

2018-19

Counseling concerns that are common in college campus are related with college life adjustment, stress, anxiety, depression, relationship problems with family members, classmates; difficulty with studying and concentrating, self-esteem issue or peer pressure. Our college has a counseling and redressal cell to help the students to cope with depression and anxieties. This cell helps to build self-confidence in young people. Counseling opens up their perspective to explore opportunities for change. It also helps in the area of managing anxiety and pressure (especially when there are exams and financial constraints).

Through counseling sessions, students were advised to follow basic principles of life. Relaxation techniques were also used to control stress. They were advised to do prayers, meditation and yogasanas so that they can relax their mind and body. Students were told about the excessive use of mobiles and other gadgets and were encouraged to spend their time in studies.

Group Counseling attended by 400 to 500 students

Besides this on 18th, 19th July, 2018-Orientation programme was organized for fresher's BA I, BTM, B.SC. B.Com I sponsored by DGHE, Panchkula Haryana. Counseling was done through orientation Programme by the Convener of counseling cell Mrs. Urmila Singh to make the students adjust with the new environment of the college especially for rural students. They will be told about the counseling cell, women cell, redressal cell, discipline committee etc. We try our best as potter mold clay to form a beautiful creation and try to establish bond with our students.

Group Counseling of 70 students to reduce Examination stress and Phobia

On 9th May, 2019- Counseling cell Convener Mrs. Urmila Singh and member Dr. Urmila Panghal organized a counseling session in the college Library. Purpose of this counseling session to make the students stress free during examination days become sick, feel stresses and to develop examination fear. They were told to adapt relaxation therapy like yoga, prayer, mediation, and break between the long sittings. They were advised to drink plenty of water & liquids so that they can remain calm & peaceful and can be a balanced personality even during their exams.

On 29th May, 2019-

QAN extension lecture was delivered by Mrs. Urmila Singh on topic Drug Abuse and addiction besides this, two days seminar was also organized by Distt Sports and Youth affairs Dept Kurukshetra. Sponsored by Sports and Youth affairs Dept, Panchkula Haryana. Many adolescents' player and students attended the lecture (80 players and students).

Report of student's grievance submitted and redressed by counseling cell 2018-19

Sr No.	Name	Roll No.	Class	Grievance Submitted	Redressal
1	Sheetal	2267120061	BA I	Due to the loss of her father, she got depressed and lost her interest in everything.	Advised that she should share her feelings with her well wishers and even to teachers also. The more sharing if it is, the better will be her feelings.
2	Nancy	2349620018	BA I (V)	Unable to do proper time-management as she was a sports student.	Tried to make her learn, to have proper time-management and disciplined life. Asked her to make a proper time-table and work accordingly.
3	Sakshi	2349620020	BA I (V)	Needed guidance regarding how to take part in extra curricular activities.	Explained to her about the various cells & committees of the college who organize the extra-curricular activities. Also advised her to have a look on the college notice board regularly.
4	Tamanna	3614	BA III	Unable to attend classes regularly as she is allergic.	Advised her to take proper treatment and try to be regular in classes.

5	Sweety	3643	BA III	Feeling anxious about her studies due to her step father. Her real father was aspirant to make her a lawyer but her step father was not interested to make her study.	Advised that she should try to follow her dreams and should study well.
6	Priyanka	1531672005	BSC (NM)	Wanted to get rid of mobile addiction.	Tried to make her understand about the ill-effects of using mobile excessively. Advised her to divert her mind and be busy in extra curricular activities.
7	Anju Saini	1531420092		Mobile addiction even during classes.	Advised her not to use mobile phone during class. Told her the importance of studies and co-curricular activities.
8	Simran		BA I	Mobile addiction even during classes.	Told her about the ill-effects of using mobile phone so much. Advised her to use it whenever it is required.

9	Priyanka	3217	BA III	Suffering from phobia; unable to express herself even in practical-viva	Advised her to have exposure for public speaking and participation in classroom and college activities such as speech, poem, debate etc.
10	Sudakshina	3201	BA III	Belonged to a conservative family; she was not even allowed to read newspaper and she was prohibited to use cell phone.	Advised her to make best of reading resources of the college library and can use her free periods for extra reading.
11	Tamanna Jain	3613	BA II	Being an extrovert, she doesn't like to attend classes.	Advised her to channelize her energy in the right direction and should attend the classes regularly.
12	Meena	2267120185	BA I	Not interested in attending classes.	Explained to her about the importance of education and classes.
14	Pooja	2267120217	BA I	Unable to understand psychology subject due to low IQ level.	Tried to make her understand the concepts with the help of diagram & pictures.
15	Jaspreet	2349620023	BA I (V)	Not interested in doing study as she remains busy in gossiping.	Encourages her to study well & not to waste time in gossips.

16	Kajal	3382	BA III	Creates indiscipline in the class.	Advised her to be disciplined and given extra work & projects to keep her busy.
17	Rinky	3351	BA III	Always comes late in class.	Told her the value of discipline and time and these are the mantras of success.
18	Deeksha	3197	BA III	Doesn't have any interest in doing graduation as she is already J.B.T.	Advised her to understand the value of graduation and higher studies for better future.
19	Saloni	3226	BA III	Not regular in class as she aspires for job (being a J.B.T)	Encouraged her to be regular and study well. Tried to make her understand the importance of higher studies and how it can help to get her a better job.
20	Sheenam	3601	BA III(V)	Having problem of adjustment in her married life.	Helped her to deal with family problems and advised her to make adjustment in the new family.

21	Sakshi	3205	BA III	Feel depression due to mathematics.	Advised her to spend extra time in doing math exercise; it can make her more confident in maths.
22	Rekha	BA II	1531420030	Feeling stressed due to the failure in making adjustments in study, married life and pregnancy.	Advised her to set priorities and devote time accordingly. Everything is to be done and should be balanced properly.
23	Monika	BA II	1531420057	Adjustment problem; having inferiority complex and unable to mix with friends easily.	Motivated to identify her capabilities and use them in creative manner. Advised her to take part in extra curricular activities to build up the level of confidence.
24	Parveen	BA II	1531420107	High anxiety level during exams; unable to show her caliber during exams.	Recommended a few tips to enhance her memory i.e. meditation, pranayam, laughter therapy, oil massage, light exercises etc.

25	Monika	BA II	1531420111	Low academic performance as she belongs to a poor family; living with her aunt locally; unable to make adjustments between studies & household chores.	Advised her to set priorities and try to complete the tasks on daily basis. Suggested to revise the study material periodically.
26	Smriti		1614520039	Academic Counseling.	Subject related guidance was provided.
27	Pushpa		1614520009	Low motivation; not interested in doing any work. Good artist and bright student but she has only one or two friends.	Encouraged her to get herself involved in group activities. She was provided moral support and positive reinforcement.