



# COUNSELLING

# REPORT OF THE COUNSELLING ACTIVITIES FOR THE YEAR 2018– 2019

**T**rauma, 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, cases by exam committee on deviant exam behavior of copying or taking answer sheet outside room or mass copying were taken.

Parents and students of mass copying were taken for repeated sessions. Workshop on managing oneself, professional behavior and time management was taken for that batch of students.

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 role in work scenario and how social posting or 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 were done at both at 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. Counseling was taken at Jalna branch for the old and new batch students and workshops on Managing Self, Developing Resilience and individual counseling was taken. PhD students had approached for some of their

exam and project concerns, cases for study issues, low mood or anxiety, employees from ICT had approached for some personality issues. Students with behavior issues, self harm tendencies, were counseled and the warden of the hostel were also kept in loop and guided in terms of supporting them.

Relationship issue, marriage break up and rebound relationship issue were also counseled. Cases of stealing in hostel were brought to notice and the student with the parents were counseled keeping the warden in the process. Post Graduate level Students approached for unhealthy communication in the laboratories, favoritism and rude language usage, lack of team spirit and demotivating someone, future career guidance [whether to go for higher studies or do a job] relationship concerns and abuse, spreading rumors about a person, demotivating and unhelpful behavior from the guide.

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, time management, losing family persona and unable to focus, financial issues at home affecting studies and morale, adjustment to new city, missing family, broken engagement and low confidence, and strict parents and their behavior, personality issues, issues concerning break ups, anger management. 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 and career guidance.