

Counselling Session Summary Report - 2022-2023							
Sr. No.	Class	Total Individual Sessions	General Nature of Concerns	Strategies/Management of concerns	Total Group Sessions	Broad Topics of the Group Sessions	Outcome of the Group Sessions
1	FYBSc	49	Body consciousness, past bullying in school, joint family issues, Exam, fiance disagreement, exam list, interpersonal concerns, careeer related...	Concerns were acknowledged, self esteem enhancement, fostered positive self-image by Journaling, coping strategies like relaxation tecniques and problem solving, deep breathing, mindfulness, active study learning strategies and time	9	Relationships, Goal setting and stress, One step at a time	Group counselling sessions on the topics taken helped in the holistic development, leading to enhanced mental health, academic success and overall wellbeing of the students. Common outcomes of the session are mentioned below:
2	SYBSc	124	Family issues, working-attendance issues, peer issues, Career goal, NSS work, loss of loved one, groupism, family rules and restriction, single parent, mental health, fees, exams, breakup, Low self esteem, low confidence, overthinking...	Application of positive affirmations, group sessions with close trusted friends, emotional support by active listening and validating, academic advising, positive self-talk, and challenging negative thoughts and cognitive restructuring.	18	Relationships, Self Care	1. Increased Self Awareness
3	TYBSc FND	7			1	Growth Mind set, Relationships, self Discovery	2. Improved emotional regulation
4	TYBSc HD	65			11	Relationships	3. Enhance Resilience
5	TYBSc TFT	10			2	Goal setting and stress management, Self Discovery	4. Great sense of control and empowerment
6	TYBSc CRM	15			3	Goal setting and stress management, Self Care	5. Better decision making skills
7	MSc1 FND	7			3	Goal setting and Stress management, Self Care, Self Discovery	6. Improved academic performance and career
8	MSc1 HD	18	Family issues, working-attendance issues, peer issues, Career goal, NSS work, loss of loved one, groupism, family rules and restriction, single parent, mental health, fees, exams, breakup, Low self esteem, low confidence, overthinking...	Set realistic goals and celebrate achievements, encourage self care activities, develop assertiveness, encourage mindfulness and presence skills, expressive writing, expression of feelings, family support whenever available, confidence building activities.	1	Goal setting and stress management	7. Healthier and stronger relationships
9	MSc1 TFT	0			2	Goal setting and stress management, Relationships	8. Identified values, strengths and passions
10	MSc1 SN	5			3	Goal setting, self discovery, career path	9. Improved Communication, time management and prioritization skills.
11	MSc1 FPP	4			3	Goal setting, self discovery	10. Increased self confidence
12	MSc2 FND	1	Family issues, homesickness, research, single parent concerns, college tour related, exhausting work, Peer pressure, competition, bias	Adusting to new enviornment, identifying benefits of independence and new experience, ensuring confidentiality, empathy, encouraging self advocacy and being assertive in decision making, applied CBT Therapy and solution focussed brief therapy at times.	2	Growth mindset, Goal Setting	
13	MSc2 HD	1			1	Goal setting and stress management	
14	MSc2 TFT	4			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
<b>Total</b>		<b>315</b>			<b>63</b>		

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