

Counselling Report

2017-18

Counselling was done by counselling cell. Problems during old age were discussed with Neha. She was told that one must develop adequate peace and strength of mind to face the trauma. Old person should participate in social and religious function. One should respect the elders and never ignore them. Spiritual activities will help to overcome the mental as well as physical problem. Meditation and Pranayama are also beneficial. The involvement/participation in various functions of the society will increase their life span and quality of life. They can make significant contribution to the society by sharing their knowledge and experience. They can play role of volunteers in community, religious activities and health organizations.

No doubt, village girls are very talented. Many great personalities belong to village. They are provided a stage, a platform to express or to unveil their hidden talents. Talents hunt, sports meet, seminars, declamation poetic recitation, folk songs etc. Were organized for their skill development. The counselling cell motivated them to read newspaper daily. This will help them to update their knowledge. All these things are beneficial for their overall development.

**Report of student's grievance submitted and redressed by the counselling cell
2017-18**

Sr. No.	Name	Roll No.	Class	Grievance Submitted	Redressed through Counselling Cell
1	Manisha Bansal	7751	B.Com. 3 rd	Stress during Examination	You can cope up with working hard so you will be able to face with problem
2	Pallavi	2914	B.Com. 3 rd	Adjustment of problems at home and college	First see the environment then try to adjust with the new environment. Tell about your
3	Meenakshi	2929	B.Com. 3 rd	High Anxiety level	You can reduce your anxiety level by doing Yoga, meditation, listening music and playing.
4	Savita Devi	3016	B.Com. 3 rd	High Stress Level	You can overcome this problem by using stress management techniques.
5	Vandana	3043	B.Com. 3 rd	Stress during exam days	Exams are important part of life. Prepare for your exams in a systematic way. It will help you to get rid of this stress.
6	Neha	3200	B.A. 2 nd	She discussed about her grandfather who is suffering from dementia Problem.	She was told that this is a common problem in old age. Take care and interact with your grandfather. Give him proper diet and consult to a doctor. Help him to do light exercise if possible.
7	Kajal	3172	B.A. 2 nd	I don't have enough power to make decision in time. I belong to village and want to develop my personality.	Firstly, try to develop your confidence and take your own decision. Participate in various activities like dance, speech and sports.
8	Kajal	3313	B.A. 2 nd	Sometime, I can't express my views.	Try to express your views before your younger brother, parents as well as teachers.
9	Madhu	1531820040	B.Sc. 3 rd	Sometime my behaviour is different. I can't control my anger.	Do meditation and yoga. Behaviour can be transformed through moral stories of history and religion.
10	Ankita	1531820011	B.Sc. 3 rd	I am unable to manage my life style.	Read auto-biographies, health bulletins. Set your priorities in life. A healthy mind in a healthy body.
11	Komal	1531820060	B.Sc. 3 rd	I suffer from body ache during exam days.	Stress is the main cause of this problem. Be relax by doing light exercise, listening music and by following proper diet plan.
12	Rajni	1531820052	B.Sc. 3 rd	High Anxiety level	Relaxation techniques like yoga and meditation are beneficial for this.
13	Harpreet	1531820070	B.Sc. 3 rd	Worried about exams	Prepare well for your exams. Do revision and practice before exam.
14	Sudakshina	3201	B.A. 2 nd	Atmosphere at Home is very unpleasant.	This is all because of your fathers orthodox thinking. Try to convince him and to change his thinking. This can take time, but you will succeed.

15	Sakshi	3205	B.A. 2nd	High Anxiety level	Do more practice of exercises of mathematics. Give time and try to reduce your anxiety level. You can ask your teacher regarding these problems.
16	Sheenam	3336	B.A. 2nd	I have Migraine problem due to mathematic coaching.	Firstly, you should have an eye check-up. If necessary, take coaching for math and do practice. Follow nutrition rich diet plan.
17	Kajal	1531420050	B.A. 1st	Anxiety, Stress, Lack of Concentration (as a boy was blackmailing her by phone calls)	Her parents were contacted and the problem was sorted. Family and student counselling was done. She was motivated to learn skills of relaxation and to set priorities.
18	Yogita	1531420115	B.A. 1st	Academic Counselling. She is unable to express herself and feels anxious while interacting with others.	Anxiety level was reduced with relaxation techniques. Sessions were given to teach her how to assert herself. She was suggested to do speaking practice before mirror and to involve in group discussions.
19	Chakshu	1531420241	B.A. 1st	Conscious about her looks. Think negative about herself. In spite of being a good speaker, never participate in competitions.	Her negative thinking was changed in a positive attitude through counselling. She was motivated to participate in poetic recitation. Positive reinforcement made a lot of difference in her behaviour.
20	Komal	1531420174	B.A. 1st	Depression due to Brain tumour.	Focus on nutrition/ nutriment/ nourishment, exercise, yoga, meditation were recommended. This reinforcement motivated her to take part in various activities.
21	Garima	2574	B.A. 3rd	High Anxiety	Relaxation techniques like yoga, exercise, pranayama, meditation, laughter therapy were recommended.
22	Chirag	2809	B.A. 3 rd	Do class bunk due to low interest in studies. Teachers contacted her for counselling.	Suggestions to make learning material interesting and tips to learn and improve memory were given.
23	Divyanshi	2812	B.A. 3 rd	Academic Counselling	Information regarding various institutions for higher studies and eligibility criteria were discussed.
24	Ramandeep	2620	B.A. 3rd	Academic Counselling (she wanted to study abroad. She wanted to pursue her Higher education in the field of psychology.)	She got guidance about how to apply and some reference book were also suggested. Various courses were discussed.