

## **Specific Facilities Provided to Women in terms of:**

- **Safety and Security:** To ensure the safety of women in the institute, CCTV cameras are strategically installed across key areas such as entrances, corridors and common spaces. This surveillance system helps monitor activities, deterring harassment and other inappropriate behavior. The presence of cameras reassures students and staff by fostering a secure environment.
- **Personal Counsellor:** The institute provides a personal counselor to support the mental health and emotional well-being of students and staff. The counselor offers confidential, one-on-one sessions to address issues such as stress, anxiety, academic pressure, relationship concerns, and personal challenges. By offering this service, the institute prioritizes the psychological well-being of its community, creating a space where individuals can seek help without judgment, enhancing their overall well-being and academic success.
- **Installation of Sanitary Napkin Vending machine:** The sanitary napkin vending machine is installed in the Restroom of the institute, to ensure easy and discreet access for female students and staff.
- **Appointment of Lady Security Guard:** The institute employs lady security guards to enhance safety and provide a comfortable environment for female students and staff.
- **Women Development Cell:** IIMT has a Women Development Cell (WDC) aimed at promoting gender equality, empowering female students and staff, and addressing issues related to women's welfare. The WDC organizes workshops, seminars, and awareness programs on topics such as women's rights, self-defense, mental health, and career development. It serves as a platform for addressing concerns like harassment, discrimination, or any gender-related issues, ensuring a safe and supportive environment for women. The cell also encourages leadership, participation, and confidence-building among women, fostering an inclusive atmosphere where their personal and professional growth is prioritized and nurtured.
- **GYM:** The institute's gym, dedicated to promoting the health and fitness of women, offers a welcoming and supportive space where female students and staff can prioritize their physical well-being. Equipped with modern machines and exercise tools such as treadmills, weights, and strength-training equipment, the gym caters to diverse fitness needs.

# Safety and Security

## GUARD ROOM (LADY GUARD)



# SANITARY NAPKIN VENDING MACHINE



## CCTV Camera

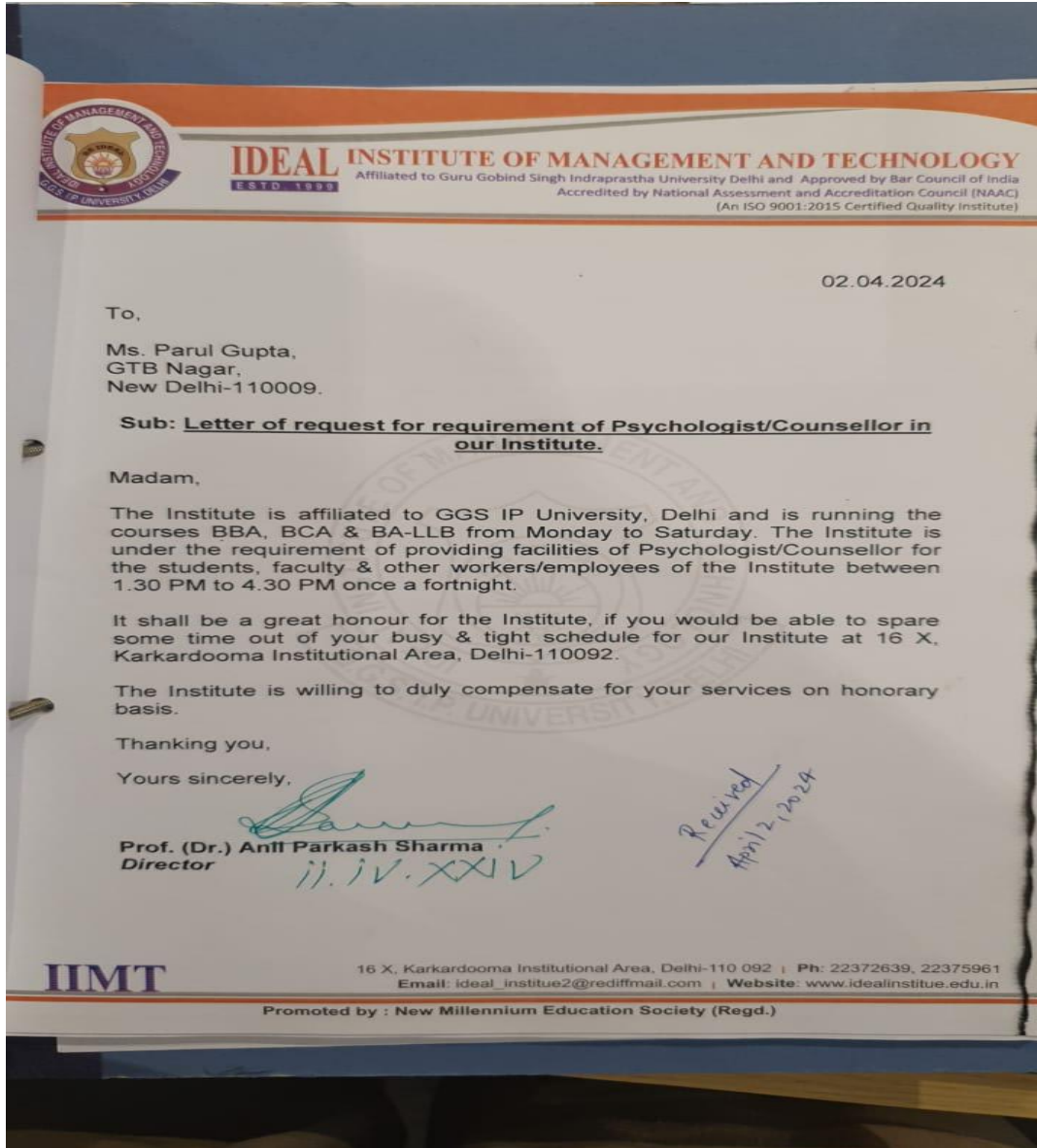




**Delhi, Delhi, India**  
16 X Telephone Exchange Karkardooma Institutional Area, A G C R Enclave, Anand  
Vihar, Delhi, 110092, India  
Lat 28.6485°  
Long 77.296785°  
04/10/24 03:30 PM GMT +05:30

GPS Map Camera

# Counseling





03.04.2024

To,

The Director,  
Ideal Institute of Management and Technology,  
16 X, Karkardooma Institutional Area,  
Delhi-110092.

**Sub: Letter of Acceptance for providing my services as Psychologist/  
Counsellor in Institute at 16 X, Karkardooma Institutional Area,  
Delhi-110092.**

Sir,

I am in receipt of your letter of request dated 02.04.2024 for requirement of Psychologist/Counsellor in your Institute.

In the larger interest of the society, especially the students, the faculty & other members in the Institute, I hereby agree to provide my services from 1.30 PM to 4.30 PM once a fortnight (to be informed in advance) and will be available on call as and when required.

I am glad that the Institute is willing to duly compensate for my services on honorary basis.

Thanking you,

Yours sincerely,



**(Parul Gupta)**







### Counseling Report

Date: April 29, 2024

Client Information:

Name: [Confidential]

Course: LLB (3rd Year)

Age: 20

Concern: Understanding Counseling Process

Counselor: Parul Gupta

Summary of Session:

Client, a third-year LLB student aged 20, approached for counseling to gain insights into the counseling process and its workings. During the session, we delved into the fundamentals of counseling, discussing its purpose, methods, and benefits. I explained the importance of counseling in providing emotional support, guidance, and problem-solving strategies to individuals facing various challenges or seeking personal development.

We explored the linkage and role of counseling in the profession of law. Additionally, we discussed the role of confidentiality, empathy, and active listening in building a trusting counselor-client relationship.

Client expressed curiosity about how counseling techniques are tailored to address specific issues and how counselors adapt their approach to suit each client's needs.

By the end of the session, Client gained a better understanding of the counseling process and its potential impact on personal growth and well-being. Client expressed appreciation for the insights gained and indicated interest in exploring further sessions to delve deeper into specific topics or challenges.

Follow-Up:

Follow-up sessions can be scheduled to explore specific areas of interest or address any emerging concerns. Encourage Client to continue exploring counseling resources and reach out for support whenever needed.

- Parul Gupta  
Counselor

Parul  
29/4/24



## Report

Title: Orientation on Counselling and Career Choices for LLB and BBA First Year Students

Date: April 10, 2024

Time: 12:20 PM - 1:30 PM

Venue: Ideal Institute of Management and Technology

Participants:

Ms. Parul Gupta (Counselor)

Approximately 30 LLB First Year Students

Approximately 60 BBA First Year Students (30 in each shift)

Objective: The orientation sessions aimed to acquaint LLB and BBA first-year students with the role of a student counselor and provide guidance regarding career choices.

Proceedings-

Introduction: Ms. Parul Gupta, the counselor, visited three classes sequentially, starting with LLB first-year students, followed by BBA first-year students in both shifts. She introduced herself as the counselor and outlined the purpose of her visit.

Orientation on Counselling and Career Choices: Ms. Gupta provided an overview of counseling services available to students and emphasized the importance of seeking guidance when facing academic or personal challenges. She highlighted the role of a student counselor in providing support, guidance, and resources to help students make informed decisions regarding their academic and career paths.

Expectations from a Student Counselor: Ms. Gupta discussed the expectations students should have from a student counselor, including confidentiality, empathy, non-judgmental attitude, and professionalism. She encouraged students to approach her with any concerns or questions they may have, assuring them of a supportive and confidential environment.

Open Floor Discussion: The session transitioned into an interactive discussion where students were invited to share their thoughts, concerns, and questions regarding career choices and counseling services. Topics discussed included:

- Importance of career planning and exploration.
- Academic and extracurricular activities to enhance employability.

- Strategies for overcoming academic challenges.
- Confidentiality and trust in counseling sessions.

**Guidance and Advice:** Ms. Gupta provided personalized guidance and advice to students based on their queries and concerns. She offered insights into various career paths available in the fields of law (for LLB students) and business administration (for BBA students), emphasizing the importance of aligning career choices with individual interests, skills, and values.

**Q&A Session:** A question and answer session followed, allowing students to seek clarification on any topics discussed during the orientation. Ms. Gupta addressed all queries comprehensively, ensuring students had a clear understanding of the counseling services available to them.

**Closure:** The orientation sessions concluded with Ms. Gupta expressing appreciation to the students for their active participation and engagement. She reiterated the availability of counseling services and encouraged students to reach out whenever needed.

**Follow-Up:** Students were encouraged to schedule individual counseling appointments as required for further guidance and support in navigating their academic and career journeys.

**Conclusion:** The orientation sessions proved to be valuable opportunities for LLB and BBA first-year students to gain insights into counseling services and career choices. Ms. Gupta's informative presentations and interactive discussions facilitated student engagement and provided clarity on the role of a student counselor in supporting their academic and personal development. It is hoped that the sessions will empower students to make informed decisions and pursue their academic and career goals with confidence.



## COMMON ROOMS



**Indexation of Documents in Criteria (7.1.1) 2023-24**

<b>S.No</b>	<b>Date of Event</b>	<b>Event</b>	<b>Organised by</b>	<b>Incharges</b>
1	16 <sup>th</sup> September 2023.	Legal Literacy and awareness programme about gender Gender based Violence within the educational Institution	ICC	Prof.Dr Hemlata Sharma (Presiding officer)
2	15 <sup>th</sup> September 2023	External Seminar on Social Entrepreneurship :Catalyst for Meaningful Change	BBA	Dr.Jasmandeep Kaur, Ms.Harsh Kalra
3	19 <sup>th</sup> April 2024.	“The National Commission of women sponsored One day Awareness Programme on Rights of Indian women in NRI Matrimonial Issues”	DLSA	Dr.Sangeeta Abhraham