

11. Students' Personality Development Activities

Details of Personality Development Labs & Trained Faculty

**We have trained faculty to conduct practical sessions and
existence of qualified student counsellors**



Jagannath International Management School

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

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

Accredited by National Assessment and Accreditation Council (NAAC)

Details of Student Counsellor

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



SHRIYA UPADHAYAY

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

Email: upadhayayshriya@gmail.com

Phone number: 9910218439

Address: Delhi

Education

M.A. clinical psychology

Amity university ,Noida (2020-2022)

B.A. Applied Psychology

Amity university, Noida (2017-2020)

XII Standard

Amrita Vidyalayam , New Delhi (2017)

X Standard

Sona modern public school, New Delhi (2015)

Skills

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

Hobbies

- Music
- Travelling

Certifications

Experience

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

- **Art Therapy**

Fortis healthcare -June 2020

- **Sports Psychology**

Fortis healthcare- June 2020

- **Music and Movement Therapy**

Fortis Healthcare -July 2020

- **Fashion Psychology**

Fortis healthcare limited July 2020

- **Introduction to psychotherapy**

Fortis healthcare limited July 2020

- **Psycho-Oncology**

Fortis healthcare limited July 2020

- **School psychology, Positive Psychology, Rorschach Inkblot test**

Fortis healthcare limited July 2021

- **Little seeds (NGO)** worked as mental health campaign Head for creating awareness on Mental health (*March -December, 2021*)
- **Hear us App**-Interned as listener on Hear Us app for counseling services under psychologist Aastha Jain (*June-October 2021*)
- **Fortis healthcare**-Internship in clinical psychology (*July 2021*)
- **Psy-Mann** – Clinical psychology Intern (*February-march 2021*)
- **Psychoshiksha** Clinical psychology Intern (*December 2020*)
- **Udayan Care NGO**- Worked With advocacy department and conducted qualitative interview to assess Needs of children residing at different homes of the NGO (*May-June 2019*)
- **Psyindia Clinic** – Assisted in counseling sessions, speech therapy, special education Case History taking and administration of psychometric tests. (*May -June 2018*)



Dr. Sunita Kaistha

Dr. Sunita Kaistha was recently awarded (2022) an Honorary Doctorate from UCD, Dublin Ireland for her work in the field of Economics Science. She holds a Ph. D in International Trade and an M.Phil. in Human Resource Management.

Dr. Kaistha retired as an Associate Professor and Head of the Department of Commerce at the Jesus & Mary College (University of Delhi).

Her research and practice have focused on Gender, Work & Health.

Her special focus includes:

- Establishing and running 2 non-profit in the areas Literacy for the girl child and skill development for low level urban slum women. (Details Below)*
- Creating Networks among academics/practitioners /universities/ trade unions. **
- Research in the area of gender, leadership work and health,
- Building strengths of communities and organisations on the above issues
- Research in the area Gender & Work
- Participatory Training/awareness on Gender and Sexual, Reproductive Health , HIV and Counselling
- Organising National and International Conferences/Workshops on the above mentioned areas
- Developing material and resources .

Establishing Non- Profits *

www.swl-wwhi.org

- Founder of Non Profit (2002) **The Society for Working Life** (SWL) Sunita established the Centre for Literacy for the girl child in New Delhi. with support from Development funds through Irish Aid, Embassy of Ireland India and in 2008 established CEDC (Community Education & Development Centre) at Sangam Vihar. In the slums of South West Delhi.
- Co- Founder of Non – Profit (2006) **Women Work & Health Initiative** (WWHI) is a non-profit organization based in Delhi, India, which aims to empower women. Our work focuses on the gendered aspects in the world of work and its implications on health. Increasing gender equality in leadership roles is the goal that drives our mission forward.

Background of WWHI

Sunita Kaistha was appointed the Secretary of the IV International Congress of Women, Work and Health by the Women work & Health Network in Stockholm, Sweden in 2002. This forum was launched in Barcelona in 1996. The IVth Congress was held in New Delhi, India 2005 with 600 delegates from 61 countries.

It centred on the three main themes

- Gender, paid and unpaid work,
- the Changing world of work and
- Scientific Health practiced in Development.

An initiative called “Woman, work and health initiative Asia” was created for the advancement of the research findings linked to the reality experienced by women, so as to have a positive impact in their lives and work conditions. It is now called WWHI (Women Work and Health Initiative)

Networks**

-Advisory Board IGNOU for developing the post graduate & M. Phil course of Gender & Development of the School of Gender and Development Studies (SOGDS) of Indira Gandhi Open University (IGNOU) India. The Courses are available both in India & abroad

-Sunita was accepted to work in Sweden (Gothenburg University) as a Guest researcher which was a good opportunity for developing gender research in India through the establishment of SIGN (Sweden India Gender Network) (www.sasnet.se) in 2012 through Sida funding.

Co – Founder Sweden India Gender Network (SIGN) with the aim to create a platform for researchers between Sweden & India in order to initiate a long-term cooperation in research and knowledge dissemination between universities in Sweden and universities/organizations in India. The issues for the cooperation were gender, and gender-mainstreaming, leadership, work environment, health and health promotion in work organizations.

In 2004 she had collaborated with Arbetslivsinstitutet (National Institute for Working Life) Stockholm, Sweden for a research study of Women Workers in the Informal Economy. She has also collaborated with Gothenburg University for a project on -Mapping Aspirations: Identity and life chances among young adults in a globalizing world (Young adults, identities and life chances)

University

Dr. Kaistha has been an Associate Professor up to March 2021 at the Jesus & Mary College, University of Delhi, Chanakyapuri, New Delhi. India

She has been teaching in the Dept. of Business Studies, (Commerce) in the Jesus and Mary College, University of Delhi since 1979. Her teaching has been primarily for the undergraduate students. But she has also taught at the Post-graduate level for a number of years. She has taught at various Institutes also.

She has held a large number of administrative posts in the College including,

- Member of the Governing Body of the College

- Staff Council Advisor

- President of the Staff Association of the College

- Secretary to the Parent Teacher Student Association

All these posts are under the jurisdiction of the University and approved by the University of Delhi.

She has also been the faculty representative appointed by the Vice Chancellor to The Department of Commerce and Business Studies at the University of Delhi.

She has presented and published a number of books and papers in both national and international forums.

Books: Gender and Development: ed A. Sahaya, S. Kaistha, V. Patel (2010)
(Published by the Women Press, New Delhi.)

Women Work & Health – Current Concerns, ed A. Sahaya & S. Kaistha (2010)
(Published by The Women Press, New Delhi.)

2008: Inspiring Women- A study of Inspiring women in India and Finland – (Published by Findia Foundation)- Sunita. Kaistha, Kaisa Kauppinen Liisa. Numminen & Amita Sahaya

EXPERIENCE

-Coordinator for SWL-UCDVO student volunteer program (2003-to 2023) in the area of literacy, health and development.

- Coordinator for Youth exchange program Canada World Youth & International Youth Centre (1999-2000)

- Consultant & Training at International Youth Centre - NGO New Delhi (1996-2000)

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