



JESUS AND MARY COLLEGE

IMPORTANT INFORMATION FOR STUDENTS AND STAFF WITH DISABILITIES

Jesus and Mary College (JMC), founded by the religious Congregation of Jesus and Mary, upholds the values and ideals of the foundress of the Congregation, Saint Claudine Thevenet. Hence, the promotion and inculcation of values of love, compassion, equality and justice have remained an integral part of the college's ethos. JMC believes in eliminating social exclusion by not merely imparting knowledge in the classroom, but also working to produce sensitive and responsible citizens. The college encourages the students to be aware of the problems of the disadvantaged sections of society in their engagement with people from varied social milieus.

Since JMC believes in respecting and promoting the rights and dignity of each individual, the inclusion of people with disabilities is a primary focus of the college. JMC strives to be a disabled-friendly institution in all its aspects and works to be an institution that is chosen by people with disabilities for its suitable infrastructure, facilities of support and sensitised atmosphere that can help them grow and achieve their dreams.

ADMISSION AND RECRUITMENT OF PEOPLE WITH DISABILITIES

- Jesus and Mary College ensures strict implementation of admission policies for people with disabilities in accordance with the updated guidelines for admission of the UGC.
- JMC follows the roster of appointment of Teaching and Non-Teaching Staff for PwD category as approved by the University.

DISABLED-FRIENDLY INFRASTRUCTURAL FACILITIES

Jesus and Mary College takes pride in its disabled-friendly campus and offers the following facilities to make the campus more accessible.

1. **Ramps:** Jesus and Mary College campus is well connected with wheelchair-friendly pathways and ramps with railings. The ramps provide easy access to important places on the campus like the Multi-Purpose Hall (MPH), canteen, academic building, library and common room, sports field, amongst others.
2. **Wheelchair-friendly washrooms:** JMC has spacious and wheelchair-friendly washrooms on all the floors.



3. **Elevators:** JMC has three elevators- one in each multistoried building on the campus. These elevators are reserved for college staff and students with disabilities. The buttons in these elevators have Braille signs to assist students with visual impairments.
4. **Signposts in Braille:** JMC has multiple signage in Braille to facilitate easy access and navigation to classrooms, staff room, washrooms, offices and other important facilities.
5. **Wheelchair:** JMC has a wheelchair available that can be used by students and visitors with disabilities as per requirement.

Ramps with railings





Wheelchair-friendly Washroom



Elevator buttons in Braille





Braille Signposts



Wheelchair



जीसस एंड मेरी कॉलेज

दिल्ली विश्वविद्यालय

चाणक्यपुरी, नई दिल्ली-110021

रा.मू.प्र.प. द्वारा 'ए+' ग्रेड मान्यता प्राप्त

Jesus and Mary College

University of Delhi

Chanakyapuri, New Delhi - 110021

Accredited by NAAC with "A+" Grade



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फैक्स नं/ Fax No. : +(91)-(011)-24105466

वेबसाइट/Website : <http://www.jmc.ac.in>

ईमेल/E-mail : admin@jmc.ac.in, info@jmc.ac.in

principal@jmc.ac.in

EQUAL OPPORTUNITY CELL

The Equal Opportunity Cell promotes social justice within the institution. The society aims to empower students with disabilities while fostering awareness and inclusion within the institution. Its scope lies in fostering an atmosphere of equality while providing special support to the least advantaged groups within the educational institution. The society also focuses on academic discourse to sensitise the college community. Extracurricular activities are conducted to promote knowledge and awareness among the student community.

- The Equal Opportunity Cell annually organises its inter-college competition, *Prayas*, and its annual meet, *Unnati*.
- The society's members audio-record several readings for students with visual impairments, based on their requirements.
- Members of the Equal Opportunity Cell also volunteer as scribes for students with disabilities during examinations, as and when required.

EOC CORE TEAM

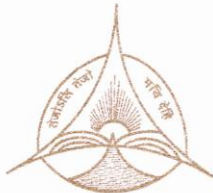
Convenor: Ms. Reshma Jose

President: Mouli Sharma

Vice President: Natania Theresa Thomas

General Secretary: Neha Dilwali

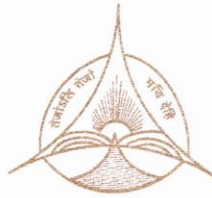




GLIMPSES OF EQUAL OPPORTUNITY CELL ACTIVITIES







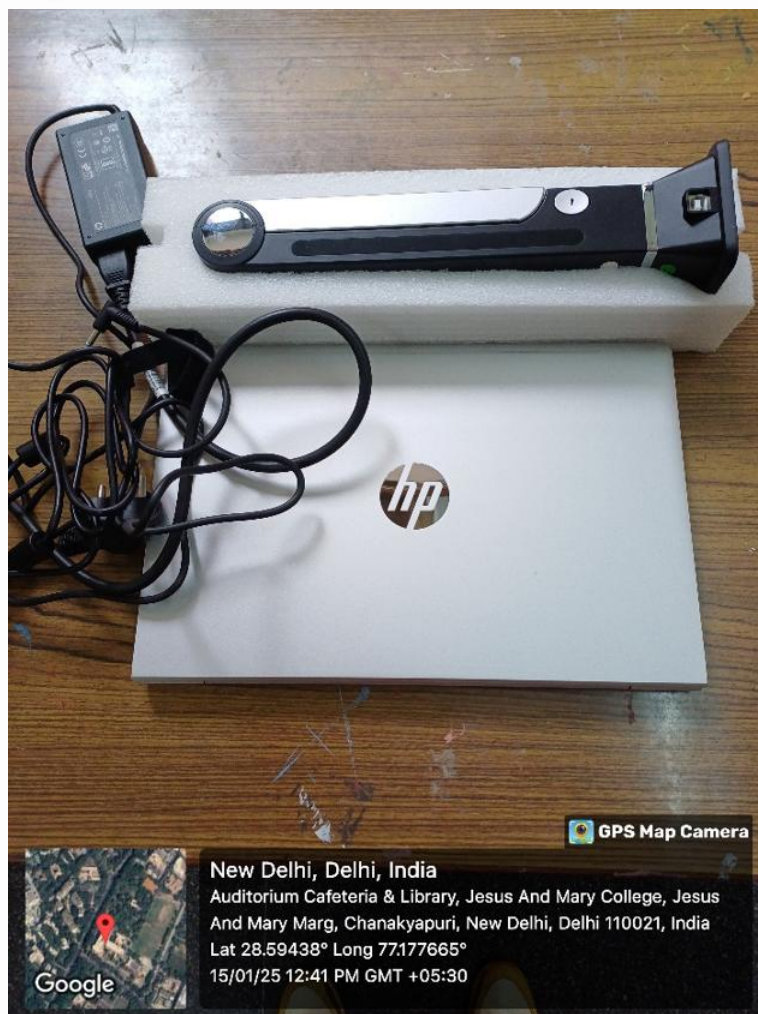
READING MATERIAL IN BRAILLE

The JMC library provides access to reading material and relevant Braille resources. Students with disabilities can seek assistance from the library and all department teaching staff to find suitable academic resources.

For library facilities, please contact Ms. Anila S Bharadwaj, Librarian, at librarianjmc75@gmail.com

MECHANISED EQUIPMENT

A Kibo XS device and a designated laptop are available in the Equal Opportunity Cell room for visually impaired persons. The Kibo XS, when connected to a laptop, is used to read documents.





COUNSELLING FACILITIES

Professional Counselling Services

JMC has a dedicated college counsellor, a trained mental health professional, available to students for confidential one-on-one support. Sessions are designed to help students navigate stress, anxiety, academic concerns, relationship challenges, identity and life transitions, emotional distress, and more. Students can also access online counselling support and book appointments through the college's counselling form or by email.

Link to the College Counselling Facilities page on the JMC website:

<https://www.jmc.ac.in/well-being/support>



Jesus and Mary College
UNIVERSITY OF DELHI

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JMC REVIEW NIRF LIBRARY FEEDBACK LOGIN

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WELL BEING AND MENTAL HEALTH

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SUPPORT AND COUNSELLING



Surabhi Rathore is an alumna of the Psychology Department and now joins her alma mater as the new College Counselor. She holds an MA in Applied Psychology with a specialization in Counselling Psychology from the Tata Institute of Social Sciences, Mumbai, and is a practicing counselling psychologist, couples therapist, and researcher.

With a trauma-informed and queer-affirmative approach, Surabhi uses an intersectional lens and eclectic techniques to support students navigating anxiety, stress, depression, academic challenges, relationship concerns, and overall well-being. She is passionate about creating a safe, empowering space for students to explore their growth, resilience, and potential.

She is available on Mondays, Wednesdays, and Fridays from 9:00 AM to 4:00 PM in Room B2, located on the ground floor next to the college Medical Room.

Students can also book a counselling session by filling out this short appointment form: <https://forms.gle/gQm8mruubAp286Hs5> Students can also mail Surabhi at collegecounselor@jmc.ac.in.

Counselling services are available online for anyone experiencing psychological distress due to reasons like anxiety, depression, loss, trauma, relationship conflicts, confusions and crisis around identity and life transitions, academic stress, social anxiety etc.

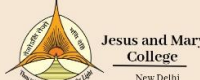


Free Mental Health Support Helpline

JMC also has a free mental health support helpline. Psychotherapy and counselling services can be availed by students experiencing psychological distress in various forms. These services are available on campus for anyone experiencing psychological distress due to reasons like anxiety, depression, loss, trauma, relationship conflicts, confusion and crises around identity and life transitions, academic stress, social anxiety, etc.

Link to information on services offered by Muktaa on the JMC website:

<https://www.jmc.ac.in/uploads/notice/5e129092beb1547d985cd4cb3bb46bbb.pdf>



Do you feel like no one understands you? like you are being ignored? like no one values you?

Call our free mental health helpline for support

- ☀ Call and talk to a trained counsellor over the phone
- ☀ Get free and immediate emotional support without revealing who you are
- ☀ Explore steps, resources or coping strategies



Muktaa Mental Health Helpline
0788-788-9882
12 - 8 PM (Monday to Saturday)
Free Mental Health Support Helpline



FREE MENTAL HEALTH SUPPORT

You don't have to deal with everything alone

☀ Uncontrollable Anger	☀ Academics & Career
☀ LGBTQIA+	☀ Sadness & Depression
☀ Sexual Concerns	☀ Gender & Sexuality
☀ Family & Relatives	☀ Anxiety & Stress
☀ Peers & Friendships	☀ Substance Use



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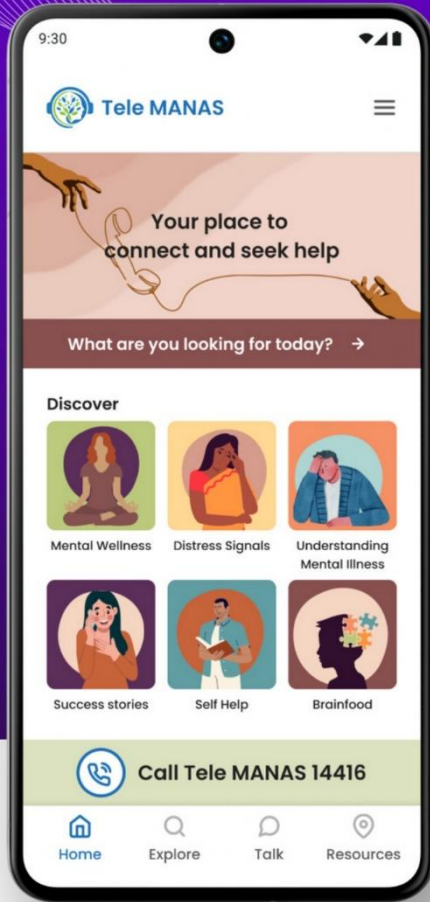


Link to information on Tele Manas on the JMC website:

<https://drive.google.com/file/d/1ApcJm8YBim-vUMq6kkgI02KVAslB0jhx/view>



Tele MANAS App available in both English and Hindi



*Mental health
support,
at your fingertips!*

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to download the
Tele MANAS app now!

Call Tele MANAS

24/7 **14416**

Toll free number



AWARDS AND SCHOLARSHIPS FOR STUDENTS WITH DISABILITIES

DR. PREM SINGH AWARD

This award is given to a student with disability (60% and above disability) for securing 60% marks in any course.

In addition, the university provides scholarships to students with disabilities. For more information, please visit: <https://www.du.ac.in/index.php?page=opportunities-scholarships>

