



## 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.

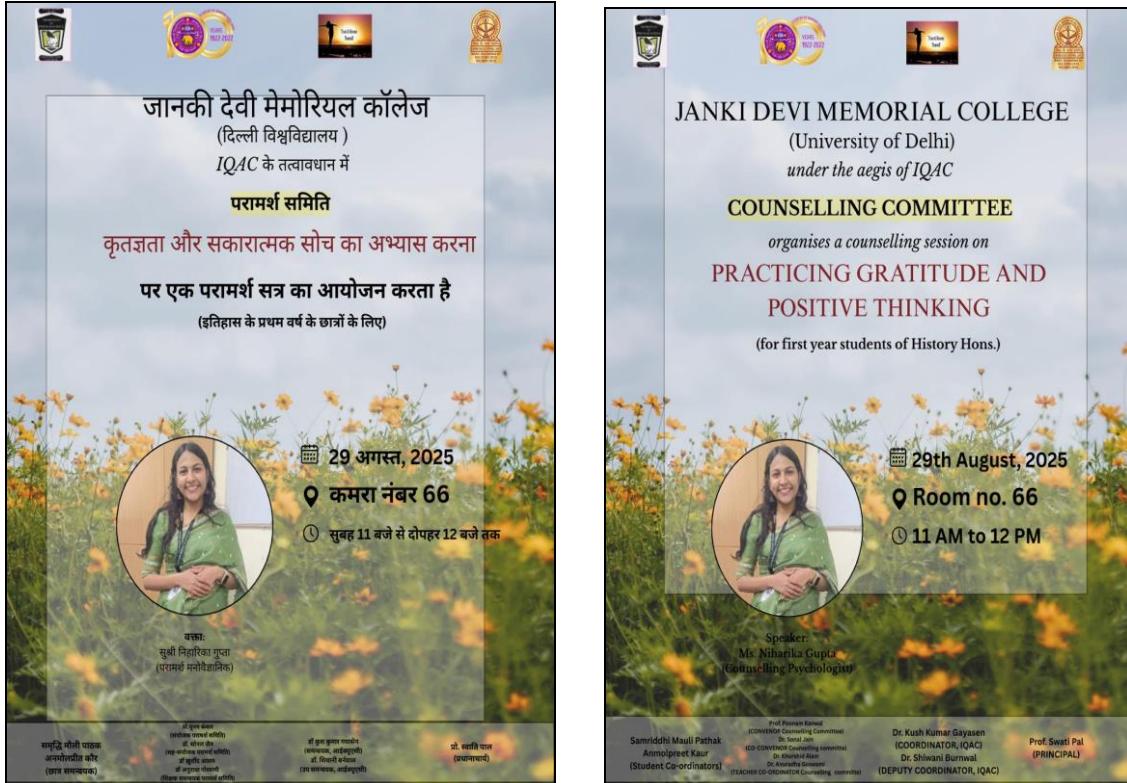
The session Encouraged self-awareness, self-confidence, and resilience. Guided students in improving interpersonal relationships with peers, faculty, or family.

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.

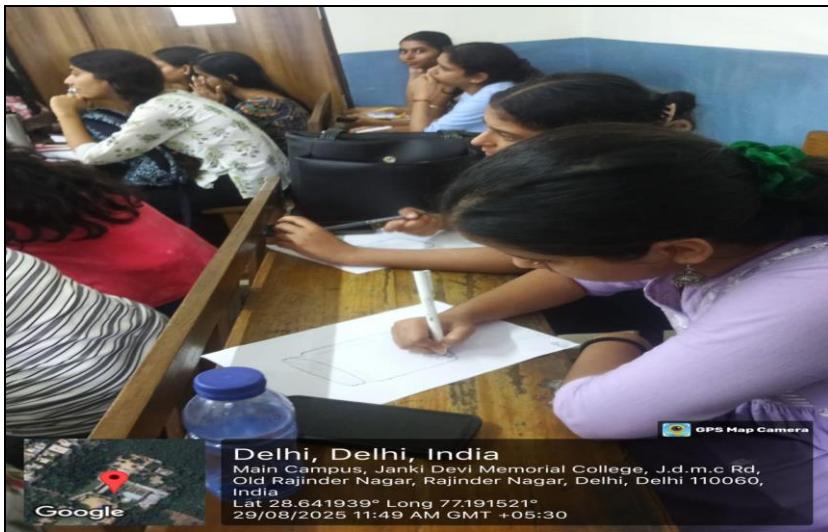
The Counselling Session successfully created awareness among students about mental health and importance of seeking help. The counselling session helped the student share their concerns openly, understand possible solutions, and gain clarity about the next steps. The session ended on a positive note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

### Poster Of The Event:



### Geotagged Photos Of The Event:





## ATTENDENCE

1.) Chun Chun	874	(BA Program)
2.) Kilean	837	(BA Program)
3.) Anam	1334	BA History (Hons) Sec - A
4.) Falak	1627	BA history (Hons) Sec - N
5.) Suhani	593	BA history (Hons) Sec - A
6.) Neeta	2168	BA History (Non) Sec A
7.) Athiraatha	1677	BA History Hons Sec A
8.) Shreya Kundu	1299	BA History Hons Sec A
9.) Bhoomi Kaushik	337	B.A History Hons Sec A
10.) Kareena	340	BA History Hons Sec A
11.) Ishita Sharma	819	BA History Hons Sec B

1) Khushi Panchal - 336 (1st year) History (H)			
2) Vaishnavi Shardilya - 1157 (1st year) History (H)			
3) Dipika - 2182 (1st year) History (H)			
4) Vaishnavi Singh - 1956 (3rd year) BA Prog			
5) Mumira - 446 (3rd year) BA Programme			
6) Aastha Yati - 443 (3rd year) BA Programme			
7) Muskhan - 1892 (3rd year) BA Programme			
8) Aakansha 1761 (3rd) BA Prog.			
9) B. Sandhya 1957 (3rd) BA Prog.			
10) Sakshi Rau 400 3rd BA Prog			
11) Sukhmandeep 1607 3rd BA Hons History Kaur	1672	1388	99 99
12) Zeenat 1388	1577	1st	BA History Hon
13) Sristhi 1388	357	1st	BA History Hon
14) Rutika 1577	1701	1st	BA History Hon
15) Sanya 357	1233	1st	BA History Hon
16) Anisha Ekti 1701	11	11	11
17) Warishwar Kaurmai 1233	1st	11	11 (Section - B)
18) Ray Lalshmi 1450	1st	11	11
19) Kaushiki Karmari 1136	11	1111	1

S.No.	Name	COURSE
1	Pragya -19	BA His Hons
2	Nauomi - 813	BA His Hons
3	Yashminde - 1159	BA His Hons
4	meghara - 786	BA His Hons
5	Nikhila Kan - 37	BA History(Hons)
6	Sutoni - 1069	BA History Hons.
7	Sakshi - 1084	BA His Hons
8	Simran Singh 728	BA His Hons
9	Muskhan Parveen 361	BA His Hons Sec-B
10	Ananya Choudhary	BA (Hons) His Sec-B
11	Khushi Karmari	BA (Hons) His Sec-B
12	Sneham Kumari	BA (Hons) His Sec-B
13	Shi Sabri Priya	BA (History) Hons. Sec-B
14	Khushi Panchal	BA (History) Hons. Sec-B
15	Safiya	BA (History(Hons)) Sec-A
16	Bhumika	BA (History(Hons)) Sec-A
17	Smriti	BA (History(Hons)) Sec-A
18	Vidhi	BA History Hon. Sec-B
19	Payal	BA History Hon. Sec-B
20	Simran Singh	BA History Hon. Sec-B
	Bhumi	BA History Hon. Sec-B

**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/ national or any other collaboration)	Intra college Counselling Session
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. Meenakshi thanked gave a vote of thanks at the end of the session.

### Attendance cum Feedback link

<https://docs.google.com/forms/d/e/1FAIpQLScD0WcbxZdzwx3e2vrbKe3lrLTllqUeMtdJMinLgzjooTgaPg/viewform?usp=preview>







Delhi, Delhi, India

Main Campus, Janki Devi Memorial College, J.d.m.c Rd,  
Old Rajinder Nagar, Rajinder Nagar, Delhi, Delhi 110060,  
India  
Lat 28.642025° Long 77.191538°  
10/09/2025 12:24 PM GMT +05:30

Google



GPS Map Camera

**Topic: Untangle: Art, Heart and Mindfulness****Date: 22.09.2025**

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/inter-college/ state/ national or any other collaboration)	Intra-college
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 ( <i>if applicable</i> ):	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/inter-college/ state/ national or any other collaboration)	Intra college Counselling Session
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 ( <i>if applicable</i> ):	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:

**JANKI DEVI MEMORIAL COLLEGE**  
(University of Delhi)  
**THE COUNSELLING COMMITTEE**  
&  
**THE DEPARTMENT OF MATHEMATICS**  
(Under the aegis of IQAC)  
ORGANISES A SPECIAL SESSION ON  
RETHINKING OUR DIGITAL LIVES

**SPEAKER**

**MS. HIMANSHI SAHNI**

**OCTOBER 16, 2025**  
**12:00 NOON**  
**ROOM NO. 14**

**KAAVYA KHURANA** (STUDENT COORDINATOR)  
COUNSELLING COMMITTEE

**DR. MANISH CHAUHAN**  
MR. VIKENDRA SINGH (COORDINATORS)  
COUNSELLING COMMITTEE

**DR. TEENA KOHLI** (TEACHER IN-CHARGE)  
COUNSELLING COMMITTEE

**PROF. POONAM KANWAL** (CONVENOR)  
COUNSELLING COMMITTEE

**DR. SONAL JAIN** (CO-CONVENOR)  
COUNSELLING COMMITTEE

**DR. KUSH KUMAR GAYSEN** (IQAC COORDINATOR)  
DR. SHIWANI BURNWAL (DEPUTY IQAC COORDINATOR)

**PROF. SWATI PAL** (PRINCIPAL)

**जानकी देवी मेमोरियल कॉलेज**  
(दिल्ली विश्वविद्यालय)  
**परामर्श समिति**  
&  
**गणित विभाग**  
(आईक्यूएसी के तत्वावधान में)  
एक विशेष सत्र का आयोजन करता है  
विषय - हमारे डिजिटल जीवन पर पुनर्विचार

**वक्ता**

**16 अक्टूबर, 2025**  
**दोपहर 12:00 बजे**  
**कक्ष संख्या नं. 14**

**सुश्री हिमांशी साहनी**

**काव्या खुराना** (छात्र प्रतिनिधि)  
परामर्श समिति

**डॉ. मनीष चौहान** वी रिकर्ड सिंह (प्रभारी सिक्षिकार्ता)  
परामर्श समिति

**डॉ. टीना कोहली** (प्रभारी सिक्षिकार्ता)  
परामर्श समिति

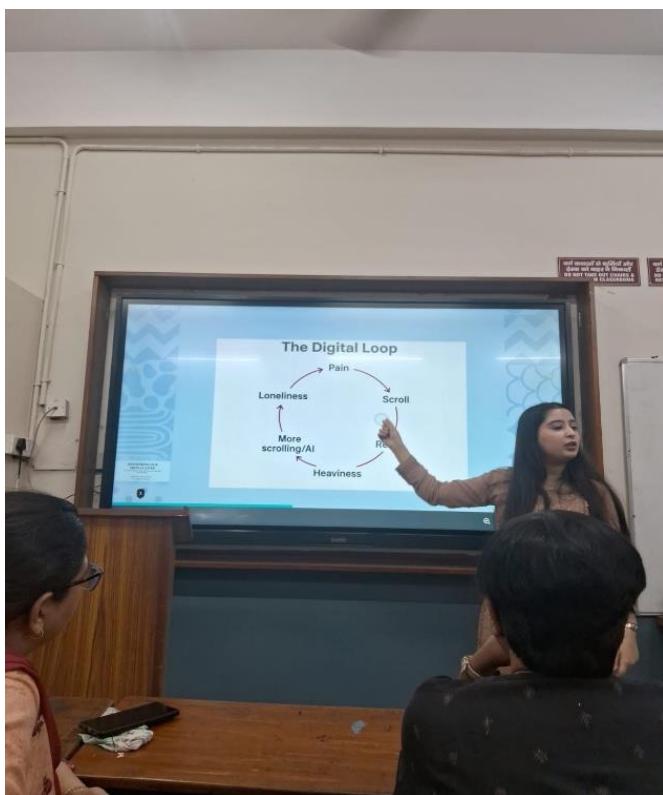
**प्रो. पूनम कन्वल** (संसोचक)  
परामर्श समिति

**डॉ. सोनल जैन** (सह-प्रभारी)  
परामर्श समिति

**डॉ. कुश कुमार गैसेन** (आईक्यूएसी समन्वयक)  
सिक्षानी समिति

**प्रो. स्वाति पाल** (प्राचार्य)

## 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	A	2	5
2025/10/16 1:20:07 pm GMT+5:30	B.sc Mathematics (Hons)	Preeti	1715	A	2	5
2025/10/16 1:20:07 pm GMT+5:30	Mathematics	Aastha Jain	1795	B	3	5
2025/10/16 1:20:15 pm GMT+5:30	Bsc(hons) Mathematics	Mishal	671	A	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	B	3	5
2025/10/16 1:21:18 pm GMT+5:30	Bsc. (H) Maths	Ragini prajapati	1857	B	3	4
2025/10/16 1:21:21 pm GMT+5:30	Bsc. Mathematics (Hons)	Neha Kumari	1802	A	2	5
2025/10/16 1:22:31 pm GMT+5:30	Maths	Pushpa kumari	1674	B	2	5
2025/10/16 1:23:44 pm GMT+5:30	BSC hons mathematics	Anjali Thakur	1756	A	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	A	2	5
2025/10/16 6:08:42 pm GMT+5:30	Mathematics	Preeti	1715	A	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	B	3	5
2025/10/16 6:11:07 pm GMT+5:30	Math	Ragini	1857	B	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	B	2	5

**Topic - Recognising Psychological Distress Among Students****Date- 30th October 2025**

Name of the Event	Recognising Psychological Distress Among Students
Date of the Event	30th October 2025
Name of the Organiser	Counselling Committee
Type of Event (Intra-College- Inter-College, state, national, or any other Collaboration)	Intra-College
Objective of the Event	Faculty Sensitisation to recognise psychological stress among students
Name and Affiliation of the Resource Person	Dr. Vandana Gambhir (Behavioural Trainer and Educationist)

**Brief Report-****Venue: Room No. 66,****Time - 11.30- 1 pm**

Dr. Vandana Gambhir's session focused on recognising psychological distress among students. She highlighted alarming data showing that Delhi students experience the highest levels of depression, with mental illnesses often beginning by age 14 and suicide being the fourth leading cause of death among those aged 15–29. She also noted the link between increased screen time and unhappiness.

Dr. Gambhir explained that even students who appear fine may be struggling with issues such as self-doubt, low self-worth, fear of failure, imposter syndrome, social comparison, body-image concerns, career uncertainty, and a tendency to internalise distress. She also discussed the impact of toxic relationships, gaslighting, harmful digital media behaviour, gaming disorder, and the constant search for validation online.

She advised faculty to approach students with **empathy**, use **open and non-judgemental questions**, and **listen actively**. Teachers should **normalise help-seeking**, encourage healthy habits (nutrition, sleep, exercise, social connection), and refer students to counselling resources. Maintaining **confidential documentation**, **professional boundaries**, and **following up** were also emphasised.

The session was well-received, with around 60 faculty members in attendance and active engagement throughout.

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

**IQAC in Collaboration with Counciling Committee**

Is Organising

**Faculty Sensitization Workshop on  
Recognizing Psychological Distress Among  
Students**



**Dr. Vandana Gambhir**  
Assistant Professor  
Behavioural trainer and educationist

**DATE : 30 October 2025**

**Venue : Room No. 66**

**Time : 11:30 AM to 1:00PM**

**IQAC Accreditation Committee and Counselling Committee (organiser)** Prof. Poonam Kanwal (Convener)  
Dr. Sonali Jain (Counselling Committee Convener)  
Dr. Kush Gayasen (IQAC Coordinator)  
Dr. Shivani Burrewal (IQAC Deputy Coordinator)  
Prof. Swati Pal Principal





**Topic: Panel Discussion on the Book- “ Bandaged Moments”- Mapping Emotional Geographies: Trauma and Transformation in Bandaged Moments.**

**Date- 7th November 2025**

Name of the Event	Mapping Emotional Geographies: Trauma and Transformation in Bandaged Moments.
Date of the Event	7th November 2025
Name of the Organiser	English Department in collaboration with the Counselling Committee
Type of Event (Intra-College- Inter-College, state, national, or any other Collaboration)	Intra-College
Objective of the Event	To bring awareness on the mental health issues
Name and Affiliation of the Resource Person	Ms. Nabanita SenGupta, Ms. Nishi Pulugurtha and Prof. Swati Pal

### **Brief Report**

**Venue: Seminar Room**

The two editors, **Nabanita Sengupta** and **Nishi Pulugurtha**, spoke at length about their book *Bandaged Moments* and the stories it presents on mental health. The collection brings together narratives from **diverse cultural and linguistic backgrounds**, thoughtfully translated into English. **Prof. Swati Pal** also shared her reflections and read selected excerpts from her work, *Empty Are the Houses of Seasons*.

The session was **well attended by both students and faculty members** and received with great interest.



**JANKI DEVI MEMORIAL COLLEGE**

**(UNIVERSITY OF DELHI)**

**ENGLISH DEPARTMENT ASSOCIATION**

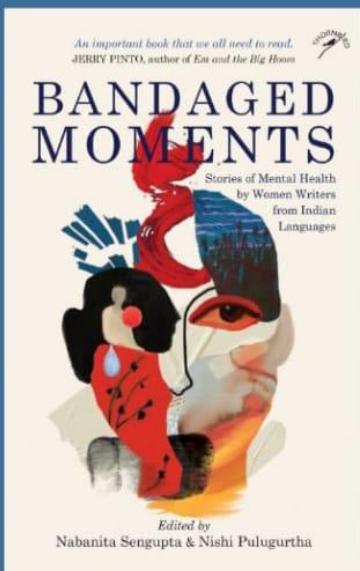
**IN COLLABORATION WITH**

**COUNSELLING COMMITTEE**

**UNDER THE AEGIS OF IQAC**

*PRESENTS*

**Mapping Emotional Geographies:  
Trauma and Transformation in Bandaged Moments**



**Panelists**



**NABANITA  
SENGUPTA**



**NISHI  
PULUGURTHA**



**SWATI PAL**

**MODERATOR: SANJUKTA NASKAR**



**11:00-12:30 PM**



**7<sup>TH</sup> NOVEMBER 2025**



**SEMINAR HALL**

Tanmaya  
Srisha  
(STUDENT COORDINATORS)

Dr. Sanjukta Naskar  
Mr. Samiran Ghising  
(ASSOCIATION IN CHARGE)

Dr. Antara Datta  
(TEACHER IN CHARGE)

Prof. Poonam Kanwal  
Dr. Sonal Jain  
(COUNSELLING COMMITTEE  
CONVENORS)

Dr. Shivani Burnwal  
(DEPUTY IQAC COORDINATOR)

Dr. Kush Kumar Gayasen  
(IQAC COORDINATOR)

Prof. Swati Pal  
(PRINCIPAL)

## Topic- Dance and Movement Therapy Workshop

Date- 19th November 2025

Name of the event	Dance and Movement Therapy Workshop
Name of the organiser	<b>Convenor:</b> Prof.Poonam Kanwal <b>Co-convenor:</b> Dr.Sonal Jain <b>Event Co-ordinator:</b> Dr.Vineeta Bhatt (Counselling Committee)
Type of Event	Offline Workshop
Objective of the event	Stress Relief through movement
Name and Affiliation of the Resource Person	Ms.Himanshi Sahni, Counselling Psychologist

The Counselling Committee of Janki Devi Memorial College organised an enriching Dance and Movement Therapy Workshop on 19th November 2025 in the college auditorium. The workshop was facilitated by Ms. Himanshi Sahni, a counselling psychologist with expertise in movement-based therapeutic practices. The session aimed to help students understand how body movement, rhythm, and breath can support emotional regulation, stress relief, and mindfulness.

Ms. Sahni began with an introduction to dance and movement therapy, highlighting how movement allows expression, healing, and reconnecting with oneself. Students were encouraged to let go of hesitation and stay present through guided movement.

Participants took part in a series of engaging activities, including warm-up and grounding exercises, breathing techniques to calm the mind, free-flow movement sequences for expression, and group activities that encouraged coordination and shared energy.

These exercises helped students release stress, become more aware of their bodies, and feel emotionally lighter. Many expressed that the workshop helped them unwind from academic pressure while learning simple techniques they could use daily.

The workshop ended with a reflection circle, where students shared feelings of relaxation and renewed energy. Ms. Sahni emphasised the importance of practising movement and breathwork regularly to support mental well-being. Overall, the session was engaging, therapeutic, and refreshing, successfully promoting emotional health and holistic wellness among students.

## POSTERS OF THE WORKSHOP:



## GEO-TAGGED PICTURES OF THE WORKSHOP:



