

COUNSELLING SERVICES



ABOUT THE DEPARTMENT



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REPORT OF THE COUNSELLING ACTIVITIES FOR THE YEAR 2017- 2018.

PhD students had approached for some of their project concerns and the frustration die to that. PhD students were referred for behavior concerns like communication, difficulty in expressing and articulating as well as inability to submit projects on time. There were cases where the students had not attended class and were not asked to sit for exams and had concerns, had been caught copying or inappropriate methods in exams had been referred. Those who had applied for Scholarship aid were interviewed in batches to understand their need for scholarship and if they subscribed to the eligibility criteria for the scholarship . Post Graduate level Students approached for unhealthy communication in the laboratories, favoritism and rude language usage, lack of team spirit and de motivating someone, relationship concerns and abuse, spreading rumors about a person, relationship concerns where the person has been engaged but not disclosed it, de motivating and unhelpful behavior from the guide. Trauma, abuse, hostel related concerns of adjustment or fights, inappropriate behavior in hostel, not returning to hostel on time, relationship and break up and inability to move on, selecting life partner

dilemma, Session on wheels outbound session for the PhD students visits to industries where in developing self esteem, overcoming failures, enhancing emotional resilience, managing time were taken.

The Orientation program held on the opening day of the Institute focused on the role of students within institute and the pride for admission in premier institute. It focused on the scope of counseling services in the institute and how they can develop emotional resilience. It also emphasized the changing roe in work scenario and how social posting o habits can be detrimental. There was note on gender sensitization and POSH Act and how the umbrella had widened and appropriate behavior in campus. They were made aware of ethical practices in exams and while on campus and dealing with peer influence. These was done at bothat the Undergraduate and at the Post Graduate levels. The parents are also aware that there is somebody whom their children can approach in times of pressures or generally to seek clarity.

Post orientation group contact batches of students in ten to fifteen number were addressed to know them and help them adjust to college life. We had conducted a one and half hour Value workshop for the new

batches of Undergraduate and Post Graduate students on Enhancing Emotional Resilience for building self esteem, focusing on effective behaviors, and managing emotions. There were referrals from exam committee referral. professors for study or behavior concerns. exam anxiety, and inadequate study performance.

There were cases of obsessive behavior, family issues ,not been able to attend exams and repeat it, time management, parents having terminal illness and losing them, personality issues, Issues concerning break ups, anger management.

Students who had done the psychometry test were given orientation about it and they were asked to come and meet for any clarifications. Self referral students had issues peer pressure, students not accepting them , making fun of them not including in group, sexual orientation concern, group project difficulties when students do not help Other concerns students have approached us for are : Shyness, fear of not performing well in the exams, fear of the future, loneliness, past/present break up in relationships, one-sided relationship, anxiety, financial concerns. The staff members also seek counseling for children behavior issues, study concerns and career guidance.