

## Counselling Committee- Report [July 2020- June 2021]

### **1. 21st May 2021- Interactive session on 'Coping with Anxiety, Depression and Grief'**

**Speaker-** Prof. Mamta Sood, Department of Psychiatry, AIIMS, Delhi

This interactive session was organised in collaboration with the IQAC, JDMC under 'Community Outreach Program' for students and staff members. The session focussed on understanding the indicators of depression and grief and how one can manage it. Various questions were asked by the participants regarding the same. Number of participants-80.



### **2. 16th April 2021- Workshop on Stress Management**

**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

This session focussed on understanding what is stress and what are the various doable ways to manage stress. Various questions were asked by the audience regarding the same. No of participants-80.

**JANKI DEVI MEMORIAL COLLEGE**  
**THE COUNSELLING COMMITTEE**  
**presents**

**A SESSION ON STRESS MANAGEMENT**



Friday  
16th April 2021  
04:00 p.m. - 05:00 p.m.  
(Login by 03:45 p.m.)

**What will be covered?**

- What is stress
- What is Eustress?
- Ways of managing stress
- Q & A

PROF. SWATI PAL  
(Principal)

**3. 22nd December 2020-Workshop on Self Care for First Year Students (Commerce and Mathematics Honours)**

**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

This session aimed at understanding the importance of self-care and how one can practice doable self-care. Number of participants- 70



**JANKI DEVI MEMORIAL COLLEGE**

The Counselling Committee  
organises a special workshop  
on  
**'SELF-CARE'**

**22nd Dec**  
**03:30 p.m.-**  
**05:00 p.m.**

**KEY TAKEAWAYS:**

- Understand the importance of self-care
- Doable self-care practices
- Q & A

**PROF. SWATI PAL**  
(Principal)

**4. 18th December 2020-Workshop on Self Care for First Year Students Economics and English Honours**

**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

This session aimed at understanding the importance of self-care and how one can practice doable self-care. Number of participants-69



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**'SELF-CARE'**

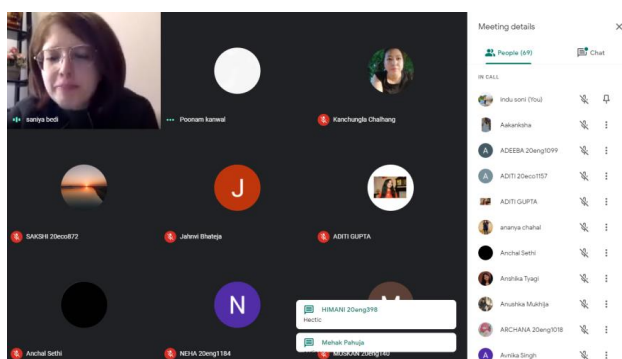


**KEY TAKEAWAYS:**

- Understand the importance of self-care
- Doable self-care practices
- Q & A

**18 Dec**  
**03:30 p.m.-**  
**05:00 p.m.**

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



## 5. 11th December 2020-Workshop on Self Care with First Year Students (Hindi, Sanskrit and Philosophy Honours)


**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

This session aimed at understanding the importance of self-care and how one can practice doable self-care. Number of participants-80



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The Counselling Committee  
organises a special workshop  
on  
**'SELF-CARE'**



**KEY TAKEAWAYS:**

- Understand the importance of self-care
- Doable self-care practices
- Q & A


**11th Dec**  
**04:30 p.m.-**  
**06:00 p.m.**

**PROF. SWATI PAL**  
**(PRINCIPAL)**

## 6. 8th December 2020-Workshop on Self Care with First Year Students (History, Sociology and Political Science)

**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

This session aimed at understanding the importance of self-care and how one can practice doable self-care. Number of participants.90



**JANKI DEVI MEMORIAL COLLEGE**

The Counselling Committee  
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**'SELF-CARE'**

**08th Dec**  
**04:30 p.m.-**  
**06:00 p.m.**

**KEY TAKEAWAYS:**

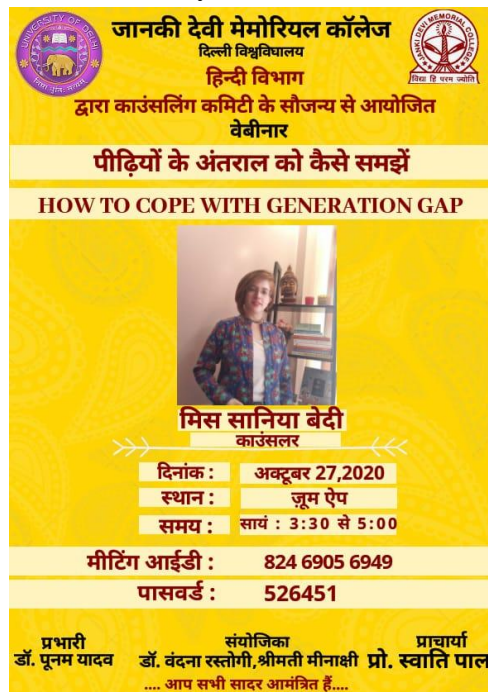
- Understand the importance of self-care
- Doable self-care practices
- Q & A

**PROF. SWATI PAL**  
(PRINCIPAL)

## 7. 27th October 2020-Workshop on How to cope with generation gap.

**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

This workshop was directed towards understanding generation gap and how one can deal with the same. Many research-oriented techniques were shared for the same. No of participants - 40



**जानकी देवी मेमोरियल कॉलेज**  
दिल्ली विश्वविद्यालय  
**हिन्दी विभाग**  
द्वारा काउंसलिंग कमिटी के सौजन्य से आयोजित  
वेबीनार  
**पीढ़ियों के अंतराल को कैसे समझें**

**HOW TO COPE WITH GENERATION GAP**

**मिस सानिया बेदी**  
काउंसलर

**दिनांक :** अक्टूबर 27, 2020  
**स्थान :** जूम ऐप  
**समय :** सायं : 3:30 से 5:00

**मीटिंग आईडी :** 824 6905 6949  
**पासवर्ड :** 526451

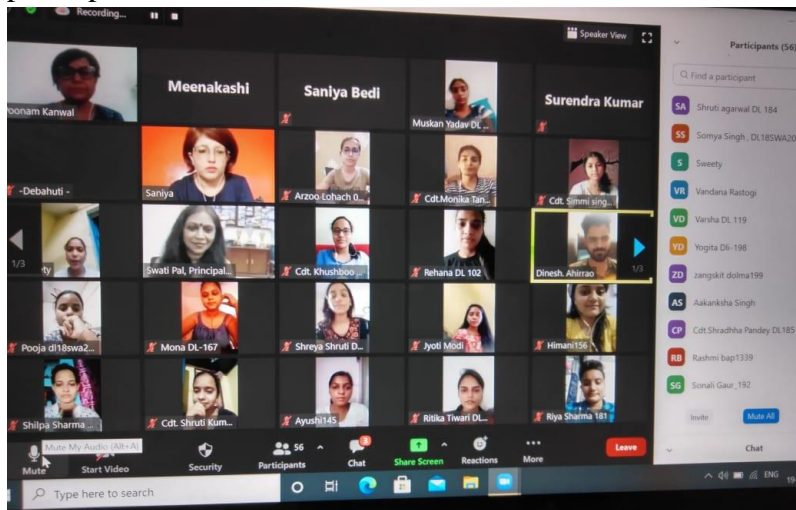
**प्रभाषी** डॉ. पुनम यादव  
**संयोजिका** डॉ. वंदना रस्तोगी, श्रीमती मीनाक्षी  
**प्राचार्या** प्रो. स्वाति पाल

.... आप सभी सादर आमंत्रित हैं....

## 8. 19th September, 2020- Special Session on Stress Management with NCC students

**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

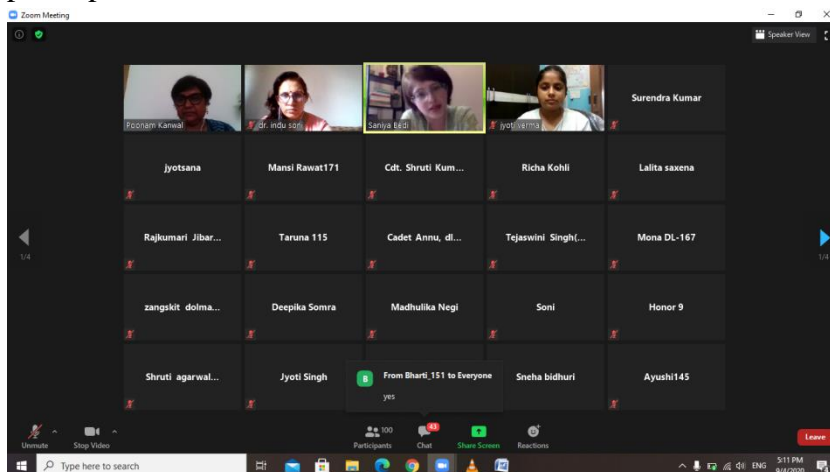
This session focussed on understanding what is stress and what are the various doable ways to manage stress. Various questions were asked by the audience regarding the same. No of participants-20



## 9. 4th September 2020-Workshop on Effective Communication

**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

This workshop was directed towards understanding one's communication style and recognising common mistakes made. Doable tips to communicate effectively were discussed. No of participants-103



## 10. 7th August 2020-Workshop on Discover Your Passion

**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

We often feel confused about what our passion is. This workshop aimed at helping the participants discover their passion. The concept was ikigai was shared.

**JANKI DEVI MEMORIAL COLLEGE**  
**'DISCOVER YOUR PASSION'**

by  
MS. SANIYA BEDI  
Counselling Psychologist, Career Guidance  
Coach, PhD Scholar & Content Creator



7th AUG

11:00 A.M. -  
12:30 P.M.

**KEY TAKEAWAYS:**

Discover your passion!

\*Bring colors and paper for  
the session!\*

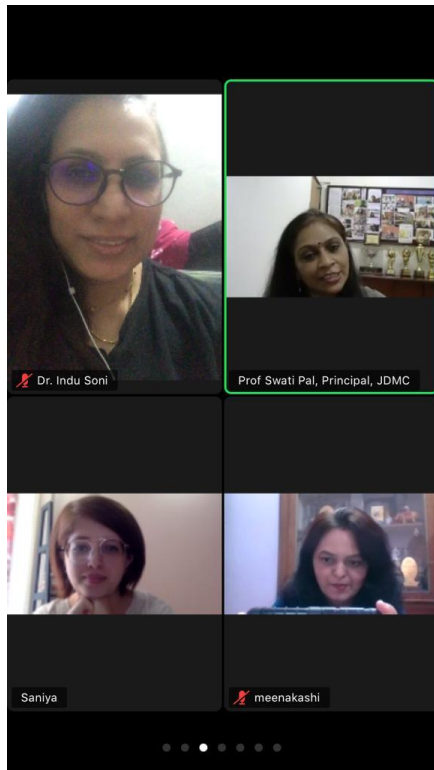


## **11. 24th July 2020-Workshop on Ace your Productivity**

**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

This workshop was centred around how one can enhance productivity and what usually stops us from being productive. The importance of rest was also discussed.

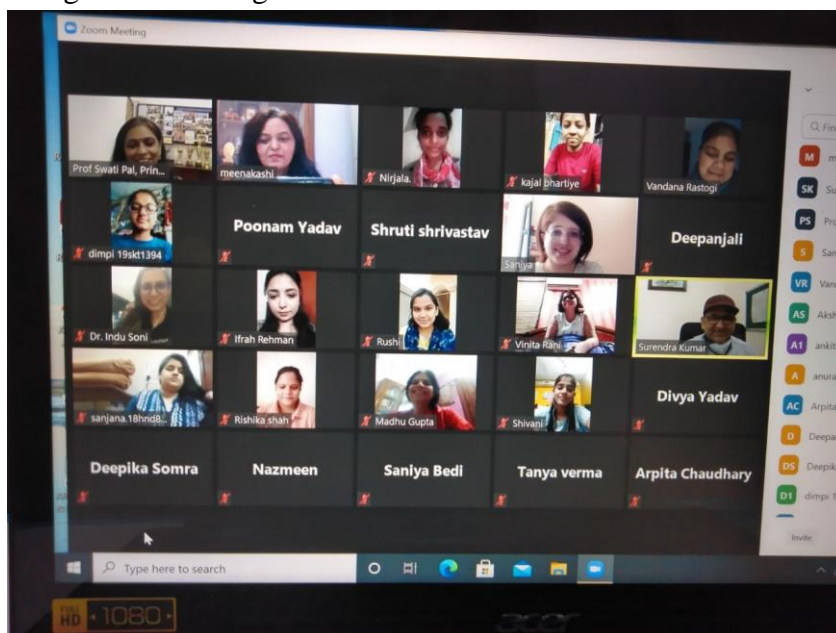




## 12. 20th July 2020-Workshop on Anxiety: How to manage the same

**Speaker-** Ms. Saniya Bedi, Counselling Psychologist

This workshop focused on explaining what are anxious thoughts and feelings and how one can recognise them. Effective, research-oriented tips were shared on how one can manage anxious thoughts and feelings.



## Peer Support Group Training Report

**First Batch- Total number of 8 sessions were held (October, 2020- November, 2020)**

### **1.6th October 2020 - Session One: Counselling Basics**

Students were explained the basics of counselling-what is counselling, what is not counselling, major distinctions i.e. (Clinical psychologist, counselling psychologist, organisational psychologist, psychiatrist), characteristics of counselling, goals of counselling. Students were also explained the crucial aspects to keep in check while being peer supporters like confidentiality, non-judgmental attitude and empathy.

**JANKI DEVI MEMORIAL COLLEGE**  
**THE COUNSELLING COMMITTEE**  
**presents**

**PEER SUPPORT TRAINING**  
SELECTION ON FIRST COME FIRST SERVE BASIS



**KEY TAKEAWAYS:**

**8 hours** of in-depth understanding of:

- How you can offer support to others
- How you can take care of yourself
- Certificate at the end of the training
- Exclusive access to the Peer Support Team at the College

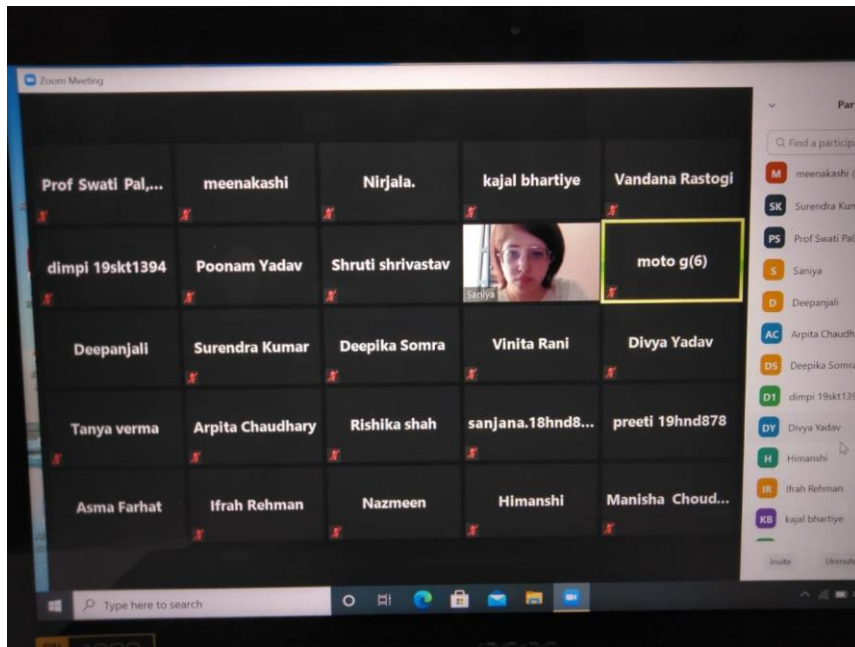
**STARTING-6TH OCT**

**EVERY TUESDAY  
(FOR 4 WEEKS)  
04:00 P.M.-06:00 P.M.**

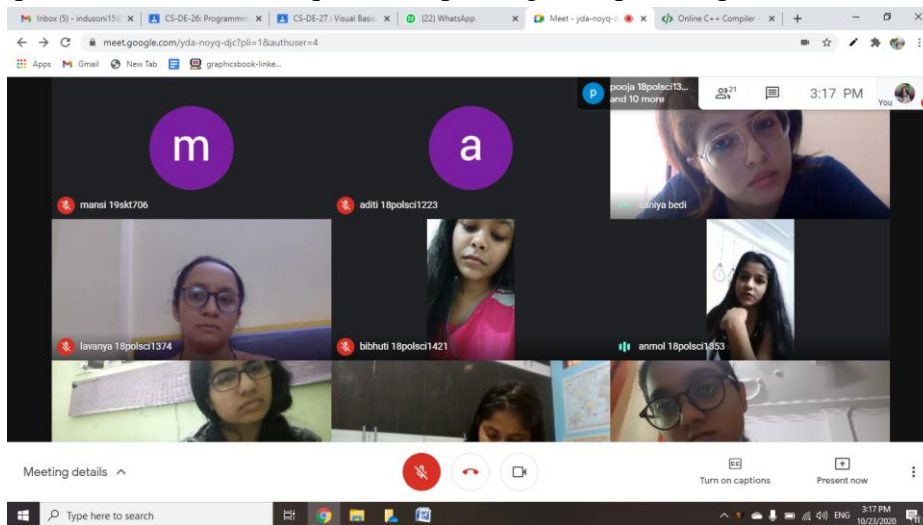
**CONTACT JYOTI  
FOR  
MORE DETAILS-  
+91 9654714334**

**2. 15th October 2020- Session Two: Listening Skills-** Importance of listening was explained wherein the students were explained that listening allows us to understand the narrative of others properly and hence understand their view properly. Some listening skills were explained like clarification, paraphrasing, reflection and summarisation.





**3. 23rd October 2020- Session Three: How to ask the right questions-** Students were explained how it is essential to ask the right questions to others. This helps them in understanding the student's concerns. Various types of questions were discussed e.g., open ended questions, close-ended questions, probing and specific questions.



**4. 30th October 2020- Session Four: How to help someone with self-harming tendencies-** Self-harm can exhibit in many ways-visible (cutting, scratching, pulling hair, etc.) and invisible (indulgence in self-destructive behaviours like being in toxic relationships, drinking, smoking, etc.) Students were explained the importance of safety of the student as the foremost criteria to

help. They were explained the process that needs to be adopted to ensure that the college authorities are aware of the same.



**5. 6th November 2020- Session Five: How to help someone who is being bullied** - Students were explained the concept of bullying and how it can be faced by anyone and anywhere. Bullying can be experienced physically, emotionally, socially etc., As a peer supporter, it's crucial to have a lens that can notice any specific changes in behaviour, any rude or uncalled for behaviour by anyone. It is important to raise alarm for the same. However, students were also explained the importance of personal safety and self-care. They were explained the process that needs to be adopted to ensure that the college authorities are aware of the same.



**6. 13th November 2020- Session Six: How to help someone who is facing stress due to studies-** A reflective discussion was undertaken by the students to help them understand how they felt when people around them negated their stress related to studies or started advising them when they just needed an empathetic ear. They were explained the significance of being an empathetic and non-judgmental listener and the importance of respecting everyone's unique challenges.



**7. 24th November 2020- Session Seven: How to take care of ourselves-** Research has indicated that people in the helping profession or people who are helpers by nature tend to reach a burnout stage much earlier as compared to their counterparts. Some self-care ideas were discussed like boundaries creation, maintaining a conscious emotional distance, pause rituals and their significance, journaling and breath work.

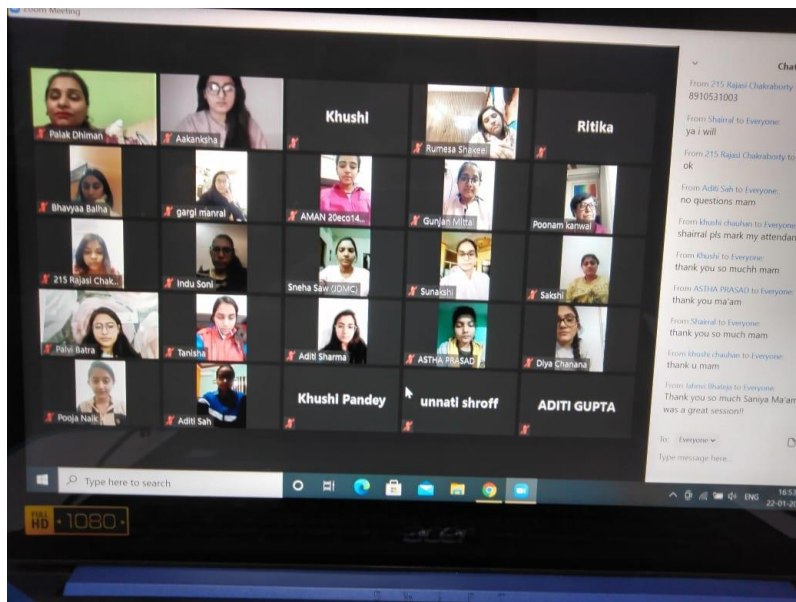


**8. 27th November 2020- Session Eight: How to log sessions and report the same-** The students were explained the importance of logging sessions and how it is crucial for them to report the same to the college authorities.



## Second Batch- Total number of 8 sessions were held (January, 2021- March, 2021)

1. **22nd January 2021- Session One: Counselling Basics-** Students were explained the basics of counselling-what is counselling, what is not counselling, major distinctions i.e. (Clinical psychologist, counselling psychologist, organisational psychologist, psychiatrist), characteristics of counselling, goals of counselling. Students were also explained the crucial aspects to keep in check while being peer supporters like confidentiality, non-judgmental attitude and empathy.



2. **29th January 2021- Session Two: Listening Skill-** Importance of listening was explained wherein the students were explained that listening allows us to understand the narrative of others properly and hence understand their view properly. Some listening skills were explained like clarification, paraphrasing, reflection and summarisation.



3. **5th February 2021- Session Three: How to ask the right questions-** Students were explained how it is essential to ask the right questions to others. This helps them in understanding the student's concerns. Various types of questions were discussed e.g., open ended questions, close-ended questions, probing and specific questions.

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**presents**

**PEER SUPPORT TRAINING**

**SESSION 3: HOW TO ASK THE RIGHT QUESTIONS**



**8 hours** of in-depth understanding of:

- How you can offer support to others
- How you can take care of yourself
- Certificate at the end of the training
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**Friday**  
**5th Feb**  
**03:30 p.m. -04:30p.m.**  
**(Login by 3:00 p.m.)**

4. **12th February 2021- Session Four: How to help someone with self-harming tendencies-** Self-harm can exhibit in many ways-visible (cutting, scratching, pulling hair, etc.) and invisible (indulgence in self-destructive behaviours like being in toxic relationships, drinking, smoking, etc.) Students were explained the importance of safety of the student as the foremost criteria to help. They were explained the process that needs to be adopted to ensure that the college authorities are aware of the same.





5. **19th February 2021- Session Five: How to help someone who is being bullied-** Students were explained the concept of bullying and how it can be faced by anyone and anywhere. Bullying can be experienced physically, emotionally, socially etc., As a peer supporter, it's crucial to have a lens that can notice any specific changes in behaviour, any rude or uncalled for behaviour by anyone. It is important to raise alarm for the same. However, students were also explained the importance of personal safety and self-care. They were explained the process that needs to be adopted to ensure that the college authorities are aware of the same.

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**presents**

**PEER SUPPORT TRAINING**

**SESSION 5: HOW TO HELP SOMEONE WHO IS BEING BULLIED**



**8 hours** of in-depth understanding of:

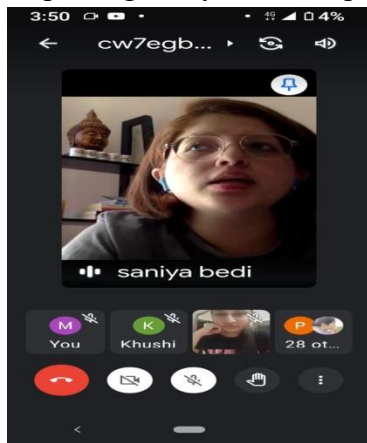
- How you can offer support to others
- How you can take care of yourself
- Certificate at the end of the training
- Exclusive access to the Peer Support Team at the College

**Friday**  
**19th Feb**  
**03:30 p.m. -04:30p.m.**  
**(Login by 3:00 p.m.)**

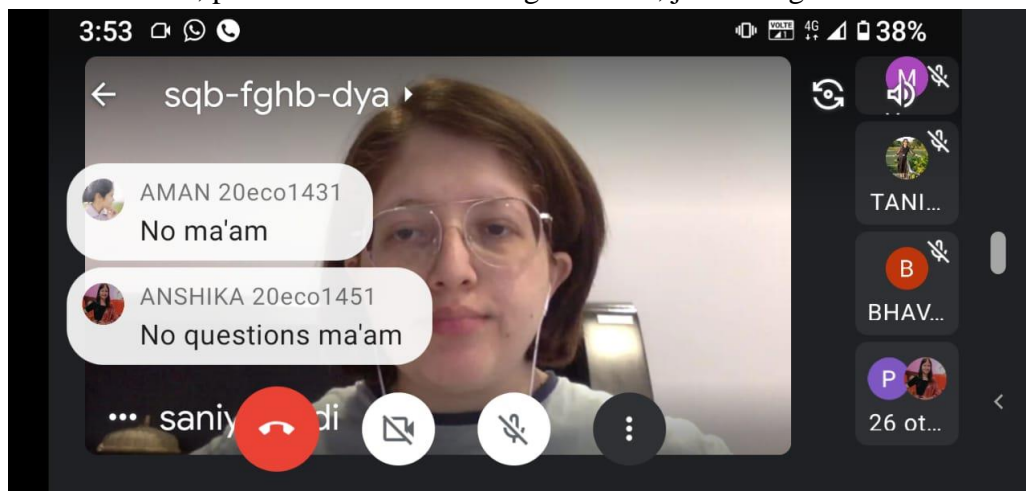
6. **26th February 2021- Session Six: How to help someone who is facing stress due to studies-** A reflective discussion was undertaken by the students to help them understand how they felt when people around them negated their stress related to studies or started advising them when they just needed an empathetic ear. They were explained the



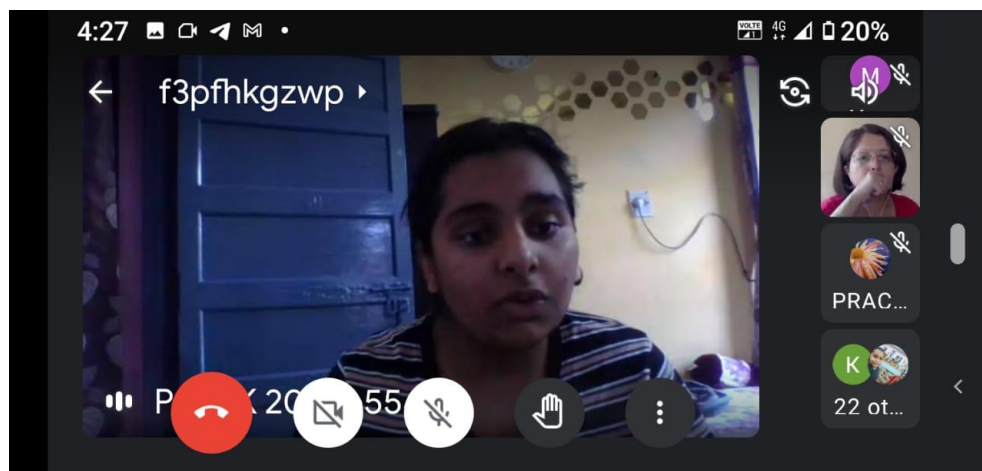
significance of being an empathetic and non-judgmental listener and the importance of respecting everyone's unique challenges.



7. **2nd March 2021- Session Seven: How to take care of ourselves-** Research has indicated that people in the helping profession or people who are helpers by nature tend to reach a burnout stage much earlier as compared to their counterparts. Some self-care ideas were discussed like boundaries creation, maintaining a conscious emotional distance, pause rituals and their significance, journaling and breath work.



8. **5th March 2021- Session Eight: How to log in sessions and maintain records-** The students were explained the importance of logging sessions and how it is crucial for them to report the same to the college authorities.



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**THE COUNSELLING COMMITTEE**  
**presents**

**PEER SUPPORT TRAINING**

**SESSION 8: HOW TO LOG IN SESSIONS AND MAINTAIN RECORDS**



**8 hours** of in-depth understanding of:

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- How you can take care of yourself
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**Friday**  
**5th March**  
**03:30 p.m. -04:30p.m.**  
**(Login by 3:00 p.m.)**