

**THE COUNSELLING AND CAREER DEVELOPMENT
CENTRE (CCDC)**

ACTIVITIES

(2021-2022)



IIS (DEEMED TO BE UNIVERSITY, JAIPUR)

Date	Name of Event
4th September, 2021	Orientation
September 17th, 2021	Guest Lecture on Careers in Clinical Psychology
September 20th, 2021	Guest Lecture on how to write a Case Study
September 21st, 2021	Orientation Session on Counselling
18th – 22nd October, 2021	Mental Health Week
Sept 2021 onwards	Yearlong Internship In Clinical And Counselling Psychology
23 rd February, 2022	Guest Lecture on Sex Therapy
2 nd May 2022- 16 th May, 2022	15 Days Advance Diploma Internship
20 th June-20 th July, 2022	Summer Internship

Name of the Cell - Counselling and Career Development Centre (CCDC)

Objective/Role of the Cell - The Counselling and Career Development Centre (CCDC), IIS (Deemed to be University, Jaipur) is an endeavor of the Department of Psychology which started as a small initiative in the year 2013. A multitude of activities are planned by the Centre all-round the year to fulfill its goals. Full time counselling service is available for students as well as for staff members of the university, which includes career and vocational counselling, emotional and behavioral counselling, psychological testing and profiling. The Centre also provides training/internship for students of psychology and related disciplines and also COSD course in counselling & guidance.

The Centre was established to fulfill the following goals:

- Psychometric testing and Career Profiling
- Emotional and Behavioral Counselling
- Group Counselling
- Vocational guidance
- Life Skills coaching
- Mental Health Awareness Programmes
- Organizes regular Workshops and Seminars/Webinars in the field of Mental Health and Career Counselling
- Teaching and Research

Activity: 1

Title of the event: Orientation Session

Type of Event: Guest Lecture

Date: 4th September, 2021

Venue: Microsoft Teams

No. of Participants/Beneficiaries: All University students and Faculty Members

Name of the activity Coordinator: Ms. Mahak Mathur (Clinical Psychologist cum Asst. Professor)

Objective of the Guest Lecture:

- Introduction to the Counselling and Career Development Cell
- How Covid-19 situation has affected the conventional mode of teaching
- Challenges faced by students in uncertain time
- Ways to cope with virtual learning
- Adaptation to the new world and ways to maintain Emotional wellbeing

Summary/Description:

Counselling and Career Development Cell, IIS (Deemed to be University), Jaipur organized an Orientation Session talk on “Educational Adjustment and Wellbeing in the Era of New Normal” lead by Ms. Mahak Mathur(Clinical Psychologist cum Assistant Professor, IISU).

In this interactive session the students were given a brief description of the following:

- Introduction to the Counselling and Career Development Cell
- How Covid-19 situation has affected the conventional mode of teaching
- Challenges faced by students in uncertain time
- Ways to cope with virtual learning
- Adaptation to the new world and ways to maintain Emotional wellbeing

The participants of the session were the new students of IISU. They were introduced to the Counselling and Career Development Cell of IISU and its features and functions. The key issues surrounding the change in education system due to the covid-19 situation was addressed along with its impact on student mental health. The challenges faced by the students due to the transition to virtual teaching were discussed. Students were explained the various ways they can cope with the transition. They were taught certain coping techniques and relaxation exercises that would increase their motivational levels and reduce stress.

At the conclusion of the webinar the students were told about the mental health and career counselling initiatives taken by the cell and how to contact the cell to avail the services in online and offline mode. Email ID of the cell was shared with the students. Q&A round was held in which the participants were given an opportunity to put forward questions to state their curiosity. The overall session was insightful and the students got particulars about the functionalities of the counselling cell and learnt new ways to cope with the new normal.

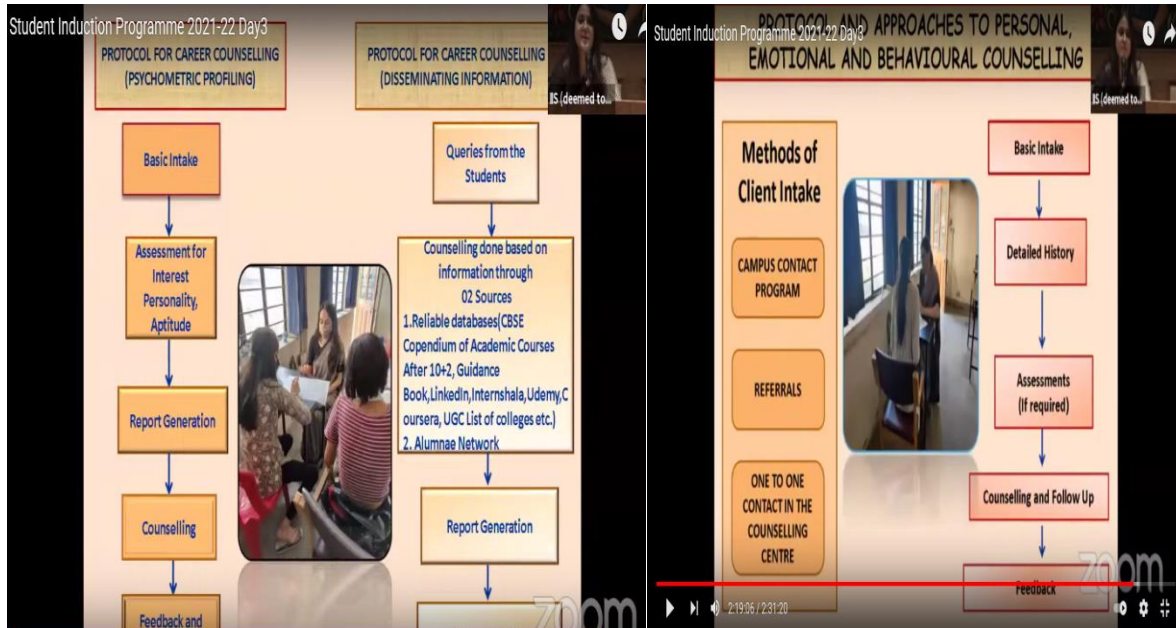
Outcome of the Guest Lecture:

It helped the students to know about how the Counselling and Career Development Cell (CCDC) functions, what are the services which it provides.

Attach the following with each annexure:

1. Photographs





2. Feedback report of the event

The students were happy to know that the University have a Counselling and Career development Centre (CCDC) and it offers a huge variety of services. Also the session helped them to know the ways by which they can cope up in different and difficult situations. The session taught them how Covid-19 has affected the conventional mode of teaching and how it can be resolved. Lastly the session focused on how to adapt to the new world and maintain the emotional wellbeing of self and others.

Activity: 2

Title of the event: Guest Lecture on careers in Clinical Psychology

Type of Event: Guest Lecture

Date: September 17th, 2021

Venue: Online Platform

No. of Participants/Beneficiaries: 133

Name of the activity Coordinator: Ms. Mahak Mathur (Clinical Psychologist cum Asst. Professor)

Objective of the workshop/seminar/activity:

- Introduction to Clinical Psychology
- The present scopes in Clinical Psychology and the domains the clinical psychology is progressing towards

Summary/Description: The department of psychology and counseling and career development center, IIS (deemed to be University) Jaipur, organized a webinar on Roadmap to pursue Clinical Psychology in India on 17th September, 2021. The speaker and the resource person for the webinar was Mr. Ishant Rana.

Mr. Ishant Rana is a Clinical Psychologist at National Institute of Mental Health and Neuroscience. Mr. Rana started his lecture on Roadmaps to pursue Clinical Psychology in India with introducing what clinical psychology is and telling the audience about the present scopes in clinical psychology and the domains the clinical psychology is progressing towards. He then talked about the difference between a counselling psychologist and a clinical psychologist as these are the two major field students are interested in now a days as a career in psychology. In this he discussed the diagnosis, assessment, exposure training and therapeutic aspects, and also about job specification.

Mr. Rana then proceeded with different courses and roads in the field of clinical psychology itself. In which he briefed the audience about M.Phil, PG diploma in CP and PsyD, he gave insight regarding the time duration, clinical exposure, research and licensing difference between the courses in the field of clinical psychology. He motivated the students and also gave some pointers on how a student can prepare for M.Phil. in clinical psychology as the competition is increasing. He told that the students should start preparing early, and should not avoid the basic concepts that we tend to miss out, he also advised the students to see and go through the syllabus and give equal time to all the areas and not to leave anything, he encouraged the students to keep revising and said that if the students want he can prepare the list of resources and share it with the students for reference. He also shared the challenges and the opportunities in the field of clinical psychology.

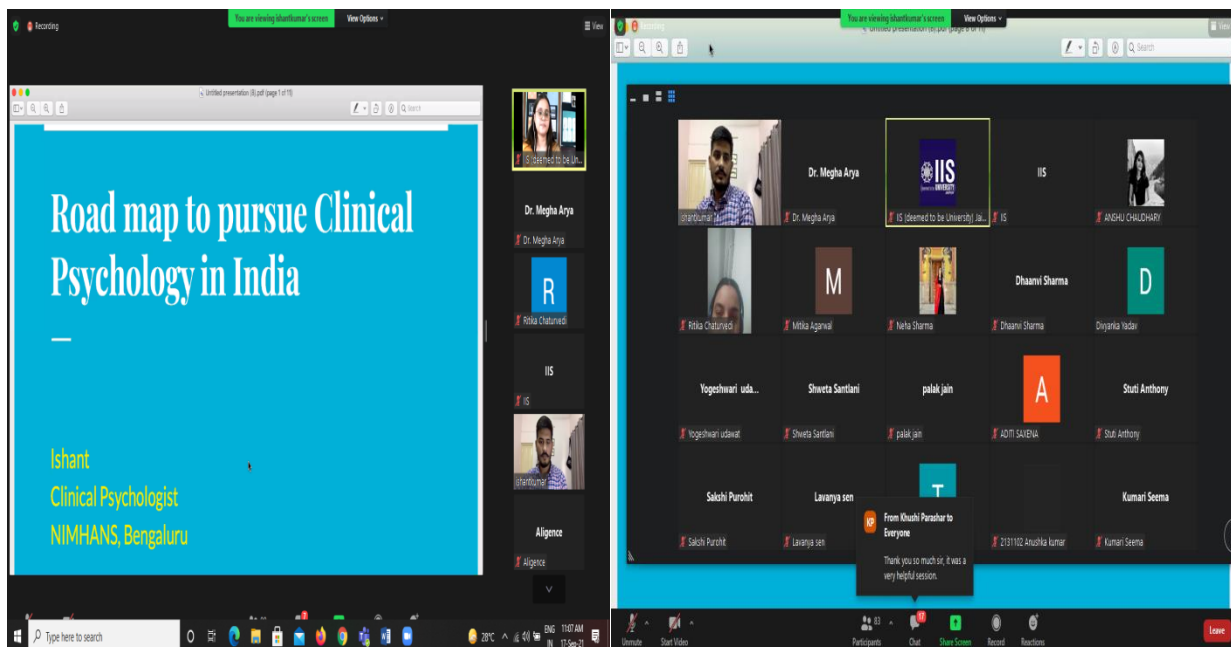
Towards the end of the session he opened the dais for the audience to ask their doubts and queries regarding the admission process at NIMHANS itself and what colleges should one prefer for further studies?, in which he gave an unbiased opinion and said that it depends on the students to select the college they want to apply to but, one should see to it that they are getting proper exposure. He also acquainted the students with NIMHANS culture and the internship also how one can apply for M.Phil there.

The speaker at the end motivated and encouraged the students to pursue the career in the field of clinical psychology. It was truly a very enriching and an interesting session wherein the audience got so much knowledge and insight regarding clinical psychology and the way they can pursue their dream of becoming a licensed clinical psychologist, by an eminent speaker Mr. Ishant Rana.

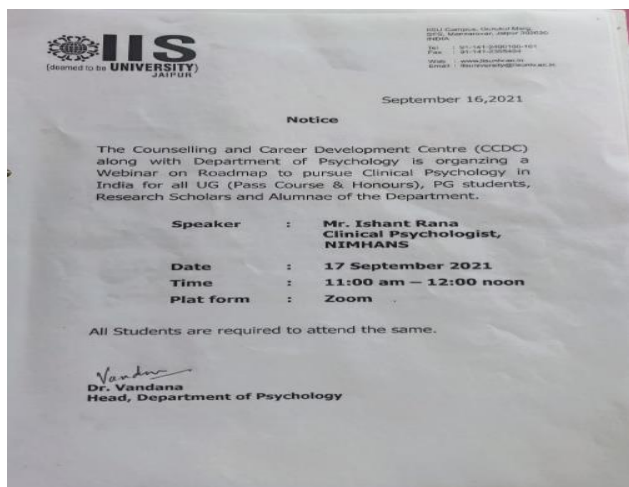
Outcome of the Guest Lecture: It motivated and encouraged the students to pursue the career in the field of clinical psychology.

Attach the following with each annexure:

1. Photographs



2. Notice



3. Attendance/DL forms of the participants

No. Of Beneficiaries: 133

Enrollment number	Name of the Student	Programme	Semester
IISU/2021/ADM/32775	Swastika Jain	BA (H)	I
IISU/2021/ADM/32782	Jhanvi Kalra	BA (H)	I
IISU/2021/ADM/32785	Tarushayee Sharma	BA (H)	I
IISU/2021/ADM/32840	Sharmistha Tiwari	BA (H)	I
IISU/2021/ADM/32844	Priyanshi Sharma	BA (H)	I
IISU/2021/ADM/32868	Varenya Joshy	BA (H)	I
IISU/2021/ADM/32898	Yashwi Dusad	BA (H)	I
IISU/2021/ADM/32901	Swati Rana	BSC (H)	I
IISU/2021/ADM/32906	Muskan Bano Qureshi	BA (H)	I
IISU/2021/ADM/32989	Taniya Mohammed Islam	BA (H)	I
IISU/2021/ADM/33009	Himani Bhatt	BA (H)	I
IISU/2021/ADM/33012	Hema Dhama	BA (H)	I
IISU/2021/ADM/32341	Nandini	BA (H)	I
IISU/2021/ADM/32241	Tanishka Dhama	BA (H)	I
IISU/2021/ADM/32244	Radhika Singh	BA (H)	I
IISU/2021/ADM/32253	Dhaanvi Sharma	BA (H)	I
IISU/2021/ADM/32294	Juhi Sharma	BA (H)	I
IISU/2021/ADM/32311	Aditi Jeswani	BA (H)	I
IISU/2021/ADM/32344	Palak Agarwal	BA (H)	I
IISU/2021/ADM/32360	Sakshi Purohit	BA (H)	I
IISU/2021/ADM/32377	Kavya Jain	BA (H)	I
IISU/2021/ADM/32448	Tanvi Kumawat	BA (H)	I
IISU/2020/ADM/31357	Anshika Agarwal31357	BA/B.Sc Hons	III
IISU/2020/ADM/27287	Aanchal Thadani27287	BA/B.Sc Hons	III
IISU/2020/ADM/27231	Aashi Sharma27231	BA/B.Sc Hons	III
IISU/2020/ADM/31357	Anshika Agarwal31357	BA/B.Sc Hons	III

IISU/2020/ADM/27133	Anushka Golechha27133	BA/B.Sc Hons	III
IISU/2020/ADM/27208	Daksheeta Sharma27208	BA/B.Sc Hons	III
IISU/2020/ADM/31804	Kanak Shekhawat31804	BA/B.Sc Hons	III
IISU/2020/ADM/27059	Manini Kapur27059	BA/B.Sc Hons	III
IISU/2020/ADM/31724	Manyata Jain31724	BA/B.Sc Hons	III
IISU/2020/ADM/31352	Nidhi Rathore31352	BA/B.Sc Hons	III
IISU/2020/ADM/31396	Palak Goyal31396	BA/B.Sc Hons	III
IISU/2020/ADM/31869	Parthvi Dahiya31869	BA/B.Sc Hons	III
IISU/2020/ADM/31711	Prachi Agarwal31711	BA/B.Sc Hons	III
IISU/2020/ADM/31856	Saloni Dangayach31856	BA/B.Sc Hons	III
IISU/2020/ADM/31610	Samriddhi Pandey31610	BA/B.Sc Hons	III
IISU/2020/ADM/27137	Swati Badaya27137	BA/B.Sc Hons	III
IISU/2020/ADM/27288	Unnati Bansal27288	BA/B.Sc Hons	III
IISU/2020/ADM/27172	Vidushi Dhamechani27172	BA/B.Sc Hons	III
IISU/2019/ADM/30257	Aakansha Ranawat	BA/B.Sc Hons	V
IISU/2019/ADM/30312	Aastha Arora	BA/B.Sc Hons	V
IISU/2019/ADM/30456	Aditi Jain	BA/B.Sc Hons	V
IISU/2019/ADM/30146	Aditi Sharma	BA/B.Sc Hons	V
IISU/2019/ADM/26616	Anushka Jangid	BA/B.Sc Hons	V
IISU/2019/ADM/30266	Archna Tyagi	BA/B.Sc Hons	V
IISU/2019/ADM/30800	Arusha Bajpai	BA/B.Sc Hons	V
IISU/2019/ADM/30628	Diksha Jain	BA/B.Sc Hons	V
IISU/2019/ADM/30038	Eeshita Rathore	BA/B.Sc Hons	V
IISU/2019/ADM/30858	Karishma Kulshrestha	BA/B.Sc Hons	V
IISU/2019/ADM/30381	Shreya Goyal	BA/B.Sc Hons	V
IISU/2019/ADM/30139	Kashika Dangri	BA/B.Sc Hons	V
IISU/2019/ADM/30374	Khushi Jain	BA/B.Sc Hons	V
IISU/2019/ADM/30880	Kritika Kabra	BA/B.Sc Hons	V
IISU/2019/ADM/30394	Lakshita Sharma	BA/B.Sc Hons	V
IISU/2019/ADM/31030	Lavi Rathore	BA/B.Sc Hons	V
IISU/2019/ADM/30294	Malvika Sharma	BA/B.Sc Hons	V
IISU/2019/ADM/30856	Muskan Choudhary	BA/B.Sc Hons	V
IISU/2019/ADM/30072	Muskan Vijaywergiya	BA/B.Sc Hons	V
IISU/2019/ADM/30074	Parul Singh	BA/B.Sc Hons	V
IISU/2019/ADM/30645	Riya Jain	BA/B.Sc Hons	V
IISU/2019/ADM/30423	Ruchika Mittal	BA/B.Sc Hons	V
IISU/2019/ADM/26612	Sabiya Sheikh	BA/B.Sc Hons	V
IISU/2019/ADM/30253	Sakshi Sharma	BA/B.Sc Hons	V
IISU/2019/ADM/30937	Saloni Jain	BA/B.Sc Hons	V
IISU/2019/ADM/30425	Tanisha Bhati	BA/B.Sc Hons	V
IISU/2019/ADM/30330	Upasana Sareen	BA/B.Sc Hons	V
IISU/2019/ADM/30454	Vipra Baid	BA/B.Sc Hons	V
IISU/2019/ADM/30306	Erica Gabriel Fernandes	BA/B.Sc Hons	V

IISU/2019/ADM/30567	Iilina Sharma	BA/B.Sc Hons	V
IISU/2019/ADM/30258	Isha Manish Saxena	BA/B.Sc Hons	V
IISU/2019/ADM/30458	Kajal Sharma	BA/B.Sc Hons	V
IISU/2019/ADM/31103	Khushi Parashar	BA/B.Sc Hons	V
IISU/2019/ADM/30159	Navalgeet Chahal	BA/B.Sc Hons	V
IISU/2019/ADM/30654	Pratiksha Kanojia	BA/B.Sc Hons	V
IISU/2019/ADM/30142	Sakshi Dnyaneshwar Umale	BA/B.Sc Hons	V
IISU/2019/ADM/30910	Saumya Jaiswal	BA/B.Sc Hons	V
IISU/2019/ADM/31125	Shimoni Rathore	BA/B.Sc Hons	V
IISU/2019/ADM/31264	Vishushi Choudhary	BA/B.Sc Hons	V
ICG/2021/25033	Vedika Jain	MA/M.Sc	I
ICG/2021/25845	Shefali Bisht	MA/M.Sc	I
ICG/2021/24944	Bhoomi Prashar	MA/M.Sc	I
ICG/2021/26318	Navya Kasliwal	MA/M.Sc	I
ICG/2021/25594	Amrita Sharma	MA/M.Sc	I
IISU/2021/ADM/32885	Riddhi Sompura	MA/M.Sc	I
IISU/2021/ADM/32837	Payanshi Jain	MA/M.Sc	I
IISU/2021/ADM/32833	Deesha Ramchandani	MA/M.Sc	I
IISU/2021/ADM/32821	Shraddha Khurana	MA/M.Sc	I
IISU/2021/ADM/32318	Srishti Sharma	MA/M.Sc	I
IISU/2021/ADM/32358	Poorva Singh	MA/M.Sc	I
IISU/2021/ADM/32464	Bhanupriya Krishnawat	MA/M.Sc	I
IISU/2021/ADM/32535	Apurvee Choudhary	MA/M.Sc	I
IISU/2020/ADM/32025	Aditi Saxena32025	MA/M.Sc	III
IISU/2020/ADM/31973	Aishwarya Dewal31973	MA/M.Sc	III
IISU/2020/ADM/31962	Anjani Ajay Singh Shekhawat31962	MA/M.Sc	III
IISU/2020/ADM/27131	Anshu Chaudhary27131	MA/M.Sc	III
IISU/2020/ADM/31501	Diksha Agrawal31501	MA/M.Sc	III
IISU/2020/ADM/27256	Divya Raj Kanwar27256	MA/M.Sc	III
IISU/2020/ADM/31716	Grisha Chopra31716	MA/M.Sc	III
IISU/2020/ADM/31603	Gursimran Kaur31603	MA/M.Sc	III
IISU/2020/ADM/31440	Heena Kapoor31440	MA/M.Sc	III
IISU/2020/ADM/31570	Jyotsana Khatri31570	MA/M.Sc	III
IISU/2020/ADM/31614	Sakshi Harlalka31614	MA/M.Sc	III
IISU/2020/ADM/31350	Sapna Khatri31350	MA/M.Sc	III
IISU/2020/ADM/27105	Simran27105	MA/M.Sc	III
IISU/2020/ADM/32124	Sonali Soni 32124	MA/M.Sc	III
IISU/2020/ADM/31593	Tanya Kaushik31593	MA/M.Sc	III
IISU/2020/ADM/31987	Tavishi Limaye31987	MA/M.Sc	III
IISU/2020/ADM/31410	Triyambika Bhardwaj31410	MA/M.Sc	III
ICG/2018/25134	Aarti Agarwal	BA/B.Sc Hons	Alumnae
ICG/2018/25406	Aastha Jain	BA/B.Sc Hons	Alumnae

ICG/2018/24961	Anchal Dwivedi	BA/B.Sc Hons	Alumnae
ICG/2018/25597	Annie Mewara	BA/B.Sc Hons	Alumnae
ICG/2018/24997	Ayushi Jain	BA/B.Sc Hons	Alumnae
ICG/2018/25507	Ayushi Singh	BA/B.Sc Hons	Alumnae
ICG/2018/25293	Chetna Shekhawat	BA/B.Sc Hons	Alumnae
ICG/2018/25537	Dikshita Bandwal	BA/B.Sc Hons	Alumnae
ICG/2018/25077	Dimple Kundnani	BA/B.Sc Hons	Alumnae
ICG/2018/25148	Jahanvi	BA/B.Sc Hons	Alumnae
ICG/2018/24942	Jaisal Jain	BA/B.Sc Hons	Alumnae
ICG/2018/25172	Kalpna Tyagi	BA/B.Sc Hons	Alumnae
ICG/2018/24962	Kriti Mishra	BA/B.Sc Hons	Alumnae
ICG/2018/26034	Priyal Mishra	BA/B.Sc Hons	Alumnae
ICG/2018/26078	Priyanshi Khandelwal	BA/B.Sc Hons	Alumnae
ICG/2018/25838	Ruchika Jain	BA/B.Sc Hons	Alumnae
ICG/2018/25463	Rupali Sharma	BA/B.Sc Hons	Alumnae
ICG/2018/26537	Rushali Verma	BA/B.Sc Hons	Alumnae
ICG/2018/25793	Saumya Jain	BA/B.Sc Hons	Alumnae
ICG/2018/26189	Sejaal Bonny Tilwani	BA/B.Sc Hons	Alumnae
ICG/2018/25010	Shivangi Singh	BA/B.Sc Hons	Alumnae
ICG/2018/26039	Yagya Sharma	BA/B.Sc Hons	Alumnae
ICG/2018/24949	Yasheshvi Jain	BA/B.Sc Hons	Alumnae
ICG/2018/25945	Yashika Arora	BA/B.Sc Hons	Alumnae

4. Feedback report of the event:

The lecture helped the students to know what clinical psychology is and telling the audience about the present scopes in clinical psychology and the domains the clinical psychology .It helped the students to know about the difference between a counselling psychologist and a clinical psychologist as these are the two major field students are interested in now a days as a career in psychology. The students were briefed about the diagnosis, assessment, exposure training and therapeutic aspects, and also about job specification. Further, the students queries were answered in the Q&A round which helped them to know more about the field.

Activity: 3

Title of the event: Guest Lecture on How to write a Case Study

Type of Event: Guest Lecture

Date: September 20th, 2021

Venue: Microsoft Teams

Name of Resource person with designation, address, email address & contact no. : Ms. Mahak Mathur (Clinical Psychologist cum Asst. Professor)

No. of Participants/Beneficiaries

- Students: 80
- Faculty: 4

Name of the activity Coordinator: Ms. Mahak Mathur (Clinical Psychologist cum Asst. Professor)

Objective of the Guest Lecture:

To help the students understand the nuances of writing a case study of a learner.

Summary/Description:

A session on “How to write a Case Study” was organised for the students of B.A. B.Ed. and B.Sc. B.Ed. (Batch 2018) on Monday, September 20, 2021.

The objective was to help the students understand the nuances of writing a case study of a learner. Ms. Aruna Mathur first introduced the speaker and welcomed her.

Ms. Mahak then began the discussion by explaining the need and importance of writing a case study. She explained how case study is an in-depth study of one person, group or event and how it can specifically help teachers understand their students better. Through PowerPoint presentation she explained in detail how to study each and every aspect of a student’s life and history and understand the patterns and causes of her/his behavior. A question-answer session was held at the end of the session.

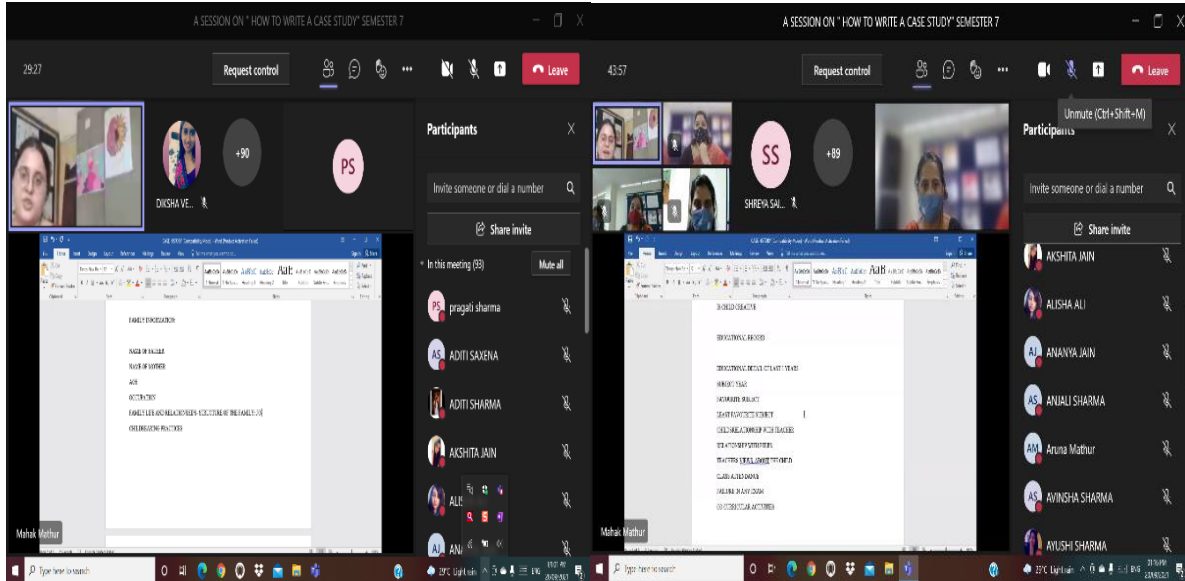
Other Faculty Members of Department of Education - Ms. Pragati Sharma, Ms. Lavleena Trivedi, Ms. Tina Gupta and 88 students participated in the session.

Outcome of the Guest Lecture:

Helped the students to learn how to write case study, what are the important things which one has to cover while writing a case study.

Attach the following with each annexure:

1. Photographs



1. Notice

IIS (deemed to be UNIVERSITY), Jaipur

NOTICE

September 18, 2021

The Department of Education, IISU, in collaboration with the Counselling and Career Development Centre (CCDC), IISU, is organising a **Session on "How to write a Case Study"** for all the students of B.A. B.Ed. & B.Sc. B.Ed. of Semester VII, as per details mentioned hereunder:

Speaker: Ms.Mahak Mathur, Assistant Professor cum Clinical Psychologist, IISU
Date: September 20, 2021
Time: 11:15 am to 12.15 p.m.
Platform: Microsoft Teams

It is compulsory for all B.A. B.Ed. & B.Sc. B.Ed. Semester 7 students to attend.

Head
Department of Education

Coordinator
Counselling and Career Development
Centre (CCDC)

2. Attendance/DL forms of the participants

List of participants

Full Name	User Action	Timestamp
Aditi Saxena	Joined before	9/20/2021, 12:31:15
Aditi Sharma	Joined	9/20/2021, 12:46:27
Akshita Jain	Joined	9/20/2021, 12:41:53
Alisha Ali	Joined before	9/20/2021, 12:31:15
Ananya Jain	Joined before	9/20/2021, 12:31:15
Anjali Sharma	Joined	9/20/2021, 12:33:07
Avinsha Sharma	Joined	9/20/2021, 12:40:24
Ayushi Sharma	Joined	9/20/2021, 12:45:12
Bhavya Sudan	Joined before	9/20/2021, 12:31:15
Bhumika Sharma	Joined before	9/20/2021, 12:31:15
Chetna	Joined	9/20/2021, 12:35:30
Deeksha Kumari Gupta	Joined before	9/20/2021, 12:31:15
Deepika Agarwal	Joined	9/20/2021, 12:31:15
Deepika Parmar	Joined	9/20/2021, 12:37:28
Dhwani Dadhich	Joined	9/20/2021, 12:31:49
Diksha	Joined	9/20/2021, 12:32:54
Diksha Verma	Joined before	9/20/2021, 12:31:15
Erum Jahan	Joined	9/20/2021, 12:31:58
Gunjan Choudhary	Joined	9/20/2021, 12:36:09
Harshita Jain	Joined	9/20/2021, 12:32:04
Hemlata Meena	Joined	9/20/2021, 12:31:50
Hrideshwari Ranawat	Joined before	9/20/2021, 12:31:15
Juhi Agnani	Joined before	9/20/2021, 12:31:15
Kanakshri Jain	Joined	9/20/2021, 12:41:36
Kanika Sharma	Joined	9/20/2021, 12:31:36
Khushboo Nathawat	Joined	9/20/2021, 12:34:30
Khushi Jain	Joined	9/20/2021, 12:32:30
Khushi Yadav	Joined before	9/20/2021, 12:31:15
Komal Sain	Joined	9/20/2021, 12:31:34
Krati Jain	Joined	9/20/2021, 12:31:19
Kratika Meena	Joined	9/20/2021, 12:42:56
Lakshna Vyas	Joined	9/20/2021, 12:40:04
Lalita Kumari	Joined	9/20/2021, 12:41:53
Lipi Agrawal	Joined	9/20/2021, 12:32:42
Lubhani	Joined	9/20/2021, 12:42:22
Mahak Garg	Joined before	9/20/2021, 12:31:15
Mahima Singh	Joined	9/20/2021, 12:51:51
Maitrayiee Ashok	Joined	9/20/2021, 12:37:14
Mamta Malav	Joined	9/20/2021, 12:57:26
Manisha Verma	Joined	9/20/2021, 12:31:25
Manju Meena	Joined before	9/20/2021, 12:31:15
Mannat Parnami	Joined	9/20/2021, 12:34:02

Meenu T Moncy	Joined	9/20/2021, 12:32:45
Meha Sharma	Joined	9/20/2021, 12:44:40
Muskan Shah	Joined	9/20/2021, 12:40:56
Muskan Singhal	Joined	9/20/2021, 12:32:14
Nandini Govrani	Joined	9/20/2021, 12:32:26
Nandini Sharma	Joined	9/20/2021, 12:32:15
Navya Pareek	Joined	9/20/2021, 12:47:42
Neha Jacob	Joined before	9/20/2021, 12:31:15
Neha Soni	Joined	9/20/2021, 12:43:03
Nehul Dhakad	Joined before	9/20/2021, 12:31:15
Niharika Gautam	Joined	9/20/2021, 12:35:03
Pallavi Khangarot	Joined	9/20/2021, 12:33:12
Prachi Joshi	Joined before	9/20/2021, 12:31:15
Preeti Yadav	Joined	9/20/2021, 12:42:34
Preetpal Kaur	Joined	9/20/2021, 12:42:14
Priya Kukda	Joined	9/20/2021, 12:58:07
Priya Vijay	Joined	9/20/2021, 12:40:47
Rakhi Garg	Joined before	9/20/2021, 12:31:15
Reetu Kumari	Joined	9/20/2021, 12:31:32
Renu Tyagi	Joined	9/20/2021, 12:32:17
Riya Sharma	Joined	9/20/2021, 12:32:41
Ruchika Kanwar	Joined before	9/20/2021, 12:31:15
Saloni Joshi	Joined before	9/20/2021, 12:31:15
Sanjana Vyas	Joined	9/20/2021, 12:42:21
Sanskriti Sharma	Joined before	9/20/2021, 12:31:15
Shalini Gupta	Joined	9/20/2021, 12:43:26
Shivalika Kanwar	Joined	9/20/2021, 12:31:37
Shivani Chauhan	Joined	9/20/2021, 12:42:25
Shreya Kaushik	Joined	9/20/2021, 12:32:14
Shreya Saini	Joined	9/20/2021, 12:32:35
Shubha Bhardwaj	Joined before	9/20/2021, 12:31:15
Soniya Verma	Joined	9/20/2021, 12:32:06
Steffi Noel George	Joined	9/20/2021, 12:33:04
Stuti Sharma	Joined before	9/20/2021, 12:31:15
Suhasi	Joined	9/20/2021, 12:32:58
Sunidhi Chauhan	Joined	9/20/2021, 12:32:12
Surbhi Kureel	Joined	9/20/2021, 12:35:35
Sweety Chouhan	Joined	9/20/2021, 12:31:18
Tanisha Sharma	Joined	9/20/2021, 12:34:07
Tanishka Shekhawat	Joined before	9/20/2021, 12:31:15
Tanu Agrawal	Joined before	9/20/2021, 12:31:15
Tanvi Sharma	Joined	9/20/2021, 12:37:20
Vedanshi Bajpai	Joined	9/20/2021, 12:42:01

Vibhuti Paliwal	Joined	9/20/2021, 12:34:20
Vidhi Singhal	Joined before	9/20/2021, 12:31:15
Yukti Paliwal	Joined before	9/20/2021, 12:31:15
Total: 88 Students		
FACULTY		
Aruna Mathur	Joined	9/20/2021, 12:31:15
Lavleena Trivedi	Joined	9/20/2021, 12:34:22
Pragati Sharma	Joined	9/20/2021, 12:32:07
Tina Gupta	Joined	9/20/2021, 12:31:15
Total: 4 Faculty Members		

3. **Feedback report of the event:** The session helped the students to know about how to write a case study and what is the importance of the case study. The students got a detailed session which focused on the importance of the case study as it helps the teacher to know more about the student.

Activity: 4

Title of the event: Guest Lecture on Counselling

Type of Event: Guest Lecture

Date: September 21st, 2021

Venue: Room no. A-501

Name of Resource person:

Ms. Mahak Mathur (Clinical Psychologist cum Asst. Professor)

No. of Participants/Beneficiaries: B.Sc. Fashion Design Sem I students

Name of the activity Coordinator: Ms. Poorvi Agarwal (Teacher Coordinator)

Objective of the workshop/seminar/activity:

To brief students about various objectives of the counselling cell which included Psychometric testing & Career Profiling, Personal counselling, Workshops, Seminars and Webinars, Hands on Training in Clinical and Counselling Psychology, Teaching and Research and Mental Health Awareness Programs

Summary/Description:

The Department of Fashion & Textiles had organized a lecture for the students of Semester -I on 21st September, 2021 by Ms. Mahak Mathur, Assistant Professor, IIS (deemed to be University), Jaipur.

She explained the students about various objectives of the counselling cell which included Psychometric testing & Career Profiling, Personal Counselling, Workshops, Seminars and Webinars, Hands on Training in Clinical and Counselling Psychology, Teaching and Research and Mental Health Awareness Programs.

She discussed some major challenges faced by the students during deciding their careers. She also motivated students to be their self and do not opt for a career under social or family pressure and asked them to not be too hard on you, importance of taking regular breaks, and getting in touch with nature, exercise meditation. She informed about introduction the CCDC initiatives taken by the cell during lockdown 2020 and 2021.

Outcome of the Guest Lecture: Helped the students to know about the Counselling cell of IISU, provided guidance to students on career counselling, mental health, social problems and pressure, etc.

Attach the following with each annexure:

1. Photographs



1. Notice



IISU Campus, Gurukul Marg,
SFS, Mansarovar, Jaipur 302020
INDIA
Telephone : 91-141-2400160-161
Fax : 91-141-2395494
Web : www.iisuniv.ac.in
Email : icg@iisuniv.ac.in

NOTICE

Department of Fashion & Textiles

18th September 2021

The Department of Fashion & Textiles is organizing a counselling orientation Programme for the students B.Sc. Fashion Design, Semester –I by Ms. Mahak Mathur, Assistant Professor and Clinical Psychologist on 21.09.2021.

All students are required to be present:

Time: 10:30a.m.-11:15a.m.
Date: 21st September 2021
Venue: A-501


Dr. Radha Kashyap
Head, Dept. of Fashion & Textiles


Ms. Poorvi Agarwal
Teacher Coordinator

Web : www.iisuniv.ac.in www.icfta.org
Email : icg@iisuniv.ac.in

ICG Campus, Gurukul Marg,
SFS, Mansarovar Jaipur 302020
INDIA
Telephone : 91-141-2400160-161
Fax : 91-141-2395494

2. Attendance/DL forms of the participants

IIS (deemed to be University), Jaipur
 Department of Fashion & Textiles
 UG Orientation Programme
 Attendance List
 21.09.21

S.No.	Enrollment No.	Name of the Students	Course
1	32576	Harshita Bansal	B.Sc. (Fashion Design)
2	32508	Vidhi Khandelwal	B.Sc. (Fashion Design)
3	32874	Pooja Sonadhye	B.Sc. (Fashion Design)
4	32747	Anchal Bishnoi	B.Sc. (Fashion Design)
5	32335	Manika Jain	B.Sc. (Fashion Design)
6		Tamni Anandka	B.Sc. (Fashion Design)
7	32375	Diya Karawat	B.Sc. (Fashion Design)
8	32963	Yakshita Yadav	B.Sc. (Fashion Design)
9	32777	Tyoti Sharma	B.Sc. (Fashion Design)
10	32420	Smriti Khandelwal	B.Sc. (Fashion Design)
11	32781	Rishi Modi	B.Sc. (Fashion Design)
12	32453	Ritika Jyoti	B.Sc. (Fashion Design)
13	32407	Masuma Akbar	B.Sc. (Fashion Design)

14	32873	Elisha Jain	B.Sc. (Fashion Design)
15	32659	Monica Vasmani	B.Sc. (Fashion Design)
16	32646	Anshika Anora	B.Sc. (Fashion Design)
17	32939	Nisha Khatri	B.Sc. (Fashion Design)
18			B.Sc. (Fashion Design)
19			B.Sc. (Fashion Design)
20			B.Sc. (Fashion Design)
21			B.Sc. (Fashion Design)
22			B.Sc. (Fashion Design)
23			B.Sc. (Fashion Design)
24			B.Sc. (Fashion Design)
25			B.Sc. (Fashion Design)
26			B.Sc. (Fashion Design)
27			B.Sc. (Fashion Design)
28			B.Sc. (Fashion Design)
29			B.Sc. (Fashion Design)
30			B.Sc. (Fashion Design)

3. Feedback report of the event:

The students learned the various objectives of the counselling cell which included Psychometric testing & Career Profiling, Personal Counselling, Workshops, Seminars and Webinars, Hands on Training in Clinical and Counselling Psychology, Teaching and Research and Mental Health Awareness Programs. The session helped the students to know about the major challenges faced by the students during deciding their careers. It also motivated students to be their self and do not opt for a career under social or family pressure and asked them to not be too hard on you, importance of taking regular breaks, and getting in touch with nature, exercise meditation.

Activity: 5

Title of the event: Mental Health Week

Type of Event: Activity

Date: 18th – 22nd October, 2021

Venue: AV Hall and Front Stage

Name of the activity Coordinator: Ms. Rupali Ruhela and Ms. Mahak Mathur

Objective of the Activity:

- To help students to relaxed and good via various activities
- To spread the importance of mental health awareness among students and staff

Summary/Description:

The Counselling and Career Development (CCDC) in collaboration with the Department of Psychology organized a Mental Health Week Programme in which there were various activities for the Mental Health awareness and how to deal and cope with it. The activities helped the students to get a relaxed time after coming from the lockdown as it refreshed them and also helped in diverting the stress from their mind for a few days.

Outcome of the activity:

- It helped the students and staff to feel relaxed and get a time to think about their mental health
- The various activities helped the students to reduce their stress as these activities were very engaging and relaxing

1. Notice


NOTICE

On the occasion of Mental Health Month, Department of Psychology in collaboration with Counselling and Career Development Centre (CCDC) proposes a host of activities that will create awareness towards mental health issues. The activities will be organized between 18th -22nd October, 2021. Please find below the proposed activities for students as well as faculty members:

- For students-**
- Buddy Interaction for promotion of Mental Health
 - Movie Screening
 - Guest lecture on Mental Health
 - Mental Health counters:-
 - Anger and Stress Management
 - Mandala Art and Expressive Art
 - Relaxation Exercises
 - Dance Movement Exercises
 - Tattoo Art
 - Zumba, etc

- For Faculty Members-**
- Key to Happiness Activity
 - Mental Health Counters:-
 - Anger and Stress Management
 - Mandala Art and Expressive Art
 - Relaxation Exercises
 - Dance Movement Exercises
 - Tattoo Art
 - Zumba, etc
 - Secret Santa

Ms. Mahak Mathur
Clinical Psychologist & Assistant Professor

Dr. Megha Arya 
Coordinator
Counselling and Career Development Centre
(CCDC)

2. Feedback report of the event:

All the students participated in all the activities with full energy and it helped the students to get a chance to experience the normal college life again. The activities relaxed them and also helped them to get to know about the importance of mental health.

1. Activity: Movie Screening

Objective of the activity: To help students to learn about various aspects from the movie.

Summary/Description:

CCDC and Department of Psychology conducted movie screening for the UG and PG Students of Department of Psychology. The movie screened was Inside out which is a heartfelt story from Pixar about growing up and learning to handle your biggest emotions told primarily from the perspective of the feelings inside 11-year-old Riley's mind. Ultimately, *Inside Out* has important messages about needing to feel -- and express -- *all* of your emotions, whether happy or sad. *The movie* was an engaging, endlessly inventive adventure with strong themes of friendship and acceptance, with real potential to help kids and parents navigate the powerful emotions that come with growing up. Overall the students and faculty members enjoyed the movie and took a lot of takeaways from the moral of the movie.

Outcome of the activity: The students and faculty members enjoyed the movie and took a lot of takeaways from the moral of the movie.

Attach the following with each annexure:

1. Attendance/DL forms of the participants

S.No.	Enrollment number	Name of the Student	Programme	Semester
1.	IISU/2020/ADM/31727	Bhumika Bhardwaj31727	BA/B.Sc Hons	III

2.	IISU/2020/ADM/27208	Daksheetta Sharma27208	BA/B.Sc Hons	III
3.	IISU/2020/ADM/31352	Nidhi Rathore31352	BA/B.Sc Hons	III
4.	IISU/2020/ADM/31869	Parthvi Dahiya31869	BA/B.Sc Hons	III
5.	IISU/2020/ADM/31711	Prachi Agarwal31711	BA/B.Sc Hons	III
6.	IISU/2019/ADM/30146	Aditi Sharma	BA/B.Sc Hons	V
7.	IISU/2019/ADM/30031	Advika Khanna	BA/B.Sc Hons	V
8.	IISU/2019/ADM/30751	Anisha Jain	BA/B.Sc Hons	V
9.	IISU/2019/ADM/26616	Anushka Jangid	BA/B.Sc Hons	V
10.	IISU/2019/ADM/26670	Harshita Mamodia	BA/B.Sc Hons	V
11.	IISU/2019/ADM/30653	Saloni Shekhawat	BA/B.Sc Hons	V
12.	IISU/2019/ADM/30858	Karishma Kulshrestha	BA/B.Sc Hons	V
13.	IISU/2019/ADM/30381	Shreya Goyal	BA/B.Sc Hons	V
14.	IISU/2019/ADM/30139	Kashika Dangri	BA/B.Sc Hons	V
15.	IISU/2019/ADM/30893	Komal Karmani	BA/B.Sc Hons	V
16.	IISU/2019/ADM/30865	Koshin Chandrawat	BA/B.Sc Hons	V
17.	IISU/2019/ADM/30394	Lakshita Sharma	BA/B.Sc Hons	V
18.	IISU/2019/ADM/31030	Lavi Rathore	BA/B.Sc Hons	V
19.	IISU/2019/ADM/30184	Nehal Mittal	BA/B.Sc Hons	V
20.	IISU/2019/ADM/30074	Parul Singh	BA/B.Sc Hons	V
21.	IISU/2019/ADM/30937	Saloni Jain	BA/B.Sc Hons	V

22.	IISU/2019/ADM/30033	Somya Maheshwari	BA/B.Sc Hons	V
23.	IISU/2019/ADM/30454	Vipra Baid	BA/B.Sc Hons	V
24.	IISU/2019/ADM/30419	Manya Bansal	BA/B.Sc Hons	V
25.	IISU/2019/ADM/30156	Mili Sharma	BA/B.Sc Hons	V
26.	IISU/2019/ADM/30409	Muskan Sahu	BA/B.Sc Hons	V
27.	IISU/2019/ADM/30159	Navalgeet Chahal	BA/B.Sc Hons	V
28.	IISU/2019/ADM/30654	Pratiksha Kanojia	BA/B.Sc Hons	V
29.	IISU/2019/ADM/31125	Shimoni Rathore	BA/B.Sc Hons	V
30.	IISU/2019/ADM/30114	Shreya Mahour	BA/B.Sc Hons	V
31.	IISU/2019/ADM/31259	Suhani Verma	BA/B.Sc Hons	V
32.	IISU/2019/ADM/31257	Taru Bhatt	BA/B.Sc Hons	V
33.	IISU/2019/ADM/31265	Harshita Singh Naruka	BA/B.Sc Hons	V
34.	IISU/2020/ADM/27088	Charu Tiwari27088	MA/M.Sc	III
35.	IISU/2020/ADM/32025	Aditi Saxena32025	MA/M.Sc	III
36.	IISU/2020/ADM/31973	Aishwarya Dewal31973	MA/M.Sc	III
37.	IISU/2020/ADM/31962	Anjani Ajay Singh Shekhawat31962	MA/M.Sc	III
38.	IISU/2020/ADM/27131	Anshu Chaudhary27131	MA/M.Sc	III
39.	IISU/2020/ADM/27088	Charu Tiwari27088	MA/M.Sc	III
40.	IISU/2020/ADM/31501	Diksha Agrawal31501	MA/M.Sc	III
41.	IISU/2020/ADM/27256	Divya Raj Kanwar27256	MA/M.Sc	III
42.	IISU/2020/ADM/31716	Grisha Chopra31716	MA/M.Sc	III
43.	IISU/2020/ADM/31603	Gursimran Kaur31603	MA/M.Sc	III
44.	IISU/2020/ADM/31440	Heena Kapoor31440	MA/M.Sc	III
45.	IISU/2020/ADM/31570	Jyotsana Khatri31570	MA/M.Sc	III
46.	IISU/2020/ADM/31674	Roopal Sharma31674	MA/M.Sc	III
47.	IISU/2020/ADM/31614	Sakshi Harlalka31614	MA/M.Sc	III
48.	IISU/2020/ADM/31350	Sapna Khatri31350	MA/M.Sc	III
49.	IISU/2020/ADM/27105	Simran27105	MA/M.Sc	III

2. Feedback report of the event –

The students enjoyed the movie and learned how to channelize various emotions properly and what is the importance of these emotions.

2. Activity: Dance Movement

Objective of the activity: To help students to lighten up themselves with being mindful.

Summary/Description :

October is dedicated as the Mental Health month. In this month of mental health, as the interns of CCDC contributed in organizing Dance movement. This activity was planned from Monday to Friday where students of IIS (deemed-to-be) university took part and revitalize themselves.

In this event, students were encouraged to come & sign up to lighten up themselves with being mindful. Dance is something you can do when you are in the moment. For the same, there were 15 volunteers who participated. The names of volunteers were: Anjani, Arpita, Yashi, Soumya, Kaninika, Simran, Muskan, Koshin, Muskaan, Tanushree, Tanushka, Akansha, Riya, Akshita, Tammana. They inspired students to come and join in for the activity.

There was an overwhelming response to the dance movement activity. For the same, google forms were made in order to take feedback from students. Feedback questions were in yes, no and maybe format. There were 128 feedbacks. In which we asked them:

Asked	Responded positively
Do you feel the present moment?	97.7%
Does dancing helps in relaxing your Brain and Body?	96.1%
Will you take some time to do this once in a week?	90.6%
Would you consider it as a mood enhancer?	96.1%
Does the moments with song boost your energy level?	96.9%
Do you want such sessions more in the campus?	98.1%
Will you recommend it to the people who are in stress?	97.7%
Did you find it useful?	96.9%

Most of the students were in present moment and also felt relaxed. They also responded positively when asked if they will practice it once a week as they consider it to be a mood enhancer. The movements to a song boosted their energy levels. As universities students, it was asked if they would like this event to be held more, they responded positively. Moreover, they will recommend this activity to others who are in stress. Overall, students found out the activity useful.

Outcome of the activity: Most of the students were in present moment and also felt relaxed. Students found out the activity useful.

Attach the following with each annexure:

1. Photographs



1. Attendance/DL forms of the participants

The following students were the volunteers of the Dance Movement Activity:

- **Anjani Shekhawat**
- **Arpita**
- **Radhika**
- **Grisha**
- **Roopal**
- **Saloni**

The dance movement activity was open to all the students of the University.

2. Feedback report of the event:

This activity helped the students to feel fresh after coming from a stressful event in all their life. The dance helped them to bring out their relaxed side and lightened the mood of all the students.

3. Activity: Mandala Art

Objective of the activity:

- Helps to focus attention
- Coloring the geometric mandala designs helps an individual reduce stress, achieve a state of calm

Summary/Description:

The department of psychology and counseling and career development center, IIS (deemed to be University) Jaipur, organized and celebrated Mental Health Week from 18th October – 22nd October 2021, different activities were held, one of those activities was mandala art (mandala coloring).

Mandala art is beneficial in multiple ways, it helps to focus attention, and thus it becomes an excellent exercise to calm the individual and colouring the geometric mandala designs helps an individual reduce stress, achieve a state of calm, helps in grounding the individual to here and now, and above all helps an individual connect to the inner-self. Cognitive and behavioural psychologists see mandala as a tool to improve higher functioning such as memory, attention, and motor coordination. It is also said that mandala in a way promote harmony, as through the geometric shapes, the energy flows which brings out positivity and calmness. Mandalas provide many benefits for our emotional and psychological well-being. These artistic representations are a source of relaxation, liberation and have deep creative power and as Celina Emborg says '**Each mandala is unique and unrepeatable ... It is the vibrational expression of this moment, of this now**'.

The activity was conducted at the Stage area of the campus for everyone on campus, the participation was voluntary. The participants were first registered for the activity and were told about the benefits of the mandala art (colouring), after that they were made to sit comfortably and were provided with the material required i.e. colours and a printed geometrical design and were encouraged to be as creative as they want to be. The participants had a positive feedback towards the activity and also towards the volunteers that were assessing them, they were very grateful that they got to try mandala art and said that they would incorporate this in their daily activity; some of them visited the stall multiple times throughout the week. It was truly an interesting activity where in the participants gained the basic knowledge of mandala art (coloring) and the response from the participants was overwhelming and positive.

Outcome of the activity:

Participants gained the basic knowledge of mandala art (colouring) and the response from the participants was overwhelming and positive.

Attach the following with each annexure:

1. Photographs



1. Attendance/DL forms of the participants

S.No	Name	Course & Sem	Enrollment No.	Sign
1	Riya Jain	B.A(H), Psychology	115U/2019/ADM/30645	[Signature]
2	Tamanna	B.A(H), Psy.	115U/2019/ADM/30097	[Signature]
3	Muskan	B.A	115U/2019/ADM/30108	[Signature]
4	Khushi	B.A	115U/2020/ADM/31649	[Signature]
5	Kamran	BSCED	115U/2020/ADM/32046	[Signature]
6	Kanika	B.A(H) Com	115U/2019/ADM/30139	[Signature]
7	Radhika	B.A(H) Com	115U/2020/ADM/31399	[Signature]
8	Chandak	B.A(BE)	115U/2020/ADM/32068	[Signature]
9	Chitrakshi	BBA	115U/2019/ADM/30754	[Signature]
10	Raveena	BBA	115U/2019/ADM/30017	[Signature]
11	Diya	MA	115U/2020/ADM/27256	[Signature]
12	Gurpreet	MA	115U/2020/ADM/31003	[Signature]
13	Khushi	B.COM(H)	115U/2020/ADM/27031	[Signature]
14	Shreyas	B.COM(H)	115U/2020/ADM/27272	[Signature]
15	Bhuminika	B.COM(H) CS	32337	[Signature]
16	Nishita	M.Sc Psy.	32052	[Signature]
17	Rashmi	B.A(H) Psy.	32244	[Signature]
18	Shubhi	B.A(P)	30079	[Signature]
19	Neeraj	B.A(P)	30315	[Signature]
20	Niraj	B.A(H)	31738	[Signature]
21	Geetika	BSC(PC)	30239	[Signature]
22	Swati	BSC(PC)	30700	[Signature]
23	Akanksha	BA(H)	30257	[Signature]
24	Muskan Vijayprajya	BA(H)	30072	[Signature]
25	Jh Shree	BBA	27015	[Signature]
26	Amshika	B.A	31966	[Signature]
27	Charul	B.Com	32416	[Signature]
28	Rashika	B.A(H)	32244	[Signature]

S.No	Name	Course & Sem	Enroll No.	Sign
29	Kalash Baj	M.Sc Psychology	3208	[Signature]
30	Kashin Chandanant	BA(H)	30865	[Signature]
31	Yashvi Vijayprajya	BA(H)	30911	[Signature]
32	Salomee	B.A	32326	[Signature]
33	Dhruv Kanwas	BA(P.C)	26631	[Signature]
36	Nishita	M.Sc	32052	[Signature]
37	Khushi	BBA	31860	[Signature]
38	Radhika	BBA	31428	[Signature]
39	Deena	B.Sc(H)	20567	[Signature]
40	Ashwika	B.Sc(H)	31058	[Signature]
41	Rajal	B.Sc(H)	30458	[Signature]
42	Radhika Kanna	M.Sc Psy(H)	31649	[Signature]
43	Gujal	BBA	27220	[Signature]
44	Trishankika	MA	31410	[Signature]
45	Vidhi Garg	BA(H)	27067	[Signature]
46	Shivangi Singh	M.Sc Psy.	32228	[Signature]
47	Radhika	M.Sc Psy.	31695	[Signature]
48	Garima	B.Com(H)	32052	[Signature]
49	Sakshi Sharma	BA(H)	33383	[Signature]
50	Pooja Jain	BA(PC)	30189	[Signature]
51	Sakshi Gogna	BA(PC)	30202	[Signature]
52	Sakshi Jain	BA(PC)	30012	[Signature]
53	Anjali Shekhar	MA (H) Psy	31962	[Signature]
54	HARNA SHANKAR	BA(H) Eco.	32054	[Signature]
55	Aakshi Sharma	BFA	32491	[Signature]
56	Aditi Jain	BFA	32881	[Signature]
57	Riya Jain	B.COM(H)	31472	[Signature]
58	Aparna Bansal	B.COM(H)	32865	[Signature]

2. Feedback report of the event –

The activity helped the students to focus on the moment, stay calm and true to inner self by paying attention to the present moment.

4. Tattoo Art

Objective of the activity:

To give students a chance to get their self-inked in order to get a self-confidence, feel more attractive and good about themselves.

Summary/Description:

Tattoos can symbolize a life story. In some cases, tattoos help process traumatic life events, like loss of a family member or close friend. With this approach IIS (deemed to be university) observed Mental Health Week from 18th to 23rd October, the Counselling and Career Development Cell along with Department of Psychology organized several activities including Tattoo Art at IIS (deemed to be University) Campus, Jaipur. Researchers around the world who study human behaviors have been interested in finding out what makes people modify their body. They have found that individuals with tattoos report that they feel more attractive, stronger and more self-confident—having overcome the fear of pain. For some, tattoos seem to go deeper than just underneath the skin, creating a deep personal change, which makes him or her mentally stronger. Tattooing the skin as a means of personal expression is a ritualized practice that has been around for centuries across many different cultures. Accordingly, the symbolic meaning of tattoos has evolved over time and is highly individualized, from both the internal perspective of the wearer and the external perspective of an observer. Our current society craves individuality and self-expression. And now many people wear their artistic expression. Now a day we are having more trouble communicating with each other than ever before, as electronic communication will never replace face-to-face human contact. So, it's not surprising that there's a growing trend towards communication via body ink. We don't have to talk; we just have to look.

To bring a change we conducted several activities like tattoo art where volunteers made tattoos and organized the event. The artists were remarkably creative and worked with enthusiasm. Around 200 people participated and got tattoos which reflected their lives, they were happy and satisfied. Moreover, as students were satisfied they recommended the activity to others which increased participation and assured amazing response. There were several types to tattoo's such as calligraphy tattoo, perfume tattoo, sketch / marker tattoo. These activities help to improve your psychological wellbeing. At last, all we can say is these activities do not serve as a "cure" for mental disorders, but they are helpful and important for maintaining good mental health.

Outcome of the activity:

Tattooing the skin as a means of personal expression is a ritualized practice. Students felt good, confident.

Attach the following with each annexure:

- 1. Photographs**



1. Attendance/DL forms of the participants

S.NO	NAME	Course	ENROLLMENT NO	Sign
1	Sneha Mishra		22352	[Signature]
2	Sahana Jangid		22316	[Signature]
3	Riya Ching		22570	[Signature]
4	Anshika Singh Kanchheda		22329	[Signature]
5	Tyasha Prudh		22222	[Signature]
6	Nikhil Agard		22185	[Signature]
7	Rashmi Bansal		22796	[Signature]
8	Aditi Sharma		22491	[Signature]
9	Aditi Khan		22881	[Signature]
10	Kajal Barman		30769	[Signature]
11	Mansi Purohit		22597	[Signature]
12	Sanya Gangwal		22798	[Signature]
13	Tanisha Sharma		22430	[Signature]
14	Yashasvi Rathore		22760	[Signature]
15	Yashi Vijay		22130911	[Signature]
16	Shweta Jahn		22891	[Signature]
17	Anshika		22508	[Signature]
18	Yashika		22188	[Signature]
19	Katibha Chohan		22207	[Signature]
20	Kashvi Motwani		22222	[Signature]
21	Rishika		22062	[Signature]
22	Bhupika		22559	[Signature]
23	Shreya		22521	[Signature]
24	Haranthi		22575	[Signature]
25	Pallavi		22194	[Signature]
26	Siddhi		22041	[Signature]
27	Ayushi		22221	[Signature]
28	Shreya		22224	[Signature]
29	Vishvambhargya		22502	[Signature]
30	Himanshi Vijay		21320	[Signature]
31	Bhavya		22756	[Signature]
32	Kaustubh	BBA	32346	[Signature]

S.No	NAME	Course	ENROLLMENT NO	Sign
31	Haree Anand	BBA	32529	[Signature]
32	Dipanshu	BSC	32312	[Signature]
33	Srujan Agast	BBA	22402	[Signature]
34	Tanishka Dhoti	BSc	22468	[Signature]
35	Kaushik	BA	32441	[Signature]
36	Devi	Bcom (H)	32370	[Signature]
37	Nancy	Bcom(H)	22645	[Signature]
38	Vijayalakshmi	Bcom(H)	22765	[Signature]
39	Arushi	Bcom(H)	32604	[Signature]
40	Arushi	Bcom(H)	32499	[Signature]
41	Arushi	Bcom (H)	32916	[Signature]
42	Shreya	"	32469	[Signature]
43	Anshika	"	32601	[Signature]
44	Devi	Bcom(H)	50002	[Signature]
45	Tanya	"	26676	[Signature]
46	Diya	"	22007	[Signature]
47	Aishwarya Raju	B.A B.Ed	22150	[Signature]
48	Ani	B.A (H)	22119	[Signature]
49	Kaushik	B.A (Hons)	22144	[Signature]
50	Kaushik	BBA	22835	[Signature]
51	Kaushik	BBA	22905	[Signature]
52	Shreya	BA (P)	22266	[Signature]
53	Shreya	BA (P)	22264	[Signature]
54	Shreya	BA (P)	22264	[Signature]
55	Shreya	BA (P)	22264	[Signature]
56	Shreya	Bcom (H)	22999	[Signature]
57	Shreya	Bcom (H)	21579	[Signature]
58	Shreya	Bcom (H)	21321	[Signature]
59	Shreya	Bcom (H)	21321	[Signature]
60	Shreya	Bcom (H)	21321	[Signature]
61	Shreya	Bcom (H)	21321	[Signature]
62	Shreya	Bcom (H)	21321	[Signature]
63	Shreya	Bcom (H)	21321	[Signature]
64	Shreya	Bcom (H)	21321	[Signature]
65	Shreya	Bcom (H)	21321	[Signature]
66	Shreya	Bcom (H)	21321	[Signature]
67	Shreya	Bcom (H)	21321	[Signature]
68	Shreya	Bcom (H)	21321	[Signature]
69	Shreya	Bcom (H)	21321	[Signature]
70	Shreya	Bcom (H)	21321	[Signature]
71	Shreya	Bcom (H)	21321	[Signature]
72	Shreya	Bcom (H)	21321	[Signature]
73	Shreya	Bcom (H)	21321	[Signature]
74	Shreya	Bcom (H)	21321	[Signature]
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76	Shreya	Bcom (H)	21321	[Signature]
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78	Shreya	Bcom (H)	21321	[Signature]
79	Shreya	Bcom (H)	21321	[Signature]
80	Shreya	Bcom (H)	21321	[Signature]
81	Shreya	Bcom (H)	21321	[Signature]
82	Shreya	Bcom (H)	21321	[Signature]
83	Shreya	Bcom (H)	21321	[Signature]
84	Shreya	Bcom (H)	21321	[Signature]
85	Shreya	Bcom (H)	21321	[Signature]
86	Shreya	Bcom (H)	21321	[Signature]
87	Shreya	Bcom (H)	21321	[Signature]
88	Shreya	Bcom (H)	21321	[Signature]
89	Shreya	Bcom (H)	21321	[Signature]
90	Shreya	Bcom (H)	21321	[Signature]
91	Shreya	Bcom (H)	21321	[Signature]
92	Shreya	Bcom (H)	21321	[Signature]
93	Shreya	Bcom (H)	21321	[Signature]
94	Shreya	Bcom (H)	21321	[Signature]
95	Shreya	Bcom (H)	21321	[Signature]
96	Shreya	Bcom (H)	21321	[Signature]
97	Shreya	Bcom (H)	21321	[Signature]
98	Shreya	Bcom (H)	21321	[Signature]
99	Shreya	Bcom (H)	21321	[Signature]
100	Shreya	Bcom (H)	21321	[Signature]

The students were happy as they enjoyed this activity, the tattoos were very unique. The students got their personalized calligraphic illustrations.

5. Buddy Interaction

Objective of the activity:

To make students aware about mental health and its importance through different topics

Summary/Description:

The department of psychology and counseling and career development center, IIS (deemed to be University) Jaipur, organized and celebrated Mental Health Week from 18th October – 22nd October 2021, different activities were conducted, and one of those activities was Buddy Interaction in which students of M.A. & M.Sc. Psychology, Sem 3 interacted with the students and faculty of the university on various aspects of mental health as following:

- **Topic- Signs of being overwhelmed and grounding exercises.**
Students- Manvee, Rajyashi and Tavishi
- **Topic- Importance of self-care and developing a self-care menu.**
Students- Arpita and Triyambika
- **Topic- Human emotions and the important ways to address our emotions.**
Students- Anjani and Neha
- **Topic- Normalising seeking help.**
Students- Heena and Jyotsana
- **Topic- Identifying good stress vs. bad stress.**
Students- Kanupriya and Radhika
- **Topic- Importance of gratitude.**
Students- Ranu, Roopal and Grisha
- **Topic- Mental Health- common myths and facts to break the stigma.**
Students- Stuti, Niharika and Charu
- **Topic- Compassion for self and others for mental health.**
Students- Swati and Yuthika

Outcome of the activity:

It helped the students to learn various aspects and importance of mental health via different topics.

Attach the following with each annexure

- 1. Photographs**



1. Attendance/DL forms of the participants: All the activity organizer were present

1. Manvee
2. Rajyashi
3. Tavishi
4. Arpita
5. Triyambika
6. Anjani
7. Neha
8. Heena
9. Jyotsana
10. Kanupriya
11. Radhika
12. Ranu
13. Roopal
14. Grisha
15. Stuti
16. Niharika
17. Charu
18. Swati
19. Yuthika

2. Feedback report of the event-

This activity helped the students to identify good stress vs. bad stress, the Signs of being overwhelmed and thought them various grounding exercises. The students were happy as they learned about the role of gratitude. It also helped them to address their emotions correctly.

6. Activity: Anger and Stress Management

Objective of the activity:

To help students learn how to manage their stress and anger

Summary/Description:

The Department of Psychology and Counseling and Career Development Center (CCDC), IIS (deemed to be University) Jaipur, organized and celebrated Mental Health Week from 18th October– 22nd October 2021. Different stalls were put up to create awareness regarding positive mental health and one of them was for anger and stress management.

In this, two activities were conducted. One of them was "Self-control bubble" game in which participants were explained that some bubbles will be blown in the air. Initially, they could touch or pop them. Once all the bubbles were popped, they were instructed that some more bubbles will be blown, but this time they must not pop (not touch) the bubbles. They were then explained that the feeling of really wanting to do something but holding back is self-control. It was explained in connection with real life situations. It was intended to explain the importance of resisting temptations and inhibiting impulses.

The second activity was "Burst the balloon" game in which participants were told to blow a balloon and write all their insecurities and stressors on the balloon and finally burst it. The participants were told about the importance of the activity (Venting out, being aware of your stressors etc.).

The activity was conducted at the Stage area of the campus where the participation was voluntary. There were total of 162 participants. The participants were first registered for the activity and then were asked to choose between either of the two activities.

After the conduction of the activity, feedback was taken from all the participants and the response was very overwhelming.

Outcome of the activity: Helped the students to realize how to manage their stress and anger.

Attach the following with each annexure:

1. Photographs

1. Attendance/DL forms of the participants

S.No.	NAME	Course	Enrollment No.	Sign
1	Naveed	(B.Com)	31852	
2	Aqib	BA (Hons)	31876	
3	Yasna	BA (H)	32846	
4	Rishi	BA (H)	32847	
5	Sahni	BA (H)	32848	
6	Sanya	B.Com (Hons)	32849	
7	Naveel	B.Com (Hons)	32850	
8	Kayal	BFA	32869	
9	Ashif	BFA	32891	
10	Aheli	BFA	32881	
11	Yashvi	BA (H)	32894	
12	Neha	BA (H)	32884	
13	Yashvika	BA (H)	32897	
14	Vaishnavi Chaurasia	B.Com (H)	32756	
15	Namika Rajar	B.Com (H)	32604	
16	Sana Akhmal	B.Com (H)	32859	
17	Ashika Anand	B.Com (H)	32857	
18	Hani	BA	32441	
19	Vishal	B.Com	32370	
20	Nancy	B.Com	32605	
21	Khushi	BA (H)	32055	
22	Ashwini	BA (H)	31373	
23	Bhavya	BA (H)	31405	
24	Shweta	BBA	31547	
25	Harshita	BBA	27270	

S.No.	NAME	Course	Enroll No.	Sign
31	Karishka Kamran	B.Com (H)	31378	
32	Geetika Sharma	B.Com (H)	32383	
33	Ashika Son	B.Com (H)	32620	
34	Jyoti Singh	B.Com (H)	32599	
35	Yashvi Singh	B.Com (H)	32823	
36	Ashika Singh	B.Com (H)	32442	
37	Shweta Singh	B.Com (H)	32057	
38	Shweta	B.Com (H)	32058	
39	Shweta	B.Com (H)	31355	
40	Shweta	B.Com (H)	31356	
41	Shweta	B.Com (H)	31357	
42	Shweta	B.Com (H)	31358	
43	Shweta	B.Com (H)	31359	
44	Shweta	B.Com (H)	31360	
45	Shweta	B.Com (H)	31361	
46	Shweta	B.Com (H)	31362	
47	Shweta	B.Com (H)	31363	
48	Shweta	B.Com (H)	31364	
49	Shweta	B.Com (H)	31365	
50	Shweta	B.Com (H)	31366	
51	Shweta	B.Com (H)	31367	
52	Shweta	B.Com (H)	31368	
53	Shweta	B.Com (H)	31369	
54	Shweta	B.Com (H)	31370	
55	Shweta	B.Com (H)	31371	
56	Shweta	B.Com (H)	31372	
57	Shweta	B.Com (H)	31373	
58	Shweta	B.Com (H)	31374	
59	Shweta	B.Com (H)	31375	
60	Shweta	B.Com (H)	31376	
61	Shweta	B.Com (H)	31377	
62	Shweta	B.Com (H)	31378	
63	Shweta	B.Com (H)	31379	
64	Shweta	B.Com (H)	31380	
65	Shweta	B.Com (H)	31381	
66	Shweta	B.Com (H)	31382	
67	Shweta	B.Com (H)	31383	
68	Shweta	B.Com (H)	31384	
69	Shweta	B.Com (H)	31385	
70	Shweta	B.Com (H)	31386	
71	Shweta	B.Com (H)	31387	
72	Shweta	B.Com (H)	31388	
73	Shweta	B.Com (H)	31389	
74	Shweta	B.Com (H)	31390	
75	Shweta	B.Com (H)	31391	
76	Shweta	B.Com (H)	31392	
77	Shweta	B.Com (H)	31393	
78	Shweta	B.Com (H)	31394	
79	Shweta	B.Com (H)	31395	
80	Shweta	B.Com (H)	31396	
81	Shweta	B.Com (H)	31397	
82	Shweta	B.Com (H)	31398	
83	Shweta	B.Com (H)	31399	
84	Shweta	B.Com (H)	31400	
85	Shweta	B.Com (H)	31401	
86	Shweta	B.Com (H)	31402	
87	Shweta	B.Com (H)	31403	
88	Shweta	B.Com (H)	31404	
89	Shweta	B.Com (H)	31405	
90	Shweta	B.Com (H)	31406	
91	Shweta	B.Com (H)	31407	
92	Shweta	B.Com (H)	31408	
93	Shweta	B.Com (H)	31409	
94	Shweta	B.Com (H)	31410	
95	Shweta	B.Com (H)	31411	
96	Shweta	B.Com (H)	31412	
97	Shweta	B.Com (H)	31413	
98	Shweta	B.Com (H)	31414	
99	Shweta	B.Com (H)	31415	
100	Shweta	B.Com (H)	31416	

2. Feedback report of the event-

It was a very fun activity as it helped the students to release stress and anger which they were holding at current moment. The activity helped them to learn the effective ways by which they can deal stressful situations in their life and how to manage their anger.

7. Relaxation Zone at Mental Health Week

Objective of the activity:

To make them enable to cope with their basic everyday situations by relaxation.

Summary/Description:

The Relaxation Zone, part of the Mental Health Week activities, provided participants with the technique of guided imagery. This would enable them to cope with everyday situations by relaxing themselves on their own, simply by recalling the emotions and experiences they had during the exercise. There were total of 50 participants.

Guided imagery is a technique that works purposefully with our imagination, by using phrases and words to evoke a sensory response, that encourages the healing of mind, body and spirit. Imagery communicates with the autonomic nervous system to influence life functions such as breathing, heart rate, digestion and immune responses. This gentle, yet very powerful healing modality is a way to connect our unconscious with our conscious, and become creators of our own experience. The practice of guided imagery is highly adaptable to an individual's needs. It's inexpensive and easy to use.

Guided imagery as a relaxation technique was introduced to the participants. They were invited to experience it with an audio-visual video, where they could keep their eyes closed or open to feel with the visuals at their discretion. After the experience of the imagery, each participant was inquired about their experiences. It turned out to be relaxing for all the participants. They were then guided about how to use the technique and their experience during the imagery, to relax themselves in everyday life situations.

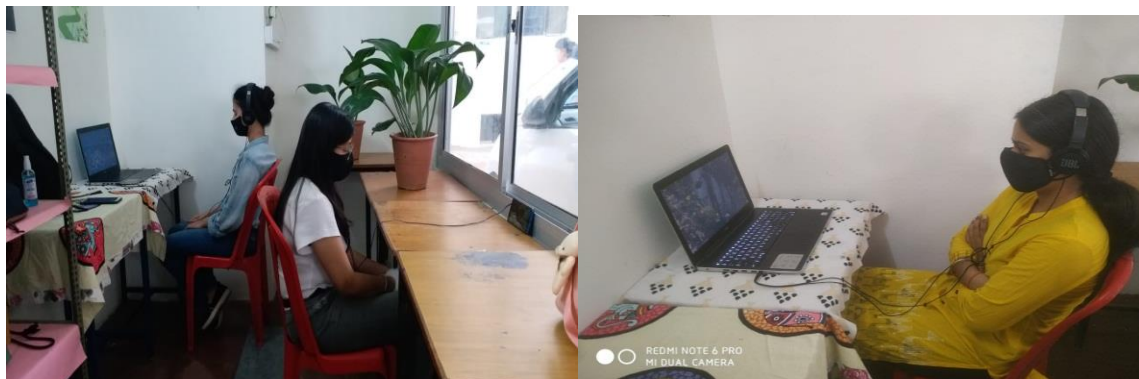
The entire event was enlightening and provided a welcome break from people's daily routines. It also equipped them with practical coping methods, while also enhancing mental health. Volunteers also had the opportunity of practically engaging in the agenda of raising mental health awareness while also accumulating career-oriented skills in a fun-filled way.

Outcome of the activity:

- The entire event was enlightening and provided a welcome break from people's daily routines.
- Equipped them with practical coping methods, while also enhancing mental health.

Attach the following with each annexure:

1. Photographs



1. Attendance/DL forms of the participants

Sl. No.	Name	RELAXATION ZONE		SIGNATURE & REMARKS	Sl. No.	NAME	CLASS/SEM	ENROLLMENT NO.	SIGNATURE & REMARKS
		Course & Sem	Enrollment No.						
1	Nisha Chaturvedi	MBA 2 nd	1116/2019/AMBA/20147	(DL) Aveshika	20	Yati Saini	B.Sc III	27523	Saini
2	Hans Khanna	MBA -1A	1150/2019/AMBA/20150	(DL) Aveshika	21	Yashika	MA III	31937	(DL) very relaxing
3	Lavi Khanna	BA (Hons)	1150/2019/AMBA/20150	very pleasant relaxing	22	Chaitra Saini	B.Sc (C) III	30233	(DL) very relaxing
4	Hansika	BFA	1150/2019/AMBA/20150	to go to good	23	Garvika Gauram	BA (Hons)	31410	(DL) very relaxing
5	Nareika	BFA	1150/2019/AMBA/20150	Very relaxing	24	Muskan Gupta	BA-BED II	27449	(DL) very relaxing
6	Anshul	BFA	1150/2019/AMBA/20150	Very relaxing	25	Ashvi Verma	BA (Hons)	32688	(DL) very relaxing
7	Dhruvanshu	BFA	1150/2019/AMBA/20150	Very relaxing	26	Dhruv Tannan	BA (Hons)	30571	(DL) very relaxing
8	Lokani	B.Sc (PC)	1150/2019/AMBA/20150	Very relaxing	27	Kajal Sharma	BA (Hons)	30458	(DL) very relaxing
9	Jahnuvi	B.Sc (PC)	1150/2019/AMBA/20150	Very relaxing	28	Poojani Sharma	BA-BED	31104	(DL) very relaxing
10	Dhruvanshu	B.Sc B.Ed	1150/2019/AMBA/20150	Very relaxing	29	Jyotsna Khatri	MA-3 rd sem	31570	(DL) very relaxing
11	Shikha Kati	B.Sc (PC)	1150/2019/AMBA/20150	Very relaxing	30	Barkha Gupta	M.Sc. Solam	31562	(DL) very relaxing
12	Lavika	BA (H)	1150/2019/AMBA/20150	Very relaxing	31	Meghana Katiyar	MA 3 rd sem	32142	(DL) very relaxing
13	Riya Jain	BA (H)	1150/2019/AMBA/20150	Very relaxing	32	Sapna Khatri	MA 3 rd sem	31250	(DL) very relaxing
14	Khushi Modi	BCOM	32274	Very relaxing	33	Divya Kumari	BA-BED III	31045	(DL) very relaxing
15	Gurjan	BCOM	32274	Very relaxing	34	Yashi Vijayvergiya	BACH	30011	(DL) very relaxing
16	Swati	MA	31976	Very relaxing	35	Kajal Sharma	BSC	31674	(DL) very relaxing
17	Shivani	MA	1150/2019/AMBA/20150	Very relaxing	36	Kam Jain	MSc	31673	(DL) very relaxing
18	Neha	M.Sc	1150/2019/AMBA/20150	Very relaxing	37	Kampani Rathore	MA	32219	(DL) very relaxing
19	Kamal	MBA-IB	1150/2019/AMBA/20150	Very relaxing	38	Radhika Kaur	M.Sc	31674	(DL) very relaxing
					39	Kulika Nahar	BA	26648	(DL) very relaxing
					40	Yashvi Rathore	BA	31032	(DL) very relaxing
					41	Tarishi Umage	M.A	31997	(DL) very relaxing
					42	Muskan Vijayvergiya	BA (H)	30072	(DL) very relaxing
					43	Aakanksha Ranawat	BA (H)	30257	(DL) very relaxing

Sl. No.	NAME	COURSE & SEM	ENROLLMENT NO.	SIGN & REMARKS	Sl. No.	NAME	COURSE	ENROLLMENT NO.	SIGN
44	Kashika	BBA 1 st sem	32369	Very relaxing	1	Kaachi Upadhyay	B.Com	32950	(DL)
45	Rishika	M.Sc 3 rd sem	32052	Very relaxing	2	Durgesh Rathore	BCOM	32586	(DL)
46	Shivanshu	BACH I st sem	32427	Very relaxing	3	Gurjan	BCOM	32690	(DL)
47	Shivani	BA (H) 1 st sem	32954	Very relaxing	4	Radhika	B.Com (H)	32573	(DL)
48	Hana	MA 3 rd sem	31976	Very relaxing	5	Indra Mittal	BBA	32454	(DL)
49	Isha S	B.Sc (H) 5 th sem	30256	Very relaxing	6	Aasha Kaur	BBA	32191	(DL)
50	Mansi Goyal	M.Sc Sem III	32176	Very relaxing	7	Chumika Vardhan	BBA	32158	(DL)
					8	Sakshie	B.Com (H)	32142	(DL)
					9	Apekha	MA-Psy	32053	(DL)
					10	Kanika	BA (H)	32277	(DL)
					11	Nishika	B.Com (H)	32601	(DL)
					12	Yashika	BACH	32249	(DL)
					13	Yashi	BA (H)	30911	(DL)
					14	Kajal	BFA	32769	(DL)
					15	Khushi	BFA	31368	(DL)
					16	Vaishnavi Dey	BA	31967	(DL)
					17	Muskan Choudhary	BA	30856	(DL)
					18	Apekha Sharma	BA (H)	33123	(DL)
					19	Radhika Chauhan	B.Com (H)	33207	(DL)
					20	Lawana Aswani	B.Com (H)	33225	(DL)

2. Feedback report of the event-

This activity helped the students to get relaxed. It helped them to identify the different ways by which they can get themselves relaxed in different situations and focus on their conscious state of mind.

8. Activity: Act of Kindness

Objective of the activity:

- To make students understand the act of kindness
- To make students feel loved and secured
- To make students feel good about themselves

Summary/Description:

Mental health camps serve the purpose of enhancing people's awareness, about mental health and offer to amend related fallacy and stigma and wrong attitude towards mental illness and people with mental illness.

One-week mental health camp was organized at ICG, Jaipur from November 18 to 21, 2021. To bring some smiles to sad faces and joyous moments to otherwise dull days many activities were conducted. The stall "spreading kindness" was dedicated to sprinkling some happiness and love into the world. Sometimes a hug is all you need to make you feel better. So there was a "free hugs" spot at the stall, to give a warm embrace to whosoever in a need.

One such activity was "pick a chit chain", in these short sweet messages containing motivation, compliments and compassion were enveloped in chits kept in a bowl, people visiting a stall picked up a chit and was asked to give it away to any person of their choice and asked her to continue this chain further.

Another bowl containing blank chits was placed at the stall beside a board with the words written on it- " One day I'll." people were supposed to pick up a chit and write any dreams or goals that they wished to get fulfilled in their lives. A total of 300-400 students walked in to the stall of spreading kindness.

The mental health camp served the purpose of empowering the children with enough information and problem-solving skills.

Outcome of the activity:

- The students felt loved
- The students understood the importance of being kind to others

Attach the following with each annexure:

1. Photographs



1. Attendance/DL forms of the participants

Sl. No.	Name	Enrollment No.	Enrollment No.	Signature
1	Trisha Aggarwal	B.Com (Hons)	2000	
2	Subhadevi Debnath	B.Com (Hons)	2002	
3	Aashu Anand	B.Com (Hons)	2003	
4	Suparna Chatterjee	B.Com (Hons)	2005	
5	Anushi Anandharam	B.Com (Hons)	2007	
6	Pragya Singh	B.Com (Hons)	2008	
7	Sudhi Mishra (S)			
8	Shamshul Kabir (D)			
9	Sudhi Mishra (S)			
10	Hemangini Pathak (S)			
11	Harshita Dasgupta (S)			
12	Shreya			
13	Manishika Mondal	BA (H)	26470	
14	Pragya Aggarwal	BA (H)	30210	
15	Manishika Dasgupta	BA (H)	30139	
16	Shamshul Kabir	BA (H)	30162	
17	Shreya Vijay	BA (H)	27028	
18	Kalashika Bha	BSc (H)	27103	
19	Rishika Prasad	B.Com (H)	28200	
20	Rishika	B.Com (H)	28200	
21	Pragya	B.Com (H)	27967	
22	Shreya	B.Com (H)	27914	
23	Shreya	B.Com (H)	27909	
24	Pragya	BA (H)	27028	
25	Rishika	B.Com (H)	27967	
26	Shreya	B.Com (H)	27914	
27	Shreya	B.Com (H)	27909	
28	Shreya	B.Com (H)	27914	
29	Shreya	B.Com (H)	27909	
30	Shreya	B.Com (H)	27914	
31	Shreya	B.Com (H)	27909	
32	Shreya	B.Com (H)	27914	
33	Shreya	B.Com (H)	27909	
34	Shreya	B.Com (H)	27914	
35	Shreya	B.Com (H)	27909	
36	Shreya	B.Com (H)	27914	
37	Shreya	B.Com (H)	27909	
38	Shreya	B.Com (H)	27914	
39	Shreya	B.Com (H)	27909	
40	Shreya	B.Com (H)	27914	
41	Shreya	B.Com (H)	27909	
42	Shreya	B.Com (H)	27914	
43	Shreya	B.Com (H)	27909	
44	Shreya	B.Com (H)	27914	
45	Shreya	B.Com (H)	27909	
46	Shreya	B.Com (H)	27914	
47	Shreya	B.Com (H)	27909	
48	Shreya	B.Com (H)	27914	
49	Shreya	B.Com (H)	27909	
50	Shreya	B.Com (H)	27914	
51	Shreya	B.Com (H)	27909	
52	Shreya	B.Com (H)	27914	
53	Shreya	B.Com (H)	27909	
54	Shreya	B.Com (H)	27914	
55	Shreya	B.Com (H)	27909	
56	Shreya	B.Com (H)	27914	
57	Shreya	B.Com (H)	27909	
58	Shreya	B.Com (H)	27914	
59	Shreya	B.Com (H)	27909	
60	Shreya	B.Com (H)	27914	
61	Shreya	B.Com (H)	27909	
62	Shreya	B.Com (H)	27914	

No.	Name	Roll No.	Grade	Remarks
38	Hansika Sharma	BA	33232	Good
39	Aranya Sharma	BBA	52881	Good
40	Ujjwal Chauhan	BBA	32847	Good
41	Sakshi Gupta	BA	3092	Good
42	Saba Sharma	BA	52458	Good
43	Aditi Sharma	BBA	32455	Good
44	Anshika Sharma	BA	3146	Good
45	Kavita Singh	BA	27541	Good
46	Rishi	M.Sc.		Good
47	Gurpreet	BBA		Good
48	Arushi Sharma	BBA	3179	Good
49	Kavya Sharma	BBA	31390	Good
50	Vishaka Bini Bhatnagar	B.Sc. (C)	21072	Good
51	Shikha Dhillon	B.Sc. (C)	31344	Good
52	Anjali Sharma	B.Sc. (C)	27195	Good
53	Anjali Sharma	B.Sc. (C)	27237	Good
54	Arushi Sharma	BBA	3140	Good
55	Arushi Sharma	BBA	3140	Good
56	Arushi Sharma	BBA	3140	Good
57	Arushi Sharma	BBA	3140	Good
58	Arushi Sharma	BBA	3140	Good
59	Arushi Sharma	BBA	3140	Good
60	Arushi Sharma	BBA	3140	Good
61	Arushi Sharma	BBA	3140	Good
62	Arushi Sharma	BBA	3140	Good
63	Arushi Sharma	BBA	3140	Good
64	Arushi Sharma	BBA	3140	Good
65	Arushi Sharma	BBA	3140	Good
66	Arushi Sharma	BBA	3140	Good
67	Arushi Sharma	BBA	3140	Good
68	Arushi Sharma	BBA	3140	Good
69	Arushi Sharma	BBA	3140	Good
70	Arushi Sharma	BBA	3140	Good

No.	Name	Roll No.	Grade	Remarks
71	Sakshi Sharma	BBA	33232	Good
72	Aranya Sharma	BBA	52881	Good
73	Ujjwal Chauhan	BBA	32847	Good
74	Sakshi Gupta	BA	3092	Good
75	Saba Sharma	BA	52458	Good
76	Aditi Sharma	BBA	32455	Good
77	Anshika Sharma	BA	3146	Good
78	Kavita Singh	BA	27541	Good
79	Rishi	M.Sc.		Good
80	Gurpreet	BBA		Good
81	Arushi Sharma	BBA	3179	Good
82	Kavya Sharma	BBA	31390	Good
83	Vishaka Bini Bhatnagar	B.Sc. (C)	21072	Good
84	Shikha Dhillon	B.Sc. (C)	31344	Good
85	Anjali Sharma	B.Sc. (C)	27195	Good
86	Anjali Sharma	B.Sc. (C)	27237	Good
87	Arushi Sharma	BBA	3140	Good
88	Arushi Sharma	BBA	3140	Good
89	Arushi Sharma	BBA	3140	Good
90	Arushi Sharma	BBA	3140	Good
91	Arushi Sharma	BBA	3140	Good
92	Arushi Sharma	BBA	3140	Good
93	Arushi Sharma	BBA	3140	Good
94	Arushi Sharma	BBA	3140	Good
95	Arushi Sharma	BBA	3140	Good
96	Arushi Sharma	BBA	3140	Good
97	Arushi Sharma	BBA	3140	Good
98	Arushi Sharma	BBA	3140	Good
99	Arushi Sharma	BBA	3140	Good
100	Arushi Sharma	BBA	3140	Good

No.	Name	Roll No.	Grade	Remarks
101	Sakshi Sharma	BBA	33232	Good
102	Aranya Sharma	BBA	52881	Good
103	Ujjwal Chauhan	BBA	32847	Good
104	Sakshi Gupta	BA	3092	Good
105	Saba Sharma	BA	52458	Good
106	Aditi Sharma	BBA	32455	Good
107	Anshika Sharma	BA	3146	Good
108	Kavita Singh	BA	27541	Good
109	Rishi	M.Sc.		Good
110	Gurpreet	BBA		Good
111	Arushi Sharma	BBA	3179	Good
112	Kavya Sharma	BBA	31390	Good
113	Vishaka Bini Bhatnagar	B.Sc. (C)	21072	Good
114	Shikha Dhillon	B.Sc. (C)	31344	Good
115	Anjali Sharma	B.Sc. (C)	27195	Good
116	Anjali Sharma	B.Sc. (C)	27237	Good
117	Arushi Sharma	BBA	3140	Good
118	Arushi Sharma	BBA	3140	Good
119	Arushi Sharma	BBA	3140	Good
120	Arushi Sharma	BBA	3140	Good
121	Arushi Sharma	BBA	3140	Good
122	Arushi Sharma	BBA	3140	Good
123	Arushi Sharma	BBA	3140	Good
124	Arushi Sharma	BBA	3140	Good
125	Arushi Sharma	BBA	3140	Good
126	Arushi Sharma	BBA	3140	Good
127	Arushi Sharma	BBA	3140	Good
128	Arushi Sharma	BBA	3140	Good
129	Arushi Sharma	BBA	3140	Good
130	Arushi Sharma	BBA	3140	Good

2. Feedback report of the event:

The activity helped them to pen down their feelings and thoughts about their friends and faculty members. The free hugs were very helping in a way to reduce stress.

Activity 6

Title of the event: Yearlong Internship in Clinical and Counselling Psychology

Type of Event: Internship

Date: 29th Sept 2021 onwards

Venue: Counselling Cell and Career Development Centre and MS Teams

No. of Participants/Beneficiaries:

Clinical Specialization:

S.No.	Name	Course	Enrolment No.
1.	Tavishi Limaye	MA	IISU/2020/ADM/31987
2.	Sapna Khatri	MA	IISU/2020/ADM/31350
3.	Manvee Goyal	M.SC.	IISU/2021/ADM/32176
4.	Shraddha Pareek	MA	IISU/2020/ADM/32121
5.	Radhika Kasera	M.SC.	IISU/2020/ADM/31694
6.	Kanupriya Rathore	MA	IISU/2021/ADM/32219
7.	Stuti Anthony	MA	IISU/2020/ADM/31596
8.	Heena Kapoor	MA	IISU/2020/ADM/31440
9.	Niharika Joshi	MA	IISU/2020/ADM/31307
10.	Meghana Rathore	MA	IISU/2021/ADM/32142
11.	Rajyashi Mehra	M.SC.	IISU/2021/ADM/32168
12.	Barkha Gupta	M.SC.	IISU/2020/ADM/31562
13.	Roopal Sharma	M.SC.	IISU/2020/ADM/31674
14.	Swati Chaumal	MA	IISU/2020/ADM/31976
15.	Ranu Jain	M.SC.	IISU/2020/ADM/31673
16.	Yuthika Chatterji	MA	IISU/2020/ADM/31977
17.	Anjani Singh Shekhawat	MA	IISU/2020/ADM/31962
18.	Grisha Chopra	MA	IISU/2020/ADM/31716
19.	Bhawna Singh Bhati	M.SC.	IISU/2020/ADM/32116
20.	Charu Tiwari	MA	IISU/2020/ADM/27088

Counselling Specialization

S.No.	Name	Course	Enrolment No.
1.	Arpita singh	MA	IISU/2020/ADM/32053
2.	Triyambika Bhardwaj	MA	IISU/2020/ADM/31410
3.	Jyotsana Khatri	MA	IISU/2020/ADM/31570
4.	Neha kundnani	M.SC.	IISU/2020/ADM/31925

Name of the activity Coordinator: Ms. Mahak Mathur (Clinical Psychologist cum Asst. Professor) and Ms. Rupali Ruhela (Counsellor)

Name of Collaborating Agency (if any) with address & contact no.:

Gautam Hospital and Research Centre, Civil Lines

Objective of the activity:

- Opportunity for practical exposure
- Hands on sessions at CCDC
- Clinical Case history
- Mental Status Examination
- Log Book and Case Record Management
- Diagnosis & Assessments
- Therapeutic Intervention

Summary/Description:

The Centre organizes internship program in both clinical and counselling psychology. The programme aims to develop and enhance counselling skills by training the students in basic counselling skills, ethics of counselling, how to interview clients and patients how to deliver therapies and specific techniques. The programme also provides training in group counselling techniques, psychological testing for career and vocational counselling, record maintenance. In addition to these, students are also trained in how they should refer journals and keep themselves updated with the development in the field.

Outcome of the activity:

The students were able to gain knowledge regarding various aspects in both clinical and counselling specialization.

Attach the following with each annexure

1. Notice



IISU Campus, Gurukul Marg,
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INDIA

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September 16, 2021

NOTICE

The Counselling & Career Development Centre (CCDC) along with Department of Psychology of IIS (deemed to be University) is starting its Year Long Internship Programme for PG students.

On successful completion & fulfilling all the requirement of Internship a Certificate will be provided to the registered students.

Details of the Programme:

	Clinical Specialization	Counseling Specialization
Fees for Internship	4000 Rs./-	4000 Rs./-
Duration	1 Year	1 Year
Duration of the Class	1 Class/Day	1 Class/Day
Practical exposure at	Gautam hospital and research centre, civil line	Counseling and Career Development Centre (CCDC), IIS Campus
Total no. of seats	20 seats	20 seats

*Last date of submitting the fee is September 20, 2021.

The interested students may fill in the form available in the Counselling Cell.

Ms. Mahak Mathur
Assistant Professor Cum
Clinical Psychologist

Dr. Vandana
Head, Dept. of Psychology

2. Feedback report of the event:

The students found the internship very informative and engaging. It served as an opportunity for significant growth and an exposure to practical and field learning. It gave them a practical exposure to the administration of the career tests and the various

works done in the cell (for the counselling specialization students). It gave them practical exposure at Gautam Hospital and Research Centre (for clinical specialization students). The internship helped the students to learn various things and proper classes helped them to gain a better knowledge about the clinical and counseling setup.

Activity 7

Title of the event: Guest Lecture on Sex Therapy

Type of Event: Guest Lecture

Date: September 21st, 2021

Venue: D- 603

Name of Resource person with designation, address, email address & contact no. :

Ms Mahi Khandelwal (Consultant Clinical Psychologist at Bhandari Hospital and Research Centre, Jaipur)

No. of Participants/Beneficiaries:

10 PDCP Trainees and 3 Faculty Members

Name of the activity Coordinator: Dr. Monica Sharma (Associate Professor and Clinical Psychologist)

Objective of the activity:

- To know the importance of sexual health among men and women
- To Know the Physical and Psychosocial issues which cause sexual dysfunction in males and females.

Summary/Description:

The Counselling and Career Development Center , IIS (Deemed to be University) Jaipur, organized a Guest Lecture on Sex Therapy on 23rd February, 2022 in the Seminar Room for the students who enrolled in the RCI approved Professional Diploma in Clinical Psychology (PDCP) course. The speaker for the guest lecture was Ms. Mahi Khandelwal who is a consultant clinical psychologist at Bhandari Hospital and Research Centre, Jaipur.

Ms. Khandelwal started off her session by highlighting the importance of sexual health among men and women. In her enlightening session, the speaker talked about the Physical and Psychosocial issues which cause sexual dysfunction in males and females.

Ms. Khandelwal made the audience get aware about the treatment and diagnosis as well. In this, she informed how the treatment isn't done single handedly rather it is a holistic approach which involves a team of clinical psychologists, sexologist, andrologist & urologist etc. She also talked about some of the most common therapies used to treat sexual dysfunction such as Sex education, Systematic desensitization, breathing exercises and Kegel exercises.

By the end of the session, the speaker clarified all the major doubts and myths regarding sexual health which is seen as a big taboo in our country still today. Participants raised several considerable questions which Ms. Khandelwal answered thoroughly. One of the participants asked whether there is a biological clock for sexual functioning in people, to which the speaker

gave a very informative reply and explained that sexual intimacy is a healthy practice which does not decrease with age, she further added that misinformation which is floated on the internet must be avoided at all costs and authentic sources should be referred instead.

It was a very interesting session wherein the audience got such a delightful opportunity to hear Ms. Mahi keep her views on Sex Therapy. Such enriching affairs are ought to be pondered upon and raised more frequently.

Outcome of the activity:

- The trainees gained knowledge on establishing realistic goals for intervention taking into consideration the social and contextual mediation.

Attach the following with each annexure:

1. Photographs



2. Notice

February 17, 2022


NOTICE

The Department of Clinical Psychology and The Counselling and Career Development Centre (CCDC) of IIS (deemed to be University) is organising a Guest Lecture on "Sexual Therapy" on 21st February, 2022.

- **Speaker** : Ms. Mahi Khandelwal (Clinical Psychologist)
- **Date** : 21st February, 2022
- **Time** : 12:30 p.m. - 2:00 p.m.
- **Venue** : D-603

All students are required to attend the same.


Dr. Himangini Hooja
Head, Dept. of Clinical Psychology


Dr. Monica Sharma
Associate Professor, Clinical Psychology

3. Attendance/DL forms of the participants:

All the 10 PDCP trainees were present

4. Feedback report of the event:

The students reported that lecture was quite elaborative which enhanced their knowledge about different techniques and their implications in clinical practice. Overall, it was quite interesting and informative.

Activity 8

Title of the event: 15 DAYS Advance Diploma Internship

Type of Event: Internship

Date: 2nd May 2022- 16th May, 2022

Venue: Counselling Cell and Career Development Centre

No. of Participants/Beneficiaries:

S.No.	Name	Enrollment No.	Course
1.	Diya Kesri	IISU/2019/ADM/30739	B.Sc. (H) Sem VI
2.	Mimansa	IISU/2019/ADM/30044	BA (P.C.) Sem VI
3.	Sakshi Dnyaneshwar Umale	IISU/2019/ADM/30142	Bsc (H) Sem VI
4.	Shreya Hissaria	IISU/2021/ADM/33126	Cosd CON Advance Diploma Sem II

Name of the activity Coordinator: Ms. Rupali Ruhela

Objective of the activity:

- To provide hands-on training for administering psychometric testing
- To provide the importance of testing and record maintaining
- How to prepare reports

Summary/Description:

The Counselling and Career Development Cell – IIS University organized one month Internship for the 4 students of Advanced Diploma in Counselling and Guidance in the month duration of May. The internship started with a basic orientation programme where the students were briefed about what career counseling and testing is and what it would entail. The students were first required to administer the tests for Interest, Personality and Aptitude on themselves so as to gain better understanding of those tests. The students were then assigned clients, with whom they built rapport and administered tests. Each student had to work on clients for Psychometric Testing and Doubt reports individually. They were also trained in the scoring and interpretation of the test responses. The students learnt how to prepare reports by taking all the dimensions into considerations. The students prepared their client's report. They also observed

how the reports were presented and explained to the clients. Students also prepared doubt reports and its importance and functions were explained.

Outcome of the activity:

- The students got hands-on exposure of administering tests (Interest, Personality and Aptitude)
- The students learned the importance of record maintaining

Attach the following with each annexure:

1. Notice



IISU Campus, Gurukul Marg,
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INDIA

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June 17th, 2022

NOTICE

The Counselling and Career Development Center

The assessment for the 15 Days Internship Programme as a component of Advance Diploma in Counselling and Guidance paper, Code- CON 333 will be held as per the following schedule:

Date- 28th June, 2022

Reporting time: 9:30 am

Venue: CCDC

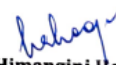
Each intern will be assessed on the following components:

- a) Viva Voce
- b) Evaluation of Final Report

All the interns are required to bring their final report on the same day, failing which they will not be allowed to sit in the examination.


Ms. Rupali Ruhela
Counsellor


Dr. Megha Arya
Co-ordinator CCDC


Dr. Himangini Hooja
Head, Dept. of Psychology

2. **Feedback report of the event-**

The students found the internship very informative and helpful. It served as an opportunity for significant growth and an exposure to practical and field learning. It gave them a practical exposure to the administration of the career tests and the various work done in the cell.

Activity 9

Title of the event: Summer Internship

Type of Event: Internship

Date: 20th June – 20th July, 2022

Venue: Room 304, IIS (Deemed to be University)

No. of Participants/Beneficiaries:

S.No.	Name	IISU Enrolment No.
1.	Amrita Sharma	IISU/2021/ADM/32421
2.	Shraddha Khurana	IISU/2021/ADM/32821

Name of the activity Coordinator: Dr. Monica Sharma and Ms. Rupali Ruhela

Objective of the activity:

- To learn the various tests used for administering the interest, personality and aptitude
- To learn the importance of maintain the record of the student and the counselling cell
- To learn Counseling Skills and Ethics of Psychologists

Summary/Description:

The summer internship (CCDC) conducted by Dr. Monica Sharma and Ms. Rupali Ruhela on 20th June 2022 to 20th July 2022 was with the aim of learning career counselling, it's ethics, principles and skills. The one month internship programme helped students learn psychometric career testing, we were guided by their supervisor and were explained how to conduct career testing on oneself and others. Also, ethics and counselling skills were discussed through interesting activities. The programme was very educative and fun filled, new learning experiences were acquired. Dr. Monica Sharma and Ms. Rupali Ruhela were a great guiding light in the whole one month internship. Students learnt, understood and acquired a lot of information about career counselling.

Outcome of the activity:

- The students learned the importance of various tests and their application
- The students learned how to maintain the records
- The students learned various techniques used for counselling
- The students learned the Ethics and Principals of Psychologist

Attach the following with each annexure:

1. Notice



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June 18, 2022

NOTICE

The Counselling & Career Development Centre (CCDC), IISU, is starting a Summer Internship Programme in Counselling Psychology for all UG and PG students of Psychology.


The details of Programme are as follows:-

1. Duration: 20th June to 20th July 2022
2. Fee: Rs. 3000/- per candidate
3. No. of seats: Minimum- 10
Maximum- 20
4. Timing: - 9:30am - 2:30 pm

*Last date of submitting the fee is June 20th, 2022.

Certificate will be given to the students with minimum of 95% attendance after clearing the examination.

The interested students may fill in the form available at the reception with Mr. Roshan Lal Kumar.


Dr. Himangini Hooja
Head, Dept. of Psychology


Dr. Megha Arya
Coordinator CCDC

2. Feedback report of the event-

It helped the students to learn the various tests used for administering the interest, personality and aptitude of the client for helping them out to choose the appropriate career field or choice. It helped them to get an experience for conducting hands-on sessions as how to take the basic required information of the students, administering the tests, preparing the report and finally conducting the session.