



**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](mailto:rgpgcollegemrt@gmail.com)  
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## PSYCHOLOGICAL TESTING

&

## COUNSELLING CENTER

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



**REPORT- 2023-24**



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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.

**Neuropsychological 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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## Telehealth 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. Ms. Chinki Upadhayay, Assistant Prof., Department of Psychology
6. Dr. Sunita Singh, Assistant Prof., Department of 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).
9. Ms. Apoorva Siwach, Lecturer, Department of B.Voc (Applied Clinical Psychology)



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Meetings:

## 2023 - 2024

### Meeting Agenda

Management of the counseling cell. Distributed counseling areas to the faculty.

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

Allotted areas	Name of Faculty
1. Mental Health Couns.	Prof. Neelam Singh & Prof. Kumkum Pareek
2. Career Counselling	Dr. Anuradha & Dr. Sunita
3. Counselling related to Interpersonal Issues	Dr. Divya Tyagi Ms. Loveleen Tiwari
4. Academic/Educational Counselling	Prof. Neelam Singh Prof. Kumkum Pareek
5. Adjustment related Issues	Prof. Anuradha & Dr. Sunita
6. Stress Management	Ms. Loveleen Tiwari Ms. Apoorva Sidach
7. Interpersonal counsel	Dr. Divya Tyagi Ms. Apoorva Sidach
8. Career Counselling	Prof. Kumkum Pareek Dr. Sunita Singh





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4202 - 2202

September Meeting

Date: 5-9-2023 || 16-09-2023

Time: 1 case - approx. 50 mins || 2nd case 30 mins for session  
Counsellor - Prof. Neelam Singh & Prof. Kumkum Parate  
Department - Dept. of Psychology

Problem/Agenda: Mental Health Counselling

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

Neelam

Prof.

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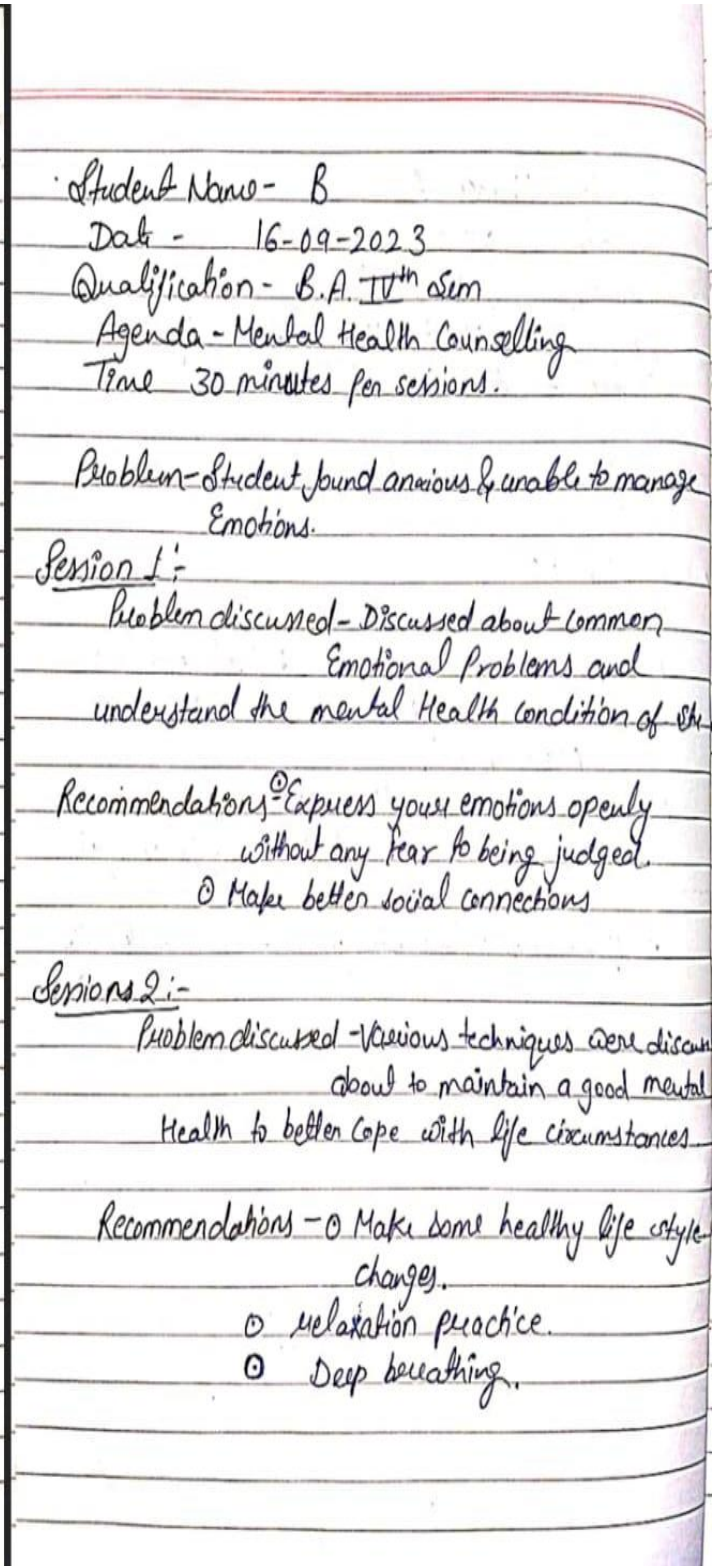
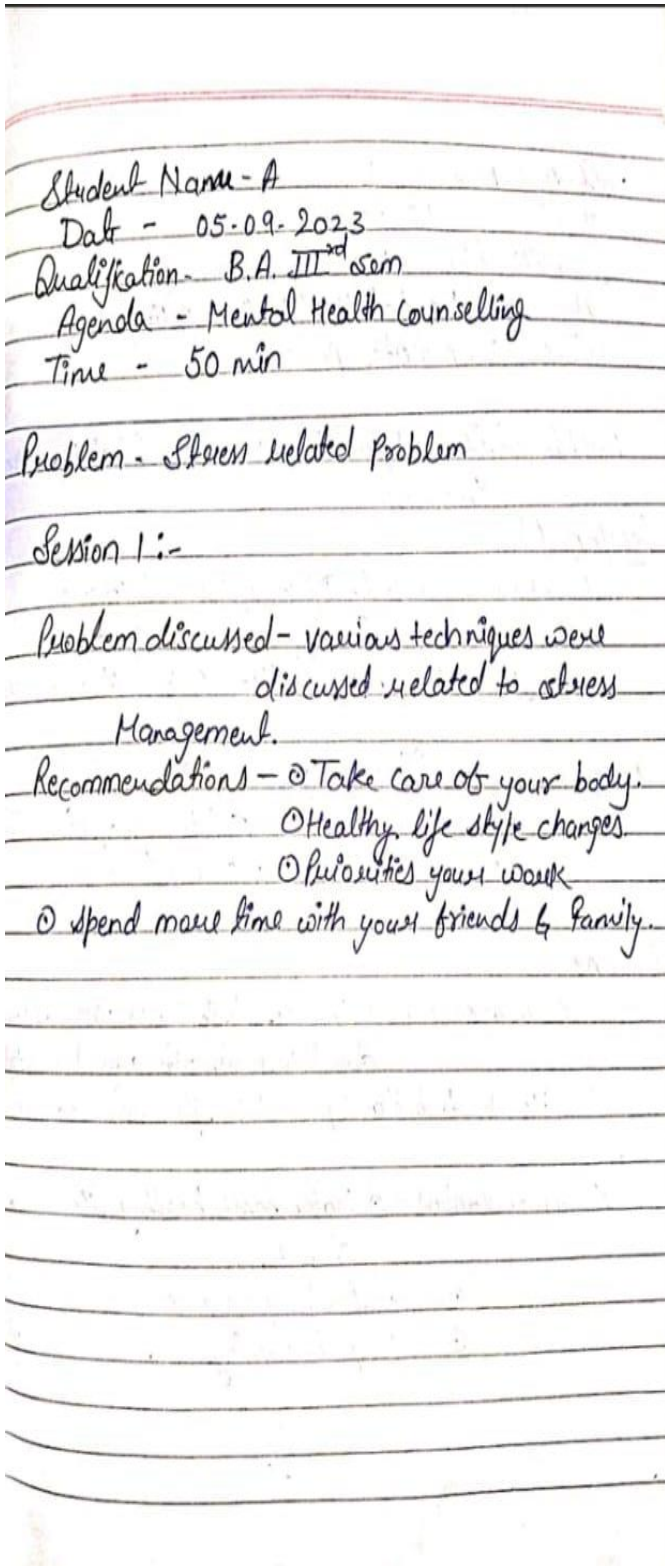
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## October Meeting

Date - 6-Oct-2023 || 21-Oct-2023

Time - 1st case-40 min. per session || 45 - 2nd case

Counsellor - Prof. Anuradha & Dr. Sunita Singh

Department - Dept. of Psychology

### Problem Agenda - Career Counselling

Problem discussed - The counsellor 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.

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Student Name - C

Date - 6-Oct-2023

Qualification - B.A. VI<sup>th</sup> Semester

Agenda - Career counselling

Time - 40 minutes per 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 weakness.

Session 1:-

Problem Discussed - Student was asked about her likes, dislikes, strengths, weakness and personality traits, current performance & future goals etc.

Recommendations - ① Make a sheet of your likes & dislikes  
② Reflect on hobbies & extra-curricular activities.

Session 2:-

Problem discussed - The counsellor helped students to understand the best suited career options for her and helped in 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.

Student Name - D

Date - 21-Oct-2023

Qualification - B.A. Final Year

Agenda - Career counselling

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 was 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 interest and course work.





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## November Meeting

Date - 10-Nov-2023 || 24-Nov-2023

Time - 1 case - 55 min || 50 min

Counsellor - Dr. Divya Tyagi & Lovleen Tiwari  
Department - B. Voc (App. Clinical Psy.)

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.

*D. Tyagi*

*Lovleen Tiwari*

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Students Name - E  
Date - 10-Nov-2023  
Qualification - B.A IIIrd Sem  
Agenda - Counseling Related to Interpersonal Issues  
Time - 55min

Problem - Problem in Interpersonal therapy has been adapted for the treatment of depressed adolescents as developmental issues are most common to teenagers such as separation from parents, development of romantic relationship 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 session with the teenagers, parents are asked to participate in a few session to receive education about problem, to address any relationship difficulties that may be occurring between the students and his/hor parents, and to help support the adolescents, treatments.

Re Commendation - ① Client emotions  
② Taking a detailed Past history

Student Name - F  
Date - 24-Nov-2023  
Qualification - B.A IIIrd Sem  
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





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## December Meeting

Date : 9-12-2023 / 27-12-2023

Time : 1 case - 60 min & 50 min

Counselor: Dr. Nulam Singh & Dr. Kumkum Pareek

Department: Department of Psychology

Problem / Agenda : Academic / Educational  
Counseling

Problem Discussed: The main goal of the Counseling session was to address emotional, social and behavior needs of the students. The students were informed or suggested about to find the right or suited careers and make better choices in their studies.

Nulam

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Student:- G  
Time:- 60 min  
Date - 9-12-2023  
Qualification - M.A I<sup>st</sup> Year  
Agenda - Academic issues  
Time - 60 min  
Problem - General academic problem

Session 1:-

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

Recommendation - Focus on your study and study regularly

- ① Priorities your schedule
- ② Set your goal
- ③ Book reading

Name of student - H

Time - 50 min

Date - 27-12-2023

Qualification - B.A III<sup>rd</sup> Year

Agenda - Educational Counseling

Problem - Time Management Problem

Session 1-

Problem Discussed - Different way to manage time were discuss and also discussion was made upon maintain well being of student

Recommendation - Priorities your work/this

- Stop Procastination
- Make a clear schedule of your day
- Be active ( Increase Physical activ





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## January Meeting

Date: 04-01-2024 - / 23-01-2024

Time: 1 Case - 30 min per session / 2 Case - 45 min per

Counselor: Prof Anuradha & Dr. Sumita

Department: Department of Psychology

Problem/Agenda: Adjustment Related issue

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 of student - I  
Time - 30 min  
Date - 04-01-2024  
Qualification - B.A II<sup>nd</sup> Year  
Agenda - Adjustment Related Problem  
Problem - Communication Problem & Low Self confidence.  
Session I -  
Problem Discussed - Various techniques to boost self confidence and better communication skills were discussed  
Recommendation: Focus on your strengths  
• Talk to your teachers and ask questions  
• Build positive relationships  
• Participate in debate competitions  
• Practicing listening  
Session 2 -  
Problem Discussed - General life stresses were discussed and find out the common issues or conditions related with individual lack of self confidence  
Recommendation: First manage your stress through healthy life style change

Name : J  
Time : 45 min  
Date : 23-01-2024  
Qualification : M.A I<sup>st</sup> year  
Agenda : Issues Related Adjustment  
Problem : Problem in adapting to the hostel Environment and with other students  
Session - I  
Problem Discussed: Student was given chance to express her emotion openly talk about it.  
Recommendation: try to express your emotions everytime when you feel bothered.  
Session - II  
Problem Discussed: Various techniques to maintain a good interpersonal relation were discussed.  
Recommendation: Be friendly  
: Try to communicate  
: Share & Care.





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## February Meeting.

Date : 13-02-2024 - 28-02-2024

Time : 1 case 50 min / 2 case - 30 min

Counselor : Ms. Lovelun Tiwari & Ms Apoorva

Department : Department of B.VOG (A.C.P)

Problem/ Agenda: Stress Management

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

Lovelun Tiwari

Apoorva

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Name - K  
Time - 50 min Per session  
Date - 13-02-2024  
Qualification - M.A I<sup>st</sup> Year  
Agenda - Stress Management  
Time - 50 minutes

Problem: Student Problem in Unable focus on study, loose my focus very quickly many things start turning in my head, which consumes my time and my thoughts 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 outdoor time, no sleep, time or rest and poor eating habits.

Recommendation - Get Proper Rest & sleep  
① Focus on health & nutrition  
② Have a stress outlet  
③ Practice Self-Care  
④ Practise positive thinking

Name - L  
Time - Approx 30 min  
Date - 28.02.2024  
Qualification - MA II<sup>nd</sup> Year  
Agenda: Stress Management  
Time - 30 Min

Problem - Facing anxiety and stress

Session - 1

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

Recommendation: Positive Self-Talk  
② Control Your thoughts  
③ Meditation or used other Relaxation Techniq  
④ Practise Self-Care



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## March Meeting

Date: 7-March-2024 || 21-March-2024

Time: 55 min || 45 minutes

Counselor: Dr. Divya Tyagi & Ms. Apoorwa Siwach  
Department: B.Voc. (Applied Clinical Psychology)

Problem Agenda: Interpersonal counseling

Problem discussed: Various techniques to maintain a good interpersonal relationship with other (peers) were discussed.

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

*Tyagi*

*Asiwach*

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AISHE Code: C-28817



Principal - 9520886032  
IQAC - 9520886033  
Chief Adm. - 9520886031

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Student Name - M

Date - 7 March 24

Qualification - B.A. IV<sup>th</sup> sem

Agenda - Interpersonal Issues

Time - Approx. 50 minutes

Problem: Depression and having a difficulty in maintaining relationships that exacerbating that depression.

Session 1-

Problem Discussed - Discussion & an exploration into the history individual & what might have come before the depression or brought it on there's also an exploration into the individual's relationships, difficulty in their patterns of relating and what social & support structures and network 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 passed history  
② Communicate better  
③ Reduce the student's social isolation.  
④ Encourage formation of new relationships

Student Name - N

Date - 21. Mar. 2024

Qualification - M.A I<sup>st</sup> sem.

Agenda - Issues related to interpersonal relations

Time - approx. 45 mins.

Problem: Problem with emotional and impulse regulation, maladaptive patterns of thinking and behaving and personality disorders

Session 1-

Problem Discussed - CBT functioned to address the underlying causes 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 - 11 - Apr - 24 || 25 - Apr - 24  
Time - 1 case 50 min. || 50 minutes  
Counselor - Prof. Kumkum Pareek & Dr. Sunita  
Dept. - Psychology

Problem Agenda - Guidance & career counselling

Problem Discussed - Student was given various suggestions regarding their career and different career options were discussed. Different ways to enhance the capacities and skills were discussed.

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





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Student Name - P  
Time - 50 minutes  
Date - 11-Apr-2024  
Qualification - B.A. VI<sup>th</sup> Sem  
Agenda - Career Guidance

Problem - Concerned about to setting career goals by 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.

### Student - P

Time - 50 minutes

Date - 25-Apr-2024

Qualification - M.A. I<sup>st</sup> Year (II<sup>nd</sup> Sem)

Agenda - Career Counselling

Problem - Student was concerned about her career & 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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