

IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 **T:** +91-141-2400160-161, **W:** www.iisuniv.ac.in, **E:** iisuniversity@iisuniv.ac.in

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- 18

Minutes of meetings of the committee with action taken-

DATE	AGENDA	OUTCOMES
10 th June,2024	Regarding activities for Academic Session 2024-2025	 In line with the academic calendar of the University for the Counselling cell was planned. The activities for University students, faculty & hostel students were planned. The special days as per the WHO calendar were incorporated in the activity calendar as well. A tentative activity calendar was prepared.
16 th July,2024	Regarding segregation of records of session 2023-2024 and Preparation for new academic sessions 2024-2025	 The documents and files of the academic session 2023-2024 will be completed & arranged in almirah with the session tag (2024-2025). Furthermore, preparation for maintaining record of upcoming session (2024-25) will be done. The information form, feedback forms, follow up sheets will be checked & arranged accordingly to the requirement.
24 th July,2024	Open house at IISU for promotion of admission	 Open house is being organized. The Counselling cell needs to provide basic detail about the psychometric testing available for students seeking admission at University. Poster related to the testing were shared and Dr. Monica Sharma will be attending the event for any further question.
13 th August,2024	Regarding the Advance Diploma Internship 2024- 2025	 Students enrolled in the Advance Diploma Counselling and guidance do their internship at the counselling cell as the components of their papers. It was decided to contact the Head Department of Psychology regarding the same and request to complete the paper week by December2024. So that internship can commence from Jan 2025.
20 th August,2024	Regarding Para Sports Meet	 A Para Sports meet is organized every year by the sports board of the University for this year, it was decide that Department of Clinical Psychology Counselling Cell will collaborate for the same. Joined note sheet will be moved with the sports board of the University.

24 th August,2024	Para Sports Meet (29 th August,2024)	 A notesheet has been moved. Special schools has been shortlisted & an invitation letter will be send to them. Different sports activities to be planned. Different duties to be assigned for faculty members Also, the PDCP trainees will be assigned duties.
18 th November 2024	Regarding special Guest Lecture for NCC students	 Flight Lieutenant Dr. Neelam Sharma (ANO) NCC officer at the university, contacted CCDC for conducting a special Guest Lecture on Personality Development for NCC cadets. Date and Time for the guest lecture is divided to be conducted on 13th Dec, 2024. It was decided that this time lecture will be conducted by Ms. Nidhi Goyal.
17 th December,2024	Regarding special Guest Lecture in the department of Physical Education for MA/MSC in yogic science students.	 The Department of Physical Education contacted CCDC for conducting these classes for their yogic science students. As per the last 02 years, this year again the same topic were decided. Date and Time scheduled was prepared and it was decided to convey the same to Physical Education Department on 28th January,2025 at 10:30AM. It was decided that this time lecture will be conducted by Ms. Nidhi Goyal.
20 th February,2025	Regarding the Admission counselling preparation & conduction	 The information form, feedback forms & test protocol will be checked & require no. of copies will be zeroxed. As per every year, the counselling cell will be shifted to admission cell/office, once the University Admission hall is set up.
2 nd April,2025	Regarding Guest Lecture for BSc Fashion Designing students	 Dr. Monica is invited to conduct a session for final year BSc Fashion Designing Students. The target of this Guest Lecture is to provide students with valuable insights &guidance on career opportunities of fashion after 4 year BSC Fashion Designing. Main focus is to make these students aware regarding the new NEP system. Date and Time for the session is decided to be on 4th April,2025 at 10:30AM.

8 th April,2025	 To review the role of CCDC during the Admission process of the University To suggest what additional work and role in counselling cell can play to enhance the admission in upcoming years 	 It was decided to prepare a detailed record of types of Counselling provided by the CCDC & the no. of beneficiaries. To prepare a list of activities along with the no. of beneficiaries conducted by the CCDC during the year 2024-2025. Also, proposed activities which can be carry forwarded in the year 2025-26 to promote the admission.
9 th April,2025	Regarding Psychometric testing under school connect programme	 Under the School Connect programme of the University, counselling cell is giving the responsibility to provide information and conduct psychometric testing in interested schools. It was decided to share the psychometric testing brochure with the school visit team members.
15 th April,2025	Regarding Psychometric testing under School Connect Programme	 It was decided that Jain Public school in Bikaner showed interest in conducting Psychometric testing for approx. 200 students. It was decided that brief Psychometric testing protocol will be prepared for online/offline testing and pamphlet, also needs to be prepare with the online testing link QR code. Chinar Public school in Alwar requested for Stress Management session to be conducted for their students. Ms. Nidhi Goyal will accompany the team to Bikaner to conduct the testing, while Dr. Monica Sharma will travel to Alwar to address the students on Stress Management and highlight the importance.
28 th April,2025	Regarding Psychometric testing under School Connect Programme	 In Bikaner city Psychometric testing was conducted in all 4 schools. a) Jain Public School, Bikaner b) Seth Tolaram Bafna Academy, Bikaner c) Maharani Kishori Devi Girls School, Bikaner d) HP Modi School, Bikaner 03 schools showed their interest in psychometric testing on spot. It was decided that new report pattern for school connect programme should be developed with the graph and table. Nidhi can take help from research Scholar in scoring the protocol and preparing the reports.

		 Stress Management session was conduct in Alwar and response was very positive towards it and also schools were interested in giving Psychometric testing career counselling for their 9th -12th students. It was decided to contact the school post summer
30 th April, 2025	Regarding Bhaskar Education Fair 2025	 Vacation for the same. IISU University will participate in an Education fair (Bhaskar Education Fair 2025) organized by Dainink Bhaskar at Birla Auditorium Jaipur on 2nd, 3rd, and 4th May 2025. Similarly like last year, it was decided that opportunities for psychometric testing will also be schedule for interested candidate. It was decided that those students shall schedule the appointments. A team consisting of representative of admission team will be present on both the days for the same. After the fair the testing for the candidate will be conducted on the campus.
5 th May,2025	Open House at IISU for promotion of admission	 Open house is being organized. The Counselling Cell needs to provide basic detail about the Psychometric testing available for students seeking admission at University. Poster related to the testing were shared and Dr. Monica Sharma will be attending the event for any further question. The CCDC team Dr. Monica Sharma and Ms. Nidhi Goyal will be holding Psychometric assessment for interested candidates, once the open house gets over, report will be shared with the candidate in the venue itself.
6 th May, 2025	Regarding My FM Education Fair 2025	 IISU University will participate in an Education fair (My FM Education Fair 2025) organized by My FM at Rajasthan International Centre Jaipur on 9th, 10th and 11th May 2025. It was decided that opportunities for Psychometric testing will also be schedule for interested candidate. It was decided that those students shall schedule the appointments. A team consisting of representative of admission team will be present on 01 days. After the fair the testing for the candidate will be conducted on the campus.

13 TH May,2025	Regarding Patrika Education Fair 2025	• IISU University will participate in an Education fair (Patrika Education Fair 2025) organized by Patrika at Rajasthan International Centre Jaipur on 16 th , 17th, 18th May 2025.			
		 It was decided that opportunities for Psychometric testing will also be schedule for interested candidate. It was decided that those students shall schedule the appointments. A team consisting of representative of admission team will be present on all 02 days. After the fair the testing for the candidate will be conducted on the campus. 			

List of Activities organized:

	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	Open House	Open House at IISU for promotion of Admissions	30 th July, 2024	A. V Hall & Srijan Hall	Dr. Monica Sharma (Coordinator CCDC), Nidhi Goyal				1
2	Counsell ing Awaren ess Activity	Counselling Awareness Activity	23 th Aug, 2024	(deemed to be University) Campus	Dr. Monica Sharma, Ms. Anuja Chaturvedi & Ms. Nidhi Goyal				2
3	Para Sports	Para Sports Meet	29 th Aug, 2024	IISU (deemed to be University) Lawns	Dr. Monica Sharma, Ms. Anuja Chaturvedi & Ms. Nidhi Goyal	PDCP Trainees, Physical Education Students and NCC Volunteers			3
4	Guest Lecture	Guest Lecture for NCC Students	13 th Dec,2 024	Sports Room	Ms. Nidhi Goyal	NCC Students			4
5	Guest Lecture	Guest Lecture on Yoga and Personality	28 th Janua ry, 2025	Sports Room	Ms. Nidhi Goyal	All students of M.A./ M.Sc. in Yogic Sciences			5

6	Guest Lecture	Guest Lecture for B.Sc Fashion Designing Students	4 th April, 2025	Departme nt of Fashion designing	Dr. Monica Sharma	All students of B.Sc Fashion Designing		6
7	School Connect Program me	Regarding Psychometri c testing under School Connect Programme	Bikan er - 24th - 26 th April, 2025 Alwar - 23th -24 th April, 2025	Bikaner, Alwar (Rajasthan)	Dr. Monica Sharma (Coordinator CCDC), Nidhi Goyal			7
8	Open House	Open House	10 th May, 2025	Vinayak Hall, IISU University , Jaipur	Dr. Monica Sharma (Coordinator CCDC), Nidhi Goyal			8
9	Educatio n Fair	Dainik Bhaskar Career Fair, FM Education Fair, Patrika Education Fest	2 nd - 4 th , 9 th 11 th , 16 th 1 8 th May ,2025	Birla Auditoriu m, Jaipur Rajasthan Internatio nal Centre Rajasthan Internatio nal Centre	Dr. Monica Sharma (Coordinator CCDC), Nidhi Goyal			9

Annexure: 1

Title of the event: Open House at IISU for promotion of Admissions

Type of Event: Activity

Date: 30th July, 2024

Venue: A. V Hall & Srijan Hall

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 Graduation or Post graduation students for further career milestones

Summary/Description: An Open House was successfully organized by the IIS (deemed to be University), Jaipur on 30th July, 2024, with the objective of offering career counselling and guidance to students and their parents. The event served as a valuable platform to bridge the gap between academic aspiration and career planning. The program witnessed active participants from a large number of students and their guardians. The University faculty members conducted interactive sessions to provide comprehensive career counselling, aiming to help attendees understand various academic streams. After this briefing, the psychometric testing was done.

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: Counselling Awareness Activity

Type of Event: Activity

Date: 23rd August, 2024

Venue: IIS (deemed to be University) Campus

No. of Participants: PDCP Trainees (2024-25)

No. of Beneficiaries: All University Students

Objective of the Activity:

Summary/Description:

Creating awareness about Counselling and its benefits

To remove any doubts and stigma related to counselling
 Services provided by the Counselling Cell

•

A Counselling Awareness activity was organized on 23rd August, 2024 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) the Sessions 2024-25 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.

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.







Title of the event: Para Sports Meet

Type of Event: Activity

Date: 29st August, 2024

Venue: IIS (deemed to be University) Lawns

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

No. of Participants: 99 Students of 8 different 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 renowned Para athlete Volleyball player Pappu Singh. 99 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, Pyramid with glass, Book balancing, 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. 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 (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:

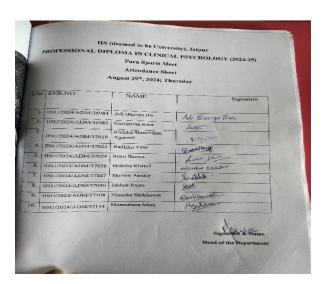




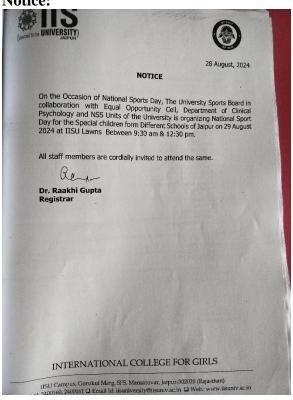




Attendance of Volunteers:



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: Guest Lecture for NCC Students

Type of Event: Guest Lecture

Date: 13th December, 2024

Venue: Department of Physical Education

No. of Participants/ Beneficiaries: All students of NCC Students

Objective of the Guest Lecture:

• To enlighten the students about the association of Personality Development.

• To train the students about shaping Personality that will help them to manage daily life hassles.

Summary/Description:

Flight Lieutenant Dr. Neelam Sharma (ANO) NCC officer at the University, organised a Guest Lecture on awareness and information about Personality Development for students of NCC cadets. The lectures were conducted on 13th December, 2024. The speakers for the guest lecture were Ms. Nidhi Goyal (Counsellor). The lectures were oriented on Personality Development wherein she elaborately explained about the concept of life skills and shaping Personality. By the end of the session, the speaker clarified all the major doubts.

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. 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 Yoga and Personality

Type of Event: Guest Lecture

Date: 28th January, 2025

Venue: Department of Physical Education

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

Objective of the Guest Lecture:

• To enlighten the students about the association of yoga and personality.

- To provide awareness about self-esteem and its relevance to yoga.
- 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 Maters in Yogic Sciences. The lectures were conducted on 28th January, 2025. The speakers for the guest lecture were Ms. Nidhi Goyal (Counsellor). The lectures were oriented on Yoga and Personality wherein she elaborately explained about the Yoga and personality. She also explained in detail about the SWOT analysis and its association in daily life practices. By the end of the session, the speaker 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.

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 for B.Sc Fashion Designing Students

Type of Event: Guest Lecture

Date: 4th April, 2025

Venue: Department of Fashion Designing

No. of Participants/ Beneficiaries: All students of B.Sc Fashion Designing

Objective of the Guest Lecture:

• To enlighten the students about the association of Personality Development.

• To train the students about shaping Personality that will help them to manage daily life hassles.

Summary/Description:

On 4th April, 2025 the department of Fashion Designing invited Dr. Monica Sharma to conduct a session for final year B.Sc Fashion Designing Students. The target of this Guest Lecture is to provide students with valuable insights and guidance on career opportunities in the discipline of fashion after 4 year B.Sc Fashion Designing. The main focus is to make these students aware regarding the new NEP system and how BSc fashion designing 4 year degree will be helpful for them. By the end of the session, the speaker clarified all the major doubts.

Pictures:









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. It gave them an insights and guidance on career opportunities.

Title of the event: Open House

Type of Event: Activity

Date: 10th May, 2025

Venue: Vinayak Hall, IIS University, 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 Graduation or Post graduation students for further career milestones

Summary/Description: An Open House was successfully organized by the IIS (deemed to be University), Jaipur on 10th May, 2025, with the objective of offering career counselling and guidance to students and their parents. The event served as a valuable platform to bridge the gap between academic aspiration and career planning. The program witnessed active participants from a large number of students and their guardians. The University faculty members conducted interactive sessions to provide comprehensive career counselling, aiming to help attendees understand various academic streams. After this briefing, the psychometric testing was done. Around 2 students participated. Total 3 hours was taken to complete the test and after that report was shared on the same day with the candidate. After the test, faculty distributed the brochure of the university. 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.

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: Regarding Psychometric testing under School Connect Programme

Type of Event: Activity

Date: Bikaner -24th -26th April, 2025

Alwar- 23th -24th April, 2025

Type of Event: Activity

Venue: Alwar, Bikaner

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 Xth students for further career milestones

Summary/Description: As part of the ongoing school connect programme, psychometric testing and stress management sessions were recently conducted in the cities of Bikaner and Alwar, Rajasthan. The objective of these initiatives was to assess students' psychological well-being, provide career-related insights, and promote mental health awareness among school-going children. In Bikaner, psychometric testing was successfully carried out in four schools: Jain Public School, Seth Tolaram Bafna Academy, Maharani Kishori Devi Girls School, and HP Modi School. It was decided that Jain Public School in Bikaner would conduct psychometric testing for approximately 200 students. Additionally, a few other schools in the region expressed interest in psychometric testing on the spot, indicating a growing awareness of and demand for such initiatives. Meanwhile, in Alwar, Chinar Public School requested a stress management session for its students. Dr. Monica Sharma traveled to Alwar to conduct this session, during which she addressed students on the importance of stress management and shared practical strategies to cope with academic and personal pressures. The session was well-received and emphasized the significance of emotional well-being alongside academic performance.

These initiatives mark a positive step towards integrating mental health awareness and career guidance into the school curriculum. The active participation from both students and school authorities reflects the growing need and acceptance for mental health interventions in educational settings.

Conduction of Psychometric testing:

SCHOOL NAME	CLASSES	PSYCHOMETRIC TESTING	
Jain Public School, Bikaner	X^{th}	125	
Seth Tolaram Bafna Academy,	XII th	24	
Bikaner			
Maharani Kishori Devi Girls	X^{th}	80	
School, Bikaner			
HP Modi School, Bikaner	IX th , X th ,XI th ,XII th	140	

Pictures-

















Title of the event: Dainik Bhaskar Career Fair, FM Education Fair, Patrika Education Fest

Type of Event: Activity

Date: Dainik Bhaskar -2,3,4th May, 2025

FM Education Fair- 9,10,11 May, 2025

Patrika Education Fest- 16,17,18 May, 2025

Type of Event: Activity

Venue: Birla Auditorium, Jaipur

Rajasthan International Centre

Rajasthan International Centre

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 Graduation and Post-graduation students for further career milestones

Summary/Description:

IIS University participated in an education fair organized by Dainik Bhaskar Career Fair, Patrika Education Fest, FM Education Fair at Birla Auditorium and Rajasthan International Centre, Jaipur. 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 two 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.