

Counseling Report 2016-17

In this session 27 students reported their grievances in the cell. Lack of confidence, low self esteem, and nervousness during exams, anxiety, mood swings, lack of interest and hypertensions were noticed among the students. Lack of confidence is solved by developing understanding and telling importance of education in life. Stories of great personalities like Abraham Lincoln, Lal Bhadurshastri, Dr. Vidya Sagar and Mahatma Gandhi were told to them. Students were told how these people rule the world with their talent. They were made familiar with memory enhancing methods to hone their memory power. A strong rapport was made during the counseling so that they might feel comfortable to tell their problems. The girl whose parents were living separately was advised to spend some time with her genetic mother. Students were motivated to set their goals for better result of life. They were encouraged to develop positive thinking about relationship. Student was advised to convince her father and make him understand about the time and its requirements. The girls talked to her father and finally he allowed her to participate without the city.

2016-17

Sr. no	Name	Roll no.	Class	Grievance reported	Redressed through Counseling
1	Khushboo	1921	B.SC III (NM)	I have low confidence level during examination	She was suggested to prepare for examination regularly. She was developed confidence and do some relaxation exercise to reduce anxiety level.
2	Mehak	7030	B.sc III (CS)	High level anxiety level in exam days.	She was suggested to revise learned material and develop confidence. To relax her mind she was advised to listen to music.
3	Sukriti	7058	B.sc III (CS)	I suffered from insomnia during exam days	She was encouraged to do light exercise and take proper diet during the exam days.
4	Jyoti	6153	B.SC II (NM)	I can't write speedily in sessional and exam	She was motivated to do practice after learning. Try to develop confidence in yourself.
5	Shreya	6866	Bsc II (CS)	I feel nervousness in tests	She was advised to do more and more practice and start from simple things.jm
6	Suhani	3580	B.COM I	I feel uncomfortable in new college.	She was told to adjust herself in every situation and spend more and more time in library. She was convinced to take interest in sports.
7	Shalini	2937	B.COM II	I feel anxiety during exam days which disturbs me a lot.	She was advised to understand and learn the concepts clearly then doo practice and also take help of your teachers.
8	Mecnakshi	3007	B.COM II	I don't adjust easily with new friends.	The students was advised to make friends and develop reading habits which will help her.
9	Anchal	4010	B.COM I	I feel upset when my parents compare me with my siblings	She was explained that every child has a special thing in her. She was told that you just gave your best and don't compare yourself to others. Keep yourself calm and relaxed.
10	Behsali	3732	B.COM I	I feel disturbed in exam days	She was advised to learn the concepts clearly and take help from your teacher and friends. Also apply relaxation technique.
11	Astha	3103	B.A I	I am unable to attend my classes regularly due to my personal problems	She was explained the importance of student life and made understand to take interest in studies. It is the time to set your goals and priorities.

12	Chitranshi	3101	B.A I	My parents live separately. I have a step-mother who tortures me very much. Fights occurs daily which disturb me a lot and affect my study.	She was advised to take a treatment from a psychiatrist to bring a permanent solution for your problems. And she should convince her parents to take care of her because she is their child. To face this world confidently she should consult her problems with psychiatrist.
13	Sudakshina	3201	B.A I	My father is a man of principle which sometime becomes very unhealthy for us to live in such restricted environment	Student was convinced for obeying her father and to believe how much parents' advice is important in life. It is observed that student is a good speaker and meritorious student. She is motivated to continue her study.
14	Sakshi	3205	B.A I	I feel stressed because of my Mathematics subject.	She was encouraged to clear the basic concepts of mathematics. She should take help from her teachers.
15	Anamika	3640	B.A I	I am unable to attend my classes because I take part in extra-curricular activities which worried me.	She was taught the time management and also helped in making her timetable. She was asked to set her priority.
16	Tammna	3613	B.A I	I don't have interest in attending classes	She was convinced that this is not like school. Now she has responsibilities and should understand. She was counseled to be serious about her future.
17	Tammna	3614	B.A I	I don't attend classes due to allergy problems.	She was advised to take proper treatment for her allergy and give extra time to her study.
18	Sona Devi	3232	B.A I	I am not interested in attending classes	She was fostered to do light exercise and meditation to improve her concentration power.
19	Amrita	3361	?	Due to stress of Mathematics classes, I am least interested in attending classes of other subjects.	It is observed that she always remained busy in doing mathematics. That's why she was advised to give some extra time to every subject because to have good percentage every subject is important.

20	Sakshi	197	B.A I	I lost my interest in study after getting compartment in Mathematics subject.	She was explained about time management. She was advised to set priorities and developed positivity to overcome with the failure. She was recommend to do deep breathing and Brahmari Pranayam.
21	Prerna	81	B.A I	I need guidance to make my career in the field of psychology	The scope of psychology in different fields and eligibility was discussed with her. She was motivated to set her goal in life.
22	Vibha	93	B.A I	I feel suffocated in the orthodox thinking of my parents. I want to do something of my choice.	She was advised to respect her parents and to convince and make them understand to understand her feeling and ambitions. I personally talked to er parents and persuade them to support her child.
23	Sarita	960	B.A I	We both are sisters. Our village falls 25 km away from the college. We both have good academic record but in lack of guidance we are confused about our career.	The guidance regarding all courses, subjects combinations and their scopes in future were discussed.
24	Nisha	961	B.A I		
25	Saista Begam	953	B.A I	I am slow learner but good at cooking and art and craft.	Tips were given regarding learning methods and how to memorizing study material. Beside this focus was given on time management, revision, practice and good sleep.
26	Anuradha	232	B.A I	I have high level of anxiety which affects my performance negatively. I do not initiate as I think people will criticize me.	She was suggested to do practice of speaking before mirror. For reducing anxiety, relaxation technique were implied. Negative thinking was replaced with positive thinking and light exercise was recommended.