



JIMS Engineering Management Technical Campus, Greater Noida

Affiliated to Guru Gobind Singh Indraprastha University, Delhi

Approved by AICTE, BCI and NCTE

ISO 9001:2015 Certified Institution

DEPARTMENT OF COMMERCE

1. Activity: Psychological Counselling Session

Date: 7.11.2024

Report:

Department of Commerce B.COM (H) organized “**Psychological Counselling Session on the topic Emotional Regulation**” on **7th November 2024**. The resource person for this was Ms. Shriya Upadhyay (Clinical Psychologist). The session aimed to enhance participants' understanding of emotional regulation, its importance, and practical strategies to manage emotions effectively in daily life. The session successfully equipped participants with foundational knowledge and practical tools for emotional regulation. Follow-up workshops were suggested to delve deeper into advanced techniques and to monitor progress.