



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:



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Details of Student Counsellor 2024-25

S.No	Type	Name of Counsellor
1	Full Time	Ms. Shriya Updahayay
2	Part Time	Dr. Sunita Kaistha



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*)



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



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

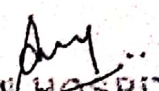
Jagannath International Management School, Kalkaji, having its office at MOR
Pocket 105, Kalkaji, New Delhi- 110019 (hereinafter referred to as JIMS)

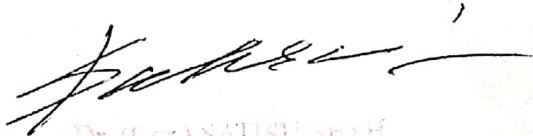
WHEREAS **TRITON HOSPITAL** is providing Trauma, Emergency Services and
Medical care to the community.

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
Unit of Angel & Eye Hospital Pvt. Ltd.
CC 30/31, Kalkaji
New Delhi-110019


Dr. (CC) Satisht
Director General
Jagannath International

2. Payment Schedule

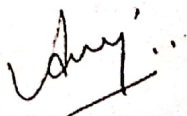
- Payment of be done in cash as per TRITON HOSPITAL POLICY

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, 3rd Floor, Karkaji
Mumbai-400019

For JAGANNATH INTERNATIONAL
MANAGEMENT SCHOOL



Dr. (Cdr) Satish Seth
Director General

JAGANNATH INTERNATIONAL
MANAGEMENT SCHOOL
Jagannath International
Management School



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Schedule for Counseling Sessions-2025

S.NO	DATE	CLASS	S.NO	DATE	CLASS
1.	16-04-25	BCOM -2M BCOM- 6E BCOM-2E BBA-2M BBA-2E	14.	14-08-25	BCOM 5M BBA-5M BBA-3M
2.	17-04-25	BCOM-6M BCOM 4M BCOM 4E BBA 4M BBA4 E	15.	20-08-25	BCOM-3M BBA-3E BBA -5E BBA-1E BCOM-3E
3.	23-04-25	BBA 6M BBA 6E BBA 2M BBA 4E	16.	21-08-25	BCOM 1M BBA-1M
4.	24-04-25	BCOM 4M BCOM 2M BCOM 2E BCOM 4E BBA 4M	17.	27-08-25	BBA-3M BCOM-5M BCOM-1E BCOM-5E BBA-5E
5.	30-04-25	BCOM 6M BCOM 2M BCOM 2E BCOM 6E	18.	28-08-25	BBA-5M BBA-1M BBA-1E BBA-3E BCOM-3E
6.	01-05-25	BBA 2M BBA 2E BCOM 4M BCOM 4E	19.	03-09-25	BCOM 1M BBA-5M BBA-1E

7.	07-05-25	BBA 6M BBA 2E BBA 4E BCOM 2M	20.	04-09-25	BCOM 5M BCOM 3M BBA 3M
8.	08-05-25	BCOM 6M BCOM 4M BCOM 4E BBA 6E	21.	17-09-25	BCOM 5M BBA 5E BCOM 5E BBA-1E
9.	15-05-25	BCOM 2E BBA 2E	22.	18-09-25	BBA-3M BBA5M BCOM 3E
10.	6-08-2025	BBA-5M BCOM -3E BCOM-5E BBA -5E	23.	24-09-25	BBA-1M BBA-1E
11.	07-08-25	BCOM- 5M BCOM -3M BBA- 3M BBA-3E	24.	25-09-25	BBA-3M BCOM-1E
12.	14-08-25	BCOM-5M BBA- 5M BBA-3M	25.	01-10-25	BBA 3M BBA 5E BCOM 5E BBBA 1E
13.	13-08-25	BBA-1M BCOM-1M BCOM-5E BCOM-1E BBA-1E	26.	08-10-25	BCOM 5M BCOM 5E BBA 3E BBA 5E

April 15, 2025

JIMS/BBA/2025/990-A

NOTICE

Counseling Session

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

Starting Date : 16th April 2025
Counselor : Ms. Shriya Upadhayay
Topics : (1) Overcoming excessive social media use & enhancing wellbeing indigital era.
(2) Understanding & Management of procrastination & Burnout.
(3) Mental Health Awareness

Venue : Respective Classrooms
Time : 09:00 AM to 05:00 PM

The sessions will be conducted every Wednesday & Thursday this semester. Attendance is compulsory. The coordinator of the event should make all necessary arrangements.

Ms. Chanika Goel is 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



JIMS/BBA/2025/844-A

April 15, 2025

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Dr. Ruchi Srivastava
HOD

For Distribution:
All Notice Board

For information, Please
Director



COUNSELING REPORT

April-May 2025

SESSION -1

Topic : Overcoming Excessive social media use & Cell phone addiction ; Enhancing Well-Being in the Digital Age

Counsellor : Shriya Upadhyay

Course : B.Com

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

Mode : Offline

Location : Kalkaji

Learning Objective

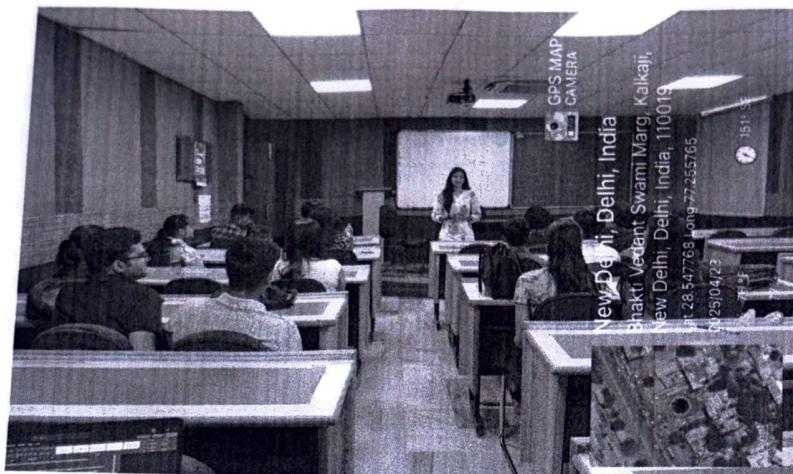
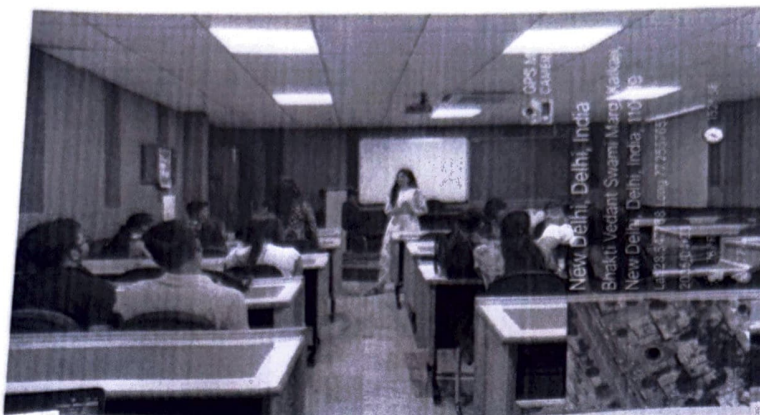
- To understand the psychological and behavioral consequences of excessive social media use.
- To identify strategies for promoting mental wellbeing in the digital age.
- To encourage mindful and balanced digital habits among participants.

Report

The group session commenced with an interactive discussion on participants' daily social media usage patterns. Many acknowledged spending significant time on platforms like Instagram, Whatsapp, Snapchat often exceeding 3–4 hours daily.

This opened a discussion on the psychological and behavioral impacts of excessive social media use, such as increased anxiety, depression, sleep disturbances, and feelings of inadequacy stemming from constant social comparisons. The session also explored the concept of "Fear of Missing Out" (FOMO) and its role in compulsive checking behaviors.

Strategies to enhance mental well-being were discussed, including setting boundaries for screen time, engaging in digital detoxes, practicing mindful usage, and fostering real-world connections. The session emphasized the importance of balancing online engagement with offline activities to maintain mental health in the digital age.



Learning Outcomes

By the end of the session, participants were able to:

- Recognize the signs of unhealthy social media use and its impact on mental health.
- Understand the importance of setting digital boundaries and practicing mindful engagement.
- Identify strategies to enhance mental wellbeing in digital world and taking appropriate actions to manage excessive social media usage such as digital detox or seeking support when required

[Signature]

Counselor

[Signature]

HOD/B.COM

COUNSELLING REPORT

SESSION -2

Topic- Procrastination Vs Burnout ; Understanding, Identifying and Managing

Counsellor : Shriya Upadhyay

Course : BCOM

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

Mode : Offline

Location : kalka ji

Learning Objective

- To differentiate between burnout and procrastination, understanding their unique characteristics and how they interrelate.
- To identify the signs and symptoms associated with both burnout and procrastination.
- To explore effective strategies for managing and preventing burnout and procrastination.

Report

The session commenced with participants sharing personal experiences related to feelings of exhaustion and tendencies to delay tasks. This opened a dialogue on the distinctions and overlaps between burnout and procrastination.

In this group session, participants explored the distinctions and interconnections between burnout and procrastination. Burnout was identified as a state of emotional, physical, and mental exhaustion resulting from prolonged stress, characterized by symptoms such as chronic fatigue, reduced productivity, etc. Procrastination, on the other hand, was discussed as the habitual delay of tasks, often linked to fear of failure, perfectionism, or lack of motivation. The session highlighted how chronic procrastination can contribute to burnout by increasing stress and feelings of inadequacy, while burnout can amplify procrastination due to low energy and motivation. Participants engaged in discussions and activities to recognize personal signs of both conditions and explored strategies for management, including time management techniques, setting realistic goals, and seeking support when necessary.



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Learning Outcomes

By the end of the session, participants were able to:

- Clearly distinguish between burnout and procrastination, understanding their causes and effects.
- Recognize personal signs and symptoms associated with each condition.
- Identify the cyclical relationship between procrastination and burnout.
- Develop personalized strategies to manage and prevent both burnout and procrastination.


Counselor


HOD/B.COM

COUNSELING REPORT

April-May 2025

SESSION -3

Topic : Mental Health Awareness: From Stigma to Support

Counsellor : Shriya Upadhyay

Course : B.Com

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

Mode : Offline

Location : Kalkaji

Learning Objective

- Understand the concepts of mental health, mental illness, and the various forms of stigma associated with mental health issues.
- Identify how stigma affects individuals' willingness to seek help and the broader implications on society.
- Understanding Importance of raising awareness and educating others to reduce misconceptions and myths around mental health.

Report

The session on "Mental Health Awareness and Stigma Around Mental Health" aimed to deepen students' understanding of mental health concepts and the stigma associated with mental health issues. It was discussed how stigma—manifesting as public, self, and institutional biases—can discourage people from help, which can worsen their conditions and may lead to social isolation. The session emphasized the importance of education, open dialogue, and supportive environments in dealing with such challenges.

Students gained knowledge about how to raise awareness of mental health issues, including how to incorporate mental health education into businesses and schools, support community-based initiatives, and push for accurate media representation.

The need for empathy, clear communication, and proactive advocacy in creating welcoming environments that promote mental health and reduce stigma was emphasised during the session.

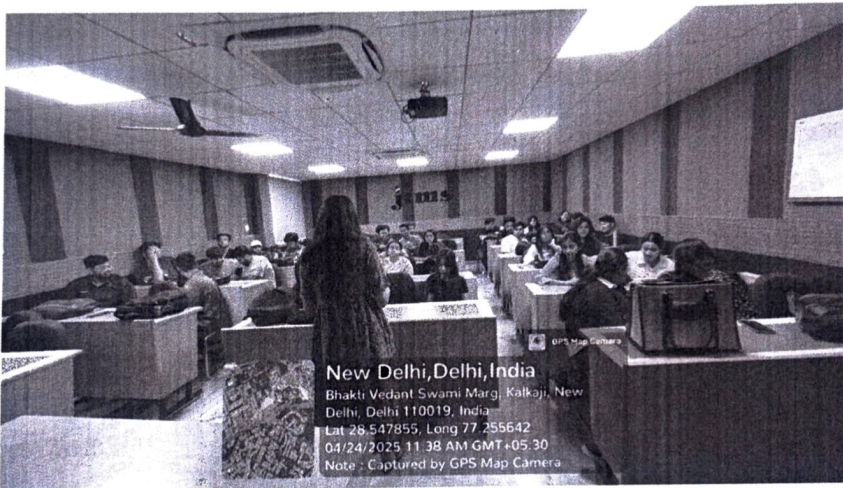
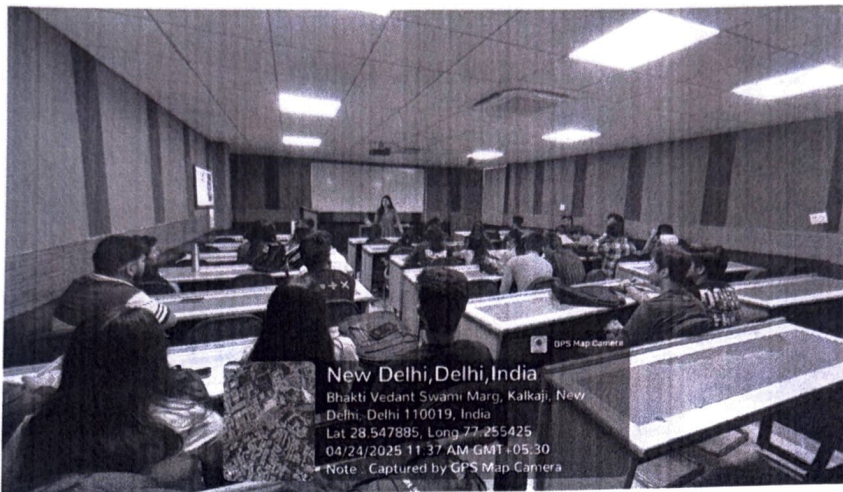


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Mental Health Awareness: From Stigma to Support

Learning Outcomes

- A clear understanding of mental health concepts and the various forms and effects of stigma.
- Increased empathy towards individuals experiencing mental health issues, recognizing the challenges posed by stigma.
- Awareness about common myths and facts related to mental health
- Improved ability to engage in conversations about mental health, using respectful and non-stigmatizing language.

Shriya

Counselor

Prasanth Kumar

HOD/B.COM



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COUNSELING REPORT

April-May 2025

SESSION -1

Topic : Overcoming Excessive social media use & Cell phone addiction ; Enhancing Well-Being in the Digital Age

Counsellor : Shriya Upadhayay

Course : BBA

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

Mode : Offline

Location : Kalka ji

Learning Objective

- To understand the psychological and behavioral consequences of excessive social media use.
- To identify strategies for promoting mental wellbeing in the digital age.
- To encourage mindful and balanced digital habits among participants.



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COUNSELING REPORT

April-May 2025

SESSION -1

Topic : Overcoming Excessive social media use & Cell phone addiction ; Enhancing Well-Being in the Digital Age

Counsellor : Shriya Upadhyay

Course : BBA

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

Mode : Offline

Location : Kalkaji

Learning Objective

- To understand the psychological and behavioral consequences of excessive social media use.
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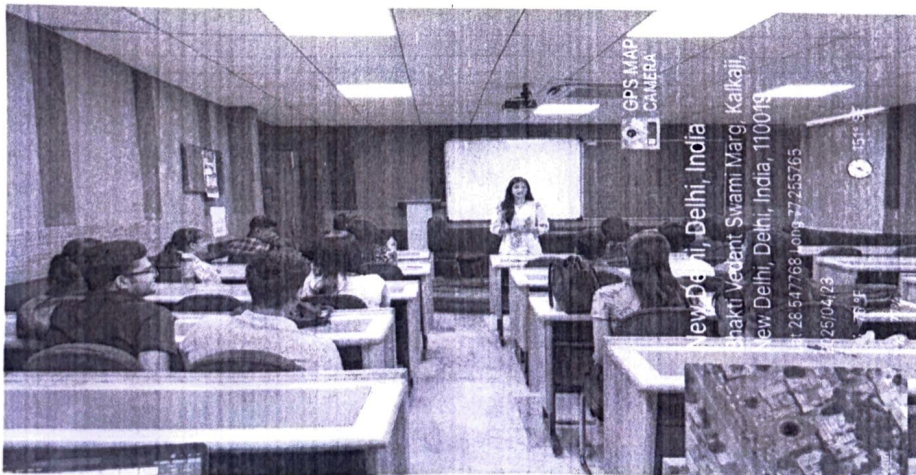
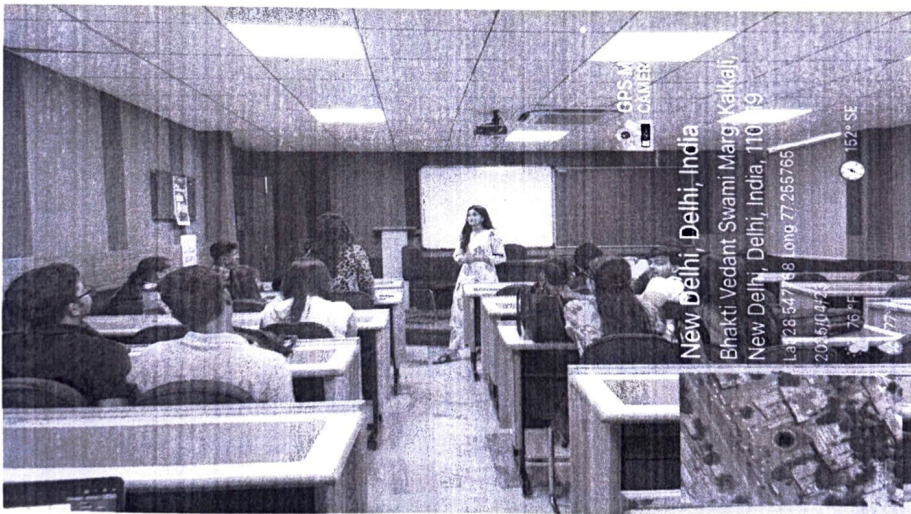
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Report

The group session commenced with an interactive discussion on participants' daily social media usage patterns. Many acknowledged spending significant time on platforms like Instagram, Whatsapp, snapchat often exceeding 3-4 hours daily.

This opened a discussion on the psychological and behavioral impacts of excessive social media use, such as increased anxiety, depression, sleep disturbances, and feelings of inadequacy stemming from constant social comparisons. The session also explored the concept of "Fear of Missing Out" (FOMO) and its role in compulsive checking behaviors.

Strategies to enhance mental well-being were discussed, including setting boundaries for screen time, engaging in digital detoxes, practicing mindful usage, and fostering real-world connections. The session emphasized the importance of balancing online engagement with offline activities to maintain mental health in the digital age.





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Learning Outcomes

By the end of the session, participants were able to:

- Recognize the signs of unhealthy social media use and its impact on mental health.
- Understand the importance of setting digital boundaries and practicing mindful engagement.
- Identify strategies to enhance mental wellbeing in digital world and taking appropriate actions to manage excessive social media usage such as digital detox or seeking support when required

Counselor

HOD/BBA



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COUNSELLING REPORT

April-May 2025

SESSION -2

Topic : Understanding and managing procrastination & burnout

Counsellor : Shriya Upadhayay

Course : BBA

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

Mode : Offline

Location : Kalka-ji

Learning Objective

- To differentiate between burnout and procrastination, understanding their unique characteristics and how they interrelate.
- To identify the signs and symptoms associated with both burnout and procrastination.
- To explore effective strategies for managing and preventing burnout and procrastination.

Report

The session commenced with participants sharing personal experiences related to feelings of exhaustion and tendencies to delay tasks. This opened a dialogue on the distinctions and overlaps between burnout and procrastination.

In this group session, participants explored the distinctions and interconnections between burnout and procrastination. Burnout was identified as a state of emotional, physical, and mental exhaustion resulting from prolonged stress, characterized by symptoms such as chronic fatigue, reduced productivity, etc. Procrastination, on the other hand, was discussed as the habitual delay of tasks, often linked to fear of failure, perfectionism, or lack of motivation. The session highlighted how chronic procrastination can contribute to burnout by increasing stress and feelings of inadequacy, while burnout can amplify procrastination due to low energy and motivation. Participants engaged in discussions and activities to recognize personal signs of both conditions and explored strategies for management, including time management techniques, setting realistic goals, and seeking support when necessary.

Learning Outcomes

By the end of the session, participants were able to:

- Clearly distinguish between burnout and procrastination, understanding their causes and effects.
- Recognize personal signs and symptoms associated with each condition.
- Identify the cyclical relationship between procrastination and burnout.
- Develop personalized strategies to manage and prevent both burnout and procrastination.



Counselor



HOD/BBA

COUNSELLING REPORT

April-May 2025

Topic- Procrastination Vs Burnout; Understanding, Identifying and Managing

Counsellor : Shriya Upadhyay

Course : BBA

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

Mode : Offline

Location : Kalka ji

Learning Objective

- To differentiate between burnout and procrastination, understanding their unique characteristics and how they interrelate.
- To identify the signs and symptoms associated with both burnout and procrastination.
- To explore effective strategies for managing and preventing burnout and procrastination.



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COUNSELING REPORT

April-May 2025

SESSION -3

Topic : Mental Health Awareness: From Stigma to Support

Counsellor : Shriya Upadhyay

Course : BBA

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

Mode : Offline

Location : Kalkaji

Learning Objective

- Understand the concepts of mental health, mental illness, and the various forms of stigma associated with mental health issues.
- Identify how stigma affects individuals' willingness to seek help and the broader implications on society.
- Understanding Importance of raising awareness and educating others to reduce misconceptions and myths around mental health.

Report

The session on "Mental Health Awareness and Stigma Around Mental Health" aimed to deepen students' understanding of mental health concepts and the stigma associated with mental health issues. It was discussed how stigma—manifesting as public, self, and institutional biases—can discourage people from help, which can worsen their conditions and may lead to social isolation. The session emphasized the importance of education, open dialogue, and supportive environments in dealing with such challenges.

Students gained knowledge about how to raise awareness of mental health issues, including how to incorporate mental health education into businesses and schools, support community-based initiatives, and push for accurate media representation.

The need for empathy, clear communication, and proactive advocacy in creating welcoming environments that promote mental health and reduce stigma was emphasised during the session.





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Learning Outcomes

- A clear understanding of mental health concepts and the various forms and effects of stigma.
- Increased empathy towards individuals experiencing mental health issues, recognizing the challenges posed by stigma.
- Awareness about common myths and facts related to mental health
- Improved ability to engage in conversations about mental health, using respectful and non-stigmatizing language.

Counselor

HOD/BBA