

Counselling Cell

The counsellor conducted introductory lectures in all class to introduce herself and the concept of counselling.

Workshops: - 3 Workshops were conducted in this academic year.

1. The counselling cell facilitated one orientation workshop in offline mode for BSWII students for getting acquainted with their classmate. A Total of 12 students participated online and 12 students participated in the offline mode. The students in online mode only observed the activities while the offline students participated and share information and ideas among themselves. We had a discussion on how to understand a person, not just by his appearance but actually by talking to him, observing him, communicating with him etc.
2. The Counselling Cell also conducted a two hour session on Parenting for Non-teaching staff. A Total of 25 people attended this workshop. It was a participatory workshop where the participants were given different scenario in day to day life to discuss various parenting methods to handle the issues of children. The various aspects of parenting such as, understanding the psycho-social Developmental stages of Eric Erickson and physical development of children, Parenting Styles, communication skills etc. were discussed during the workshop.
3. A two hours session was conducted for the students regarding the various ways to deal with failures in life which was organized by the Student Welfare Committee for the students who are little weak in their studies. In the session a lot of focus was given on how to handle exam failure or any kind of setbacks in life. Students were explain the various mechanisms both positive and negative to handle failure or setbacks in our life.

The counselling cell handled 12 cases within a period of 5 months. The issues were quite diverse.

A detail report is as follows:-

Sr. NO	Cases (Serially as approached)	Class	Gender	Mode & total sessions		Issues
				Offline	Online	
1	Case 1	BSW II	Female	3	2	Relationship issues with parent, boyfriend, Vulnerability to get attracted to older people, etc.
2	Case 2	MSW I	Female	2	1	Relationship issues with boyfriend, career dilemma, self-doubts etc.
3	Case 3	BSWII	Male	1		Self-esteem, bi-sexuality, Relationship issues with parents
4	Case 4	BSW II	Male	1		Career guidance
5	Case 5	MSW I	Male	1		Addiction and anger management, self-doubts etc.
6	Case 6	BSW II	Female	1	1	Self-esteem, time management, career guidance , stress
7	Case 7	BSW I	Female		1	Sexual abuse, stress
8	Case 8	Ex-student	Male	2		Marital dispute
9	Case -9	MSW II	Female	1	0	uneasiness regarding the job, conflict with ideologies and job profile

10	Case-10	MSW II	Female	1	0	Relationship issues, fear of break up etc.
11	Case -11	BSW I	Female	1	0	Anger management issues, sexual abuse in childhood, loneliness
12	Case 12	MSWII	Female	1	0-	Financial issues, feeling of burden on parents, staying with sister and feels a little humiliated. Low self esteem etc.

Summary

Total Cases	Total session	Total No. of closed cases	Ongoing cases
12 (8F +4 M)	17	0	10