counselling committee in collaboration with the Hindi and Sanskrit Department under the aegis of IQAC organized a workshop on "Navigating Stress and Anxiety: Tools for a Healthier Mind" on 10th September 2025 from 12.00 pm onwards in room no 17. The new counsellor and psychologist Ms. Himanshi Sahni was introduced to the students by the convenor of the Counselling Committee Prof. Poonam Kanwal.

The workshop "Navigating Stress and Anxiety: Tools for a Healthier Mind" was conducted for the students of the Hindi and Sanskrit Departments to increase awareness of mental health and provide practical ways to manage everyday challenges.

The session introduced students to the concepts of stress and anxiety and helped them understand how these show up in daily life. Through discussion and reflection, participants were able to differentiate between common experiences of pressure, worry, and tension, and learn how these affect both the mind and body. A key focus of the workshop was on coping. Students were introduced to simple techniques such as grounding, breathing, and muscle relaxation, which they practiced together in a fun and interactive way. These exercises gave them first-hand experience of how quickly the body and mind can calm down with the right tools.

The session also encouraged students to reflect on their own experiences and identify their personal signs of stress and anxiety. Towards the end, participants created a "Coping Kit", a collection of strategies they could turn to whenever they felt overwhelmed. This included practical ideas for supporting the mind, relaxing the

body, creating a soothing environment, and reaching out for support.

By the conclusion of the workshop, students reported feeling more confident in recognizing stress and anxiety and better prepared to handle them. The session helped normalize these experiences while offering clear, accessible strategies to respond to them. Overall, the workshop was interactive, informative, and empowering, leaving participants with valuable tools to take forward in their everyday lives. The event organizer Dr. Meenakashi thanked gave a vote of thanks at the end of the session.

Attendance cum Feedback link

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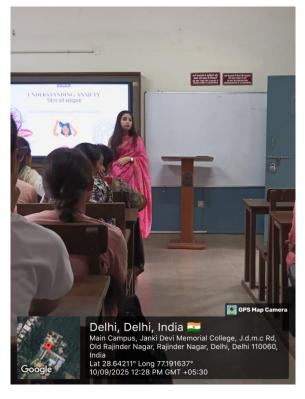














Topic: Untangle: Art, Heart and Mindfulness

Date: 22.09.2025

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Topic of the event:	Untangle: Art, Heart and Mindfulness
Date:	22 September, 2025
Name of the organizer (s):	Counselling Committee
Type of event	Intra-college
(intra-college/inter-college/ state/ national or any other collaboration)	
Objectives of the event:	To raise awareness about the power of art in connecting emotions and mindfulness, fostering holistic self-expression and growth.
Name and Affiliation of the Resource person (if applicable):	Kritika Makkar Founder- Live Untangled, Delhi
No. of Students Present	45

Brief Report

Under the aegis of IQAC, the Counselling Committee organized an interactive Art Therapy session titled "Untangle: Art, Heart and Mindfulness to raise awareness about the power of art in connecting emotion and mindfulness.

The session began with a series of engaging activities designed to promote creativity and emotional expression. Students were first encouraged to color freely on blank sheets of paper, allowing their imagination to flow without any boundaries or instructions. This simple yet powerful exercise helped participants reconnect with their inner selves and find calm through artistic expression.

Following this, students shared about their role models, individuals who inspire them and reflected on the emotions and values they associate with them. This sharing created a supportive and empathetic space where students could express admiration, gratitude, and hope.

As the session progressed, the atmosphere turned vibrant and full of energy. Participants joined together in clapping and dancing to a motivational song, symbolizing joy, unity, and collective positivity. This finale infused the room with enthusiasm and left everyone with a sense of mindfulness, togetherness, and self-awareness.

Overall, the event beautifully combined creativity, reflection, and celebration. It encouraged students to explore their emotions, embrace mindfulness, and experience the therapeutic essence of art as a means of self-expression and growth.

Poster of the event:





Geotagged pictures of the event:







Record of Attendance and Feedback:

SNO	NAME	ROLL NO	YEAR	COURSE
1	Diksha Singh	25bap825	I	BA (Prog)
2	Jyoti Yadav	25bap1007	I	BA (Prog)
3	Arki Gupta	25bcp273	I	B. Com
4	Khushi Tanwar	25bcp707	I	B. Com
5	Mannat Sidhu	25bcp752	I	B. Com
6	Satakshi Bajpai	25bcp884	I	B. Com
7	B Jiya	25bcp1237	II	B. Com
8	Sarika	25bcp1258	I	B. Com
9	Manya Sharma	25bcp1296	I	B. Com
10	Suhani Agarwal	25bcp1427	I	B. Com
11	Prachi Kumari	25bcp1464	I	B. Com
12	Puja Naik	25bcp1510	I	B. Com
13	Adwaita Nath	25bcp1519	I	B. Com
14	Aditi Goswami	25bcp1557	I	B. Com
15	Rajnandini Singh	25bcp1579	I	B. Com
16	Vaishnavi Shukla	25bcp1590	I	B. Com
17	Payal Yadav	25bch86	I	BCom (Hons)
18	Riya Singh	25bch301	I	BCom (Hons)
19	Ridima	25bch479	I	BCom (Hons)
20	Anshika Baliyan	25bch685	I	BCom (Hons)
21	Ridhima Das	25bch760	I	BCom (Hons)
22	Roshni Choudhary	25bch845	I	BCom (Hons)
23	Anusha Gupta	25bch944	I	BCom (Hons)
24	Charu Wadhwa	25bch998	I	BCom (Hons)
25	Sapna Biswas	25bch1235	I	BCom (Hons)
26	Hemanya Mittal	25bch1291	I	BCom (Hons)
27	Ryana Kohli	25bch1597	I	BCom (Hons)
28	Khushi Khatana	25eco66	I	Economics (H)
29	Mahika Goel	25eco185	I	Economics (H)
30	Jhanvi Sharma	25eco249	I	Economics (H)
31	Mohisha Agarwal	25eco260	I	Economics (H)
32	Laranya Vashist	25eco1336	I	Economics (H)
33	Anshika Katyal	25eco1722	I	Economics (H)
34	Ananya	25eng239	I	English (H)

35	Shaina Malhotra	25eng1635	I	English (H)
36	Tanya Sharma	25eng1916	I	English (H)
37	Sneha Sharma	25ps237	I	Political Science (H)
38	Manya Mishra	25ps1133	I	Political Science (H)
39	Kakshi Gaur	25mat421	I	Maths (H)
40	Sidhika Gupta	25mat784	I	Maths (H)
41	Khushi	25mat1927	I	Maths (H)
42	Muskaan Gaur	-	II	B.Com (H)
43	Dorothy	-	II	B.Com
44	Anmolpreet	-	III	Political Science (H)
45	Samriddhi Mauli	-	III	Political Science (H)

Topic: Rethinking Our Digital Lives

Date: 16.10.2025

Name of the event:	Rethinking Our Digital Lives
Date of the Event	16th October 2025
Name of the organizer (s):	Mr. Vikendra Singh, Dr. Manish Chauhan - Coordinators (Counselling Committee)
Type of event	Intra college Counselling Session
(intra-college/inter-college/ state/ national or any other collaboration)	
Objectives of the event:	The aim of the session was to help students reflect on their digital habits and develop a more balanced, intentional relationship with technology. The workshop emphasized the importance of mindful digital engagement and encouraged participants to reduce unnecessary screen time for better mental well-being.
Name and Affiliation of the Resource person (if applicable):	Ms. Himanshi Sahni, Counselling Psychologist
No. of Students Present	19

Brief Report

Under the aegis of IQAC, the counselling committee and the Department of Mathematics, Janki Devi Memorial College organized a special session on stress management on the topic 'Rethinking Our Digital Lives' on 16 October, 2025 in room no. 14 from 12:00 pm onwards. The event was attended by 19 students.

The session began with the **introduction of the speaker**, Ms. Himanshi Sahni, a practicing counselling psychologist. She requested participants to **keep their phones aside** throughout the session to ensure complete attention and engagement.

Key discussion points included:

- Understanding one's screen time and digital patterns.
- Identifying **top-used applications** and their impact on emotional needs.

- Exploring how digital behavior mirrors psychological well-being.
- Reflecting on how to cultivate healthier digital boundaries.

Ms. Sahni guided the students through several **reflective exercises** from her presentation, such as:

- "When was the last time you fully focused on one thing without checking your phone?"
- "Imagine your digital life as a relationship—how would you describe it: supportive, draining, dependent, or numbing?"

The session encouraged students to adopt small yet meaningful habits for mindful technology use:

- Reconnect with hobbies and real-world experiences.
- Practice **phone-free self-care** for at least 30 minutes a day.
- Use AI and digital tools **intentionally**, **not emotionally**.
- Replace "doomscrolling" with reaching out to friends or engaging in creative activities.

The talk concluded with an open discussion, where students asked questions related to mental health, digital boundaries, and self-regulation. Ms. Sahni's approachable style and deep insight made the session interactive and thought-provoking.

Students expressed that the workshop provided valuable tools for managing screen time and building digital discipline. The relaxed and inclusive atmosphere made it easy to share personal experiences.

The combination of Ms. Sahni's practical strategies and interactive exercises made the event a great success.

Posters:

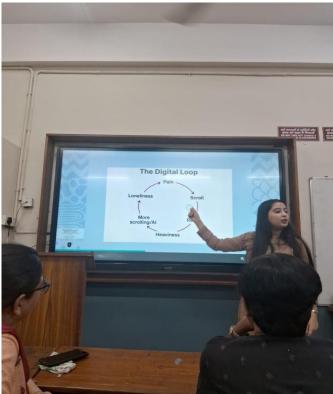




Geo Tagged Photos:







Attendance And Feedback:

Timestamp	Department	Name	Roll Number	Section	Year	Rate the session on the scale of 5
2025/10/16 1:18:58 pm GMT+5:30	Bsc maths hons	Palak singhal	125	Α	2	5
2025/10/16 1:20:07 pm GMT+5:30	B.sc Mathematics (Hons)	Preeti	1715	Α	2	5
2025/10/16 1:20:07 pm GMT+5:30	Mathematics	Aastha Jain	1795	В	3	5
2025/10/16 1:20:15 pm GMT+5:30	Bsc(hons) Mathematics	Mishal	671	Α	2	5
2025/10/16 1:20:24 pm GMT+5:30	Maths hons	Palak tiwari	1765	Good	3	4
2025/10/16 1:20:35 pm GMT+5:30	B.sc maths hon.	Nidhi	1494	В	3	5
2025/10/16 1:21:18 pm GMT+5:30	Bsc. (H) Maths	Ragini prajapati	1857	В	3	4
2025/10/16 1:21:21 pm GMT+5:30	Bsc. Mathematics (Hons)	Neha Kumari	1802	Α	2	5
2025/10/16 1:22:31 pm GMT+5:30	Maths	Pushpa kumari	1674	В	2	5
2025/10/16 1:23:44 pm GMT+5:30	BSC hons mathematics	Anjali Thakur	1756	Α	2	5
2025/10/16 6:04:55 pm GMT+5:30	Mathematics	Kaavya	1015		4	5
2025/10/16 6:06:27 pm GMT+5:30	Mathematics	Harshita	769		4	5
2025/10/16 6:08:06 pm GMT+5:30	Mathematics	Palak Singhal	126	Α	2	5
2025/10/16 6:08:42 pm GMT+5:30	Mathematics	Preeti	1715	Α	2	5
2025/10/16 6:09:27 pm GMT+5:30	Mathematics	Anushka			2	5
2025/10/16 6:10:14 pm GMT+5:30	Mathematics	Nidhi	1494	В	3	5
2025/10/16 6:11:07 pm GMT+5:30	Math	Ragini	1857	В	3	5
2025/10/16 6:11:24 pm GMT+5:30	Hindi				2	5
2025/10/16 6:12:51 pm GMT+5:30	Math	Pushpa	1674	В	2	5