



RAGHUNATH GIRLS' POST GRADUATE COLLEGE

Western Kutchery Road, Meerut-250001

Re-Accredited 'B+' Grade by NAAC (CPE Status since 2006)

College of Excellence 2014

AISHE Code: C-28817



Principal - 9520886032
IQAC - 9520886033
Chief Adm. - 9520886031

E-mail : rgpgcollegemrt@gmail.com
Website : <https://rgcollege.ac.in>
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PSYCHOLOGICAL TESTING

&

COUNSELLING CENTER

R.G. (P.G.) COLLEGE, MEERUT



REPORT- 2022-23



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PSYCHOLOGICAL TESTING & COUNSELLING CENTER

About the Center:

Psychological Testing & Counseling center has been initiated by the Department of psychology in R.G (P.G.) College. The center was inaugurated on 25-03-2008 by Prof. Manas K. Mandal, Director, Defence Institute of psychological Research (DIPR). Defence Research and Development Organization (DRDO), Ministry of Defence, Delhi. This cell has provided a platform to psychological/ Emotional Issues of the student's community and helps resolve them.

Psychological Testing & counseling center in college serves as vital support resource for students, offering a safe and confidential space. Psychological Testing & counseling center provides individual counseling session, group counseling to meet the diverse need of students. The counseling cell has been active in both online and offline modes. This counselling center plays a crucial role in fostering a positive campus environment conducive to academic success and overall thriving. This center emphasizes the critical support for students' mental health and overall well-being. This center aim to help students manage academic, personal, social, and emotional challenges effectively. It offered vital resource for students' mental health and personal growth. It offers a wide range of services designed to address academic, emotional, and social challenges that students may encounter. The service typically include individual and group counseling, psychological assessments, workshops, and wellness programs.

Counseling sessions provide a safe, confidential space for students to discuss issues such as stress, anxiety, depression, relationship problems, or academic pressure. The professionals or trained counselors help students develop coping strategies, enhance resilience, and set achievable goals for personal and academic success. By addressing mental health proactively, the Psychological Testing and Counseling Center empowers students to navigate college life with confidence and balance. Its holistic approach contributes significantly to students' overall well-being and academic performance.



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Objectives of the Center

- **Support Mental Health:** Provide emotional support and mental health resources to students.
- **Enhance Well-being:** Foster a positive environment that promotes psychological well-being.
- **Increase Awareness:** Educate students about mental health issues and available resources.

Context

- **Diverse Student Population:** Consider the varying backgrounds and experiences of students.
- **Stressful Environment:** Acknowledge the pressures of academic life, such as exams and social challenges.
- **Accessibility:** Ensure services are easily accessible to all students.

Best Practices

- **Establish clear policies:** Develop guidelines for confidentiality and professional ethics. Outline procedures for crisis situations.
- **Create a supportive environment:** Setup a welcoming space for counseling services. Encourage an open culture where discussing mental health is normalized.
- **Awareness and Outreach Programs:** Conduct workshops, seminars, and campaigns on mental health topics. Use social media and newsletters to promote services and resources.
- **Individual and Group Counseling:** Provide one-on-one counseling sessions tailored to individual needs. Organize group therapy sessions for shared experiences and support.
- **Feed back Mechanisms:** Regularly solicit feedback from students about the services offered. Use surveys and suggestion boxes to improve programs.
- **Peer Support Programs:** Train peer counselors to provide support and connect students with resources. Foster peer-led initiatives to promote mental health awareness.
- **Regular Training and Development:** Offer on going professional development for counselors and staff.

Instagram : <https://www.instagram.com/rgpg58?igsh=aGpveDZAOGxxaGFu>



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Stay updated on the latest mental health research and practices.

- **Implementation:** Gradually expand offerings based on student interest and demand. By focusing on these best practices, a Psychological and Counseling Cell can effectively support the mental health and well-being of college students, helping them thrive academically and personally.
- **Collaborative Partnerships:** Partner with local mental health organizations for additional resources and training opportunities.
- **Promotion:** Actively promote the counseling cell through orientation sessions, campus news letters,

Facilities: Psychological Testing and Counselling Centre offers a range of facilities and services, including

Assessment and Testing:

Psychological Evaluations: Tools and tests to assess cognitive, emotional, and behavioral functioning.

Personality Tests: To understand individual personality traits and characteristics.

Neuro psychological Tests: Assessments that measure brain function related to memory, problem-solving, attention, and other cognitive skills.

Counselling Services:

Individual Therapy: One-on-one sessions to address personal issues, mental health disorders, and emotional challenges.

Group Therapy: Facilitated group sessions for individuals with similar issues or conditions. Crisis

Intervention: Immediate support and intervention for individuals in crisis situations.

Facilities and Environment:

Private Consultation Rooms: Comfortable and confidential spaces for therapy/ counselling sessions.

Testing Rooms: Equipped with necessary tools and resources for conducting various psychological tests.

Waiting Area: Comfortable space for clients and students to wait.



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Tele health Services:

Online Counselling

These facilities and services ensure comprehensive support for individuals seeking psychological testing and counselling.

Members of the Committee:

1. Prof. Neelam Singh, Head, Department of Psychology
2. Prof. Anuradha, Department of Psychology
3. Prof. Kumkum Pareek, Department of Psychology
4. Dr. Priyanka Yadav, Assistant Prof., Department of Psychology
5. Dr. Sunita Singh, Assistant Prof., Department of Psychology
6. Mrs. Ayushi Gupta, Lecturer, Department of B.Voc (Applied Clinical Psychology)
7. Dr. Divya Tyagi, Lecturer, Department of B.Voc (Applied Clinical Psychology)
8. Ms. Loveleen Tiwari, Lecturer, Department of B.Voc (Applied Clinical Psychology)



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Meetings:

Meeting Agenda

Management of the counselling cell.
Distributed Counselling areas to the Faculty.

In this meeting different counselling areas were distributed / allotted to the Faculty :

Alloted areas	Name of Faculty
1. Career Counseling	Dr. Neelam Singh & Dr. Kumkum Parveek
2. Counseling related to Interpersonal issues	Dr. Anuradha & Dr. Sunita
3. Adjustment related issues	Dr. Puiyanka Yadav & Mrs. Ayushi Gupta
4. Stress Management	Dr. Divya Tyagi & Ms. Loveleen Tiwari
5. Academic / Educational Counselling	Dr. Neelam Singh & Dr. Kumkum Parveek
6. Career Counseling	Dr. Anuradha & Dr. Sunita Singh
7. Interpersonal Counseling	Dr. Puiyanka Yadav & Mrs. Ayushi Gupta
8. Mental Health Counseling	Dr. Divya & Ms. Loveleen Tiwari



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September Meeting

Date : 08-09-2022 / 17-09-2022

Time : 1 case - 1 hour per session & 2 case - 45 min

Counselor : Dr. Neelam Singh & Dr. Kumsum Parashar

Department : Department of Psychology

Problem/Agenda :- Career counseling

Problem Discussed :- The counselor helped students to understand the best suited career options for them and how to pursue them. Various ways to enhance the capacities and skills were discussed.

Neelam Singh

8-7-22

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Name :- A
Date :- 08-09-2022 / 14-09-2022
Qualification :- B.A. Final Year
Agenda :- Career counseling
Time :- 1 hour (for session)
Problem :- Student was concerned about her career and course. She asked that how to select best suited career or course and how to build my strengths and work on my weaknesses.

Session 1 :-
Problem Discussed :- They were asked about their likes, dislikes, strengths, weaknesses and personality traits. Current performance and future goals etc.
Recommendations :-
① Reflect on Hobbies & Extra curricular activities.
② Make a sheet of your likes & Dislikes.

Session 2 :-
Problem Discussed :- The counselor helped students to understand the best suited career options for them and how to pursue them and various ways to enhance capacities & skills were discussed.
Recommendations :-
① Set up a long term Goal.
② Look up to your degree.

Name :- B
Date :- 17-09-2022
Qualification :- B.A. Final Year
Agenda :- Career counseling
Time :- 45 min
Problem :- Student was confused about her career goal and she asked that what should she do after her graduation & what are the best options that she can opt for.
Session 1 :-

Problem Discussed :- The student were given various suggestions regarding their career and different career options were discussed. Different ways to enhance the capacities and skills were discussed.
Recommendations :-
① Set up a long term Goals on the basis of likes and dislikes.
② shared various career options according to her interests and course work.



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October Meeting

Date : 10-10-2022 / 25-10-22

Time : 1 case - 70 mins & 2 case - 55 min

Counselor : Dr. Anuradha & Dr. Sunita Singh

Department : Department of Psychology

Problem/Agenda :- Interpersonal Issues

Problem Discussed :- Different ways to maintain a good interpersonal relationship with others (peers) were discussed.

Students were told about how to deal with interpersonal issues and develop or maintain a good communication skills.

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Student Name → C.
Time/Date → 10-10-2022
Qualification → M.A Ist Year
Agenda → Counseling related to Interpersonal issues.
Time → 1 hour, 10 min
Problem → Student was concerned about her Interpersonal Relation with friends and others (peers). She asked that how to deal with interpersonal skills and develop or maintain conflict and a good communication skills.
Session 1 →
Problem Discussed → The Counselor helped students to interact with others by modeling behaviours observed at College and other environments, but we don't always learn how to do so skillfully. Strong interpersonal skills allow us to build and maintain healthy Relationships, manage conflict, and enhance intimacy were discussed.
Recommendations: - ① Self awareness
② Knowing about ourselves
③ To fill up Time or to get attention

Student Name → D
Time/Date → 25-10-2022
Qualification → M.A Ist Year
Agenda → Counseling related to Interpersonal issues.
Time → 55 min
Problem → Problem in Interpersonal therapy has been adopted for the treatment of depressed adolescents as developmental issues are most common to teenagers such as separation from parents, development of romantic relationships, and initial experience with death of a relative or friend etc.
Session 1 →
Problem Discussed → Interpersonal therapy for adolescent help the adolescent identify and develop more adaptive methods for dealing with the interpersonal issues associated with the onset or maintenance of their depression. Although the treatment involves primarily individual sessions with the teenager, parents are asked to participate in a few sessions to receive education about problem, to address any relationship difficulties that may be occurring between the student and his/her parents, and to help support the adolescent through
Recommendation → ① Client emotions
② An explanation of Client's resistance to treatment
③ Taking a detailed past history



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November Meeting

Date: 04-11-2022 / 20-11-2022

Time: 1 case-45 min per session & 2 case-45 min per session

Counselor: Dr. Priyanka Yadav & Mrs. Ayushi Gupta

Department: Department of Psychology

Problem/Agenda: Adjustment related issues

Problem Discussed: Different techniques were discussed about how to manage life stresses and they were given guidance about how to better deal with negative or unpleasant emotions and discomfort.

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Name - E

Time - 45 min Per session

Date - 04-11-2022

Qualification - M.A Ist Year

Agenda - Issues related Adjustment

Problem - Problem in adapting to the hostel environment and with other students.

Session 1 -

Problem Discussed - Student was given chance to express her emotions and openly talk about it.

Recommendations - Try to express your emotions everytime when you feel bothered.

① Stay in touch with your loved ones.

Session 2 -

Problem Discussed - Various techniques to maintain a good interpersonal relation were discussed.

Recommendation - ① Be friendly
② Try to communicate as much as you can.

① Share and care

① Participate in college and hostel activities.

Name -> F

Time -> 45 min per session

Date -> 20-11-2022

Qualification -> M.A. I

Agenda -> Adjustment related Problems

Problem -> Low self confidence and communication Problems

Session 1 -

Problem Discussed - General life stresses were discussed and find out the common issues or conditions related with individual's lack of self confidence.

Recommendations - ① First manage your stress through healthy life style changes.

Session 2 -

Problem Discussed - Various techniques to boost self confidence and better communication skills were discussed.

Recommendations - ① Build positive relationships
② Practice positive self affirmations

① Focus on your strengths

① Talk to your teachers and ask questions.

① Practicing listening



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December Meeting

Date : 02-12-2022 / 14-12-2022

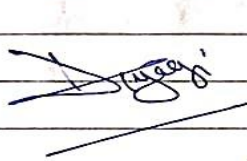
Time : 1 case - 40 min & 2 case - 50 min

Counselor : Dr. Divya Tyagi & Ms. Loveleen Tiwari

Department : Department of B.Voc A.C.P.

Problem/Agenda : Stress Management

Problem Discussed : Various stress management techniques were discussed with students. So that they can better deal with their academic life stress and situational stress and adversity in life.





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Name → G
Time → approx. 40 minutes
Date → 02-12-2022
Qualification → M.A.I Year
Agenda → Stress Management
Time → 40 minutes

Problem → Student Problem in Unable focus on study,
loose my focus very quick. Many things start
flashing in my head, which consumes my time and my thought Process
Start going in other direction.

Session 1 →
Problem Discussed → Student was discussed and the
Counselor found she has a bad routine, no proper time
management, no other outdoor time, no sleep time or
rest and poor eating habits.

Recommendations →

- 1) Get proper Rest and Sleep
- 2) Focus on health and nutrition
- 3) Have a stress outlet
- 4) Practice Self-Care
- 5) Practice positive thinking

Name → H
Time → approx 50 min.
Date → 14-12-2022
Qualification → M.A.I Year
Agenda → Stress management
Time → 50 mins

Problem → If you are facing too much stress and anxiety
Please talk to your parents and teachers, like (She) did talk to her
teacher sent him to the Counselor. Share their problems with their
elders.

Session 1 →

Problem Discussed → Understand not every student is same.
Each student has different level of learning abilities, motivation,
interests, and family conditions. Teachers should support
every student and motivate them at every step of their
academic life.

Recommendation →

- 1) Positive Self-Talk
- 2) Control your mind and thoughts
- 3) Stick to your aim
- 4) Practice Self-Care



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January Meeting

Date: 11-01-2023 / 28-01-2023

Time: 1 case - 60 Min & 45 Min

Counselor: Dr. Neelam Singh & Dr. Kumkum Parrot
Department: Department of Psychology

Problem/Agenda: Academic / Educational
Counseling

Problem discussed: The main goal of this
counseling session was to
address emotional, social and behavioural
needs of the students. The students were
informed or suggested about to find the right
or suited career and make better choices
in their studies.

Neelam Singh

Kumkum Parrot

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Student :- I
Time :- 60 Min
Date :- 11-01-2023
Qualification :- M.A IInd Year
Agenda :- Academic issues
Time :- 60 Min
Problem :- General academic problems.

Session :-

Problem Discussed :- Student was give a clarity about syllabus and General issues related with education. The student was informed or suggested about to find the right or suited course and make better choices in their studies.

Recommendation :-

- ① focus on your study and study regularly.

- ① Priorities your schedule.
- ① Set your Goal.
- ① Book reading

Name of student → J
Time → 45 Min
Date → 28-01-2023
Qualification → M.A II
Agenda → Educational counseling
Problem → Time Management Problem

Session 1 -

Problem Discussed → Different ways to manage time were discussed and also discussion was made upon maintain well being of student.

Recommendations →

- ① Priorities your work / this
- ① Stop Procrastination
- ① Make a clear schedule of your day
- ① Be active (Increase Physical activity)



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February Meeting

Date: 06-02-2023 / 21-02-2023

Time: 1 case - 45 min & 2 case - 60 min

Counselor: Dr. Anuradha & Dr. Sunita Singh

Department: Department of Psychology

Problem/Agenda: Guidance & Career Counseling

Problem Discussed: The students were given various suggestions regarding their career and different career options were discussed. Different ways to enhance the capacities and skills were discussed.

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Student = K
Time = 45 min per session
Date = 06-02-2023
Qualification = B.A. IIIrd year
Agenda = Career guidance
Problem = concerned about to setting career goals and career options related to her course work.
Session 1
Problem Discussed = various scopes related to her course work were discussed
Recommendations = ① Make a list of your choices regarding profession
② Set up a long term goal.
Session 2
Problem Discussed = student was suggested about how to pursue and achieve her career goals.
Recommendations ① focus on your goals.
② Manage your time.
③ study regularly
④ work on your weaknesses

Name of students - L
Time - 1 hour
Date - 21-02-2023
Qualification - M.A. I
Agenda - Career Counseling
Problem - student was concerned about her career and course.
Session 1-
Problem Discussed - Discussion was made upon how to build strength and work on weaknesses. She was asked about her likes, dislikes and personality traits. She was suggested multiple career options related to her field. various options/techniques to enhance capacities and skills were discussed.
Recommendations - ① Look up to your course
② Concentrate on your study
③ set up a long term Goals on the basis of likes and dislikes.



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Re-Accredited 'B+' Grade by NAAC (CPE Status since 2006)

College of Excellence 2014

AISHE Code: C-28817



Principal - 9520886032
IQAC - 9520886033
Chief Adm. - 9520886031

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March Meeting

Date: 09-03-2023 / 27-03-2023

Time: 1 case - 50 min. & 50 min. - 2 case

Counselor: Dr. Priyanka Yadav & Mrs. Ayushi Gupta

Department: Department of Psychology

Problem/Agenda: Interpersonal Counseling

Problem discussed: Various techniques to maintain a good interpersonal relationships with other (peers) were discussed. Students were told about how to deal with interpersonal issues and develop or maintain a good communication skills.

Psychology Department
R.G. (P.G.) College
Meerut



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Name of student → M
Time → 50 Min.
Date → 09-03-2023
Qualification → B.A II Year
Agenda → Interpersonal Counseling

Problem → Depression and that have a relationship
Difficulty that's exacerbating that Depression.

Session 1 →

Problem Discussed → Discussion and an explanation into the history individual and what might have come before the depression or brought it on there's also an explanation into the individual's relationship difficulty their patterns of relating and what social and support structures and networks they have around them there's then a period of time where the work will be done to look at those difficulties.

Recommendations →

- 1) Taking a detailed past history
- 2) Communicate better
- 3) Reduce the student's social isolation.
- 4) Encourage formation of new relationships.

Name of student → N
Date → 27-03-2023
Time → 50 Min.
Qualification → B.A II Year
Agenda → Interpersonal Counseling

Problem → Problems with emotional and impulse regulation, maladaptive patterns of thinking and behaving, and Personality disorders.

Session 1 →

Problem Discussed → CBT functions to address the underlying cause of Interpersonal difficulties and to help students build the social and emotional intelligence they need to cultivate balanced and healthy relationships.

Recommendation →

- 1) Better social skills
- 2) Reduce the student's social isolation
- 3) Encourage formation of new relationships.



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April Meeting

Date: 10-04-2023

Time: 40 min (1 case) { 30 min (2-case)

Counselor: Dr. Divya Tyagi & Ms. Lovleen Tiwari

Department: Department of B.Voc Applied
Clinical Psychology

Problem/Agenda: Mental Health Counseling

Problem Discussed: Different techniques were discussed about to maintain a good mental health to better cope with life circumstances.

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Student Name :- O

Date :- 10-04-2023

Qualification :- B.A. IInd

Agenda :- Mental Health Counseling

Time :- 40 Minutes Per sessions

Problem :- Student found anxious and face difficulty to manage her emotions.

Session 1 :-

Problem Discussed :- Discussed about common emotional problems and understand the mental health condition of student.

Recommendations :- Express your emotions openly without any fear to being judged.

Make better social connection (especially face to face)

Session 2 :-

Problem Discussed :- Various techniques were discussed about to maintain a good mental health to better cope with life circumstances.

Recommendations :- Make some healthy life style changes.

Relaxation practice

Student Name :- P

Date :- 19-Apr-23

Qualification :- B.A II Year

Agenda :- Counseling related to mental

Time :- 30 Min Health

Problem :- Stress related Problem

Session 1 :-

Problem Discussed :- Different techniques were discussed related to stress management.

Recommendations :- Take care of your body

Healthy life style changes

Priorities your work

Spend more time with your

friends and family.



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October Meeting (Online)

Date : 6-10-2022

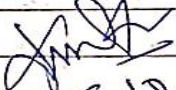
Time : 45 Min.

Counselor : Dr. Kuntum Pareek

Department : Department of Psychology

Problem/Agenda : Anger Management

Problem Discussed : In this meeting, various ways to manage unnecessary anger and control that anger were discussed. Student was suggested about some life style changes and deep breathing exercises.


6-10-22



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Student - 1 (F)
Date - 6-10-2022
Time - 45 Minis Per session.
Qualification - Graduated
Agenda - Anger Management

Problem - Student is unable to control her anger. She find herself aggressive even when it is not needed and find hard to stop herself from throwing things tht around her when she is angry.
Session 1:

Problem Discussed :- In the first session, the counselor found that client has some worst past experiences. In this session various ways to manage anger were discussed.
Recommendations :-
⊙ Do some creative
⊙ Acknowledge your underlying emotion
⊙ Take a time out.

Session 2:

Problem Discussed :- The student was suggested to do some significant life style changes. she was advised to do deep breathing and meditation. The process to do this, was discussed.
Recommendations :-
⊙ Breathe slowly & Relax
⊙ Exercise e.g. meditation and yoga.



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<p>Date: 14-10-2022 Time: 50min Counselor: Dr. Sumita Singh Problem Agenda: Interpersonal Issue Problem Discussed: Various way to maintain a good interpersonal relationship with others were discussed. The client was suggested about how to deal with interpersonal issues and develop or maintain communication skills.</p> <p><i>[Signature]</i></p>	<p>Student - 2(F) Date - 14-10-2022 Time : 50 Min Qualification : Post Graduate Agenda : Interpersonal issues Problem: The individual is concern about his interpersonal relationship with friends and other. He is having conflicts with his friends and facing issues to maintain those conflict Session 1: Problem Discussed: As we are social being we need strong/good relationships to be happy and fruitful. Various skills to build healthy relationships, manage conflicts were discussed. Recommendations :- ① Practice active listening ② Show empathy for others ③ develop communication</p>
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Lat 28.986731°

Long 77.709266°



Meerut, Uttar Pradesh, India

XPP5+PHV, Chaubey Compound, near RG Degree College, Begambagh, Meerut, Uttar Pradesh 250001, India

Lat 28.986865°

Long 77.709071°

Meerut, Uttar Pradesh, India

XPP5+PHV, Chaubey Compound, near RG Degree College, Begambagh, Meerut, Uttar Pradesh 250001, India

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Long 77.709114°

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