

REPORT

Session on ‘Managing the Self’—An IQAC and MMP Initiative

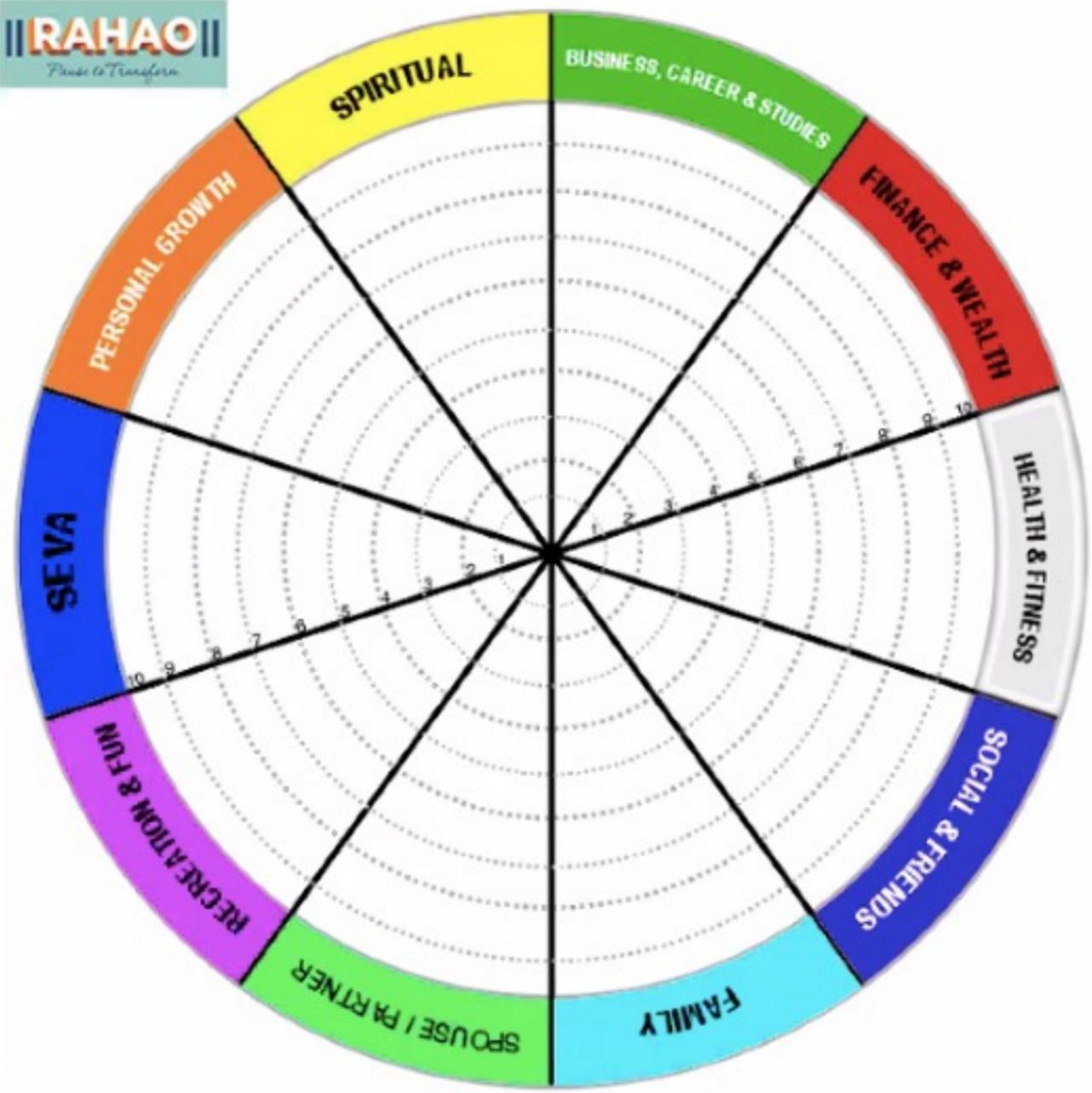
March 8, 2021.

The Internal Quality Assurance Cell (IQAC) and Mentoring Group of Sri Guru Nanak Dev Khalsa College, University of Delhi, jointly organized a session on ‘Managing the Self’ with Ms. Avneet Kaur, an inspirational speaker and cognitive behaviour therapist. The programme was held for the benefit of the faculty members on March 8, 2021, and saw enthusiastic participation. This is an initiative under the “Mentoring the Mentor” programme whereby the learnings from this session will be carried forward by the teachers into the mentoring classes in the following weeks.

The event began with a welcome note by Dr. Gita Lakhanpal, followed by a most enlightening session by the speaker. Ms. Avneet Kaur began the session with a self-introspection exercise where the participants analysed their satisfaction levels in various walks of their life and where they would like to ultimately reach. The participants had time to rethink their life goals and the importance of managing their level of expectations. The speaker emphasised on the quote, ‘All I need is all I have and all I have is all I need’. In order to lead a stress-free life, it is important to bring the issues to the present period and think what is to be done right now. The speaker held a ten minutes meditation session which was a soothing experience for all. It motivated all to be aware of the voice in one’s head.

Through this session, the teachers would be equipped to encourage the student to recognise their ability, align life goals to one’s ability, acknowledge what one wants, and not what is expected of one from family and friends. It can include self and family/friends; career and family; Understanding when and what is enough. Not taking undue stress for social and material goals but understanding that one needs little to be happy and content. Ms. Avneet Kaur’s succinct and balanced lecture was a great learning experience.

The event ended with an interactive Q&A session in which Ms. Kaur took pains to address every query posed by the faculty. The learnings will help the faculty themselves and will be carried forward to the students. The programme was brought to a close with a vote of thanks by Dr. Meena Singh.



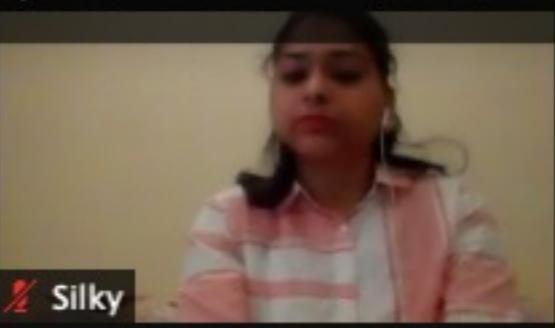
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Avneet Kaur



Gita



Silky



neeta dhingra



Shobhika Mukul



Meena Singh



Inderpreet Singh



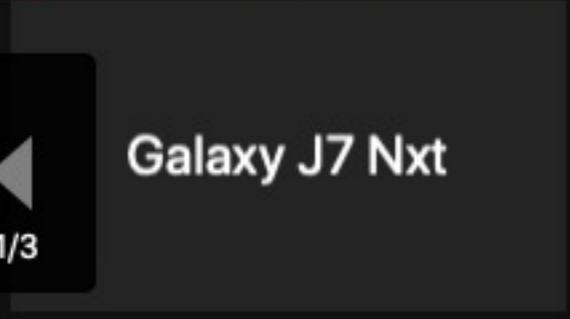
Dr Jasmine Kaur



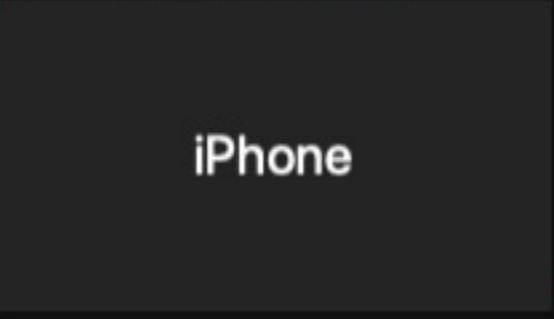
Geetika Khunger



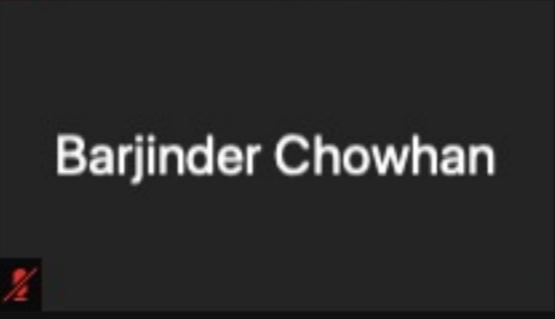
Gurneet Kaur



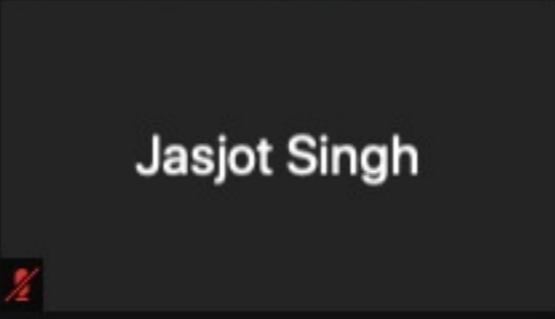
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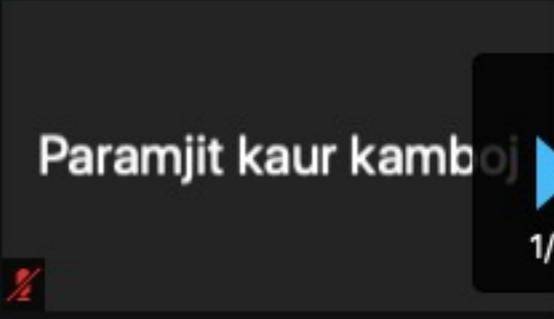
iPhone



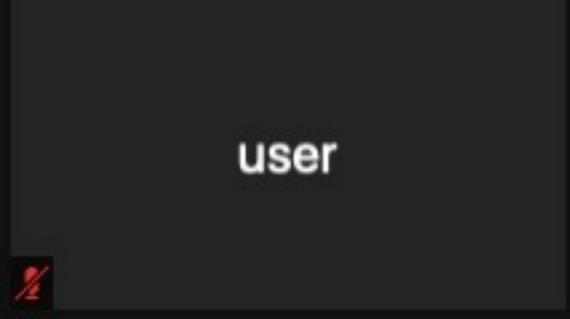
Barjinder Chowhan



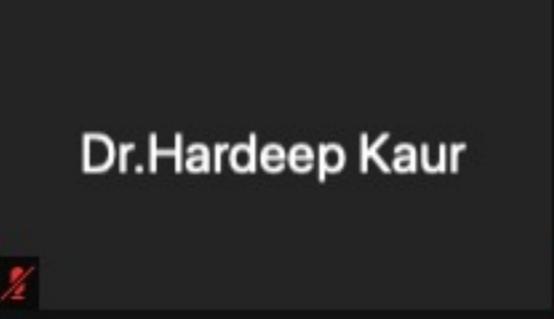
Jasjot Singh



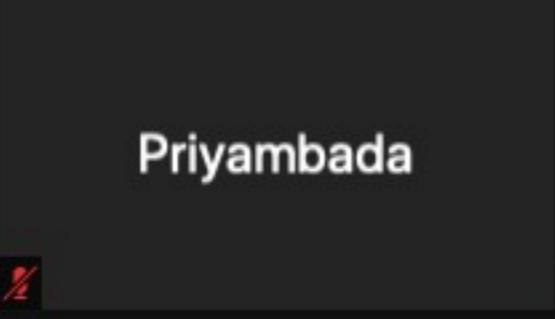
Paramjit kaur kamboj



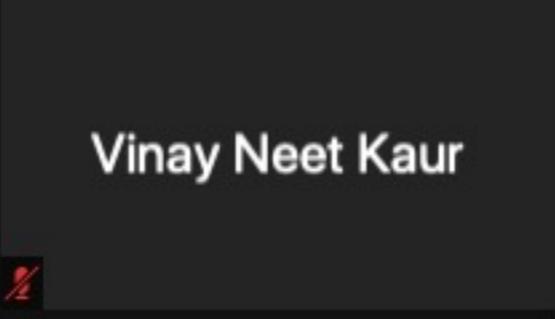
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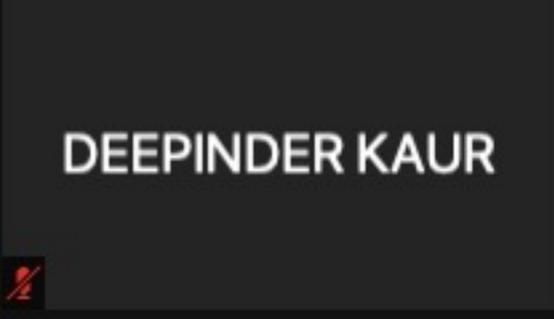
Dr.Hardeep Kaur



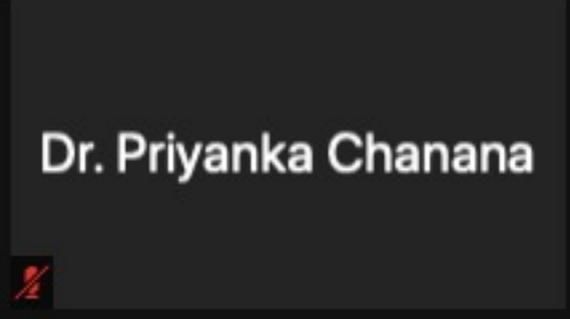
Priyambada



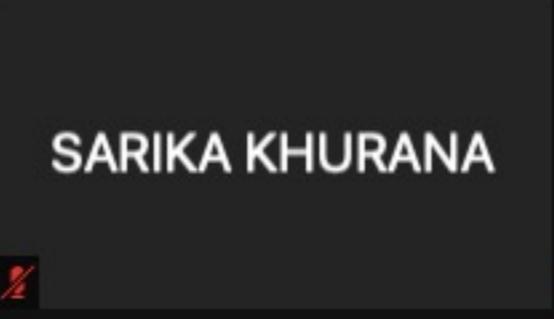
Vinay Neet Kaur



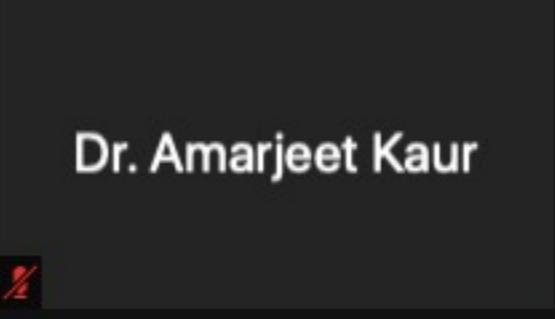
DEEPINDER KAUR



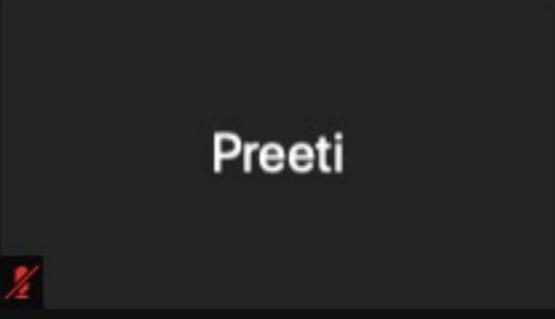
Dr. Priyanka Chanana



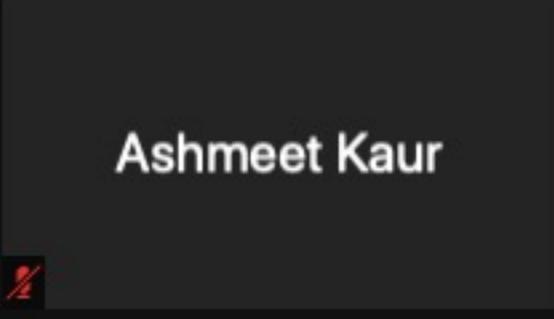
SARIKA KHURANA



Dr. Amarjeet Kaur



Preeti



Ashmeet Kaur



neeta dhingra

Komal Chhikara

Silky

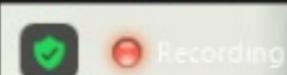
Geetika Khunger

Prakriti Saxena

Dr. Priyanka Cha...



View



Avneet Kaur



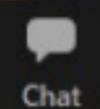
Unmute



Stop Video



Participants 48



Chat



Share Screen



Record



Reactions

Leave



Gurneet Kaur



Gita



Meena Singh



Priyambada



Rishibha Aga...

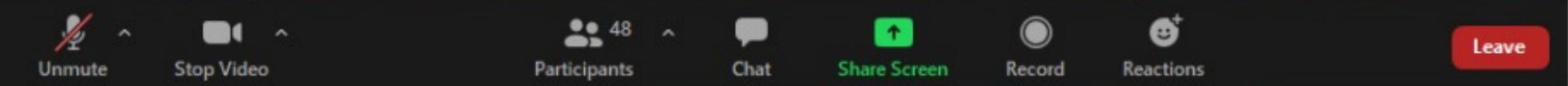


Dr Jasmine K...



Recording

Avneet Kaur



Chat

WhatsApp 8882211313
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From Me to Everyone:
 How do we control the distractions in our mind?

From neeta dhingra to Everyone:
 how to mind the mind

From Silky to Everyone:
 How do we start to train our mind to just start living in the present, right here right now?

From Komal Chhikara to Everyone:
 How to be Content but not Complacent in life?

From Gita to Everyone:
 Can you give us some pointers with which we can go to our students?

To: Everyone File

Type message here...



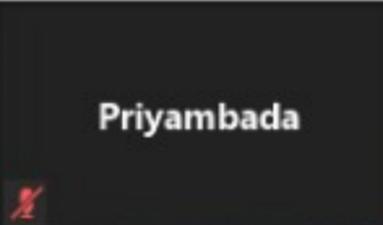
Gurneet Kaur



Gita



Meena Singh



Priyambada



Rishibha Aga...



Dr Jasmine K...



Recording

Avneet Kaur

Recording...

Gita /	 / Priyambada	 / Rishibha Agarwal	 / Meena Singh	 / Dr Jasmine Kaur
 neeta dhingra	 / Silky	 / Gurneet Kaur	Prakriti Saxena /	Garima /
 Avneet Kaur	 / Komal Chhikara	Dr. INDRA KAUL /	Geetika Khunger /	Priya jain /
Dr. Amarjeet Kaur /	Dr Ishmeeta Sin... /	Shuchi Agrawal /	Herman kaur /	QCOM-BTD /
Damanpreet Kaur /	Sirjan /	Mamta Ahuja /	Simarpreet Kaur /	bhavna sharma /

A grid of video thumbnails for participants in a Zoom meeting. The thumbnails are arranged in rows and columns. Some thumbnails show video feeds, while others are dark with white text indicating the participant's name. A chat bubble is overlaid on the grid.

SK From Simarpreet Kaur to Everyone
Listening and watching to you makes my belief stronger on the quote "If you are actually happy,yo..."

Participants (45)

Find a participant

- P** Priyambada (Co-host, me) [Mute] [Video Off]
- AK** Avneet Kaur (Host) [Mute] [Video Off]
- H** Host (Co-host) [Mute] [Video Off]
- S** Silky (Co-host) [Mute] [Video Off]
- MS** Meena Singh [Mute] [Video Off]
- AK** amrinder kaur [Mute] [Video Off]
- AS** Archana Sharma [Mute] [Video Off]
- AT** Ashish Thomas [Mute] [Video Off]
- AK** Ashmeet Kaur [Mute] [Video Off]
- BS** bhavna sharma [Mute] [Video Off]
- DK** Damanpreet Kaur [Mute] [Video Off]

yes no go slower go faster more clear all

Invite Mute All



Dr Jasmine Kaur



neeta dhingra



Komal Chhika...



Silky

View



Remove Pin
 Recording...



Avneet Kaur

Unmute
 Start Video
 Security
 45 Participants
 3 Chat
 Share Screen
 Reactions
 More
 Leave

Participants (45)

Find a participant

- P** Priyambada (Co-host, me)
- AK** Avneet Kaur (Host)
- H** Host (Co-host)
- S** Silky (Co-host)
- DJ** Dr Jasmine Kaur
- AK** amrinder kaur
- AS** Archana Sharma
- AT** Ashish Thomas
- AK** Ashmeet Kaur
- BS** bhavna sharma
- DK** Damanpreet Kaur

yes
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 go slower
 go faster
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 clear all

Invite
 Mute All
 ...



Dr Jasmine Ka...



neeta dhingra



Komal Chhika...



Silky

View



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GK From Gurneet Kaur to Everyone

Any books/texts you would recommend for us in the given context?

Avneet Kaur

Unmute
 Start Video
 Security
 45 Participants
 3 Chat
 Share Screen
 Reactions
 More
 Leave

Participants (45)

Find a participant

- P** Priyambada (Co-host, me)
- AK** Avneet Kaur (Host)
- H** Host (Co-host)
- S** Silky (Co-host)
- AK** amrinder kaur
- AS** Archana Sharma
- AT** Ashish Thomas
- AK** Ashmeet Kaur
- BS** bhavna sharma
- DK** Damanpreet Kaur
- DK** DEEPINDER KAUR

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 go faster
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 clear all

Invite
 Mute All
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Recording... [Pause] [Stop]

View

◀ Dr. Priyanka Ch... Vinay Neet Kaur Priya jain Dr. Amarjeet Kaur ▶



Unmute Stop Video Security Participants 45 Chat 1 Share Screen Reactions More Leave

Participants (45)

Find a participant

- P Priyambada (Co-host, me)
- AK Avneet Kaur (Host)
- H Host (Co-host)
- S Silky (Co-host)
- AK amrinder kaur
- AS Archana Sharma
- AT Ashish Thomas
- AK Ashmeet Kaur
- BS bhavna sharma
- DK Damanpreet Kaur
- DK DEEPINDER KAUR

yes no go slower go faster more clear all

Invite Mute All

Recording... [Pause] [Stop]

View

Grid of video thumbnails:

- Top row: Rishibha Agar..., Dr Jasmine Ka..., Komal Chhika..., **Geetika Khunger** (highlighted)
- Middle row: Meena Singh, neeta dhingra, Priyambada
- Bottom row: **Prakriti Saxena**, **Silky**, Gita
- Bottom-most row: Avneet Kaur, Gurneet Kaur

Participants (48)

Find a participant

- P Priyambada (Co-host, me)
- AK Avneet Kaur (Host)
- H Host (Co-host)
- S Silky (Co-host)
- AS Abhishek Sharma
- AK amrinder kaur
- AS Archana Sharma
- AT Ashish Thomas
- AK Ashmeet Kaur
- BS bhavna sharma
- DK Damanpreet Kaur

yes no go slower go faster more clear all

Unmute Stop Video (Alt+V) Security Participants 48 Chat Share Screen Reactions More Leave



Dr Jasmine Ka...



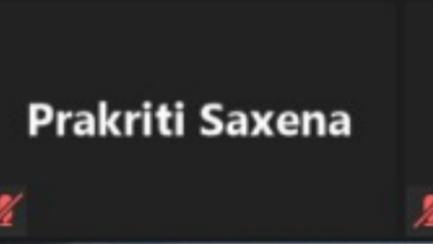
Komal Chhika...



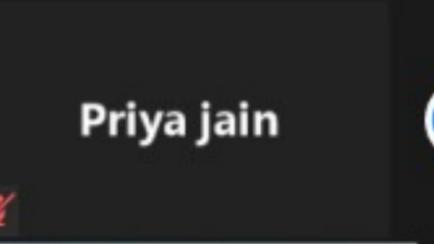
Gurneet Kaur



Geetika Khunger



Prakriti Saxena



Priya jain



Remove Pin
 Recording...



Meena Singh

Unmute
 Stop Video
 Security
 Participants 38
 Chat
 Share Screen
 Pause/Stop Recording
 Reactions
 Leave