

Counselling Session Summary Report - 2022-2023					
Sr. No.	Class	Total Individual Sessions	General Nature of Concerns	Total Group Sessions	Broad Topics of the Sessions
1	FYBSc	49	Body consciousness, past bullying in school, joint family issues, Exam, fiance disagreement, exam list, interpersonal concerns, careeer related...	9	Relationships, Goal setting and stress, One step at a time
2	SYBSc	124	Family issues, working-attendance issues, peer issues,	18	Relationships, Self Care
3	TYBSc FND	7	Career goal, NSS work, loss of loved one, groupism,	1	Growth Mind set, Relationships, self Discovery
4	TYBSc HD	65	family rules and restriction, single parent, mental health,	11	Relationships
5	TYBSc TFT	10	fees, exams, breakup, Low self esteem, low confidence,	2	Goal setting and stress management, Self Discovery
6	TYBSc CRM	15	overthinking...	3	Goal setting and stress management, Self Care
7	MSc1 FND	7	New admission, adjusting concerns, missing someone	3	Goal setting and Stress management, Self Care, Self Discovery
8	MSc1 HD	18	close, homesick, introvert, Emotional breakdown, career	1	Goal setting and stress management
9	MSc1 TFT	0	related, job search, assignments	2	Goal setting and stress management, Relationships
10	MSc1 SN	5		3	Goal setting, self discovery, career path
11	MSc1 FPP	4		3	Goal setting, self discovery
12	MSc2 FND	1	Family issues, homesickness, research, single parent	2	Growth mindset, Goal Setting
13	MSc2 HD	1	concerns, college tour related, exhausting work, Peer	1	Goal setting and stress management
14	MSc2 TFT	4	pressure, competition, bias	2	Goal setting, Relationships
15	MSc2 SN	4		1	Self discovery, career path
16	MSc2 FPP	0		1	Self discovery
17	PG Diploma in Dietetics	1	Anxious, family related	0	None
Total		315		63	

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