

Contact Information:

Dr. Jyoti Dahiya

Qualification: Masters in Psychology

Post Graduate Diploma in Guidance and Counselling

M.A (Political Science)

Masters in Education

Ph.D. (Education)

UGC Net

Contact No: 9871310707

- Student life today throws up numerous challenges owing to a fast-paced tempo, changing family dynamics, being away from home, increased competitiveness and social media.
- LLDIMS recognizes that counseling is important for students to navigate these demands and achieve their academic potential. In keeping with its mission to provide for the all-round holistic development of women students, LLDIMS offers formal in-house counselling.
- This Counseling is free and open to all students and staff and complete confidentiality is maintained. It has contributed greatly in promoting the psychological well-being of students, helping them achieve their academic, personal, and relational goals.
- Some of the recurring student concerns flagged by the College Counsellor for LLDIMS are: Time, Stress, and Relationship Management, Family Problems, Body Image, Self-Confidence, Career counselling and Teething Problems faced by first year and outstation students.
- A trained Clinical Psychologist (female) is made available for eight hours per week. Apart from the regular counselling sessions, attempts are made to offer talks in group settings to address common issues that are encountered by young adults.
- Apart from individual sessions, the counsellors also conduct support group sessions and department-wise informal presentations.




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- LLDIMS also has a strong Mentor-Mentee facility that complements the teaching-learning exercise. Every student is paired with a faculty-mentor, thus giving them the opportunity to reach out for individual sessions for counselling.
- Various departments and societies of the college organize counselling seminars for students.
- Legal experts are invited to address the intricacies of sexual harassment by citing real life cases.
- Talks on Gender Sensitization are organized from time to time.
- Career counselling workshops are organized by various departments to apprise the students about the career opportunities in their specific field.
- Workshops and webinars on Life Skills and Coping Strategies are conducted to address exam-related anxiety and stress in general.
- The various initiatives launched by the college underlines that it takes responsibility for disseminating information on counselling as well as dispelling the myths and stigma surrounding it. This has helped students understand the significance of counselling and work on their own fears and anxieties and achieve their best in both curricular and extra-curricular activities.

COUNSELLING POLICY

- Students are counselled in a multitude of important issues like academic, personal, career-related or psycho-social.
- Personal/Psycho-social Counselling: The College has one full time professional counsellor and one part time psychiatrist. Psychotherapy and counselling services can be availed by students experiencing psychological distress in various forms. Students are free to approach the counselors for career-related advice as well.
- Counselling services are available on campus for anyone experiencing psychological distress due to reasons like anxiety, depression, loss, trauma, relationship conflicts, confusions and crisis around identity and life transitions, academic stress, social anxiety etc.
- Counsellor is available from morning 10 am to 3 pm in the college campus. After college timings counsellor is available on call every time the students need to talk to them.
- E- Counselling is available for the students during and after Covid 19 pandemic from morning 10 am to evening 5 pm.

Appointment of a female Psychiatrist

 NAAC Accredited "A" Grade Institute & Approved U/s 2(f) of UGC Act 1956
**Lingaya's Lalita Devi Institute
of Management & Sciences**
(Approved & Affiliated to OCSIP University & Govt. of NCT of Delhi)

10
years

Ref. No. : 2218/LLDIMS/Offer/2021 Date : 30-06-2021

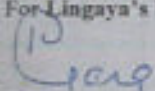
Ms. Shabina Tauqir
282, RPS Flat
Sheikh Sarai Phase-I,
New Delhi-110017.

Dear Sir/Madam,

Based on your resume and the subsequent interaction you had with the Selection Committee, we are pleased to appoint you as **Psychiatrist** at Lingaya's Lalita Devi Institute of Management & Sciences.

You are requested to confirm your acceptance of the offer and report on 1st July 2021.

Thanking you
For Lingaya's Lalita Devi Inst. Of Mgmt. & Sc.


(Dr. K. K. Garg)
Director

Received & accepted
Shabi Tauqir

Ph : 011-26651112-3, 9811108


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COUNSELOR'S REPORT 2021-22

1. **Obesity** – Due to excessive sitting at homes for online classes created a problem of obesity among students. Excessive eating in stress is also observed among the young students
2. **Loneliness**- With the shift to online education, many students have been physically separated from their classmates and teachers. Lack of in-person interactions can lead to feelings of isolation and loneliness.
3. **Financial Problem**- The economic impact of the pandemic has left some students struggling to afford basic necessities, including food, housing, and healthcare. This has heightened financial stress and insecurity among students.
4. **Career Related Stress**- The pandemic has prompted some students to re-evaluate their career goals and aspirations. Uncertainties about the future job market and the uncertain nature of industries may lead to increased stress as students navigate potential shifts in their chosen career paths.
5. **Online Examination Stress**- Students may encounter technical issues such as poor internet connectivity, device malfunctions, or software glitches during online exams. These issues can disrupt the exam process and increase anxiety.
6. **Online Classes Stress**- Not all students have access to an ideal study environment at home. Factors such as noise, lack of privacy, and domestic responsibilities can interfere with concentration and hinder effective learning.
7. **Lack of confidence**- The sudden shift to remote and online learning has disrupted traditional educational methods, creating challenges in adapting new formats, technologies, and study environments. This change can erode students' confidence in their ability to grasp and retain course material.


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Recommendations:

1. Counsellor has suggested students to include a healthy and seasonal diet with proper amount of water intake for a healthy body and mind.
2. For peaceful mind meditation with breathing exercise is necessary. Early morning is the best time for meditation.
3. Students can meet their friends and have a get together and fun time with them, for distant friends they can meet through google platform.
4. Yoga and stretching exercises are very helpful in body relaxation and helps in reducing mental and health related issues.


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COUNSELOR'S REPORT 2020-21

1. **Stress Management-** The Reasons for stress were multiple however the manifestation of the same was quite similar among students. During Covid students were having emotional imbalance & stress as they were not going out of their houses and were not meeting their friends.
2. **Financial problems due to Covid 19:** Family members suffered a lot as the salaries were not on time, businesses were not running properly. It created a problem for all family members.
3. **Self-confidence-** Students were very low in confidence due to lack of activities at home, financial problems etc.
4. **Insomnia** - It is a sleeping disorder, which occurred majorly during the Covid- 19. Students were not having a proper rest & because of various stress this sleeping disorder was observed in many students.
5. **Self- confidence** – Students were losing self – confidence during this Covid phase, as they were not going to the campus, financial problems occurred in the family. Students were worried about the future.
6. **Online Classes stress-** Attending classes online was more stressful than in-person or hybrid instruction for college students early in the COVID-19 pandemic, and teens who learned online, reported poorer mental health and lower class satisfaction and academic performance.
7. **Examination Stress-** Due to online Examination the students were very stressed about the preparation of examinations with online examination.



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Recommendations:

1. After Covid 19 few health issues has increased and mental health has also been deteriorated. So, regular physical exercise is recommended by the counsellor to the students.
2. One can work with ease only if he has taken a proper amount of sleep. Eight hours of sleep is suggested for sound health and mind. Along with it, continuous check on health and hygiene with seasonal diet is recommended.
3. Students are suggested to have "Me Time" which includes working on one's hobby or interest. It can be singing, listening to music, painting, and dancing etc. which can decrease the amount of stress and creates a fresh and healthy mind.



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COUNSELOR'S REPORT 2019-20

In this academic year a total of 48 students and 2 staff members enquired about the counseling services. Individual sessions were set-up with 31 of those who enquired. An average of 15 sessions were held for each case.

Different issues of students to seek counseling:

- 1 The transition from school to college is a challenging for most students, as they have to reorient themselves to a new academic environment. Their personalities undergo a significant change as they are also moving towards adulthood and are developing their own sense of identity. It becomes difficult to find compatible peer groups. Some of them also struggle with experiences of social exclusion and might feel inferior to their peers. In counseling we help them with issues around their self-worth and confidence that helps them adjust better in challenging social situations.
2. One particularly recurring theme in the challenges faced by students is how to deal with the diverse social backgrounds of their peers. The differences in their class, caste, religion become confusing sometimes and comes in the way of forming meaningful relationships. Through counseling we encourage an empathetic, sensitive and self-reflective engagement with the peers and the staff around the students.
3. Some students bring up issues of neglect and physical/sexual abuse in trusted spaces like families, schools, friends etc. It is often reported how a lot of cases of abuse happen within the family which greatly traumatizes the students and its impact can be seen in their troubled interpersonal relationships as well as in their academic progress. In such cases, we help students feel safe enough to be able to talk about the traumatic experience they carry and reach a state of catharsis. We help them verbalize their fears and other difficult emotions like shame, guilt, anger etc. In addition, we encourage them to model their other relationships on similar grounds of trust and safety.



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4. Many students fall into self-destructive patterns and frequently engage in self-harm or suicidal ideation. Most of them come from dysfunctional families, where they have grown up witnessing domestic abuse, alcoholism, and various forms of exploitation. Such experiences shape their personalities in ways which become dysfunctional and manifest in their social and academic life. These students also suffer from behavioral issues and often get into conflict with significant people in their lives as well as institutional authorities. In our work with such cases we help them trace these patterns of responses and actions in the family set up and how they continue to repeat these patterns unknowingly in their current lives as well. Such interventions help them distinguish and disentangle their own feelings and actions from the larger dysfunctional familial matrix. Such cases often take deeper work for a sustained period of time due to their severity.

5. There are also cases where the students have experienced loss or separation either in their early life and are unable to process it/ have recently experienced it/are in the process of grieving. In such cases, counseling becomes a space where mourning can take place. It also helps them reconnect with their present lives and envision a hopeful future for themselves.

6. Since this is a college for women a lot of students bring up their questions and conflicts around their identity as a woman. Their concerns around their bodies, sexuality, social norms and morality become central in their experience. As young women they often bring their struggles and their attempts at resistance against oppressive experiences. Counseling becomes a space where they try to find their voice and an active agency over their lives.

Recommendations:

1 One of the challenges faced by students to sustain their counseling is that they have to miss their classes, often causing shortage of attendance. It would be helpful if there could be a system of granting them some time for counseling. Their presence can be corroborated with the working counselor through a pass system which can be signed by the counsellor. Alternatively, other systems could be developed in discussions with the administration and staff.



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2. Apart from individual counseling sessions it would be additionally useful to have regular Interactions and workshops with students, teachers as well as staff members. In our previous attempts fort the same, we experienced a difficulty in organizing at the level of logistics. We recommend an organizing committee with student and staff representatives to be selected at the time of events for coordination, dispersing information, arranging logistics and facilitating communication between the counseling cell, student and staff.

3. So far we have worked in individual capacity with the students. However, we did receive some queries from the staff members regarding the staff services. It would be beneficial if both teaching and non-teaching staff members also have the opportunity to seek psychological services when needed.

4. As the number of queries increased, urgency and intensity of psychological issues, we have to be more available and invested. Our current working hours inhibit us from doing the same. We would recommend increasing our working hours to approximately 8 to 10 hours a week so that we could accommodate more queries in our schedule as well as invest ourselves in other activities.

5. As a result of counselling, there have been an increasing number of students who have shown an interest as well as potential to take a more sensitive and responsive role in situations of psychological distress among their peers.. They have expressed their wish to learn more to provide psychological support to the community. We would recommend targeted workshops, short-term courses and interactive seminars to facilitate this process of training amongst small groups of students from both the psychology departments and/or others. We are willing to share our experiences of working with states of distress and teach the core basics of responding to it through psychotherapy and counseling. This would enhance psycho- education in the student community as well as add to the individual student's academic profile.


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COUNSELOR'S REPORT 2018-19

In this academic year a total of 77 students enquired about the counseling services. Individual sessions were set-up with 56 of those who enquired. An average of 13 sessions were held for each case.

Events during the Mental Health Week 2018

There was a movie screening followed by an interactive workshop and a discussion. The movie 'Inside Out' was shown to the students to initiate a dialogue around emotional health. The turnout was around 35 students, however, the students were very enthusiastic and interactive. They spoke about their experiences, questions and struggles and showed keenness to attend more such events in the future. Different issues of students to seek counseling in this year were:

1. The transition from school to college is a challenging for most students, as they have to reorient themselves to a new academic environment. Their personalities undergo a significant change as they are also moving towards adulthood and are developing their own sense of identity. It becomes difficult to find compatible peer groups. Some of them also struggle with experiences of social exclusion and might feel inferior to their peers. In counseling we help them with issues around their self-worth and confidence that helps them adjust better in challenging social situations.
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COUNSELLOR'S REPORT 2017-18

The LLDIMS engaged a clinical psychiatrist on part time basis, and another trained counselor, on daily basis to assist students while college timings and after college also. Apart from individual sessions, the counselor also conduct support group sessions and informal presentations department-wise so that LLDIMS students across the board could engage with their mental health issues by overcoming the usual stigma attached to them.

COUNSELLING REPORT:

For the first semester, a number of students approached the counsellor and there were a few common concerns faced by the students. They were as follows:

- 1. Time Management-** Quite a few students shared their concerns about managing time. This was majorly because they were doing a number of activities. For example some students are actively involved in college activities while some are learning a foreign language post college. Some counselling tips were given to them in addition for formation of a daily schedule.
- 2. Stress Management-** The reasons for stress were multiple however the manifestation of the same was quite similar among students. The common observations were loss of appetite, irregular sleep patterns, lack of concentration and missing quotient of overall happiness. Stress busting techniques were discussed and regular follow ups ensured that they were at ease.
- 3. Relationship Management-** Quite a few girls shared their concerns over relationship management. They expressed their inability to understand what they want from these relationships and if they really want to be in that relationship. A number of activities were undertaken in order to resolve this concern.


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4. Family Problems- Some of the students shared their problems within the families. Example- separated parents, issues between parents, matters between their mothers and grandmothers. Family systems approach was used to resolve these concerns.

5. Body Image Issues- Some of the students shared their opinions about themselves and how they feel inadequate because of not being what they desire to be. Self-image strengthening exercises were done with them to resolve this.

6. Self- Confidence- The counsellor could sense lack of confidence in some students. A deep understanding of the reasons were discussed and solutions were provided to settle this concern.

7. Teething Problems- Some of the students from the first year shared the challenges faced by them. The outstation students shared their concerns about managing everything on their own. These students were appreciated for being brave and some tips were discussed to ensure their proper management of all the things.



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