

Counselling Report

2019-20

Counselling was done on education, behaviour problems, emotional marital problems, personal development, adjustment, depression cases and career related. Anxiety problems were solved by Mrs. Urmil Singh and Dr. Urmila Panghal. Both of them were suggested different relaxation techniques to the students like meditation, yoga, stress management to reduce exam phobia, pranayam and different exercises to reduce different types of stress. This counseling camp was organized from 18 November to 22 November, 2019. Mrs. Urmil Singh (H.O.D, Psychology) registered herself as psychologist on Touch-Base Jive website from 15 May, 2020 to 21 May, 2020 during the lockdown period when there was a Covid pandemic and also done the online counseling during this period.

5.1.5

Report of students grievances submitted and redressed by counseling cell

2019-20

S.No.	Name	Roll No	Class	Grievance submitted	Redressal through counseling cell
1.	Sunaina	3148420082	B.A. I	She suddenly lost her mother and got depressed but now she has to take the responsibility of his younger brother and sister.	She was promoted morally and also advised to take care of her younger brother and sister.
2.	Suryanshi	3148420078	B.A. I	She is totally dependent on her mother and she lacks confidence level. She is intelligent student and best shooter.	She was advised to do all her work independently and also advised to take part in extracurricular activities in the college to boost her confidence level.
3.	Pallavi	3148420209	B.A. I	She has adjustment problems in the college due to new environment.	Advised to take interest in studies and not to spend her time in canteen and other places in the college.
4.	Neha	3148420043	B.A.I	She has problem of anxiety due to semester system.	Advised that she should do her studies regularly and also told her to do the practice of study material which will help her in semester.
5.	Kavita	31484191	B.A.I	She has adjustment problems in the college due to new environment.	Advised that she should share her feelings with her friends and teachers and try to make new friends.
6.	Bhawna	1657120034	B.Com.III	She has lost her hunger and sleep during exams.	Explained her about how to prepare yourself for exams and told her to prepare exam notes, reduce stress level and eat whatever she likes.

7.	Diksha	1657120091	B.Com.III	She has a problem of high anxiety level.	Advised that she should reduce her anxiety level through relaxation.
S.No.	Name	Roll No	Class	Grievance submitted	Redressal through counseling cell
8.	Sonali Chawla	1531620057	B.Com.III	She has a problem of lack of interest in studies.	Tried to develop her interest in her interesting subject and advised to read the difficult subject.
9.	Megha Sharma	1531620097	B.Com.III	Needed guidance regularly how to take part in extracurricular activities.	Explained her that first of all complete your work and after that take part in extracurricular activities of the college.
10.	Parul	1531520056	B.Com.III	She has suffered from the problem of examination stress.	Advised her that she should do yoga and meditation to reduce stress.
11.	Lakshmi	1531520025	B.Com.III	Needed guidance regarding how to reduce anxiety level in exam days.	Advised her to reduce anxiety level through relaxation lecture, gardening and many other activities.
12.	Jasleen	3148820013	B.Sc. I	Unable to do proper time management as she has joined the college for first time.	Tried to make her learn to have proper time management and advised her to set her goal in life.
13.	Jaskaran	3148820014	B.Sc. I	She is required career counseling.	She was guided about her career prospects and advised to attend career counseling lectures.
14.	Taniya	3148820036	B.Sc. I	She has suffered from examination stress.	Tried to make her convince that exam is a very natural process and advised her to make proper notes and do your work properly.
15.	Minal	3148820015	B.Sc. I	Needed guidance regarding her lifestyle.	Advised her to set her goals and make proper time management.

16.	Bhawna	3148820023	B.Sc. I	She has suffered from the problem of adjustment in the college.	She was advised to take nutritious food and advised that the college provide her a platform of learning that will help her in her life.
17.	Vartika	1531420012	B.A. III	She suffered from problem of stress, depression, anxiety due to covid-19.	She was advised to do meditation, yoga, pranayam and also suggested that she should stay at home and follow all precautions and safety measures suggested by NHA. Also, advised to make proper time table, read new books and also spend a quality time with family.
18.	Rekha	1531420030	B.A. III	She suffered from problem of stress, depression, anxiety due to covid-19.	She was advised to do meditation, yoga, pranayam and also suggested that she should stay at home and follow all precautions and safety measures suggested by NHA. Also, advised to make proper time table, read new books and also spend a quality time with family.
19.	Kajal	1531420050	B.A. III	She suffered from problem of stress, depression, anxiety due to covid-19.	She was advised to do meditation, yoga, pranayam and also suggested that she should stay at home and follow all precautions and safety measures suggested by NHA. Also, advised to make proper time table, read new books and also spend a quality time with family.

20.	Chakshu	1531420241	B.A. III	She suffered from problem of stress, depression, anxiety due to covid-19.	She was advised to do meditation, yoga, pranayam and also suggested that she should stay at home and follow all precautions and safety measures suggested by NHA. Also advised to make proper time table, read new books and also spend a quality time with family.
21.	Anchal	1531420266	B.A. III	She suffered from problem of stress, depression, anxiety due to covid-19.	She was advised to do meditation, yoga, pranayam and also suggested that she should stay at home and follow all precautions and safety measures suggested by NHA. Also advised to make proper time table, read new books and also spend a quality time with family.
22.	Manisha	161452003	B.A. III	She suffered from problem of stress, depression, anxiety due to covid-19.	She was advised to do meditation, yoga, pranayam and also suggested that she should stay at home and follow all precautions and safety measures suggested by NHA. Also advised to make proper time table, read new books and also spend a quality time with family.

23.	Kriti	1614520060	B.A. III	She suffered from problem of stress, depression, anxiety due to covid-19.	She was advised to do meditation, yoga, pranayam and also suggested that she should stay at home and follow all precautions and safety measures suggested by NHA. Also advised to make proper time table, read new books and also spend a quality time with family.
24.	Komal	1531420174	B.A. III	Needed guidance regarding career and about the best P.G. institutions in psychology.	Suggestion was given about the best P.G. institutions and also suggested about her career offer doing P.G. in psychology.
25.	Pushpa	161452039	B.A. III	Needed guidance regarding career and about the best P.G. institutions in psychology.	Suggestion was given about the best P.G. institutions and also suggested about her career offer doing P.G. in psychology.
26.	Smriti	161452039	B.A. III	Needed guidance about career and suffered from a problem of anxiety about future due to covid-19.	Advised her about her career in Psychology and English. Also suggested to take nutritious diet, do pranayam, yoga to maintain health and advised her to have a look on latest notifications issued by Govt. regarding admissions.
27.	Sujata	2267120251	B.A. III	She has a fear in expressing her feelings and thoughts and also say 'No' to others.	Motivated to express her feelings and emotions and advised her to involve in various activities to express herself.
28.	Shivani	1531420001	B.A. III	She is depressed and anxious due to her mother's breast cancer.	Consoled her with continuous counseling and boost her morale and suggested her for deep breathing for cool down.

29.	Bhawna	2267120198	B.A. II	She has suffered from exam phobia.	Suggested some relaxation techniques to reduce anxiety and some tips also suggested some tips to improve her memory.
30.	Arti	2267120205	B.A. II	Needed guidance how to make friends and interact with others.	Suggested her to think on her positive traits and positivity was developed by changing her thought process and other girls were motivated to interact with her and make her comfortable.
31.	Kajal	1531420158	B.A. III	She has a family problem. Her father is drunkard and has a very low income and her brother also suffers from a chronic disease.	Motivated her to target her goal and suggested that how she become economically independent. Also suggested to do yoga, pranayam to reduce her anxiety.
32.	Muskan	2267120141	B.A. II	She has suffered from stress due to poor bus service and they cannot afford private conveyance due to poor financial condition.	Extra time was given her to solve her queries and suggested a group of students to help her in her studies so that she should not lag behind.
33.	Disha	2267120169	B.A. II	She is irregular in classes due to low interest in studies. She has no friend circle. She is a below average student.	Advised her to involve in group activities in the college and also advised her to mix with other girls in the college. Motivated her and boost her morale.
34.	Meena	2267120185	B.A. II	She is irregular in classes. Her behaviour is very rude and disobeying. Her classmates also complaint about her behaviour.	Counseling was done to put right insight in her behaviour and advised that her behaviour was changed through her thought process.