

Counselling Sessions - Summary Report (Individual) - 2023-2024

Sr. No.	Class	Total Individuals Catered	Total Sessions*	General Nature of Concerns	Strategies/Management of concerns
1	FYBSc	8	38	Transition, Understanding complex concepts, peer pressure, Language barriers, body image concerns, Cultural Adjustments, room mate conflicts, Body consciousness, past bullying in school, family issues, Exam, interpersonal concerns, career related	Acknowledgement of concerns, self esteem enhancement, relationship management, fostered positive self-image by Journaling, conflict management, coping strategies like relaxation techniques and problem solving, deep breathing, mindfulness, active study learning strategies and time management skills were facilitated.
2	SYBSc	23	74	Competition and peer pressure to get in particular dept, Heavy workload and Time management, Homesickness and loneliness, Self doubt and low self esteem, Family issues, working-attendance issues, peer issues, Career goal, groupism, family rules and restriction, mental health, exams, breakup, low confidence, overthinking.	Promoting rational thinking, ways to connect with family and friends, handling exam anxiety, time management, promoting effective communication skills and assertiveness.
3	TYBSc FND	2	16		
4	TYBSc HD	18	61		
5	TYBSc TFT	11	39		
6	TYBSc CRM	7	46		
7	MSc1 FND	1	2	Communication Barriers, Advisor -student relationships, Funds, Programe requirments, networking, self doubt, anxiety stress to meet expectations of parents and teachers, Skill gap, Collaborating with peers in group projects.	Empathising, active listening, facilitatng ways of effective communication, financial literacy, strategies to handle anxiety, enhance self-esteem, building and sustaining friendships.
8	MSc1 HD	2	10		
9	MSc1 TFT	1	1		
10	MSc1 SN	2	5		
11	MSc2 FND	9	14	Physical and mental health, Sleep deprivations, social life balance, career uncertainty,, networking ,burnout and exhaustion, Disseration struggles, coping mechanism, self care, organizational skills, time management issues.	Emotional support by active listening and validating, ways to manage health, practical ways to take care of overall health, self care strategies, time and stress management, organising work, to-do list, positive self-talk, and challenging negative thoughts and cognitive restructuring.
12	MSc2 HD	2	14		
13	MSc2 TFT	1	2		
14	MSc2 SN	3	6		
15	MSc2 FPP	3	3		
16	PG Diploma in Dietetics	4	24	Time management, exam pressure, attendance, job market competiton.	Active study learning strategies and time management skills were facilitated.
	Total	97	355		

*Same individuals have come for the session more than one time

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Counselling Sessions - Summary Report (Group) - 2023-2024

Sr. No.	Class	Total Individuals Present Across Multiple Sessions	Total Sessions	Broad Topics of the Sessions	Outcome of the Group Sessions
1	FYBSc	235	6	Workshops on Goal setting, Etiquette & manners, Integrity	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	302	8	Workshops on Self management, Discipline, Self confidence, Integrity	1. Increased Self Awareness
3	TYBSc FND	64	3	Sessions on handling peer pressure, Integrity	2. Better understanding of professional etiquettes and manners
4	TYBSc HD	38	2	Sessions on handling peer pressure, Integrity	3. Improved emotional regulation
5	TYBSc TFT	39	2	Sessions on Discipline, Integrity	4. Acquisition of personal discipline
6	TYBSc CRM	57	3	Workshops on Team work, Discipline, Integrity	5. Better decision making skills
7	MSc1 FND	15	2	Sessions on Discipline, Etiquette & manners	6. Enhanced confidence
8	MSc2 FND	20	2	Sessions on Discipline, Etiquette & manners	7. Healthier and stronger relationships
9	MSc1 HD	17	2	Workshops on Communication Skills, Networking skills	
10	MSc2 HD	36	3	Sessions on Relationship management, Discipline	
11	MSc1 TFT	5	1	Workshop on Emotion Exploration and goal setting	
12	MSc2 TFT	7	1	Workshop on Emotion Exploration and goal setting	
13	PG Diploma in Dietetics	18	2	Workshops on Communication Skills, Networking skills	
14	MSc1 SN	18	2	Workshops on Communication Skills, Networking skills	
15	MSc2 SN	7	1	Workshop on Emotion Exploration and goal setting	
16	MSc1 FPP	45	3	Workshops on Communication Skills, Networking skills	
17	MSc2 FPP	3	1	Workshops on One Step at a time to enhance personal and professional efficiency	
		926	44		

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