

# Personal Counselling

The Department of Psychology offers free personal counselling to the students which provides them an opportunity to discuss various aspects of life. Sometimes youngsters find themselves at cross roads and the aim of personal counselling is to make them stress free and to uplift their confidence. Stress management, difficult relationships, difficulties with friends, family, teachers, depression, anger management, disorder of eating habits are few problems for which students are counselled. The services are confidential. The counselling process and participation in personal counselling is not shared.

Ms. Monika Sekhon, Head of the Psychology Department, is the in-charge of Personal Counselling program.

## OBJECTIVES

- To provide friendly and amiable atmosphere to the students
- To resolve the emotional issues of adolescent age
- Providing proper guidance to the youngsters for various issues
- Balancing the conflicts of relationships
- To help in stress management

## SCHEME

- The college has a separate counselling room
- Faculty of Psychology pays full attention to the students facing problems
- Guest Lectures are organized from time to time
- Various therapies are practised to meet the demands of counselling
- Students of the department are also given practical exposure by assisting in examining certain cases

## ANNUAL FOLLOW-UP

### 2012-2013

- Counselling sessions for the students were conducted in the college by the faculty of psychology department.
- Counselling was carried out for 90 students.
- There were varied problems of students: examination phobia, adjustment problem, stress, career counselling.
- The anonymity of the students was maintained.

### 2013-2014

- 110 students visited the psychology department for counselling.
- There were relationship issues, adjustment problems, stress related to future, examination phobia.
- B.A Final year students were a part of counselling sessions who assisted in gathering case history.
- Identity of students was not revealed. A record with name, age and problem was maintained.

### **2014-2015**

- 95 students were counselled.
- Counselling was done for anxiety, stress (mild), depression (mild), adjustment problems, eating disorders etc.
- Students of department were also a part of counselling process.

### **2015-2016**

- 115 students were counselled.
- Identity of students was not revealed.
- Diploma and B.A final year students assisted in counselling.
- Counselling issues were – Examination phobia, stress, anxiety, relationship issues.

### **2016-2017**

- 125 students visited counselling cell.
- A record register has been maintained but identity is kept anonymous.
- Diploma in counselling and B.A Final year students assisted in counselling.
- Conflict with parents, examination phobia, anxiety, sleeplessness, stress were main issues.
- Dr. Sunita Vasudev an eminent clinical psychologist conducted group therapy on depression.