



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

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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. 1st 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. IIIrd 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 Techniq
- Exercise Regularly
- Maintain a healthy Lifestyle.

Neelam
Psychology Department
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Student Name - B
Date - 24-09-24
Qualification - B.A IIIrd 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 -

- o Building self-esteem
- o Gradual Exposure
- o 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 Pareek
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 map 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 IIIrd 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:

- o Exploring her interests, values & long-term goals.
- o Clarifying advantages & challenges of each option.
- o 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 IIIrd 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
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Student Name - D
Date - 31-10-24
Qualification - B.A. IIIrd 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.

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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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R.G. (P.G.) College



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Student Name - E
 Date - 6-11-24
 Qualification - B.Sc. IInd Year
 Agenda - Educational counselling
 Time - 50 minutes

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

Problem Discussed - Student in IInd 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

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

Student Name - F
 Date - 25-11-24
 Qualification - B.A. IIIrd 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.

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

December Meeting
 Date :- 07-12-24 / 19-12-24
 Time :- 1st case 55 min // 2nd 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.

Heeky
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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

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

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

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

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

Rupika
 Heeba
 Psychology Department
 R.G. (P.G.) College
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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
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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
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Student Name - K
Date - 06-02-25
Qualification - B.A. Ist 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.

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 IInd 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

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



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March Meeting.

Date - 06-03-25 / 22-03-25
Time - 40 minutes / 50 minutes
Counsellor - Apoorva Sinha
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 Sinha
Psychology Department
R.G. (P.G.) College
Meerut

Name - M
Time - 40 min
Date - 06-03-2025
Qualification - B.A.IInd 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

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Name - M
Time - 50 minutes
Date - 22-03-2025
Qualification - MA 1st 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 Sinha
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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">• follow the prepared study timetable.• Practice deep Breathing.• maintain healthy sleep. <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>
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<p>pressure independently, goal was achieved and session was concluded successfully.</p> <p>Recommendations -</p> <ul style="list-style-type: none">• Monitor Negative Thoughts and Replace with Rational thinking• Maintain a Balanced Routine including sleep, Nutrition and short physical activity and study.• Practice Meditation or Relaxation regularly.



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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 counselor 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 worked on public speaking anxiety and introduced cognitive restructuring to challenge negative thoughts. Breathing techniques and practical strategies such as rehearsal, eye

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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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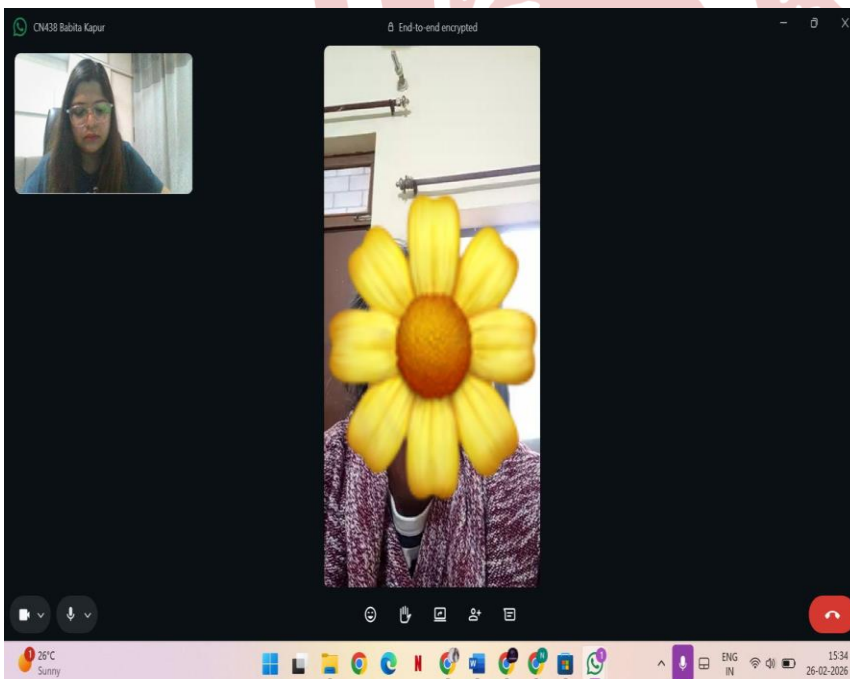
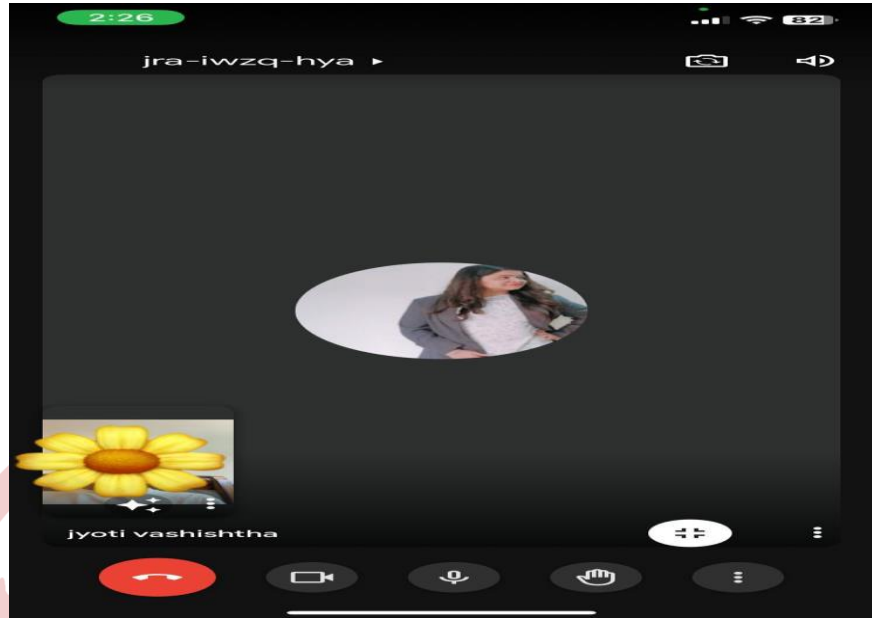
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