



Jagannath International Management School

MOR, Pocket-105, Kalkaji, New Delhi-110019

(Affiliated to Guru Gobind Singh Indraprastha University and Approved under Section 2(f) of UGC Act 1956)

Accredited by National Assessment and Accreditation Council (NAAC)

5. Framework for Students' Grievance Redressal Mechanism:

5(d) Availability of Psychiatrist, Psychologist and Professional students counsellors:



Dr. Sunita Kaistha

Dr. Sunita Kaistha was recently awarded (2022) an Honorary Doctorate from UCD, Dublin Ireland for her work in the field of Economics Science. She holds a Ph. D in International Trade and an M.Phil. in Human Resource Management.

Dr. Kaistha retired as an Associate Professor and Head of the Department of Commerce at the Jesus & Mary College (University of Delhi). Her research and practice have focused on Gender, Work & Health.

Her special focus includes:

- Establishing and running 2 non-profit in the areas Literacy for the girl child and skill development for low level urban slum women. (Details Below)*
- Creating Networks among academics/practitioners /universities/ trade unions. **
- Research in the area of gender, leadership work and health,
- Building strengths of communities and organisations on the above issues
- Research in the area Gender & Work
- Participatory Training/awareness on Gender and Sexual, Reproductive Health , HIV and Counselling
- Organising National and International Conferences/Workshops on the above mentioned areas
- Developing material and resources .

Establishing Non- Profits *

www.swl-wwhi.org

- Founder of Non Profit (2002) **The Society for Working Life** (SWL) Sunita established the Centre for Literacy for the girl child in New Delhi. with support from Development funds through Irish Aid, Embassy of Ireland India and in 2008 established CEDC (Community Education & Development Centre) at Sangam Vihar. In the slums of South West Delhi.
- Co- Founder of Non – Profit (2006) **Women Work & Health Initiative** (WWHI) is a non-profit organization based in Delhi, India, which aims to empower women. Our work focuses on the gendered aspects in the world of work and its implications on health. Increasing gender equality in leadership roles is the goal that drives our mission forward.

Background of WWHI

Sunita Kaistha was appointed the Secretary of the IV International Congress of Women, Work and Health by the Women work & Health Network in Stockholm, Sweden in 2002. This forum was launched in Barcelona in 1996. The IVth Congress was held in New Delhi, India 2005 with 600 delegates from 61 countries.

It centred on the three main themes

- Gender, paid and unpaid work,
- the Changing world of work and
- Scientific Health practiced in Development.

An initiative called “Woman, work and health initiative Asia” was created for the advancement of the research findings linked to the reality experienced by women, so as to have a positive impact in their lives and work conditions. It is now called WWHI (Women Work and Health Initiative)

Networks**

-Advisory Board IGNOU for developing the post graduate & M. Phil course of Gender & Development of the School of Gender and Development Studies (SOGDS) of Indira Gandhi Open University (IGNOU) India. The Courses are available both in India & abroad

-Sunita was accepted to work in Sweden (Gothenburg University) as a Guest researcher which was a good opportunity for developing gender research in India through the establishment of SIGN (Sweden India Gender Network) (www.sasnet.se) in 2012 through Sida funding.

Co – Founder Sweden India Gender Network (SIGN) with the aim to create a platform for researchers between Sweden & India in order to initiate a long-term cooperation in research and knowledge dissemination between universities in Sweden and universities/organizations in India. The issues for the cooperation were gender, and gender-mainstreaming, leadership, work environment, health and health promotion in work organizations.

In 2004 she had collaborated with Arbetslivsinstitutet (National Institute for Working Life) Stockholm, Sweden for a research study of Women Workers in the Informal Economy. She has also collaborated with Gothenburg University for a project on -Mapping Aspirations: Identity and life chances among young adults in a globalizing world (Young adults, identities and life chances)

University

Dr. Kaistha has been an Associate Professor up to March 2021 at the Jesus & Mary College, University of Delhi, Chanakyapuri, New Delhi. India

She has been teaching in the Dept. of Business Studies, (Commerce) in the Jesus and Mary College, University of Delhi since 1979. Her teaching has been primarily for the undergraduate students. But she has also taught at the Post-graduate level for a number of years. She has taught at various Institutes also.

She has held a large number of administrative posts in the College including,

- Member of the Governing Body of the College

- Staff Council Advisor

- President of the Staff Association of the College

- Secretary to the Parent Teacher Student Association

All these posts are under the jurisdiction of the University and approved by the University of Delhi.

She has also been the faculty representative appointed by the Vice Chancellor to The Department of Commerce and Business Studies at the University of Delhi.

She has presented and published a number of books and papers in both national and international forums.

Books: Gender and Development: ed A. Sahaya, S. Kaistha, V. Patel (2010) (Published by the Women Press, New Delhi.)

Women Work & Health – Current Concerns, ed A. Sahaya & S. Kaistha (2010) (Published by The Women Press, New Delhi.)

2008: Inspiring Women- A study of Inspiring women in India and Finland – (Published by Findia Foundation)- Sunita. Kaistha, Kaisa Kauppinen Liisa. Numminen & Amita Sahaya

EXPERIENCE

-Coordinator for SWL-UCDVO student volunteer program (2003-to 2023) in the area of literacy, health and development.

- Coordinator for Youth exchange program Canada World Youth & International Youth Centre (1999-2000)

- Consultant & Training at International Youth Centre - NGO New Delhi (1996-2000)

Email: sunitakaistha@gmail.com

M- + 91-9910057172

Website: www.swl-wwhi.org



SHRIYA UPADHAYAY

A Mental Health professional who is passionate to work for the betterment in the mental health conditions of various communities and bring out a positive change

Email: upadhayayshriya@gmail.com

Phone number: 9910218439

Address: Delhi

Education

M.A. clinical psychology

Amity university ,Noida (2020-2022)

B.A. Applied Psychology

Amity university, Noida (2017-2020)

XII Standard

Amrita Vidyalayam , New Delhi (2017)

X Standard

Sona modern public school, New Delhi (2015)

Skills

- Conflict resolution
- Problem solving
- Critical thinking
- Effective communication
- Microsoft office

Hobbies

- Music
- Travelling

Certifications

Experience

- Psychologist at JIMS –Kalka Ji & Vasant Kunj (Freelance) | *March 2023-present*
- Conducting Individual sessions, Group sessions, behavioral training & career guidance
- Psychologist at Max Healthcare, Gurgaon (Freelance) | *April 2023-June 2023*
- Worked on Projects & camps by Max healthcare
- Conducted Individual sessions with employees in Samsung Research and development, Noida
- Facilitated stress Surveys in corporates
- Counselling Psychologist at Udayan Care | *May 2022-February 2023*
- Conducting individual counseling sessions with children with history of trauma, Adolescents and adults.
- presented cases and attended training sessions conducted by Dr. Deepak Gupta (Child & Adolescent Psychiatrist) and Ms. Helen Lenga (Trauma Therapist) and learned about Trauma Informed Care.
- Conducting Group Counseling sessions.
- Conducting Life skill Workshops, as per WHO guidelines.

- **Art Therapy**

Fortis healthcare -June 2020

- **Sports Psychology**

Fortis healthcare- June 2020

- **Music and Movement Therapy**

Fortis Healthcare -July 2020

- **Fashion Psychology**

Fortis healthcare limited July 2020

- **Introduction to psychotherapy**

Fortis healthcare limited July 2020

- **Psycho-Oncology**

Fortis healthcare limited July 2020

- **School psychology, Positive Psychology, Rorschach Inkblot test**

Fortis healthcare limited July 2021

- **Little seeds (NGO)** worked as mental health campaign Head for creating awareness on Mental health (*March -December, 2021*)
- **Hear us App**-Interned as listener on Hear Us app for counseling services under psychologist Aastha Jain (*June-October 2021*)
- **Fortis healthcare**-Internship in clinical psychology (*July 2021*)
- **Psy-Mann** – Clinical psychology Intern (*February-march 2021*)
- **Psychoshiksha** Clinical psychology Intern (*December 2020*)
- **Udayan Care NGO**- Worked With advocacy department and conducted qualitative interview to assess Needs of children residing at different homes of the NGO (*May-June 2019*)
- **Psyindia Clinic** – Assisted in counseling sessions, speech therapy, special education Case History taking and administration of psychometric tests. (*May -June 2018*)



MEMORANDUM OF UNDERSTANDING

This Memorandum of Understanding is entered on 20-09-2019
between the parties **TRITON HOSPITAL** having registered office At CC 30-31
Nehru Enclave, Kalkaji, New Delhi -110019

AND

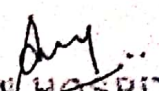
Jagannath International Management School, Kalkaji, having its office at MOR
Pocket 105, Kalkaji, New Delhi- 110019 (hereinafter referred to as JIMS)

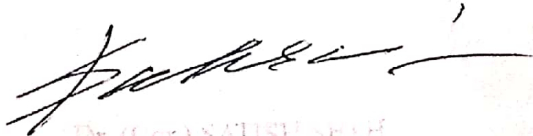
WHEREAS **TRITON HOSPITAL** is providing Trauma, Emergency Services and
Medical care to the community.

AND WHEREAS JIMS is imparting high quality of professional education both
parties agreed to get into a symbiotic relationship and agreed to enter into an
Memorandum of Understanding. Therefore the parties agree to the following :-

1. In case of emergency **TRITON Hospital** would be the first option or any
medical care wherein the following benefits would be extended to any students
coming from JIMS, Kalkaji

- Ambulance Services (On Paid Basis)
- 10% discount on IPD admission (excluding disposables and consumables)
- 20% discount on OPD consultation
- 10% discount on Pharmacy (OPD)
- 20% discount on Physiotherapy and rehabilitation
- 25% discount on Lab Tests


TRITON HOSPITAL
a unit of Angel & Eye Hospital Pvt. Ltd.
CC 30/31, Kalkaji
New Delhi-110019


Dr. (CC) Satisht Singh
Director General
Jagannath International

2. Payment Schedule

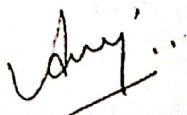
- Payment of be done in cash as per TRITON HOSPITAL POLICY

The parties to his Memorandum agreed to develop common reporting instruments wherever possible in any event, they intend to confer on the development of forms or any other element of their respective systems. Service Audit and Program Review function will be performed jointly when appropriate.

We mutually agree not to use the name of other in any public information without permission.

Both the parties hereby express agreement to all the above terms and enter into MOU until such time that either party shall amend or revise said agreement in writing.

For TRITON HOSPITAL



Dr. ANUJ GUPTA
GM Operation

TRITON HOSPITAL
Triton Hospital Pvt. Ltd.
2030, 37, Karkaji
Mumbai-110019

For JAGANNATH INTERNATIONAL
MANAGEMENT SCHOOL



Dr. (Cdr) Satish Seth
Director General

JAGANNATH INTERNATIONAL
MANAGEMENT SCHOOL
Jagannath International
Management School

Schedule for Counseling Sessions

BBA

Jan – July 2024

S.No.	Date	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
1.	6/03/2024	BBA 2 M	BBA 4 M	BBA 6 M	BBA 2 E	BBA 4 E	BBA 6 E
2.	13/03/2024	BBA 2 M	BBA 4 M	BBA 6 M	BBA 2 E	BBA 4 E	BBA 6 E
3.	20/03/2024	BBA 2 M	BBA 4 M	BBA 6 M	BBA 2 E	BBA 4 E	BBA 6 E
4.	27/03/2024	BBA 2 M	BBA 4 M	BBA 6 M	BBA 2 E	BBA 4 E	BBA 6 E
5.	24/04/2024	BBA 2 M	BBA 4 M	BBA 6 M	BBA 2 E	BBA 4 E	BBA 6 E
6.	01/05/2024	BBA 2 M	BBA 4 M	BBA 6 M	BBA 2 E	BBA 4 E	BBA 6 E

Schedule for Counselling Sessions

BCom honours

Jan – July 2024

S.No.	Date	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
1.	6/03/2024	BCOM (H) 2 M	BCOM (H) 4 M	BCOM (H) 6 M	BCOM (H) 2 E	BCOM (H) 4 E	BCOM (H) 6 E
2.	13/03/2024	BCOM (H) 2 M	BCOM (H) 4 M	BCOM (H) 6 M	BCOM (H) 2 E	BCOM (H) 4 E	BCOM (H) 6 E
3.	20/03/2024	BCOM (H) 2 M	BCOM (H) 4 M	BCOM (H) 6 M	BCOM (H) 2 E	BCOM (H) 4 E	BCOM (H) 6 E
4.	27/03/2024	BCOM (H) 2 M	BCOM (H) 4 M	BCOM (H) 6 M	BCOM (H) 2 E	BCOM (H) 4 E	BCOM (H) 6 E
5.	24/04/2024	BCOM (H) 2 M	BCOM (H) 4 M	BCOM (H) 6 M	BCOM (H) 2 E	BCOM (H) 4 E	BCOM (H) 6 E
6.	01/05/2024	BCOM (H) 2 M	BCOM (H) 4 M	BCOM (H) 6 M	BCOM (H) 2 E	BCOM (H) 4 E	BCOM (H) 6 E

JIMS/B.COM(H)/2024/839-c

April 24, 2024

Notice

Counseling Session on "Goal-Setting"

All the students of B.COM(H) are required to attend the Counseling Session as per details indicated below:

Date	:	1 st May 2024
Speaker	:	Ms. Shriya Upadhyay
Designation	:	Student Counselor
Topic	:	Goal-Setting
Venue	:	Respective Classrooms
Time	:	10:00 AM to 02:00 PM

Attendance is compulsory. The coordinator of the event should make all necessary arrangements.

Ms. Chanika Goel and Ms. Pooja Bisht are to Co-ordinate.

Instructions:

1. No side conversations should be observed during the proceedings of the session.
2. Mobile phones should be switched off or should be on silent mode.
3. Don't walk in or out while the session is on.
4. Don't leave the session early or unannounced. This is disruptive and inconsiderate.
5. Dress code is formal wear

Prashant Kumar

Dr. Prashant Kumar
HOD

For Distribution:

All Notice Board

For information, Please

Director



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ims
Kalkaji, Delhi

COUNSELING REPORT

Counsellor : Ms. Shriya Upadhayay

Date : 24-04-24 & 01-05-24

Course : B.COM (H)

Class : B.COM -2M , B.COM -4M, B.COM -6M , B.COM -2E, B.COM -4E, B.COM -6E

Mode : Offline

Location : Kalkaji

Report

The session began with understanding the concept of goal and goal setting. Goals are like a compass that gives us direction to move forward in life. The facilitator then explained the importance of goal setting and key principles and steps that need to be followed to achieve a particular goal.

The students were also introduced to SMART Goals which are specific, measurable, attainable, reasonable and time bound. The facilitator then discussed the obstacles and hindrances that interfere with making goals or achieving goals. Facilitator then discussed the different areas of goals that an individual needs to work upon for his/her overall development such as academic/career financial, relationships and personal goals.

The session was then concluded by asking to imagine what a perfect day will look like for them? Picture when you would wake up, what you would eat for breakfast,

Jagannath International Management School

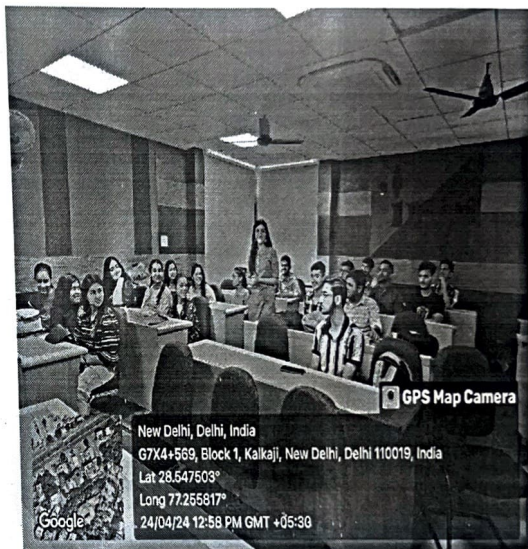
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what kind of exercise you would do. Think about what you would do at work and during your lunch break. Then consider your ideal evening—who you would spend your time with, what hobbies you would enjoy, and anything else you want to include in your day. Picture every detail and write it all down.

After that, students were asked to think about what their average day currently looks like and write down the changes needed to make your ideal day. The students responded well, and in the end, they were encouraged to ask any doubts or queries they had.



Learning Outcomes:

- Why goal setting ?
- How to see goal so that they becomes more attainable and enjoyable
- SMART goals
- Different areas of goal setting

Issues Faced (If any): None

Shriya
Student Counselor

Signature

Prabhat Kumar
HOD

Signature

JIMS/BBA/2024/692-c

April 24, 2024

Notice

Counseling Session on "Goal-Setting"

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Speaker	:	Ms. Shriya Upadhayay
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Topic	:	Goal-Setting
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5. Dress code is formal wear



Dr. Ruchi Srivastava
HOD

For Distribution:

All Notice Board

For information, Please

Director

COUNSELING REPORT

Counsellor : Ms. Shriya Upadhayay

Date : 24-04-24 & 01-05-24

Course : BBA

Class : BBA-2M , BBA-4M,BBA-6M ,BBA-2E, BBA-4E,BBA-6E

Mode : Offline

Location : Kalkaji

Report

The session began with understanding the concept of goal and goal setting. Goals are like a compass that gives us direction to move forward in life. The facilitator then explained the importance of goal setting and key principles and steps that need to be followed to achieve a particular goal.

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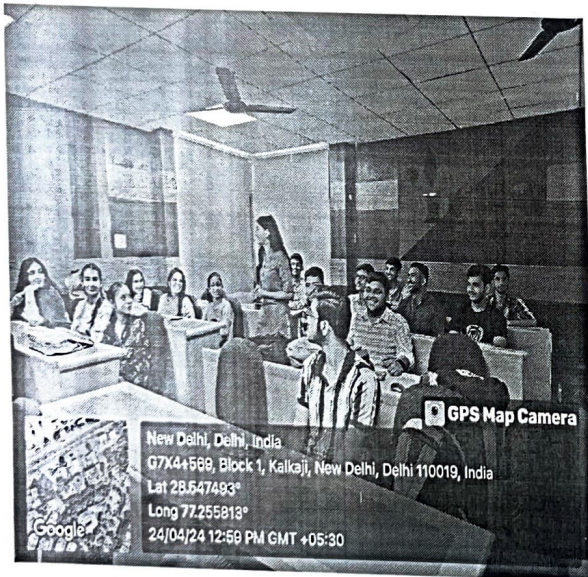
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JIMS
Kalkaji, Delhi

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Learning Outcomes:

- Why goal setting ?
- How to see goal so that they becomes more attainable and enjoyable
- SMART goals
- Different areas of goal setting

Issues Faced (If any): None

Shravya

Student Counselor

Signature

[Signature]
HOD

Signature

JIMS/B.COM(H)/2024/839-b

April 24, 2024

Notice

Counseling Session on "Goal-Setting"

All the students of B.COM(H) are required to attend the Counseling Session as per details indicated below:

Date	:	24 th April 2024
Speaker	:	Ms. Shriya Upadhayay
Designation	:	Student Counselor
Topic	:	Goal-Setting
Venue	:	Respective Classrooms
Time	:	10:00 AM to 02:00 PM

Attendance is compulsory. The coordinator of the event should make all necessary arrangements.

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Prashant Kumar

Dr. Prashant Kumar
HOD

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JIMS/BBA/2024/692-b

April 24, 2024

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JIMS/B.COM(H)/2024/816

March 26th, 2024

Notice

Counseling Session on "Conflict Management"

All the students of BCOM (H) are required to attend the workshop as per details indicated below:

Date	:	27 th March 2024
Speaker	:	Ms. Shriya Upadhayay
Designation	:	Student Counselor
Topic	:	Conflict Management
Venue	:	Respective Classrooms
Time	:	10:00 AM to 02:00 PM

Attendance is compulsory. The coordinator of the event should make all necessary arrangements.

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Prashant Kumar

Dr. Prashant Kumar

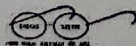
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COUNSELING REPORT

Counsellor : Ms. Shriya Upadhayay

Date : 20-03-24 & 27-03-24

Course : BCOM (H)

Class : B.Com-2M , B.Com-4M, B.Com-6M , B.Com -2E, B.Com -4E, B.Com -6E

Mode : Offline

Location : Kalkaji

Report

The objective of the session was to introduce students to different styles of conflict resolution and help them reflect on their own styles of conflict resolution. Conflict resolution styles are different methods for addressing conflict. Everyone has a go-to or default style, but depending on the situation, employing alternative styles could produce more favourable outcomes.

The session started with a discussion with students about what comes to mind when they first hear the word conflict. After receiving responses from students, the facilitator highlighted the key points: what is conflict and where does it arise from? Then the facilitator discussed different styles of conflict management, their uses, and possible outcomes.

The session was then concluded by asking students which style of conflict resolution they are most likely to prefer and why. The students responded well, and in the end, they were encouraged to ask any doubts or queries they had.

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Learning Outcomes:

- Understanding conflicts and styles of conflict management
- Conflict styles are based on the issue, the situation, the significance of the relationship, and personal values.
- The style one chooses directly affects the conflict's outcome.

Issues Faced (If any): None

Shriya

Student Counselor

Signature

Prasanna Kumar

HOD

Signature



Jagannath International Management School

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JIMS/BBA/2024/672

March 26th, 2024

Notice

Counseling Session on "Conflict Management"

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Dr. Ruchi Srivastava
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Counsellor : Ms. Shriya Upadhayay

Date : 20-03-24 & 27-03-24

Course : BBA

Class : BBA-2M , BBA-4M,BBA-6M ,BBA-2E, BBA-4E,BBA-6E

Mode : Offline

Location : Kalkaji

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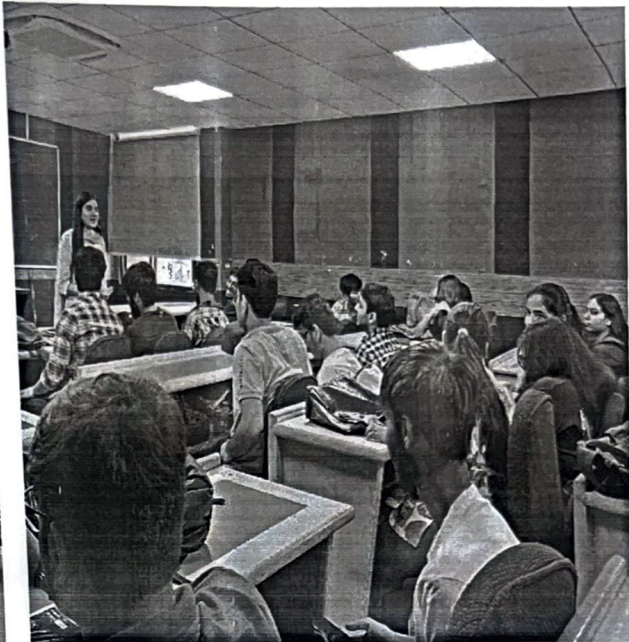
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Learning Outcomes:

- Understanding conflicts and styles of conflict management
- Conflict styles are based on the issue, the situation, the significance of the relationship, and personal values.
- The style one chooses directly affects the conflict's outcome.

Issues Faced (If any): None

Student Counselor

Signature

HOD

Signature

JIMS/B.COM(H)/2024/813

March 18, 2024

Notice

Counseling Session on "Conflict Management"

All the students of BCOM(H) are required to attend the workshop as per details indicated below:

Date	:	20 th March 2024
Speaker	:	Ms. Shriya Upadhayay
Designation	:	Student Counselor
Topic	:	Conflict Management
Venue	:	Respective Classrooms
Time	:	10:00 AM to 02:00 PM

Attendance is compulsory. The coordinator of the event should make all necessary arrangements.

Ms. Chanika Goel and Ms. Pooja Bisht are to Co-ordinate.

Instructions:

1. No side conversations should be observed during the proceedings of the session.
2. Mobile phones should be switched off or should be on silent mode.
3. Don't walk in or out while the session is on.
4. Don't leave the session early or unannounced. This is disruptive and inconsiderate.
5. Dress code is formal wear



Dr. Prashant Kumar
HOD

For Distribution:
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MOR, Pocket-105, Kalkaji, Delhi-110019
(Affiliated to Guru Gobind Singh Indraprastha University and Approved under Section 2(f) of UGC Act 1956)



JIMS/BBA/2024/699

March 18, 2024

Notice

Counseling Session on "Conflict Management"

All the students of BBA are required to attend the workshop as per details indicated below:

Date	:	20 th March 2024
Speaker	:	Ms. Shriya Upadhayay
Designation	:	Student Counselor
Topic	:	Conflict Management
Venue	:	Respective Classrooms
Time	:	10:00 AM to 02:00 PM

Attendance is compulsory. The coordinator of the event should make all necessary arrangements.

Ms. Chanika Goel and Ms. Pooja Bisht are to Co-ordinate.

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Dr. Ruchi Srivastava
HOD

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JIMS/B.COM(H)/2024/808

March 11, 2024

Notice

Workshop on "Assertiveness Training"

All the students of BCOM are required to attend the workshop as per details indicated below:

Date	:	13 th March 2024
Speaker	:	Ms. Shriya Upadhyay
Designation	:	Student Counselor
Topic	:	Assertiveness Training
Venue	:	Respective Classrooms
Time	:	10:00 AM to 02:00 PM

Attendance is compulsory. The coordinator of the event should make all necessary arrangements.

Ms. Chanika Goel and Ms. Pooja Bisht are to Co-ordinate.

Instructions:

1. No side conversations should be observed during the proceedings of the session.
2. Mobile phones should be switched off or should be on silent mode.
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4. Don't leave the session early or unannounced. This is disruptive and inconsiderate.
5. Dress code is formal wear

Prashant Kumar

Dr. Prashant Kumar
HOD

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COUNSELING REPORT

Counsellor : Ms. Shriya Upadhyay

Date : 13-03-24

Course : B.Com (H)

Class : B.Com-2M , B.Com -4M, B.Com -6M , B.Com -2E, B.Com -4E, B.Com -6E

Mode : Offline

Location : Kalkaji

Report

The objective of the session was to introduce students to assertiveness skills, which are the ability to communicate one's thoughts, feelings, and emotions clearly and confidently without being passive or aggressive. The facilitator then talked about some common types of unassertive communication styles we use and how that can lead to miscommunication, poor relationships, and low confidence.

Further, the facilitator discussed barriers to assertiveness and how one can overcome those barriers and become more assertive. The facilitator then asked the students to fill out a questionnaire to assess their level of assertiveness in different situations.

The session was then concluded by giving students some real-life situations and asking about how they could respond assertively in those situations. The students participated and responded well during the session. The session was very interactive, and in the end, students were encouraged to ask any doubts or queries they had.

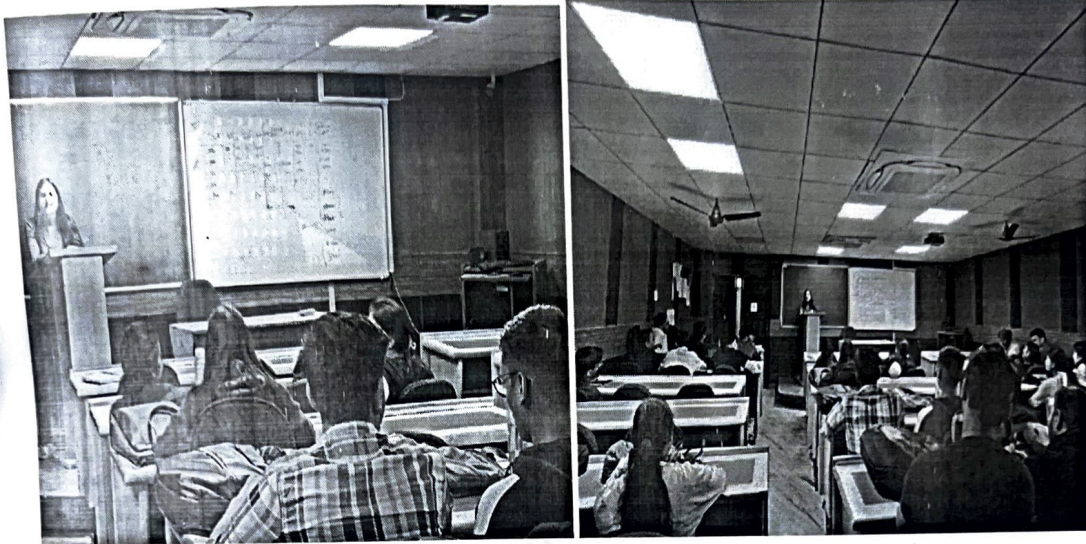
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Photo:



Learning Outcomes:

- Introduction to Assertiveness Skills.
- Assessment of one's level of assertiveness across different situations.
- Barriers to Assertiveness and strategies to overcome barriers to Assertiveness .

Issues Faced (If any): None

Shravya

Student Counselor

Signature

Prashant Kumar

HOD

Signature



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JIMS/BBA/2024/696

March 11, 2024

Notice

Workshop on "Assertiveness Training"

All the students of BBA are required to attend the workshop as per details indicated below

Date	:	13 th March 2024
Speaker	:	Ms. Shriya Upadhyay
Designation	:	Student Counselor
Topic	:	Assertiveness Training
Venue	:	Respective Classrooms
Time	:	10:00 AM to 02:00 PM

Attendance is compulsory. The coordinator of the event should make all necessary arrangements.

Ms. Chanika Goel and Ms. Pooja Bisht are to Co-ordinate.

Instructions:

1. No side conversations should be observed during the proceedings of the session.
2. Mobile phones should be switched off or should be on silent mode.
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5. Dress code is formal wear


Dr. Ruchi Srivastava
HOD

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COUNSELING REPORT

Counsellor : Ms. Shriya Upadhayay

Date : 13-03-24

Course : BBA

Class : BBA-2M , BBA-4M, BBA-6M , BBA-2E, BBA-4E, BBA-6E

Mode : Offline

Location : Kalkaji

Report

The objective of the session was to introduce students to assertiveness skills, which are the ability to communicate one's thoughts, feelings, and emotions clearly and confidently without being passive or aggressive. The facilitator then talked about some common types of unassertive communication styles we use and how that can lead to miscommunication, poor relationships, and low confidence.

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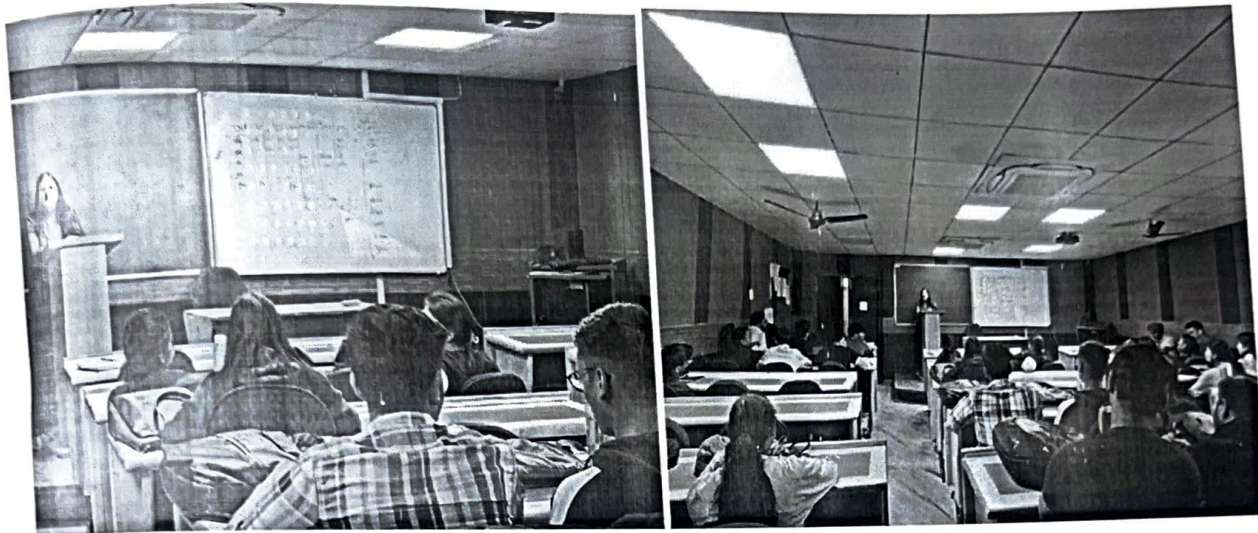
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Photo:



Learning Outcomes:

- Introduction to Assertiveness Skills.
- Assessment of one's level of assertiveness across different situations.
- Barriers to Assertiveness and strategies to overcome barriers to Assertiveness .

Issues Faced (If any): None

Student Counselor

Signature

HOD

Signature



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JIMS/B.COM(H)/2024/803-a

March 01, 2024

Notice

Counseling Session on "Assertiveness Training"

All the students of BCOM (H) are required to attend the workshop as per details indicated below:

Date	:	06 th March 2024
Speaker	:	Ms. Shriya Upadhayay
Designation	:	Student Counselor
Topic	:	Assertiveness Training
Venue	:	Respective Classrooms
Time	:	10:00 AM to 02:00 PM

Attendance is compulsory. The coordinator of the event should make all necessary arrangements.

Ms. Chanika Goel and Ms. Pooja Bisht are to Co-ordinate.

Instructions:

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Prashant Kumar

Dr. Prashant Kumar

HOD

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COUNSELING REPORT

Counsellor : Ms. Shriya Upadhayay

Date : 06-03-24

Course : B.com (H)

Class : B.com-2M , B.com-4M, B.com-6M ,B.com-2E, B.com-4E,B.com-6E

Mode : Offline

Location : Kalkaji

Report

The objective of the session was to introduce students to assertiveness skills, which are the ability to communicate one's thoughts, feelings, and emotions clearly and confidently without being passive or aggressive. The facilitator then talked about some common types of unassertive communication styles we use and how that can lead to miscommunication, poor relationships, and low confidence.

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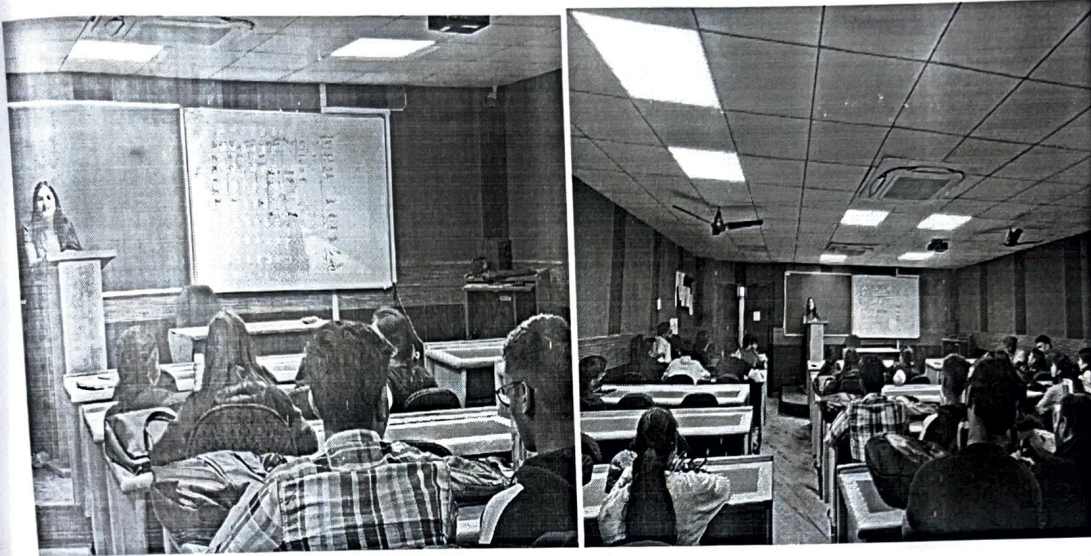
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Photo:



Learning Outcomes:

- Introduction to Assertiveness Skills.
- Assessment of one's level of assertiveness across different situations.
- Barriers to Assertiveness and strategies to overcome barriers to Assertiveness .

Issues Faced (If any): None

Student Counselor

Signature

HOD

Signature



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JIMS/BBA/2023/690

March 01, 2023

Notice

Workshop on "Assertiveness Training"

All the students of BBA are required to attend the workshop as per details indicated below

Date	:	06 th March 2024
Speaker	:	Ms. Shriya Upadhayay
Designation	:	Student Counselor
Topic	:	Assertiveness Training
Venue	:	Respective Classrooms
Time	:	10:00 AM to 02:00 PM

Attendance is compulsory. The coordinator of the event should make all necessary arrangements.

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Dr. Ruchi Srivastava
HOD

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COUNSELING REPORT

Counsellor : Ms. Shriya Upadhyay

Date : 06-03-24

Course : BBA

Class : BBA-2M , BBA-4M, BBA-6M , BBA-2E, BBA-4E, BBA-6E

Mode : Offline

Location : Kalkaji

Report

The objective of the session was to introduce students to assertiveness skills, which are the ability to communicate one's thoughts, feelings, and emotions clearly and confidently without being passive or aggressive. The facilitator then talked about some common types of unassertive communication styles we use and how that can lead to miscommunication, poor relationships, and low confidence.

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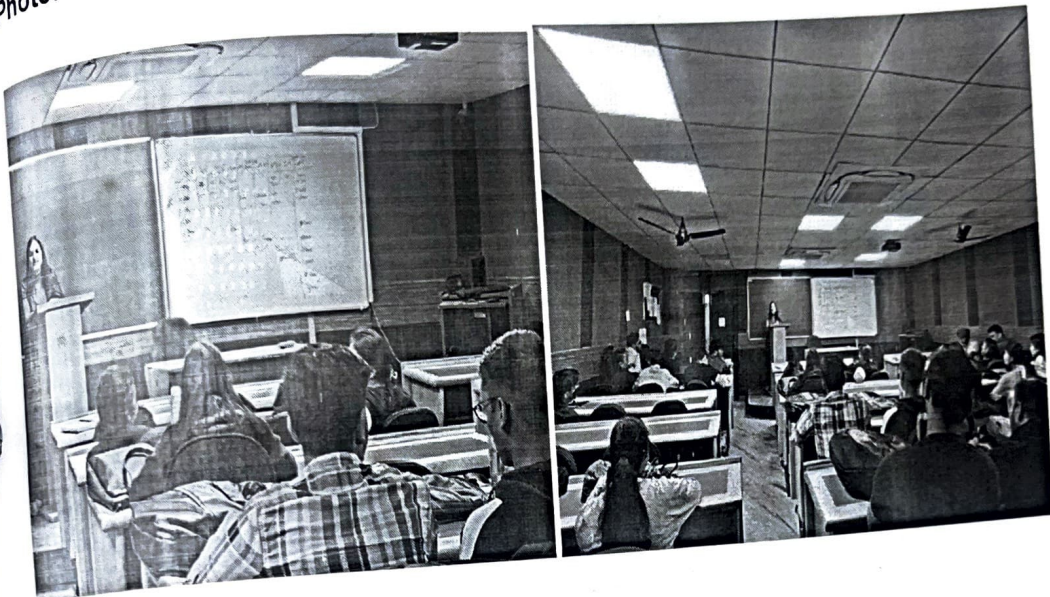
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MS
Delhi

Photo:



Learning Outcomes:

- Introduction to Assertiveness Skills.
- Assessment of one's level of assertiveness across different situations.
- Barriers to Assertiveness and strategies to overcome barriers to Assertiveness.

Issues Faced (If any): None

Smiya

Student Counselor

Signature

[Signature]
HOD

Signature