

Counselling Committee- Report (2021-22)



Members of Counselling Committee

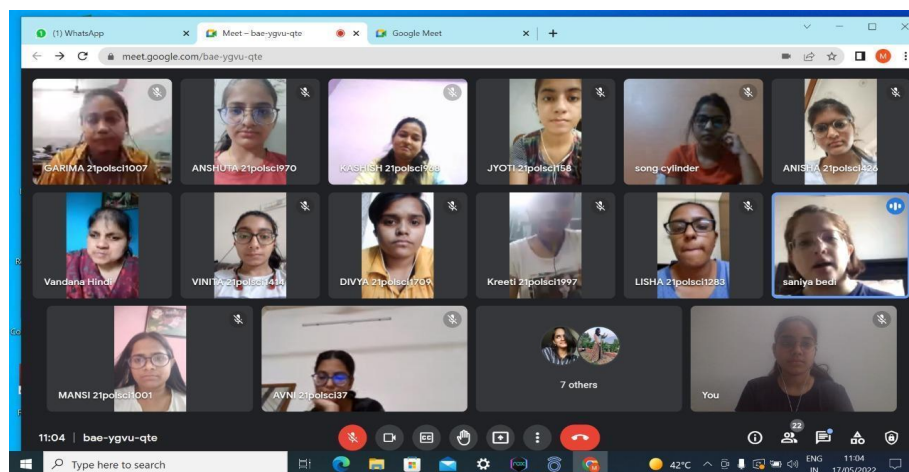
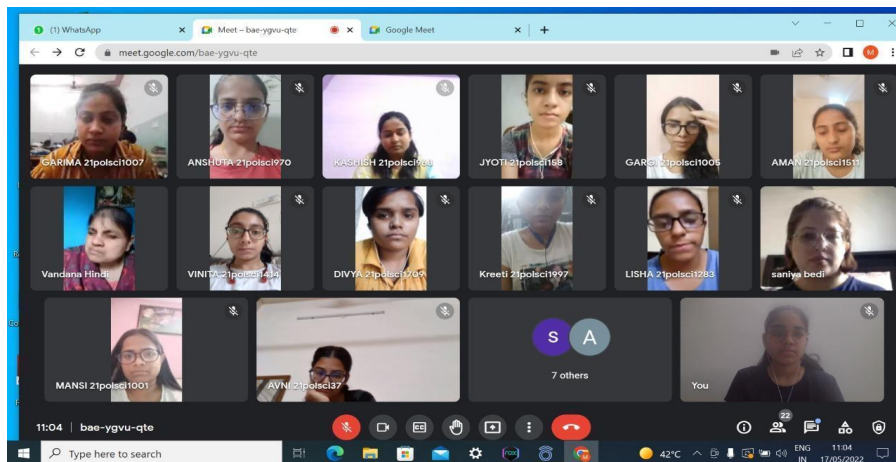
Peer Support Training – Batch 4- It was an 8-hour training course organised for the students, from 10th May, 2022 to 7th June, 2022 online on Google meet Platform. Certificates were given at the end of the course.

- 1) **10th May, 2022- WHY MENTAL HEALTH AND WHY PEER SUPPORT?** Exploring the students' present understanding of why mental health is important, discussing the concept of peer supporters in college. The session was taken by 24+ students and feedback were taken and the response of the session was tremendous.



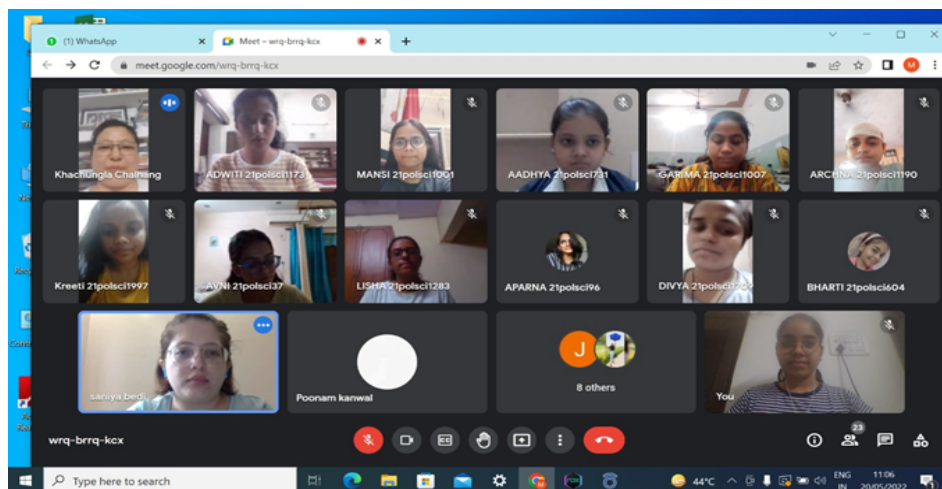
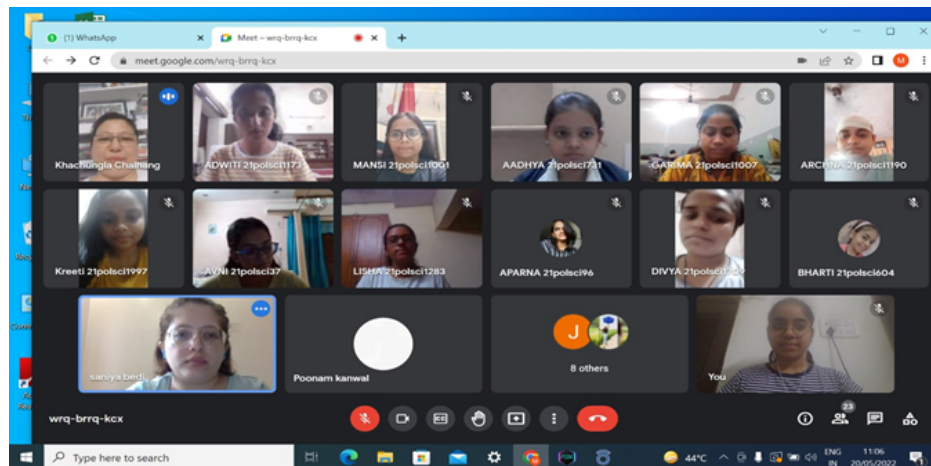


- 2) **17th May, 2022-UNDERSTANDING THE BASICS:** Exploring what is counselling, what is not counselling, who is a psychologist, who is a psychiatrist, role of a peer supporter and essential characteristics of a peer supporter. The session was taken by 20+ students.



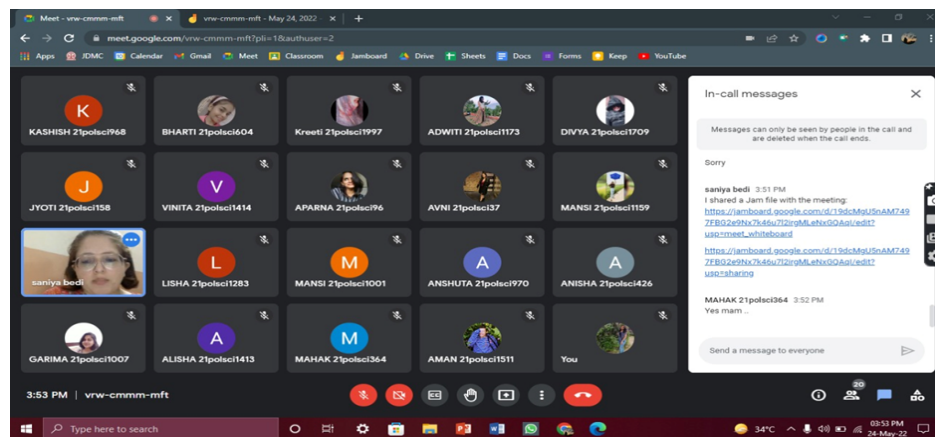
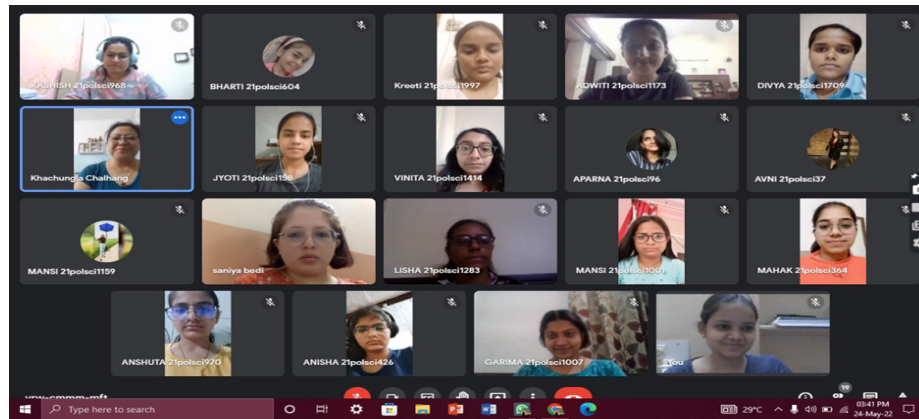
3) 20th May, 2022-LISTENING SKILLS:

- i) Understanding how communication can be more effective: exploring four essential elements of being a great listener.
- ii) Role Plays.
- iii) Discovering personal strengths by art therapy-Activity name: “My Strengths Tree”.
The session was taken by 22 students.



4) 24th May, 2022- ASKING THE RIGHT QUESTIONS:

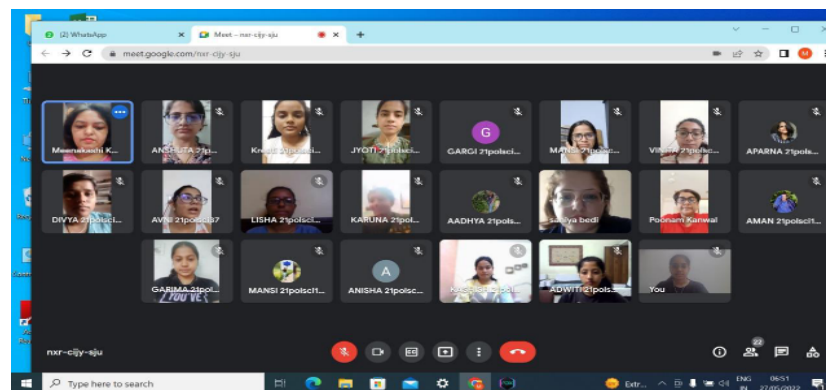
- i) Understanding four types of questions and how they can help in understanding student concerns better.
- ii) Role Plays.
- iii) Introduction of VIA strengths profile i.e., a positive psychology approach to understand personal strengths of the peer supporters (in training) in order to enhance self-awareness.
The session was taken by 22 students.

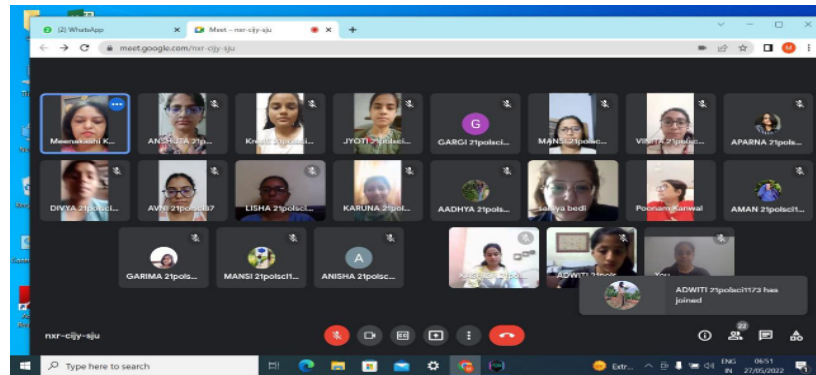


5) 27th May, 2022-HOW TO HELP SOMEONE WHO IS EXHIBITING SELF-HARMING TENDENCIES:

- Learning some ways to be non-judgemental and how to offer support in terms of physical and emotional safety, how to report the case.
- Role Plays.
- Discussion of some strengths profiles-understanding the top five strengths, reflecting and offering recommendations.

The session was taken by 20+ students.

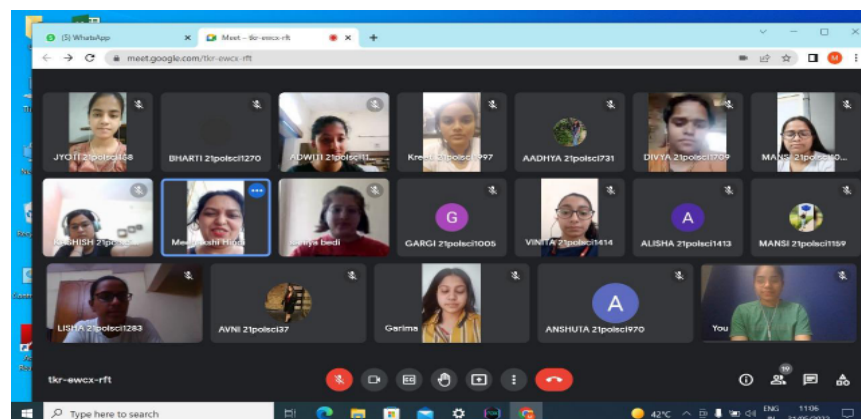




31st May, 2022-HOW TO HELP SOMEONE WHO IS FACING STRESS DUE TO STUDIES, FAMILY, PEERS ETC.

- i) Learning some ways to be non-judgemental and how to offer support in terms of psychological first aid, how to report the case.
- ii) Role Plays.
- iii) Discussion of some strengths profiles-understanding the top five strengths, reflecting and offering recommendations.

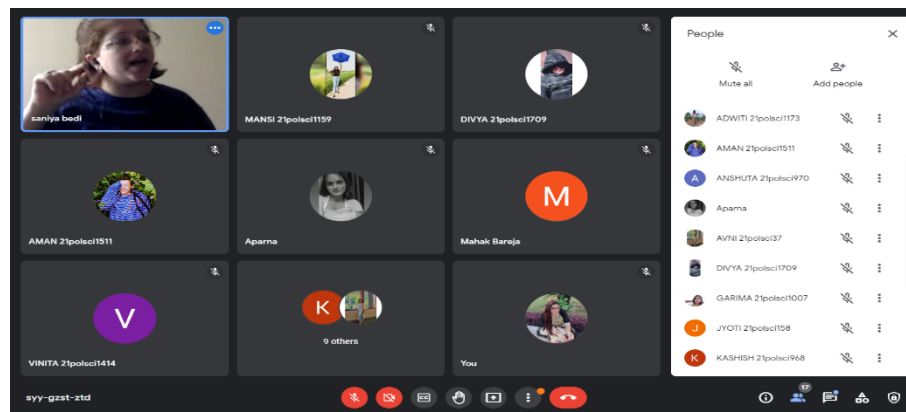
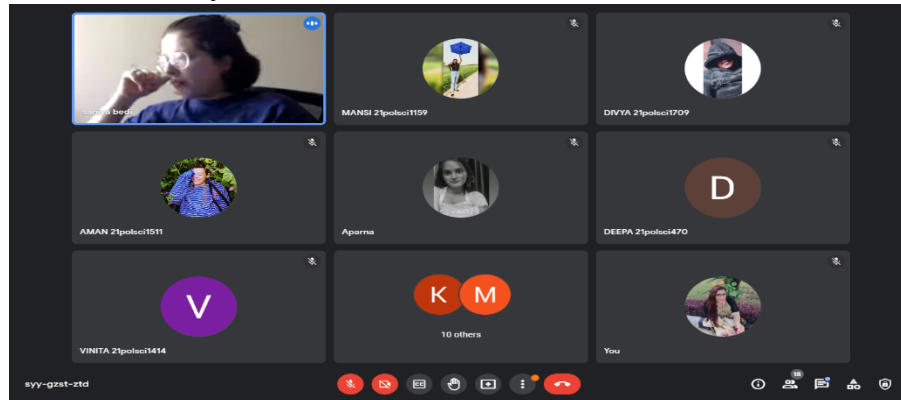
The session was taken by 20+ students.



7) **4th June, 2022-HOW TO HELP SOMEONE WHO IS BEING BULLIED.**

- i) Learning some ways to be non-judgemental and how to help in creating safety nets for the student, how to report this concern.
- ii) Role Plays.
- iii) Discussion of some strengths profiles-understanding the top five strengths, reflecting and offering recommendations.

The session was taken by 15+ students.



8) **7th June, 2022-HOW TO TAKE CARE OF YOURSELF.**

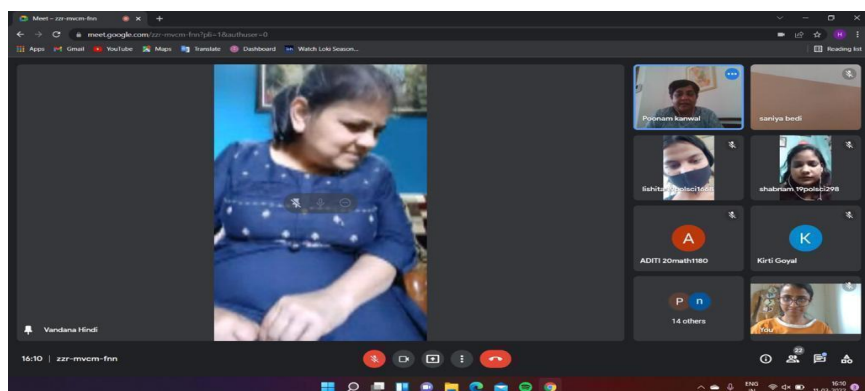
- i) Exploring the need for self-care and understanding some creative ways to practice self-care.
- ii) Role Plays.
- iii) Discussion around some common concerns faced by the students and strategies to deal with the same e.g., worry time and worry jar, boundaries etc.

The session was taken by 20+ students.

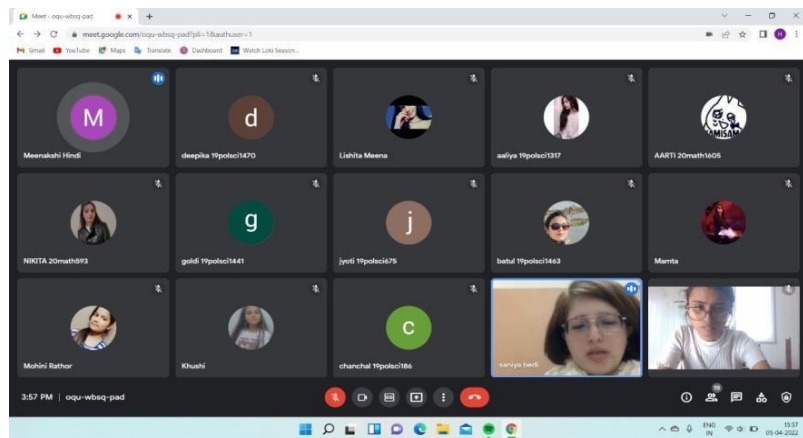
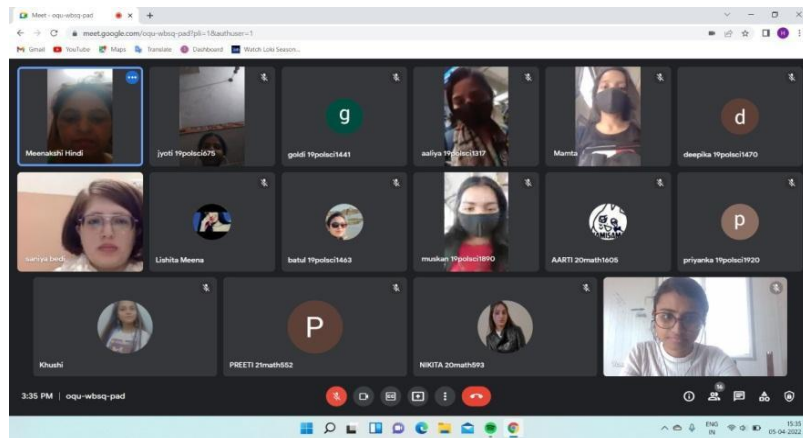


Peer Support Training – Batch 3- Ten students completed this course. It was an 8-hour training course organised for the students, from 11th March, 2022 to 26th April, 2022 online on Google meet Platform. Certificates were given at the end of the course.

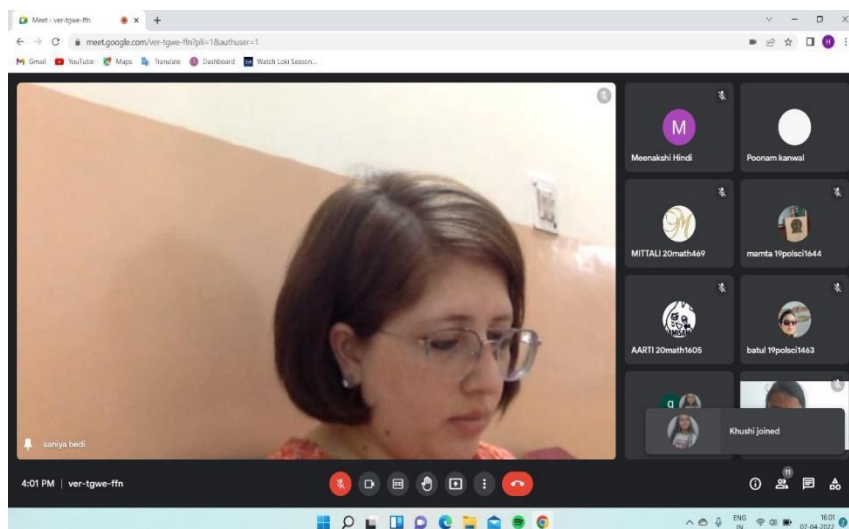
- **11th March, 2022- Importance of Mental Health- Understanding the Basics.** This session focussed on what mental health is, why it is as important as physical health, taboo around it and how the youth can work towards a mental health inclusive society. The session also explored- what is counselling, what is not counselling, who is a psychologist, who is a psychiatrist, role of a peer supporter. This session was conducted by Dr. Vandana and taken by 30 students.

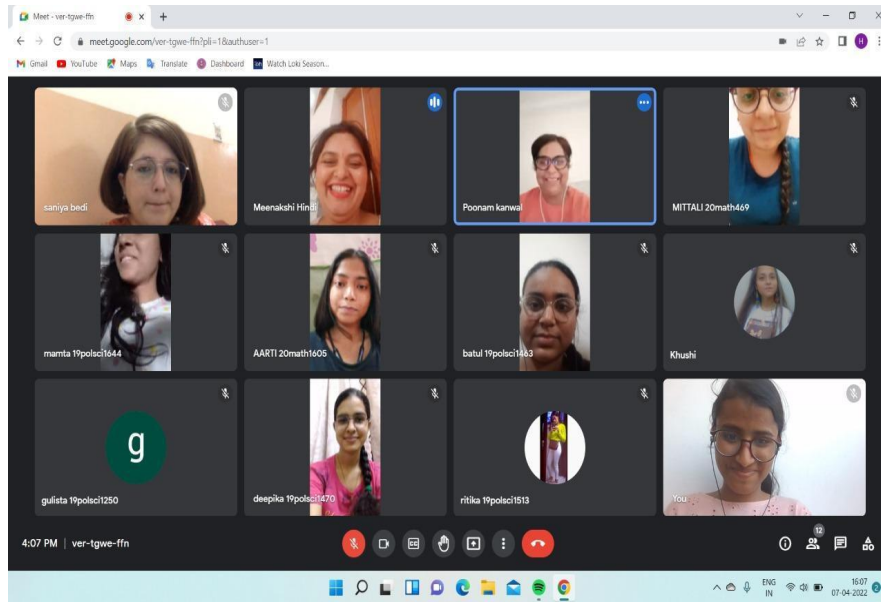


- **5th April, 2022- How to take care of yourself.** Here the focus was on the need for self-care and understanding some creative ways to practice self-care. This session was conducted by Ms. Meenakashi.

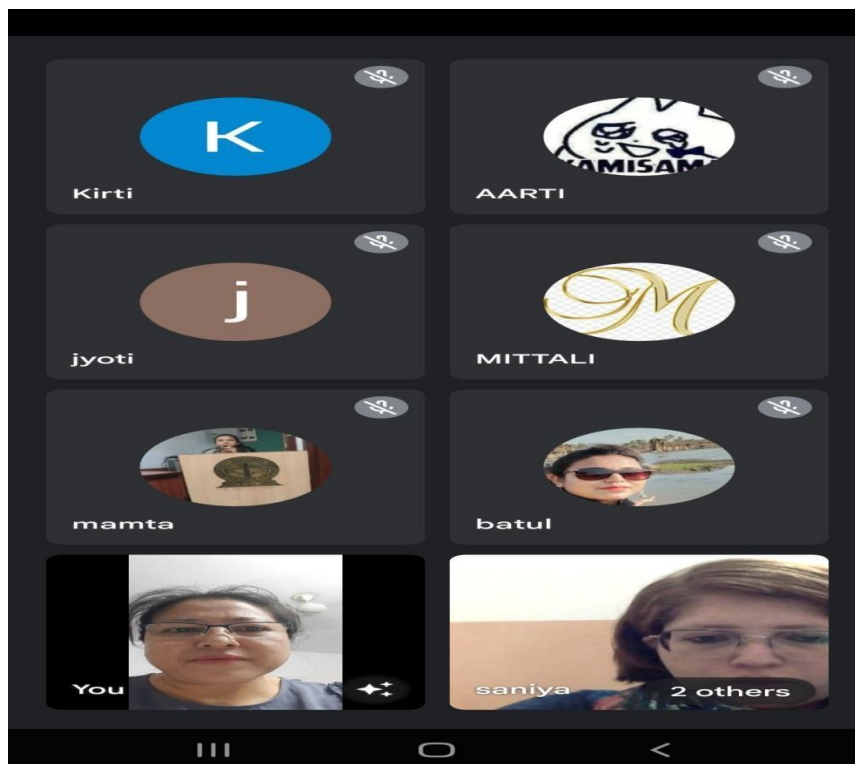


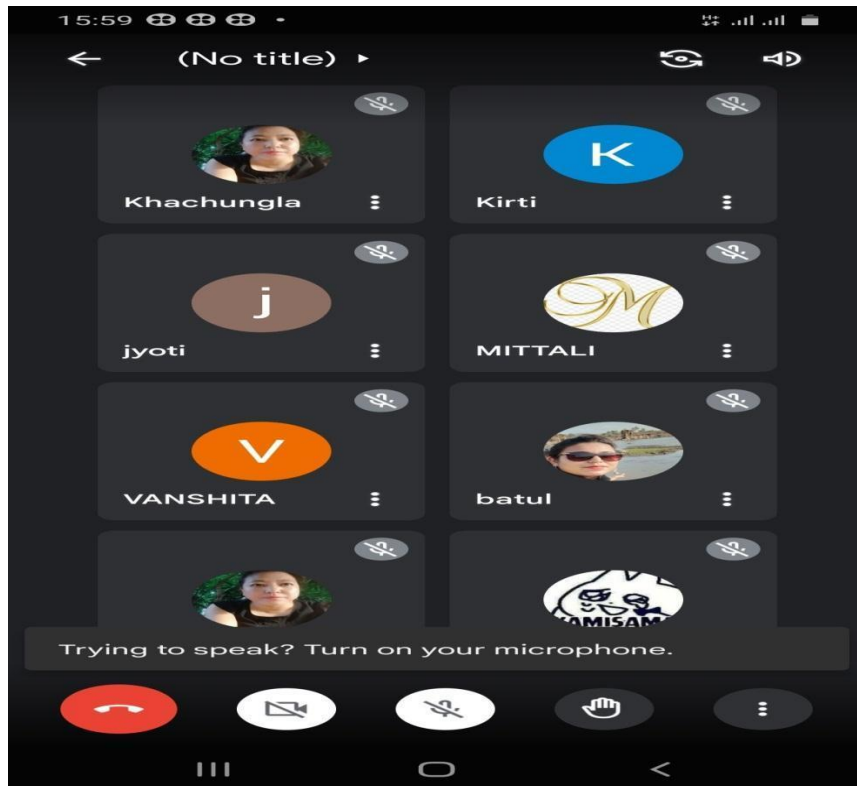
- **7th April, 2022- Important characteristics of a Peer Supporter.** The session emphasised on understanding how to be empathic and practice non-judge-mentality with self and others, how to maintain confidentiality. The session was taken by 15+ students and a feedback was taken and the response of the session was tremendous. This session was conducted by Ms. Meenakashi.





- **12th April, 2022- How to log sessions and discussion regarding the way forward.** Here the focus was on understanding how to log the sessions and discussion around activities to be undertaken as a group. The session was organised by Mrs. Khachungla Chalhand.



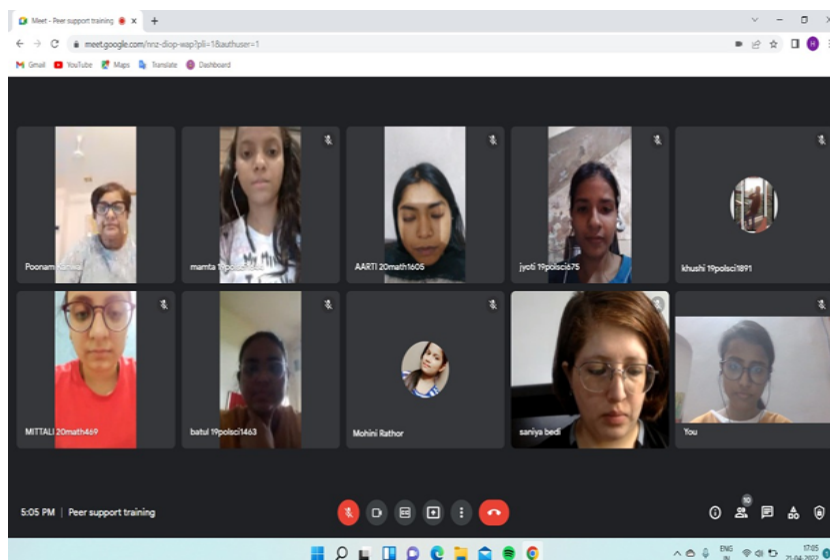


- **16th April, 2022- How to break the ice and ask the rights questions.** The session underlined the importance of rapport formation and having the skill of asking the right questions.

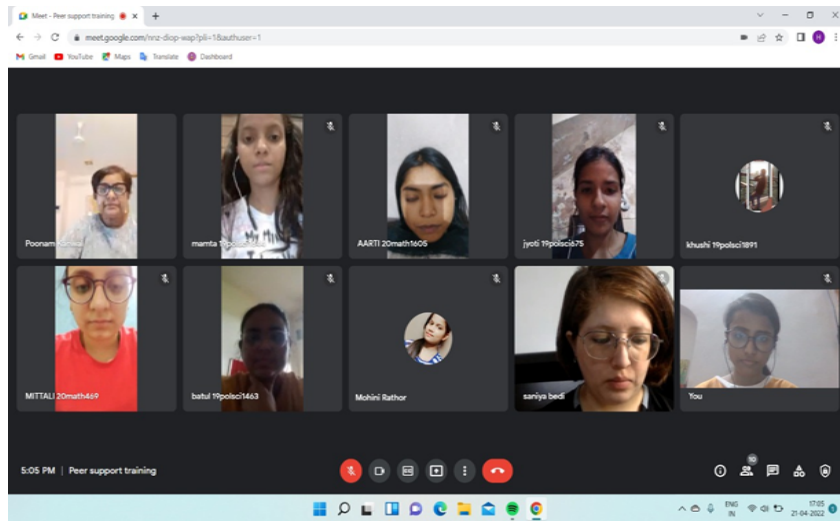




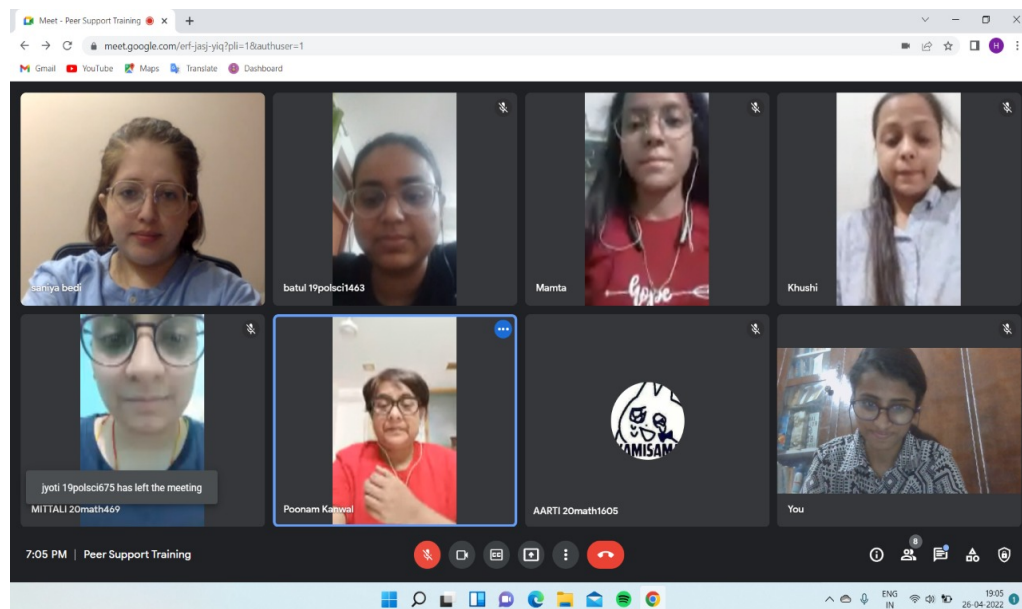
- **21st April, 2022-** Listening skills, how to help someone who is facing stress due to studies, family, Peers etc. The session focussed on four essential listening skills required for empathetic listening. Learning some ways to be non-judgemental and how to offer support.



- **21st April, 2022- How to help someone who is being bullied.** Learning some ways to be non-judgemental and how to help in creating safety nets for the student, how to report this concern.



- **26th April, 2022- How to help someone who is having self-harming tendencies.** Focus of the session was on how to offer support in terms of physical and emotional safety, how to report the case.



15th March, 2022: Movie Screening'
Time: 03:00 PM

Venue: Zoom



The counselling committee of Janki Devi Memorial College organised a movie screening on the zoom platform on 15th March 2022 at 3 PM the movie was **“The perks of being a wallflower.”**

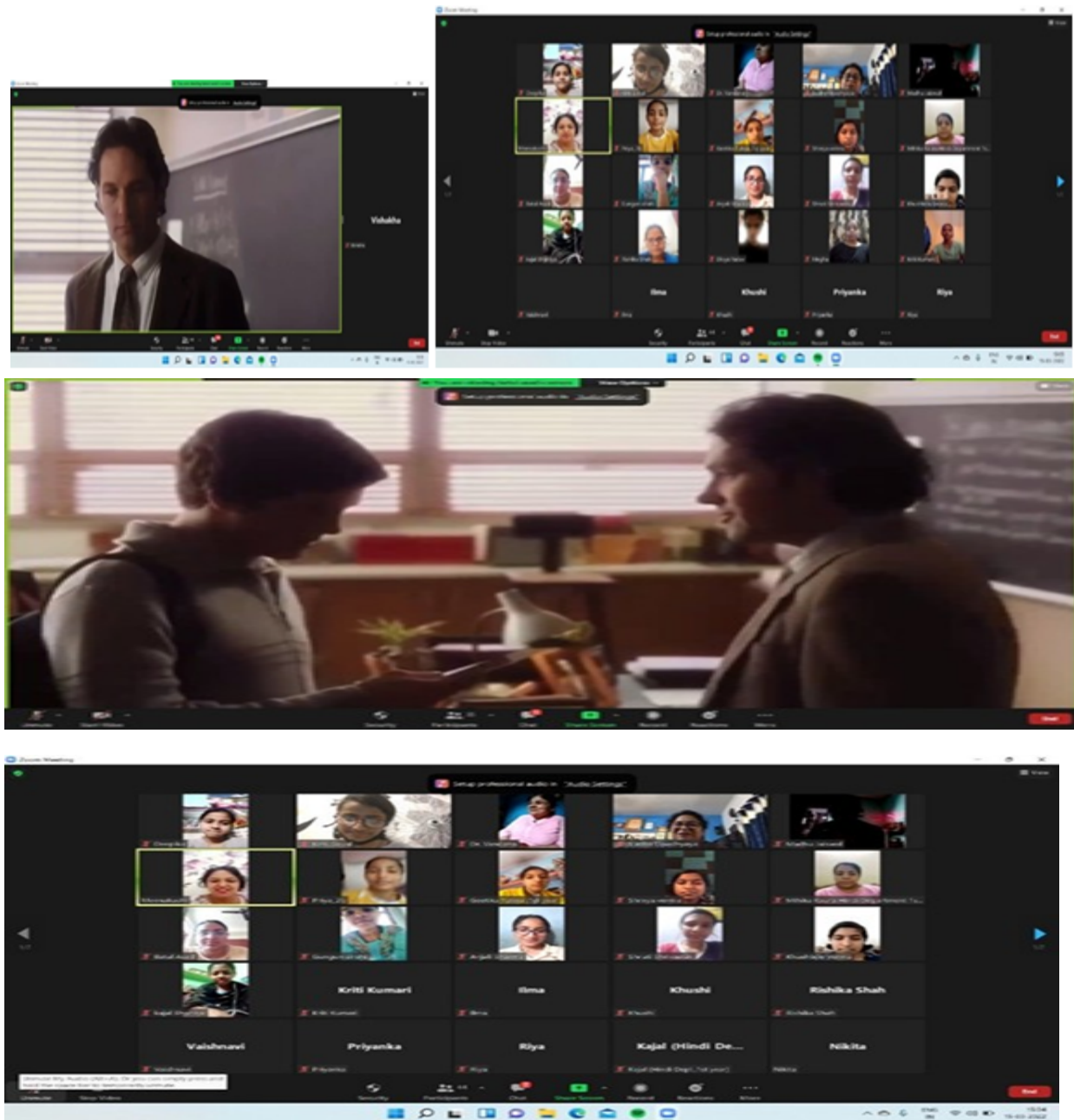
It is an adaptation of Stephen Chbosky's adaptation of his own 1999 novel, *The Perks of Being a Wallflower*, This fable of early-'90s high school recounts abundant trauma — including suicide, child sexual abuse, psychotic blackouts faced by a gay boy who's bashed by his own father.

The boy, Charlie confesses his hopes and apprehensions about his transition into high school in 1991 where he's already known as the "weird kid who spent time in a hospital." A shy loner, he eats lunch in silence by himself. days as a loser and a wallflower come to an end when he is rescued from Charlie is ultimately rescued by an eccentric gay classmate who sees something soulful inside Charlie.

The movie which is basically about a boy of how he survived his school life.

The movie was watched by 50 students and feedback was taken and the response of the same was tremendous.

(<https://docs.google.com/spreadsheets/d/1NUZ3Ju6tv0Vmx-i-c9-er4xwtf1OET0iWIsvbWV5wUI/edit?usp=drivesdk>)



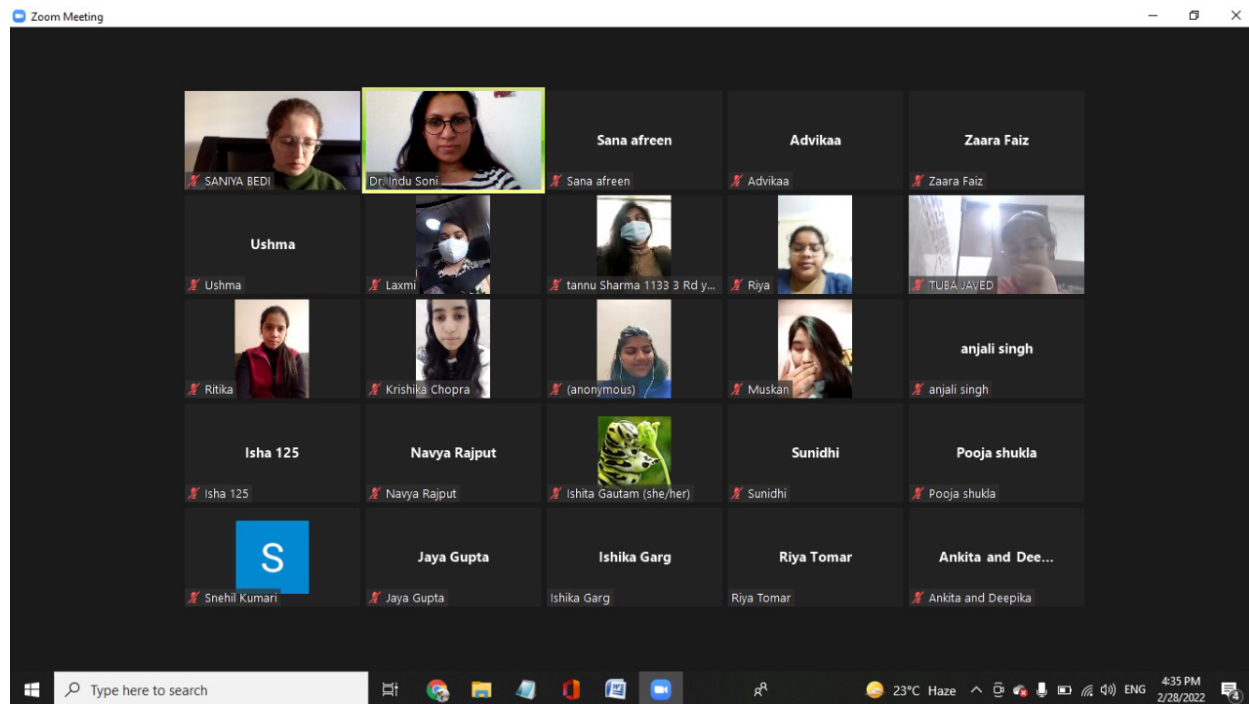
28th, February 2022: Workshop on 'let's work on Overthinking'

Time: 03:30 PM- 4:30 PM

Venue: Zoom

Resource Person: Ms. Saniya Bedi

The session was conducted via Zoom for students of the JDM college by Ms. Saniya Bedi. The session started with a discussion about overthinking. Students discussed their experience about it. Ms. Bedi conducted some activities and shared ideas on how to manage Over Thinking thought process. She suggested students try using an anxiety kit (after preparing one with the things that make them happy) in order to manage anxiety. Various questions were asked by the audience regarding the same. Participants found the session to be very useful. Number of Students- 65



12th January, 2022: Workshop on ‘Overthinking and Anxiety Management’

Time: 03:30 PM- 4:30 PM

Venue: Zoom

Resource Person: Ms. Saniya Bedi

The session was conducted via Zoom for students of the JDM college by Ms. Saniya Bedi. The session started with a discussion about overthinking and anxiety. Students discussed their experience about it. Ms. Bedi conducted some activities and shared ideas on how to manage anxiety. She suggested students try using an anxiety kit (after preparing one with the things that make them happy) in order to manage anxiety. Various questions were asked by the audience regarding the same. Participants found the session to be very useful. Number of Students- 150



JANKI DEVI MEMORIAL COLLEGE

The Counselling Committee

Organizing a special workshop

on

'OVERTHINKING AND ANXIETY MANAGEMENT'

Resource Person: Ms. Saniya Bedi



KEY TAKEAWAYS:

- Exploration of concerns faced by students
- Focusing on some doable ways to deal with the same
- Q & A



Date: 12th Jan, 2022

Time: 3:30 p.m.- 4:30 p.m.

Dr. Sonal Jain
(Organizer)

Dr. Poonam Kanwal
(Convenor)

Prof. Swati Pal
(Principal)


28th December, 2021: Workshop on 'Mental Health'

Time: 03:00 PM

Venue: Zoom


A session was held by Counseling Psychologist Ms. Saniya Bedi for Mathematics Hons. and Economics Hons. students on 'Mental Health and How to seek help' on 28th December 2021.

It was attended by 55 students. They enjoyed the session and interacted freely without any inhibition with the counseling psychologist. The counsellor touched upon how mental health is as important as physical health, how to deal with the taboo around mental health and some doable coping strategies to de-stress were discussed. This session organised by Dr. Vandana and Ms. Meenakashi.



JANKI DEVI MEMORIAL COLLEGE

The Counselling Committee
organizes a special workshop
on




"MENTAL HEALTH AND HOW TO SEEK HELP"

Resource Person: Ms. Saniya Bedi

KEY TAKEAWAYS :

- Why it's okay to not be okay?
- How to recognize your feelings?
- How to de-stress?



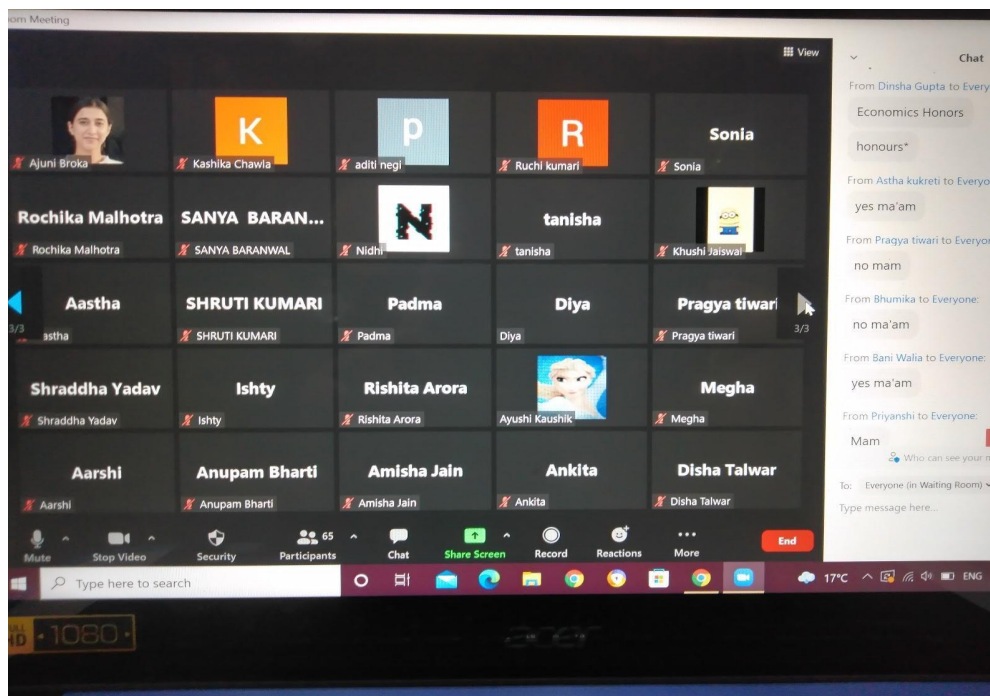
28th Dec 2021
03:30 - 04:30 PM

ONLY FOR
ECONOMICS HONS.
AND MATHEMATICS
HONS. 1 YEAR
STUDENTS

DR. VANDANA , MS. MEENAKASHI
(Organizers)

DR. POONAM KANWAL
(Convenor)

PROF. SWATI PAL
(Principal)



3rd December, 2021- Inter- college debate

The Counselling Committee and IQAC of the JDMC organized an inter- college debate on 3rd December 2021 on the International Day of Persons with Disabilities. The topic for debate was 'Special educational institutions are better than inclusive institutions for the better development of disabled persons.'

Twenty teams from various colleges of Delhi University participated in the debate.

The results were as follows-

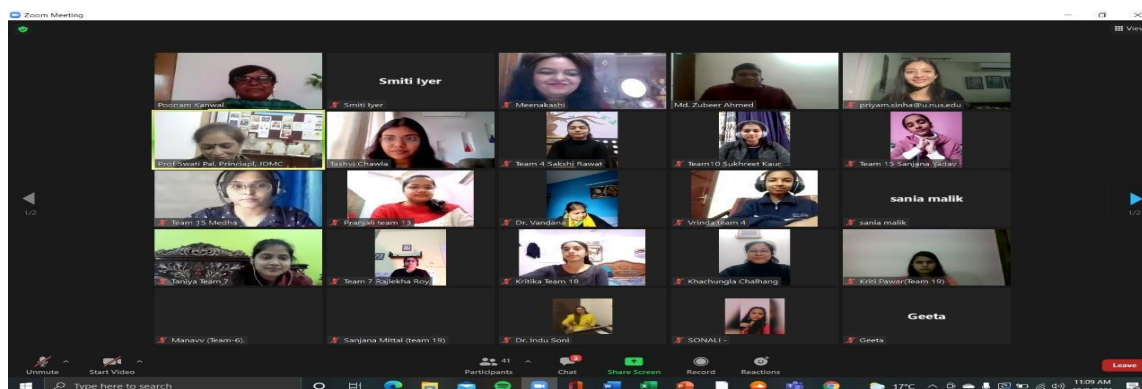
1st Prize- Taniya and Rajlekha Roy

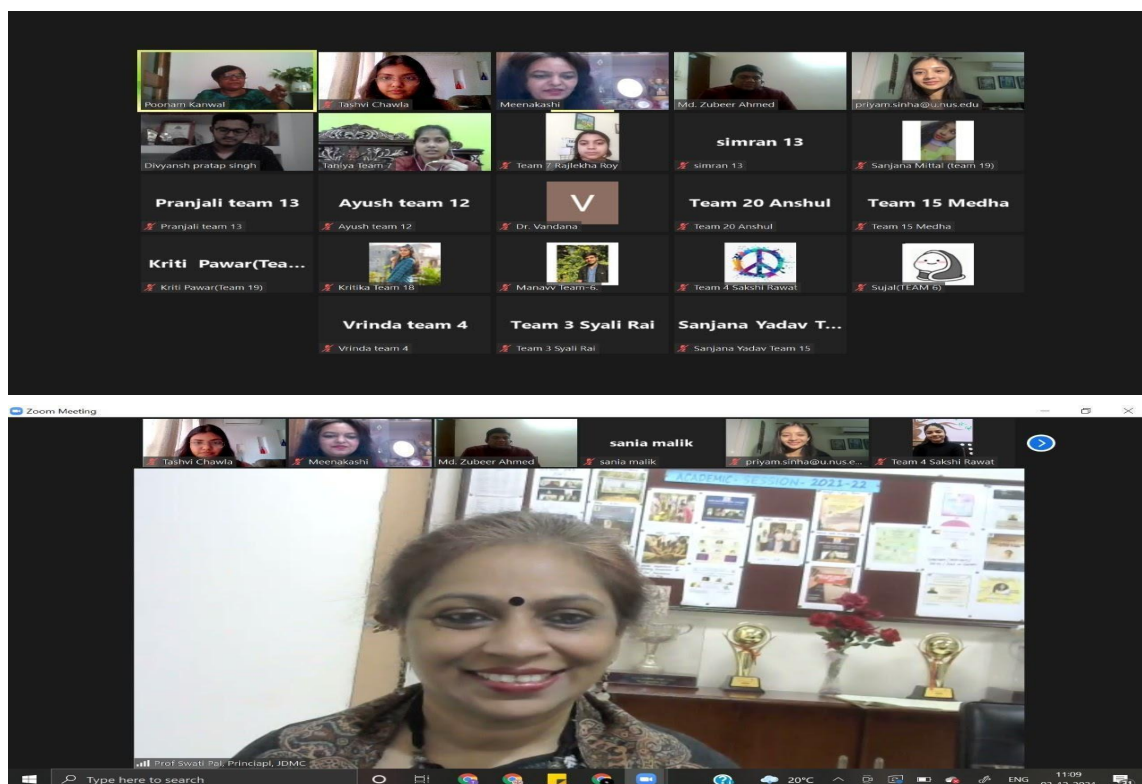
2nd Prize- Pranjali Bharadwaj and Simran

3rd Prize- Yatin and Ayush

Best Speaker- Divyanshu

Best Interjector- Sanjana Mittal





26th November, 2021: Workshop on 'LET'S TALK IT OUT'

TIME: 3:30 pm

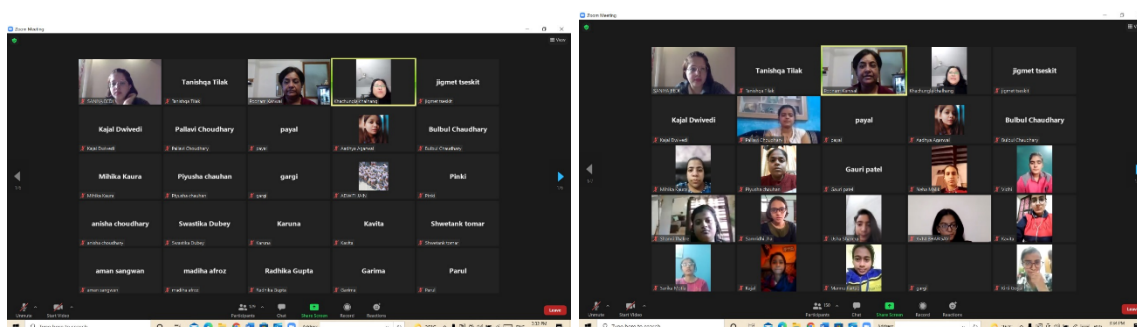
VENUE: Zoom Platform

The Counselling committee of JDMC conducted a workshop on Mental Health for the students of Political Science and BA(Prog) under the title, "Let's talk it out". 174 students attended the workshop. The resource person for the workshop was Ms. Saniya Bedi.

The workshop commenced with Association Incharge of Political Science department, Ms. Khachungla Chahang and Counselling Committee Convenor, Dr. Poonam Kanwal, addressing the audience regarding mental health and introducing the resource person. The stage was then taken by Ms. Saniya Bedi.

The main topics that were stressed upon were Anxiety Issues and Time Management as per the audience's poll. The resource person, with utmost charm and after establishing a safe environment, discussed the topics in detail. Moving on further, Ms. Saniya established the distinction between anxiety and nervousness, and how to tackle both the situations. To understand and work on anxiety issues and time management, the resource person provided the audience with techniques and tactics.

The audience was enthusiastic in their participation and felt secure while asking their personal queries and doubts. The workshop concluded with a vote of thanks delivered by Ms. Chahang.³

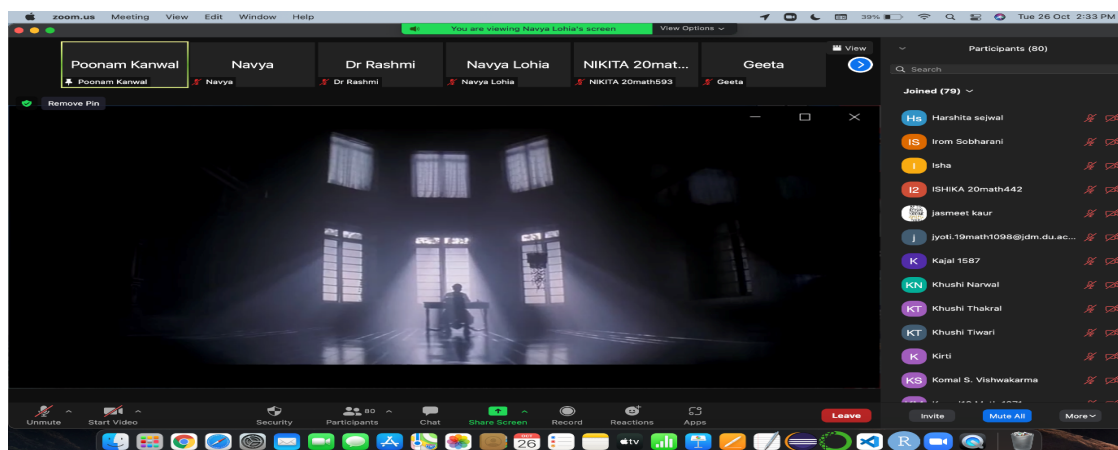


26th October, 2021- Movie Screening: BLACK

No. of Participants: 80

The movie screening was conducted via Zoom for B.Sc. (Hons.) Mathematics students of the college. The movie was about a teacher, who helps a girl with visual and hearing impairment, explore her potential. The screening aimed at inspiring students and encouraging them.





5th October, 2021- Workshop on ‘Overcome Procrastination & Become More Productive’ Speaker- Ms. Saniya Bedi, Counselling Psychologist

The session was conducted via Zoom for B.Sc. (Hons.) Mathematics students of the college by Ms. Saniya Bedi. The session focused on overcome procrastination and how one can be more productive. Various questions were asked by the students regarding the same. **No. of Participants: 82**



JANKI DEVI MEMORIAL COLLEGE

The Counselling Committee
organizes a special workshop
on

'OVERCOME PROCRASTINATION & BECOME MORE PRODUCTIVE!'

Resource Person: Ms. Saniya Bedi



KEY TAKEAWAYS:

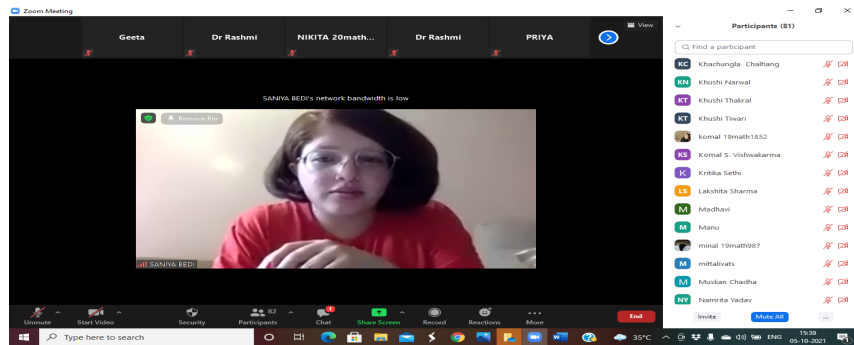
- Exploration of concerns faced by students
- Focusing on some doable ways to deal with the same
- Q & A

05th Oct 2021
03:30 p.m.- 04:30 p.m.

MS. GEETA & DR. RASHMI RANI
(Organizers)

DR. POONAM KANWAL
(Convenor)


PROF. SWATI PAL
(Principal)



10th September, 2021- Workshop on 'How To Take The Right Decisions'


Speaker- Ms. Saniya Bedi, Counselling Psychologist


The session was conducted via Zoom for Hindi Honours students of the college by Ms. Saniya Bedi. The session focused on the main reasons of a person's inability to make the right decision and its solutions. Various questions were asked by the students regarding the same. Workshop organized by Dr. Vandana. **No. of Participants : 63**



JANKI DEVI MEMORIAL COLLEGE

The Counselling Committee
organises a special workshop
on
'HOW TO TAKE THE RIGHT DECISIONS!'
Resource Person: Ms. Saniya Bedi



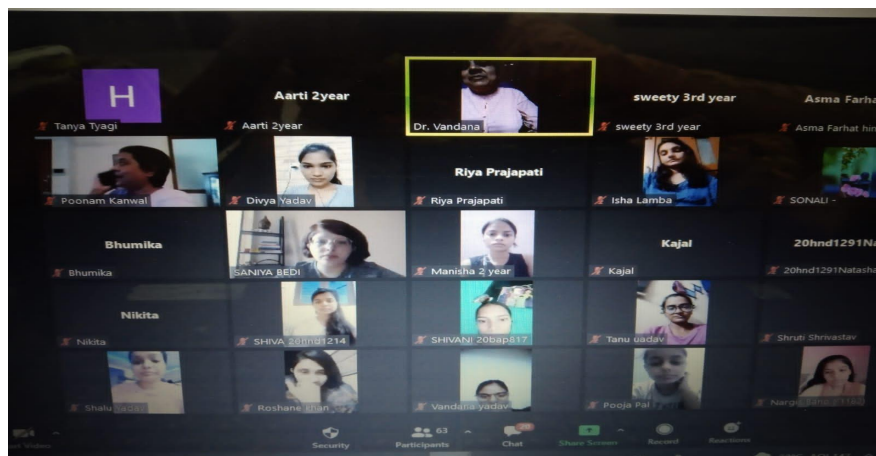


KEY TAKEAWAYS:

- Exploration of concerns faced by students
- Focussing on some doable ways to deal with the same
- Q & A

10th Sept 2021
03:30 p.m.- 04:30 p.m.



PROF. SWATI PAL
(Principal)



23rd August, 2021- Workshop on 'How to Feel Positive in Distress'


Speaker- Ms. Saniya Bedi, Counselling Psychologist

The session was conducted via Zoom for third year English Honours students of the college by Ms. Saniya Bedi. The session focused on understanding how to feel Positive in Distress. Various questions were asked by the audience regarding the same. **No of participants-40**



JANKI DEVI MEMORIAL COLLEGE

The Counselling Committee
organises a special workshop
on
'HOW TO FEEL POSITIVE IN DISTRESS'



KEY TAKEAWAYS:

- Exploration of concerns faced by students
- Focussing on some doable ways to deal with the same
- Q & A

**23rd Aug 2021
03:30 p.m.- 04:30 p.m.**

**PROF. SWATI PAL
(Principal)**



6th July, 2021- Workshop on 'How to Cope with the Exam Stress'

Speaker- Ms. Saniya Bedi, Counselling Psychologist

The session was conducted via Zoom for first and second year students of the college by Ms. Saniya Bedi. The session focussed on understanding what causes stress during exam days and what are the various doable ways to manage it. Various questions were asked by the audience regarding the same. **No of participants-20**



JANKI DEVI MEMORIAL COLLEGE



The Counselling Committee
organises a special workshop
on

'HOW TO COPE WITH THE EXAM STRESS'



KEY TAKEAWAYS:

- Exploration of concerns faced by students
- Focussing on some doable ways to deal with the same
- Q & A

06th July 2021
03:30 p.m.- 04:30 p.m.

**PROF. SWATI PAL
(Principal)**

