



# **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**

| <b>S.No</b> | <b>Type</b> | <b>Name of Counsellor</b> |
|-------------|-------------|---------------------------|
| 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](http://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](http://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](mailto:sunitakaistha@gmail.com)

**M- + 91-9910057172**

**Website:** [www.swl-wwwhi.org](http://www.swl-wwwhi.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

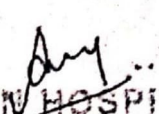
**Jagannath International Management School**, Kalkaji, having its office at MOR  
Pocket 105, Kalkaji, New Delhi- 110019 (hereinafter referred to as JIMS)

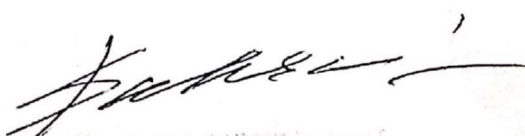
WHEREAS **TRITON HOSPITAL** is providing Trauma, Emergency Services and  
Medical care to the community.

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**  
Joint of Angel & Eye Hospital Pvt. Ltd.  
CC30/31, Kalkaji  
New Delhi-110019

  
Dr. (CC) SALIL SHAH  
Director General  
Jagannath International Management School

## 2. Payment Schedule

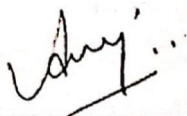
- Payment of be done in cash as per TRITON HOSPITAL POLICY

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.  
C-30, 31, Karkaji  
Mumbai-400019

For JAGANNATH INTERNATIONAL  
MANAGEMENT SCHOOL



Dr. (Cdr) Satish Seth  
Director General

JAGANNATH INTERNATIONAL  
MANAGEMENT SCHOOL  
Jagannath International  
Management School

## COUNSELLING SESSION SCHEDULE ( JANUARY -MAY)

| DATE         | CLASS                                | Topics                                                                                       |
|--------------|--------------------------------------|----------------------------------------------------------------------------------------------|
| 14 Jan 2026  | BBA 2M, BBA 6M, BCom 2M, BBA 6E      | <u>1st year</u>                                                                              |
| 15 Jan 2026  | BCom 4M, BCom 6E, BCom 2E, BCom 6E   | 1. Self awareness & self reflection                                                          |
| 21 Jan 2026  | BCom 6M, BBA 4M, BBA 4E              | 2. Active listening and basic communication                                                  |
| 29 Jan 2026  | BCom 6M, BCom 4E, BBA 6E             | 3. Healthy Vs unhealthy coping strategies                                                    |
| 30 Jan 2026  | BBA 4M, BCom 2E, BCom 6E, BBA 2E     | 4. Foundations of body language : Self awareness , posture basics , expression and gestures. |
| 4 Feb 2026   | BBA 4E, BCom 6E, BBA 6E              | 5. Role-play to Understand body language across different situations                         |
| 5 Feb 2026   | BCom 6M, BBA 2M, BBA 6E, BBA 2E      | 6. Understanding Assertive communication                                                     |
| 11 Feb 2026  | BCom 4M, BBA 2M, BCom 2M, BBA 4E     | 7. Understanding Emotional intelligence                                                      |
| 12 Feb 2026  | BBA 6M, BCom 2E                      | <u>2nd Year</u>                                                                              |
| 19 Feb 2026  | BCom 2M, BBA 6E, BCom 6E, BBA 2E     | 1. Developing interpersonal communicational skills- Empathy , clarity , effective dialogue   |
| 25 Feb 2026  | BBA 4E, BBA 2M, BCom 4E              | 2. Conflict resolution                                                                       |
| 26 Feb 2026  | BCom 4E, BCom 2E                     | 3. Emotional Regulation                                                                      |
| 5 Mar 2026   | BCom 2M, BCom 4M, BBA 6E, BBA 2E     | 4. Foundations of body language : Self awareness , posture basics , expression and gestures. |
| 11 Mar 2026  | BBA 2M, BBA 4E, BCom 4M, BBA 4M      | 5. Role-play to Understand body language across different situations                         |
| 12 Mar 2026  | BBA 6M, BCom 6M, BCom 2E, BCom 6E    |                                                                                              |
| 2 April 2026 | B.Com-2M, BBA-6E , B.Com -4E, BBA 2E |                                                                                              |

|               |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------------|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8 April 2026  | BBA-2M, B.Com 4M, B.Com-2E               | 6. Assertive communication<br>7. Understanding Emotional intelligence                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 9 April 2026  | BBA-6M, B. Com -6M, B. Com 6E, B. Com-4E |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 15 April 2026 | BBA-4E, B. Com-4E, BBA-4M                | <u>3rd year</u><br><br>1. Understanding Assertive communication<br><br>2. Stress tolerance, coping mechanisms, resilience<br><br>3. Building a Resilient Mindset<br>4. Bouncing back, perseverance, optimism<br><br>5. Foundations of body language : Self awareness, posture basics, expression and gestures.<br><br>6. Role-play to Understand body language across different situations<br><br>7. Transition Anxiety: Preparing for Life After College<br><br>8. Understanding Assertive communication |
| 16 April 2026 | BBA-6M, BBA-2M, BBA 6E                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 22 April 2026 | BBA-4E, B.Com 4M, BBA-4M, B.Com-2E       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 29 April 2026 | B.COM-4M, BBA-2M, BBA-4M, BBA-4E         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 30 April 2026 | BBA-6M, B.COM-2M, BBA-6E, B.COM-6E       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

JIMS/BBA/2025/870-A

January 05, 2026

## Notice Counseling Session

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

|                      |   |                               |
|----------------------|---|-------------------------------|
| Date of Commencement | : | 14 <sup>th</sup> January 2026 |
| Speaker              | : | Ms. Shriya Upadhyay           |
| Designation          | : | Student Counselor             |
| Venue                | : | Respective Classrooms         |
| Time                 | : | 09:00 AM to 05:00 PM          |

This is to inform all BBA 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year students that counselling sessions for Even Semester Academic year 2025-26 will be conducted from 14th January 2026 onwards. Students are encouraged to make use of these sessions for support and guidance regarding academic concerns, personal challenges, stress management, career-related concerns, or any other issues they may wish to discuss in a safe and confidential environment.

### 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. Ruchi Srivastava**  
HOD

### For Distribution:

All Notice Board

### For information, Please

Director



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## COUNSELING REPORT

BBA (January 2026)

Counsellor : Shriya upadhayay

Course : BBA

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

Mode : Offline

Location : Kalka ji

### January 2026

| DATE        | CLASS                              |                                                                                                                                                                                                                                                                                                                                                            |
|-------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 14 Jan 2026 | BBA 2M, BBA 6M, BCom 2M, BBA 6E    | <b>Topics</b><br><br><u>1st year</u><br>1. Self awareness & self reflection<br>2. Active listening and basic communication<br><br><u>2nd Year</u><br>1. Developing interpersonal communicational skills<br>2. Conflict resolution<br><br><u>3rd year</u><br>1. Understanding Assertive communication<br>2. Stress tolerance, coping mechanisms, resilience |
| 15 Jan 2026 | BCom 4M, BCom 6E, BCom 2E, BCom 6E |                                                                                                                                                                                                                                                                                                                                                            |
| 21 Jan 2026 | BCom 6M, BBA 4M, BBA 4E            |                                                                                                                                                                                                                                                                                                                                                            |
| 29 Jan 2026 | BCom 6M, BCom 4E, BBA 6E           |                                                                                                                                                                                                                                                                                                                                                            |

### Report

During January 2026, sessions were conducted for First Year, Second Year, and Third Year students focusing on foundational self-awareness and communication skills.

For First Year students(2M &2E), the sessions introduced Self-Awareness and Self-Reflection, enabling students to explore their thoughts, emotions, and behavioural patterns. This was followed by Active Listening and Basic Communication Skills, where students learned the importance of attentive listening, clarity in expression, and respectful interpersonal communication.

For Second Year students (4m &4E), the focus was on enhancing interpersonal effectiveness through Developing Interpersonal Communication Skills, including empathy, clarity, and



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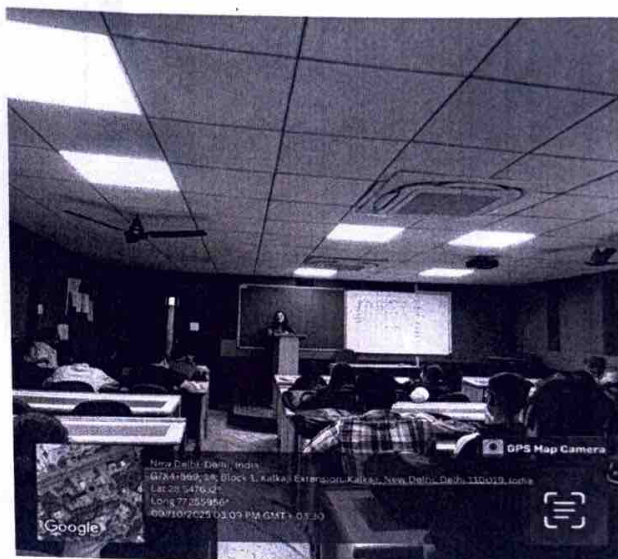
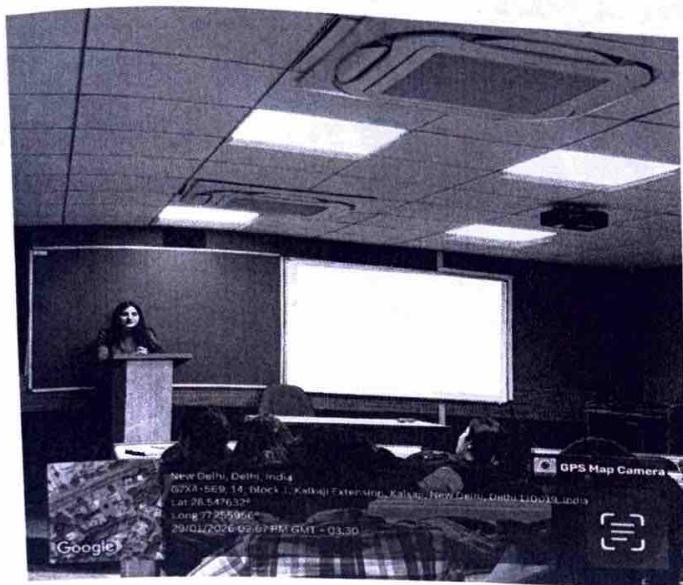
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effective dialogue. Students were encouraged to understand different perspectives and communicate more meaningfully in academic and social settings. Additionally, sessions on Conflict Resolution helped students identify sources of conflict and adopt constructive approaches to manage disagreements.

For Third Year students (6M& 6E), the sessions emphasized Understanding Assertive styles of communication, helping students differentiate between passive, aggressive, and assertive confidently. Alongside this, sessions on Stress Tolerance and Coping Mechanisms introduced students to strategies for managing academic and personal stress effectively.

## Learning Outcomes

1. Students developed enhanced self-awareness and interpersonal communication skills, including active listening, empathy, and clarity in expression across academic and social contexts.
2. Students demonstrated the ability to understand and apply assertive communication and basic conflict resolution strategies, along with initial awareness of stress and coping mechanisms.



Head of Department

Counsellor



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## COUNSELING REPORT BBA (February 2026)

Counsellor : Shriya upadhayay

Course : B.Com

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

Mode : Offline

Location : Kalkaji

February 2026

| DATE        | CLASS                            |                                                                                                                                                                                                                                                                                                                                                                                    |
|-------------|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 Feb 2026  | BBA 4E, BCom 6E, BBA 6E          | <b>Topics</b><br><br><u>1st year</u><br><br>Active listening and basic communication<br><br>Healthy Vs unhealthy coping strategies<br><br><u>2nd Year</u><br><br>Conflict resolution<br><br>Emotional Regulation<br><br><u>3rd year</u><br><br>.Stress tolerance,<br>coping mechanisms,<br>resilience<br><br>Building a Resilient Mindset Bouncing<br>back, perseverance, optimism |
| 5 Feb 2026  | BCom 6M, BBA 2M, BBA 6E, BBA 2E  |                                                                                                                                                                                                                                                                                                                                                                                    |
| 11 Feb 2026 | BCom 4M, BBA 2M, BCom 2M, BBA 4E |                                                                                                                                                                                                                                                                                                                                                                                    |
| 12 Feb 2026 | BBA 6M, BCom 2E                  |                                                                                                                                                                                                                                                                                                                                                                                    |
| 19 Feb 2026 | BCom 2M, BBA 6E, BCom 6E, BBA 2E |                                                                                                                                                                                                                                                                                                                                                                                    |
| 25 Feb 2026 | BBA 4E, BBA 2M, BCom 4E          |                                                                                                                                                                                                                                                                                                                                                                                    |
| 26 Feb 2026 | BCom 4E, BCom 2E                 |                                                                                                                                                                                                                                                                                                                                                                                    |
|             |                                  |                                                                                                                                                                                                                                                                                                                                                                                    |
|             |                                  |                                                                                                                                                                                                                                                                                                                                                                                    |
|             |                                  |                                                                                                                                                                                                                                                                                                                                                                                    |

### Report

In February 2026, the sessions were conducted on emotional regulation and coping strategies across all three academic years.

For First Year students, the focus was on Active Listening and Basic Communication Skills, reinforcing previously learned concepts through practice and interactive activities. This was followed by sessions on Healthy vs Unhealthy Coping Strategies, where students identified their current coping mechanisms and learned healthier alternatives to deal with stress, anxiety, and challenges.



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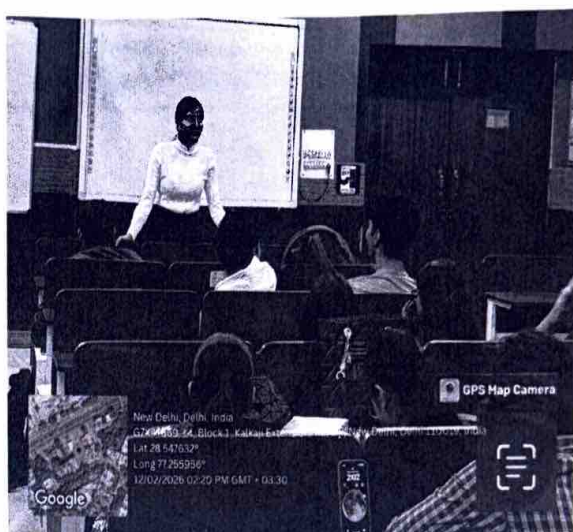
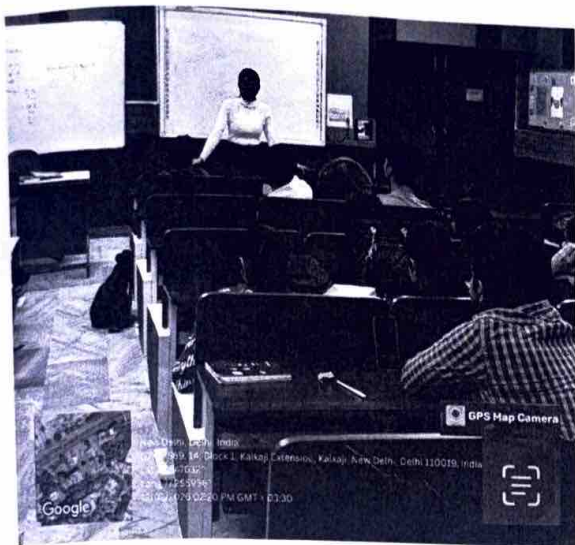
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For Second Year students, sessions addressed Conflict Resolution in greater depth, allowing students to apply practical techniques in resolving interpersonal issues. Additionally, sessions on Emotional Regulation helped students understand their emotional responses, recognize triggers, and develop strategies to manage emotions effectively in challenging situations.

For Third Year students, the sessions focused on strengthening Stress Tolerance, Coping Mechanisms, and Resilience. Students were guided to build emotional strength and adaptability when dealing with pressure. The introduction to Building a Resilient Mindset encouraged students to develop perseverance, optimism, and the ability to bounce back from setbacks.

## Learning Outcomes

1. Students gained improved understanding of emotional regulation and coping strategies, enabling them to manage stress, emotional triggers, and interpersonal challenges more effectively.
2. Students were able to differentiate between healthy and unhealthy coping mechanisms and apply constructive approaches to conflict management and resilience building.



Head of Department

Counsellor



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## COUNSELING REPORT

### BBA (March 2026)

Counsellor : Shriya upadhayay

Course : B.Com

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

Mode : Offline

Location : Kalkaji

### March 2026

| DATE        | CLASS                             |                                                                                                                                                                                                |
|-------------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 Mar 2026  | BCom 2M, BCom 4M, BBA 6E, BBA 2E  | <b><u>Topics</u></b><br><br>Foundations of body language : Self awareness , posture basics , expression and gestures.<br><br>Role-play to Understand body language across different situations |
| 11 Mar 2026 | BBA 2M, BBA 4E, BCom 4M, BBA 4M   |                                                                                                                                                                                                |
| 12 Mar 2026 | BBA 6M, BCom 6M, BCom 2E, BCom 6E |                                                                                                                                                                                                |

## Report

During March 2026, the sessions emphasized behavioural application, non-verbal communication, and experiential learning through practice-based activities.

For First Year students, sessions continued on Healthy vs Unhealthy Coping Strategies, helping students strengthen adaptive coping behaviours. Additionally, students were introduced to the Foundations of Body Language, including self-awareness, posture, facial expressions, and gestures. The sessions concluded with Role-Play Activities, enabling students to understand and apply body language effectively in different social and academic situations.

For Second Year students, the focus remained on Emotional Regulation, with students practicing techniques to manage emotional responses in real-life contexts. This was followed by Foundations of Body Language, where students explored non-verbal cues and their impact on communication. Through Role-Play Activities, students applied both verbal and non-verbal communication skills in simulated scenarios, enhancing their interpersonal effectiveness.

For Third Year students, sessions reinforced Building a Resilient Mindset, encouraging students to sustain motivation and optimism during challenging phases. The sessions also covered Foundations of Body Language, helping students align their verbal and non-verbal communication.



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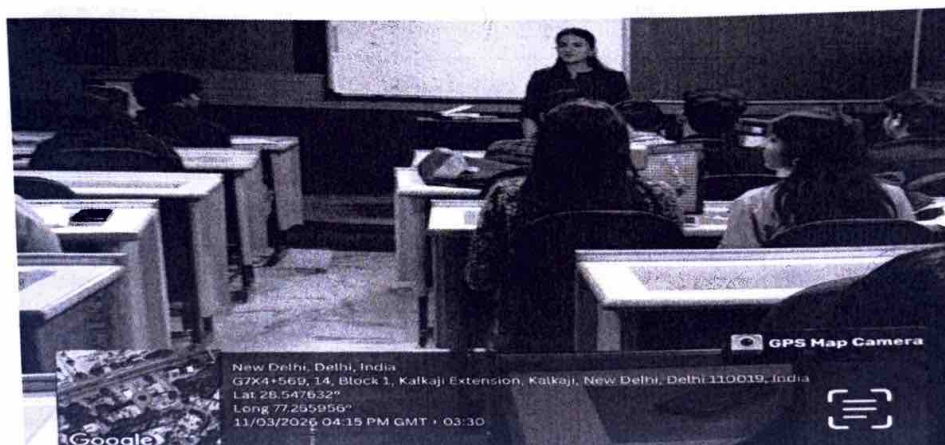
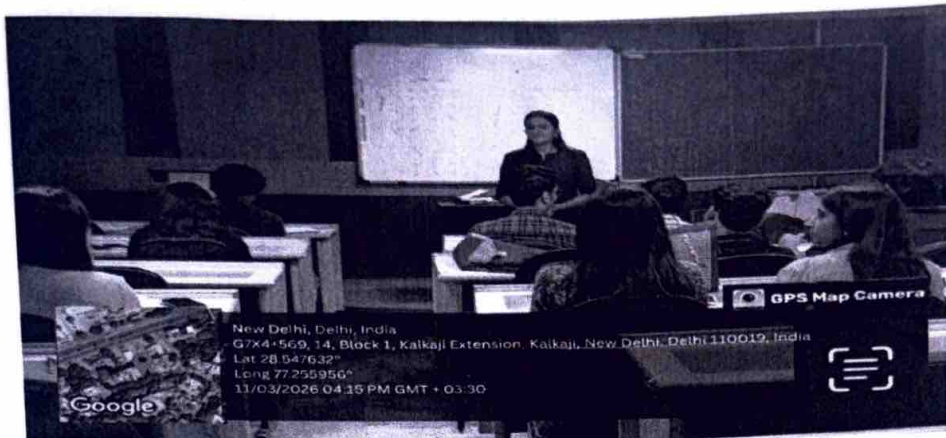
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Finally, Role-Play Exercises provided opportunities for students to practice assertiveness, resilience, and effective communication in diverse real-life situations.

## Learning Outcomes

1. Students demonstrated the ability to apply emotional regulation, resilience, and coping strategies in real-life situations, showing improved adaptability and behavioural awareness.
2. Students developed effective verbal and non-verbal communication skills, including body language awareness, posture, gestures, and practical application through role-play in diverse situations.



  
Head of Department

  
Counsellor



# Jagannath International Management School

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

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

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## COUNSELING REPORT

### BBA (April 2026)

Counsellor : Shriya upadhayay

Course : BBA

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

Mode : Offline

Location : Kalkaji

### April 2026

| DATE          | CLASS                                     | Topics                                                                |
|---------------|-------------------------------------------|-----------------------------------------------------------------------|
| 2 April 2026  | B.Com-2M, BBA-6E , B.Com -4E,BBA 2E       | 1.Understanding Assertive communication                               |
| 8 April 2026  | BBA-2M, B.Com 4M, B.Com-2E                |                                                                       |
| 9 April 2026  | BBA-6M, B. Com -6M, B. Com 6E , B. Com-4E | 2.Understanding Emotional intelligence                                |
| 15 April 2026 | BBA-4E,B. Com-4E, BBA-4M                  |                                                                       |
| 16 April 2026 | BBA-6M , BBA-2M , BBA 6E                  | 3.Transition Anxiety: Preparing for Life After College ( third year ) |
| 22 April 2026 | BBA-4E , B.Com                            |                                                                       |
| 29 April 2026 | B.COM-4M, BBA-2M, BBA-4M, BBA-4E          |                                                                       |
| 30 April 2026 | BBA-6M, B.COM-2M, BBA-6E, B.COM-6E        |                                                                       |

### Report

During the month of April 2026, sessions were conducted for First Year, Second Year, and Third Year students .

For First Year students, the sessions introduced Understanding Assertive Communication, enabling students to differentiate between passive, aggressive, and assertive communication styles. Students were guided to express their thoughts, needs, and boundaries in a confident yet respectful manner. Additionally, sessions on Emotional Intelligence helped students



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recognize, understand, and manage their own emotions while becoming more aware of others' feelings, thereby improving interpersonal interactions.

For Second Year students, the sessions focused on strengthening interpersonal and emotional competencies through Understanding Assertive Communication, allowing students to communicate more effectively in academic and social environments. The topic of Emotional Intelligence further enabled students to enhance self-regulation, empathy, and relationship management skills, contributing to more balanced and thoughtful responses in challenging situations.

For Third Year students, the sessions addressed both communication and transition-related concerns. Students were introduced to Understanding Assertive Communication to support confident self-expression in professional and personal settings. This was followed by Emotional Intelligence, which helped students manage stress, interpersonal dynamics, and decision-making processes. Additionally, a focused session on Transition Anxiety: Preparing for Life After College provided students with a platform to explore concerns related to career choices, uncertainty, and future responsibilities, while equipping them with strategies to manage anxiety and approach transitions with greater clarity and confidence.

## Learning Outcomes

1. Students demonstrated the ability to **apply assertive communication skills**, expressing their thoughts, needs, and boundaries confidently while maintaining respect in interpersonal interactions.
2. Students developed enhanced **emotional intelligence**, including self-awareness, emotional regulation, empathy, and improved relationship management across academic and personal contexts.
3. Third Year students specifically exhibited increased **readiness to manage transition-related anxiety**, showing improved clarity, coping strategies, and confidence in preparing for life after college.



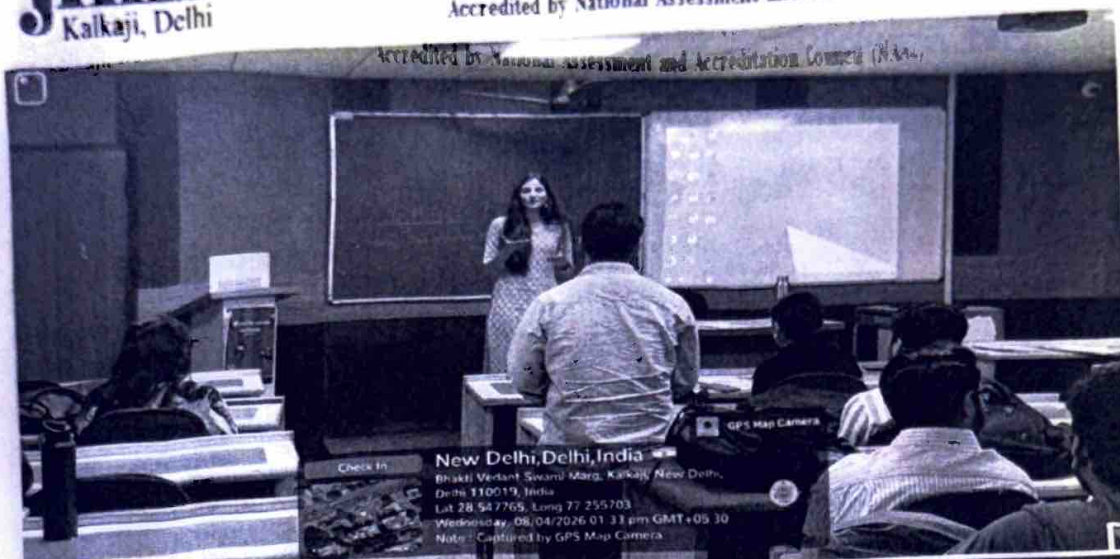
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Check In

New Delhi, Delhi, India

Bhakti Verant Swami Marg, Kalkaji, New Delhi,

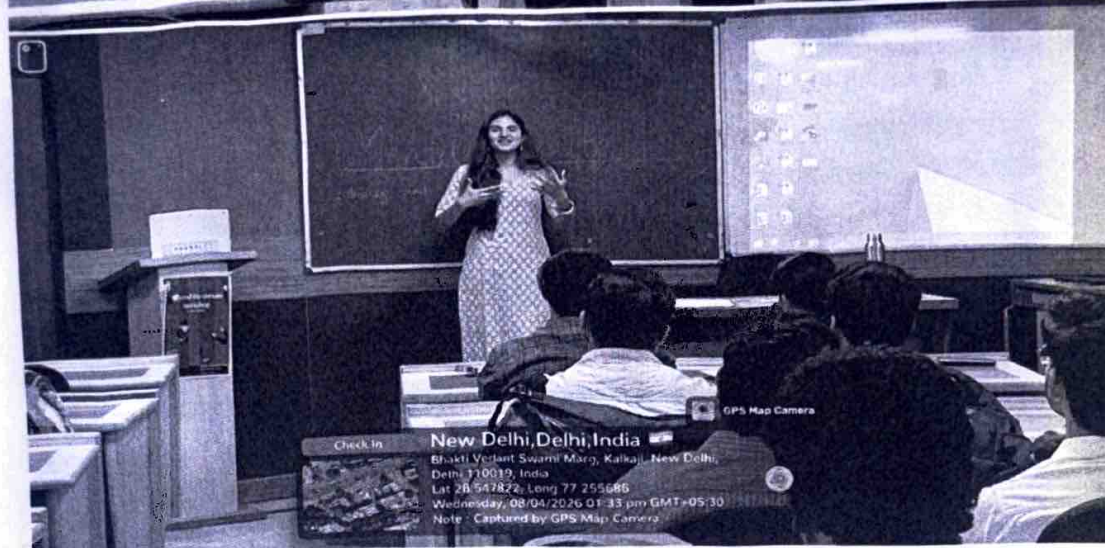
Delhi 110019, India

Lat 28.54765, Long 77.255703

Wednesday, 08/04/2026 01:31 pm GMT+05:30

Note: Captured by GPS Map Camera

GPS Map Camera



Check In

New Delhi, Delhi, India

Bhakti Verant Swami Marg, Kalkaji, New Delhi,

Delhi 110019, India

Lat 28.54782, Long 77.255686

Wednesday, 08/04/2026 01:33 pm GMT+05:30

Note: Captured by GPS Map Camera

GPS Map Camera

JIMS/B.COM(H)/2026/1056-A

January 5, 2026

## Notice Counseling Session

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

|                      |   |                               |
|----------------------|---|-------------------------------|
| Date of Commencement | : | 14 <sup>th</sup> January 2026 |
| Speaker              | : | Ms. Shriya Upadhyay           |
| Designation          | : | Student Counselor             |
| Venue                | : | Respective Classrooms         |
| Time                 | : | 09:00 AM to 05:00 PM          |

This is to inform all B.Com(H) 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year students that counselling sessions for Even Semester Academic year 2025-26 will be conducted from 14th January 2026 onwards.

Students are encouraged to make use of these sessions for support and guidance regarding academic concerns, personal challenges, stress management, career-related concerns, or any other issues they may wish to discuss in a safe and confidential environment.

### 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:

All Notice Board

### For information, Please

Director





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## COUNSELING REPORT

B.Com (January 2026)

Counsellor : Shriya upadhayay

Course : B.Com

Class : B.Com 2M ,B.Com2E, B.Com 4M, BCom 4E,Bcom-6 M,Bcom-6 E

Mode : Offline

Location : Kalka ji

January 2026

| DATE        | CLASS                              |                                                                                                                                                                                                                                                                                                                                                            |
|-------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 14 Jan 2026 | BBA 2M, BBA 6M, BCom 2M, BBA 6E    | <b>Topics</b><br><br><u>1st year</u><br>1. Self awareness & self reflection<br>2. Active listening and basic communication<br><br><u>2nd Year</u><br>1. Developing interpersonal communicational skills<br>2. Conflict resolution<br><br><u>3rd year</u><br>1. Understanding Assertive communication<br>2. Stress tolerance, coping mechanisms, resilience |
| 15 Jan 2026 | BCom 4M, BCom 6E, BCom 2E, BCom 6E |                                                                                                                                                                                                                                                                                                                                                            |
| 21 Jan 2026 | BCom 6M, BBA 4M, BBA 4E            |                                                                                                                                                                                                                                                                                                                                                            |
| 29 Jan 2026 | BCom 6M, BCom 4E, BBA 6E           |                                                                                                                                                                                                                                                                                                                                                            |

### Report

During January 2026, sessions were conducted for First Year, Second Year, and Third Year students focusing on foundational self-awareness and communication skills.

For First Year students(2M &2E), the sessions introduced Self-Awareness and Self-Reflection, enabling students to explore their thoughts, emotions, and behavioural patterns. This was followed by Active Listening and Basic Communication Skills, where students learned the importance of attentive listening, clarity in expression, and respectful interpersonal communication.

For Second Year students (4m &4E), the focus was on enhancing interpersonal effectiveness through Developing Interpersonal Communication Skills, including empathy, clarity, and effective dialogue. Students were encouraged to understand different perspectives and communicate more meaningfully



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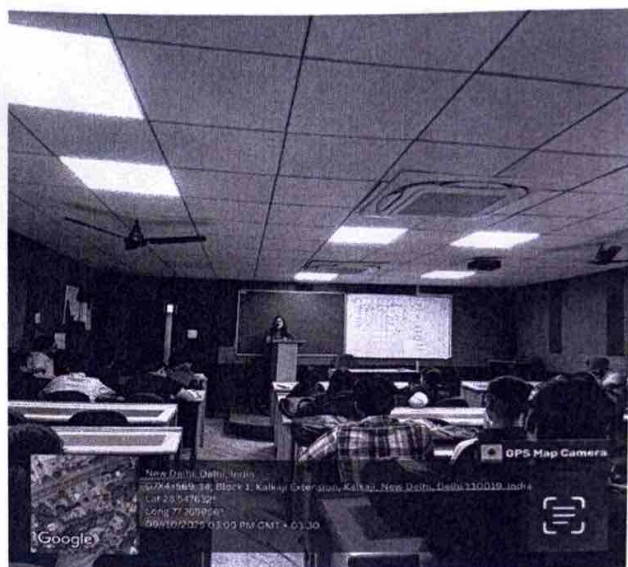
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in academic and social settings. Additionally, sessions on Conflict Resolution helped students identify sources of conflict and adopt constructive approaches to manage disagreements.

For Third Year students (6M& 6E), the sessions emphasized Understanding Assertive Communication, helping students differentiate between passive, aggressive, and assertive styles of communication. This enabled them to express their thoughts, needs, and boundaries confidently. Alongside this, sessions on Stress Tolerance and Coping Mechanisms introduced students to strategies for managing academic and personal stress effectively.

## Learning Outcomes

1. Students developed enhanced self-awareness and interpersonal communication skills, including active listening, empathy, and clarity in expression across academic and social contexts.
2. Students demonstrated the ability to understand and apply assertive communication and basic conflict resolution strategies, along with initial awareness of stress and coping mechanisms.



*Basant Kumar*

Head of Department

*Shruti*

Counsellor



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## COUNSELING REPORT

B.Com (February 2026)

Counsellor : Shriya upadhayay

Course : B.Com

Class : B.Com 2M ,B.Com2E, B.Com 4M, BCom 4E,Bcom-6 M,Bcom-6 E

Mode : Offline

Location : Kalka ji

### February 2026

| DATE        | CLASS                            |                                                                                                                                                                                                                                                                                                                                                                                |
|-------------|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 Feb 2026  | BBA 4E, BCom 6E, BBA 6E          | <b>Topics</b><br><br><u>1st year</u><br><br>Active listening and basic communication<br>Healthy Vs unhealthy coping strategies<br><br><u>2nd Year</u><br><br>Conflict resolution<br><br>Emotional Regulation<br><br><u>3rd year</u><br><br>.Stress tolerance,<br>coping mechanisms,<br>resilience<br><br>Building a Resilient Mindset Bouncing back,<br>perseverance, optimism |
| 5 Feb 2026  | BCom 6M, BBA 2M, BBA 6E, BBA 2E  |                                                                                                                                                                                                                                                                                                                                                                                |
| 11 Feb 2026 | BCom 4M, BBA 2M, BCom 2M, BBA 4E |                                                                                                                                                                                                                                                                                                                                                                                |
| 12 Feb 2026 | BBA 6M, BCom 2E                  |                                                                                                                                                                                                                                                                                                                                                                                |
| 19 Feb 2026 | BCom 2M, BBA 6E, BCom 6E, BBA 2E |                                                                                                                                                                                                                                                                                                                                                                                |
| 25 Feb 2026 | BBA 4E, BBA 2M, BCom 4E          |                                                                                                                                                                                                                                                                                                                                                                                |
| 26 Feb 2026 | BCom 4E, BCom 2E                 |                                                                                                                                                                                                                                                                                                                                                                                |

### Report

In February 2026, the sessions were conducted on emotional regulation and coping strategies across all three academic years.

For First Year students, the focus was on Active Listening and Basic Communication Skills, reinforcing previously learned concepts through practice and interactive activities. This was



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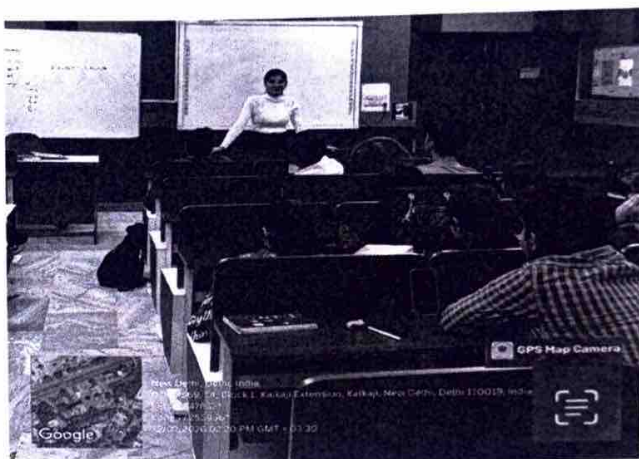
followed by sessions on Healthy vs Unhealthy Coping Strategies, where students identified their current coping mechanisms and learned healthier alternatives to deal with stress, anxiety, and challenges.

For Second Year students, sessions addressed Conflict Resolution in greater depth, allowing students to apply practical techniques in resolving interpersonal issues. Additionally, sessions on Emotional Regulation helped students understand their emotional responses, recognize triggers, and develop strategies to manage emotions effectively in challenging situations.

For Third Year students, the sessions focused on strengthening Stress Tolerance, Coping Mechanisms, and Resilience. Students were guided to build emotional strength and adaptability when dealing with pressure. The introduction to Building a Resilient Mindset encouraged students to develop perseverance, optimism, and the ability to bounce back from setbacks.

## Learning Outcomes

1. Students gained improved understanding of emotional regulation and coping strategies, enabling them to manage stress, emotional triggers, and interpersonal challenges more effectively.
2. Students were able to differentiate between healthy and unhealthy coping mechanisms and apply constructive approaches to conflict management and resilience building.



*Prasanta Kumar*  
Head of Department

*Shravya*  
Counsellor



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## COUNSELING REPORT

B.Com (March 2026)

Counsellor : Shriya upadhayay

Course : B.Com

Class : B.Com 2M ,B.Com2E, B.Com 4M, BCom 4E,Bcom-6 M,Bcom-6 E

Mode : Offline

Location : Kalkaji

March 2026

| DATE        | CLASS                             |                                                                                                                                                                                         |
|-------------|-----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 Mar 2026  | BCom 2M, BCom 4M, BBA 6E, BBA 2E  | <u>Topics</u><br><br>Foundations of body language : Self awareness , posture basics , expression and gestures.<br><br>Role-play to Understand body language across different situations |
| 11 Mar 2026 | BBA 2M, BBA 4E, BCom 4M, BBA 4M   |                                                                                                                                                                                         |
| 12 Mar 2026 | BBA 6M, BCom 6M, BCom 2E, BCom 6E |                                                                                                                                                                                         |

## Report

During March 2026, the sessions emphasized behavioural application, non-verbal communication, and experiential learning through practice-based activities.

For First Year students, sessions continued on Healthy vs Unhealthy Coping Strategies, helping students strengthen adaptive coping behaviours. Additionally, students were introduced to the Foundations of Body Language, including self-awareness, posture, facial expressions, and gestures. The sessions concluded with Role-Play Activities, enabling students to understand and apply body language effectively in different social and academic situations.

For Second Year students, the focus remained on Emotional Regulation, with students practicing techniques to manage emotional responses in real-life contexts. This was followed by Foundations of Body Language, where students explored non-verbal cues and their impact on communication. Through Role-Play Activities, students applied both verbal and non-verbal communication skills in simulated scenarios, enhancing their interpersonal effectiveness.

For Third Year students, sessions reinforced Building a Resilient Mindset, encouraging students to sustain motivation and optimism during challenging phases. The sessions also covered Foundations of Body Language, helping students align their verbal and non-verbal communication. Finally, Role-Play Exercises provided opportunities for students to practice assertiveness, resilience, and effective communication in diverse real-life situations.



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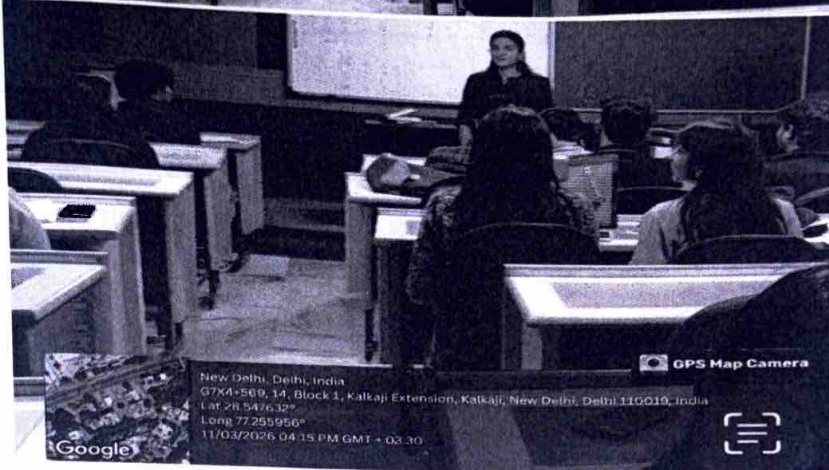
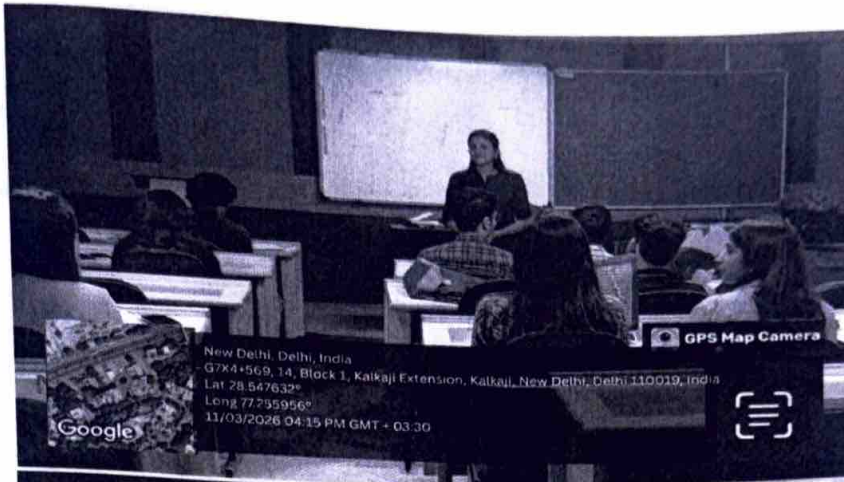
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## Learning Outcomes

1. Students demonstrated the ability to apply emotional regulation, resilience, and coping strategies in real-life situations, showing improved adaptability and behavioural awareness.
2. Students developed effective verbal and non-verbal communication skills, including body language awareness, posture, gestures, and practical application through role-play in diverse situations.



*Prasanta Kumar*

Head of Department

*Shriya*

Counsellor



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## COUNSELING REPORT

B.Com (April 2026)

Counsellor : Shriya upadhayay

Course : B.Com

Class : B.Com 2M ,B.Com2E, B.Com 4M, BCom 4E,Bcom-6 M,Bcom-6 E

Mode : Offline

Location : Kalka ji

### April 2026

| DATE          | CLASS                                     | Topics                                                                                                                                               |
|---------------|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 April 2026  | B.Com-2M, BBA-6E , B.Com -4E,BBA 2E       | 1.Understanding Assertive communication<br><br>2.Emotional intelligence<br><br>3.Transition Anxiety: Preparing for Life After College ( third year ) |
| 8 April 2026  | BBA-2M, B.Com 4M, B.Com-2E                |                                                                                                                                                      |
| 9 April 2026  | BBA-6M, B. Com -6M, B. Com 6E , B. Com-4E |                                                                                                                                                      |
| 15 April 2026 | BBA-4E,B. Com-4E, BBA-4M                  |                                                                                                                                                      |
| 16 April 2026 | BBA-6M , BBA-2M , BBA 6E                  |                                                                                                                                                      |
| 22 April 2026 | BBA-4E , B.Com                            |                                                                                                                                                      |
| 29 April 2026 | B.COM-4M, BBA-2M, BBA-4M, BBA-4E          |                                                                                                                                                      |
| 30 April 2026 | BBA-6M, B.COM-2M, BBA-6E, B.COM-6E        |                                                                                                                                                      |

### Report

During the month of April 2026, sessions were conducted for First Year, Second Year, and Third Year students.



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For Second Year students, the sessions focused on strengthening interpersonal and emotional competencies through Understanding Assertive Communication, allowing students to communicate more effectively in academic and social environments. The topic of Emotional Intelligence further enabled students to enhance self-regulation, empathy, and relationship management skills, contributing to more balanced and thoughtful responses in challenging situations.

For Third Year students, the sessions addressed both communication and transition-related concerns. Students were introduced to Understanding Assertive Communication to support confident self-expression in professional and personal settings. This was followed by Emotional Intelligence, which helped students manage stress, interpersonal dynamics, and decision-making processes. Additionally, a focused session on Transition Anxiety: Preparing for Life After College provided students with a platform to explore concerns related to career choices, uncertainty, and future responsibilities, while equipping them with strategies to manage anxiety and approach transitions with greater clarity and confidence.

## Learning Outcomes

1. Students demonstrated the ability to **apply assertive communication skills**, expressing their thoughts, needs, and boundaries confidently while maintaining respect in interpersonal interactions.
2. Students developed enhanced **emotional intelligence**, including self-awareness, emotional regulation, empathy, and improved relationship management across academic and personal contexts.



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## Learning Outcomes

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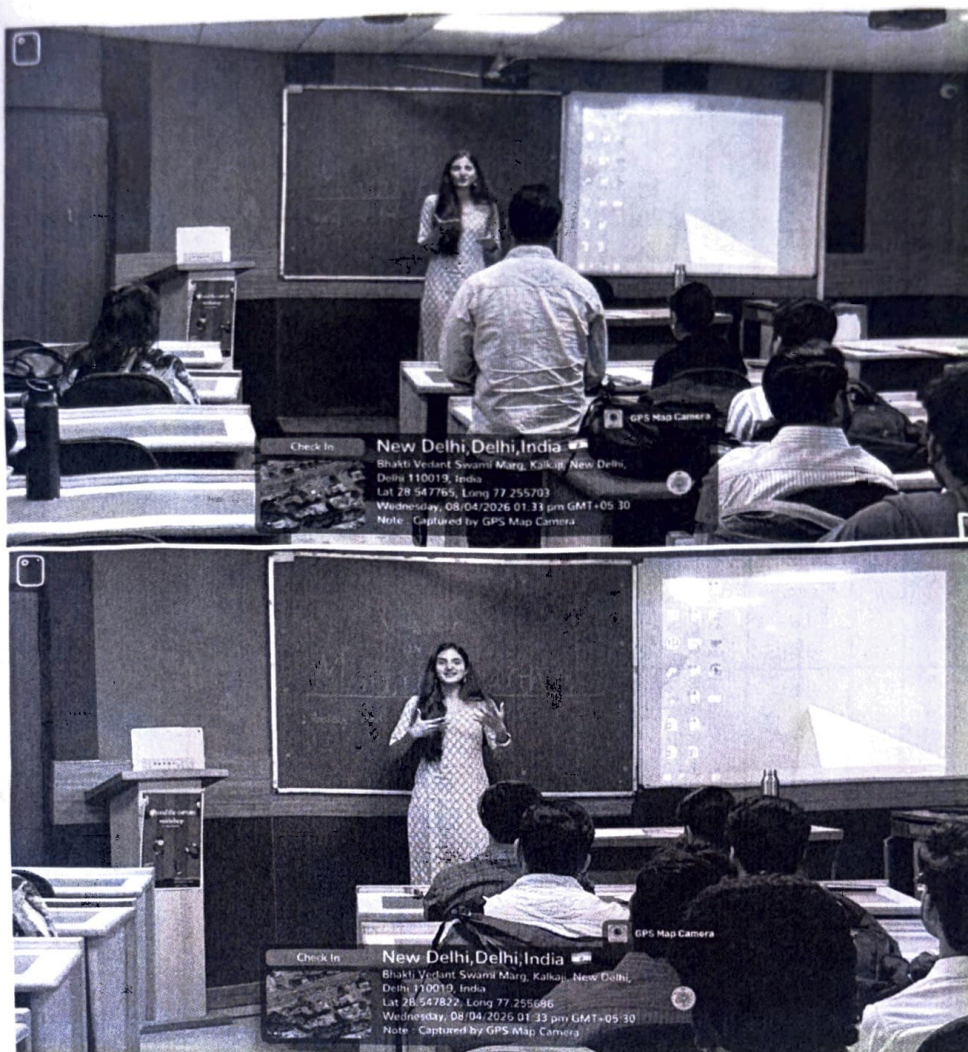
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3. Third Year students specifically exhibited increased **readiness to manage transition-related anxiety**, showing improved clarity, coping strategies, and confidence in preparing for life after college.



*Basant Kumar*

Head of Department

*Shriya*

Counsellor