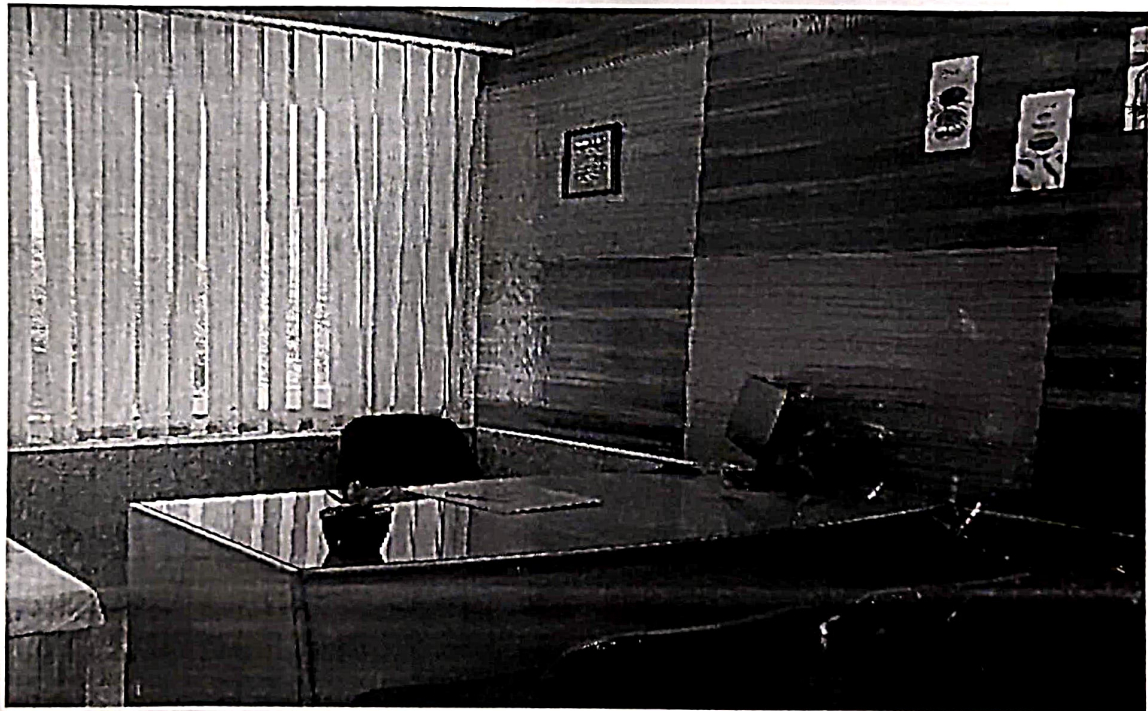




K.R. MANGALAM UNIVERSITY
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**COUNSELLING
AND
MENTAL WELLBEING CENTRE
(*WE DOST*)**



ANNUAL REPORT (2024-25)

Individuals are increasingly confronted with a wide range of challenges that impact their personal, academic, and professional lives. These issues can arise at various stages and may affect one's emotional, social, and psychological well-being. Acknowledging the growing need for mental health support and holistic care, K.R. Mangalam University took a proactive step by establishing the *Counselling and Mental Wellbeing Centre (We Dost)* through office order no. KRMU/Admin./O.O./2023-24/3591, dated 23.09.2023.

The Centre serves as a dedicated space where students and staff can seek guidance and support to navigate emotional difficulties, social concerns, and behavioral challenges. It is committed to fostering a nurturing and empathetic environment that promotes mental resilience, personal growth, and overall well-being.

The primary objectives of the Counselling and Mental Wellbeing Centre are as follows:

Objective

- To provide quality mental health care to the students and staff.
- To help the students solve their personal, educational, social, and psychological problems.
- To help students and staff develop coping skills.
- To enhance the self-esteem of weaker /slow learners / physically challenged students and staff.
- To help the students and staff members to overcome examination stress, anxiety, or phobia.
- To assist the student in planning for educational and vocational choices.
- To help the students know themselves regarding their interests, abilities, aptitude, passion, and opportunities.
- To create awareness, prepare, and motivate to make success stories and decipher plans to overcome life challenges.
- To establish a feeling of mutual understanding between student and teacher.

Services

The centre provided a variety of services to students and staff, including individual counseling, group counseling, crisis intervention, and workshops and training. The services were delivered in-person at the centre.

ANNUAL REPORT 2024-25

Case Profile in the Centre

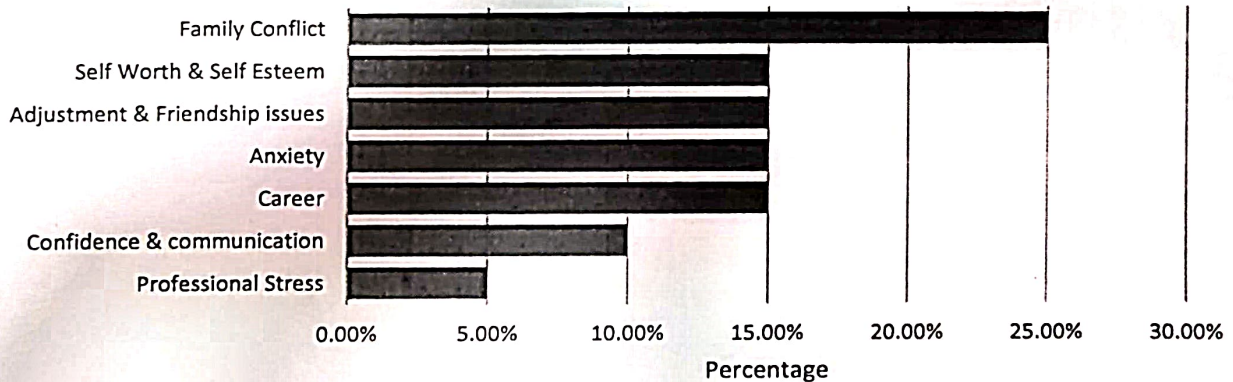
The center addressed a wide range of issues, including adjustment difficulties, family related conflicts, anxiety, mood regulation, anger, depression, and exam-related stress. Details of the cases are provided in the table below.

Gender	Gender and Case Distribution (2024-25), N=20						
	Adjustment & Friendship issues	Anxiety	Professional Stress	Self-Worth & Self Esteem	Family Conflict	Career	Confidence & communication
Female	2	1	0	1	3	1	0
Male	1	2	1	2	2	2	2
Total	3	3	1	3	5	3	2

Staff	3
Students	17

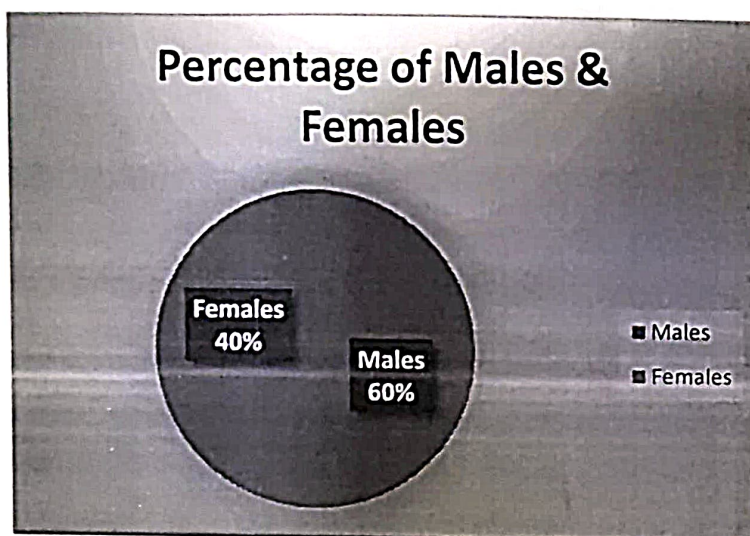
Males	12
Females	8

Percentage of Case Distribution

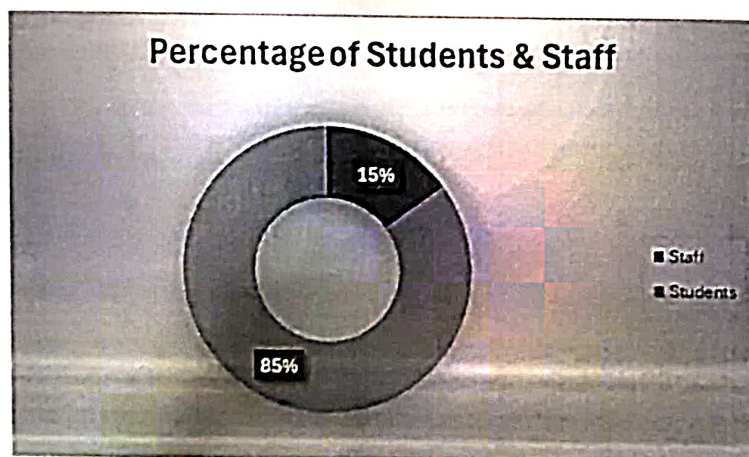


Case Distribution	Percentage
Family Conflict	25.00%
Self Worth & Self Esteem	15.00%
Adjustment & Friendship issues	15.00%
Anxiety	15.00%
Career	15.00%
Confidence & communication	10.00%
Professional Stress	5.00%
Grand Total	100.00%

Percentage of Males & Females



Percentage of Students & Staff



Team of Counsellors and Leadership

- Dr. Anjana Singh, Dean Student Welfare
- Dr. Anshul Saluja, Assistant Dean Student Welfare
- Ms. Jaasindah Rafiq, Counselling Psychologist

Events (Workshop/ Training/ Awareness Program)

In an effort to promote mental well-being among the students and staff of K R Mangalam University, the center organized a series of thoughtfully designed programs. The programs aimed to create a positive and nurturing environment that encourages personal growth, emotional balance, and overall psychological well-being within the university community.

The list of events is as follows:

Sr. No.	Event Title	Date	Venue	Resource Person	Coordinator
1.	Awareness about Mental Health Services at WE DOST	23.01.2025	A-213, A Block	Ms. Preeti Yadav	Ms. Preeti Yadav
2.	Awareness about Mental Health Services at WE DOST	27.01.2025	A-213, A Block	Ms. Preeti Yadav	Ms. Preeti Yadav
3.	Awareness about Mental Health Services at WE DOST	03.02.2025	A-213, A Block	Ms. Preeti Yadav	Ms. Preeti Yadav
4.	Awareness about Mental Health Services at WE DOST	04.02.2025	A-213, A Block	Ms. Preeti Yadav	Ms. Preeti Yadav
5.	Awareness about Mental Health Services at WE DOST	11.02.2025	A-213, A Block	Ms. Preeti Yadav	Ms. Preeti Yadav
6.	Managing Rage: Triggers and Anger Management Strategies	18.02.2025	Multipurpose Hall, A Block	Ms. Kanchan Gaur (Psychologist ; Founder SAMSARA Foundation)	Ms. Preeti Yadav



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Counselling and Mental Wellbeing Centre We Dost
Under the aegis of Students Welfare

Organizes

AN EXPERT SESSION ON
AWARENESS ABOUT MENTAL HEALTH
SERVICES AT WE DOST

 **January 2025**

 **A213**

The students of KRMU are invited to attend the session

Conveners
Prof. (Dr.) Anjana Singh
DSW

Coordinator
Ms. Preeti Yadav
(Psychology Counsellor, We Dost)



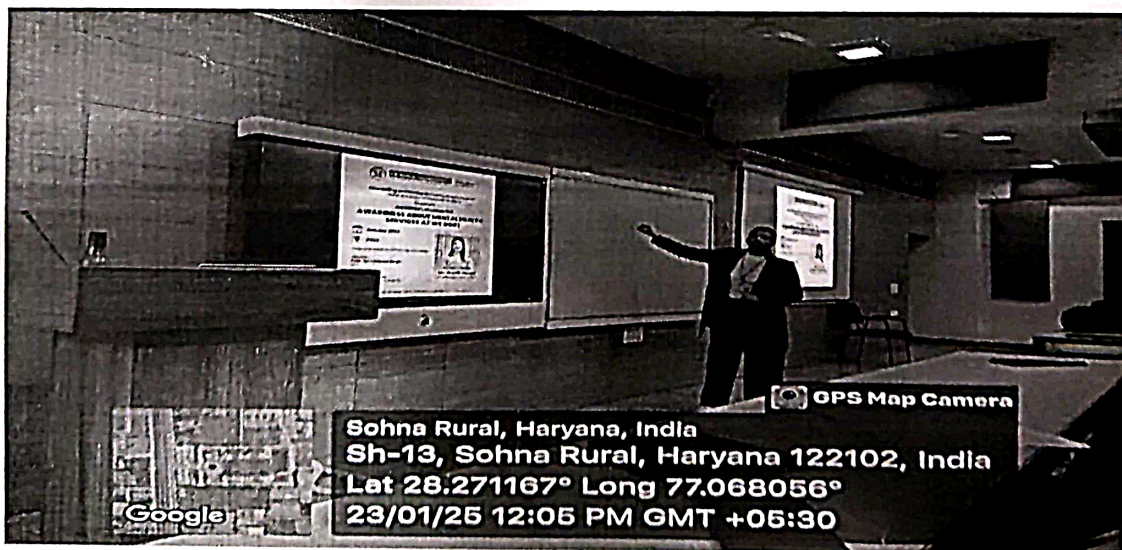
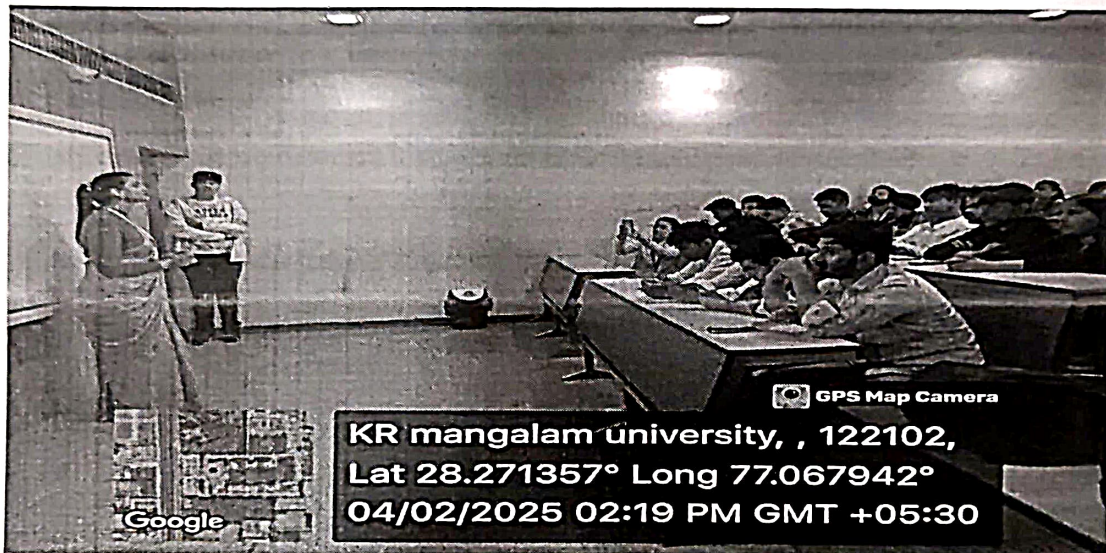
Resource Person
Ms. Preeti Yadav
(Psychology Counsellor)

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Awareness about Mental Health Services at WE DOST

The sessions covered essential topics related to mental health, including an overview of common mental health issues and the role of psychologists. It also highlighted the difference between guidance and counselling, offered strategies for maintaining a positive mindset, and discussed key factors contributing to successful recovery. Additionally, the session addressed how to recognize early warning signs of mental health concerns and provide contact information for WE DOST support services. This session aimed to equip participants with valuable insights and resources for promoting mental well-being.







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Counselling & Mental Wellbeing Centre under the aegis of Student Welfare
Organizes

**Expert Session
On
Managing Rage: Triggers & Anger Management Strategies**

Date: 18.02.2025

Time: 1:30 PM

Venue: Multipurpose Hall, A Block, 4th Floor

Expert: Ms. Kanchan Gaur (Psychologist & Therapist,
Founder of SAMRASA Foundation)



Convener
Prof. (Dr.) Anjana Singh
Dean - Student Welfare

Co-Convener
Dr. Anshul Saluja
Asst. Dean - Student
Welfare

Event Coordinator
Ms. Preeti Yadav
Psychology Counsellor

Student Coordinator
Anushri Sharma
Bhavya Rattan

Note: Please scan QR Code for registration.



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Managing Rage: Triggers and Anger Management Strategies

The workshop conducted by Ms. Kanchan Gaur addressed several key aspects of anger management. Topics included an understanding of anger, different anger styles, and the completion of a related questionnaire. Ms. Gaur discussed unhelpful beliefs about anger and its potential impact on health. The session also provided situation-based examples and guidance on how to express anger appropriately at different stages. Techniques for controlling the physical sensations of anger were shared, along with relaxation strategies and therapy methods for effective anger management.



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Sohna, Gurugram, Haryana 122103, India
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Maintenance of Professional Standard

The Counseling and Mental Wellbeing Centre (We Dost) adheres to national and international guidelines to uphold professional ethics and standards. Some of these include:

- UGC GUIDELINES

TITLE- Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well Being at Higher Educational Institutions of India.

Web Link- https://www.ugc.gov.in/pdfnews/9666273_Guidelines-for-students-health.pdf

- AMERICAN PSYCHOLOGICAL ASSOCIATION PROFESSIONAL ETHICS

APA Ethical Principles of Psychologists and Code of Conduct (2017)

Web Link- <https://www.apa.org/ethics/code/ethics-code-2017.pdf>

- MENTAL HEALTH CARE ACT- 2017 GOVERNMENT OF INDIA

TITLE- The Mental Healthcare Act, 2017

Web Link- <https://www.indiacode.nic.in/bitstream/123456789/2249/1/A2017-10.pdf>

- NATIONAL MENTAL HEALTH POLICY OF INDIA, 2014

Web Link- https://nhm.gov.in/images/pdf/National_Health_Mental_Policy.pdf



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Ref. No.: KRMU/DSW/2024-25/01

Date: 16/01/2025

Subject: Approval for conducting "awareness sessions about Mental health services."

Counselling and Mental Wellbeing Centre, We Dost is planning to organize series of sessions on Mental health services at WE DOST from 21st to 31st of January for all the schools in K.R. Mangalam University.

Submitted for kind approval.

Ms. Preeti Yadav
(Psychology Counsellor)

Dr. Anjana Singh
(Dean Student Welfare)

Vice Chancellor



Ref. No.: KRMU/DSW/Notice/CMWC2024-25

Date: 11-02-2025

Counselling and Mental Wellbeing Centre We Dost

Organizes

An Expert Session on

"Awareness about Mental Health Services at WE DOST"

NOTICE

The Counselling and Mental Wellbeing Centre We Dost, K.R. Mangalam University, is organising an expert session on **Awareness about Mental Health Services at WE DOST**. This session will provide students

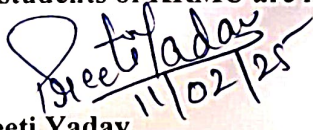
Objectives

- Raise awareness about mental health, reduce stigma, and encourage the use of counselling services.
- Better understanding of professional help, and difference between guidance & counselling.
- Knowing about factors that which help in a successful recovery.
- Mental Health problems and their initial warning.

Mode: Offline

Venue: A-213, Aryabhatta Block

All the students of KRMU are invited to attend the session.


Ms. Preeti Yadav
Coordinator

Prof. Anjana Singh/ Dr. Anshul Saluja
DSW/ADSW



Counselling and Mental Wellbeing Centre, We Dost

Report on

“Awareness about Mental Health Services at WE DOST”

Date: 23.01.2025, 27.01.2025, 03.02.2025, 04.02.2025, 11.02.2025

Venue: A-213, Aryabhatta Block

Event Type: Session

Mode of Activity: Offline

Target Group: Students of KRMU

Organized by: Counselling and Mental Wellbeing Centre, WE DOST

Resource Person: Ms. Preeti Yadav (Psychology Counsellor)

Number of Participants: SOET (106), SOMC (57), SJMC, SOLS, SOAS (152), SOAD, SPRS, SOHMCT (152), SOHS, SOED (53)

Convener: Prof. Dr. Anjana Singh (Dean Student Welfare)

Coordinator: Ms. Preeti Yadav (Psychology Counsellor)

Introduction

The session covered essential topics related to mental health, including an overview of common mental health issues and the role of psychologists. It also highlighted the difference between guidance and counselling, offered strategies for maintaining a positive mindset, and discussed key factors contributing to successful recovery. Additionally, the session addressed how to recognize early warning signs of mental health concerns and provide contact information for WE DOST support services. This session aimed to equip participants with valuable insights and resources for promoting mental well-being.

Objectives

- Raise awareness about mental health, reduce stigma, and encourage the use of counselling services.





Content

The session proved to be highly engaging, bringing together students from various schools including SOET, SOMC, SJMC, SOLS, SOAS, SOAD, SOHMCT, SPRS, SOHS, & SOED. The Counselling Centre of KRMU made an effort to raise awareness about the mental health services provided by WE DOST. The session was interactive, incorporating grounding techniques throughout to create a relaxing and calming atmosphere, which encouraged student participation. The session covered important topics such as the definition of mental health, its significance, and the vital role it plays in overall well-being. We also shed light on the Counselling and Mental Well-being Centre, emphasizing that it is a safe space where both students and faculty members are welcome to express themselves, seek guidance, and find support during times of distress. The center offers a confidential environment for individuals to discuss their concerns and receive assistance in navigating personal challenges. Additionally, we provided comprehensive information regarding the services offered by the Counselling Centre providing individual counselling and group counselling, clarifying the distinction between counselling and guidance. We highlighted that while peer support is valuable, professional help often offers more effective solutions, particularly when dealing with deeper mental health concerns. The session aimed to ensure that students and faculty are aware of the resources available to them and feel empowered to seek the support they need.

Outcomes

- The session encouraged participants to consider counselling as a valuable resource for mental well-being.
- Participants gained a clearer understanding of the distinction between counselling and guidance, the services provided by counselling centers, and the process for booking appointments.

Conclusion

Following this series of workshops, we have observed a positive response, marked by an increase in appointments and greater student engagement. The sessions appear to have had a meaningful impact, encouraging students to take proactive steps toward their mental well-being and seek the support they need.

Report prepared by:	Ms. Preeti Yadav	<i>Preeti Yadav</i> 11/02/25
Report checked & verified by:	DSW/ADSW	



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January 2025



A213

The students of KRMU are invited to attend the session

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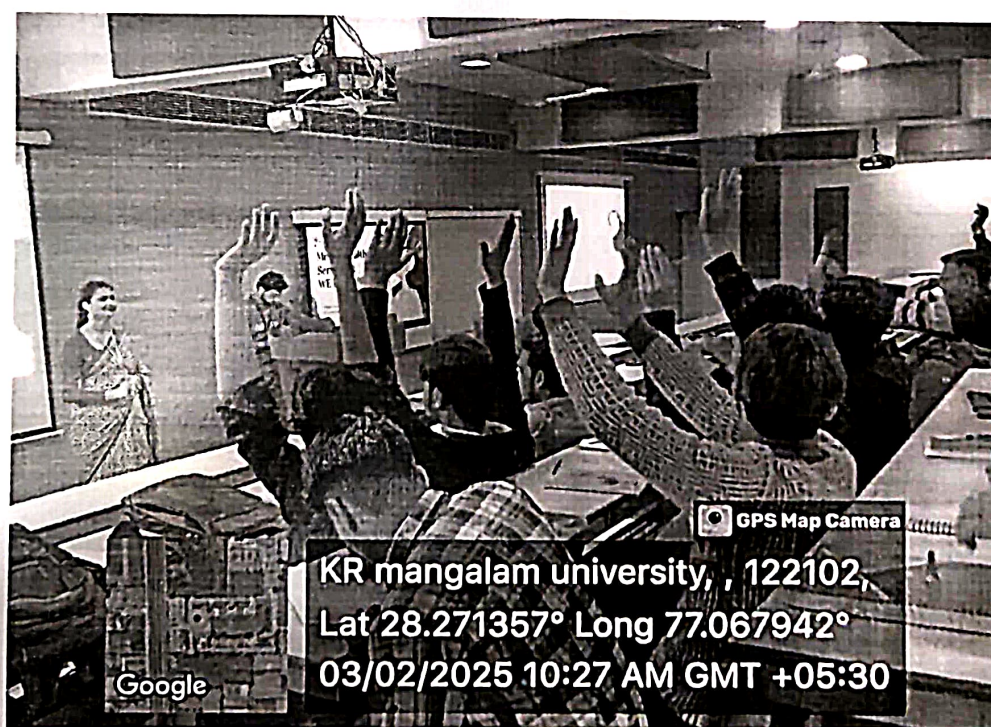
Coordinator

Ms. Preeti Yadav
(Psychology Counsellor, We Dost)



Resource Person
Ms. Preeti Yadav
(Psychology Counsellor)

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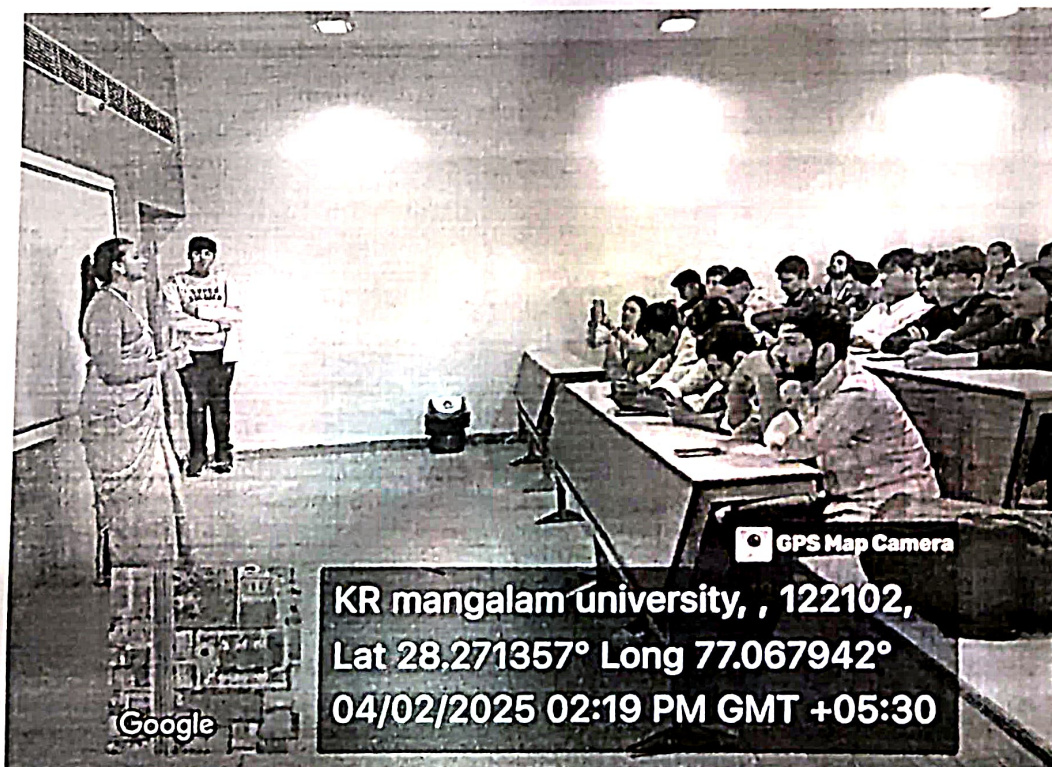
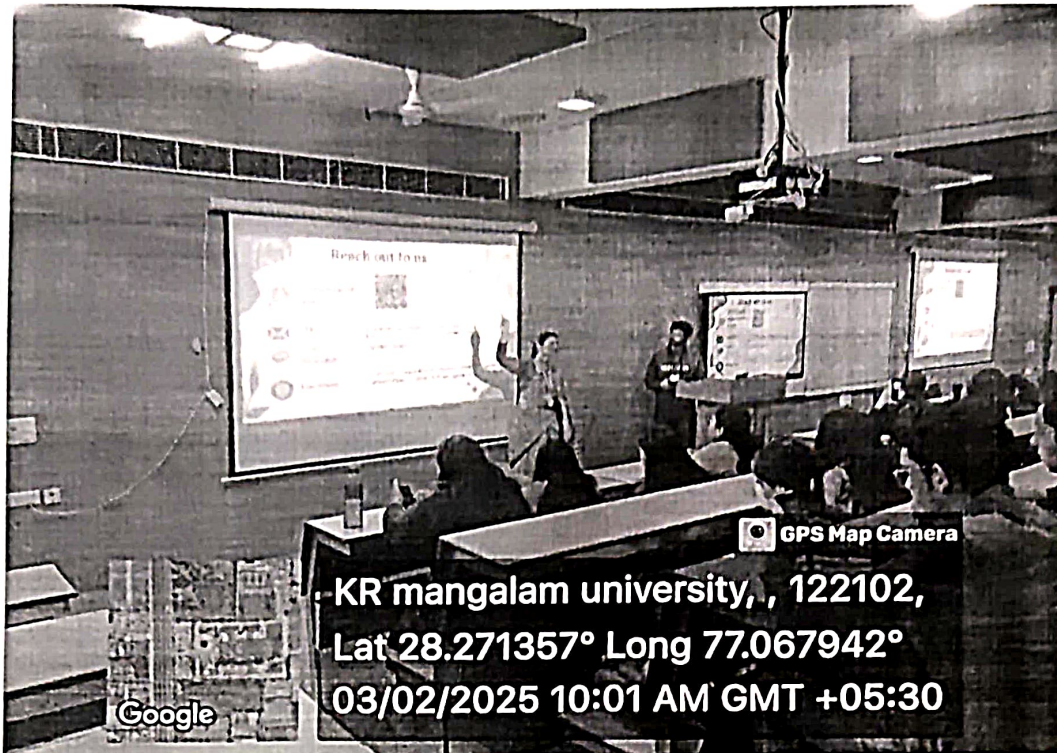
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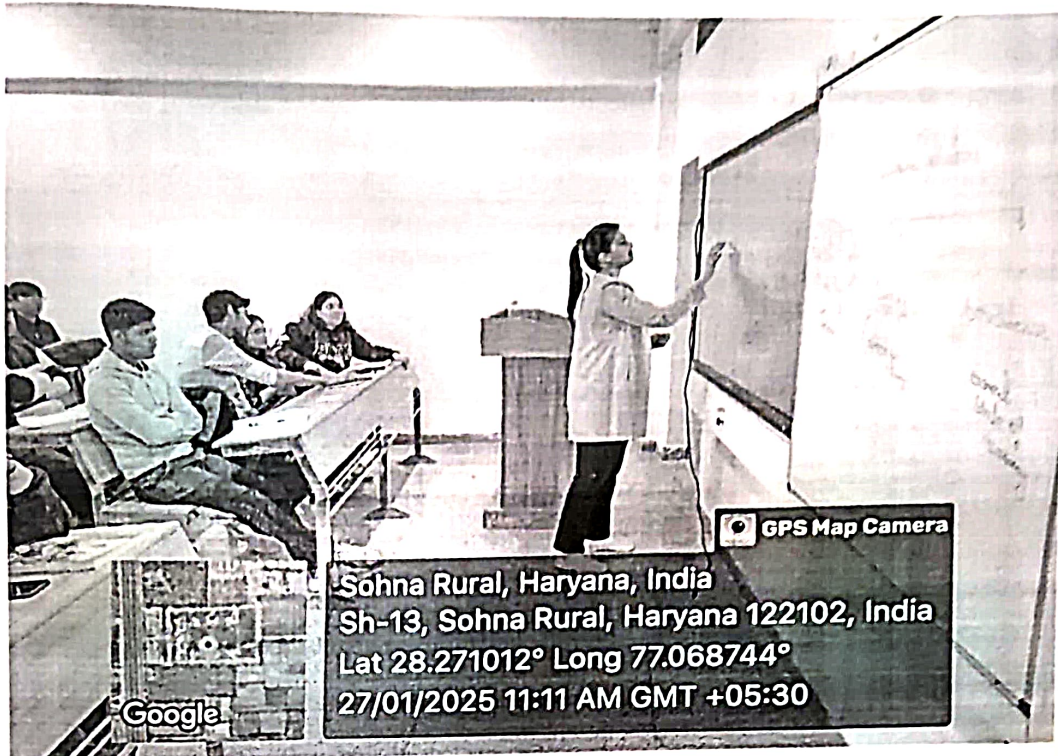
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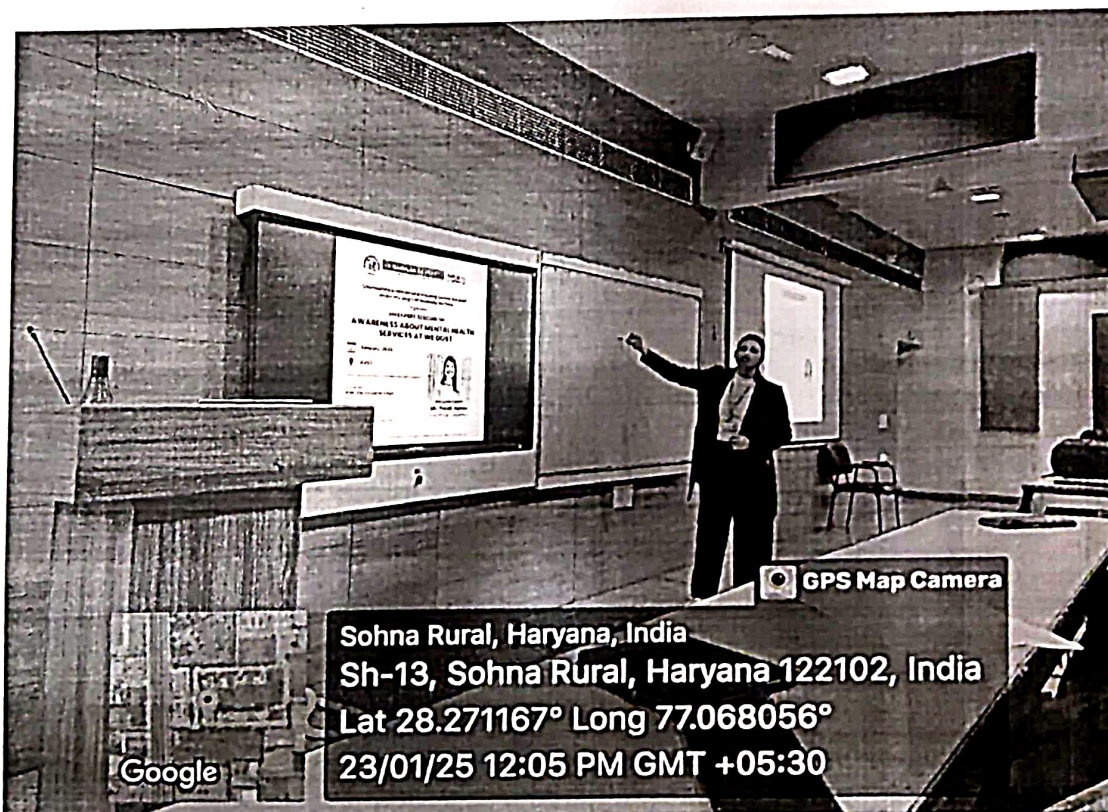


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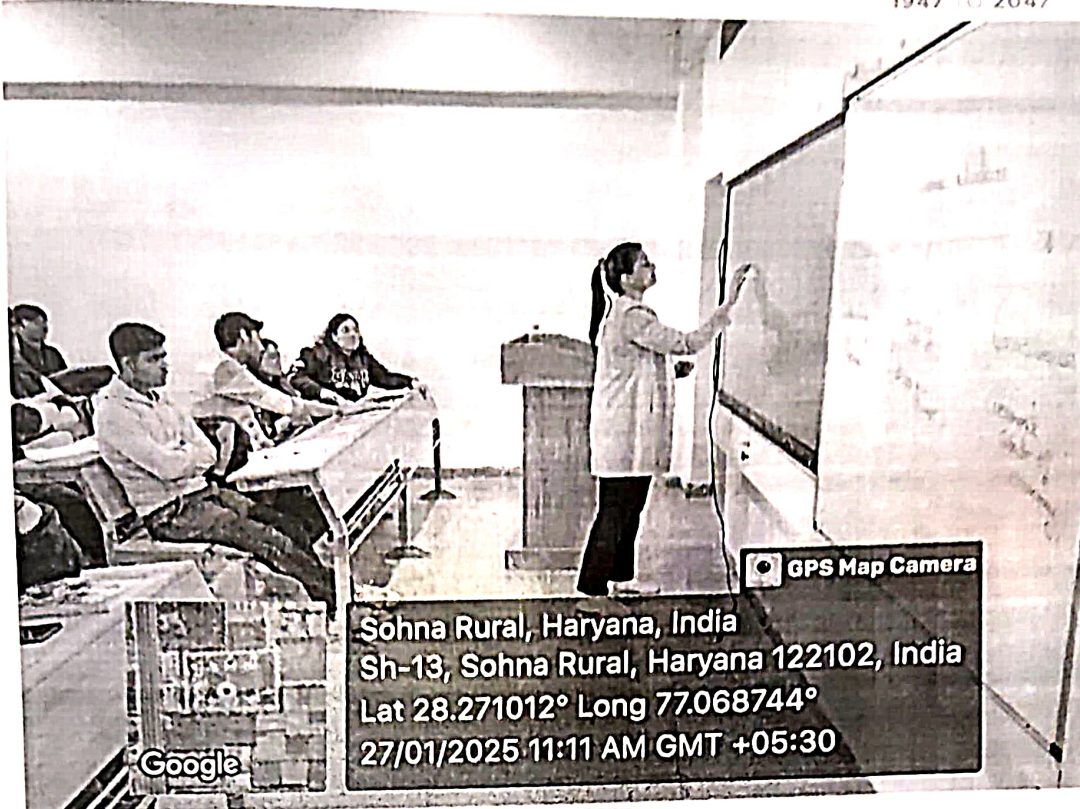
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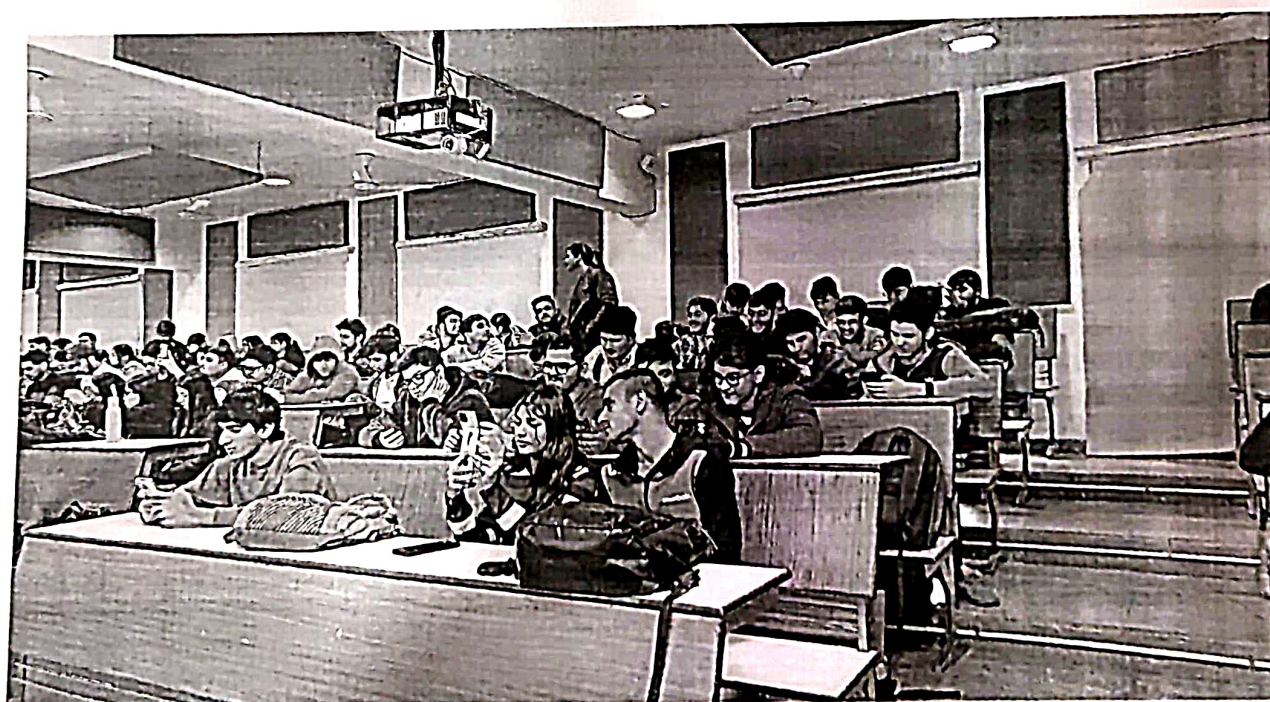
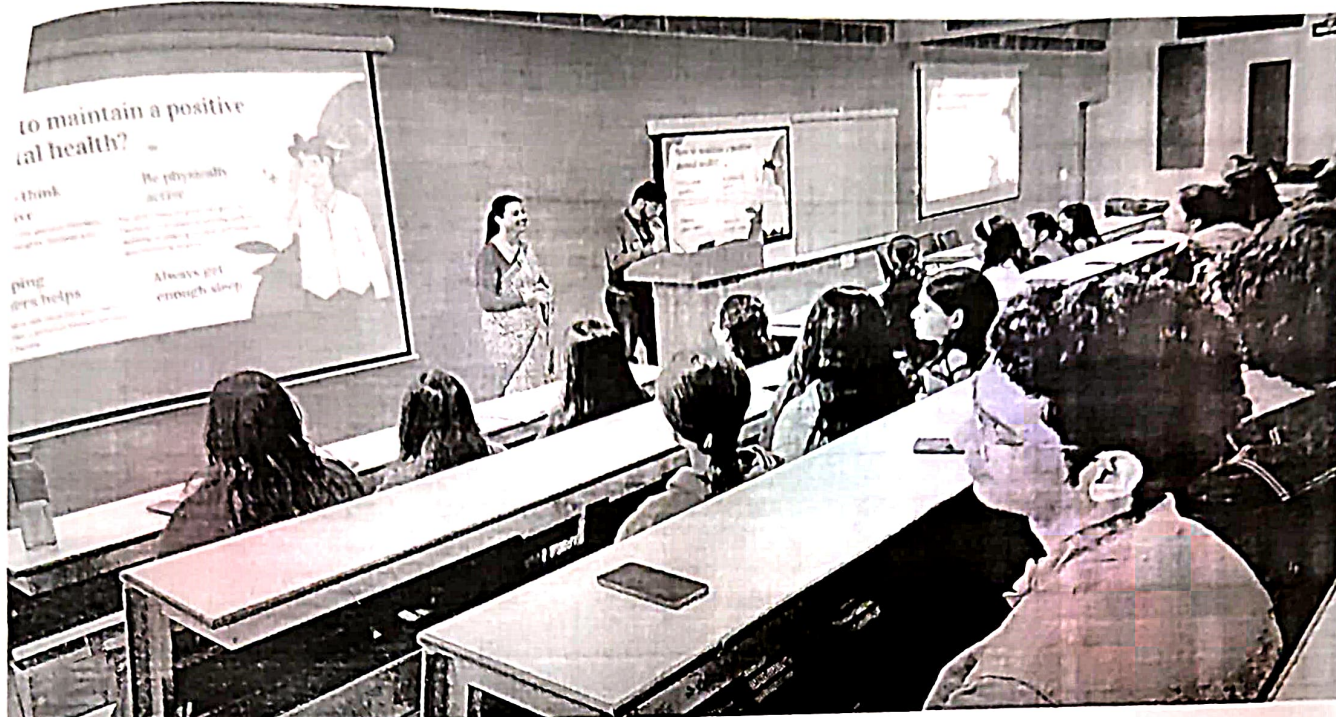
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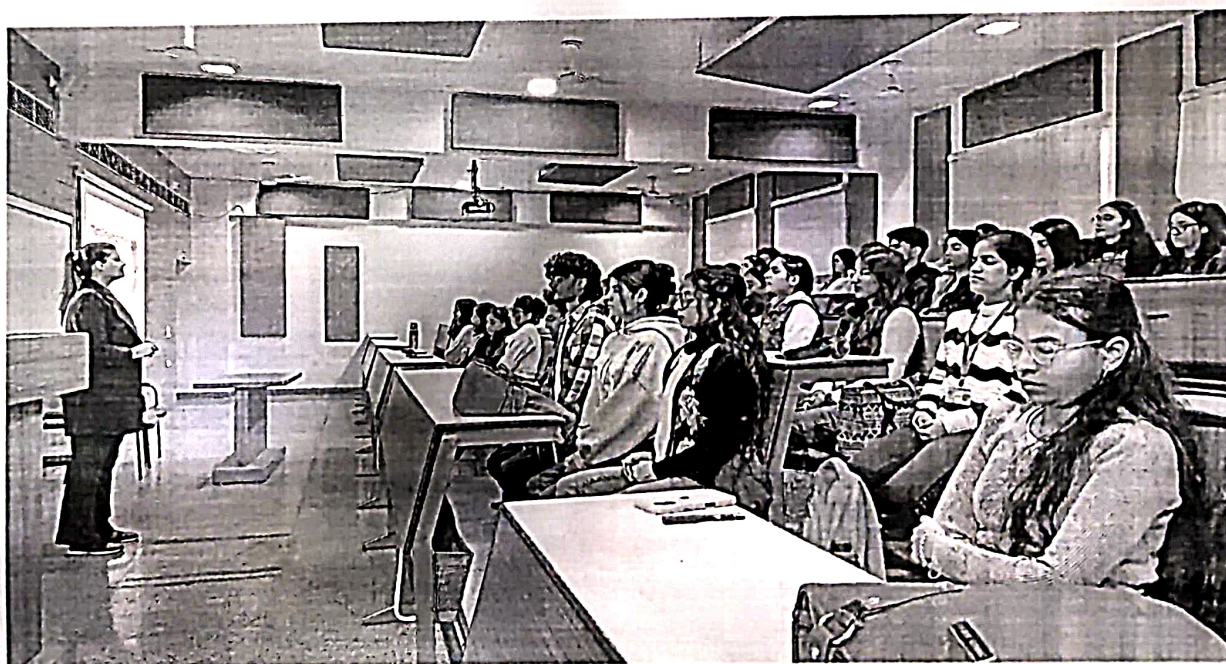
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Awareness about Mental Health Services at We Do

Accepted
3/2/25

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1.	SJMC	2309670001	Sreyas Chaudhary	MA (JMC)	IV	Sreyas
2.	SJMC	2309 2409670005	Bhumi K Upadhyay	MA (JMC)	II	Bhumi
3.	SJMC	2409670006	Nidhi Patel	MA (JMC)	II	Nidhi
4.	SJMC	2409670007	Prinasha	MA (JMC)	II	Prinasha
5.	SJMC	2409670002	Pavitra Meghram	MA (JMC)	II	Pavitra
6.	SJMC	2409670001	Soukha Venugopal	MA (JMC)	II	Soukha
7.	SJMC	2409670004	Meha. Anshu	MA (JMC)	II	Anshu
8.	SJMC	2309670005	Ashwini Bhargava Bhutani	MA (JMC)	IV	Bhargava
9.	SOAS	2413820014	Cheshta	Bsc Hon Agri	II	Cheshta
10.	SOAS	2413820017	Vaasha	"	"	Vaasha
11.	SOAS	2413820026	Neetu	"	"	Neetu
12.	SOAS	2413820028	Pragati	"	"	Pragati
13.	SOAS	2413820012	Neeraja	"	"	Neeraja
14.	SOAS	2413820004	Krusha	"	"	Krusha
15.	SJMC	2409218024	Chauhan	BA (JMC)	II	Chauhan
16.	SJMC	2409218015	Aditya	BA (JMC)	II	Aditya
17.	SJMC	2409218010	Ashika	BA (JMC)	II	Ashika
18.	SJMC	2409218009	Shubok	BA (JMC)	II	Shubok
19.	SJMC	2409218004	AKSALAN	BA (JMC)	II	AKSALAN

SOAS

3rd Feb. '25

Date :-

Awareness about Mental Health Services at We Post

Dheeraj Kumar
10/02/25

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOAS	2413820035	HANJA	B.S.C(H) Agri.	II	Dheeraj
2	SOAS	2413820032	ARMAN	B.S.C(H) Agri	II	Arman
3	SOAS	2413820023	SHAFEE	B.S.C(H) Agri	II	SHAFEE
4	SOAS	2413820007	ANBAR	B.S.C(H) Agri	II	ANBAR
5	SOAS	2413820009	Naved ul Hameed	B.S.C(H) Agri	II	Naved
6	SOAS	2413820018	Hilminthang Haskip	B.S.C(H) Agriculture	II	Hilminthang
7	SOAS	2413820035	MOHAN SAIF	B.S.C(H) Agriculture	II	Mohan
8	SOAS	2413820013	Himanshu	B.S.C(H) Agri.	II	Himanshu
9	SOAS	2413820024	Darshant	B.S.C(H) Agri	II	Darshant
10	SOAS	2413820038	Aditya	B.S.C(H) Agri	II	Aditya
11	SOAS	2413820003	Yogesh	B.S.C(H) Agri	II	Yogesh
12	SOAS	2413820001	Abhishek Kumar	B.S.C(H) Agri.	II	Abhishek
13	SOAS	2413820019	Anurag	B.S.C(H) Agri.	II	Anurag
14	SOAS	2413820033	Shirjeet Singh	B.S.C(H) - Agriculture	II	Shirjeet Singh
15	SOAS	2413820002	Eulket Jain	B.S.C(H) Agriculture	II	Eulket Jain
16	SOAS	2413820016	Arman Khan	B.S.C(H) Agriculture	II	Arman
17	SOAS	2413820037	Arshad Hussain	B.S.C(H) Agriculture	II	Arshad

SOL 3

E-2-25

Date :-

Awareness about Mental Health Services at We Dost

25/02/25
23/02/25

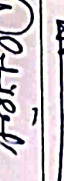
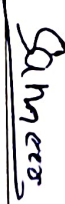
S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1.	SOLS	2405230002	Bhauna Akash	LLB(H)	2nd	
2.	SOLS	2405230011	Ishna Gupta	LLB(H)	2nd	
3.	SOLS	2405230004	Vipra Sharma	LLB(H)	2nd	
4.	SOLS	2405230003	Shruti Yadav	LLB(H)	2nd	
5.	SOLS	2405230005	Darshana	B.COM VLB(H)	2nd	
6.	SOLS	2405230016	Anshika	LLB(H)	2nd	
7.	SOLS	2405230015	Khusi Jha	LLB(H)	2nd	

SOLS - B2-25

Date :-

Awareness about Mental Health Services at We Dost

Sheet 1 of 2

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1.	SOLS SOLS	2405140003	Aashish Tomy	BBA LLB (H)	2 nd	
2.	SOLS	2405150002	Aashirra Sharma	B. Com LLB (H)	2 nd	
3	SOLS	2405140013	Mohit Sharma	BBA - LLB (H)	2 nd	
4.	SOLS	2405140018	Dheenu Uday Sharma	BBA - LLB (H)	2	
5.	SOLS	2405150007	Harsh Balyan	B. Com LLB (H)	2 nd	
6.	SOLS	2405150006	Nilesh Kataria	B. Com. LLB (H)	II nd	
7.	SOLS	2405140022	Ashish Mita	BBA - LLB (H)	2 nd	
8.	SOLS	2405140017	Nitya Bansal	BBA - LLB (H)	II nd	
9.	SOLS	2405140054	Rahul	BBA - LLB (H)	2 nd	
10.	SOLS	2405140032	Rishit	BBA - LLB (H)	2 nd	
11	SOLS	2405140016	Samrath Khan	BBA - LLB (H)	2 nd	
12	SOLS	2405140056	Aryan Narang	BBA - LLB (H)	2 nd	
13	SOLS	24051400				
14	SOLS	2405150004	Naman Jungia	B. Com LLB (H)	2 nd	

15 SOLS 2405150012 Aditya BBA - LLB (H) 2nd Aditya
 16 SOLS 2405170005 Nurel Bhatia B.A. LLB (H) 2nd Nurel Bhatia

SOL 3 23-2-25

Date:-

Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1.	SOLS	2405170042	Bhupesh Singh	BA LLB	II	<i>Bhupesh Singh</i>
2.	SOLS	2405170079	Mithu	BA LLB	II	<i>Mithu</i>
3.	SOLS	2405170041	Shailash	BA LLB	II	<i>Shailash</i>
4.	SOLS	2405170064	Ashish	BA LLB	II	<i>Ashish</i>
5.	SOLS	2405170083	Rachar	BA LLB	II	<i>Rachar</i>
6.	SOLS	2405230018	Veidesh	LLB (4)	II	<i>Veidesh</i>
7.	SOLS	2405230009	Rajit	II	II	<i>Rajit</i>
8.	SOLS	2405230022	Anwar	II	II	<i>Anwar</i>
9.	SOLS	2405230024	Haridharsh	II	II	<i>Haridharsh</i>

Preethi
3/2/25

SOL So a 3-2-25

Date:-

Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOLS	2405170009	Jatin	B.A. LL.B (H)	II	Jatin
2	SOLS	2405170012	Varun	B.A. LL.B (H)	II	Varun
3	SOLS	2405170039	Tanupreet	B.A. LL.B (H)	II	Tanupreet
4	SOLS	2405170038	Aakriti Mishra	B.A. LL.B (H)	II	Aakriti
5	SOLS	2405170006	Devyanka	B.A. LL.B (H)	II	Devyanka
6	SOLS	2405170028	Apragita	B.A. LL.B (H)	II	Apragita
7	SOLS	2405140010	Himanshi	B.A. LL.B (H)	II	Himanshi
8	SOLS	2405230014	Yashuo	LLB (H)	II	Yashuo
9	SOLS	2405230001	Kushal	LLB (H)	II	Kushal
10	SOLS	2405230020	Ritik	LLB (H)	II	Ritik
11	SOLS	2405230019	Gagan Mann	LLB (H)	II	Gagan
12	SOLS	2405230013	Himanshi	LLB (H)	II	Himanshi
13	SOLS	2405230009	Ankit	LLB (H)	II	Ankit
14	SOLS	2405230010	Yogesh	LLB (H)	II	Yogesh

Preethi Jodha
5/10/25

SOL 3 3-2-25

Date :-

Awareness about Mental Health Services at W.C. Dost

Prepared by
3/02/25

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOLS	2405170001	Khushi Gupta	BA.LLB.(H)	2	Khushi
2	SOLS	2405170029	Nargish	BA.LLB.(H)	2	Nargish
3	SOLS	2405170047	Prieta Maurya	BA.LLB.(H)	2nd	Prieta
4	SOLS	2405170074	Drishti Pathahid	BA.LLB.(H)	2nd	Drishti
5	SOLS	2405170085	Nikita Verma	BA.LLB.(H)	2nd	Nikita
6	SOLS	2405170059	Muskan Sharma	BA.LLB.(H)	2nd	Muskan
7	SOLS	2405170061	Namritha	BA.LLB.(H)	2nd	Namritha
8	SOLS	2405140028	Arulika Yadav	BA.LLB.(H)	2nd	Arulika
9	SOLS	2405140037	Kiallu	BA.LLB.(H)	2nd	Kiallu
10	SOLS	2405170018	Samiksha	BA.LLB.(H)	2nd	Samiksha
11	SOLS	2405170094	Nandans	BA.LLB.(H)	2nd	Nandans
12	SOLS	2405170075	Bhanjot	BA.LLB.(H)	2nd	Bhanjot
13	SOLS	2405170024	Himant. Lamba.	BA.LLB.(H)	2nd	Himant
14	SOLS	2405170092	Anuj	BA.LLB.(H)	2nd	Anuj
15	SOLS	2405170052	SANJAY BAKEN	BA.LLB.(H)	2nd	SANJAY

Date :-

Awareness about Mental Health Services at We Dost

Dr. P. P. T. 1st
3/12/25

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1.	SPRS	2415130006	Ritika kinnra	Bachelor of Physiotherapy		Dr. P. P. T. 1st
2.	SPRS	2415130005	Suman Sarmast	B. of Physiotherapy		Suman
3.	SPRS	2415130061	Priya	B. of Physiotherapy		Priya Ajay
4.	SPRS	2415130017	Aparajita	B. of Physiotherapy		laxesh Sree
5.	SPRS	2415130003	Laxesh Tripathi	B. of Physiotherapy		Dr. P. P. T. 1st
6.	SPRS	2415130049	Jaini Gopin	B. of Physiotherapy		Dr. P. P. T. 1st
7.	SPRS	2415130010	Palak Saxena	B. of "		Palak
8.	SPRS	2415130019	Rushi Sharma	B. of "		Rushi
9.	SPRS	2415130027	Komal Mathur	B. of "		Komal
10.	SPRS	2415130002	Kunal Yadav	B. of Physiotherapy		Kunal
11.	SPRS	2415130014	Kumari Singh	B. P. T		Kumari
12.	SPRS	2415130042	Gaurav Bora	B. P. T		Gaurav
13.	SPRS	2415130025	Prachi Chandra	B. P. T		Prachi
14.	SPRS	2415130009	Arshleen Kaur	B. P. T		Arshleen
15.	SPRS	2415130026	Priya	B. P. T 1st		Priya
16.	SPRS	2415130008	Shobham	B. P. T 1st		Shobham
17.	SPRS	2415130030	Shreshan	B. P. T 1st		Shreshan

Dr. P. P. T. 1st
3/12/25

Date :-

Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SPRS	2415130017	CHIRAG SANNI	BPT	1st yr	Amey
2	SPRS	2415130052	MUSHAARRAF KHAN	BPT	1st yr	Abusali
3	SPRS	2415130018	ADAN KISHA GHATELUR	BPT	1st	As
4	SPRS	2415130029	SAHIL	BPT	1st	Shy
5	SPRS	2415130024	MUHAMMAD	BPT	1st yr	Mamun
6	SPRS	2415130026	PRITHA	BPT	1st yr	Ru
7	SPRS	2415130059	MUHAMMAD	BPT	1st yr	Ne
8	SPRS	2415130060	ARPIY	BPT	1st yr	Ne
9	SOAD	2406223011	ELHANNIYA	BPT BID	2nd	Blumie
10	SOAD	2406223008	Yashve	BID	2nd	Ne
11	SOAD	2406223026	ELAXMI	BID	2nd	Ne
12	SOAD	2406223014	PALAK	BID	2nd	Ne

24/05/2025

Date :-

Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1.	SPRS	2415130023	Sreshtha Tabea	Bachelor of Physiotherapy	1st yr	Sreshtha
2.	SOHMC	2414760013	Vinay Boora	BHMC	2nd	Vinay
3.	SOHMC	2414760012	MAHESH DORN	BHMC	2nd	Meeta
4.	SOHMC	2414760006	Ayush Tomar	BHMC	1st year	Pranav
5.	SOHMC	2414760004	Akash K. Shrivastava	BHMC	1st year	Akash
6.	SOAD	2406490008	Hasman Jit Singh	B.F.A	2nd	Chaman
7.	SOAD	2406490020	Dhruv Kumar	B.F.A	2nd	Dhruv
8.	SOAD	2406224007	Mayara Javed	B. Des (UI/UX)	2nd	Mayara
9.	SOAD	2406224017	Riddhi Arora	B.Des (UI/UX)	2nd	Riddhi
10.	SOAD	2406224020	Aastha	B.Des (UI/UX)	2nd	Aastha
11.	SOHMC	2214760015	Prerak	BHMC	1st	Varun
12.	SOHMC	2314760006	Vyom	BHMC	2nd	Vyom
13.	SOAD	2406224014	Konishka	UX/UI	2nd	Konishka
14.	SOHMC	2414760001	Ratnaak Verma	BHMC	2nd	Ratna

15 SOHMC 2414760008

Poone Tamore

BHMC

2nd

Poone

24/12/2023

Date :-

Awareness about Mental Health Services at We Do

Sheet 1/2

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SOET 23-01-25

Date:-

Awareness about Mental Health Services at We Post

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOET	2401420041	Uttam Singhal	B-Tech (Data Science)	II	Uttam.
2	SOET	2401420035	MD. Anas Khan	B-Tech CSE (Data Science)	II	Anas
3	SOET	2401420050	Dhruv Sharma	B-Tech CSE (Data Sci)	II	Dhruv.
4	SOET	2401420049	Kunal Chaudhary	B-Tech CSE (DS)	II	Kunal
5	SOET	2401010015	Unesh	B-Tech CSE (AI)	II	Unesh
6	SOET	2401420029	Prityamani	B-Tech CSE (DS)	II	Prityamani
7	SOET	2401420034	Sakshi Jain	B-Tech CSE (DS)	II	Sakshi Jain
8	SOET	2401420049	Komal	B-Tech CSE (DS)	II	Komal
9	SOET	2401201145	Mond Anon	BCA (AI & DS)	II	Anon
10	SOET	2401201130	Ritul Aryan	BCA (AI/DS)	II	Ritul.
11	SOET	2401201197	Parna Ray	BCA (AI/DS)	II	Parna.
12	SOET	2401360031	Nishkay Gill	B-Tech CSE (UI/UX)	II	Nishkay Gill
13	SOET	2401360028	Bhavishay Yadav	B-Tech CSE (UI/UX)	II	Bhavishay Yadav
14	SOET	2401360013	Devi	B-Tech CSE (UI/UX)	II	Devi
15	SOET	2401360015	Muskan	B-Tech CSE (UI/UX)	II	Muskan
16	SOET	2401350004	Saanya	B-Tech CSE (FSD)	II	Saanya
17	SOET	2401350014	Manju	B-Tech CSE (FSD)	II	Manju
18	SOET	2401360019	Anjali	B-Tech CSE (UI/UX)	II	Anjali

23/01/25

19.	SOET SOET	2401350009	Kaish	Block CSE (FSD)	II	Ke
20.	SOET SOET	2401350001	Adyan	Block CSE (FSD)	II	Prage
21.	SOET	2401360002	Falgum	Block CSE U/Ux	II	fulga
22.	SOET	2401360011	Subramita	Block CSE U/Ux	II	Andree
23.	SOET	2401360021	Sundhi	Block CSE U/Ux	II	Rubana
24.	SOET SOET	2401560007	Mansu	MCA / 9717994424	II	Mansu
25.	SOET SOET	2401560098	Prabhat Singh	MCA / 97206234698	II	Pr

will call
next week
for
workshop
of awareness

SOET

Date:- 23/1/25 11:50 am

Awareness about Mental Health Services at Vellore

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S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOET	2401420040	Tushar	B.Tech CSE D.S.	2nd	Tushar
2	SOET	2401420038	Ramanu	Btech CES D.S	2nd	Ramanu
3	SOET	2401420018	VIDIT BANSAL	B. Tech CSE (CDS)	II	Vidit
4	SOET	2401420037	Karthik Kumar	B.Tech CSE (CDS)	2	Karthik
5	SOET	2401201155	Lakshay Jain	BCA (H) LAISDS	II	Lakshay
6	SOET	2401201179	Ashwini Kumar Hikkra	BCA (H) (LAISDS)	II	Ashwini
7	SOET	2401201169	Mohd Azeem	BCA (H) (LAISDS)	II	Mohd Azeem
8	SOET	2401201146	Kushagra Jain	BCA (H) (LAISDS)	II	Kushagra
9	SOET	2401201185	Aashish V Singh	BCA (H) (LAISDS)	II	Aashish
10	SOET	2401201198	Riya Singhal	BCA (H) (LAISDS)	II	Riya
11	SOET	2401201209	Sujal Singh	BCA (H) (LAISDS)	II	Sujal
12	SOET	2401201195	Vishwanath Sinha	BCA (H) (LAISDS)	II	Vishwanath
13	SOET	2401201165	Mohit Singh	BCA (H) (LAISDS)	II	Mohit
14	SOET	2401201149	Anjan Sharma	BCA (H) (LAISDS)	II	Anjan
15	SOET	2401201206	Ashu Sharma	BCA (H) (LAISDS)	II	Ashu

Date: 23/11/25

Awareness about Mental Health Services at We Do

SOET

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S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOET	2401201180	Aaryanshi Singh	BCA (AI & DS)	I nd	Aaryanshi
2	SOET	2401201207	Ayoti	BCA (AI & DS)	II nd	Ayoti
3	SOET	2401201182	Shweta aggarwal	BCA (AI & DS)	II nd	Shweta aggarwal
4	SOET	2401201198	Harsh Kumar	BCA (AI & DS)	II nd	Harsh Kumar
5	SOET	24011420031	Sakshi	B.Tech CSE (DS)	II nd	Sakshi
6	SOET	24011420032	Nishant	B.Tech CSE (DS)	II nd	Nishant
7	SOET	24011420036	Jahanni Dewal	B.Tech CSE (DS)	II nd	Jahanni
8	SOET	24011420024	Hatunjaya Chauhan	B.Tech CSE (DS)	II nd	Hatunjaya
9	SOET	24011420039	Kashish Sharma	B.Tech CSE (DS)	II nd	Kashish
10	SOET	2401201175	Shreem	BCA	II nd	Shreem
11	SOET	2401201140	Nikhil Singh	BCA	II nd	Nikhil
12	SOET	2401201177	Vikas Rannu	B.Tech (AI & DS)	II nd	Vikas
13	SOET	2401201216	Aashish Yadav	B.Tech (AI & DS)	II nd	Aashish
14	SOET	24011420030	Kartik Sharma	B.Tech CSE (DS)	II nd	Kartik
15	SOET	24011420003	Nayin Khan	B.Tech CSE (DS)	II nd	Nayin Khan
16	SOET	24011420009	Gaurav Rana	B.Tech CSE (DS)	II	Gaurav
17	SOET	24011420010	Rahul Rana	B.Tech CSE (DS)	II	Rahul
18	SOET	24011420019	Yash Maan	B.Tech CSE (DS)	II	Yash

SD 501

Date:- 23/11/25 11:50 am

Awareness about Mental Health Services at VIT DSI

23/11/25
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23/11/25

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOET	2201830013	Animesh Yadav	B.Sc (H) Cyber Security	6 th	
2	SOET	24012010045	Aakrishi Singh	BCHC AI.DS	2 nd	
3	SOET	2401420014	Shwathi Duran	B.Tech CSE (ds)	2 nd	
4	SOET	2401420008	Parv Arora	B.Tech CSE (D-S)	2 nd	
5	SOET	2401420027	Yash Tiwari	B-Tech CSE (D-S)	2 nd	
6	SOET	2401420001	Yogya Sharma	B.Tech CSE (D-S)	2 nd	
7	SOET	2401420054	Rishabh Singh	B.Tech CSE (DS)	2 nd	
8	SOET	2401420046	Yayyan Khan	B.Tech CSE DS	2 nd	
9	SOET	2401420089	Ayush Raj	B.Tech CSE DS	2 nd	
10	SOET	2401420021	Kamman	B.Tech CSE DS	2 nd	
11	SOET	2401420017	Mritunjay	B.Tech CSE DS	2 nd	
12	SOET	2401420020	Akhil Raj	B.Tech CSE DS	2 nd	
13	SOET	2401420015	Uday	B.Tech CSE DS	2 nd	
14	SOET	2401360004	Abhay	B.Tech CSE CUX/UJ	2 nd	
15	SOET	2401360006	Rufesh	B.Tech CSE CUX/UJ	2 nd	
16	SOET	2401360007	Nikhil	B.Tech CSE CUX/UJ	2 nd	
17	SOET	2401350017	VIPUL	B.Tech CSE (FSD)	2 nd	

Date :-

23/11/25

SOET

Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOET	2401201211	Deep Sharma	BCA (AI & DS)	II nd	Deep.
2	SOET	2401201215	Ashish Kumar	BCA (AI/DS)	II	Ashish
3	SOET	2401201183	Ashish Gulshan	BCA CAI/DS	II nd	Ashish
4	SOET	2401201126	Vaibhav	BCA (AI/DS)	II nd	Vaibhav
5	SOET	2401201201	Prince Kumar Sharma	BCA (AI/DS)	II nd	Prince
6	SOET	2401201170	Shourya Kumar Singh	BCA (AI/DS)	II nd	Shourya
7	SOET	2401201121	Vandana Velma	BCA (AI/DS)	II nd	Vandana
8	SOET	2401201167	Khusht Chaurhan	BCA (AI & DS)	II nd	Khusht
9	SOET	2401201212	Garima Sharma	BCA (AI and DS)	II nd	Garima
10	SOET	2401201191	Preeti	BCA (AI & DS)	II nd	Preeti
11	SOET	240201147	Royal	BCA (AI & DS)	II nd	Royal

23/11/25

Signature

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Date :- 23/01/2025 11:50 am

Awareness about Mental Health Services at Vellore

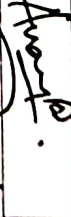
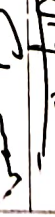
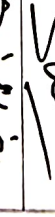
Signature
23/01/25

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1.	SOET	2401201187	ASHISH BHATT	BCA (Comm) (C&DS)	II nd	Ashish
2.	SOHS	2408215082	Harshimran Raur	B.A Psychology	II nd	Harshimran
3.	SOET	2401201004	Bhavya Rattan	BCA (AIDS)	II nd	Bhavya
4.	SOET	2401201031	Harshit Malik	BCA (AIDS)	II nd	Harshit
5.	SOET	2401420044	Anshika	B.Tech CSE T.S	II nd	Anshika
6.	SOET	2401420016	Donnam	B.Tech CSE DS	II nd	Donnam
7.	SOET	2401420052	Suman	B.Tech CSE DS	II nd	Suman
8.	SOET	2401350018	Subhrajit das	B.Tech CSE (CSD)	II	Subhrajit
9.	SOET	2401350007	Hareesh Panthel	B.Tech CSE (CSD)	II	Hareesh
10.	SOET	2401350016	Adit Jhon	B.Tech CSE (CSD)	II	Adit
11.	SOET	2401201082	GIREATH RAGHAV	BCA (AIDS)	II	Gireetha
12.	SOET	2401201025	Pruthi	BCA (AIDS)	II	Pruthi
13.	SOET	2401420025	Shashwat	B.Tech CSE (DS)	II nd	Shashwat
14.	SOET	2401420022	Aditya K. Singh	B.Tech CSE (DS)	II nd	Aditya
15.	SOET	2401420011	Vansh Rana	B.Tech CSE (DS)	II nd	Vansh
16.	SOET	2401420006	Puganeshu	B.Tech CSE (DS)	II nd	Puganeshu
17.	SOET	Aditya				

11-02-25
SOHS

Date :-

Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
	SOHS	2408215036	ABHIN KUMAR	B.A(H) Psychology (Research)	II	
	SOHS	2408215033	Tejas Prashuram	B.A(H) Psychology (Research)	II	
	SOHS	2402815083	Ananya Bhattacha	B.A(H) Psychology (R)	II	
	SOHS	2402815027	Harshita Rai	B.A(H+R) Psychology	II	
	SOHS	2402815056	Prachi	B.A(H+R) Psychology	II	
	SOHS	2402815046	Banista	B.A(H+R) Psychology	II	
	SOHS	2408215020	Mansi Yadav	B.A(H+R) Psychology	II	
	SOHS	2408215064	Niyati Ghal	B.A(H+R) Psychology	II	
	SOHS	2402815078	Sivani	B.A(H+R) Psychology	II	
	SOHS	2402815080	Diksha	B.A(H+R) Psychology	II	
	SOHS	2408215041	Hanshika	B.A(H+R) Psychology	II	
	SOHS	2408215073	Lavanya	B.A(H+R) Psychology	II	
	SOHS	2408215059	Aarvi	B.A(H+R) Psychology	II	

Done for
11/02/25

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Awareness about Mental Health Services at We Dost

Deepti Jaiswal
11/02/25

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOHS	2408215050	Amushin	BA (H) Psy	2	Amushin
2	SOHS	2408215048	Sarika	BA (H) Psy	2	Sarika
3	SOHS	2408215082	Harsimran Kaur	BA (H) Psychology	2	Harsimran
4	SOHS	2408215009	Triloka Das	BA (Hons) Psychology	2	Triloka
5	SOHS	2408215038	Amurka Gopal	BA (Hons) Psychology	2	Amurka
6	SOHS	2408215049	Prinda Bose	BA (Hons) Psychology	2	Prinda
7	SOHS	2408215018	Binki Yadav	BA (Hons) Psychology	2	Binki
8	SOHS	2408215026	Triloka	BA (Hons) Psychology	2	Triloka
9.	SOHS	2408215010	Muskan Kaur	BA (Hons) Psychology	2	Muskan
10.	SOHS	2408215011	Drishvi Goyal	BA (Hons) Psychology	2	Drishvi
11	SOHS	2408215047	Akanksha Sharma	"	2	Akanksha
12	SOHS	2408215024	Deepika	"	2	Deepika
13	SOHS	2408215039	Radhika	"	2	Radhika
14	SOHS	2408215064	Anweshika	"	2	Anweshika
15.	SOHS	2408215054	Jaiswal	"	2	Jaiswal

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Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOHS	2408225026	AKAANSH	Masters in Applied Psy	II	Akash
2	SOHS	2408225015	YASHVARDHAN	" "	II	Yashvardhan
3	SOHS	2408225017	Jagnel Kaur	Masters in Appl	II	Jagnel
4	SOHS	2408225018	Harshpreet Kaur	" "	II	Harshpreet
5	SOHS	2408225022	Vanya Sethi	" "	II	Vanya
6	SOHS	2408225024	HARSHA YADAV	" "	II	Harsh
7	SOHS	2408225016	Nikita Satyan	" "	II	Nikita
8	SOHS	2408225019	Preeti	" "	II	Preeti
9	SOHS	2408225007	Aashima Lakra	" "	II	Aashima
10	SOHS	2408225001	Nimmi Kataria	" "	II	Nimmi
11	SOHS	2408225002	Sunny	" "	II	Sunny
12	SOHS	2408225012	Simran	" "	II	Simran

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11/02/25

SDHS

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Date :-

Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1.	SDHS	2408215079	Yohancy David	B.A. (H) Psychology	II	<i>[Signature]</i>
2.	SDHS	2408215004	Shr Sanskriti Jain	B.A.(H) Psychology (R)	II	<i>[Signature]</i>
3.	SDHS	2408215017	Shadiya Ansani	B.A.(H) Psychology (R)	II	<i>[Signature]</i>
4.	SDHS	2408215031	Asmita Verma	B.A.(H) Psychology (R)	II	<i>[Signature]</i>
5.	SDHS	2408215034	Lbha Das	B.A. (H) Psychology (R)	II	<i>[Signature]</i>
6.	SDHS	2408225023	Aarti Arya	MA. Psychology	II	<i>[Signature]</i>
7.	SDHS	2408225004	Kesong Thuyng.	MA Psychology	II	<i>[Signature]</i>
8.	SDHS	2408225003	Sorhan thuyng	MA. Psychology	II	<i>[Signature]</i>
9.	SDHS	2408225005	SIMRAN	MA Psychology	II	<i>[Signature]</i>
10.	SDHS	2408225013	Divyanshi	MA Psychology	II	<i>[Signature]</i>
11.	SDHS	2408225008	Preeti	MA Psychology	II	<i>[Signature]</i>
12.	SDHS	2408225010	Dolly Bhadury	MA Psychology	II	<i>[Signature]</i>

[Signature]
11/02/25

Date:- 27-01-25

Date :-

2/10/25

SOMC

Date :- 27/01/2025

Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOMC	2402203055	Amudhika	BBA	2	Sheetal
2	SOMC	2402203042	Tahnavi	BBA	2	Sham
3	SOMC	2402203016	Bhavadh	BBA	2	Bhavin
4	SOMC	240223403	Harsh	BBA	2	Harsh
5	SOMC	240223112	Manish	BBA	2	
6	SOMC	240223089	Shrey	BBA	2	
7	SOMC	240223199	Tanvi	BBA	2	
8	SOMC	2402203117	Anurag Yadav	BBA	2	(Signature)

Sheetal Yadav
27/01/25

2012

Awareness about Mental Health Services at We Dost

~~Accepted
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Awareness about Mental Health Services at We Dost

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Sweet Padam
7/10/25

27-01-25 SMC

Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOMC	2402203124	Nandani Bansal	BBA (H) Research	2	Nandani
2	SOMC	2402203035	Idhika	BBA (H) Research	2	Idhika
3	SOMC	2402203088	Tarushi Garg	BBA (H) Research	2	Tarushi
4	SOMC	2402203130	Kushi Gupta	BBA (H) Research	2	Kushi
5	SOMC	2402203145	Kashish	BBA (H) Research	2	Kashish
6	SOMC	2402203067	Amrita	BBA (H) Research	2	Amrita
7	SOMC	2402203006	Tarushi	BBA (H) Research	2	Tarushi

Reetu P
7/10/25

Date:- 27-01-25

Date :-

Sheet 1 of 1

SMC

Availability about Mental Health Services at We Dost

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SDMC

Date :-

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27/01/25



K.R. MANGALAM UNIVERSITY
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विकसित भारत
अभियान
1947 - 2047

Ref. No.: KRMU/DSW/2024-25/

Date: 29/01/2025

Subject: Approval for conducting "Managing Rage: Triggers and Anger Management Strategies"

Counselling and Mental Wellbeing Centre, We Dost is planning to organize an expert session on "Managing Rage: triggers and anger management strategies" on 18 February 2025, 1:30 pm - 2:30 pm in Multipurpose Hall, 4th Floor, A Block, for all the schools in K.R. Mangalam University. The speaker for the session will be Ms. Kanchan Gaur (Psychologist and Therapist, Founder of SAMRASA Foundation).

Submitted for kind approval.

Ms. Preeti Yadav
(Psychology Counsellor)

Dr. Anjana Singh
(Dean Student Welfare)

Vice Chancellor



Ref. No.: KRMU/DSW/Notice/CMWC2024-25

Date: 18-02-2025

Counselling and Mental Wellbeing Centre We Dost

Organizes

An Expert Session on

"Managing Rage: Triggers & Anger Management Strategies"

NOTICE

The Counselling and Mental Wellbeing Centre We Dost, K.R. Mangalam University, is organising an expert session on **Managing Rage: Triggers & Anger Management Strategies**. This session will provide students

Objectives

- To help participants identify anger triggers and develop effective strategies for managing rage.
- Participants learn effective relaxation and grounding techniques that reduce stress, prevent health issues related to anger, and improve overall well-being.
- The workshop encourages participants to apply anger management techniques in everyday life, leading to lasting improvements in emotional regulation and overall well-being.

Mode: Offline

Venue: Multipurpose Hall, 4th Floor, A Block

All the students of KRMU are invited to attend the session.

Ms. Preeti Yadav
Coordinator

Preeti Yadav
18/02/2025

Prof. Anjana Singh/ Dr. Anshul Saluja
DSW/ADSW



Counselling and Mental Wellbeing Centre, We Dost

Report on

“Managing Rage: Triggers & Anger Management Strategies”

Date: 18.02.2025

Venue: Multipurpose Hall, 4th Floor, A Block

Event Type: Expert Session

Mode of Activity: Offline

Target Group: Students of KRMU

Organized by: Counselling and Mental Wellbeing Centre, We Dost

Resource Person: Ms. Kanchan Gaur (Psychologist, Therapist, Founder of SAMRASA Foundation)

Number of Participants: 136

Convener: Prof. Dr. Anjana Singh (Dean Student Welfare)

Co-Convener: Dr. Anshul Saluja (Assistant Dean Student Welfare)

Event Coordinator: Ms. Preeti Yadav (Psychology Counsellor)

Student Coordinators: Anushri Sharma (BA Hons. Psychology) & Bhavya Rattan (BCA Hons. AI&DS)

Introduction

The workshop conducted by Ms. Kanchan Gaur addressed several key aspects of anger management. Topics included an understanding of anger, different anger styles, and the completion of a related questionnaire. Ms. Gaur discussed unhelpful beliefs about anger and its potential impact on health. The session also provided situation-based examples and guidance on how to express anger appropriately at different stages. Techniques for controlling the physical sensations of anger were shared, along with relaxation strategies and therapy methods for effective anger management.

Objectives

- Help participants identify anger triggers and develop effective strategies for managing rage.



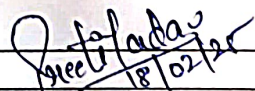
On 18th February 2025, the Counselling & Mental Wellbeing Centre, under the Student Welfare Division, organized an expert session on Managing Rage: Triggers & Anger Management Strategies, led by Ms. Kanchan Gaur, a renowned psychologist, therapist, and founder of the SAMRASA Foundation. The session, held in the Multipurpose Hall of Aryabhatta A Block, drew the attention of students across various schools. Ms. Gaur, with a Master's in Literature, a Master's Diploma in Clinical Psychology, and a Master's Diploma in Relationship Counselling & Family Therapy, shared her expertise on understanding anger and its impact. She discussed different anger styles, conducted a self-assessment questionnaire, and highlighted unhelpful beliefs about anger and its health consequences. The session included practical techniques for managing anger, controlling its physical symptoms, and expressing emotions at different stages. It concluded with a relaxation exercise and guided meditation. The event was convened by Dr. Anjana Singh, Dean of Student Welfare, Dr. Anshul Saluja, Assistant Dean, and Ms. Preeti Yadav, Psychology Counsellor. The session received positive feedback from students, who appreciated the actionable strategies provided. The Counselling & Mental Wellbeing Centre plans to organize more such sessions to promote awareness and provide students with tools for better emotional management.

Outcomes

- Better understanding on anger managements & techniques
- Therapeutic Techniques to control anger
- Increase self-awareness about the emotions

Conclusion

The workshop conducted by Ms. Kanchan Gaur provided participants with valuable insights into understanding and managing anger. Through interactive discussions, practical techniques, and relaxation strategies, attendees gained a deeper awareness of their emotional responses and learned effective methods to control anger and its physical sensations. The session equipped participants with tools to express anger appropriately, reduce stress, and improve their overall mental and physical well-being. By addressing unhelpful beliefs about anger and providing real-life examples, the workshop empowered individuals to manage their emotions constructively, leading to healthier relationships and better conflict resolution. Overall, the workshop was a highly beneficial experience, fostering personal growth, emotional regulation, and positive behavioural change.

Report prepared by:	Ms. Preeti Yadav	
Report checked & verified by:	DSW/ADSW	



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K.R. MANGALAM UNIVERSITY
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Counselling & Mental Wellbeing Centre under the aegis of Student Welfare

Organizes

**Expert Session
On**

Managing Rage: Triggers & Anger Management Strategies

Date: 18.02.2025

Time: 1:30 PM

Venue: Multipurpose Hall, A Block, 4th Floor

Expert: Ms. Kanchan Gaur (Psychologist & Therapist,
Founder of SAMRASA Foundation)



Convener
Prof. (Dr.) Anjana Singh
Dean - Student Welfare

Co-Convener
Dr. Anshul Saluja
Asst. Dean - Student
Welfare

Event Coordinator
Ms. Preeti Yadav
Psychology Counsellor

Student Coordinator
Anushri Sharma
Bhavya Rattan

Note : Please scan QR Code for registration.



University Gurugram Campus: ☎ 011-48884888 / 8800697010-15 ☎ 8800697012 🌐 www.krmangalam.edu.in ✉ welcome@krmangalam.edu.in



Gurugram, Haryana, India
Sohna, Gurugram, Haryana 122103, India
Lat 28.271632, Long 77.067838
02/18/2025 01:51 PM GMT+05:30
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अभियान
1947 TO 2047



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Sohna, Gurugram, Haryana 122103, India
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Sohna, Gurugram, Haryana 122103, India
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विकसित भारत
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1947 TO 2047



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krmangalam.edu.in

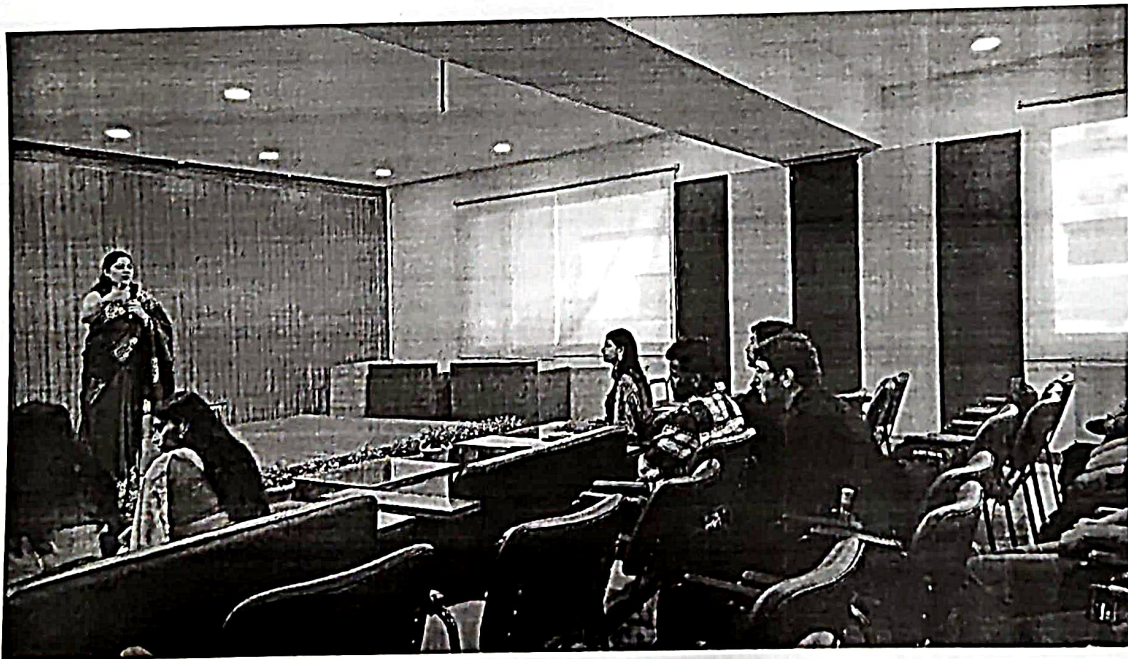
 **Phone**
011 -48884888

 **Address**
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1947 TO 2047



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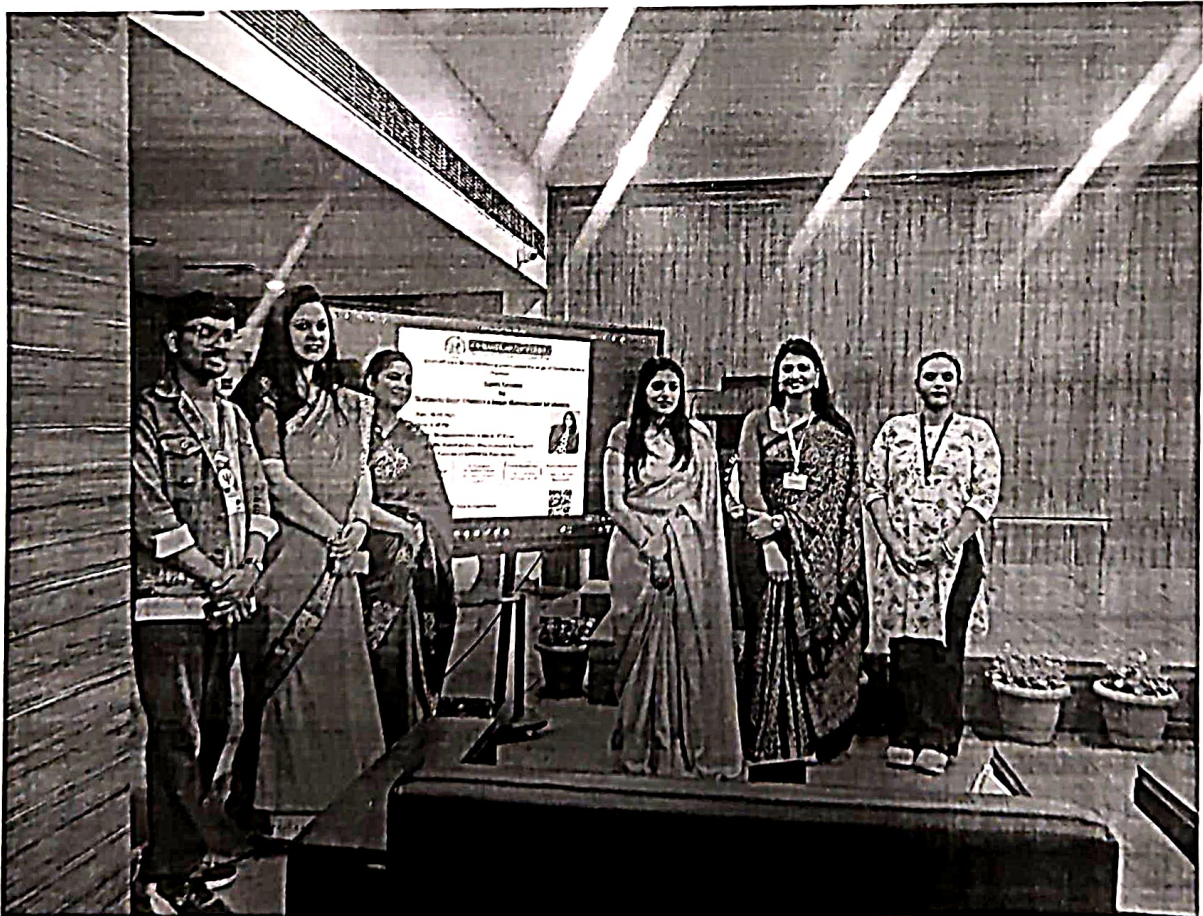
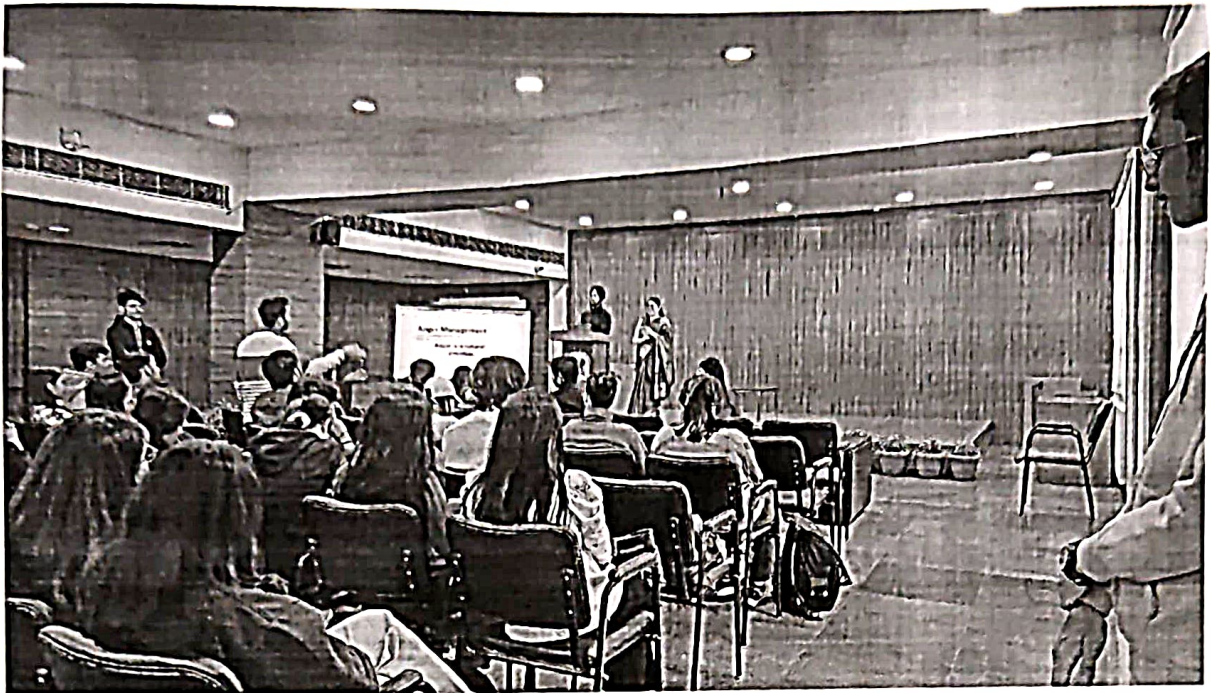
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122103



K.R. MANGALAM UNIVERSITY
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50 YEARS
**विकसित भारत
अभियान**
1947 TO 2047



18-02-25

Managing Rage: Trigger & Anger Management Strategies.

Speaker: Ms. Kandam Gaur (Psychologist, Therapist, Founder of samrasa)

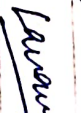
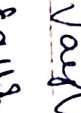
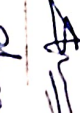
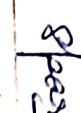
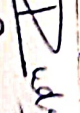
S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1.	SOET	2301730018	Abhinav	BTECH CSTM ML	IV	Abhinav
2.	SOET	2301730107	Sakshi	"	"	Shikha
3.	SOET	2301730018	Kunal Rai	"	IV	Shikha
4.	SOET	2301730109	Neel Patel	"	IV	Shikha
5.	SOET	2301730072	Shashank	"	"	Shikha
	SOET	2301730073	Dev Dagar	"	"	Shikha
	SOET	2301730108	Vansh	"	"	Shikha
	SOET	2301730074	Ashut	"	"	Shikha

Sheeti Yadav
18/02/25

18-02-25

Awareness about Mental Health Services at VIT-Boat

Date: _____

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOHS	2408215006	Loakeshaya Sharma	B.A(H) Psychology with R	2nd	
2	SOHS	2408215082	Mossimann Kaur	B.A(H) Psychology with R	2nd	
3	SOHS	2408215086	Rohan Achanta	BA(H) Psychology II	2nd	
4	SOHS	2408215036	Alpav Kumar	BCA	2nd	
5	SOET	2401201044	Aakriti Singh	BCA	2nd	
6	SOET	2401201043	Neha	BCA	2nd	
7	SOHS	2408215054	Jaishree	BA (Psychology) H&R	2nd	
8	SOHS	2408215059	Aarav	BCA	2nd	
9	SOHS	2408215073	Lavanya	BCA	2nd	
10	SOET	24010100145	Vandana Kaur	B.Tech CSE (Core)	2nd	
11	SOET	2401010007	Haremanpreet	B.Tech CSE (Core)	2nd	
12	SOET	2401730139	Sukani Gupta	B.Tech CSE (AIML)	2nd	
13	SOET	2401730214	Spaash	n	n	
14	SOET	2401730199	Rudransh	n	n	
15	SOET	2401730128	Aayush	n	n	
16	SOET	2401730131	Bhargendra	n	n	
17	SOET	2401730138	Shashi	n	n	

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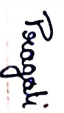
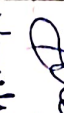
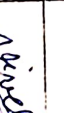
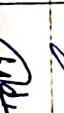
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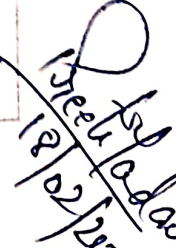
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Date:

Awareness about Mental Health Services at We Post

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
4	SONS	2413820012	Priyanka Pouda	Bac. (H) Agriculture	2nd	
8.	SONS	2413820028	Priyati Ratna	Bac. (H) Agriculture	2nd	
3.	STMC	2409218017	Khushi Sharma	BAJMC	2nd	
4	SOET	2301730126	Suryash	B.Tech CSE AI/ML	2nd	
5	SOET	2301730100	Shubham	"	2nd	
6.	SOEN	2301730105	Manish Yadav	"	2nd	
7.	SOEN	2301730124	Ravi	"	2nd	
8.	SONC	2402208071	Shruti Singh	B. Com ACCA	2nd	
9.	SONC	2402208080	Vanshika Bhardwaj	"	2nd	
10.	SONC	2402208090		"	2nd	
11.	SONC	2402208058	Virek Tiwari	"	2nd	
12.	SONC	2402208073	Tamni Gupta	"	2nd	
13	SOET	2301730091	Udit Anand	"	2nd	
14	SOET	2301730096	Vaibhav	"	2nd	


18/02/25

18-2-25

Date :-

Awareness about Mental Health Services at We Dost

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
01	SOHS	2208790065	Jarvui	BA. Psychology (H)	6 th	Jarvui
02	SOHS	2308550002	Apurajita Jain	M.A. Psychology III	IV	Apurajita
03	SOHS	2408215057	Katayana Gupta	BA. Psychology Hons	2 nd	Katayana
04	SOHS	2413820002	Eulkit Jain	B.Sc. Chem. Agriculture	2 nd	Eulkit Jain
05	SOHS	2413820015	Mukul	B.Sc. Chem. Agriculture	2 nd	Mukul
06	SOHS	2413820033	Shirjeet	B.Sc. Chem. Agriculture	2 nd	Shirjeet
07	SOHS	2413820019	Anusag	B.Sc. Chem. Agriculture	2 nd	Anusag
08	SOET	2401420017	Nitinagar	B.Tech CSE (PS)	2 nd	Nitinagar
09	SOHS	2413820027	Vasasha	B.Sc (Hon) Agriculture	2 nd	Vasasha
10	SOHS	2413820024	Usha	B.Sc (H) Agriculture	2 nd	Usha
11	SOAS	2413820007	Kharuki	B.Sc (H) Agriculture	2 nd	Kharuki
12	SOAS	2413820022	Ankit	B.Sc (H) Agriculture	2 nd	Ankit
13	SOAS	2413880006	Gajendra	B.Sc (H) Agriculture	2 nd	Gajendra
14	SOET	2301730116	Mohammad Tojib Akbar	B.TECH CSE (AI-ML)	4 th	Mohammad Tojib Akbar

Sheet 1 of 2
18/02/25

18-2-25

Date :-

Awareness about Mental Health Services at WU Doot

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOHS	2408225016	Nikita Saharan	MA Psychology	II	Nikita
2	SOHS	2408225001	Nimmi	MA Psychology	II	Nimmi
3	SOHS	2408225007	Aashima	MA Psychology	II	Aashima
4	SOHS	2408225024	Haasika Yadav	MA Psychology	II	Haasika
5	SOHS	2408225015	YASVAROHAN SINGH	MA Psychology	II	Yash
6	SOHS	2408225009	UDITA SHARMA	MA Psychology	II	Udita
7	SOHS	2408225026	AKASHANS H	" "	II	Akash
8	SOHS	2408225012	Suman	" "	II	Suman
9	SOHS	2408215009	Ismita Das	B.A Psychology (R)	II	Ismita
10	SOHS	2408215038	Shreshtha Goyal	" "	II	Shreshtha
11	SOHS	2408215049	Brinda Rose	" "	II	Brinda
12	SOAS	24138 20029	Bushra	BSc agriculture	II	Bushra
13	SJMC	2409218009	Shalade	BA JMC	II	Shalade
14	SJMC	2409218040	Aashika	BA JMC	II	Aashika

Shreshtha
18/02/25

25
18-22

Date:

Awareness about Mental Health Services at We Dost

Preethi Yadav
18/02/25

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SOHS	2408215064	Anushka Sharma	Ba hours Reg with Research	II	Preethi
2.	SOHS	2408215024	Deepika Singh	" "	II	Preethi
3.	SOHS	2408215059	Radhika Sharma	" "	II	Preethi
4.	SOHS	2408225002	Sunny	M.A Psychology	II	Preethi
5	SOAD	2406221003	Milau	B.Des (FD)	II	Preethi
6	SOET	2301730162	Ravish J Nishan	B. Arch 03E A E / ML	IV	Preethi
7	SOET	24061010032	Abhash Mishra	7 tech CO2E	II	Preethi
8.	SOET	2301730106	Alka Santhosh	B.Tech CSE A3M	IV	Preethi
9	SOET	2301730083	Samya	B.Tech CSE AI-ML	IV	Preethi
10	SOET	2301730084	Namrata	" "	IV	Preethi
11.	SOET	2301730077	Nilesh	" "	"	Preethi
12.	SOET	2301730115	Anushka	" "	"	Preethi
13	SOET	2301730125	Arushi	" "	"	Preethi
14	SOET	2301730131	Karan	" "	"	Preethi
15	SOET	2301730132	Shubhi	" "	"	Preethi
16	SOET	2301730119	Aryan	" "	"	Preethi
17	SOET	2301730111	Shravan	" "	"	Preethi

18-2-25

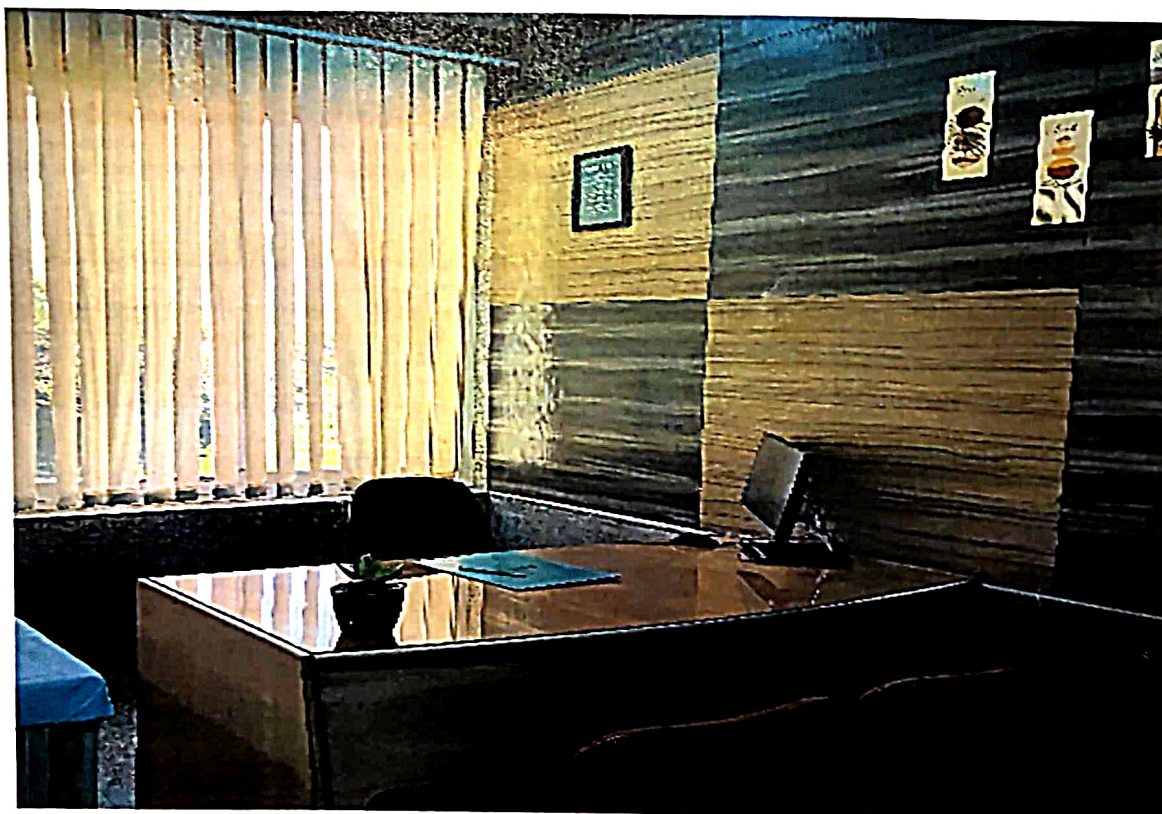
Date :-

Awareness about Mental Health Services at WU Host

Sheet 1 of 2
18/2/25

S.No	School Name	Roll No.	Student Name	Program Name	Semester	Signature
1	SONC	2402203204	Prigyanshu Bhamblani	BBA - (H)	II	Prigyanshu
2	SOHS	2408215008	Aparna	BA Psychology (H+R)	II	Aparna
3	SOHS	2408215045	Merlin Anna John	BA Psychology (H+R)	II	Merlin
4	SOHS	2408215044	Urvashi Sharma	'	II	Urvashi
5	SOHS	2408215012	Noraya Negi	" "	II	Noraya
6	SOHS	2408215003	Shruti Gudsain	BA (H+R) Psychology	II	Shruti
7	SOHS (Agn)	2408215040	Damini Khatwani	BA(H+R) Psychology	I	Damini
8	BSC (Agn)	2413820005	Taishik	(SOAS)	II	Taishik
9	SOAS	2413820014	Dushyant Yadav	BSC(Agriculture)	II	Dushyant
10	SOAS	2413820001	Ashish Kumar	BSC (Agriculture)	II	Ashish
11	SOET	2201830013	Animesh Yadav	BSC Cyber Security	VI	Animesh
12	SOET	2301730090	Anvisha Tiwari	B.TECH-ISE [AI & ML]	IV	Anvisha
13	SOET	2301730080	Aditya Chaudhary	B.TECH CSE (AI & ML)	IV	Aditya
14	SOET	2301730088	Amrit	B.TECH CSE (AI & ML)	IV	Amrit

**COUNSELLING
AND
MENTAL WELLBEING CENTRE
(WE DOST)**



ANNUAL REPORT (2023-24)

K. R. Mangalam University- Gurugram.

Nachrafal

In today's fast-paced and competitive life, individual face various issues in their life at different levels. Considering this as biggest challenge Counselling and Mental Wellbeing Centre (We Dost) established in K.R. Mangalam University with office order no. KRMU/admin./O.O./2023-24/3591 dated 23.09.2023. The centre addresses the emotional, social and behavioural issues of the students/staff members. The objective of Counseling & Mental Wellbeing Centre is as following:

Objective

- To provide quality mental health care to the students and staff.
- To help the students solve their personal, educational, social, and psychological problems.
- To help students and staff develop coping skills.
- To enhance the self-esteem of weaker /slow learners / physically challenged students and staff.
- To help the students and staff members to overcome examination stress, anxiety, or phobia.
- To assist the student in planning for educational and vocational choices.
- To help the students know themselves regarding their interests, abilities, aptitude, passion, and opportunities.
- To create awareness, prepare, and motivate to make success stories and decipher plans to overcome life challenges.
- To establish a feeling of mutual understanding between student and teacher.
- To provide Guidance and Counselling services to individual outside the campus with nominal charges.

Services

The centre provided a variety of services to students and staff, including individual counseling, group counseling, crisis intervention, and workshops and training. This year, most of the services were delivered in-person, with only two cases being handled through tele-counseling.

Nuchrafat

Case Profile in the Centre

The centre addressed a wide range of issues, including adjustment difficulties, anxiety, mood regulation, anger, depression, and exam-related stress. Details of the cases are provided in the table below.

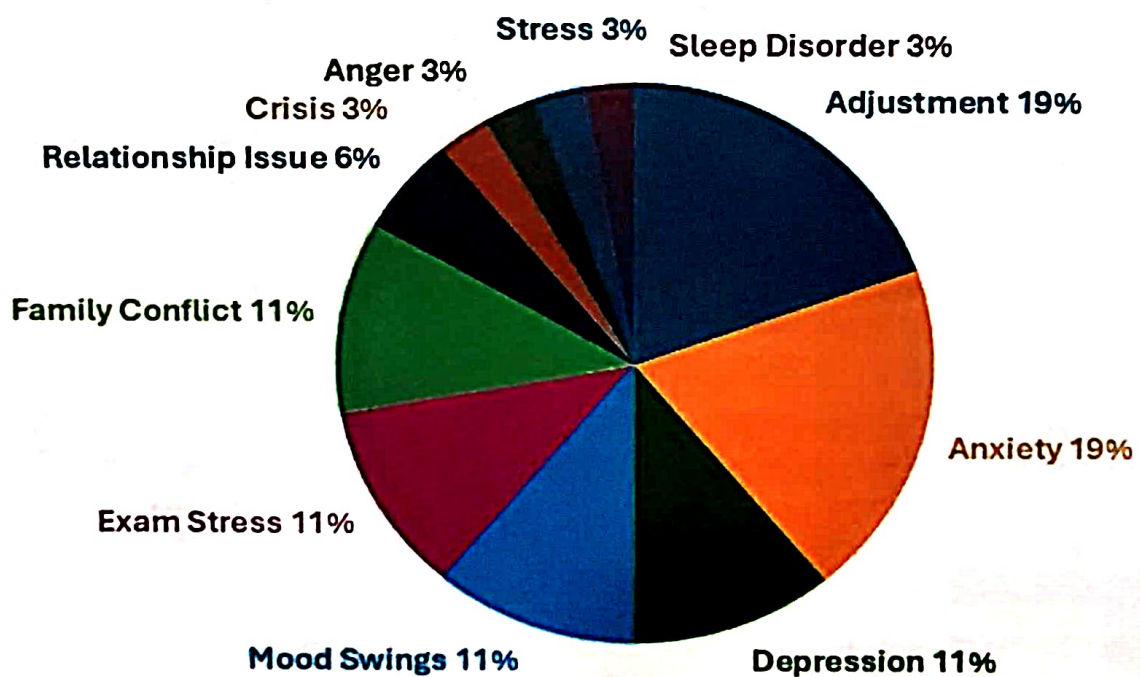
Gender	Gender and Case Distribution (2023-24), N=36										
	Adjustment	Anger	Anxiety	Crisis	Depression	Exam Stress	Family Conflict	Mood Swings	Relationship Issue	Sleep Disorder	Stress
Female (n= 17)	04	00	04	01	03	02	02	00	00	01	00
Male	03	01	03	00	01	02	02	04	02	00	01

Gender Distribution:

Female= 47.22

Male= 52.78

CASE DISTRIBUTION (N=36)



Nusrat

Team of Counsellors and Leadership

- Dr. Suruchi Singh (Assistant Professor- Psychology)- Chairperson
- Dr. Manju Rani (Assistant Professor- Psychology)- Member Counsellor
- Ms. Vartika Singh (Assistant Professor- Psychology)- Member Counsellor
- Mr. Amit Kumar Yadav (Assistant Professor- Psychology)- Member Counsellor

Events (Workshop/ Training/ Awareness Program)

To promote mental well-being, the center organized programs focusing on key areas such as stress management, building resilience, and developing healthy relationships for the students and staff of K R Mangalam University. The list of events is as follows:

Sr. No.	Event Title	Date	Venue	Resource Person	Coordinator
1.	National Youth Day Expressing Your Inner Peace: Bonfire And Talent Hunt	12.01.2024	Hostel, KRMU	Not Applicable	Dr. Manju Rani
2.	Counseling Skills Training- Workshop	28.11.2023	Bosch lab	Dr. Nudrat Jahan (Assoc. Prof.)	Dr. Manju Rani
3.	Stretching and Let go Through Yoga	07.11.2023	Yoga Meditation Hall, KRMU	Rajiv Rangan (Yoga Teacher)	Dr Manju Rani
4.	Building Mental Toughness to Overcome Challenges in College Life- Expert Session	31.10.2023	Moot Court, KRMU	Balvinder Kumar (Retd. IAS)	Dr. Manju Rani
5.	Developing Healthy Relationships- Expert Session	31.10.2023	C414, KRMU	Lakshmi Kanan (Management Professional)	Dr. Manju Rani
6.	Mental Health Festival-Visit	03.10.2023	AIIMS, New Delhi	Not Applicable	Dr. Suruchi Singh

Nudrat Jahan

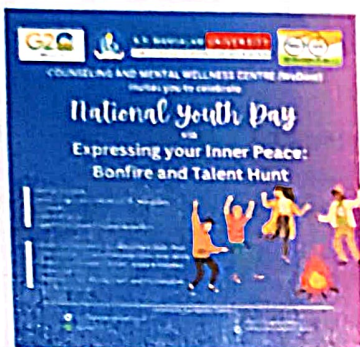


Figure 1 National Youth Day

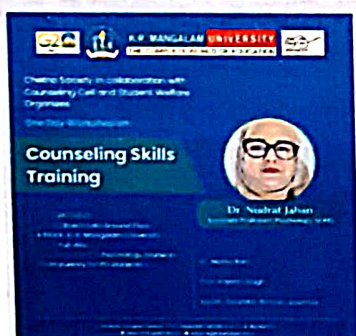


Figure 2 Counseling Skills Training- Workshop

Nudrat Jahan



Figure 3 Stretching and Let go Through Yoga

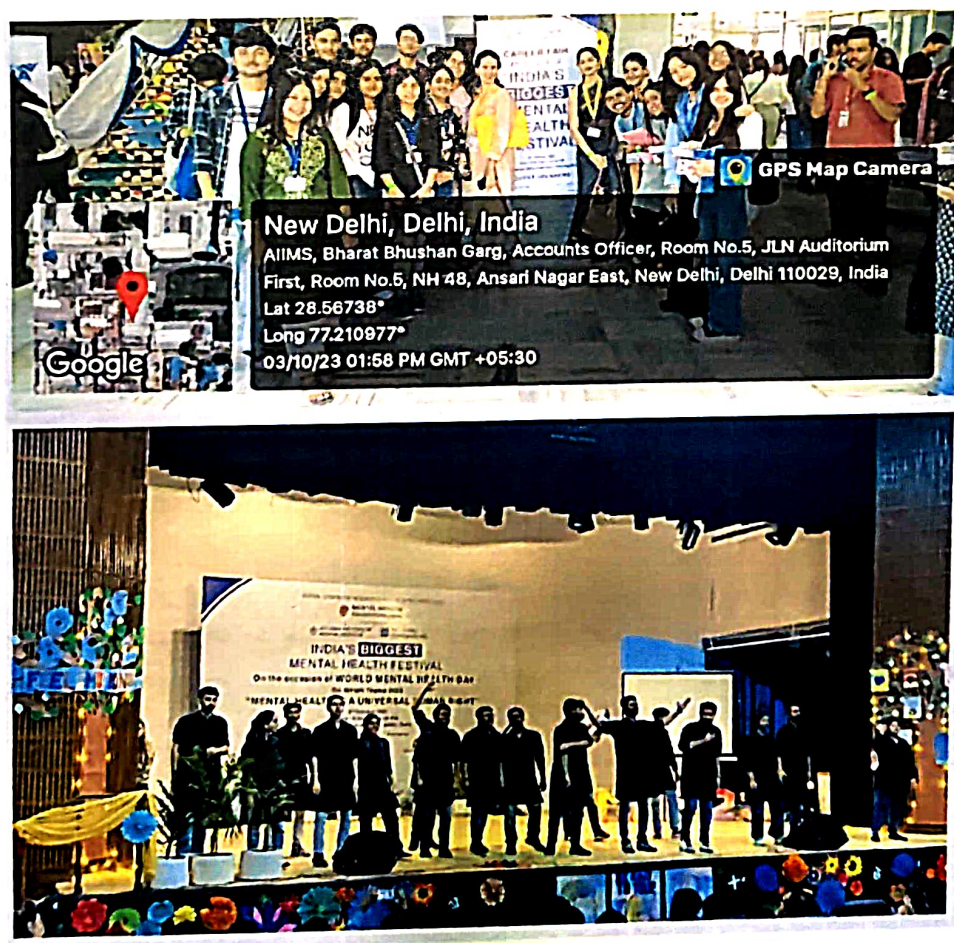


Figure 4 AIIMS Mental Health Festival-Visit

Nudrapal

Maintenance of Professional Standard

The Counseling and Mental Wellbeing Centre (We Dost) adheres to national and international guidelines to uphold professional ethics and standards. Some of these include:

- UGC GUIDELINES

TITLE- Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well Being at Higher Educational Institutions of India.

Web Link- https://www.ugc.gov.in/pdfnews/9666273_Guidelines-for-students-health.pdf

- AMERICAN PSYCHOLOGICAL ASSOCIATION PROFESSIONAL ETHICS

APA Ethical Principles of Psychologists and Code of Conduct (2017)

Web Link- <https://www.apa.org/ethics/code/ethics-code-2017.pdf>

- MENTAL HEALTH CARE ACT- 2017 GOVERNMENT OF INDIA

TITLE- The Mental Healthcare Act, 2017

Web Link- <https://www.indiacode.nic.in/bitstream/123456789/2249/1/A2017-10.pdf>

- NATIONAL MENTAL HEALTH POLICY OF INDIA, 2014

Web Link- https://nhm.gov.in/images/pdf/National_Health_Mental_Policy.pdf

Nishat J

REPORT ON
JACOBSON'S PROGRESSIVE MUSCULAR RELAXATION



CONDUCTED BY:

Ms. Kashish Pandey

(Asst. Professor)

Kashish Pandey

JPMR
Skill
Tm

AIM: To practice and observe the effects of Jacobson's Progressive Muscle Relaxation (JPMR) technique on stress reduction and physical relaxation.

MATERIALS REQUIRED:

- Comfortable seating or a mat for lying down.
- Quiet room with minimal distractions.
- Calm background music (optional).
- Timer or stopwatch.

PROCEDURE:

Preparation:

- Ensure the room is quiet, dimly lit, and free from distractions.
- Ask the participant to sit or lie down in a comfortable position.

Instruction Phase:

Explain the steps of JPMR:

- Focus on one muscle group at a time.
- Tense the muscle group for about 5-7 seconds.
- Gradually release the tension and notice the relaxation for about 10-15 seconds.
- Emphasize slow breathing throughout the exercise.

Execution Phase:

Start with the feet and progress upward to the face (or vice versa):

- Feet: Curl toes tightly, hold, and relax.
- Legs: Tighten calf muscles, hold, and relax.
- Thighs: Squeeze thigh muscles, hold, and relax.
- Hands: Clench fists, hold, and relax.
- Arms: Tighten biceps, hold, and relax.

Nubati jah

- Shoulders: Shrug shoulders up to ears, hold, and relax.
- Face: Scrunch facial muscles, hold, and relax.

Allow participants to stay still and observe the overall relaxation after completing all muscle groups.

Post-Relaxation Phase:

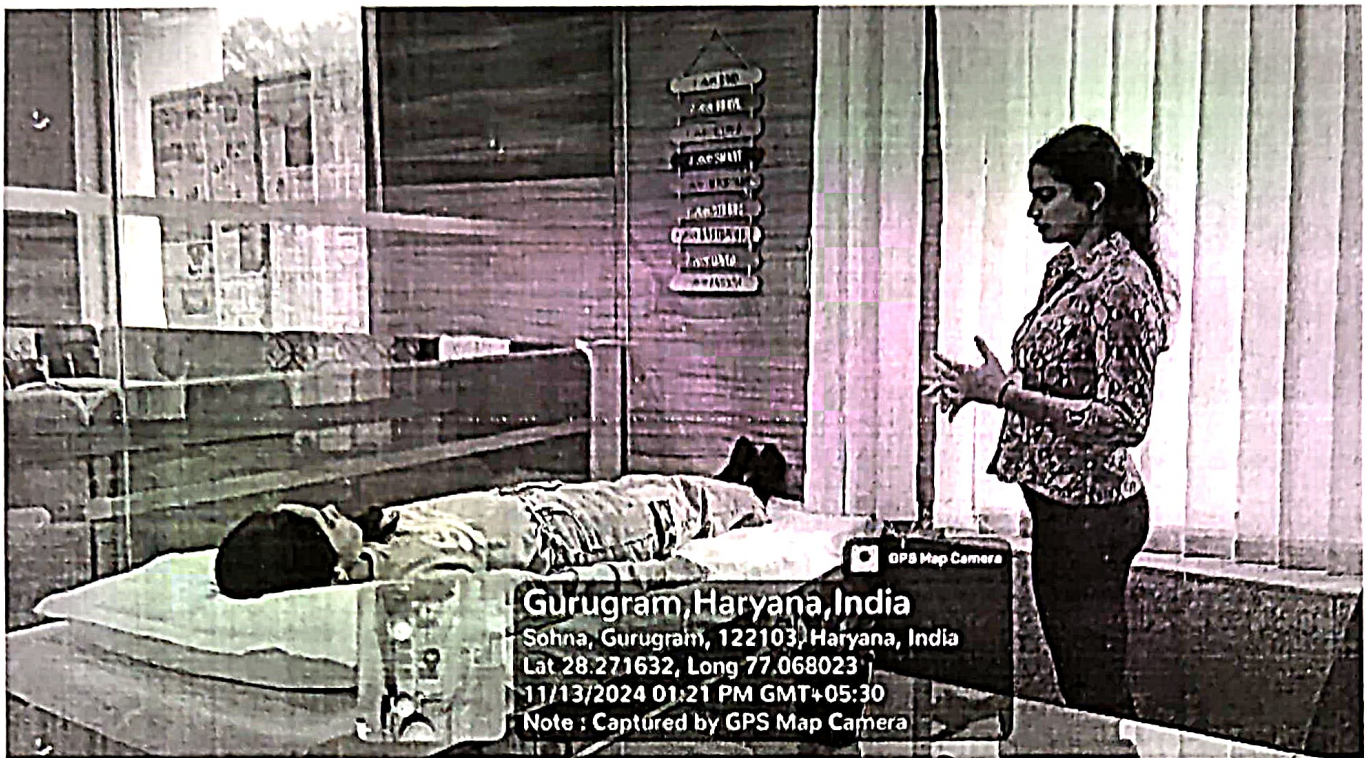
- Encourage participants to take a few deep breaths and slowly return to normal awareness.
- Ask them to reflect on how they feel.

OBSERVATION:



During the practice of Jacobson's Progressive Muscle Relaxation (JPMR), it was observed that participants experienced a gradual release of tension in their muscles as the exercise progressed.

Nishu



Initially, some participants reported feeling slightly awkward or unfamiliar with the act of intentionally tensing and relaxing their muscles, particularly in areas like the face and shoulders.

However, as the session continued, most participants noted a noticeable reduction in physical stiffness and a sense of lightness throughout their body. Breathing patterns became slower and



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more rhythmic, which contributed to a calming effect on the mind. Participants reported a sense of warmth and comfort, especially in muscle groups that were previously tense. Those who entered the session feeling stressed or restless mentioned feeling calmer and more centered after the exercise.

Subjective feedback revealed that focusing on individual muscle groups not only helped in relaxing them but also improved overall body awareness, leading to a heightened sense of mindfulness. Physiological changes, such as a decrease in heart rate and a feeling of reduced pressure or heaviness in the chest, were commonly noted. Post-relaxation reflections highlighted feelings of tranquility, with participants describing the experience as "soothing," "relieving," and "grounding." Some also reported experiencing a pleasant mental clarity, with reduced intrusive or anxious thoughts, which allowed them to feel more in control and emotionally balanced. Overall, the exercise demonstrated the efficacy of JPMR in fostering a state of physical relaxation and mental calmness, making it a useful technique for stress management and emotional regulation.

Nicholas

