

## **Counseling Report of 2015-16**

In the counseling cell, 39 students reported their grievances in this session. Various problems were common among the students like high anxiety level due to examination, stress for performance, low self-esteem, lack of confidence, stress for future. Healing and transformation in behavior were done through telling motivational stories of great saints, religious leaders and great personalities which would help them in developing self-esteem and positive thoughts in personality. These problems were tried to solve through the different psychological counseling. High anxiety level was decreased through relaxation techniques. Lack of concentration was improved through meaningful learning methods and examples. Nervousness was also recovered by developing self-confidence. Discussions were made about what is wrong and what is right. Sheetal was advised to discuss her marriage matter with her parents. Learning capacity is increased by practice. Career counseling is also provided by placement cell activities. All the Counseling were done in all the areas very carefully and secretly.

**2015-16**

Sr. no	Name	Roll no.	Class	Grievance reported	Redressed through Counseling
1	Sheetal	3650	B.A III	I feel depressed because of my wrong decision of getting married to a married man.	She was advised to rethink over her decision under the parents' guidance and legal suggestions were given. She was also motivated to focus on her study.
2	Sheepat	3610	B.A III	I am in depression due to my heart problem. I have lack of money and unable to take treatment	She was told to apply relative technique and meditation. She was doing extra work as a receptionist. She was advised to take proper treatment as she is suffering from heart problem.
3	Harshilla	3653	B.A III	I am unable to attend classes regularly due to my kidney problems	She was suggested to set priorities and have a good time table. She is advised to look up for a good doctor for her kidney problem and remain tension free.
4	Simran	3620	B.A III	I am suffering from obesity and hormonal imbalance	She was suggested to do regular exercise and avoid eating junk food. Also advised to take part in sport activities to keep her body in balance. Moreover she was advised that her friend can help.
5	Anubhuti	3601	B.A III	I have depression and insomnia. I am asthmatic. Due to chronic illness, I remain irritated.	She was advised to do reflexive exercise like Padmasan to reduce anxiety and depression. She was encouraged to do meditative technique for proper sleep. She was advised to take sun bath and to listen music for relaxation and to take proper medication for her illness.
6	Chirag	2809	B.A I	I don't like to attend classes regularly.	She was advised to keep her study in priority and try to visit library daily to read moral ethical books. Those would show the path in life.
7	Dilpreet	2511	B.A I	I don't have interest in attending class.	The student was encouraged to take part in extra-curricular activities. She was told that student life was a golden chance of your life, prepare yourself for better future. It was only possible when she would attend classes regularly.
8	Kanchan	2510	B.A I	I am not interested in attending classes.	She was counseled to set her goal in life and told that only study can fulfill her goal.
9	Gunjan	2714	B.A I	I like playing Badminton due to which I am unable to attend classes	She was advised to focus on the work which she is doing and to give some extra time to herself.

				and Manage my timetable.	
10	Neha	2604	B.A I	I don't like to make friends and talk to them. I have a little bit hesitation.	Her case was studied thoroughly and found that she is only child of her parents. She was asked to interact with her parents and loved ones. She was advised to give a good exposure to her personality.
11	Shilpa	3125	B.A III	I am worried about post-graduation. I am in a fix regarding choosing Psychology or Economics	She was guided regarding all the courses, subjects and various scopes in different fields. She was directed to look for her interest in particular subject.
12	Ramandeep	3252	B.A III	I need guidance for my career.	She was told about the different options in the career.
13	Geeta	3155	B.A III	I am a slow learner.	Different learning methods were applied like revision, writing and listening carefully.
14	Mamta	3311	B.A III	I felt helplessness in understanding some topics. I belong to village where no facility is available to update my knowledge.	She was encouraged to visit library and read different books and magazines. Many articles will help her to enhance her knowledge and thinking.
15	Palak	3179	B.A III	I am worried about my carrier. There is ambiguity about future. Which exam I should attempt to make my career in Psychology. And will psychology help me in making my career in law.	She was suggested to appear for CLAT exam. A judge must have knowledge of psychology to understand the culprit behavior.
16	Swati	3229	B.A III	I am sometime very impulsive in my behavior.	She was advised to read the autobiography of great personalities and do meditation and create helping behavior.
17	Mahak	2182	B.Sc III (NM)	I feel high level of anxiety during my examination days.	The student was advised to maintain her study throughout the year. Do practice it will develop confidence.
18	Deepika	2128	B.sc III (NM)	I have less hunger and sleep in my examination days	She was guided to do light exercise and regular study.
19	Diksha	2131	B.SC III (NM)	I have body ache problems during my examination days	She was informed that stress was the main cause of her problem. She was motivated to prepare herself for exams, to take healthy diet and do yoga and meditation.

20	Swati	2183	B.SC III (NM)	I have examination phobia. I feel tensed for clearing my exam.	She was assured that she could clear the exam definitely. She was encouraged to study properly throughout the year and revise the syllabus twice before the exams.
21	Jaspreet Kaur	2304	B.Sc III (NM)	I am tensed about my carrier and regret for my last result	She was advised to move ahead in life and to pay more attention for upcoming tasks.
22	Deepali	2848	B.A I	I have done my J.B.T and not interested in graduation.	She was motivated to clear her HTT exam and simultaneously to complete her graduation.
23	Priyanka	7772	B.COM I	I feel low esteem in the college	The student was explained that environment of college is totally different from school. She was advised to make new friends and take help from teachers.
24	Sonia	2918	B.COM I	I am worried about my commerce subject whether I would clear my exam or not.	She was suggested to take help from her subject teacher and friends and to consult good books of commerce.
25	Anu	2979	B.COM I	I feel stressed due to semester system.	She was told that all students will be appearing in same exam. She was advised not to feel worried and prepare herself for exams.
26	Nisha	3061	B.COM I	I don't have extra-time for revision in semester system. This worried me so much.	She was advised to set her time-table accordingly. Also prepare her topic side by side which would help her a lot.
27	Asha	2907	B.COM I	I feel stressed due to examination pattern.	She was explained that life is an exam at every step, so don't afraid. Prepare yourself by studying regularly.
28	Ashu	2349620021	B.A I	I am suffering from severe migraine problem.	She was advised to take proper sleep and drink a plenty of water. She was also suggested to do some light exercise daily for proper blood circulation.
29	Nancy	2349620018	B.A I	Due to my sports activity, I am unable to manage my study time table.	She was suggested to manage her time table according to her priority and do extra study in vacations.

30	Sakshi	2349620020	B.A I (VOC)	I want to take part in Extra-curricular activities.	She was advised to take part according to her interests like painting, declamation contests, etc. it will help her personally.
31	Jaspreet	2349620053	B.A I	I don't like to attend classes.	She was realized about the importance of studies. Her father was informed about the whole matter.
32	Kajal	3382	B.A III	I am preparing for ILETS but not interested in attending classes.	She was told that graduation would enhance her capability. So in spite of focusing on one course, try to keep balance in both.
33	Rinky	3351	B.A III	I have stone problem. Because of this I am unable to attend classes.	She was told that regular study is must otherwise she will not be able to understand the syllabus.
34	Deeksha	3197	B.A III	I have done my JBT. And now I am less interested in graduation classes.	She was encouraged to take interest in graduation. Now a days unemployment is a big problem which is everywhere, so clear your HTT exam first.
35	Anika	25	B.A II	I am stressed. Due to marriage I am unable to keep balance between study and married life.	She was taught about the time management and its importance. She was encouraged to set her time-table first and to distribute the time equally in both part of life.
36	Nitika	40	B.A III	My husband is in Australia due to which I am pressurized to drop my study and to accomplish my responsibilities of daughter-in-law. I m tensed.	She was advised to set her priority first. She was given extra time for her study and to provide a moral support. She was encouraged to complete her study and get financially independence. She was recommended to take light exercise, music therapy and meditation.
37	Neeru	909	B.A III	I am depression due to Thalassemia disease	She was recommended to take healthy diet, Parayanam, meditation, massage and suggested to develop some hobby and to enjoy life by get together or by travelling etc.
38	Rishu	901	B.A III	I have inferiority complex for my fatty body and hair growth on my face due to hormonal imbalance. I am introvert and sometime feel depressed.	She was also suggested for healthy diet, yoga, Paranayam and meditation. She was advised to play some outdoor games. Sessions were given to develop positive thoughts and recognize her ability. She was given moral support to take part in different activities to get recognition.
39	Jyoti	74	B.A III	High anxiety level due to fear of low performance. Low self esteem.	She was advised to do practice in front of mirror and take part in different college activities.