

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)

Criteria 7.1.1

7.1.1 Measures initiated by the Institution for the promotion of gender equity during the year.

Supporting Documents Include:

- 1) Annual Gender Sensitization Event Report
 - Prayaas -Pad Donation
 - Report on Cervical and breast cancer informative session
 - Report on National Girl Child
 - Sanitary Pads Distribution Drive
- 2) Specific facilities provided for women in terms of a) Safety and security b) counseling c) common room.



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01-08-2024

ANNUAL GENDER SENSITIZATION ACTION PLAN

Assessment Year (2023-24)

Sr. No	Activity Name	Date
1	Prayaas- Pad Donation	09-05-24
2	Report on Cervical and breast cancer informative session	07-03-24
3	Report on National Girl Child	24-01-24
4	Sanitary Pads Distribution Drive	02-08-23





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JIMS/B.COM(H)/2024/845

May 06, 2024

Notice

Prayaas-Pad Donation

Prayaas- The NSS Club of JIMS Kalkaji is organising a pad donation drive on 9th May 2024 (Thursday) at Madanpur Khadar Slums, Sarita vihar. The aim of the event is to provide for those in need and to educate volunteers about those who are less fortunate.

Dr. Preeti Singh and Mr. Kartik Dayal are Co-ordinate.

Pranhant Kurar

Dr. Prashant Kumar

HOD

For Distribution:
All Notice Board

For information, Please Director









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JIMS/BBA/2024/698

May 06, 2024

Notice

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Dr. Preeti Singh and Mr. Kartik Dayal are Co-ordinate.

Dr. Ruchi Srivastava

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Date: 09.05.2024

Report on "Sanitary Pad Donation Drive "

Event Category

: NSS

Topic

:Sanitary Pad Donation Drive

Date

: 9 May 2024

Faculty Coordinator

: Dr. Preeti Singh & Mr. Kartik Dayal

Number of Student Volunteers

: 11

Objective

The objective was to address the menstrual hygiene needs of women and girls in the community and aimed to alleviate this issue by providing free sanitary pads to women and girls, thereby promoting their health, dignity, and overall well-being.

Report

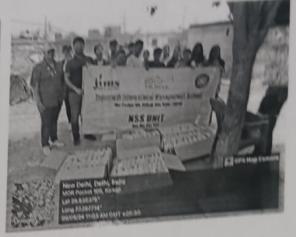
The student volunteers from Prayaas, the NSS and rotaractclub of JIMS Kalkajiconducted sanitary pad donation drive in collaboration withEnactus and Rotaract Club of Resilience at MadanpurKhadar. Sanitary pads were distributed to those in need, ensuring privacy and dignity for the recipients. This initiative not only provided immediate relief but also raised awareness about menstrual hygiene practices, contributing to the overall health and well-being of women and girls in the community.

Learning Outcome:

- Through this initiative, a tangible impact was made in improving the menstrual hygiene management of underprivileged women and girls, thereby contributing to their overall health and well-being.
- Moving forward, it is essential to sustain efforts to ensure continued access to sanitary pads and menstrual hygiene education in the community.

Glimpses of the event







(pads are being distributed to underprivileged)

Name & Signature Coordinator Name & Signature Head-Dept. of ___ Name & Signature Director



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SANITARY PAD DONATION DRIVE

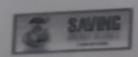
LIST OF STUDENT VOLUNTEERS

	LIST OF STUD		ATTENDANC
		BATCH	
SNO	NAME	BBA 4M	PRESENT
1	YASH VARDHAN	BCOM 4M	PRESENT
2	KAMOLINI	BCOM 6M	PRESENT
3	SAKSHI		PRESENT
4	ADITYA	BBA 6 M	PRESENT
5	VINAYAK	BBA2 E	PRESENT
	CHIRAG	BCOM 6 M	PRESENT
6	KANIKA	BBA 2 E	PRESENT
7	AANYA	BCOM 2 E	
8	JYOTI	BCOM 2 E	PRESENT
9		BBA 2 E	PRESENT
10	PRIYANSHU	BBA 2 E	PRESENT
11	VARUN		

white NAME AND SIGNATURE PRESIDENT OF NSS/ROTARACT

NAME AND SIGNATURE FACULTYCOORDINATOR









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





JIMS/B.COM(H)/2024/801

March 01, 2024

Notice

NSS | Informative Session on Cervical and Breast Cancer

Prayaas- The NSS Club of JIMS Kalkaji is organising an informative session on the ocassion of international women's day in collaboration with "Caped India" on cervical and breast cancer at JIMS, Kalkaji on 7th March 2024 i.e. Thursday, wherein volunteers will be equipped with information about the same

Dr. Preeti Singh is to Co-ordinate.

Praylent Kunar Dr. Prashant Kumar HOD

For Distribution:
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JIMS/BBA/2024/687

March 01, 2024

Notice

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HOD

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Date: 07.03.2024

Report on "Cervical and breast cancer session"

Event Category

: NSS

Topic

: Cervical and breast cancer session

Date

: 7 March 2024

Faculty Coordinator

: Dr. Preeti Singh & Mr. Kartik Dayal

Number of Student Volunteers

:17

Objective

- To increase awareness and reduce the stigma linked to the symptoms and treatment of cervical and breast cancer.
- To prevent the development of invasive cervical and breast cancer

Report:

Prayaas the NSS Club of JIMS Kalkaji in collaboration with caped India, Ms mehak maheshwari conducted a session on cervical and breast cancer in the campus to raise people's awareness about cervical and breast cancer, its detection, its treatment and the need for a reliable, permanent cure. Through the collective efforts of volunteers and teachers we were able to successfully conduct this campaign and bring awareness amongst people.

Learning Outcome:

This campaign helped people by teaching the signs and symptoms of cervical and breast cancer and ways of prevention.

Glimpses of the event



(Ms. Mehak Maheshwari conducting a session on cervical and breast cancer to raise awareness

Name & Signature Coordinator Prochant Ky nay Name & Signature Head-Dept. of

Name & Signature Director



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CERVICAL AND BREAST CANCER CAMPAIGN LIST OF STUDENT VOLUNTEERS

S.No	Name	Batch	Attendance
1	LIPIKA CHUG	BBA 4 M	PRESENT
2	ADITYA GOEL	BBA 6 M	PRESENT
3	ISHFA	BCOM 6 M	PRESENT
4	SAKSHI	BCOM 6 M	PRESENT
5	CHIRAG	BCOM 6 M	PRESENT
6	AANYA KHANDELWAL	BCOM 2 E	PRESENT
7	KASHISH SINGH	BBA 4 E	PRESENT
8	VARUN PAPNAI	BBA 2 E	PRESENT
9	PRIYANSHU POKHRIYAL	BBA 2 E	PRESENT
10	VANYYA MEHTA	BCOM 2 M	PRESENT
11	HARSHITA	BBA 2 M	PRESENT
12	PRANAV	BCOM 2 M	PRESENT
13	RIDHIMA THAKUR	BCOM 2 M	PRESENT
14	VINAYAK PARASHAR	BBA 2 E	PRESENT
15	LAKSHIT TYAGI	BBA 2 E	PRESENT
16	KHUSHI NAGPAL	BCOM 4 M	PRESENT
17	ARYAN GAUR	BCOM 2 M	PRESENT

NAME AND SIGNATURE
PRESIDENT OF NSS/ROTARACT

NAME AND SIGNATURE
FACULTY COORDINATORC



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Date: 24.01.2024

Report on "National Girl Child day"

Event Category

: NSS

Topic

: Debate Competition on "National Girl Child Day"

Date

: 24 jan 2024

Faculty Coordinator

: Dr. Preeti Singh & Mr. Kartik Dayal

Number of Student Volunteers

: 11

Objective

- 1. To create awareness about the inequalities faced by girls in Indian society, and also to promote awareness about the rights of the girl child
- 2. To make people understand importance of female education, health, and nutrition.

Report

On 24th January 2024, PRAYAAS, NSS club of JIMS KALKAJI celebrated National Girl Child day with zeal and enthusiasm. The NSS Volunteers conducted debate competition for girls and created awareness for women empowerment. National Girl Child Day promotes equal opportunities in education, healthcare, and nutrition while also raising awareness about the rights of girls and addressing issues such as child marriage, discrimination, and violence against them.

Learning Outcome:

- 1. To promote awareness about the rights of a girl child.
- 2. To promote the importance of their education, health, and nutrition.
- 3. Helped students become more aware about women empowerment.







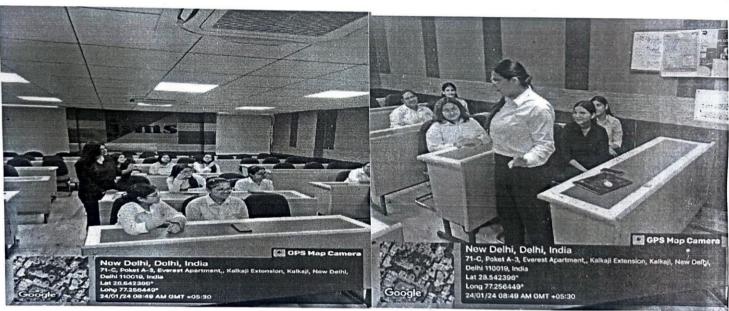


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Glimpses of the event





Name & Signature Coordinator Rame & Signature
Head-Dept.

Name & Signature Director









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National Girl Child Day

LIST OF STUDENT VOLUNTEERS

S.NO	NAME	BATCH	ATTENDANCE
1	LIPIKA	BBA 4M	PRESENT
2	KAMOLINI	BCOM 4M	PRESENT
3	SAKSHI	BCOM 6M	PRESENT
4	GAURI SINGH	BBA 6 M	PRESENT
5	MEHAK ARORA	BBA2 E	PRESENT
6	KUHU SAXENA	BCOM 6 M	PRESENT
7	KANIKA	BBA 2 E	PRESENT
8	AANYA	BCOM 2 E	PRESENT
9	JYOTI	BCOM 2 E	PRESENT
10	TANISHA	BBA 2 E	PRESENT
11	VIDHI	BBA 2 E	PRESENT

NAME AND SIGNATURE PRESIDENT OF NSS/ROTARACT NAME AND SIGNATURE FACULTY COORDINATOR









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JIMS/B.COM(H)/2024/450

July 31, 2023

Notice

Sanitary Pads Distribution Drive

Prayaas-The NSS club of JIMS Kalkaji, along with 'A Sanitary Gift' is organizing a sanitary pads distribution drive on 2nd August 2023(Wednesday) at the JEEWAN DEEP KUSTH ASHRAM and the neighboring slum area to provide and spread awareness about the importance of using sanitary pads

Dr. Preeti Singh and Mr. Kartik Dayal are Co-ordinate.

Proplement Furan Dr. Prashant Kumar HOD

For Distribution:
All Notice Board

For information, Please Director









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JIMS/BBA/2024/430

July 31, 2023

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Prankent Furan Dr. Prashant Kumar

HOD

For Distribution: All Notice Board

For information, Please

Director









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





Date: 02.08.2023

Report on Sanitary Pads Distribution Drive

Event Category: NSS

Topic: Sanitary Pads Distribution Drive

Date: 2nd August 2023

Faculty Coordinator: Dr. Preeti Singh Number of Student Volunteers: 7

Objective

- To distribute sanitary pads amongst the lower strata of the society.
- To know about the struggles and stories of women from weaker section of society.

Report:

Prayaas-The NSS and Rotaract club of JIMS Kalkaji, along with 'A Sanitary Gift' conducted a sanitary pads distribution drive at the JEEWAN DEEP KUSTH ASHRAM and the neighboring slum area to provide and spread awareness about the importance of using sanitary pads. The drive was organized with a motive to understand the problems menstruatators face in weaker section of society.

Learning Outcome:

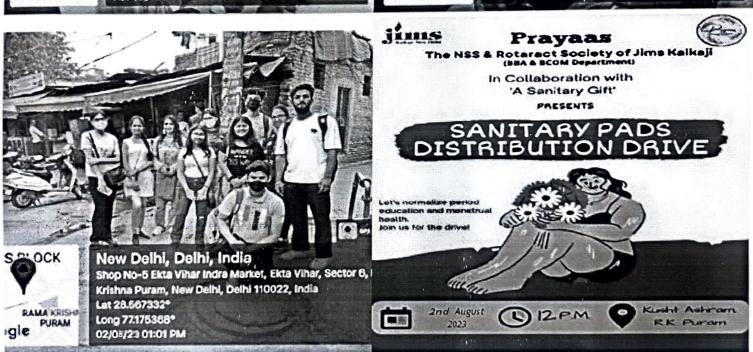
- To educate the women about healthy sanitation habits important during their menstruation.
- To listen about the hardships they go through during their menstruation cycles.













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LIST OF STUDENT VOLUNTEERS

S.NO	NAME	BATCH	ATTENDANCE
1	LIPIKA	BBA 3M	PRESENT
2	KAMOLINI	BCOM 3M	PRESENT
3	SAKSHI	BCOM 5M	PRESENT
4	GAURI SINGH	BBA 5 M	PRESENT
5	MEHAK ARORA	BBA1 E	PRESENT
6	KUHU SAXENA	BCOM 5 M	PRESENT
7	KANIKA	BBA 1 E	PRESENT

NAME AND SIGNATURENAME AND SIGNATURE PRESIDENT OF NSS/ROTARACT









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- 1) Specific facilities provided for women in terms of
- a) Safety and security
- b) Counseling
- c) Common room.



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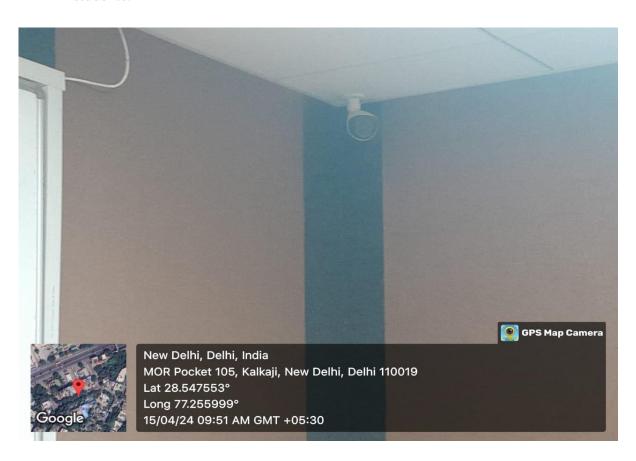
Accredited by National Assessment and Accreditation Council (NAAC)

SPECIFIC FACILITIES FOR WOMEN

A. SAFETY AND SECURITY

Safety and security of girls is ensured in the campus. The institute provides amenities and to keep the environment safe and secure.

1. <u>Surveillance through CCTV Cameras</u> - CCTV cameras are installed at the gates corridors and also in classrooms to keep a check on any anti-social activities. Proper monitoring of the cameras is done by the HODs and Director to maintain discipline among students.





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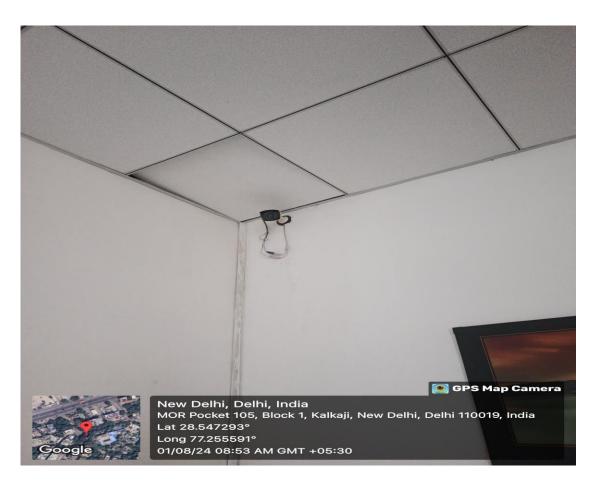
Reception



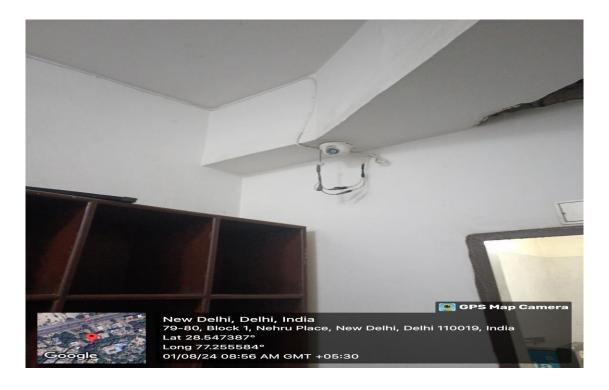




GDPI Room



Outside Library





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2. <u>Security Guards</u> - Security guards are appointed at the institute gates to restrict the entry of any unwanted element in the institute.











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3) **<u>Visitor Log</u>** - Proper record of visitors is maintained in a log book with the details of the visitors and the reason for their visit to the institute premises.



4) **Flying Squad** - The faculties have been assigned a task to take rounds in the institute's corridors, library, canteen and common rooms for random check to avoid any anti-social behavior.









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12/2/24, 11:27 AM

Jagannath International Management School Mail - BBA & B.COM (H) Flying Squad Committee for ODD semester (Aug-Dec)...



Dolly Sharma <dolly.sharma@jagannath.org>

BBA & B.COM (H) Flying Squad Committee for ODD semester (Aug-Dec) 2024

BBA STAFF KALKAJI
bbastaff.kj@jagannath.org>

Mon, Jul 29, 2024 at 11:47 AM

To: Dr Deeksha Arora <deeksha.arora@jagannath.org>, "Ms. Shweta Khandelwal" <shweta.khandelwal@jagannath.org>, "Ms. Kanika Parashar" <kanika.parashar@jagannath.org>, "Dr. Pallavi Ahuja" <pallavi.ahuja@jagannath.org>, Kartik <kartik.dayal@jagannath.org>, "Dr. Prashant Kumar" <hodbcom.kj@jagannath.org>, Surbhi <surbhi.gosain@jagannath.org>, Surbhi <surbhi.ahuja@jagannath.org>, "Ms. Jasleen Rana" <jasleen.rana@jagannath.org>, Dolly Sharma <dolly.sharma@jagannath.org>, Preeti <drpreeti.singh@jagannath.org>, "Dr. Shivani Sharma" <shivani.sharma@jagannath.org>, "Dr. Niti Saxena" <niti.saxena@jagannath.org>, Chanika Goel <chanika.goel@iagannath.org>, Arti <arti.vaish@iagannath.org>, "Ms, Pooja Bisht" pooja.bisht@jagannath.org>, Ruchi Singhal <ruchi.singhal@jagannath.org>, "Ms. Aastha Behl" <aastha.behl@jagannath.org>, ektakasana47@gmail.com Cc: "Dr. Ruchi Srivastava" <hodbba.kj@jagannath.org>, Secy Director General <secydirector.kj@jagannath.org>, secretary chairman <secretary.chairman@jagannath.org>

Dear All.

Please find the attached list.

Regards.



"As the world revolves we evolve."

BBA/B.COM(H) Department

Jagannath International Management School MOR Pocket-105, Kalkaji, New Delhi-110019.

Contact us: 011-40619218 Visit us at www.jimskalkaji.com www.jagannath.org

Follow on us:













Flying Squad List.docx



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The Flying squad will give a daily report of the defaulters (name of the students) to the bbastaff.kj@jagannath.org

Team- I

S. No	Faculty Name	S. No	Faculty Name		
1	Mr. Arti Vaish	4	Dr. Surbhi Gosain	MONDAY	
2	Ms. Dolly Sharma	5	Dr. Niti Saxena	WIGNDAT	
3	Ms. Kanika Parashar	6	Ms. Chanika Goel		
Faculty responsible for overall discipline on 1st Floor — Dr. Surbhi Gosain					
	2 nd Floor – Ms. Arti V				

Team- II

- Cuiti				
S. No	Faculty Name	S. No	Faculty Name	
1	Dr. Deeksha Arora	4	Dr. Shivani Sharma	TUESDAY
2	Ms. Aastha Bhel	5	Ms. Pooja Bisht	TUESDAT
3	Ms. Surbhi Ahuja	6	Mr. Kartik Dayal	
Faculty resp	onsible for overall discipline on	1 st Floor – M:	s. Surbhi Ahuja	
		2 nd Floor –	Dr. Deeksha Arora	

Team- III

S. No	Faculty Name	S. No	Faculty Name	
1	Dr. Preeti Singh	4	Dr. Ruchi Singhal	WEDNESDAY
2	Mr. Kartik Dayal	5	Ms. Shweta Khandelwal	WEDNESDAY
3	Dr. Surbhi Gosain	6	Ms. Kanika Parashar	
Faculty responsible for overall discipline on 1 st Floor – Ms. Jasleen Rana 2 nd Floor – Dr. Ruchi Singhal				

Team- IV

S. No	Faculty Name	S. No	Faculty Name	
1	Ms. Arti Vaish	4	Ms. Jasleen Rana	THURSDAY
2	Ms. Dolly Sharma	5	Ms. Pooja Bisht	IHUKSDAT
3	Ms. Surbhi Ahuja	6	Ms. Aastha Behl	
Faculty resp	onsible for overall discipline on	1 st Floor – M	s. Aastha Behl	
		2 nd Floor –	Ms. Aarti Vaish	

Team- V

S. No	Faculty Name	S. No	Faculty Name	
1	Dr. Pallavi Ahuja	4	Dr. Preeti Singh	FRIDAY
2	Dr. Shivani Sharma	5	Dr. Deeksha Arora	FRIDAY
3	Dr. Niti Saxena	6	Dr. Ruchi Singhal	
Faculty resp	onsible for overall discipline on		: Kartik Dayal Dr. Preeti Singh	



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- 5) <u>Grievance Redressal Committee</u> A grievance redressal committee is constituted to address the issue of the students in this regard. Web link for GRC https://www.jimskalkaji.com/revised-gr-redressal.php
- 6) Internal Complaint Committee A internal Complaint Committee is constituted to address the issue related to any kind of sexual harassment of the students. Weblink for Committee https://www.jimskalkaji.com/revised-sexual-herrasment.php



7) <u>Anti-Ragging Committee</u> – Ragging is prohibited in the institute and strict disciplinary action is taken if any student indulge in ragging. An anti-ragging committee is constituted to address ragging related issues. Weblink.

https://www.jimskalkaji.com/revised-anti-ragging.php



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Code of Conduct Committee: The code of conduct committee monitors the implementation of code of conduct and code of ethics for both students and staff Code of Conduct which has been formulated and approved by the board of management.

Constitution of committee to monitor to adherence to the Code of Conduct (2023-2024)

To monitor adherence to the Code of Conduct for the Students, Teachers, Administrative and other Staff, following committee is constituted:

S.No.	Name	Role	Email ID
1	Dr.Anuj Verma,	Chairman	director.kj@jagannath.org
	Director		
2	Dr.Prashant Kumar,	Member	hodbcom.kj@jagannath.org
	HOD B.COM(H)		
3	Dr.Niti Saxena,	Member	niti.saxena@jagannath.org
	Associate Professor		
4	Dr.Shweta Khandelwal,	Member	Shweta.khandelwal@jagannath.org
	Assistant Professor		
5	Ms.Dolly,	Member	dolly.sharma@jagannath.org
	Assistant Professor		
6	Mr. Kartik Dayal,	Member	kartik.dayal@jagannath.org
	Assistant Professor		

Drive link For Committee:

https://drive.google.com/drive/folders/1x0MQJ7n72ahLBSjt1KIVnqK2OYO65ueI



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Say No to Ragging 'Don't Rag Just Interact"



- 8) <u>ID cards</u> are issued to the students and staff to prevent the entry of outsiders into the College premises.
- 9) The members of the **Discipline Committee** have made a code of conduct to be followed by students.
- 10) During study tours or College fests, **lady staff accompanies** girl students.
- 11) **Guest lectures and workshops** are organized to deliberate upon vital issues confronted by women. NSS cell organized a seminar on Women rights and safety.



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B. COUNSELLING

1) **Class Coordinator** - Each class have their Class coordinators who are assigned the responsibility of mentoring and counseling of the students of their respective classes. Class coordinators interact with students on a one-to-one basis and counsel students on academic, professional and personal aspects.

List of Class Coordinators for BBA

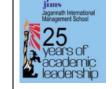
Class	Name of the Class Coordinator
BBA-I(M)	Ms. Kanika
BBA- $I(E)$	Dr. Niti Saxêna
BBA-III(M)	Dr. Surbhi Gosain
BBA-III(E)	Ms.Shruti Gupta
BBA-V(M)	Ms. Shweta
BBA 5 E	Ms.Dolly

List of Class Coordinators for B.COM(H)

Class	Name of the Class Coordinator
B.COM(H)-I(M)	Ms. Jasleen Rana
B.COM(H)-I(E)	Dr. Preeti
B.COM(H)-III(M)	Ms. Aastha Behl
B.COM(H)-III(E)	Ms. Arti Vaish
B.COM(H)-V(M)	Mr. Kartik Dayal
B.COM(H)-V(E)	Ms. Pooja Bisht



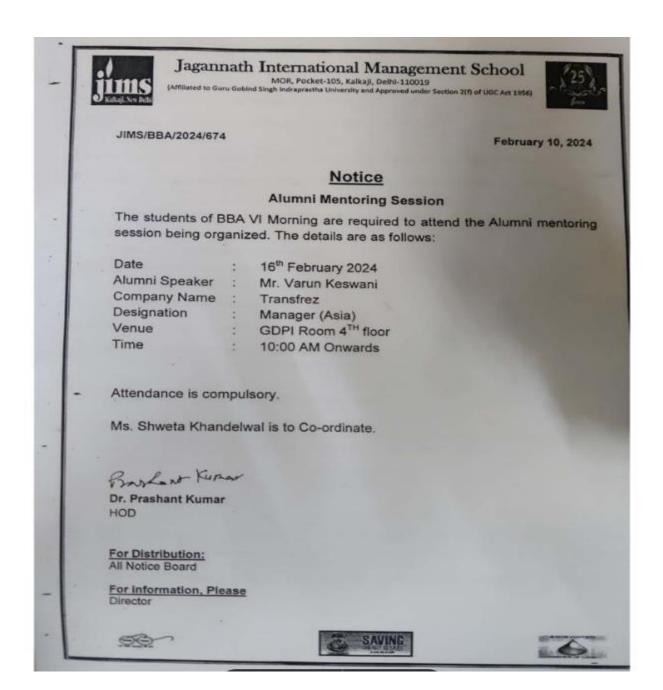
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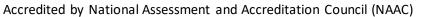
Mentoring Mechanism - The College also has a Faculty Mentoring sessions to resolve queries.

Sample Notice of Alumni Mentoring Session





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Sample time table of mentoring session



Jagannath International Management School

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rming s	Shift	08:10- 09:05	09:05 - 10:00	A & B.C 10:00 - 10:10	om.(H) W	7eekly Time 11:05 - 12:00	Table 08t1	12:55-1:15		14:10 - 15:05	24 15:05 - 16:00	16:00-16:10	16:10 - 17:0!
Пэна	BBA II-(M) & (E) (S2)	03.03	10.00	В	BE Ms Surbhi A	E-CommLab G-1 Dr Prashant	PDP(VAC) Dr Jyoti	В	BC Dr Preeti	DTB Ms Pooja		В	
	B.Com.(H) II-E (S1)			R		BL Ms Shweta	ME Ms Kanika	R	BL Ms Shweta	ME Ms Kanika	BS Ms Pooja	R	
Tuesday	B.Com.(H) IV-M & (E) (S3)			E	CF Dr Pallavi	CF Dr Pallavi	BE&CSR Dr Preeti/Dr Shiyani) [MA Ms Aastha	MM Dr Surbhi		E	
	BBA IV-(M) & (E) (S4)			A K	FM Ms Kanika	BA Dr Shivani	BA Dr Shivani	A K	CGE&SR Dr RuchiS/Ms Shweta	Mentoring		A K	
	B.Com(H) VI-(M) & (E) (F1)				NVF Dr Deeksha	NVF Dr Deeksha	Mentoring						
	BBA VI-(M) & (E) (F2)				PM Dr Surbhi	ED Ms Surbhi A/Dr Ruchi S	ASP Ms Jasleen						

3) **Psychologist** - A psychologist is also appointed to counsel the students on psychological aspects pertaining to academics and personal dimensions. Regular counseling sessions are organized with the counselor to address issues and conduct activities in class that build the personality, self-esteem and self-efficacy of the students and reduce the stress.

Here i am attaching resume of Psychologist



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 .

- 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 Arbetslivinstituet (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 Postgraduate 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. Numminnen & Amita Sahaya

EXPERIENCE

- -Coordinator for SWL-UCDVO student volunteer program (2003-to 2023) in the area of literacy, health and development.
- Coordinator for Youth exchange program Canada World Youth & International Youth Centre (1999-2000)
- Consultant & Training at International Youth Centre NGO New Delhi (1996-2000)

Email: sunitakaistha@gmail.com

M - + 91 - 9910057172

Website: www.swl-wwhi.org



SHRIYA UPADHAYAY

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

Email: upadhayayshriya@gmail.com

Phone number: 9910218439

Address: Delhi

Education

M.A. clinical psychology
Amity university ,Noida (2020-2022)
B.A. Applied Psychology
Amity university, Noida (2017-2020)
XII Standard
Amrita Vidyalayam , New Delhi (2017)
X Standard
Sona modern public school, New Delhi (2015)

Skills

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

Hobbies

- Music
- Travelling

Certifications

Experience

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

· Art Therapy

Fortis healthcare -June 2020

· Sports Psychology

Fortis healthcare- June 2020

- Music and Movement Therapy
 Fortis Healthcare -July 2020
- · Fashion Psychology

Fortis healthcare limited July 2020

- · Introduction to psychotherapy Fortis healthcare limited July 2020
- · Psycho-Oncology

Fortis healthcare limited July 2020

· School psychology, Positive Psychology, Rorschach Inkblot test

Fortis healthcare limited July 2021

- Little seeds (NGO) worked as mental health campaign Head for creating awareness on Mental health (March -December, 2021)
- Hear us App-Interned as listener on Hear Us app for counseling services under psychologist Aastha Jain (June-October 2021)
- Fortis healthcare-Internship in clinical psychology (July 2021)
- Psy-Mann Clinical psychology Intern (Februarymarch 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)

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

April 24, 2024

Notice

Counseling Session on "Goal-Setting"

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

Date

: 1st

Speaker

1st May 2024 Ms. Shriya Upadhayay

Designation

Student Counselor

Topic

Goal-Setting

Venue Time

Respective Classrooms

10:00 AM to 02:00 PM

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

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

Instructions:

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

Br. Prashant Kumar

HOD

For Distribution:

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

April 24, 2024

Notice

Counseling Session on "Goal-Setting"

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

Date

1st May 2024

Speaker

Ms. Shriya Upadhayay

Designation

Student Counselor

Topic

Goal-Setting

Venue Time

Respective Classrooms 10:00 AM to 02:00 PM

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Book No Kuner Dr. Prashant Kumar

HOD

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COUNSELING REPORT

Counsellor: Ms. Shriya Upadhayay

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

Course: B.COM (H)

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

Mode: Offline

Location: Kalkaji

Report

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

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

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

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

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





Learning Outcomes:

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

Issues Faced (If any): None

Student Counselor

Signature

HOD

Braslant Kunan



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JIMS/BBA/2024/692-c

April 24, 2024

Notice

Counseling Session on "Goal-Setting"

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

Date

1st May 2024

Speaker

Ms. Shriya Upadhayay

Designation

Student Counselor

Topic

Goal-Setting

Venue Time

Respective Classrooms

10:00 AM to 02:00 PM

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

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

Instructions:

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

Dress code is formal wear

Dr. Ruchi Srivastava

HOD

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COUNSELING REPORT

Counsellor: Ms. Shriya Upadhayay

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

Course: BBA

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

Mode: Offline

Location : Kalkaji

Report

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

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

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





Learning Outcomes:

lkaji, Delhi

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

Issues Faced (If any): None

Student Counselor

Signature

HOD



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

April 24, 2024

Notice

Counseling Session on "Goal-Setting"

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

Date

24th April 2024

Speaker

Ms. Shriya Upadhayay

Designation

Student Counselor

Topic

Goal-Setting

Venue

Respective Classrooms

Time

10:00 AM to 02:00 PM

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

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

Instructions:

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- Mobile phones should be switched off or should be on silent mode.
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Dress code is formal wear

Praylent Kunar Dr. Prashant Kumar

HOD

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JIMS/BBA/2024/692-b

April 24, 2024

Notice

Counseling Session on "Goal-Setting"

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

Date

24th April 2024

Speaker

Ms. Shriya Upadhayay

Designation

Student Counselor

Topic

Goal-Setting

Venue Time

Respective Classrooms

10:00 AM to 02:00 PM

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Dress code is formal wear

Dr. Ruchi Šrivastava

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

March 26th, 2024

Notice

Counseling Session on "Conflict Managment"

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

Date

27th March 2024

Speaker

Ms. Shriya Upadhayay

Designation

Student Counselor

Topic

Conflict Managment

Venue

Respective Classrooms

Time

10:00 AM to 02:00 PM

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

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

Instructions:

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Burlant Kuna Dr. Prashant Kumar

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COUNSELING REPORT

Counsellor: Ms. Shriya Upadhayay

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

Course: BCOM (H)

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

Mode: Offline

Location: Kalkaji

Report

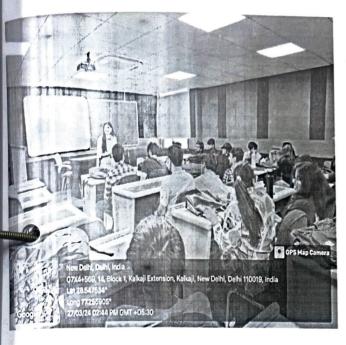
The objective of the session was to introduce students to different styles of conflict resolution and help them reflect on their own styles of conflict resolution. Conflict resolution styles are different methods for addressing conflict. Everyone has a go-to or default style, but depending on the situation,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

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

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



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Learning Outcomes:

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

Issues Faced (If any): None

Student Counselor

Signature

HOD

Proplenter new



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



JIMS/BBA/2024/672

March 26th, 2024

Notice

Counseling Session on "Conflict Managment"

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

Date

27th March 2024

Speaker

Ms. Shriya Upadhayay

Designation

Student Counselor

Topic

Conflict Managment

Venue

Respective Classrooms

Time

10:00 AM to 02:00 PM

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

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

Instructions:

- 1. No side conversations should be observed during the proceedings of the session.
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Dr. Ruchi Srivastava

HOD

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COUNSELING REPORT

Counsellor: Ms. Shriya Upadhayay

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

Course: BBA

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

Mode: Offline

Location : Kalkaji

Report

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

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Learning Outcomes:

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

Issues Faced (If any): None

Student Counselor

Signature

HOD



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



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

March 18, 2024

Notice

Counseling Session on "Conflict Managment"

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

Date

: 2

20th March 2024

Speaker

Ms. Shriya Upadhayay

Designation

Student Counselor

Topic

Conflict Managment

Venue

Respective Classrooms

Time

10:00 AM to 02:00 PM

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

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

Instructions:

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

Prachant Kumar

HOD

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JIMS/BBA/2024/699

March 18, 2024

Notice

Counseling Session on "Conflict Managment"

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

Date

Speaker

20th March 2024

Designation

Ms. Shriya Upadhayay **Student Counselor**

Topic

Venue

Conflict Managment Respective Classrooms

Time

10:00 AM to 02:00 PM

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

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

Instructions:

- No side conversations should be observed during the proceedings of the session.
- 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.
- Dress code is formal wear

Dr. Ruchi Srivastava

HOD

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

March 11, 2024

Notice

Workshop on "Assertiveness Training"

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

Date

: 13

13th March 2024

Speaker

Ms. Shriya Upadhayay

Designation

Student Counselor

Topic : Venue :

Assertiveness Training

Time

Respective Classrooms

Time

10:00 AM to 02:00 PM

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

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

Instructions:

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

Proplant Kuray Dr. Prashant Kumar

HOD

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COUNSELING REPORT

Counsellor: Ms. Shriya Upadhayay

Date: 13-03-24

Course: B.Com (H)

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

Mode: Offline

Location: Kalkaji

Report

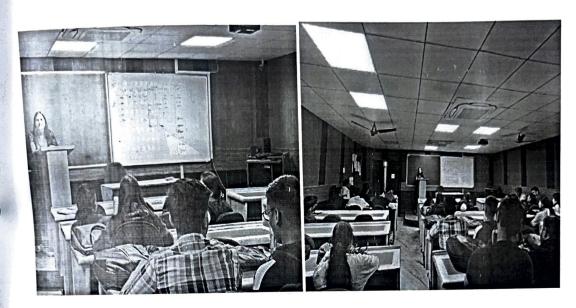
The objective of the session was to introduce students to assertiveness skills, which are the ability to communicate one's thoughts, feelings, and emotions clearly and confidently without being passive or aggressive. The facilitator then talked about some common types of unassertive communication styles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

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

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

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Photo:



Learning Outcomes:

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

Issues Faced (If any): None

Student Counselor

Signature

Prestantuner HOD



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JIMS/BBA/2024/696

March 11, 2024

Notice

Workshop on "Assertiveness Training"

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

Date

13th March 2024

Speaker

Ms. Shriya Upadhayay

Designation

Student Counselor

Topic

Assertiveness Training

Venue

Respective Classrooms

Time

10:00 AM to 02:00 PM

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

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

Instructions:

- 1. No side conversations should be observed during the proceedings of the session
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- 4. Don't leave the session early or unannounced. This is disruptive and inconsiderate
- 5. Dress code is formal wear

Dr. Ruchi Srivastava

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COUNSELING REPORT

Counsellor: Ms. Shriya Upadhayay

Date: 13-03-24

Course: BBA

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

Mode: Offline

Location : Kalkaji

Report

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

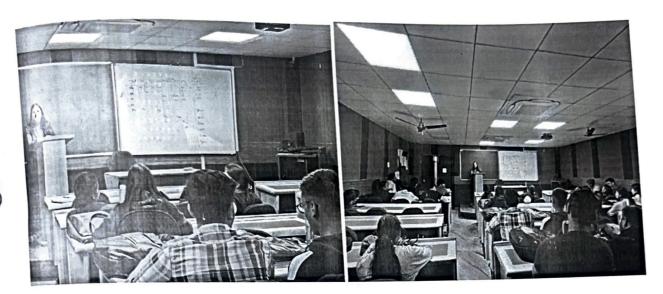
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Photo:



Learning Outcomes:

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

Issues Faced (If any): None

Student Counselor

Signature



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

March 01, 2024

Notice

Counseling Session on "Assertiveness Training"

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

Date

06th March 2024

Speaker

Ms. Shriya Upadhayay

Designation Topic

Student Counselor

Venue

Assertiveness Training Respective Classrooms

Time

10:00 AM to 02:00 PM

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

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

Instructions:

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- 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

Prostent Kunar

HOD

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MAS Alkaji, Delhi MOR, Pocket-105, Kalkaji, New Delhi-110019
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COUNSELING REPORT

Counsellor: Ms. Shriya Upadhayay

Date: 06-03-24

Course: B.com (H)

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

Mode: Offline

Location: Kalkaji

Report

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

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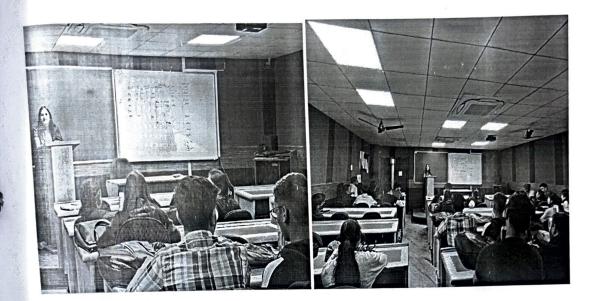
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Photo:



Learning Outcomes:

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

Issues Faced (If any): None

Student Counselor

Signature

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JIMS/BBA/2023/690

March 01, 2023

Notice

Workshop on "Assertiveness Training"

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

Date

06th March 2024

Speaker

Ms. Shriya Upadhayay

Designation

Student Counselor

Topic

Assertiveness Training

Venue Time.

Respective Classrooms

10:00 AM to 02:00 PM

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

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

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Dr. Ruchi Srivastava

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COUNSELING REPORT

Counsellor: Ms. Shriya Upadhayay

Date: 06-03-24

Course: BBA

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

Mode: Offline

Location: Kalkaji

Report

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

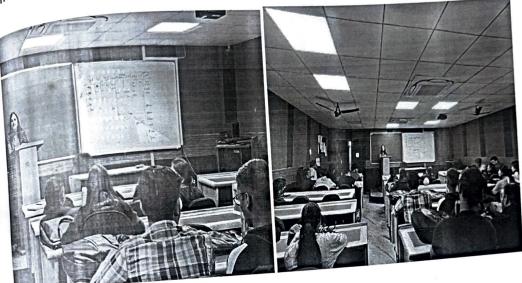
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photo:



Learning Outcomes:

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

Issues Faced (If any): None

Student Counselor

Signature



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C. COMMON ROOMS AND OTHER INFRASTRUCTURE

1) Common Room- There are two separate common rooms dedicated for boys and girls. Facilities like Gym, indoor sports such as carom, table tennis and music are available in each of the common rooms.









