



**SAMADHAN**  
Delhi High Court Mediation  
and Conciliation Centre



Calendar 2024

**EMOTIONS**

Roger Fisher and William Ury in their book “Getting to Yes” say that “... human beings are not computers. We are creatures of strong emotions who often have difficulty in communicating clearly. Emotions typically become entangled with the objective merits of the problem.”

In a negotiation when parties are involved in a bitter dispute, feelings may be more important than the substance of the dispute. The choices we make, the actions we take and the perception we have, are all influenced by the emotions we experience.

Allowing a flow of emotions during negotiations is as important as finding a solution to the dispute. When a party is letting off steam the best strategy is to listen quietly without interruption. Unfortunately, in the middle of most disagreements or arguments, many people are hit by an emotional wave that causes them to forget any communication skills.

However, emotions are not islands. They are nuanced and complex and create a rich and varied fabric of our emotional life depending upon the capacity to hold, manage and deal with them. Proper control and expressions of our emotions make our living pleasant whereas lack thereof may lead to misery. Releasing emotions can result in a violent quarrel when it leads to an emotional reaction from the other side.

As Mediators often we see parties overwhelmed with emotions, dig into their positions while in conflict. Bitter feelings are generated, anger and resentment build up when parties make, what is perceived as, unreasonable demands. The Mediator needs to listen, reflect and express empathy to give legitimacy to their emotions while encouraging emotion identification. Is it anger, fear, ego or feelings of revenge? It is important to understand what is producing these emotions. After identifying the source, it is important

to convey and also acknowledge the feelings others have. Understanding and learning to manage the unpredictable and fluctuating emotions leads to discussions on the problem and paves way for solutions.

Mediators at Samadhan, Delhi High Court Mediation and Conciliation Centre recognize the importance of diffusing emotions before getting into actual problem solving. Giving room to release emotions in the mediation process leads to transformation of human relationships making it easier to talk rationally and communicate effectively to reach a joint decision.



**Veena Ralli**  
Organising Secretary



**Justice Sanjeev Sachdeva**  
Chairman, Overseeing Committee

# Preface



Court Holidays

- 1: New Year's Day
- 2: Local Holiday
- 13: Second Saturday
- 17: Guru Gobind Singh's Birthday
- 26: Republic Day
- 27: Fourth Saturday

# JANUARY

M	1	15	29
T	2	16	30
W	3	17	31
Th	4	18	
F	5	19	
Sa	6	20	
Su	7	21	
M	8	22	
T	9	23	
W	10	24	
Th	11	25	
F	12	26	
Sa	13	27	
Su	14	28	

Happiness is not about  
getting all you want.  
It is about enjoying  
all you have.





Court Holidays  
10: Second Saturday  
24: Fourth Saturday

# FEBRUARY

M	12	26	
T	13	27	
W	14	28	
Th	1	15	29
F	2	16	
Sa	3	17	
Su	4	18	
M	5	19	
T	6	20	
W	7	21	
Th	8	22	
F	9	23	
Sa	10	24	
Su	11	25	

Frustration and anger  
are not created by the  
past, but by how we  
choose to carry the past.





Court Holidays  
8: Maha Shivaratri  
9: Second Saturday  
23: Fourth Saturday  
25: Holi  
26: Local Holiday  
29: Good Friday  
30: Local Holiday

# MARCH

M	11	25	
T	12	26	
W	13	27	
Th	14	28	
F	1	15	29
Sa	2	16	30
Su	3	17	31
M	4	18	
T	5	19	
W	6	20	
Th	7	21	
F	8	22	
Sa	9	23	
Su	10	24	

Empathy is about  
finding echoes of another  
person in yourself.





Court Holidays

11: Id ul Fitr

12, 18, 19, 20: Local Holidays

13: Second Saturday

17: Ram Navami

21: Mahavir Jayanti

27: Fourth Saturday

APRIL

M 1 15 29

T 2 16 30

W 3 17

Th 4 18

F 5 19

Sa 6 20

Su 7 21

M 8 22

T 9 23

W 10 24

Th 11 25

F 12 26

Sa 13 27

Su 14 28

Sometimes it takes  
only one act of kindness  
and caring to change a  
person's life.





**MAY**

Court Holidays  
11: Second Saturday  
23: Buddha Purnima  
25: Fourth Saturday

M	13	27	
T	14	28	
W	1	15	29
Th	2	16	30
F	3	17	31
Sa	4	18	
Su	5	19	
M	6	20	
T	7	21	
W	8	22	
Th	9	23	
F	10	24	
Sa	11	25	
Su	12	26	



Fly light...  
free from grudges, pain,  
fear or regrets!



Court Holidays

1-29: Summer Vacation  
17: Id ul Zuha (Bakr Id)

JUNE

M	10	24	
T	11	25	
W	12	26	
Th	13	27	
F	14	28	
Sa	1	15	29
Su	2	16	30
M	3	17	
T	4	18	
W	5	19	
Th	6	20	
F	7	21	
Sa	8	22	
Su	9	23	



Keep your face  
to the sunshine  
and you cannot  
see a shadow.





Court Holidays

13: Second Saturday

17: Muharram

27: Fourth Saturday

JULY

M 1 15 29

T 2 16 30

W 3 17 31

Th 4 18

F 5 19

Sa 6 20

Su 7 21

M 8 22

T 9 23

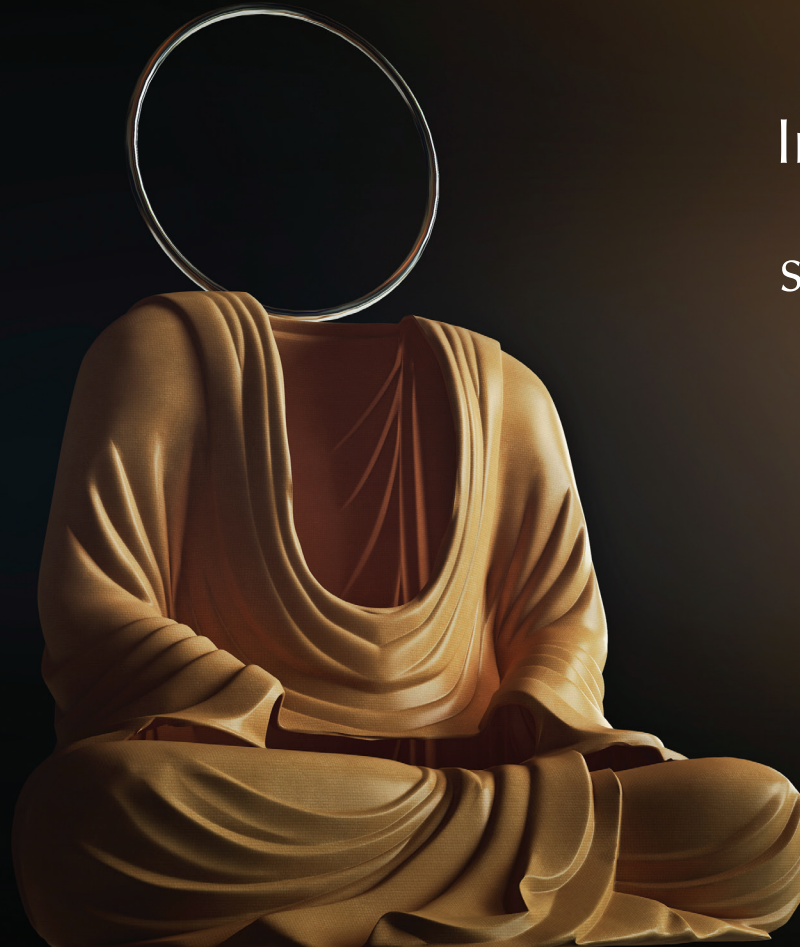
W 10 24

Th 11 25

F 12 26

Sa 13 27

Su 14 28



In anger we should  
refrain both from  
speech and action.



Court Holidays

- 10: Second Saturday
- 15: Independence Day
- 19: Raksha Bandhan
- 24: Fourth Saturday
- 26: Janmashtami

# AUGUST

M	12	26	
T	13	27	
W	14	28	
Th	1	15	29
F	2	16	30
Sa	3	17	31
Su	4	18	
M	5	19	
T	6	20	
W	7	21	
Th	8	22	
F	9	23	
Sa	10	24	
Su	11	25	

If you can't  
find happiness,  
create it.





SAMADHAN

Court Holidays

14: Second Saturday

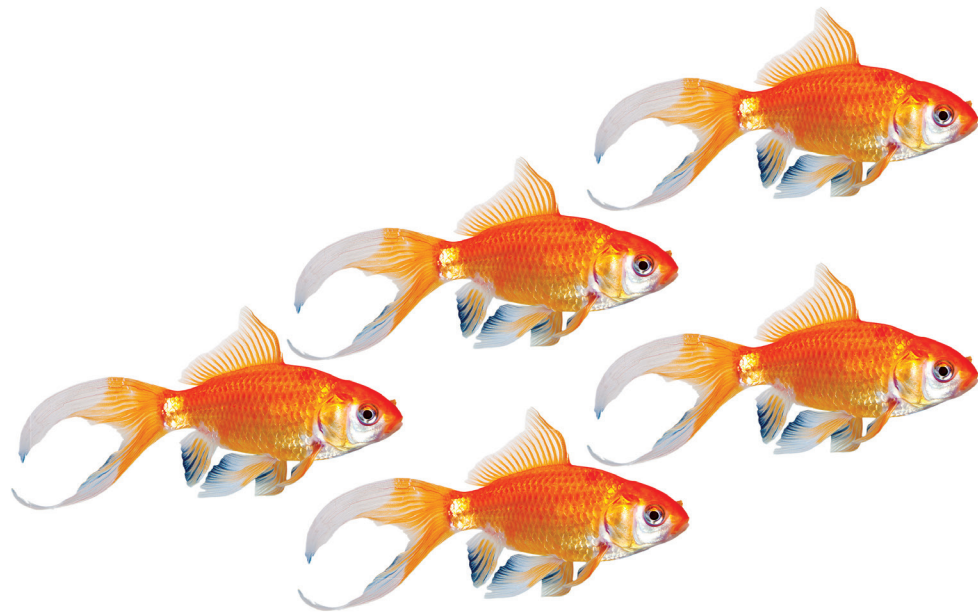
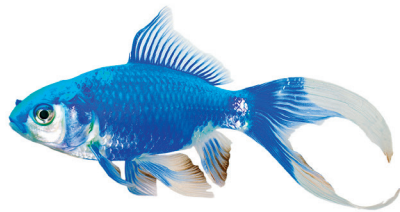
16: Milad-Un-Nabi

(Birthday of Prophet Mohammad)

28: Fourth Saturday

# SEPTEMBER

M	9	23
T	10	24
W	11	25
Th	12	26
F	13	27
Sa	14	28
Su	1	15 29
M	2	16 30
T	3	17
W	4	18
Th	5	19
F	6	20
Sa	7	21
Su	8	22



People are not wrong.  
They are just different from  
what we expect them to be.



Court Holidays

- 2: Mahatma Gandhi's Birthday
- 10: Local Holiday
- 11: Maha Ashtami/Maha Navami
- 12: Dussehra (Vijaydashami)
- 17: Maharishi Valmiki's Birthday
- 26: Fourth Saturday
- 30: Local Holiday
- 31: Diwali (Deepavali)

# OCTOBER

M	14	28
T	1	15 29
W	2	16 30
Th	3	17 31
F	4	18
Sa	5	19
Su	6	20
M	7	21
T	8	22
W	9	23
Th	10	24
F	11	25
Sa	12	26
Su	13	27

The cave  
you fear to enter  
holds the treasure  
you seek.





# NOVEMBER

M	11	25	
T	12	26	
W	13	27	
Th	14	28	
F	1	15	29
Sa	2	16	30
Su	3	17	
M	4	18	
T	5	19	
W	6	20	
Th	7	21	
F	8	22	
Sa	9	23	
Su	10	24	

Court Holidays

- 1: Local Holiday
- 2: Govardhan Puja
- 3: Bhai Duj
- 9: Second Saturday
- 15: Guru Nanak's Birthday
- 16: Local Holiday
- 23: Fourth Saturday

It hurts to let go,  
but sometimes it  
hurts more to  
hold on.





Court Holidays

14: Second Saturday

25: Christmas Day

26-31: Winter Vacation

# DECEMBER

M	9	23
T	10	24
W	11	25
Th	12	26
F	13	27
Sa	14	28
Su	1	15 29
M	2	16 30
T	3	17 31
W	4	18
Th	5	19
F	6	20
Sa	7	21
Su	8	22

Bitterness  
imprisons life;  
love releases it.



**Patron**

Hon'ble Mr. Justice Manmohan  
Acting Chief Justice, Delhi High Court

**Chairman, Overseeing Committee**

Hon'ble Mr. Justice Sanjeev Sachdeva

**Members, Overseeing Committee**

Hon'ble Mr. Justice Navin Chawla  
Hon'ble Mr. Justice Purushaindra Kumar Kaurav  
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Hon'ble Mr. Justice Saurabh Banerjee

Mr. Chetan Sharma,  
Additional Solicitor General, Delhi High Court

Mr. Mohit Mathur, Senior Advocate and  
President, Delhi High Court Bar Association

Mr. Jatan Singh, Advocate  
Vice President, Delhi High Court Bar Association

Mr. J. P. Sengh, Senior Advocate  
Mr. Rajeev K. Virmani, Senior Advocate  
Mr. Sudhanshu Batra, Senior Advocate (Ex-Officio)  
Ms. Sadhana Ramachandran, Advocate

**Organising Secretary**

Ms. Veena Ralli, Advocate

**Joint Secretaries**

Mr. Maninder Singh, Senior Advocate  
Mr. Mohit Gupta, Advocate  
Ms. Neelam Rathore, Advocate  
Ms. Isha Khanna, Advocate  
Mr. Shyam S. Sharma, Advocate  
Mr. Baljeet Singh Dhir, Advocate  
Ms. Anita Sahani, Advocate  
Ms. Kiran Kalra, Advocate

**Calendar Cordinator**

Ms. Kiran Kalra, Advocate

**Design and Production**

Designations, New Delhi

For information, contact

**Delhi High Court Mediation and Conciliation Centre**

At: 4th Floor, Administrative Block, Delhi High Court,  
Sher Shah Road, New Delhi 110503  
EPABX: 011-43010101 Extn. 4632 and 4633  
Also at: Room No. 004, Extension Block, Delhi High Court,  
Sher Shah Road, New Delhi 110503  
EPABX: 011-43010101 Extn. 4552. Phone: 011-23383289

