



**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)  
Website : <https://rgcollege.ac.in>  
Facebook ID : RaghunandiniRgpg Meerut  
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## PSYCHOLOGICAL TESTING

&

## COUNSELLING CENTER

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





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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

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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.

## OBJECTIVES

- **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.
- **Develop Life Skills:** Provide training in areas such as time management, emotional regulation, and effective interpersonal communication.
- **Reduce Stigma:** Cultivate a campus culture that normalizes seeking help and encourages open dialogue.
- **Promote Academic Resilience:** Equip students with coping strategies to manage academic pressure, performance anxiety, and time management.
- academic pressure, performance anxiety, and time management.

## 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.



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- **Digital Fatigue:** Consider the psychological strain caused by prolonged screen time and the constant pressure of social media presence.
- **Stigma Reduction:** Address the cultural or social barriers that may prevent students from seeking help for psychological issues.
- **Cyber bullying and Online Safety:** Consider the impact of digital harassment and the need for emotional resilience in navigating online spaces.

## BEST PRACTICES

### 1. Establish Clear Policies

- Develop guidelines for confidentiality and professional ethics.
- Outline procedures for crisis situations.

### 2. Create a Supportive Environment

- Set up a welcoming space for counseling services.
- Encourage an open culture where discussing mental health is normalized.

### 3. Qualified Professional

- Offer training for staff and faculty on recognizing and responding to mental health issues.

### 4. Awareness and Outreach Programs

- Conduct workshops, seminars, and campaigns on mental health topics.
- Use social media and newsletters to promote services and resources.

### 5. Individual and Group Counseling

- Provide one-on-one counseling sessions tailored to individual needs.
- Organize group therapy sessions for shared experiences and support.

### 6. Feedback Mechanisms

- Regularly solicit feedback from students about the services offered.

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- Use surveys and suggestion boxes to improve programs.

## 7. Peer Support Programs

- Train peer counselors to provide support and connect students with resources.
- Foster peer-led initiatives to promote mental health awareness.

## 8. Regular Training and Development

- Offer ongoing professional development for counselors and staff.
- Stay updated on the latest mental health research and practices.

## 9. Specialized Expert Guidance

**Expert Guest Lectures:** Arrange specialized lectures and technical sessions conducted by **RCI (Rehabilitation Council of India) registered psychologists** to ensure students receive high-standard, professional guidance.

## 10. Digital Wellness and Media Literacy

- **Manage Digital Fatigue:** Conduct workshops focused on managing screen time and the psychological effects of "comparison culture" on social media.
- **Cyber-Safety Awareness:** Provide guidance on protecting mental health in digital spaces and handling online harassment.

## 11. Skill-Based Stress Management Workshops

- **Targeted Interventions:** Conduct regular workshops on practical techniques such as Progressive Muscle Relaxation (PMR), time-blocking for exams, and emotional regulation.
- **Resilience Building:** Organize sessions specifically designed to help students bounce back from academic setbacks and personal challenges.



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## 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,

To further strengthen this initiative, the institution will:

**Foster Community Engagement:** Organize "Mental Health Fests" or campus-wide campaigns that use art, music, and storytelling to break social barriers and normalize seeking psychological help.

**Digital Support & Accessibility:** Developing a dedicated online resource hub to provide students with 24/7 access to self-help materials and emergency contact information.

**Holistic Campus Culture:** Hosting regular workshops on stress management and resilience to normalize mental health care as a part of everyday college life.

## 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.

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**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.

## **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. Ms. Loveleen Tiwari, Lecturer, Department of B.Voc (Applied Clinical Psychology)
7. Ms. Apoorva, Lecturer, Department of B.Voc (Applied Clinical Psychology)

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2024 - 2025  
Meeting Agenda

Management of the Psychological Testing & Counselling Cell. Distributed Counselling areas to the faculty.

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

Alloted areas	Name of the faculty
1. Mental Health Counselling	Prof. Neelam Singh
2. Career Counselling	Prof. Kumkum Bhatt
3. Educational Counselling	Prof. Anusudha
4. Counselling related to interpersonal issues	Dr. Sunita
5. Educational counselling	Dr. Priganka Yadav
6. Adolescent Counselling	Dr. Lovleen Tiwari
7. Stress Management	Ms. Apoorva Sisach

September Meeting

Date : 14-09-24 / 24-09-24  
Time : 1 case - approx. 45 mins // 2nd case 40 minuter session.

Counsellor - Prof. Neelam Singh  
Department - Dept. of Psychology

Problem/Agenda : Mental Health Counselling

Problem discussed. Different problem & techniques were discussed about to maintain a good mental health like Relaxation, Exercise Regularly.

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

Student Name - A  
Date - 14-09-24  
Qualification - B.A. 1<sup>st</sup> Sem  
Agenda - Mental Health Counselling  
Time - 45 min

Problem : Anxiety Related Exam

Session 1:

Problem Discussed: Various Problem were discussed related to Fear of failure, lack of preparation, Time Management.

Recommendation

- Start Early Preparation
- Practice Relaxation Techniques
- Develop a Study Routine
- Stay Positive

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

Student Name - B  
Date - 24-09-24  
Qualification - B.A. III<sup>rd</sup> Sem  
Agenda - Mental Health Counselling  
Time - 40 mins

Problem - Stress Related Problem

Session 1: Various Problem were discussed related to Academic or work pressure, Financial difficulties, Health Problems.

Recommendations -

- Use Relaxation Technique
- Exercise Regularly
- Maintain a healthy Lifestyle.

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



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Student Name - B  
Date - 24-09-24  
Qualification - B.A III<sup>rd</sup> Sem  
Counselor: Dr. Sumita  
Time - 40 mins.

**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.

**Recommendations -**

- Building self-esteem
- Gradual exposure
- Social skills training

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

October Meeting

Date - 08-10-24 / 19-10-24  
Time - 1 Case 50 min Per session // 45-2nd Case  
Counselor: Prof. Kumkum Parulk  
Department: Dept. of Psychology

**Problem Agenda - Career Counseling**

**Problem Discussed:** Students were concerned about their careers specially those in their final year, face confusion & uncertainty regarding their future career path. They were asked to make understand their interest & skills and act accordingly.

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

Student Name - C  
Date - 08-10-24  
Qualification - B.A III<sup>rd</sup> Semester  
Agenda - Career Counseling  
Time - 50 min Per session

**Problem - Career Path after Graduation**

**Presenting concern:** student was confused about whether to pursue higher education, a job or prepare for government exams.

**Session 1:-**

**Problem discussed:** Student has expressed anxiety & confusion regarding her future career path after completing her graduation in Psychology. She was facing pressure from her parents to prepare for gov. exams, while she personally felt inclined toward pursuing a Masters in clinical Psychology. During counselling, the focus was on:

- Exploring her interests, values & long-term goals.
- Classifying advantages & challenges of each option.
- Discuss her aptitude and motivation for each path.

**Recommendations:-** Self assessment Exercises  
Educational Planning  
Time management Plan  
Backup option  
Networking & mentorship

Sumita

Student Name - D  
Date - 19-10-24  
Qualification - B.A III<sup>rd</sup> Sem  
Agenda - Career Counselling  
Time - 50 minutes

**Problem - Uncertainty in career choice**

**Problem Discussed:-** student expressed feeling overwhelmed by multiple career options and unclear about what path aligns best with their skills and interests. They mentioned having interest in several fields but lacked confidence in making a firm decision.

**Recommendations:-** Self assessment  
Exploration  
Parental involvement  
Skill development  
Regular follow-up.

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



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Student Name - D  
Date - 31-10-24  
Qualification - B.A. III<sup>rd</sup> year  
Agenda - Mental Health Counselling  
Time - 45 min.

Problem - Anxiety Related Exam

Session 1 -  
Problem discussed :-  
Various problem were discussed related to fear of failure, lack of preparation, time management, and nervousness during exams.

Recommendations :-  
o Regular revision and early preparation should be encouraged.  
o Relaxation techniques should be practiced to reduce exam anxiety.  
o Counseling and guidance should be provided to build confidence.  
o Practice test should be conducted to improve exam performance.

Handwritten signature  
Psychology Department  
R.G. (P.G.) College

November Meeting

Date - 6-11-24 / 25-11-24  
Time - 1st Case 50 min & 2nd Case 55 min  
Counselor - Profs. Anusudha  
Department - Dept. of Psychology

Problem Agenda - Educational counselling

Problem Discussed - Students reported extreme anxiety & lack of motivation caused low academic performance. They experience so many symptoms of anxiety and also expressed feelings of disinterest in their courses. Students were recommended several plans for the positive changes towards academic life.

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



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Student Name - E  
 Date - 6-11-24  
 Qualification - B.Sc. II<sup>nd</sup> Year  
 Agenda - Educational counselling  
 Time - 50 minutes

Problem - Academic underperformance due to lack of Motivation and Goal clarity

Problem Discussed - Student in II<sup>nd</sup> year of their under graduate program reported consistently low academic performance. Student expressed feelings of disinterest in their current course, confusion about future career goals, & a lack of motivation to study.

Counselor's Recommendations -

- Career Interest Assessment
- Time Management strategies
- Goal setting
- Coping stress Management Strategies
- Extracurricular Involvement

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

Student Name - F  
 Date - 25-11-24  
 Qualification - B.A. III<sup>rd</sup> Year  
 Agenda - Educational Counselling  
 Time - 55 minutes

Problem - Test/Exam Anxiety, affecting academic performance

Problem Discussed - A College student reported extreme anxiety before and during exams, resulting in poor academic performance despite being well-prepared. Symptoms included rapid heartbeat, sweating, negative thoughts and difficulty concentrating. The anxiety was interfering with test performance and overall confidence in academics.

Counselor's Recommendations -

- Identify & Challenge negative thoughts related to failures and replace them with rational, positive self-talk
- Teach relaxation techniques
- Time management skills
- Encourage seeking support from peers, mentors or study groups to reduce isolation & boost morale.

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

Student Name -  
 Date - 25-11-24  
 Qualification - M.A.II Year (II Sem)  
 Agenda - career counseling  
 Time - 50 minutes

Problem - The Student was confused and worried about her career and future goals. She lacked clarity regarding her interests, abilities and career options.

Session 1 -  
 Problem Discussed - The Student's interests, strengths, weaknesses, likes and dislikes were discussed. Different career options related to her field were explained. Guidance was given for goal setting and skill development.

Recommendations -

- Focus on studies
- Identify strengths
- Explore suitable career options
- set short-term and long-term goals.

Heena  
 Psychology Department  
 R.G. (P.G.) College  
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December Meeting  
 Date :- 07-12-24 / 19-12-24  
 Time :- 1<sup>st</sup> case 55 min // 2<sup>nd</sup> case 50 min  
 Counselor :- Dr. Sunita  
 Department :- Department of Psychology

Problem Agenda :- Counselling related to interpersonal issues

Problem Discussed :- Students reported persistent conflicts and issues in forming and maintaining relationships in personal as well as academic context. They asked how to maintain and balance healthy relationships and how to give their opinions without hurting others.

They were given social skills training and introduced strategies to manage disagreement. Students were taught communication skills and various techniques to building better self-esteem.

Heena  
 Psychology Department  
 R.G. (P.G.) College  
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Student Name :- G  
 Date :- 07-12-24  
 Qualification :- M.A.  
 Agenda :- Interpersonal Issues  
 Time :- 55 minutes

Problem :- Difficulty in Maintaining Healthy Interpersonal Relationships

Problem Discussed :- Student reported persistent issues in forming and maintaining close relationships, both in personal and academic settings. The student mentioned frequent misunderstandings with peers, feelings of rejection and social withdrawal. These issues have led to increased anxiety, low self-esteem and isolation.

Counselor's Recommendations :-

- o Social skills training
- o Emotion Regulation Techniques
- o Building self-esteem
- o Gradual Exposure

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Student Name :- H  
 Date :- 19-12-24  
 Qualification :- B.A. final year  
 Agenda :- Interpersonal Issues  
 Time :- 50 minutes

Problem :- Conflict with peers in Group Academic work.

Problem Discussed :- An undergraduate student reported persistent conflict during group assignments. She expressed frustration over unequal distribution of work, lack of cooperation, and frequent arguments with group members. The student often felt ignored or undervalued, which led to stress, avoidance of teamwork and declining academic motivation. She also reported difficulty in expressing her opinions assertively and often gave in to peer pressure.

Counselor's Recommendations :-

- o Introduced strategies to manage disagreements constructively (e.g. active listening, compromise)
- o Student was taught how to communicate needs and boundaries respectfully and confidently
- o Introduced coping strategies such as mindfulness and relaxation exercises to manage emotional response during group work.

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Student Name - XYZ  
 Date - 20-12-24  
 Qualification - B.A III year  
 Counselor - Prof. Kumbum Parulkar  
 Time - 45 min.  
 Department - Dept of psychology  
 Agenda - career counselling.

Problem :- The student was confused about career options after graduation.

Session 1 :-  
 Problem Discussed - Discussion was held about the student's academic background and interests. Different options after graduation such as higher studies and job-oriented courses were discussed. Guidance was given to help in career planning.

Recommendations :-

- o Explore suitable career options
- o Improve relevant skills
- o Gather information about higher studies
- o Stay focused and consistent

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January Meeting

Date :- 10-01-25 / 25-01-25  
 Time :- 1 Case - 60 min | 2 Case - 50 min  
 Counselor :- Dr. Poojanka Yadav  
 Department :- Department of psychology

Problem/ Agenda :- Academic / Educational Counselling

Problem Discussed :- The main goal of this counselling session was to address emotional, social and behavioral 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.

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Student : J  
 Time : 60 minutes  
 Date : 10-01-25  
 Qualification : M.A. 2nd year  
 Agenda : Educational Counselling  
 Time : 60 minutes  
 Problem : General Academic Problem

Session : 1

Problem Discussed - student was given a clearly 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.

Recommendations : Focus on your study and study regularly  
 • priorities your schedule  
 • Set your Goal  
 • Book Reading

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

Name of student : J  
 Time : 50 minutes  
 Date : 25-01-25  
 Qualification : B.A. 3rd year  
 Agenda : Educational Counselling

Problem : Time management problem

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

Recommendation & priorities your work/study  
 • Stop procrastination  
 • make a clear schedule of your day  
 • Be Active (Increase physical activity).

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

Name of Student : XK2  
 Time : 45 minutes  
 Date : 25-01-25  
 Qualification : B.A.T year  
 Agenda : Educational counselling.

Problem - The Student lacked proper Study habits.

Session 1 :-  
 Problem Discussed - The student's daily routine and study habits were discussed. She shared that she does not follow a regular study schedule and finds it difficult to revise lessons on time. Guidance was given on improving study habits and maintaining consistency in studies.

Recommendations -  
 • Make a daily study timetable.  
 • Study regularly  
 • Revise lessons daily  
 • Avoid distractions during study time.

Piyanka Mehta  
 Psychology Department  
 R.G. (P.G.) College  
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February Meeting

Date - 06-02-25 / 22-02-25  
 Time - 60 minutes // 50 minutes  
 Counsellor - Dr. Lovleen Tripathi  
 Department - Department of B.Voc ACP

Problem Agenda - Adolescent Counselling

Problem Discussed - Students with academic stress and anxiety experienced concerned about academic performance. They asked also how to increase self-esteem and reduce anxiety. They were discussed various strategies and skills to cope with anxiety and they also taught various skills to build self-esteem and assertion.

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



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Student Name - K  
Date - 06-02-25  
Qualification - B.A. I<sup>st</sup> Year  
Agenda - Adolescent Counselling  
Time - 60 minutes

Problem :- Academic stress and anxiety in adolescents

Problem discussed :- An adolescent student reported experiencing intense stress and anxiety related to academic performance. The student mentioned pressure from parents to achieve high grades, fear of failure and difficulty concentrating during exams.

1. Counselor's Recommendations:-

- Psychoeducation: Educate student about academic stress, its effects and healthy coping strategies.
- Time management training: Guide the student in creating a structured study schedule and setting realistic academic goals.
- Relaxation Techniques: Teach breathing exercises, progressive muscle relaxation and mindfulness practices to reduce anxiety.

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

Student Name - L  
Date - 22-02-25  
Qualification - B.Com II<sup>nd</sup> Year  
Agenda - Adolescent Counselor  
Time - 50 minutes

Problem - low self esteem and social withdrawal in adolescents.

Problem Discussed - A student reported feeling of worthlessness, frequent negative self talk, and avoidance of peer interactions. The student experienced fear of being judged or rejected, especially in school settings. The adolescent also compares themselves negatively with peers, especially on social media.

Counselor's Recommendations :-

- Engaged in self-Esteem Building Activities
- Taught social skills Training
- Cognitive Restructuring
- Limit social media exposure
- Seek parental Guidance & social support

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March Meeting.

Date - 06-03-25 / 22-03-25  
Time - 40 minutes / 50 minutes  
Counsellor - Apoorva Suiwal  
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.

*Apoorva Suiwal*  
Psychology Department  
R.G. (P.G.) College  
Meerut

Name - M  
Time - 40 min  
Date - 06-03-2025  
Qualification - B.A.II<sup>nd</sup> sem  
Agenda - Stress Management

Problem - Student problem in unable focus on studies / loose focus quickly / Lack of Attention

Problem Discussed :- Because of Bad Routine, No proper time management, no outdoor activities, overthinking etc.

Recommendation -

- ① Meditation
- ② Get Proper Rest & Sleep
- ③ Practice Self Care
- ④ Relaxation

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

Name - M  
Time - 50 minutes  
Date - 22-03-2025  
Qualification - MA 1<sup>st</sup> Year  
Agenda - Stress management

Problem - Stress Related Problem

Problem Discussed - Different techniques were discussed related to stress management

Recommendation -

- Prioritize your work
- Take care of your body
- Healthy life style change.

*Apoorva Suiwal*  
Psychology Department  
R.G. (P.G.) College  
Meerut



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<p>April Meetings.</p> <p>Student Name - S</p> <p>Date - 5-April-25</p> <p>Qualification - B.A. 1st year.</p> <p>Counsellor - Dr. Priyanka Yadav.</p> <p>Time - Session 1 Approx. 45 min and Session 2. Approx. 40 min.</p> <p>Department - Dept of psychology</p> <p>Agenda - Educational Counselling</p> <p>Problem - Exam related stress, anxiety and lack of concentration and disturbed sleep due to upcoming exam.</p> <p>Session 1 -</p> <p>problem discussed :- A detailed discussion was held about the student's preparation level, study routine, sleep pattern and emotional reactions towards examination. She reported overthinking nervousness before studying and difficulty in time management. The counsellor provide emotional support and normalise the exam related stress. This session focused on identifying negative thoughts</p>	<p>and replacing them with positive and realistic thinking. techniques such as preparation of realistic study time table, relaxation exercises (deep Breathing) and positive self talk were introduced. Guidance was given to improve concentration and build confidence.</p> <p>Recommendations :</p> <ul style="list-style-type: none"><li>• follow the prepared study timetable.</li><li>• Practice deep Breathing.</li><li>• maintain healthy sleep.</li></ul> <p>Session 2 :</p> <p>problem discussed :- In this session she reported noticeable improvement in stress level after implementing the suggested strategies. Remaining concern related to exam fear were discussed. The counsellor provided positive reinforcement and encouraged continuation of healthy study habits. minor suggestions were given regarding revision planning and maintaining emotional Balance during exam. Now she appeared more calm, organised and confident in handling exam.</p>
--	---

<p>pressure independently, goal was achieved and session was concluded successfully.</p> <p>Recommendations -</p> <ul style="list-style-type: none"><li>• Monitor Negative Thoughts and Replace with Rational thinking</li><li>• Maintain a Balanced Routine including sleep, Nutrition and short physical activity and study.</li><li>• Practice Meditation or Relaxation regularly.</li></ul>
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May Meeting

Student Name - X4Z  
Date - 15 May 25  
Qualification - B.A. 3rd Year  
Counselor - Prof. Kunkun Parzeek  
Time - 45 min  
Department - Dept of Psychology

Agenda - Career Counselling

Problem - The student was confused and anxious about selecting an appropriate career and course after graduation.

Session 1 -

Problem Discussed: The student expressed uncertainty about pursuing higher studies or preparing for competitive examinations. Family expectations were also creating pressure. The counsellor discussed her interests, strengths, and career options. Guidance was provided regarding available courses and entrance exams.

Recommendations -

- Identify interests and strengths before final decision
- Gather complete information about selected course
- Avoid external pressure and focus on personal aspirations.

Session 2 -

problem discussed -

In this session she reported improved clarity after researching suggested career options. Remaining doubts were discussed and resolved. Emotional reassurance was provided to strengthen confidence in her decision. She appeared confident, focused and ready to proceed with her selected career path independently.

Recommendations -

- Follow the planned actions
- Continue skill development related to the chosen field.
- Explore career options related to personal interest

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- Set realistic goal and maintain confidence in personal decision.



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Student Name - Pgs.  
Date - 17-May-25  
Qualification - B.Sc. 3rd Year.  
Counsellor - Prof. Neelam Singh  
Time - 45 min  
Department - Dept. of Psychology.

Agenda - Mental Health Counselling

problem -  
The student reported fear and nervousness while speaking in public. She experienced trembling voice, increased heart rate, and hesitation during presentations.

Session 1:

problem discussed -  
The student expressed fear of negative evaluation and making mistakes while speaking before others. The counselling worded public speaking anxiety and introduced cognitive restructuring to challenge negative thoughts. Breathing techniques and practical strategies such as rehearsal, eye

Date / /  
Page No.

contact, confident posture and gradual exposure were discussed.

Recommendations -

- practice Breathing exercises before speaking.
- Begin with small speaking opportunities.
- Maintain positive self talk and confident posture.



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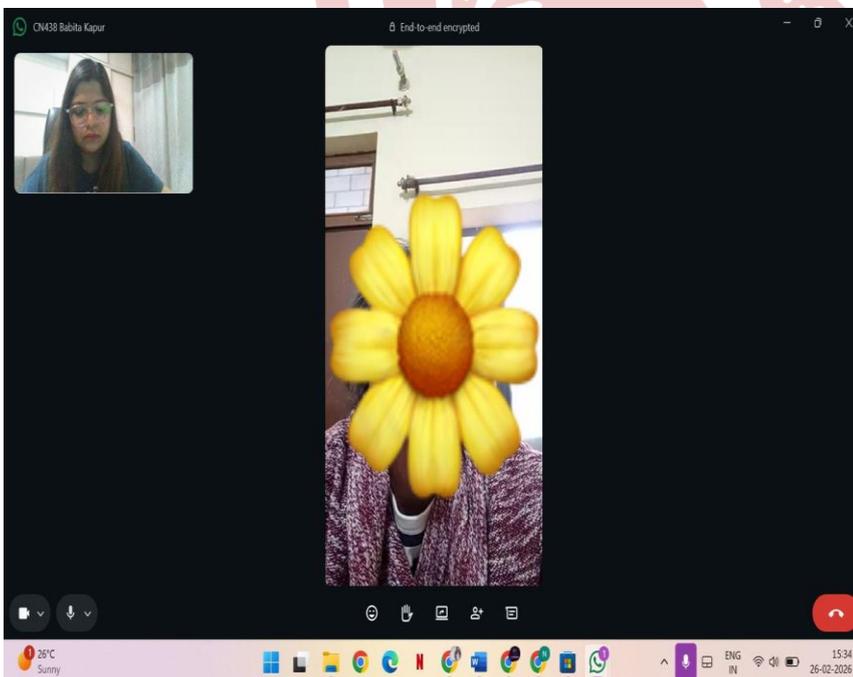
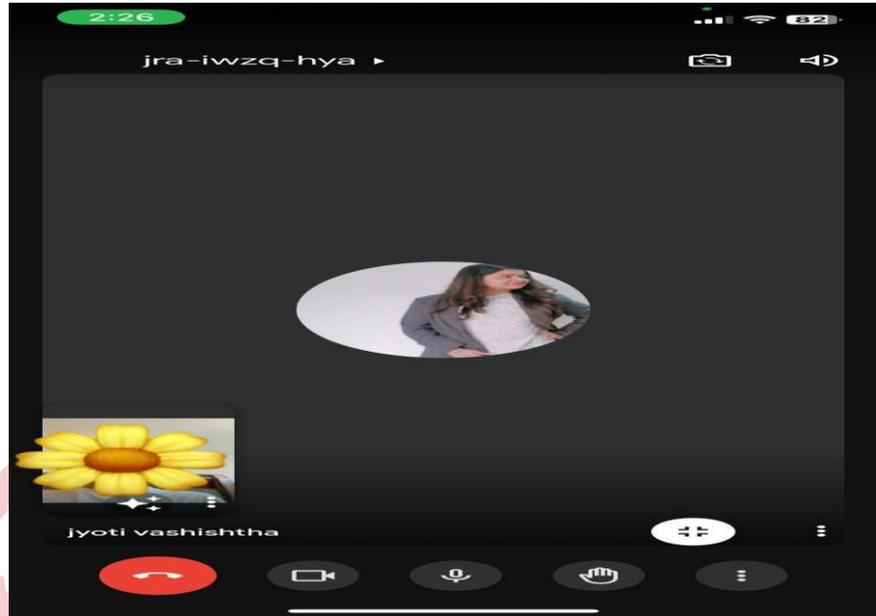
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## RAGHUNATH GIRLS' POST GRADUATE COLLEGE MEERUT

### LEARNING MANAGEMENT SYSTEM

2024-25





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The implementation of Learning management system helps navigate through an academic landscape, which requires strategic planning. By focusing on the best practises an attempt is made to align students learning paths with the academic objectives. Learning management system facilitates keeping all the content at one place thereby boosting the overall efficacy of the system. The students can assess material according to the requirements institution. LMS has enabled institution in fulfilling the goal of providing equitable educational opportunities to all.

## OBJECTIVES

- To tailor content according to the needs and interests of the students.
- To monitor progress of the students through assignment quizzes and projects.
- Make learning enriching and rewarding experience.
- **To Digitize Institutional Memory:** Archive previous years' course content and performance data to maintain academic continuity and improvement.
- **To Implement Data-Driven Intervention:** Utilize LMS analytics to identify students who are falling behind and provide early academic support.

## CONTEXT:

- **Diverse population:** Customise teaching methods keeping in view the different learning pace of the students.
- **Dynamic environment:** Make learning easier during challenging times and keep students engaged.
- **Accessibility:** Students can access study material from any location at any time.
- **Technological Literacy:** Prepare students for the modern workforce by familiarizing them with digital professional tools and virtual collaboration.



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- **Standardization of Content:** Ensure uniform delivery of high-quality resources across all departments and sections.
- **Outcome-Based Education (OBE):** Address the need to shift from just "uploading content" to tracking specific learning outcomes and competencies for every student.

## BEST PRACTICES:

### 1. Organised Content:

- Structured content with well-defined lessons, topics and modules.
- Monitoring progress of students Quizzes and assignments given to monitor the progress of students.
- Establishment of collaborative work environment LMS Enhances smooth communication between faculties and students which creates working environment conducive to growth.

2. **Development and Delivery of Content:** The robust system has made institution develop, deliver and implement plethora of courses and modules.

3. **Regular performance appraisal:** Regular appraisal of students helps faculties create effective Teaching learning.

4. **Personalise E content:** Using student outcome to deliver training content based on their preferences and performance.

5. **Incorporate interactive activities:** Interactive activities like discussions and other multimedia elements can enhance engagement and motivation of students.

6. **Provide ongoing support:** Establishing clear communication channels and provide ongoing support to instructors and learners.



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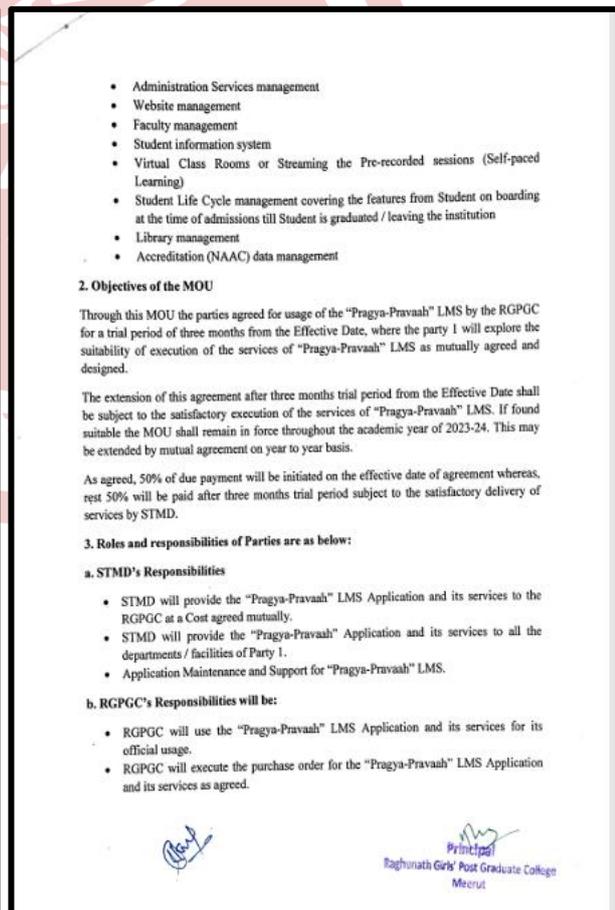
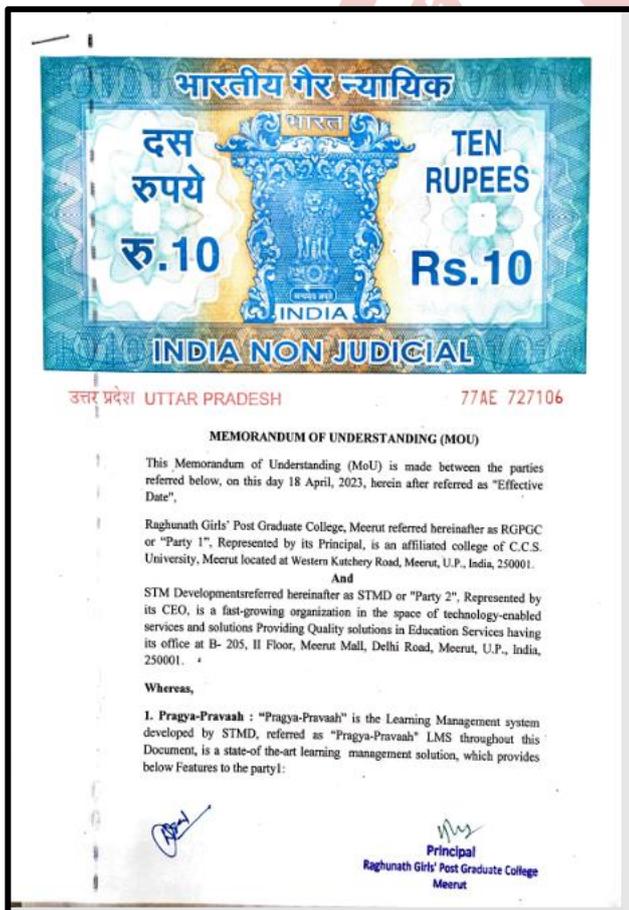
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- 7. Gamification Elements :** Introduce badges, certificates, and leaderboards to reward consistent performance and timely submission. Use interactive progress bars to help students visualize how much of the course they have completed.
- 8. Peer-to-Peer Collaborative Learning:** Create dedicated "Student Discussion Forums" for each module to encourage peer-led problem solving. Enable peer-review features for assignments to build critical thinking and evaluation skills.
- 9. Digital Resource Library & Institutional Repository:** Encourage the use of embedded video tutorials, podcasts, and interactive simulations to cater to visual and auditory learners.





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#### 4. Changes / Modification in MoU

- The terms of this MoU may be modified / amended at any time subject to the mutual written agreement. Such modifications / changes shall be effective from the date on which both the parties execute them in writing.
- No amendment to the MOU shall be valid unless executed in writing and signed by both parties.

#### 5. Detailed description of RGPGC's Payment Liabilities\*:

S.N.	Description of Head	Payment Liability	Total fixed payment
1.	College ERP	1,50,000 (one time)	1,81,500/per year
2.	Single Domain Name	1500 (per year)	
3.	ERP Domain Hosting & Maintenance Charge	25000 (per year)	
4.	Website Management AMC	5000 (per year)	
5.	SMS (including tax)	0.22 (per SMS) total payment As per usage	

\*Taxes applicable as per rules

IN WITNESS WHEREOF, the undersigned, intending to be legally bound, have duly executed this agreement as of the date first above written Signed on the day of 18 April, 2023.

For and behalf of  
CEO   
STM Developments

  
Principal  
Raghunath Girls' Post Graduate College  
Meerut



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Menu Position

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<input checked="" type="checkbox"/> Student Info	+	<input checked="" type="checkbox"/> Reports	+
<input checked="" type="checkbox"/> Study Material	+	<input checked="" type="checkbox"/> System Settings	+
<input checked="" type="checkbox"/> Accounts	+	<input checked="" type="checkbox"/> Role & Permission	+
<input checked="" type="checkbox"/> Human Resource	+	<input checked="" type="checkbox"/> Style	+
<input checked="" type="checkbox"/> Leave	+	<input checked="" type="checkbox"/> Front Settings	+
<input checked="" type="checkbox"/> Examination	+	<input checked="" type="checkbox"/> Lesson	+
<input checked="" type="checkbox"/> Academics	+	<input checked="" type="checkbox"/> Online Exam	+
<input checked="" type="checkbox"/> Homework	+	<input checked="" type="checkbox"/> Chat	+
<input checked="" type="checkbox"/> Communicate	+	<input checked="" type="checkbox"/> Bulk Print	+
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	+	<input checked="" type="checkbox"/> Wallet	+

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Welcome - Raghunath Girl's Post Graduate College | Super admin

Teachers 151

Student Grievances

Feedback

Notices Add Notice

Notice Board

DATE	TITLE	MESSAGE	INFORM TO	DELETE
2nd Dec, 2025		Dear Students You&rsquo;ve prepared well, now go conquer that exam. All the very best!	Visual Arts: Drawing & Painting(PG)/Year2	DELETE

Calendar

To Do List



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The screenshot displays the 'Paper Setting and evaluation' dashboard. The interface includes a search bar, navigation tabs for 'WEBSITE', 'DASHBOARD', and 'REPORTS', and a sidebar menu with options like 'DASHBOARD', 'MENU', 'ADMIN SECTION', 'AQAR 2022-23', 'AQAR 2023-24', 'AQAR 2024-25', 'AQAR 2025-26', 'STUDENT INFO', 'ACADEMICS', and 'STUDY MATERIAL'. The main content area shows a table with columns for 'SL', 'NAME OF THE DEPARTMENT', 'NAME OF THE TEACHER', and 'ATTACH DOCUMENT (SETTING OF QUESTION PAPER)'. The table contains four entries:

SL	NAME OF THE DEPARTMENT	NAME OF THE TEACHER	ATTACH DOCUMENT (SETTING OF QUESTION PAPER)
1	psychology	Dr. Priyanka Yadav	<a href="https://rgcollege.ac.in/erp/public/uploads/exam/608fabb33bc18f6f478a7a850bb2a06.pdf">HTTPS://RGCOLLEGE.AC.IN/ERP/PUBLIC/UPLOADS/EXAM/608FABB33BC18F6F478A7A850BB2A06.PDF</a>
2	VISUAL ART DRAWING & PAINTING	DR NAZIMA IRFAN	<a href="https://rgcollege.ac.in/erp/">HTTPS://RGCOLLEGE.AC.IN/ERP/</a>
3	VISUAL ART DRAWING & PAINTING	DR NAZIMA IRFAN	<a href="https://rgcollege.ac.in/erp/">HTTPS://RGCOLLEGE.AC.IN/ERP/</a>
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