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Counselling and Career Development Centre (CCDC)



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- 21

Minutes of meetings of the committee with action taken-

DATE	AGENDA	OUTCOMES
14.07.23	Regarding segregation of records of session 2022-2023 and Preparation for new academic sessions 2023-2024	Record updated and filing completed
15.07.23	Preparation for UG Orientation	Discussion on preparation and presentation updated and finalized

25.07.23	Regarding one day internship	<ul style="list-style-type: none"> • It was informed by the director school of Behavioural Science that an International student will be placed in counselling cell for a day.i.e.26th July, 2023. • Decided that in her one day placement at CCDC, she will be oriented to counselling, ethics, skills as well as counselling process.
18.08.23	Regarding counseling awareness programme (21 st Aug,2023,Monday)	<ul style="list-style-type: none"> • Decision of finalize the counselling cell (CCDC) brochure. • The PDCP trainees will distribute the brochure. • Trainees will interact with the students in campus and inform them about counselling process • The time of the activity was decided from 11 am to 1 pm. • Both the batches of PDCP (session 2022-23 and 2023-24) will be participating in the awareness campaign.
19.08.23	Regarding Para sports meet	<ul style="list-style-type: none"> • Decision to take the activity in collaboration with the Counselling Cell (CCDC) and department of Clinical Psychology. • Decision of moving a joint note sheet with the sports board of the university.
21.08.23	Para sports meet (29 th Aug,2023)	<ul style="list-style-type: none"> • Note sheet will be moved • Special schools will be shortlisted & an invitation letter to be send. • Different sports activities to be planned. • Different duties to be assigned for faculty members for smooth conduction • PDCP trainees will be assigned duties
2.09.23	Regarding planning of celebration of World Suicide Prevention Day at IISU	<ul style="list-style-type: none"> • World Suicide Prevention Day is falling on Sunday (10th September), so it will be shift on Monday 11th September,2023 • Department of clinical psychology and counselling & career development Centre (CCDC) will conduct an awareness drive in the campus. • The drive will focus on creating awareness regarding identifying early signs of suicide among faculty, students, teaching, non-teaching & helping staff.
4.09.23	Regarding planning of celebration of World Suicide Prevention Day at IISU	<ul style="list-style-type: none"> • Decision to planned both the departments will observe the World Suicide Prevention Day • A joint note sheet will be moved in the same regard.
9.09.23	To conduct a session on Music Therapy for Rotary members.	<ul style="list-style-type: none"> • Dr. Monica Sharma was invited to conduct a session on Music Therapy for Rotary members. • It was decided to prepare a PPT for the same and to conduct the session on 11th September,2023,i.e. , Monday.

3.10.23	Regarding Mental Health Month	<ul style="list-style-type: none"> • Department of clinical psychology plans to conduct an oath ceremony for IISU network on Mental Health Day (10th October,2023). • Note sheet will be moved and information will be circulated among IIS network. • Department of Home Science (Nutrition & Dietetics) Fine Arts & Psychology can be approached for the same. • Activities & duties will be discussed & distributed accordingly.
10.10.23	Regarding Mental Health Mela	<ul style="list-style-type: none"> • Department of Clinical Psychology along with the Department of Home Science, Fine Arts & Psychology plans to collaborate & organize Mental Health Mela on 18th October, 2023. • Different activities will be organized for the students & staff members wherein: <ul style="list-style-type: none"> a) Department of home science – nutrition & BMI check b) Department of fine arts- creative & food stall c) Department of psychology- games & art stall • Following activities were discussed to be organized by the Department of Clinical Psychology. <ul style="list-style-type: none"> a) Mental health screening & brief counselling b) Well-being related awareness & games • Duties of PDCP trainees (2023-2024) will be allocated accordingly • Material for different activities will be issued.
17.10.23	Regarding starting the advance diploma internship	<ul style="list-style-type: none"> • 02 students enrolled in Advance Diploma in Department of Psychology. Approached counselling cell regarding that internship components. • As earlier years same pattern would be follow there application needs to be forwarded by COSD coordinator Dr. Megha Arya. • The internship can commence from 25th October,2023.

27.11.23	Regarding psychometric testing of Blue Heaven Students	<ul style="list-style-type: none"> • School connect committee of the University approached CCDC regarding psychometric test of Blue Heaven School under agies of school connect programme. • Psychometric testing can be provided on 29/11/23 at 10:30 AM in the IISU campus to the desired students. • Reported that approx. 50 students will be coming for the testing. • Decided that approx. 60 copies of all required material including test should be kept ready for testing. • All the required materials is to be kept ready 02 days in advance. • Volunteers will be contacted to be presented at campus.
07.12.23	Regarding the career counselling reports of Blue Heaven School students.	<ul style="list-style-type: none"> • Psychometric testing reports of Blue Heaven students are ready. • Decided that reports should be shared in person with the students and with their parents. • Decided that either students should visit the campus for discussing the reports or counselling cell team can visit school campus.
15.12.23	Regarding psychometric testing of Kala Commerce Classes Students	<ul style="list-style-type: none"> • School connect committee of the University approached CCDC regarding psychometric test of kala commerce classes under agies of school connect programme. • Psychometric testing can be provided on 18/12/23 at 3:00 PM in the coaching center to the desired students. • Reported that approx. 50 students will be coming for the testing. • Decided that approx. 60 copies of all required material including test should be kept ready for testing. • All the required materials is to be kept ready 02 days in advance. • Volunteers will be contacted to be presented at campus.
20.12.23	Regarding Education Fair by Maheshwari Samaj	<ul style="list-style-type: none"> • IISU University will participate in an education fair (Academic World Education & Book Fair 2023) organized by education committee of Maheshwari Samaj (society), on 23-24th Dec, 2023 • Team consisting of representative of admission teams will be present on all 02 days to address the query of students visiting the fair. • Decided that approx. 50 copies of all required material including test should be kept ready for testing. • All the required materials is to be kept ready 01 days in advance. • Volunteers will be contacted to be presented at campus.

23.01.24	Regarding the career counselling reports of Kala Commerce Classes	<ul style="list-style-type: none"> • The psychometric testing reports of kala commerce classes were ready. • It is decided that reports should be shared in person with the students. • Decided that either students should visit the campus for discussing the reports or counselling cell team can visit Kala Commerce Classes.
26.02.24	Regarding conduction of Advance Diploma Internship Final viva-voce	<ul style="list-style-type: none"> • The 01 interns enrolled in advance diploma internship have completed all the requirements. • 01 candidates has not completed the requirement therefore it is decided that the final viva-voce examination for Advance Diploma Internship will be conducted. • The exam will be scheduled on March 6, 2024 at 9:30 a.m.
02.05.24	Regarding Bhaskar Education Fair 2024	<ul style="list-style-type: none"> • IISU University will participate in an Education Fair (Bhaskar Education Fair 2024) organized by Dainik Bhaskar at Birla Auditorim Jaipur, on 3-4-5th May, 2024 • Team consisting of representative of admission teams will be present on all 03 days to address the query of students visiting the fair. • Decided that approx. 50 copies of all required material including test should be kept ready for testing. • All the required materials is to be kept ready 01 days in advance.
06.05.24	Regarding the career counselling reports of Bhaskar Education Fair 2024	<ul style="list-style-type: none"> • Psychometric testing reports of Bhaskar Education Fair 2024 are ready. • Decided that reports should be shared in person with the students and their parents. • Decided that either students should visit the campus for discussing the reports or to be shared via counselling cell CCDC (official mail ID).
20.05.24	Regarding the admission counselling preparation & conduction	<ul style="list-style-type: none"> • The information forms, feedback forms & test protocols were checked and required number of copies will be zeroxed. • It was decided to shift almirah, computer system and other required items in room E201. • The shifting process will be done on 21st May2024, so that admission counselling could be held in E201 from 22nd May,2024.

List of Activities organized:

S. No.	Type of Event (Workshop /Seminar /FDP etc.)	Title of the event	Date	Venue	Name of Resource person (if any) with designation, address, email address & contact no.	No. of Participants/ Beneficiaries	Name of Collaborating Agency (if any) with address & contact no.	Weblink	Annexure No. of Report
1	Orient ation Progra mme	Universit y Orientati on Program me	20 th July, 2023	IISU Auditorium, kshipra Path	Dr. Monica Sharma (Coordinato r CCDC)	All UG Sem 1 students of the University			1
2	Interns hip	One day Internshi p	26 th July, 2023	Counseling cell	Ms. Muskan Sharma	One International Student			2
3	Couns elling Awarn ess Activit y	Counsell ing Awarness Activity	21 st Aug ust,2 023	IISU(deemed to be university)Camp us	Trainees of professional diploma in clinical psychology (PDCP)	All University students (PDCP trainees)			3
4	Sports Meet	Para Sports Meet	29 th Aug ust,2 023	IISU (deemed to be University) Lawns	Dr. Monica Sharma, Ms. Anuja Chaturvedi & Ms. Muskan Sharma	PDCP Trainees, Physical Education Students and NCC Volunteers			4
5	Lectur e	Music Therapy	9 th Sept emb er,20 24	IISU Campus	Dr. Monica Sharma (Coordinato r CCDC)				5
6	Suicid e Preven tion Day	World Suicide Preventio n Day	11 th Sept emb er,20 23	IISU Campus	Dr. Monica Sharma, Ms. Anuja Chaturvedi & Ms. Muskan Sharma	All IISU students and staff (10 PDCP trainees)			6

7	Awareness Campaign	Mental Health Oath	10 th October, 2023	All IISU network organizations	Dr. Monica Sharma, Ms. Anuja Chaturvedi	All IISU network organizations (students, teaching, non-teaching, administrative and support staffs) PDCP trainees			7
8	Awareness Campaign	Mental Health Awareness	10 th October, 2023	IISU	Dr. Monica Sharma, Ms. Anuja Chaturvedi	All university students and staff (10 PDCP trainees)			8
9	Activity	Wellness mela	18 th October, 2023	IISU Lawns	Dr. Monica Sharma, Ms. Anuja Chaturvedi	All University students and staff (10 PDCP trainees)			9
10	Advance Diploma Internship	15 Days Advance Diploma Internship	25 th October, 2023	Counseling cell	Dr. Monica Sharma	2 students			10
11	School Connect Programme	Psychometric testing of Blue Heaven Students	29 th November, 2023	IISU	Dr. Monica Sharma & Ms. Muskan Sharma	41 students of class XI & XII			11
12	School Connect Programme	Psychometric Testing in Coaching Center	18 th December, 2023	Kala Commerce Classes (KCC)	Dr. Monica Sharma & Ms. Muskan Sharma	41 students of class XI & XII			12

13	Educ ion and Book Fair	Academi a World Educatio n and Book Fair	23 rd , 24 th Dece mber ,202 3	Rajasthan International Center	Dr. Monica Sharma & Ms. Muskan Sharma	students of class XII & XII			13
14	Educ ion and Book Fair	Regardin g Bhaskar Education Fair 2024	3 rd ,4 th ,5 th May, 2024	Birla Auditorim Jaipur	Dr. Monica Sharma & Ms. Nidhi Goyal	41 students of class XI & XII			14

Title of the event: University Orientation Program

Type of Event: Orientation

Date: 20th July, 2023

Venue: IIS Auditorium, Shipra Path

No. of Participants/ Beneficiaries: All UG Sem I students of the University

Objective of the Activity:

- Introduction to the Counseling and Career Development Cell
- Challenges faced by students in uncertain time
- Adaption to the new world and ways to maintain and emotional well-being

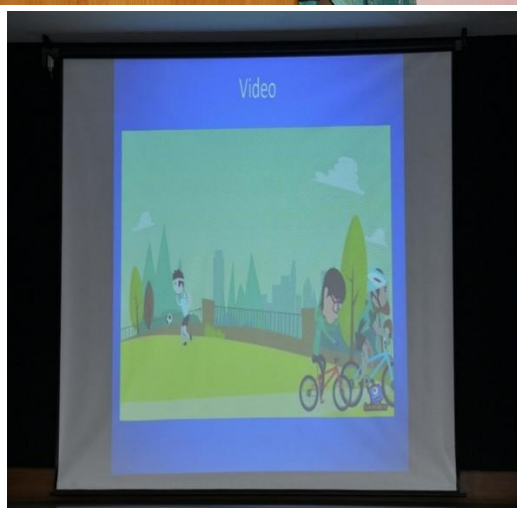
Summary/Description: On Thursday, 20th July, 2023, a session was conducted during the orientation programme of University for new students of various academic and professional courses. The resource person was Dr Monica Sharma, Associate Professor & Clinical Psychologist and Coordinator CCDC, the IIS (deemed to be University), Jaipur.

Her session mainly oriented the students with functions and roles of the Counselling cell in the University campus. She also talked 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 orientation also included a video depicting stresses and other issues faced by students when they enter college life and how approaching the counselling cell can help students to tackle these situations. 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.

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.

Photographs:



Title of the event: One-day Internship (International student)

Type of Event: Interaction during Internship

Date: 26th July, 2023

Venue: Counselling Cell

No. of Participants/ Beneficiaries: One International Student

Objective of the Internship:

- Introduction to the Counselling and Career Development Cell
- Introduction to Career testing

Summary/Description:

A one-day internship was organized for an International student, studying Psychology, as part of her One Month Internship at the IIS (deemed to be University). During this programme she was oriented to the functioning of the Counselling Cell and also the Career testing which is provided by the cell. She also self-conducted the tests which are used in Career testing.

Outcome of the Internship:

The intern was oriented about the functioning of the Counselling Cell in the University. She also gained knowledge about career testing conduction and how this helps in guiding students in their career path.

Feedback report of the event:

The student was very enthusiastic and easily grasped a wide amount of information at such a short notice. She was keen to learn and understand new things. There was positivity and acceptance from the side of the intern. At the end she was satisfied with the learning and knowledge she gained.

Photograph:



Title of the event: Counselling Awareness Activity

Type of Event: Activity

Date: 21st August, 2023

Venue: IIS (deemed to be University) Campus

No. of Participants: PDCP Trainees (2022-23 and 2023-24)

No. of Beneficiaries: All University Students

Objective of the Activity:

- Creating awareness about Counselling and its benefits
- To remove any doubts and stigma related to counselling
- Services provided by the Counselling Cell

Summary/Description:

A Counselling Awareness activity was organized on 21st August, 2023 by the Counselling and Career Development Centre (CCDC) in collaboration with the Department of Clinical Psychology. The trainees of Professional Diploma in Clinical Psychology (PDCP) both the Sessions 2022-23 and 2023-24 participated as volunteers. The activity was organized for all the students of the University wherein the trainees interacted with the students. During this activity the trainees went to different classes, canteens, college grounds, library and other areas of the university and they oriented students about the active presence of Counselling and Career Development Centre and how they can benefit from the same during their stay at the University. The students were also oriented about the kind of counselling services it provides. The trainees also informed the students about the faculty and their professional background. Further the students were explained briefly about what is counselling and how taking professional help can benefit them in different spheres of life. They also removed any doubts if the students had any. Along with orienting and imparting information, the trainees also pinned Counselling Awareness and Counselling Cell information containing brochures on the soft boards of the classes. Overall it was an interactive activity which created awareness about Counselling and Counselling Cell and related doubts by students were also catered by the trainees

Outcome of the Activity:

The students of different departments of the University acquired knowledge about the Counselling Cell and the counselling services it renders. Apart from that there was an awareness created about counselling and how students can benefit from them through this interactive activity. Besides that, an attempt to bring down the stigma related to mental health and counselling which prevails in the society was made.

Attendance of Volunteers:

IIS (deemed to be University), Jaipur
Counselling Cell Awareness Programme
PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY (2022-23)
Attendance Sheet
August 21st, 2023; Monday

S.No	NAME	Signature
1.	SHILPA SHANKARLAL AGARWAL	
2.	ANUJA BRAHME	
3.	APURVA MUKUND KAKADE	
4.	MANSI KARAJGAONKAR	
5.	FARAH KHAN	
6.	PALAK PANDEY	
7.	SHILPA MAZUMDER	ABSENT
8.	VISHAKHA	ABSENT
9.	YASHASWINI BANSAL	
10.	YOGESHWARI UDAWAT	ABSENT

IIS (deemed to be University), Jaipur
Counselling Cell Awareness Programme
PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY (2022-23)
Attendance Sheet (August 21st, 2023; Monday)

S.No.	Name	Signature
1.	Arshia Mathur	
2.	Ashima Singha	
3.	Isha Munshi	
4.	Isha Sherawat	
5.	Kaashvi Sethi	
6.	Kavya Tyagi	
7.	Khushi Malhotra	
8.	Mishanka Odoyoth	
9.	Saiyed Yashfeen	
10.	Tanya Kaushik	

Feedback report of the event:

Following the event, there were new registrations reported in the Counselling Cell by the students facing different kind of issues. There was a positive feedback from University students while interacting with the PDCP trainees. Also the students became aware about the effects and benefits about counselling. Some students also reported that the conduction of the activity resulted in removing the prevailing stigma about Counselling as this was creating a barrier to seek help.

Photographs:

Career Counselling

Let us guide you towards a fulfilling career path

- explore your career options
- move towards a brighter future

Schedule a session with us

4 Step process: From Confusion to Clarity

- 1 Assessment
- 2 Report
- 3 Consultation
- 4 Action Plan

Counselling & Career Development Centre (CCDC)

TALK

IT HELPS. IT HEALS. IT MATTERS

Mental Health Counselling

Individual counselling is a process through which clients work one-on-one with a trained mental health clinician in a safe, caring, and confidential environment.

Our counsellors can help resolve a wide variety of issues such as stress, anger, anxiety, depression and low self-esteem.



Title of the event: Para Sports Meet

Type of Event: Activity

Date: 29st August, 2023

Venue: IIS (deemed to be University) Lawns

No. of Volunteers: PDCP Trainees, Physical Education Students and NCC Volunteers

No. of Participants: 130 Students of Special Schools

Objective of the Activity:

- Creating awareness about Counselling and its benefits
- To remove any doubts and stigma related to counselling
- Services provided by the Counselling Cell

Summary/Description:

On 29th August, 2023 the University's Sports Board, NCC, Department of Clinical Psychology and Counselling Cell organized a Para Sports Meet for Special Schools of Jaipur. The event was organized observing National Sports Day and Major Dhyan Chand's 118th birthday. The Chief Guest for the event was Shatabdi Awasthi, who is Rajasthan's first Gold Medalist International Para athlete. Renowned Para athlete Volleyball player Pappu Singh was also present in the event. 130 students in total from 8 different special schools of Jaipur participated in the Para Sports meet. During the event, the students from the special schools displayed their talents in many competitions and activities including Hockey, Pick and Run, Throw Ball, Coloring Activity, Needle and thread, Patriotic Song Competition and many more. Towards the end, all the participants were honored with medals by the University. Also the school staff who came along with the students were presented with small thank you gifts.

Outcome of the Activity:

The students who participated from the special schools displayed great enthusiasm and sports spirit. It was a great opportunity for them to interest and have fun with fellow students of different schools. The volunteers who came along with the schools were very cooperative and encouraged their students to participate in more and more activities. The trainees of PDCP (Professional Diploma in Clinical Psychology) (2023-2024) had a learning experience by interacting with the students and staff helped them gain understanding and practical exposure to engage with children with special needs.

Photographs:

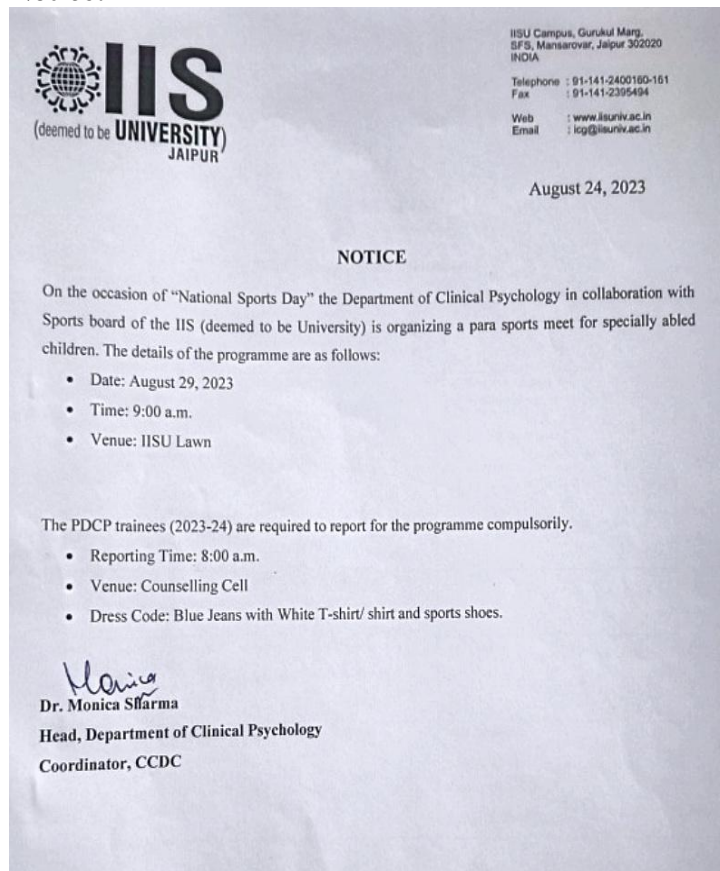




Attendance of Volunteers:

IIS (deemed to be University), Jaipur PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY (2023-24) Para Sports Meet Attendance Sheet August 29 th , 2023; Tuesday		
S.No	NAME	Signature
1	Arshia Mathur	Arshia
2	Ashima Singla	Ashima
3	Isha Munshi	Isha
4	Isha Sherawat	Isha
5	Kaashvi Sethi	Kaashvi
6	Kavya Tyagi	Kavya
7	Khushi Malhotra	Khushi
8	Mishanka Odoyoth	Mishanka
9	Saiyed Yashfeen	Saiyed
10	Tanya Kaushik	Tanya

Notice:



Feedback report of the event:

The students who participated from the Special schools displayed great enthusiasm and sports spirit. They enjoyed the activities and the inter school sports competitions. It was a great opportunity for them to interact and have fun with fellow students of different schools. The volunteers who came along with the schools were very cooperative and encouraged their students to participate in more and more activities. The honorable Guests were a source of motivation for everyone present there by sharing their life achievements. The trainees of PDCP (Department of Clinical Psychology) had a learning experience by interacting with the students and it helped them gain understanding and practical exposure to engage with Children with Special Needs.

Title of the event: Music Therapy

Type of Event: Activity

Date: 9th September 2023

Venue: IISU Campus

No. of Beneficiaries: 15 Teaching staffs

Objective of the Activity:

- Adaption to the new world and ways to maintain and Emotional Well- being
- Challenges faced by teachers in uncertain time.

Summary/Description:

Music therapy is an evidence-based practice that uses music to address physical, emotional, cognitive, and social needs of individuals. Music has the power to touch our souls, lift our spirits and heal us. To explore more about the therapeutic power of music, RCJ Gurukul organized a session on Music and Wellness for the members. Psychotherapist Rtn Dr. Monica Sharma guided the members during the session. The session not only enhanced the mood but also aided in emotional expression, self-exploration, and promoted positive group interaction. Music therapy can be used to address a wide range of physical and mental health conditions. It can also be used to support individuals during difficult life transitions, such as grief and loss

Outcome of the Activity:

Photographs:





Notice:



Rotary



MUSIC & WELLNESS

A Therapy for
Mind and Soul

Monday, 11 Sept. 2023
03:00 pm @ AV Hall

Resource Person
Dr. Monica Sharma

ROTARY CLUB OF JAIPUR GURUKUL

Title of the event: World Suicide Prevention Day

Type of Event: Activity

Date: 11th September 2023

Venue: IISU Campus

No. of Participants: 10 PDCP Trainees

No. of Beneficiaries: All IISU students and staff

Objective of the Activity:

- To create awareness about identifying early warning signs of Suicide among people.
- To acquaint about how a person can be resourceful to help people who are at risk of Suicide or other mental health issues.
- To destigmatize the issue, different activities will be organized.

Summary/Description:

On the account of World Suicide Prevention Day, the School of Behavioral Sciences (Department of Clinical Psychology, Counselling and Career Development Centre (CCDC) and Department of Psychology) organized following activities in the University campus:

- **Poster Competition:** A theme based poster competition was announced on 5th September, 2023 for all the students of the University wherein they could submit both handmade/ digital posters by 11th September, 2023. The students were required to make poster on any one of the themes {Creating Hope-Through Action/ Prevent Suicide: Speak Up and Reach Out/ Working Together to Prevent Suicide}. The students participated with great enthusiasm and the posters reflected their individual perspectives on the given theme. The posters were then displayed near the Counselling Cell for the University students and staff. Through the posters there was an awareness spread about the World Suicide Prevention Day. The posters were creative and attractive in their own way and promoted understanding about the themes and the issue of Suicide.

The winners of the competition were:

- 1st Position – Shivani Bhardwaj [BA (Hons) Psychology Sem I]
 - 2nd Position – Riddhi Sharma [BBA Sem III]
 - 3rd Position – Ishika Agarwal [MA Psycholgy Sem I]
- Consolation Prize – Akansha Mishra [B.Sc. (Hons) Psychology Sem I]

Awareness Drive: The PDCP trainees distributed badges (World Suicide Prevention Day) along with spreading awareness about Suicide Prevention. The trainees covered the whole University and they interacted with students, staff members and the helping staff. During the awareness drive, the trainees educated about Suicide as an issue prevailing in the society and how one can identify early warning signs of Suicide in people close to them. The helpline numbers were shared by the trainees which can offer help to anyone struggling with feeling suicidal. The trainees encouraged the beneficiaries to take initiative in supporting the people who are suffering from suicidal thoughts or any related mental issue. The staff members and students also asked a few questions related to the issue and during the interaction the trainees tried to resolve the queries. All in all, it was an informative and interactive activity which enlightened people about this sensitive issue.

Confession Room: A confession room was a set up in the Counselling and Career Development Centre (CCDC) wherein students who wanted to make confession about anything could come and do the same. The arrangements for the confession room were done in a manner so that the students' identity remained confidential. The Counsellor was part of the confession room wherein she was listening to the students and was providing a comfortable environment to them to ventilate. Some of the students also acknowledged that they felt good after the confession and were grateful for a conduction of this kind of activity in the University.

Outcome of the Activity:

The activities that were conducted to observe the World Suicide Prevention Day helped to create an awareness about the sensitive issue of Suicide prevailing in our society. The posters made by the students aided in reducing the stigma related to the issue and at the same time spreading more knowledge about Suicide and its warning signs. Further the activities fostered in spreading an awareness about how an individual can help someone who is suffering from Suicidal thoughts or any other mental health issue.

Photographs:











Notice:



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INDIA

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September 5, 2023

NOTICE

On the occasion of "World Suicide Prevention Day", a Poster Competition is being organized for all the University students (both UG and PG).

The theme for the competition are-

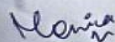
- a) Creating Hope Through Action
- b) Prevent Suicide: Speak Up and Reach Out
- c) Working Together to Prevent Suicide

Participant needs to prepare a poster on any one theme mentioned above.

The details of poster are as follows:

Size	A3
Type of poster	Digital or hand-made
On backside mention	1. Theme of the Poster 2. Name of the Participant 3. Class 4. IISU Enrollment No. 5. Name of the Department
Submission Date	11th September, 2023
Time	9:30 a.m. - 10:30 a.m.
Venue	Counselling Cell

The students can prepare their posters at home. For any further query they may contact Ms. Anuja Chaturvedi in counselling cell.


Dr. Monica Sharma
Head, Department of Clinical Psychology
Coordinator CCDC

Attendance of Volunteers:

IIS (deemed to be University), Jaipur
PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY (2023-24)

World Suicide Prevention Day

Attendance Sheet

September 11th, 2023; Monday

S.No	NAME	Signature
1.	Arshia Mathur	Arshia
2.	Ashima Singhla	Ashima Singhla
3.	Isha Munshi	Isha Munshi
4.	Isha Sherawat	Isha
5.	Kaashvi Sethi	Kaashvi Sethi
6.	Kavya Tyagi	Kavya
7.	Khushi Malhotra	Khushi
8.	Mishanka Odoyoth	Mishanka
9.	Saiyed Yashfeen	Yashfeen
10.	Tanya Kaushik	Tanya

Feedback report of the event:

The activities held on the account of World Suicide Prevention Day was a huge success in promoting an awareness about the issue and at the same time providing an insight of how to identify warning signs and how help can be provided to people dealing with this. The awareness drive came out to being a good initiative towards the elimination of Suicide as an issue prevailing in our society. Through the confession room, the students were provided a safe space where they could confess anything they wish to share. This helped them vent out any feelings which were bothering them. The posters aided in drawing attention towards the topic through the creative illustrations made by the students.

Title of the event: Mental Health Oath

Type of Event: Pledge

Venue: All IIS Network Organizations

Date: 10th October, 2023

No. of Participants: 10 PDCP Trainees

No. of Beneficiaries: All IIS Network Organizations (Students, Teaching, Non-Teaching, Administrative and Support Staff)

Objective of the Activity:

- To raise awareness about mental health on an individual as well as community level.
- To take an initiative towards mental health in the form of a pledge and also to help destigmatize the concept of mental health and mental disorders

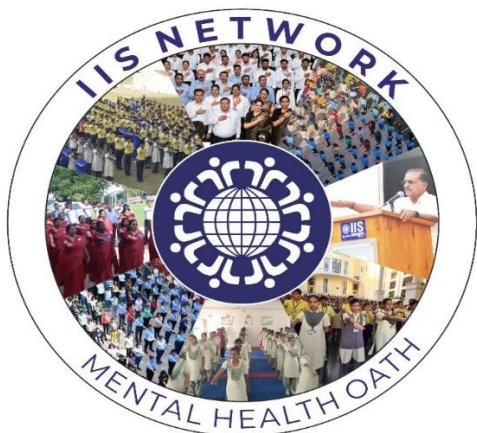
Summary/Description:

On account of Mental Health Day, October 10th 2023, a Mental Health pledge was organized for the IIS Network [IIS Shiprapath, IIS Sitapura, The International School of Informatics and Management, IIS (deemed to be University), ICG Institute of Educational Research & Development, CRS FM Radio 7 and Playhouse]. The pledge was taken to work towards own Mental Health and help others to work towards theirs as well. Apart from that to help community in the best possible way to be mentally healthy and remove the stigma regarding mental health and mental disorders.

Outcome of the Activity:

The activity fulfilled the aim of raising awareness mental health as well the beneficiaries taking pledge to commit to the maintenance to the theirs as well as the mental health of others. The beneficiaries also took an oath to take part in destigmatize the issue prevailing in the society.

Photographs:








Attendance of Volunteers:


IIS (deemed to be University), Jaipur
PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY (2023-24)
Mental Health Oath & Mental Health Awareness
Attendance Sheet
October 10th, 2023; Tuesday

S.No	NAME	Signature
1.	Arshia Mathur	<i>Arshia</i>
2.	Ashima Singhla	<i>Ashima Singhla</i>
3.	Isha Munshi	<i>Isha Munshi</i>
4.	Isha Sherawat	<i>Isha</i>
5.	Kaashvi Sethi	ABSENT
6.	Kavya Tyagi	<i>Kavya</i>
7.	Khushi Malhotra	<i>Khushi</i>
8.	Mishanka Odoyoth	<i>Mishanka</i>
9.	Saiyed Yashfeen	<i>Yashfeen</i>
10.	Tanya Kaushik	<i>Tanya</i>

Notice:

Department of
Clinical Psychology

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



WORLD
**MENTAL
HEALTH**
OATH
Ceremony

Date : October 10, 2023
Time : 01:15 pm
Venue : IISU Lawns

Feedback report of the event:

The beneficiaries felt grateful to take the Mental Health pledge which is an initiative towards taking care of their own mental health and helping others to be mentally healthy. The participation was with great enthusiasm and spirit. The event held was also published in the newspaper and also covered in news channel.

Title of the event: Mental Health Awareness

Type of Event: Awareness Activity

Venue: IISU

Date: 10th October, 2023

No. of Participants: 10 PDCP Trainees

No. of Beneficiaries: All University students and staff

Objective of the Activity:

- To improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right.
- To raise awareness of mental health issues and encourage efforts to support the experiencing mental health issues.
- To vanquish the social stigma against mental health issues and advocate for the importance of mental health.
- To increase the public understanding of mental health and how mental health problems can be prevented.

Summary/Description:

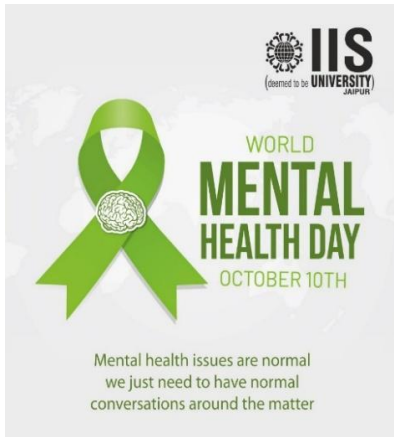
The Counselling and Career Development Centre (CCDC) in collaboration with the Department of Clinical Psychology organised an awareness activity to mark Mental Health Day-2023, on October 10, 2023 to spread the awareness about mental health and its importance in every individual's life. The activity was aimed at promoting mental health awareness which involved addressing various objectives to enhance understanding, reduce stigma, and foster supportive environments. The trainees of Professional Diploma in Clinical Psychology (PDCP) Session 2023-24 participated as volunteers. During this activity the trainees went to different classes, canteens, college grounds, library and other areas of the university and they oriented students, staff members (teaching, non-teaching and helping staff) about mental health and its importance at individual as well as community level.

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 Mental Day-2023, i.e. "Mental health is a universal human right". 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. Along with interacting with individuals the trainees also asked to fill a mental health based google form which would assess their knowledge and awareness about the same.

Outcome of the Activity:

The activity accomplished the goal of awareness raising by making students as well as staff members conscious about the topic of mental health. The trainees were successful in making the issue more visible within the community. The intention of making people understand the importance of mental health and find support to address it was successfully achieved through this awareness programme.

Photographs:





Attendance of Volunteers:

IIS (deemed to be University), Jaipur
PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY (2023-24)
Mental Health Oath & Mental Health Awareness
Attendance Sheet
October 10th, 2023; Tuesday

S.No	NAME	Signature
1.	Arshia Mathur	<i>Arshia</i>
2.	Ashima Singha	<i>Ashima Singha</i>
3.	Isha Munshi	<i>Isha Munshi</i>
4.	Isha Sherawat	<i>Isha</i>
5.	Kaashvi Sethi	ABSENT
6.	Kavya Tyagi	<i>Kavya</i>
7.	Khushi Malhotra	<i>Khushi</i>
8.	Mishanka Odoyoth	<i>Mishanka</i>
9.	Saiyed Yashfeen	<i>Yashfeen</i>
10.	Tanya Kaushik	<i>Tanya</i>

Feedback report of the event:

The beneficiaries of this activity provided positive feedback to the activity. They were receptive to the information provided by the volunteers. Also everyone was cooperative in filling the google forms and answering to the questions with integrity and an enthusiastic participation. The results of the mental health-based form depicted that there was a dearth of awareness among the beneficiaries related to mental health. With the help of this activity the stigma related to mental health was also removed.

Title of the event: Wellness Mela

Type of Event: Activity

Venue: IISU Lawns

Date: 18th October, 2023

No. of Participants: 10 PDCP Trainees

No. of Beneficiaries: All university students and staff

Objective of the Activity:

- To create awareness about individual well-being and to demonstrate how physical and mental health are interrelated.
- To raise awareness as to how small steps and fun activities can contribute in catering to the personal well-being.

Summary/Description:

On account of Mental Health Month – Oct 2023, the Department of Clinical Psychology and Counselling & Career Development Centre (CCDC) in collaboration with Department of Psychology, Department of Fine Arts and Department of Home Science organized a Wellness Mela. There were different kind of stalls focusing on mental health and physical health put up in the IISU Lawns for students and staff members of the university.

- **Nutrition Check:** The Home Science Department placed stall promoting physical health by providing a Nutrition check to the visitors. It included their BMI check along with the nutrition levels. The volunteers of the stall also provided health tips and diet charts to the visitors who enquired about the same.

The trainees of Professional Diploma in Clinical Psychology (PDCP) placed stalls which exhibited understanding of Mental Health.

- **Mental Health Check:** There was a *Mental Health Check Counter* where the visitors answered a set of items based on a psychological tool which would assess their mental health. And if any student scored low on mental health, then a one on one counselling session was provided by the PDCP trainees and if any student wished to continue their sessions, then they were advised to visit the Counselling and Career Development Centre (CCDC) for appointments.
- **Wellness Bingo:** A *Wellness Bingo* was put up wherein the visitors would fill in a bingo which consisted of different physical and mental activities which catered to an individual's well-being. The participant selected the activities which they practiced and if they get a Bingo they would be appreciated and also could get their picture clicked with their bingo sheets. The volunteers of the stall also oriented visitors about different physical and mental tasks and activities which would enhance their wellbeing and how these small acts could help in achieving good mental and physical health.
- **Emotional Wheel-** Another stall had an *Emotional Wheel* which contained different human emotions. The visitors were required to flick the anchor of the wheel and the particular emotion on which it stopped was explained in detailed by the PDCP trainee. The visitors were also oriented about the range and types of different emotions, how emotions affect day to day life, how to identify which emotion a person is experiencing and how these emotions play a major role in an individual's mental and physical health.
- **Appreciate yourself jar-** A jar containing chits of paper was kept in which the visitors were asked to write

something about themselves that they cherish about themselves. Further they were also requested to read that appreciation note and compliment themselves in front of a mirror that was provided at the stall. The activity helped in boosting self-esteem in individuals and by doing this task they achieved a positive self-reflection. The visitors could also get a picture clicked with their appreciation note.

- **What is Therapeutic for You-** There was a board set up titled *What is Therapeutic for You* on which students and faculty members wrote acts, habits or any kind of activity that they practice at time of stress or as a buffer. The activity helped in providing insight that small activities like listening to music, going for a walk, cooking etc. can really help an individual at time of stress or to take a break. These therapeutic acts also aid in maintaining a good mental health.
- **Food Stalls and Photo Booth** – As food and nutrition are important part of both physical and mental health, the food stalls of Wellness Mela had different healthy snack items for students and faculty members. This depicted that sometime enjoying simple and healthy snacks can lead to a better mental health as well as a good physical health. The individuals who visited the stall enjoyed having tasty snacks. The Photo Booth contained positive quotes and cut outs of different movies where the students and faculty members could get their pictures clicked. This stall provided an insight that sometimes watching a good movie can help in maintaining a good mental health.
- **Mandala Art, Free Hugs and Complimenting oneself** – The Department of Psychology had put up a stall on Mandala Art. The students and faculty members were asked to fill in the mandala art sheets which helped them to process and release emotions, providing a safe and non-judgmental outlet for self-reflection. A Free Hugs counter was also put up wherein a student from dept. was standing there, the hugs were meant to be random acts of kindness, selfless acts performed just to make others feel better. This in turn helps in promoting a good mental health.

The main focus of the Wellness Mela 2023 was on creating awareness and understanding that achieving Mental Health is possible with small steps like understanding self (Self Awareness) and practicing small activities like coloring, eating healthy foods, being physically active etc.

Outcome of the Activity:

The activity was a success in promoting Mental Health along with Physical Health and their importance in an individual's life.

Post the activity, there was an increase in number of cases reported in the Counselling Cell by the students who had an initial counselling session with the PDCP trainees during the Wellness Mela.

Photographs:











Attendance of Volunteers:

IIS (deemed to be University), Jaipur
PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY (2023-24)
Wellness Mela
Attendance Sheet
October 18th, 2023; Wednesday

S.No	NAME	Signature
1.	Arshia Mathur	<i>Arshia</i>
2.	Ashima Singhla	<i>Ashima</i>
3.	Isha Munshi	<i>Isha</i>
4.	Isha Sherawat	<i>Isha</i>
5.	Kaushvi Sethi	<i>Kaushvi</i>
6.	Kavya Tyagi	<i>Kavya</i>
7.	Khushi Malhotra	<i>Khushi</i>
8.	Mithansa Odhyoth	<i>Mithansa</i>
9.	Saiyed Yashfeen	<i>Saiyed</i>
10.	Tanya Kausik	<i>Tanya</i>

Feedback report of the event:

The collaborative efforts and enthusiasm of various departments which came together for the “Mental Health day – Wellness Mela 2023” resulted in a huge success in promoting Mental health and how it can be achieved through taking care of physical health and engaging in recreational activities. The students and staff members who visited the stalls provided a positive feedback to the activities organized and participated in the activities with zest.

Title of the event: 15 Days Advance Diploma Internship

Type of Event: Internship

Date: 25th October, 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/2021/ADM/32588	Aditi Verma	BA (H) Psychology
2	IISU/2021/ADM/32379	Anaya Ajmera	BA (H) Psychology

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 2 students enrolled in Advanced Diploma in Counselling and Guidance in the month of October. 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:

March 4, 2024

NOTICE

The Counselling and Career Development Center

The Counselling & Career Development Centre (CCDC), will be conducting the Viva Voce Examination for the Advance Diploma Internship as per the following schedule:

Date- March 6, 2024


Reporting time: 9:30 a.m.

Venue: CCDC

Each intern will be assessed on the following components:

- Viva Voce
- Evaluation of Final Report
- Performance during the internship

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:: Blue Heaven School

Type of Event: School Connect Programme

Date: 29th November, 2023

Venue: IISU

Activity Coordinator:

- Dr. Monica Sharma Associate Professor, Head Department of Clinical Psychology
- Ms. Muskan Sharma, Counsellor

No. of Participants: 31 students

No. of Beneficiaries: 31 students of Blue Heaven School

Objective of the Activity: Psychometric testing for career counselling of XII standard students for further career milestones (Graduation)

Summary/Description:

As discussed earlier with the Managing Director of Blue Heaven School, the coordinators of the school and the students reached to the IISU at given time, that is 11.00 a.m. on 29th of November, 2023. Before starting the session, introduction of the IIS (deemed to be University) and the courses offered by the university in different streams was given by Dr. Monica Sharma and Ms. Muskan Sharma.

After this briefing, the psychometric testing was done. Around 31 students participated. Total 3 hours was taken to complete the test.

At the end the coordinators of the school and students was very satisfied with the activities and showed his willingness to conduct other type of activities in future also.

Photographs





Title of the event: Activity in Kala Commerce Classes (KCC)

Type of Event: Activity

Date: 18th December 2023

Venue: Kala Commerce Classes (KCC)

Resource Persons:

- Dr. Monica Sharma Associate Professor, Head Department of Clinical Psychology
- Ms. Muskan Sharma, Counsellor

Activity Coordinator: CA Priya Jain, Sr. Assistant Professor

No. of Participants: 41 students

No. of Beneficiaries: 41 students of class XI & XII

Objective of the Activity: Psychometric testing for career counselling of XII standard students for further career milestones (Graduation)

Summary/Description:

As discussed earlier with the Managing Director of Kala Commerce Classes, the activity coordinators and resource persons reached to the Coaching Centre at given time, that is 3.00 p.m. on 18th of December, 2023. Before starting the session, introduction of the IIS (deemed to be University) and the courses offered by the university in different streams was given by Dr. Monica Sharma and Ms. Muskan Sharma.

After this briefing, the psychometric testing was done. Around 41 students participated. Total 3 hours was taken to complete the test.

After the test, CA Priya Jain distributed the brochure of the university and All the Best cards to the students. At the end the Managing Director of the Coaching Centre was given a token of gratitude by the team. The managing Director was very satisfied with the activities and showed his willingness to conduct other type of activities in future also.

Photographs:





Outcome of the Activity: This has resulted in an overwhelming response from students and has generated many enquiries for admission. gained knowledge about career testing conduction and how this helps in guiding students in their career path. The student was very enthusiastic and easily grasped a wide amount of information. They were keen to learn and understand new things.

Title of the event: Academia World Education and Book Fair

Type of Event: Activity

Date: 23-24th December, 2023

Venue: Rajasthan International Center, OTS Circle, Jhalana Link Road, Jhalana Doongri, Jaipur

Resource Persons:

- Dr. Monica Sharma Associate Professor, Head Department of Clinical Psychology
- Ms. Muskan Sharma, Counsellor

Objective of the Activity: Psychometric testing for career counselling of XII standard students for further career milestones (Graduation)

Summary/Description:

IIS University participated in an education fair organized by The Education Committee of the Maheshwari Samaj (society), Jaipur on 23-24th December, 2023. The education fair provided prospective students with the opportunity to meet the universities representatives. A team consisting of representatives of admissions teams and faculty were presented all three days to address the queries of students, related to admissions and career planning.

After this briefing, faculty distributed the brochure of the university and All the Best cards to the students. At the end the parents and students were very satisfied.

Photographs:





Outcome of the Activity: This has resulted in an overwhelming response from students and has generated many enquiries for admission. gained knowledge about career testing conduction and how this helps in guiding students in their career path. The student was very enthusiastic and easily grasped a wide amount of information. They were keen to learn and understand new things.

Title of the event: Dainik Bhaskar Career Fair

Type of Event: Activity

Date: 3,4,5th May, 2024

Venue: Birla Auditorium, Jaipur

Resource Persons:

- Dr. Monica Sharma Associate Professor, Head Department of Clinical Psychology
- Ms. Nidhi Goyal, Counsellor

Objective of the Activity: Psychometric testing for career counselling of XII standard students for further career milestones (Graduation)

Summary/Description:

IIS University participated in an education fair organized by Dainik Bhaskar at Birla Auditorium, Jaipur on May 3,4,5,2024. The education fair provided prospective students with the opportunity to meet the universities representatives. A team consisting of representatives of admissions teams and faculty were presented all three days to address the queries of students, related to admissions and career planning. After this briefing, the psychometric testing was done. Around 5 students participated. Total 3 hours was taken to complete the test. After the test, faculty distributed the brochure of the university and All the Best cards to the students. At the end the parents and students was very satisfied with the activities and showed their willingness to conduct other type of activities in future also.

Photographs:





Outcome of the Activity: This has resulted in an overwhelming response from students and has generated many enquiries for admission. gained knowledge about career testing conduction and how this helps in guiding students in their career path. The student was very enthusiastic and easily grasped a wide amount of information. They were keen to learn and understand new things.