



COUNSELLING SERVICES

ABOUT THE DEPARTMENT



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REPORT OF THE COUNSELLING ACTIVITIES FOR THE YEAR 2016- 2017

The Orientation program held on the opening day of the Institute focused on the role of students within institute and the pride for admission in premier institute. It focused on the scope of counseling services in the institute and how they can develop emotional resilience. It also emphasized the changing role in work scenario and how social posting o habits can be detrimental. These was done at both at the Undergraduate and at the Post Graduate levels. The parents are also aware that there is somebody whom their children can approach in times of pressures or generally to seek clarity.

Post orientation group contact batches of students in ten to fifteen number were addressed to know them and help them adjust to college life.

We had conducted a workshop on Managing Stress and dealing with the Change for the Finance department.

Students had approached for issues concerning of past trauma, relationship issue, friends rejection, mood fluctuations, difficulty in adjusting in hostel, behavior concerns of roommates.

There were exam committee

referral. referral from professors for study or behavior concerns. exam anxiety, inappropriate activity in class.

There were cases of obsessive behavior, family issues and their morale, low confidence due to language concerns, procrastination, personality issues, Issues concerning break ups, anger management, presentation issues, inappropriate communication in presentation and absenteeism from class/not completing the practicals and submission of project .

Students who had done the psychometry test were given orientation about it and they were asked to come and meet for any clarifications.

Quite a few students came to understand their report and behavior and how to get over it. Faculty and staff also came to understand the report and how they can enhance their personality

Student council members refer students who need help and they had been counseled. Self referral students had issues concerning low mood, difficulty in adjusting or language issues.

Group of students with language issues were exposed to sessions on confidence building, understanding and using language as well as teamed up with other students who can be of help. This helped in team building and relating to others by both groups.

Some other concerns students have approached us for are :

Shyness, lacking in communication skills, fear of not performing well in the exams, fear of the future, loneliness, past/present break up in relationships, one-sided relationship, anxiety, financial concerns, separation between parents, past relation affecting present relation, not been able to get scholarship, discord between parents/family members.

The faculty members also seek counseling for family problems, dealing with some students, habits like alcoholism, career issues of their children.