



IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020  
**T:** +91-141-2400160-161, **W:** [www.iisuniv.ac.in](http://www.iisuniv.ac.in), **E:** [iisuniversity@iisuniv.ac.in](mailto:iisuniversity@iisuniv.ac.in)

## **Counselling and Career Development Centre(CCDC)**

# **IISU CELL / COMMITTEE** **Annual** **Report 2022-23**

## **COUNSELLING CELL**

**Submitted By:**

**Dr. Monica Sharma**

**Coordinator**

## 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

**Number of meetings held in the year-** 14

**Minutes of meetings of the committee with action taken-**

| <b>DATE</b> | <b>AGENDA</b>  | <b>OUTCOMES</b>  |
|-------------|--|--|
| 17.08.22    | <ul style="list-style-type: none"><li>• Record maintenance for session 2021-22</li><li>• Summer Internship Programme</li></ul>               | <ul style="list-style-type: none"><li>• Record updated and filing completed</li><li>• Exam date finalized</li><li>• Notice displayed on Notice Board for trainees</li></ul>  |
| 23.08.22    | <ul style="list-style-type: none"><li>• Preparation for UG Orientation</li></ul>   | <ul style="list-style-type: none"><li>• Discussion on preparation and presentation updated and finalized</li></ul>   |
| 03.10.22    | <ul style="list-style-type: none"><li>• Regarding duties allocation</li><li>• Venue finalization and preparation for guest lecture</li></ul> | <ul style="list-style-type: none"><li>• Different duties were allocated</li><li>• Venue was finalized</li><li>• Counseling cell will be collaborating with Discipline of Clinical psychology for the activity</li></ul>                        |
| 25.01.23    | <ul style="list-style-type: none"><li>• Activity calendar for session 23-24 and remaining months of session 21-22</li></ul>                  | <ul style="list-style-type: none"><li>• Activities were planned for all months which can be executed for upcoming months</li></ul>   |
| 15.02.23    | <ul style="list-style-type: none"><li>• Regarding Advance Diploma Counselling &amp; Guidance (22-23) Internship</li></ul>                    | <ul style="list-style-type: none"><li>• Meeting was held for ensuring proper planning and execution of the internship</li><li>• A joint note sheet will be moved stating requirements of the COSD internship by the COSD Coordinator</li></ul> |
| 04.03.23    | <ul style="list-style-type: none"><li>• Regarding Advance Diploma Internship (22-23)</li></ul>   | <ul style="list-style-type: none"><li>• Decision of moving a joint note sheet was taken for the internship.</li></ul>  |

|          |  |   |
|----------|--|---|
| 20.03.23 | <ul style="list-style-type: none"> <li>• Special guest lecture in the Department of Physical Education for M.A./ M.Sc. in Yogic Sciences students</li> </ul> | <ul style="list-style-type: none"> <li>• Decision to take the activity in collaboration with the Counselling Cell (CCDC)</li> <li>• Topics were assigned to the faculty</li> <li>• Date and time were scheduled</li> <li>• The above information was forwarded to the Department of Physical Education</li> </ul>   |
| 05.04.23 | <ul style="list-style-type: none"> <li>• Regarding Summer Internship for June 2023</li> </ul>  | <ul style="list-style-type: none"> <li>• As per the Annual Programme of CCDC, a one month Summer Internship for UG and PG Psychology students.</li> <li>• The internship will commence from 1<sup>st</sup> June, 2023 to 30<sup>th</sup> June, 2023.</li> <li>• Note sheet regarding same will be moved for approval after which notice will be moved</li> </ul>  |
| 18.04.23 | <ul style="list-style-type: none"> <li>• Regarding the examination of Advance Diploma Internship Session 2022-23</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Decision to conduct the final Viva Voce Examination on 1<sup>st</sup> May, 2023 as till then all the 04 trainees will be able to complete their minimum required hours</li> <li>• Note sheet needs to be moved regarding the same</li> </ul>   |
| 17.05.23 | <ul style="list-style-type: none"> <li>• Regarding the admission counseling preparation and conduction</li> </ul>  | <ul style="list-style-type: none"> <li>• Information forms, feedback forms and test protocols were checked and required number of copies will be zeroxed.</li> <li>• Required appliances and items will be shifted to Room 304.</li> <li>• Shifting will be done on 23<sup>rd</sup> May, 23 so counsellings could be held in room 304 from 24<sup>th</sup> May, 23.</li> </ul>  |
| 23.05.23 | <ul style="list-style-type: none"> <li>• Regarding preparation for World Schizophrenia Day</li> </ul>  | <ul style="list-style-type: none"> <li>• Decision of spreading awareness regarding mental health and Schizophrenia in college campus and hospital.</li> <li>• PDCP trainees will distribute batches to staff members, non-teaching staff, peons and guards along with educating them about mental health.</li> <li>• Batches will be prepared and printed on 23th May, 23.</li> <li>• Movie screening on schizophrenia in hospital for PDCP trainees.</li> </ul>                                      |
| 25.05.23 | <ul style="list-style-type: none"> <li>• Commencement of Summer Internship</li> </ul>  | <ul style="list-style-type: none"> <li>• 05 students from Masters in Psychology applied for the internship.</li> <li>• As per the decision, Summer internship will commence from 1<sup>st</sup> June, 23 and information regarding the same will be given to the students.</li> <li>• Preparation regarding modules will be prepared before the commencement.</li> <li>• Ms. Muskan Sharma was informed to prepare the modules which the earlier counselor Ms. Rupali Ruhela had to cover.</li> </ul> |
| 13.06.23 | <ul style="list-style-type: none"> <li>• Regarding activities for Academic session of 2023-24</li> </ul>   | <ul style="list-style-type: none"> <li>• In the line with academic calendar of the University, the Activity calendar for the counselling cell was planned.</li> <li>• Activities for University students, faculty and hostel students were planned.</li> <li>• Special days as per WHO calendar were incorporated in the Activity Calendar as well.</li> <li>• Tentative activity calendar was prepared.</li> </ul>   |

**List of Activities organized:**

| <b>S. No.</b> | <b>Type of Event (Workshop/Seminar/FDP etc.)</b> | <b>Title of the event</b>   | <b>Date</b>                          | <b>Venue</b>                 | <b>Name of Resource person (if any) with designation, address, email address &amp; contact no.</b>   | <b>No. of Participants/Beneficiaries</b>   | <b>Name of Collaborating Agency (if any) with address &amp; contact no.</b> | <b>Weblink</b>  | <b>Annexure No. of Report</b> |
|---------------|--|---|--------------------------------------|------------------------------|--|--|---|---|-------------------------------|
| 1.            | Regular Counselling                              | Admission, Vocational, Emotional and Behavioral Counselling                     | July 2022-June 2023                  | Counselling Cell             | Dr. Monica Sharma, Ms. Anuja Chaturvedi & Ms. Muskan Sharma  | -All Students enrolled in the University - Teaching and Non-Teaching Staff and their Wards |   |   | 1                             |
| 2.            | Lecture  | Orientation   | 25 <sup>th</sup> August, 2022        | IIS auditorium, Kshipra Path | Dr. Monica Sharma (Coordinator CCDC)   | All UG Sem 1 University students and Faculty Members                                       |   |   | 2                             |
| 3.            | Guest lecture                                    | Guest Lecture on Mental Health after Covid – 19 and Relatable Adjustment Issues | 7 <sup>th</sup> October, 2022        | AV Hall                      | 1. Dr. Anita Gautam, (Consultant Psychiatrist and Director Clinical Operations, Gautam Hospital and Research Center, Jaipur)<br>2. Dr. Medhavi Gautam, (Senior Consultant Dietician and Nutritionist, Chairperson of Dr. Medhavi's Nutrifit, Jaipur) | Hostel students (Aanchal and Vasundhara Hostel) 30 students                                |   | <a href="https://cpsychology.iisuniv.ac.in/news-events/Department-Events/mental-health-after-covid-19-and-relatable-adjustment-issues%E2%80%99">https://cpsychology.iisuniv.ac.in/news-events/Department-Events/mental-health-after-covid-19-and-relatable-adjustment-issues%E2%80%99</a> | 3                             |
| 4.            | Internship                                       | 15 Days Advance Diploma Internship  | 22 <sup>nd</sup> March, 2023 onwards | CCDC                         | Ms. Rupali Ruhela  | 4 Students   |   |   | 4                             |

|    |               |   |  |   |   |  |  |   |    |
|----|---------------|---|--|---|---|--|--|---|----|
| 4. | Guest Lecture | Guest Lecture for Paper Yoga and Personality              | 23 <sup>rd</sup> , 28 <sup>th</sup> and 30 <sup>th</sup> March, 2023 | Department of Physical Education                                  | Dr. Monica Sharma, Ms. Anuja Chaturvedi & Ms. Rupali Ruhela | All students of M.A./ M.Sc. in Yogic Sciences                      |  |   | 5  |
| 6. | Guest Lecture | Guest Lecture on Managing Exam Stress through Mindfulness | 17 <sup>th</sup> April, 2023   | Srijan Hall   | Dr. Monica Sharma   | All NSS units  |  |   | 6  |
| 7. | Activity      | Awareness on World Schizophrenia Day                      | 24 <sup>th</sup> May, 2023   | IIS (deemed to be University) & Gautam Hospital & Research Centre | Dr. Monica Sharma, Ms. Anuja Chaturvedi & Ms. Muskan Sharma | PDCP trainees, Staff members, Non-teaching staff, Peons and Guards |  | <a href="https://cpspsychology.iisuniv.ac.in/news-events/Department-Events/world-schizophrenia-day">https://cpspsychology.iisuniv.ac.in/news-events/Department-Events/world-schizophrenia-day</a> | 7  |
| 8. | Internship    | Summer Internship   | 1 <sup>st</sup> June, 2023-30 <sup>th</sup> June, 2023               | Counseling and Career Development Centre (CCDC)                   | Dr. Monica Sharma & Ms. Muskan Sharma                       | 5 Students   |  |   | 8. |

- **Date(s) of activity:** On all working days
- **Details of participants:** - University students and staff members  
- Outside students
- **Faculty:** Dr. Monica Sharma, Ms. Anuja Chaturvedi & Ms. Muskan Sharma

- **Details of the activity**

Everyday different careers and professional opportunities are emerging. No matter how much one wants to do all, one will have to prioritize and choose the best option for them. This type of confusion regarding career especially arises in students who have just completed their 10+2 or have completed their Graduation. Since the pool of options and the interests of the students are diversifying, they confront the problem of narrowing down the career of their choice or to plan a long term path to achieve highest position in their fields. Unique strength, weakness, abilities, aspirations and interests help an individual to decide the option for them.

The entire processes of career planning at the Counselling and Career Development Centre (CCDC) are ideally done in conjunction with the counsellor, so that individual has professional help at every step. Career counselling at the University helps the students to choose the career option and the appropriate course to their aptitude, identifying the values, aspiration and goals and scope of the course that one is pursuing or planning to pursue in India or Abroad.

To provide career counselling and vocational guidance to the student, the centre conducts various psychometric tests like:

1. Interest Test
2. Aptitude Test
3. Personality Test

These tests help the students to take an informed decision about their field of study.

The centre believes that emotional well-being is the key to a contented, fulfilling life. Our aim is to bring our clients to a wholeness of mind, body and spirit. Mental and emotional distress covers many different kinds of unhappiness. Each person is different and so one person's distress will be unique from other. Many people feel uncomfortable with the idea of mental health problems and emotional difficulty. It may be hard to talk to family or friends about how they feel. The competition and the peer relationship can impact the students in a way, inappropriate for their mental well-being. Sometimes, the work life can build up stress in the individual which can imbalance their personal-professional equilibrium point. Thus, the faculty and students seek help for their problems.

In this context, The Counselling and Career Development Centre (CCDC) help the students and faculty by giving them a confidential, safe and regular place to think and talk about their difficult experiences and feelings. We all have valuable internal resources to call upon, but sometimes we are unable to make use of them without the help of an understanding counsellor.

To provide emotional and behavioral counselling to the students on one to one bases, proper sessions are planned so that they can tackle the difficult situations when they occur in future again. Skills are developed to make them strong decision taker and see their present situation in a more clear way.

**Title of the event:** Orientation Session

**Type of Event:** Orientation

**Date:** 25<sup>th</sup> August, 2022

**Venue:** IIS Auditorium, Kshipra Path

**No. of Participants/ Beneficiaries:** All University UG Sem 1 University student and Faculty Members

**Objective of the Orientation:**

- Introduction to the Counselling and Career Development Cell
- Challenges faced by students in uncertain time
- Adaptation to the new world and ways to maintain Emotional wellbeing

**Summary/Description:**

On Thursday, 25<sup>th</sup> August, 2022, a session was conducted during the orientation programme of University for new students of various academic and professional courses. The resource person was Dr Monica Sharma, Associate Professor & Clinical Psychologist and Coordinator CCDC, the IIS (deemed to be University), Jaipur.

Her session mainly focused on functions and roles of the Counselling cell in the University campus. She also oriented about the various kinds of activities and services that the Counselling Cell provides and how the students can benefit from those. Her talk included not only the best parts of college like, independence, freedom, enjoyment, being focused about professional life etc. but also, the concerns one should keep in mind like, managing time, balancing fun and study time, being responsible etc. Some strategies to manage time, stress and other difficulties one might face during their course or during the hostel life were also discussed and practiced. The talk ended with a discussion and removing the doubts and queries of the students.

In conclusion, the guest lecture was interactive, knowledgeable and productive for students.

**Outcome of the Orientation:**

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

## Photographs



## 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 focused on how to adapt to the new world and maintain the emotional wellbeing of self and others.

**Title of the event:** Guest Lecture on Mental Health after Covid – 19 and Relatable Adjustment Issues

**Type of Event:** Guest Lecture

**Date:** 7<sup>th</sup> October, 2022

**Venue:** AV Hall

**No. of Participants/ Beneficiaries:** 38 Students of hostel (Aanchal and Vasundhara hostel)

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

1. Dr. Anita Gautam, (Consultant Psychiatrist and Director Clinical Operations, Gautam Hospital and Research Center, Jaipur)
2. Dr. Medhavi Gautam, (Senior Consultant Dietician and Nutritionist, Chairperson of Dr. Medhavi's Nutrifit, Jaipur)

**Objective of the Guest Lecture:** Interactive Session on World Mental Health Day

**Summary/Description:**

On the occasion of World Mental Health Day Career Counselling and Development Centre (CCDC) of IIS University organised an interactive session with our guests Dr. Anita Gautam, Consultant Psychiatrist and Director Clinical Operations, Gautam Hospital and Research Center, Jaipur and Dr. Medhavi Gautam, Senior Consultant Dietician and Nutritionist, Chairperson of Dr. Medhavi's Nutrifit, Jaipur. With strength of more than 30 students our guests kept our enthusiastic audience updated and engaged making the session a huge success. Talking about mental health and diet problems faced during and after COVID, the audience learned a lot about the importance of keeping their mental health and diet in check and what can they all do to make up for the damage cause by COVID.

The session ended with a vote of thanks to our esteemed guests ending the session and the audience looked forward to having more such sessions.

**Outcome of the Guest Lecture:**

It created awareness among the students about the importance of maintaining a healthy diet along with keeping their mental health in check. Further the session briefed the students ways to cope up with the harm caused by COVID.

**Weblink:** <https://cpsychology.iisuniv.ac.in/news-events/Department-Events/mental-health-after-covid-19-and-relatable-adjustments-issues%E2%80%99>

**1. Photographs**



## 2. Notice



**IIS**  
(deemed to be UNIVERSITY)  
JAIPUR

IISJ Campus, Gurukul Marg,  
SFS, Mansarovar, Jaipur 302020  
INDIA.

Telephone : 91-141-2400160-161  
Fax : 91-141-2355404

Web : www.iisuniv.ac.in  
Email : iog@iisuniv.ac.in

**Oct 6, 2022**

**NOTICE**

The Discipline of Clinical Psychology along with Counselling and Career Development Centre (CCDC), IIS (deemed to be University) is organizing a guest lecture on 'Mental Health after Covid-19 and Relatable Adjustments Issues' for the students of both the Hostels (Aanchal and Vasundhara). The details of the programme are as follows:

- **Resource Persons**
  - **Dr. Anita Gautam**  
Consultant Psychiatrist & Director  
Gautam Hospital & Research Center, Jaipur
  - **Dr. Medhavi Gautam**  
Senior consultant Dietician & Nutritionist  
Director, Dr. Medhavi's Nutrifit, Jaipur
- **Date** - **7 October, 2022**
- **Venue** - **A.V. Hall**
- **TIME:** - **3:00 pm – 4:00pm**

It is compulsory for the students to attend the event.

*Monica*  
**Dr. Monica Sharma**  
Head, Discipline of Clinical Psychology  
Coordinator, CCDC

*Ila Joshi*  
**Dr. Ila Joshi**  
Caretaker Dean, Faculty of  
Arts and Social Sciences

## 3. Attendance/DL forms of the participants

|                                   |                              |       |
|-----------------------------------|------------------------------|-------|
| 1. Bhavika Shaktawat              | BSc honours (Psychology)     | 33725 |
| 2. Yasheshwari Sharma             | B.Com (H)                    | 33747 |
| 3. Shubhi Jain                    | BBA                          | 34504 |
| 4. Ayushi Salecha                 | BBA                          | 34004 |
| 5. Vidhi Ostwal                   | BBA                          | 34019 |
| 6. Kritika Bhatti                 | BACH                         | 33964 |
| 7. <del>Megha</del> Megha Lakhota | BBA                          | 33994 |
| 8. Khushbu Suran                  | BBA                          | 34160 |
| 9. Tamanna Soni                   | BBA                          | 33812 |
| 10. Rupel Soni                    | BA - B.Ed.                   | 33917 |
| 11. Riddhika Soni                 | BSC B.Ed.                    | 33799 |
| 12. Kritika Choudhary             | BSC (P.C)                    | 34853 |
| 13. Manvi Dixit                   | BA (P.C)                     | 33899 |
| 14. Simrat Kour                   | BA (P.C)                     | 32748 |
| 15. Aanchal Bichnoi               | <del>BA (P.C)</del> BSc (FD) | 32747 |
| 16. Yashika Karamchandani         | BACH                         | 33188 |
| 17. Stuti Bantwal                 | BA (H)                       | 33523 |
| 18. Kashish Motwani               | Bcom (H)                     | 33222 |
| 19. Harshita Gupta                | BBA                          | 32271 |

|                           |       |                    |
|---------------------------|-------|--------------------|
| 20. Chamchal Dahu         | 31432 | BA(H) IV sem       |
| 21. Neha Yadav            | 34002 | M.Com I sem        |
| 22. Harshita Singh Kumbia | 32667 | BA(PD) III Sem.    |
| 23. Anisha                | 34077 | BA-Bed I Sem.      |
| 24. Atansha               | 33416 | B.Sc(PU) III sem.  |
| 25. Pretibha              | 32855 | BSC.(P.C.) III Sem |
| 26. Yugesh                | 32513 | BA-BED. III sem    |
| 27. Smrati                | 26752 | B.A.B.Ed VII sem   |
| 28. Shivranjani Shekhawat | 32427 | BA(H) III Sem.     |
| 29. Tisha Mangal          | 32812 | BSC-CFAJ III Sem-  |
| 30. Monika Bera           | 32830 | Ba c - BEd III Sem |
| 31. Shreuti Jha           | 33412 | BA (H) III Sem     |
| 32. Archi Jain            | 33038 | BFA III sem.       |
| 33. Muskaan Ajera         | 32365 | PA (H) III Sem     |
| 34. Diksha Khargharot     | 33047 | PA (H) III Sem     |
| 35. Nandani Sharma        | 33020 | BA(H) III sem.     |
| 36. Anpita Sharma         | 33123 | BA(H) III sem      |
| 37. Sonia Swami           | 33501 | M.Sc (F) III sem   |
| 38. Ankita Shoran         | 33525 | M.Sc (F) III Sem   |

### Feedback report of the event

The students were contended after attending the event as they got to know very valuable and useful information by the resource persons. They appreciated this effort of Counselling and Career Development Center (CCDC) for conducting this informative lecture for hostel students.

**Title of the event:** 15 Days Advance Diploma Internship

**Type of Event:** Internship

**Date:** 22<sup>nd</sup> March, 2023 onwards

**Venue:** Counselling Cell and Career Development Centre

**No. of Participants/ Beneficiaries:**

| S. No. | IISU Enrolment No.  | Name of the Student | Course        |
|--------|---------------------|---------------------|---------------|
| 1.     | IISU/2020/ADM/31423 | Girisha Kamboj      | BA(H) Sem VI  |
| 2.     | IISU/2020/ADM/27070 | Ishika Ranaut       | BA(H) Sem VI  |
| 3.     | IISU/2020/ADM/27260 | Sejal Golecha       | BA(H) Sem VI  |
| 4.     | IISU/2020/ADM/27075 | Vidushi Sharma      | BA(PC) Sem VI |

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

**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 (deemed to be University) organized 15 days Internship for the 4 students enrolled in Advanced Diploma in Counselling and Guidance in the month of March. 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.

## Notice:



IIS  
(deemed to be)  
UNIVERSITY  
JAIPUR

IISU Campus, Gunkul Marg,  
SFS, Mansarovar, Jaipur 302020  
INDIA

Telephone : 01-141-2400160-161  
Fax : 01-141-2295494  
Web : www.iisuniv.ac.in  
Email : iisg@iisuniv.ac.in

April 24, 2023

**NOTICE**

**The Counselling and Career Development Center**

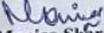
The Counselling & Career Development Centre (CCDC), IISU, will conduct the assessment of the Advance Diploma Internship as per the following schedule:

Date- May 1, 2023  
Reporting time: 1:00 PM  
Venue: CCDC

Each intern will be assessed on the following components:

- c) Viva Voce
- d) 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.

  
Dr. Monica Sharma  
Coordinator CCDC

## 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.

**Title of the event:** Guest Lecture on Yoga and Personality

**Type of Event:** Guest Lecture

**Date:** 23<sup>rd</sup>, 28<sup>th</sup> and 30<sup>th</sup> March, 2023

**Venue:** Department of Physical Education

**No. of Participants/ Beneficiaries:** All students of M.A./ M.Sc. in Yogic Sciences

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

1. Dr. Monica Sharma (Associate Professor in Clinical Psychology)
2. Ms. Anuja Chaturvedi (Assistant Professor in Clinical Psychology)
3. Ms. Rupali Ruhela (Counsellor)

**Objective of the Guest Lecture:**

1. To enlighten the students about the association of yoga and personality.
2. To provide awareness about self-esteem and its relevance to yoga.
3. To train the students effective self-management skills of yoga that will help them to manage daily life hassles.

**Summary/Description:**

The Department of Physical Education, IIS (Deemed to be University) Jaipur, organised a Guest Lecture on awareness and information about Yoga and Personality for students of Masters in Yogic Sciences. The lectures were conducted on 23<sup>rd</sup>, 28<sup>th</sup> and 30<sup>th</sup> March, 2023. The speakers for the guest lecture were Dr. Monica Sharma (Associate Professor in Clinical Psychology), Ms. Anuja Chaturvedi (Assistant Professor in Clinical Psychology) and Ms. Rupali Ruhela (Counsellor).

The lectures were oriented on Yoga and Personality wherein Ms. Rupali Ruhela elaborately explained about the Yoga and personality. She also enlightened the students about the historical aspects and theoretical aspects of the same. In the same line, Ms. Anuja Chaturvedi talked about the concept of Self Esteem and its relevance to Yoga. She also explained in detail about the SWOT analysis and its association in daily life practices. Further continuing with the programme, Dr. Monica Sharma imparted the knowledge regarding the Self-Management skills and anger management skills to the students. She made them practice few skills for a better understanding of the students. By the end of the session, the speakers clarified all the major doubts.

**Outcome of the Guest Lecture:**

It created awareness among the students majorly about Yoga and Personality encompassing different self-management skills along with self-esteem and its relevance to Yoga.

## Notice

NOTE SHEET

  
**IIS UNIVERSITY**  
JAIPUR

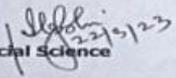
22 March, 2023

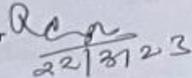
The Department of Physical Education in collaboration with Discipline of **Clinical Psychology & Counselling & Career Development Centre (CCDC)** plan to conduct special **Guest Lecture/Classes** for the M.A. /M.Sc. In Yogic Sciences students on the following topics:

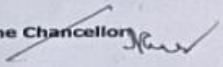
| Guest Faculty Name     | Topics                         | Date       |
|------------------------|--------------------------------|------------|
| 1. Ms. Rupali Ruhela   | Yoga and Personality           | 23/03/2023 |
| 2. Ms Anuja Chaturvedi | Self Esteem and Yoga           | 28/03/2023 |
| 3. Dr. Monica Sharma   | Self-Management<br>Though Yoga | 30/03/2023 |

Submitted for approval.

  
**Dr. Renu Shungloo**  
Head, Deptt. of Phy. Edu.

Dean  
Faculty of Arts & Social Science  


The Registrar  
  
22/3/23

The Chancellor  


### Feedback report of the event

The students found the lectures very informative and helpful. It served as an opportunity for significant growth and an exposure to the concepts of Yoga. It gave them an exposure to the daily life management skills that could be incorporated to have a healthy lifestyle.

**Title of the event:** Guest Lecture on Managing Exam Stress through Mindfulness

**Type of Event:** Guest Lecture

**Date:** 17<sup>th</sup> April, 2023

**Venue:** Srijan Hall

**No. of Participants/ Beneficiaries:** All NSS Units

**Name of Resource person with designation, address, email address & contact no.:** Dr. Monica Sharma (Associate Professor & Clinical Psychologist)

**Objective of the Guest Lecture:** Interactive Session on Managing Exam Stress through Mindfulness

**Summary/Description:**

The NSS of IIS (Deemed to be University), Jaipur organized a Guest lecture for NSS Units on 17<sup>th</sup> April, 2023. The resource person was Dr. Monica Sharma which threw light on the topic Managing Exam Stress through Mindfulness. She introduced the students to the concept of Exam stress and anxiety and their effects on students' performance in the exam. She also oriented them to the concept of Mindfulness and how it can be useful in dealing and working through exam stress. The session also included few activities of Mindfulness which Dr. Monica conducted with the students. Towards the end, the lecture became more interactive and all the doubts and queries by the students were cleared by the resource person.

**Outcome of the Guest Lecture:**

The lecture successfully introduced the students to Mindfulness and how it can be used to deal and manage exam stress. Further the NSS students interacted with the resource person and clarified their doubts and apprehensions about exam stress and how they can benefit from practicing mindfulness in their daily life.

**1. Photographs**





## 2. Notice

April 15, 2023

**NOTICE**

The forthcoming activity of NSS is:

|                 |   |  |
|-----------------|---|--|
| Activity        | : | Guest Lecture on Managing Examination Stress through Mindfulness |
| Resource Person | : | Dr. Monica Sharma<br>Clinical Psychologist, IISU, Jaipur         |
| Day & Date      | : | Monday, 17 April 2023  |
| Venue           | : | Srijan Hall (for all Units)                                      |
| Time            | : | 9:30 am to 10:30 am  |

  
**Dr. Sharad Rathore**  
NSS Programme Officer

---

IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 (Rajasthan)  
☐ +91 141 2400160, 2400161 ☐ Email Id: iisuniversity@iisuniv.ac.in ☐ Web.: www.iisuniv.ac.in

## 3. Attendance:

Four NSS units. of the University

### Feedback report of the event

The students were satisfied with the lecture. They found the session very interesting and informative as they can use the techniques and activities introduced by the resource person in their daily life. The students were grateful and thankful for organizing such utilitarian session.

**Title of the event:** Awareness on World Schizophrenia Day

**Type of Event:** Activity

**Date:** May 24<sup>th</sup>, 2023

**Venue:** IIS (deemed to be University) & Gautam Hospital & Research Centre

**No. of Participants/ Beneficiaries:** PDCP Trainees (05), Staff members, Non- teaching staff, Peons and Guards

**Name of the activity Coordinator:** Dr. Monica Sharma (Associate Professor & Clinical Psychologist), Ms. Anuja Chaturvedi & Ms. Muskan Sharma

**Objective of the Guest Lecture:** To spread awareness about mental health and schizophrenia

**Summary/Description:**

The Department of Clinical Psychology , IIS (Deemed to be University) Jaipur, in collaboration with Gautam Hospital & Research Centre (GHRC), Jaipur organised an event to mark World Schizophrenia Day-2023, on May 24<sup>th</sup>, 2023 and became a part to spread the awareness about mental health and its importance in every individual's life. To begin with, trainees reached out to different departments in the university campus and offered them a badge that was depicting the theme of World Schizophrenia Day-2023. While putting on the badges, they interacted with the respective staff members and shared with them the insight about the event and importance of the mental health. The questions arose during these interactions were also responded at the same time. After finishing this activity, trainees headed to Gautam Hospital and Research Centre for the same. Trainees offered the badges to Dr. Shiv Gautam Sir, Dr Anita Gautam and two other faculty members from other Universities. Followed by this, they attended the screening of a short film produced by GHRC to spread awareness about schizophrenia. A short presentation on the topic of Schizophrenia was presented by the faculty of Gyan Vihar University and they attended the same. After the event, trainees interacted with the family members and caregivers of the patients suffering mental health problems present in the hospital, and provided psychoeducation. After this, the event was concluded successfully.

**Outcome of the Guest Lecture:**

It created awareness among the staff members of University and Hospital. Also the caregivers of mentally ill individuals were educated about the illness and the importance of maintaining mental health in check.

**Weblink:** <https://cpsychology.iisuniv.ac.in/news-events/Department-Events/world-schizophrenia-day>

# 1. Photographs



## 2. Notice

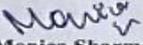
May 23, 2023

**NOTICE**

On the occasion of "World Schizophrenia Day" the Department of Clinical Psychology and the Counselling and Career Developmental Centre (CCDC) is organizing an awareness campaign for the university staff and the community. The PDCP trainees are required to report at 9:30 a.m. in room no. 304. Details are as follows:

| S.No | Name of the activity | Time       | Venue  |
|------|----------------------|------------|--|
| 1.   | Awareness Campaign   | 10:00 a.m. | University campus                                |
| 2.   | Movie Screening      | 01:00 p.m. | Gautam Hospital & Research Centre (GHRC), Jaipur |

It is mandatory for all trainees to attend both the activities.

  
Dr. Monica Sharma  
Head, Department of Clinical Psychology

IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 (Rajasthan)  
☎ +91 141 2400160, 2400161 ☒ Email Id: iisuniversity@iisuniv.ac.in ☒ Web.: www.iisuniv.ac.in

## 3. Attendance/DL forms of the participants

- University staff members (teaching and non-teaching), peons and guards
- Caregivers of the patient in the hospital
- PDCP volunteers (05)

| S. No | IISU Enrollment Number | Name of the Volunteer (PDCP trainee) |
|-------|------------------------|--------------------------------------|
| 1.    | IISU/ ADM/ 2022/34094  | Anuja Brahme                         |
| 2.    | IISU/ ADM/ 2022/34142  | Apurva Mukund Kakade                 |
| 3.    | IISU/ ADM/ 2022/34176  | Farah Khan                           |
| 4.    | IISU/ ADM/ 2022/34214  | Agarwal Shilpa Shankar Lal           |
| 5.    | IISU/ ADM/ 2022/34547  | Yashaswani Bansal                    |

### Feedback report of the event

The staff members and other beneficiaries found the activity very insightful and informative. They also found the trainees as very well informed about the topic and found the way the trainees explained the topic very comprehensible and simple to understand. The trainees were also satisfied the way they conveyed about the topic and were happy that they were able to convey their topic to the staff members along with the guards, peons and other people presented.

**Title of the event:** Summer Internship

**Type of Event:** Internship

**Date:** 1<sup>st</sup> June, 2023 – 30<sup>th</sup> June, 2023

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

**No. of Participants/ Beneficiaries:**

| <b>S. No.</b> | <b>IISU Enrolment No.</b> | <b>Name of the Student</b> | <b>Course</b> |
|---------------|---------------------------|----------------------------|---------------|
| 1.            | IISU/2022/ADM/33827       | Aashita Sharma             | MA Sem II     |
| 2.            | IISU/2022/ADM/34260       | Poorva Falguni             | MA Sem II     |
| 3.            | IISU/2021/ADM/33514       | Anshul Soni                | MA Sem IV     |
| 4.            | IISU/2021/ADM/32318       | Srishti Sharma             | MA Sem IV     |
| 5.            | IISU/2021/ADM/32833       | Deesha Ramchandani         | MA Sem IV     |

**Name of the activity Coordinator:** Dr. Monica Sharma and Ms. Muskan Sharma

**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. Muskan Sharma on 1<sup>st</sup> June 2023 to 30<sup>th</sup> June 2023 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. Muskan Sharma 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

## Notice



IIS  
(deemed to be) UNIVERSITY  
JAIPUR

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

April 15, 2023

**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.

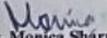
The details of Programme are as follows:-

|                  |                                       |
|------------------|---------------------------------------|
| 1. Duration;     | 1 month (June 1, 2023- June 30, 2023) |
| 2. Fee;          | Rs. 4000/- per candidate              |
| 3. No. of seats; | Minimum- 10<br>Maximum- 20            |
| 4. Timing: -     | 9:30am - 2:30 pm                      |

\*Last date of submitting the fee is May 20<sup>th</sup>, 2023.

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. Monica Sharma  
Coordinator CCDC



IIS  
(deemed to be) UNIVERSITY  
JAIPUR

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

July 5, 2023

**NOTICE**

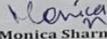
The assessment for the One month Summer Internship Programme conducted by the Counselling and Career Development Centre (CCDC) will be held as per the following schedule:

Date- July 6, 2023  
Reporting time: 10.00 am  
Venue: Room 304

Each intern will be assessed on the following components:

- Viva Voce
- 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.

  
Dr. Monica Sharma  
Coordinator CCDC

### 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.