

Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021

Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400

Fax No. : +(91)-(011)-24105466

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

Email Id : jmcdmn@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

JESUS AND MARY COLLEGE UNIVERSITY OF DELHI

SUPPORTING DOCUMENT FOR 7.1.1

MEASURES INITIATED BY THE INSTITUTION FOR THE PROMOTION OF GENDER EQUITY: Specific Facilities for Women

Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021

Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400

Fax No. : +(91)-(011)-24105466

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

Email Id : jmcdmn@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

This document contains information regarding specific facilities provided for women in terms of:

- 1. Links to various facilities as displayed on the college website**
- 2. Safety and security**
- 3. Counselling**
- 4. Common Room**



Links to various facilities as displayed on the college website:

Women oriented Vision and Mission: <https://www.jmc.ac.in/about/visionmission>

Internal Complaints Committee: <https://www.jmc.ac.in/icc>

Counselling: <https://www.jmc.ac.in/facilities/studentscounselling>

Mentor-Ward details are shared on relevant department pages. This is an example from the Department of B.A. Programme page:

<https://www.jmc.ac.in/academics/departments/baprogramme/mentorward>

Common Rooms: <https://www.jmc.ac.in/facilities/commonroom>

Amphitheatre: <https://www.jmc.ac.in/facilities/amphitheatre>

Gymnasium: <https://www.jmc.ac.in/facilities/gymnasium>



SAFETY AND SECURITY

- As a women's college, JMC takes responsibility for providing a safe space for its students to learn and grow.
- JMC has strict round the clock security of high standards at the college gate to create a safe campus.
- Well trained guards are employed by the college on a 24 hour roster. The security guards at the gate, stationed two at a time, check the IDs of everyone entering the campus.
- While the college has a total of five gates, only one is used for regular passage with security guards manning the gates at all times. The other four gates remain locked, except on special occasions and with monitoring.
- The high walls of the campus also prevent the trespassers from entering the college premises.
- The safety and security of students is a priority at JMC during events and fests when the outsiders are also invited to the college campus.
- Apart from the presence of Delhi police personnel, the security guards, the college teaching and non-teaching staff volunteers along with a large number of student volunteers shoulder the responsibility of security on fest days to ensure a safe college campus.
- Our well attended fests have been conducted without any untoward incidents, encouraging both parents and students to feel comfortable in participating and enjoying all events that extend late into the evening.
- JMC recognises the importance of having institutional safeguards in place to make its students feel safe. As per the Sexual Harassment at Workplace (Prevention and Prohibition) Act 2013 and UGC Regulations 2015, JMC constituted an **Internal Complaints Committee (ICC)**.
- The ICC is comprised of members from the teaching and non-teaching staff, elected student representatives and an external member. Every year the ICC organizes a

Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021

Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400

Fax No. : +(91)-(011)-24105466

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

Email Id : jmcadm@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

special session on what constitutes sexual harassment and the procedure for filing a complaint with the ICC. Information of the ICC members is displayed in important places in the college and on the college website.

- In keeping with its resolve to provide a safe environment for its students, JMC is one of the few DU colleges that has an annual Parent Teacher Student Association (PTSA) to keep parents abreast of their ward's progress and interact with teachers and to air their concerns. JMC's experience bears out that parents as stakeholders in the educational enterprise are partners in the promotion of the safety and security of female students.
- Not only is JMC committed to women's safety within the college campus, we are also engaged in making our community and neighbourhood safe for all women.
- In 2016-17, the WSC conducted a **survey of Paying Guest Accommodations** to understand the concerns of outstation students. The aim was to not only recognise the problems faced by JMC students dependent on PGs but also to report and address these issues. As a result, the reported PGs were blacklisted by the college.
- In 2017-18, the WSC, JMC conducted a **Safety-Audit programme** to discern the safety of the connecting routes to college used by female students of both JMC and Maitreyi College on an everyday basis. The objective of this safety audit was to observe these routes as gendered spaces and evaluate how they fared with regards to women's safety. The report of this audit was sent to the UGC and Delhi Commission for Women.



Sexual Harassment at the Workplace

Link of ICC displayed on college website:

<http://www.jmc.ac.in/about/importantcommittees>

Internal Complaints Committee

Strict policy framework against sexual harassment is imperative to ensure a conducive and secure environment for growth and development of students. The college has constituted an Internal Complaints Committee in accordance with the guidelines delineated by the UGC and notifications issued by the University of Delhi pertaining to the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressed) Act, 2013 (Link 3 & 6). The committee ensures a conducive and secure environment for growth and development of students.

Members	
Dr. Susmita Ram	9810426925
Dr. Maya John	9540716048
Ms. Susan George	9818149917
Ms. Lizamma Joseph	9868796955
Mr. Fransis Lakra	9810174773
Fatima Kabir Chaudhary	9873137325



Notification to ICC, DU regarding the constitution of ICC at JMC (2017)

Ref.JMC/WSC/2017

19th June 2017

The Presiding Officer
Internal Complaints Committee (ICC)
University of Delhi
Delhi-110007

Dear Madam,

As per instructions received from the University Grants Commission vide letter D.O.No.F.91-3/2014 (GS) dated 6th June 2017 that the details and annual returns of Internal Complaints Committees constituted between 1st April 2016 and 31st March 2017 are to be provided by all affiliated colleges of central universities, please find below the relevant information. We request your office to forward this information to the concerned authorities in the University of Delhi.

1. An ICC, constituted as per the guidelines in the Sexual Harassment at Workplace (Prevention and Prohibition) Act, 2013, has been in existence at Jesus and Mary College during the period 1st April 2016 to 31st March 2017.

2. Between 1st April 2016 to 22nd September 2016, the ICC members were:

- Dr Neelam Rishi (Department of Hindi)
- Dr Minakshi Mitra (Department of Commerce)
- Dr Sharda Bhatnagar (Department of Hindi)
- *Dr. Premata (Advocate)*

3. Between 23rd September 2016 and 31st March 2017, the ICC members were:

- Dr Susmita Ram (Department of Elementary Education)
- Dr Maya John (Department of History)
- Ms Susan George (Department of English)
- Ms Sylvia Lal (P.A. to Principal)
- Ms Dhvani Nagpal (Student, IInd year Economics Hons)
- Ms Fatima K. Choudhary (Advocate)



Notification to ICC, DU regarding the constitution of ICC at JMC (2017) contd.

4. Annual return on cases of sexual harassment for the period 1st April 2016 to 31st March 2017

S. No.		Number of Cases
1.	Number of complaints of sexual harassment received in the year	NIL
2.	Number of cases disposed off during the year	-
3.	Number of cases pending for more than 90 days	-
4.	Number of workshops on awareness programmes against sexual harassment conducted during the year	One
5.	Nature of action	-

As per recent clarification from the University Grants Commission, the college shall reconstitute ICC in the new session of 2017-18.

Yours truly,

Sr. (Dr.) Rosily T.L. r.j.m.
Officiating Principal

Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021

Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400

Fax No. : +(91)-(011)-24105466

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

Email Id : jmcadm@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

Letter to ICC, DU regarding the information related to sexual harassment cases at JMC 2018

Jesus and Mary College
University of Delhi
Chanakyapuri, New Delhi - 110021
Accredited by NAAC with "A" Grade
28th February, 2018

Tel No. : +(91)-(011)-26110041, 26875400
Fax No. : +(91)-(011)-24105466
Website : <http://www.jmc.ac.in>
Email Id : jmcadm@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

JESUS & MARY COLLEGE
University of Delhi
DICTED
09 MAR 2018
Chanakyapuri, New Delhi-21

The Presiding Officer
Internal Complaints Committee
University of Delhi
Delhi-110 007

Respected Madam,

This is in response to a communication forwarded by the office of the Deputy Registrar (Desk), Delhi University, reference no: F.No.Desk/RSPQ(S)/2296/2018, dates 16.02.2018. The communication reached Jesus and Mary College only on 27th February afternoon.

Please find below the information sought with respect to sexual harassment cases filed in Jesus and Mary College in the past three years.

1. Number of cases reported by Jesus and Mary College in 2014-2015:
No cases filed with the college ICC.
2. Number of cases reported by Jesus and Mary College in 2015-2016:
No cases filed with the college ICC.
3. Number of cases reported by Jesus and Mary College in 2016-2017:
No cases filed with the college ICC.
4. Number of cases reported by Jesus and Mary College from July 2017 to 27th February 2018:
No cases filed with the college ICC.
5. Every year the ICC organises a special session on what constitutes as sexual harassment and the procedure of filing a complaint with the ICC. Information of the ICC members is displayed in important places in the college and on relevant social media platforms of the college, such as the college website etc.

Yours sincerely,
Sr. Dr. Rosily T.L.
Sr. Dr. Rosily T.L.
Officiating Principal
Jesus and Mary College

Dr Maya John
Member, ICC and

Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021

Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400

Fax No. : +(91)-(011)-24105466

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

Email Id : jmcdmn@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

While the college has a total of five gates, only one is used for regular passage with security guards manning the gates at all times. The other four gates remain locked, except on special occasions and with monitoring.





COUNSELLING

- Student life today throws up numerous challenges owing to a fast-paced tempo, changing family dynamics, being away from home, increased competitiveness and social media.
- JMC recognizes that counseling is important for students to navigate these demands and achieve their academic potential. In keeping with its mission to provide for the all-round holistic development of women students, JMC offers formal in-house counselling.
- This Counseling is free and open to all students and staff and complete confidentiality is maintained. It has contributed greatly in promoting the psychological well-being of students, helping them achieve their academic, personal, and relational goals.
- Some of the recurring student concerns flagged by the College Counsellor for JMC are: Time, Stress, and Relationship Management, Family Problems, Body Image, Self-Confidence, Career Counselling and Teething Problems faced by first year and outstation students.
- In order to address the mental health needs of students, the Women's Study Centre has been coordinating the counseling services in the college.
- A trained Clinical Psychologist is made available for eight hours per week. Apart from the regular counselling sessions, attempts are made to offer talks in group settings to address common issues that are encountered by young adults.
- Apart from individual sessions, the counsellors also conduct support group sessions and department-wise informal presentations so that JMC students across the board can engage with their mental health issues without the usual stigma attached to them.
- JMC also has a strong Mentor-Ward Programme that complements the teaching-learning exercise. Every student is paired with a faculty-mentor, thus giving them the opportunity to reach out for individual sessions for counsel.
- The mentor-mentee ratio is 1:25. The mentors sensitize themselves to the needs of students and recommend formal counselling if required. This plays a significant role in confidence building and skill development.

Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021

Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400

Fax No. : +(91)-(011)-24105466

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

Email Id : jmcadm@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

- Apart from formal counselling, various departments and societies of the college organize counselling seminars for students. Legal experts are invited to address the intricacies of sexual harassment by citing real life cases.
- Talks on Gender Sensitization are organized from time to time.
- Career counselling workshops are organized by various departments to apprise the students about the career opportunities in their specific field.
- Workshops and webinars on Life Skills and Coping Strategies are conducted to address exam-related anxiety and stress in general.
- The various initiatives launched by the college underlines that it takes responsibility for disseminating information on counselling as well as dispelling the myths and stigma surrounding it very seriously. This has helped students understand the significance of counselling and work on their own fears and anxieties and achieve their best in both curricular and extra-curricular activities.



COUNSELLOR'S REPORT 2015-16

Counsellor's Report of Counselling Activities at JMC
WDC (Women's Studies Centre) Department of JMC

Name: Sushma Singh

Joined: 2014 September.

Counsellor availability at JMC:
Tuesdays and Fridays

Time of availability: 9 am – 2 pm

Venue: Counsellor's room

Mode of meeting the students:
By appointment (personally, by email or telephonically)

Topics covered: Careers , Emotional as well as Life Skills, on a one to one basis as well as in Groups.

Workshops held: Personality Development including Personality tests
Why I am what I am
Types of relationships
Handling relationships
Conflict management
Importance of Communication skills
Interview skills
Time and Stress management
Career Options after College in India and Abroad
Strategies to reach Career goals
Understanding global changes and needs

Sushma Singh



COUNSELLOR'S REPORT 2016-17

The WSC engaged a clinical psychologist on part time basis to assist students while college was in session. The counsellor was available for eight hours per week. Apart from individual sessions, the counsellor also conducted support group sessions and informal presentations department-wise so that JMC students across the board could engage with their mental health issues by overcoming the usual stigma attached to them.

WSC COUNSELLOR'S REPORT, 2016-17

In order to address the mental health needs of students, the Women Study Centre. coordinated the counseling services for the academic term 2016-2017. The services were offered by Ms. Shalini John, a trained Clinical Psychologist. Through the counseling services, the students were able to access to individual counseling sessions in a safe and confidential space for any concerns. The primary kind of concern encountered in the counseling services can be broadly categorized as non clinical and clinical concerns.

NON CLINICAL CONCERNS

- Academics and uncertainties:

Many students accessed the counseling services to address confusion regarding their career prospects after completing undergraduate studies. This concern was more pressing for students in their third year and especially because of a series of upcoming entrance exams. It appeared that some students seemed unsure of their reasons for selecting the subjects they did in their first and second year of studies. Many others attributed their choice to lack of options because of high cut off scores for their desired subjects. And many of these students felt hard pressed for time and directionless about what would be a good choice for their future.

- Interpersonal stressors:

A considerable number of students sought help due to interpersonal problems either with regard to romantic significant others, friends or due to family. Many girls expressed troubles in romantic relationships due to inability to maintain positive self-esteem, unhealthy notions of relationship boundaries and difficulty balancing relationship and academic responsibilities. Troubles with family included unrealistic parental expectations and pressure to perform well academically and also to manage family responsibilities along with friendships.

CLINICAL CONCENRS

- Trauma: Few students sought help to cope with ongoing stress caused due to strained family conditions. Some of factors complicating family situation included undiagnosed mental illness in family members, physical abuse of the clients by parent, dysfunctional parental relationship and the consequent effect on the client. A few reported child sexual abuse as secondary concern. Most of these concerns was causing clinically significant dysfunctionality which was impacting their studies and interpersonal functioning.

Apart from these a few concerns reported by a few students with regard to aspects related to college included ambiguity around allocation of attendance for ECA (extra circular activities),

Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021

Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400

Fax No. : +(91)-(011)-24105466

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

Email Id : jmcadmn@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

lack of consistency in teaching quality across the faculty in a department and lack of specialist talks to aid career related decision making.

As is routine in psychological counseling and therapy, the client were encouraged to explore their concerns and discover appropriate means to cope with them with the help of Socratic questioning method. Based on the need the clients were offered followed sessions. About 6 students sought ongoing therapy with sessions within the range of 12-25. All students who contacted for sessions (appointment slips, phone, email) were responded to within an average of 2 days with a max of 7 day waiting period.

Apart from the regular counseling sessions, attempt was made to offer talks in group settings.

One such talk titled 'Identity and Young Adulthood: Challenges to mental health' was also organized to help address themes that appeared to be relevant to many students. This talk helped addressed the common issues that are encountered by young adults in the maturation of their identities. A theoretical perspective based on Bronfrenbrenner and Erickson's model was simplified and offered. And issues encountered by young adults were highlighted and discussed with the idea of opening up a dialogue on mental health.



COUNSELLOR'S REPORT 2017-18

The WSC engaged a clinical psychologist, Ms Shalini John, and another trained counselor, Ms Saniya Bedi, on part time basis to assist students while college was in session. While Ms Shalini John came twice a week, the second counselor, Ms Saniya Bedi came once a week. Apart from individual sessions, the counselors also conducted support group sessions and informal presentations department-wise so that JMC students across the board could engage with their mental health issues by overcoming the usual stigma attached to them.

COUNSELLING REPORT:

For the first semester, a number of students approached the counsellor. Some came on their own and some were told about the same through their teachers and friends. A special mention for the ones who helped in spreading awareness about the counsellor through electronic mediums.

There were a few common concerns faced by the students. They were as follows:

1. **Time Management-** Quite a few students shared their concerns about managing time. This was majorly because they were doing a number of activities. For example some students are actively involved in college activities while some are learning a foreign language post college. Some counselling tips were given to them in addition to formation of a time table. Regular followups ensured that they were now comfortable.
2. **Stress Management-** The reasons for stress were multiple however the manifestation of the same was quite similar among students. The common observations were loss of appetite, irregular sleep patterns, lack of concentration and missing quotient of overall happiness. Stress busting techniques were discussed and regular follow ups ensured that they were at ease.
3. **Relationship Management-** Quite a few girls shared their concerns over relationship management. They expressed their inability to understand what they want from these relationships and if they really want to be in these too. A number of activities were undertaken in order to resolve this concern.
4. **Family Problems-** Some of the students shared their concerns over problems within the families. Example- separated parents, issues between parents, matters between their mothers and grandmothers. Family systems approach was used to resolve these concerns.
5. **Body Image Issues-** Some of the students shared their opinions about themselves and how they feel inadequate because of not being what they desire to be. Self image strengthening exercises were done with them to resolve this.



6. Self- Confidence- The counsellor could sense lack of confidence in some students. A deep understanding of the reasons behind this and how they can solve the same was done to settle this concern.
7. Career Counselling- A number of students approached the counsellor for career counselling. Even though the counsellor is not a career counsellor; information was given to them (information first- aid). Then three major aspects of career were discussed- i.e. attitude, aptitude and interest. Post this discussion, if the students still felt the need then they were provided with contacts of some career counsellors in Delhi.
8. Teething Problems- Some of the students from the first year shared the challenges faced by them. The outstation students shared their concerns about managing everything on their own. These students were appreciated for being so brave and some tips were discussed to ensure that they are able to manage everything well.

PLAN FOR NEXT SEMESTER:

1. In the next semester, I would like to invest some time in creating more awareness among students about the counselling services at college.

a. This would involve active involvement of the counsellor on social media- i.e. whatsapp or facebook. Some messages/ memes or awareness messages can be forwarded to students. This would ensure that they truly understand the meaning of counselling and how they can be helped by the counsellor.

b. An orientation can be held for the students wherein they can understand the meaning and significance of counselling through an open forum discussion or a more formal way- e.g. use of a presentation.

I would like to initiate small group sessions for the students. These sessions would aim at self-awareness. These sessions would entail activities which would be executed through games, discussions or art therapy etc.

3. A platform could be created for the students who may feel shy to approach the counsellor or who may find it difficult to take out time for the same. This platform could be a blog or a page on any site for example the college site or facebook. Here the counsellor can share articles and tips that may be beneficial to the students.

4. Small group sessions could be organised for the teachers as well where common concerns faced by their students and how to deal with the same can be discussed. On the basis of their observations, students can be sent to the counsellor on referral basis. This would ensure excellent teacher- counsellor coordination.

5. I would like to initiate a peer support group wherein some students from each class could volunteer and I could provide them some basic identification markers of stress/ first aid. These students could then refer the identified students to the counsellor for additional support.



COUNSELOR'S REPORT 2018-19

Yearly Counseling Report: August 2018-May 2019

In this academic year a total of 77 students enquired about the counseling services. Individual sessions were set-up with 56 of those of enquired. An average of 13 sessions were held for each case.

Events

During the Mental Health Week 2018, an event was organized for the students. There was a movie screening followed by an interactive workshop and a discussion. The movie 'Inside Out' was shown to the students to initiate a dialogue around emotional health. The turnout was around 35 students, however, the students were very enthusiastic and interactive. They spoke about their experiences, questions and struggles and showed keenness to attend more such events in the future.

Broad trend of issues prompting students to seek counseling-

- 1) The transition from school to college is a challenging one for most students, as they have to reorient themselves to a new academic environment. Their personalities undergo a significant change as they are also moving towards adulthood and are developing their own sense of identity. It becomes difficult to find compatible peer groups. Some of them also struggle with experiences of social exclusion and might feel inferior to their peers. In counseling we help them with issues around their self-worth and confidence that helps them adjust better in challenging social situations.
- 2) One particularly recurring theme in the challenges faced by students is how to deal with the diverse social backgrounds of their peers. The differences in their class, caste, religion, sexual orientations become confusing sometimes and comes in the way of forming meaningful relationships. Through counseling we encourage an empathetic, sensitive and self-reflective engagement with the peers and the staff around the students.
- 3) Some students bring up issues of neglect and physical/sexual abuse in trusted spaces like families, schools, friends etc. It is often reported how a lot of cases of abuse happen within the family which greatly traumatizes the students and its impact can be seen in their troubled interpersonal relationships as well as in their academic progress. In such cases, we help students feel safe enough to be able to talk about the traumatic experience they carry and reach a state of catharsis. We help them verbalize their fears and other difficult emotions like shame, guilt, anger etc. In addition, we encourage them to model their other relationships on similar grounds of trust and safety.
- 4.) Many students fall into self-destructive patterns and frequently engage in self-harm or suicidal ideation. Most of them come from dysfunctional families, where they have grown up



witnessing domestic abuse, alcoholism, and various forms of exploitation. Such experiences shape their personalities in ways which become dysfunctional and manifest in their social and academic life. These students also suffer from behavioral issues and often get into conflict with significant people in their lives as well as institutional authorities. In our work with such cases we help them trace these patterns of responses and actions to their origins in the family set up, and how they continue to repeat these patterns unknowingly in their current lives as well. Such interventions help them distinguish and disentangle their own feelings and actions from the larger dysfunctional familial matrix. Such cases often take deeper work for a sustained period of time due to their severity.

5) There are also cases where the students have experienced loss or separation either in their early life and have been unable to process it or have recently experienced it and are in the process of grieving. In such cases, counseling becomes a space where mourning can take place. It also helps them reconnect with their present lives and envision a hopeful future for themselves.

6) Since this is a college for women a lot of students bring up their questions and conflicts around their identity as a woman. Their concerns around their bodies, sexuality, social norms and morality become central in their experience. As young women they often bring their struggles and their attempts at resistance against oppressive experiences. Counseling becomes a space where they try to find their voice and a sense of active agency over their lives.

Recommendations:

1) One of the challenges faced by students in sustaining their work in counseling is that they have to absent themselves from their classes, often causing shortage of attendance. It would be helpful if there could be a system of granting them some time for counseling. Their presence can be corroborated with the working counselor through a pass system which can be signed. Alternatively, other systems could be developed in discussions with the administration and staff.

2) Apart from individual counseling sessions it would be additionally useful to have regular interactions and workshops with students, teachers as well as staff members. In our previous attempts at the same, we experienced a difficulty in organizing at the level of logistics. We recommend an organizing committee with student and staff representatives be selected at the time of events who could help in coordination, dispersing information, arranging logistics and facilitating communication between the counseling cell and the student and staff body.

3) So far we have worked in individual capacity with the students. However, we did receive some queries from the staff members regarding the staff services. It would be beneficial if both staff members and teachers also have the opportunity to seek psychological services when needed.

4) Given the growing number of queries, urgency and intensity of psychological issues coming up as well as the scope of psycho-education beyond individual counseling, requires on our part to be more available and invested. Our current working hours inhibit us from doing the same. We would recommend increasing our working hours to approximately 8 to 10 hours a week so that

Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021

Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400

Fax No. : +(91)-(011)-24105466

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

Email Id : jmcadm@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

we could accommodate more queries in our schedule as well as invest ourselves in other activities.

5) There have been an increasing number of students who have shown an interest as well as potential to take on a more sensitive and responsive role in situations of psychological distress among their peers, as a result of their own progress through counseling. They have expressed the wish to learn in a more hands-on manner the nuances of providing psychological support in the community. We would recommend targeted workshops, short-term courses and interactive seminars to facilitate this process of training amongst small groups of students from both the psychology departments and/or others that may be interested. We are willing to share our experiences of working with states of distress and teach the core basics of responding to it through psychotherapy and counseling. This would enhance psycho- education in the student community as well as add to the individual student's academic profile.

Submitted By-

Ms. Prachi Akhavi Ms. Asmita Sharma Counselor Counselor



COUNSELOR'S REPORT 2019-20

Half-Yearly Counseling Report: August'19-November'19

In this academic year a total of 48 students and 2 staff members enquired about the counseling services. Individual sessions were set-up with 31 of those who enquired. An average of 15 sessions were held for each case.

Broad trend of issues prompting students to seek counseling-

1) The transition from school to college is a challenging one for most students, as they have to reorient themselves to a new academic environment. Their personalities undergo a significant change as they are also moving towards adulthood and are developing their own sense of identity. It becomes difficult to find compatible peer groups. Some of them also struggle with experiences of social exclusion and might feel inferior to their peers. In counseling we help them with issues around their self-worth and confidence that helps them adjust better in challenging social situations.

2) One particularly recurring theme in the challenges faced by students is how to deal with the diverse social backgrounds of their peers. The differences in their class, caste, religion, sexual orientations become confusing sometimes and comes in the way of forming meaningful relationships. Through counseling we encourage an empathetic, sensitive and self-reflective engagement with the peers and the staff around the students.

3) Some students bring up issues of neglect and physical/sexual abuse in trusted spaces like families, schools, friends etc. It is often reported how a lot of cases of abuse happen within the family which greatly traumatizes the students and its impact can be seen in their troubled interpersonal relationships as well as in their academic progress. In such cases, we help students feel safe enough to be able to talk about the traumatic experience they carry and reach a state of catharsis. We help them verbalize their fears and other difficult emotions like shame, guilt, anger etc. In addition, we encourage them to model their other relationships on similar grounds of trust and safety.

4) Many students fall into self-destructive patterns and frequently engage in self-harm or suicidal ideation. Most of them come from dysfunctional families, where they have grown up witnessing domestic abuse, alcoholism, and various forms of exploitation. Such experiences shape their personalities in ways which become dysfunctional and manifest in their social and academic life. These students also suffer from behavioral issues and often get into conflict with significant people in their lives as well as institutional authorities. In our work with such cases we help them trace these patterns of responses and actions to their origins in the family set up, and how they continue to repeat these patterns unknowingly in their current lives as well. Such interventions help them distinguish and disentangle their own feelings and actions from the larger dysfunctional familial matrix. Such cases often take deeper work for a sustained period of time due to their severity.

5) There are also cases where the students have experienced loss or separation either in their early life and have been unable to process it or have recently experienced it and are in the process of grieving. In such cases, counseling becomes a space where mourning can take place. It also helps them reconnect with their present lives and envision a hopeful future for themselves.



6) Since this is a college for women a lot of students bring up their questions and conflicts around their identity as a woman. Their concerns around their bodies, sexuality, social norms and morality become central in their experience. As young women they often bring their struggles and their attempts at resistance against oppressive experiences. Counseling becomes a space where they try to find their voice and a sense of active agency over their lives.

Recommendations:

1) One of the challenges faced by students in sustaining their work in counseling is that they have to absent themselves from their classes, often causing shortage of attendance. It would be helpful if there could be a system of granting them some time for counseling. Their presence can be corroborated with the working counselor through a pass system which can be signed. Alternatively other systems could be developed in discussions with the administration and staff.

2) Apart from individual counseling sessions it would be additionally useful to have regular interactions and workshops with students, teachers as well as staff members. In our previous attempts at the same, we experienced a difficulty in organizing at the level of logistics. We recommend an organizing committee with student and staff representatives be selected at the time of events who could help in coordination, dispersing information, arranging logistics and facilitating communication between the counseling cell and the student and staff body.

3) So far we have worked in individual capacity with the students. However, we did receive some queries from the staff members regarding the staff services. It would be beneficial if both staff members and teachers also have the opportunity to seek psychological services when needed.

4) Given the growing number of queries, urgency and intensity of psychological issues coming up as well as the scope of psycho-education beyond individual counseling, requires on our part to be more available and invested. Our current working hours inhibit us from doing the same. We would recommend increasing our working hours to approximately 8 to 10 hours a week so that we could accommodate more queries in our schedule as well as invest ourselves in other activities.

5) There have been an increasing number of students who have shown an interest as well as potential to take on a more sensitive and responsive role in situations of psychological distress among their peers, as a result of their own progress through counseling. They have expressed the wish to learn in a more hands-on manner the nuances of providing psychological support in the community. We would recommend targeted workshops, short-term courses and interactive seminars to facilitate this process of training amongst small groups of students from both the psychology departments and/or others that may be interested. We are willing to share our experiences of working with states of distress and teach the core basics of responding to it through psychotherapy and counseling. This would enhance psycho-education in the student community as well as add to the individual student's academic profile.

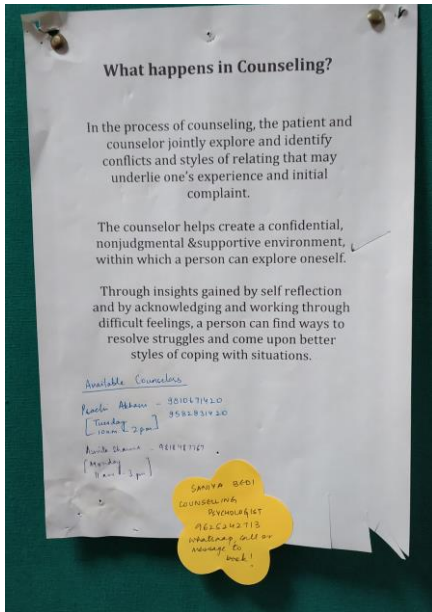
Submitted By-

Ms. Prachi Akhavi Ms. Asmita Sharma Counselor Counselor



Details of counsellors can be found on the college website here:

<http://www.jmc.ac.in/facilities/studentcounselling>



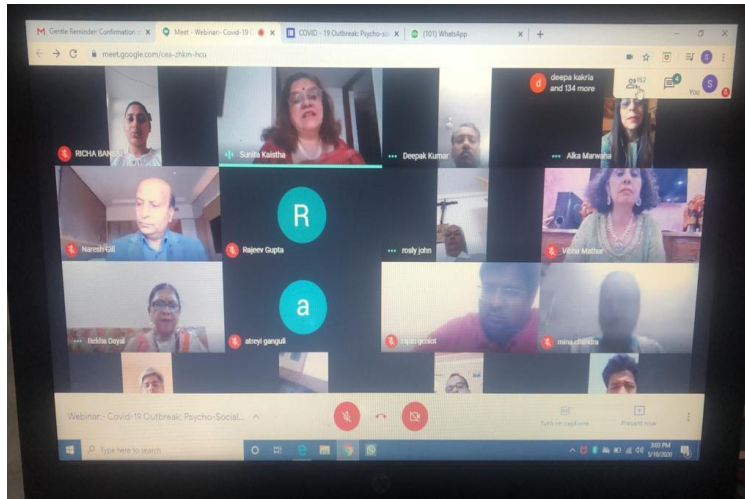


Webinars organized related to Mental Health and Counselling

“COVID-19 Outbreak: Psycho-social Support to the Youth”

Link to webinar report:

<https://www.jmc.ac.in/uploads/research/10%20May%20Psycho-Socio%20Webinar%20Report.pdf>



JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI

Internal Quality Assurance Cell (IQAC)
in collaboration with
Department of Commerce

Organizes a Webinar on
Covid-19 outbreak: Psycho-Social support to the Youth
on
Sunday, May 10th, 2020 at 3:00-4:30 P.M.

Panelists

- Dr. Alok Mishra (Moderator)**
Head, Dept. of Psychology and Health, Behaviour, and Family Welfare, UDU, New Delhi
- Dr. Deepak Kumar**
Head, Dept. of Psychology and Health, Behaviour, and Family Welfare, UDU, New Delhi
- Dr. Y.P.S. Balhara**
Asst. Professor, Dept. of Psychology, UDU, and Asst. Vice-Chancellor, UDU, New Delhi
- Dr. Mina Chandra**
Assistant Professor, Dept. of Psychology, SPJSCM and St. Ann's Hospital, New Delhi
- Dr. Atreyi Ganguli**
Assistant Professor, UDU, New Delhi
- Dr. Vibha Sharma**
Assistant Professor, Dept. of Child & Family Psychology, UDU, New Delhi
- Dr. Rekha Dayal (Co-Moderator)**
Assistant Professor, Department of Commerce, Jesus and Mary College

Webinar Platform: Google Meet
Live streaming: YouTube and Facebook

Presented by: Dr. S. Bandyopadhyay
With the cooperation of: Dr. Alok Mishra
IQAC Director: Dr. Alok Mishra
Webinar Organizer: Dr. Vibha Sharma

REGISTER AT : <https://forms.gle/Qt29FAootvcYLwoeA>

Organising Team

Faculty

- Dr. Rekha Dayal (Co-Moderator)
- Dr. Ameeta Motwani (Co-ordinator)
- Ms. Monica Soin Chhabra (Member)
- Ms. Charu Sarin Arora (Member)
- Ms. Saloni Arora (Member)

Students Team

- Ms. Arpita Chawla (President)
- Ms. Shubhangi Aggarwal (Organising Head)
- Ms. Hiral Chawla (Vice President)
- Ms. Fizza Rizvi (Treasurer)

Technical Support

- Mr. Subhash Pokhriyal
- Mr. Gaurav Varma

E-Certificates will be given to all participants.

Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021
Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400
Fax No. : +(91)-(011)-24105466
Website : <http://www.jmc.ac.in>
Email Id : jmcadmn@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

“Life and Careers Beyond COVID-19”

Link to webinar report:

<https://www.jmc.ac.in/uploads/research/12%20May%20Life%20&%20Career%20Webinar%20Report%20.pdf>

JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI
Internal Quality Assurance Cell (IQAC)
in collaboration with
Department of Commerce

Organises an Interactive Webinar by

Prof. Dinesh Singh
Chancellor K.R. Mangalam University and
Former Vice Chancellor, University of Delhi

on

Life & Careers beyond Covid-19

Moderated by

Dr. Dinesh Adlakha
Associate Professor, Department of Spanish,
Jesus and Mary College

Date: Tuesday, May 12th, 2020 from 11:00 AM to 12:00 PM

Webinar Platform: Google Meet
Live streaming: YouTube and Facebook

REGISTER AT : <https://forms.gle/8Kgp3KTNm6dzAfg57>

Organising Team

Faculty

- Dr. Vibha Mathur (Co-Convenor)
- Dr. Ameeta Motwani (Co-ordinator)
- Ms. Monica Soin Chhabra (Member)
- Ms. Charu Sarin Arora (Member)
- Ms. Saloni Arora (Member)

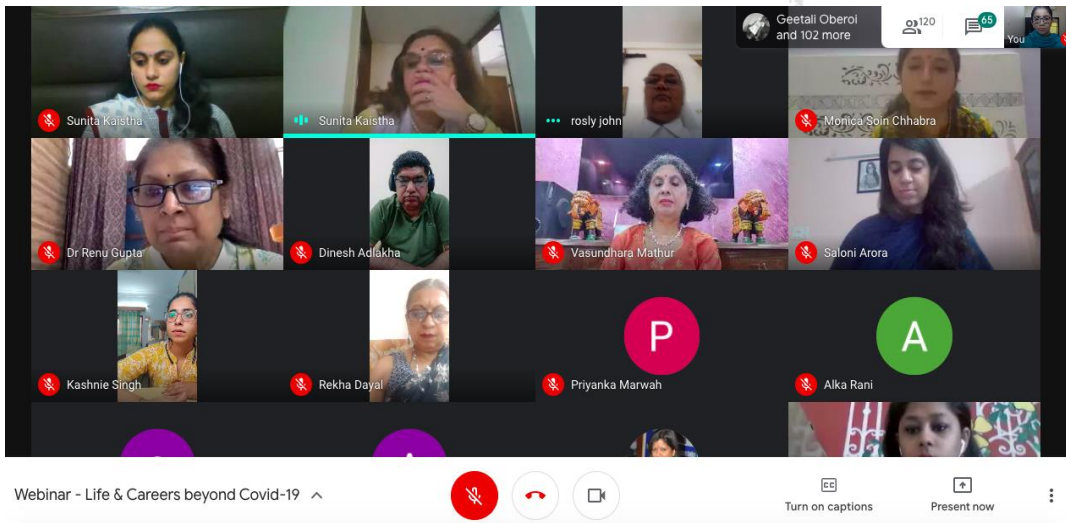
Students Team

- Ms. Arpita Chawla (President)
- Ms. Shubhangi Aggarwal (Organising Head)
- Ms. Hiral Chawla (Vice President)
- Ms. Fizza Rizvi (Treasurer)
- Ms. Anya Chawla (Technical Sub Head)

Technical Support

- Mr. Subhash Pokhriyal
- Mr. Gaurav Varma

E-Certificates will be given to all participants.



Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021
Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400
Fax No. : +(91)-(011)-24105466
Website : <http://www.jmc.ac.in>
Email Id : jmcadmn@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

“Living with Corona: Challenges and Management of Well-being”

Link to webinar report:

<https://www.jmc.ac.in/uploads/research/5-6%20June%20Physical%20Ed%20Webinar%20Report.pdf>

JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI

Internal Quality Assurance Cell (IQAC)
in collaboration with
Department of Physical Education

Organises an Interactive Webinar on

LIVING WITH CORONA: CHALLENGES AND MANAGEMENT OF WELL BEING

Date: 5th - 6th June, 2020

Webinar Platform: Google Meet

June 5, 2020

Session 1 : 10:00 A.M. to 10:40 A.M.
DEALING WITH FITNESS AND LIFESTYLE CHALLENGES OF CORONA CRISIS

Speaker

Dr. Manika Debnath
Former Head, Deptt. of Health Sciences & Fitness & Alternate Therapy at LNPE (Deemed University), Ministry of Youth Affairs and Sports

Session 2 : 10:45 A.M. to 11:30 A.M.
SKILLS FOR SELF-DETOXIFICATION AND STRESS MANAGEMENT

Speaker

Dr. Vikram Singh
Jawaharlat Nehru University, Delhi

Moderated By: Dr. Dinesh Adlakha
Vote of Thanks: Dr. Rekha Dayal

June 6, 2020

PANEL DISCUSSION ON

HOW TO KEEP FIT AND MAINTAIN SPORTS PERFORMANCE IN THE ERA OF COVID-19

TIME: 10:00 A.M. to 11:30 A.M.

Panelists

Ms. Apurvi Chandela
Arjuna Awardee, Gold Medalist, International Shooting Player

Dr. Deepak Sury
Sports Physiotherapist with BCCI

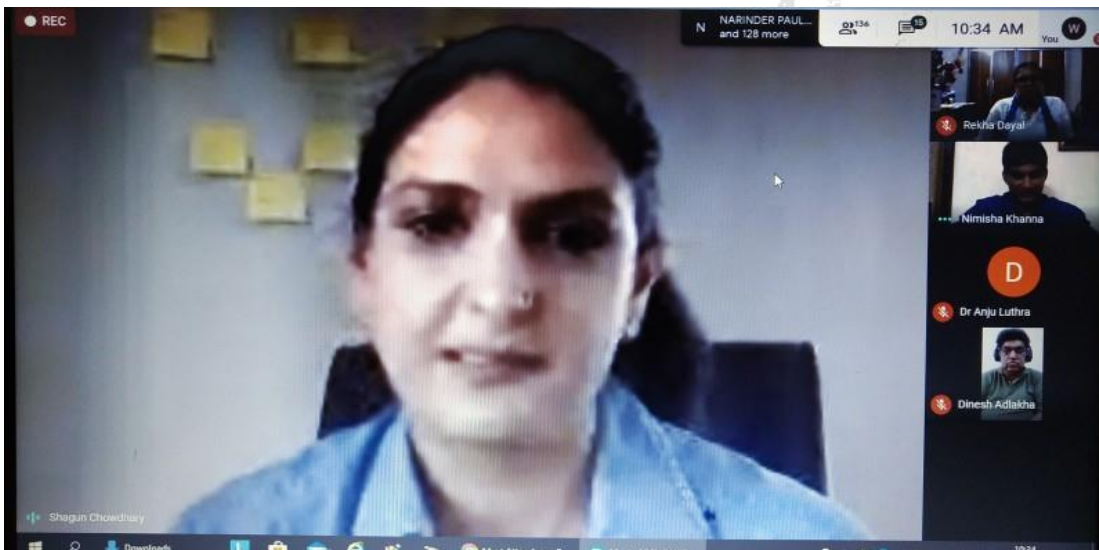
Mr. Amit Khanna
Superintendent of Customs and CST and Fastest man of India from 1995-1998

Moderated By: Dr. Rekha Dayal
Vote of Thanks: Dr. Anju Luthra

E-Certificates will be given to all the registered participants attending Webinar on both days

REGISTER AT : <https://forms.gle/IZVChjvPZeXoCaHk7>

Dr. (Dr.) Reali T.S. rjm Principal
Dr. M.K. Chawla & Dr. Anju Luthra Dept. of Physical Education
Dr. Alka Meerwa IQAC Co-ordinator
Dr. (Dr.) Mally S.A. Webinar Co-ordinator



Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021
Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400
Fax No. : +(91)-(011)-24105466
Website : <http://www.jmc.ac.in>
Email Id : jmcadmn@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

"In a Relationship...with the screen"

Link to webinar report:

<https://www.jmc.ac.in/uploads/research/19%20June%20Psychology%20Department%20Webinar.pdf>

Jesus and Mary College, University of Delhi

Internal Quality Assurance Cell (IQAC)
In collaboration with
Department of Psychology

Invites you to a webinar on
"In a relationship...with the screen!"

In conversation with
Prof. Aseem Shrivastava, Faculty Member, Ashoka University
PhD from Massachusetts University in Economics

Moderator: Ms. Annie Baxi

On 19th June, 4:30 PM

[REGISTER HERE](#)

Prof. Aseem Shrivastava is a Delhi-based writer, teacher and ecological thinker. His areas of work include - Impact of Globalization and Ecological Challenges to Modernity. The talk shall explore the changing dynamics of the individual and collective with the screen in the COVID-19 Era.

ORGANIZERS

Psychology Member Coordinators

Dr. Joan Antony - Teacher-in-Charge

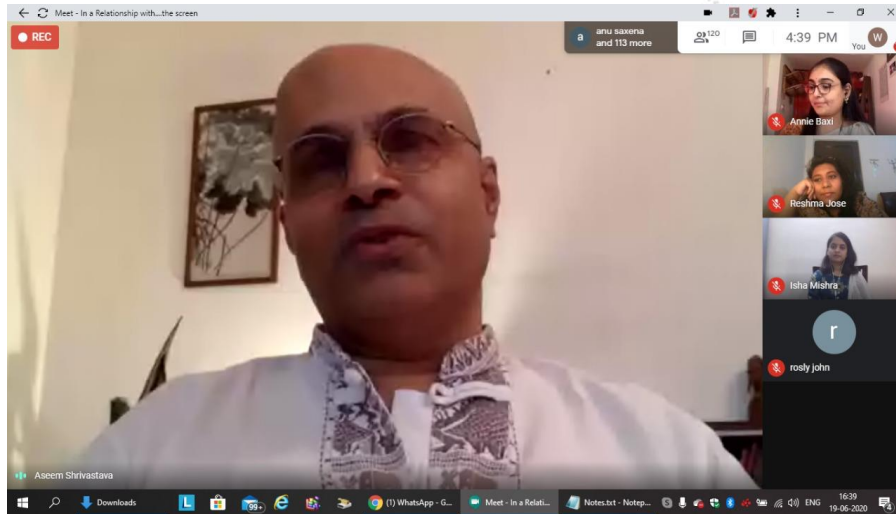
Dr. Vinita Kshetrapal
Dr. Shefali Mishra
Dr. Sneha Kapoor
Dr. Priya Bhatnagar
Ms. Bhumi Kapoor
Ms. Sumangali R

Ms. Annie Baxi
Ms. Aishwarya Bajaj
Ms. Sudha Shashwati
Ms. Isha Mishra
Ms. Radhika Raturi
Ms. Reshma Jose

Sr. (Dr.) Rosily T.L. r.j.m.
Officiating Principal

Dr. Ameeta Motwani
Convener, Webinar Committee

Dr. Alka Marwaha
Convener, IQAC



Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021
Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400
Fax No. : +(91)-(011)-24105466
Website : <http://www.jmc.ac.in>
Email Id : jmcdmn@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

“Yoga: Guardian of Mind, Body and Spirit”

Link to webinar report:

<https://www.jmc.ac.in/uploads/research/21%20June%20Physical%20Ed%20and%20NSS%20Yoga%20%20Webinar%20Report.pdf>

JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI
Internal Quality Assurance Cell (IQAC)
in collaboration with
Department of Physical Education & National Service Scheme (NSS)
organises an Interactive Webinar on
YOGA: GUARDIAN OF THE MIND, BODY AND SPIRIT
Date: 21st June, 2020
Time: 8.00 AM to 9.30 AM
Webinar Platform: Google Meet
Moderated by Dr. Rekha Deyal, Associate Professor, JMC

SPEAKERS

- Ms. Shalini Sharma
Physical Education & Yoga Teacher
Shri Ram Shiksha Mandir
Sr. Sec. School, Delhi
- Dr. Manish Kumar Pillai
H. O. D Physical Education
St. Francis de Sales School
Ispatpuri, Delhi
- Ms. Anuradha Jha
Postgraduate student at I.O.B
National Institute in Yoga
MCC, Alwar

REGISTER @ <https://forms.gle/ndrMAapEgEeRwzE1z>
"E-Certificates will be given to all the registered Participants"

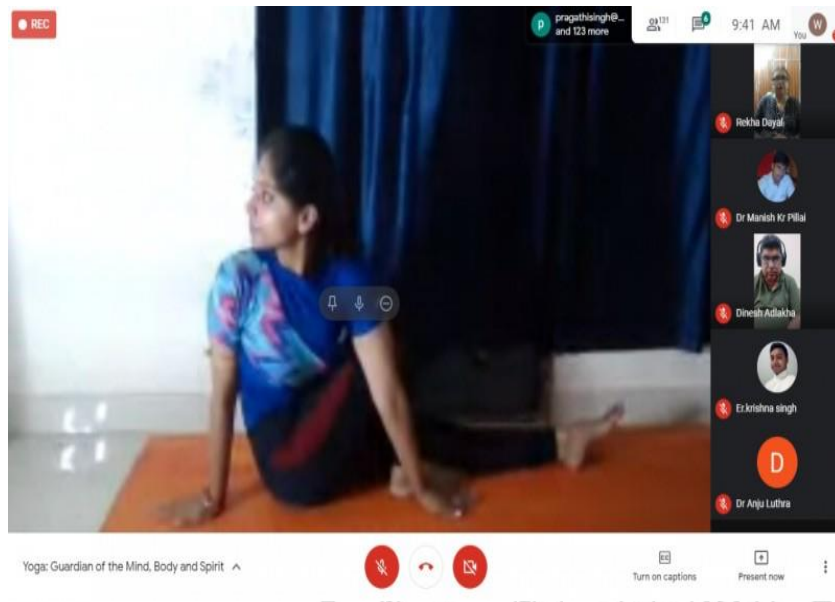
Dr. (Dr.) Roshly T. L. sim
Principal

Dr. M. K. Chawla & Dr. Anju Luthra
Dept. of Physical Education

Dr. Alka Marwaha
IQAC Co-ordinator

Ms. Mahima Varma
Programme Officer, NSS, JMC

Dr. (Dr.) Molly K. A.
Webinar Co-ordinator





“Understanding and Mentoring Young People”

Link to webinar report:

<https://www.jmc.ac.in/uploads/research/23%20June%20Mentoring%20Webinar%20Report.pdf>

JESUS AND MARY COLLEGE
Internal Quality Assurance Cell
Cordially invites all faculty members for a webinar on

UNDERSTANDING AND MENTORING YOUNG PEOPLE

Date: 23 June 2020 Time: 11:30 AM - 1:00 PM

Speaker

Prof. Poonam Batra
Central Institute of Education,
University of Delhi

Moderated by: Ms. Shalini Srivastava,
Associate Professor, Dept. of Economics

Webinar on [Register here](#)

Live Streaming on

Sr. (Dr.) Rosily T.L. r.j.m. Officiating Principal | Dr. Alka Sehgal Webinar Convenor | Dr. Alka Marwaha Convenor, IQAC





COMMON ROOMS

- JMC prides itself in providing comfortable spaces for students. There are two formal common rooms that are easily accessible and centrally located close to the canteen, library, gymnasium and lecture wing.
- Both the common rooms are of sizable capacity and open on three sides. These well-ventilated spaces can accommodate a large number of students.
- Special open areas with steps for sitting have been created at strategic locations in the college.
- The common room near the canteen is adjacent to the Gym and has attached washrooms. It is a free-flowing space that opens into the Student Common Area and Amphitheater, overlooking the Multi-Purpose Hall on one side and the green lawns of JMC on the other.
- This common room is Wi-Fi enabled and is often used by students of various cultural societies to practice for their events.
- As JMC is a women's college, there is no need for women-only common rooms. Located away from the common thoroughfare, it provides the students with a semblance of privacy to relax and freely interact away from prying eyes.
- The second common room, recently renovated, opens onto a natural landscape of Aravali rocks on both sides.
- **Picture of Common Room**



Jesus and Mary College

University of Delhi
Chanakyapuri, New Delhi - 110021

Accredited by NAAC with "A" Grade



Tel No. : +(91)-(011)-26110041, 26875400

Fax No. : +(91)-(011)-24105466

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

Email Id : jmcadm@yahoo.co.in
info@jmc.ac.in
principal@jmc.ac.in

Newly Constructed Common Room



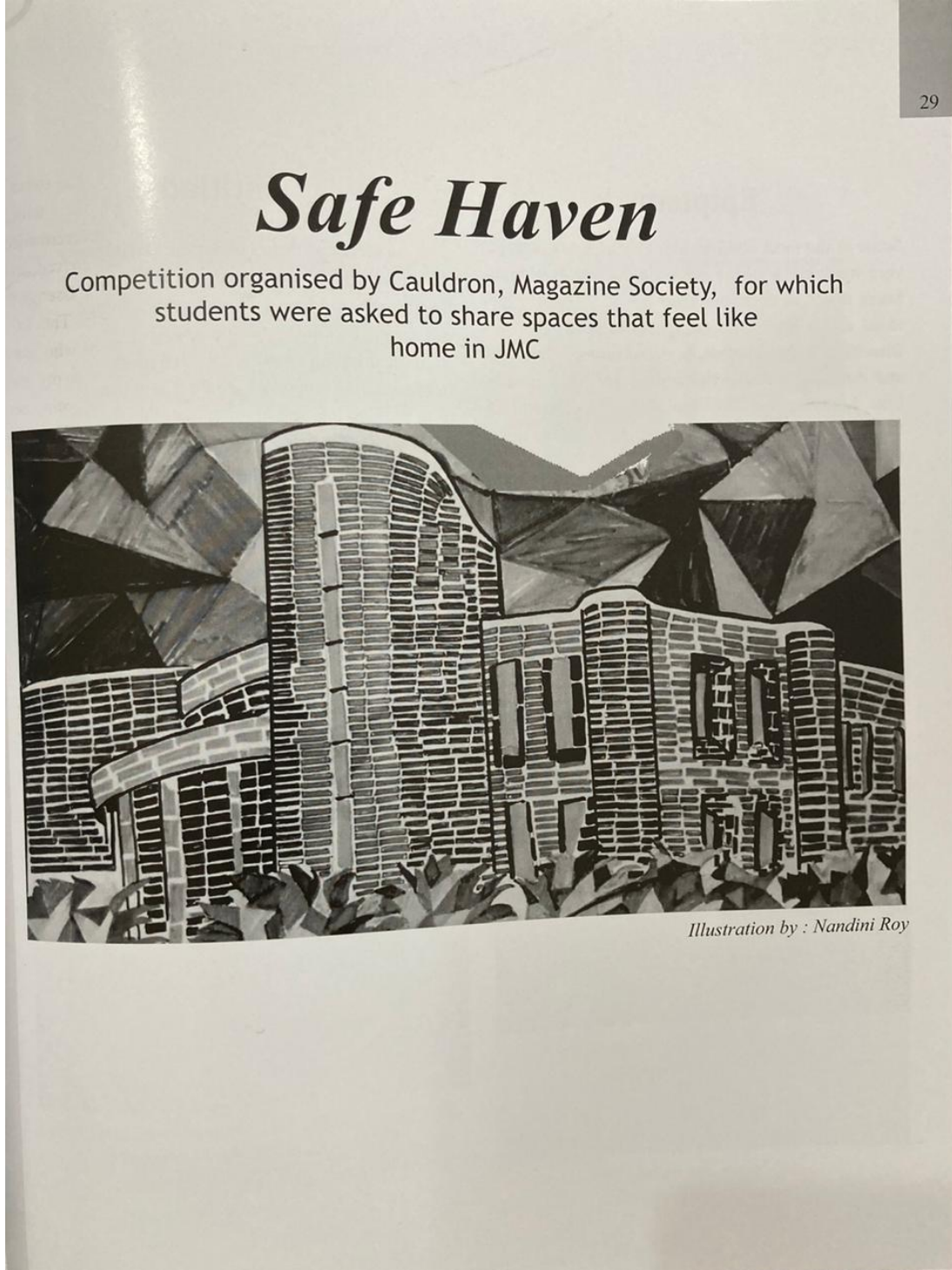
Picture of Amphitheatre





Published in the College Magazine 2018-19.

JMC students photograph and write about spaces in JMC they find safe.

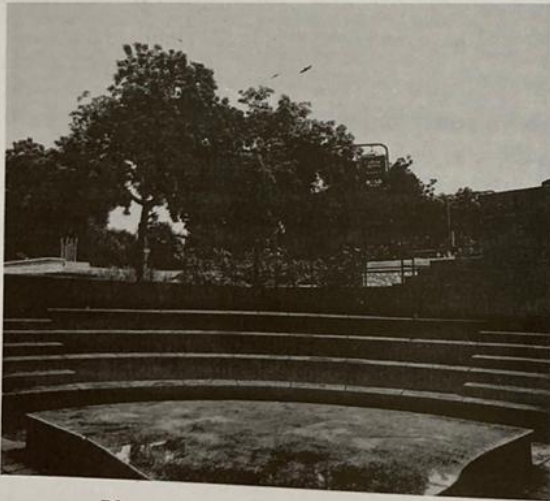




Epiphany

Some of the most vivid memories that get bound into your heart and soul are made right at the beginning. Stairs that lead up to the azure skies, a perfect place to sit and wonder, and to call home because of the friendships it has kindled, over unfinished homework and cancelled classes. Beginnings are never steady. Like the river, they flow through creeks of hardships till it spreads with wonder and ultimately rushes down into a pool of golden memories. These steps are, to some, a passage: to me, a place of intimacy. A place where magic bloomed, and no matter what happens, you never want to let go of the memories created there.

*Shambhavi Kalash
BA Program Psy-Ph 1st Year
(1st Prize for write up, Safe Haven Comptition)*



*Photograph by Shambhavi Kalash
(3rd Prize for Photography)*

Untitled

o all the clenched thirsts under the blazing sun,
doing everything after our heart's desire....
flaunting the tan lines and scars and cellulited,
it helps me breathe, helps me heal,
from the dripping sweat to a shared meal...
from unending laughter to finding soul mates,
from running late and arguing over late fine rates...
this place is a second home to me and more,
always bounteous in its gifts and wisdom
and these three years I'm so sure I'll love it like mad...

*Shubham Olan
English Hons. 1st Year
(2nd Prize for write up)*



*Photograph by Anushree Choudhury History Hons.
2nd Year (1st Prize for Photography)*



Somewhere in the Library

A page of every single book or every page of a single book, what would you like to read? When even little company seems too much, I like to retreat to a safe haven in the JMC library. Not in the reading area but between the bookshelves is where I like to be. You may read some, and daydream much more. There's nothing to complain of, except that the A/C's too cold. And sometimes, as you watch sunbeams filter in and tree leaves outside waft in the wind, the words in the book will silent your mind's whisperings. I let that silence steal away all care, and I find that my safe haven's right there.

Sameera Chawla
English Hons. 3rd Year
(2nd Prize for write up)



Photograph by Sameera Chawla
(3rd Prize for Photography)



Photograph by Anshu Pandey
English Hons. 1st year



Photograph by Charlie Guha
History Hons. 1st year