

Individual Counselling Sessions - Report

Counsellor:

Mrs. Anindita Mukherjee
Psychologist and Counsellor

Convenor:

Dr. Anindita Mandal Majee
Associate Professor
Department of Physiology

Joint Convenor:

Prof. Jyoti Das
Assistant Professor
Department of Zoology



MARCH, 2022 - MAY, 2022
PSYCHOLOGICAL COUNSELLING CELL
IN COLLABORATION WITH IQAC
Raja Peary Mohan College

Report on 1st Counselling session

Organised by

Psychological Counselling Cell

11.4.2022

Date–11.04.2022

Venue–Psychological Counselling Cell.

Time– 12:30 p.m. -4 p.m.

No. of students participated in the session–8

Name of the students who were counselled:

1. Sayan Kundu
2. Poulomi Das
3. Soumyojyoti Bhakta
4. Hia Samanta
5. Damini Dey
6. Soma Sarkar
7. Abhijit Patra
8. Kaushik Choudhury

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students mostly suffer from anxiety in their daily life mostly involving education and its future. Low confidence level is another problem among most of the students. Overthinking, indecisiveness produces stress among a large group of students.

One of the female students suffers from familial problems which creates insecurity in her life related to education and future planning. One of them is a known case of OCD. Two of the students in this session requires follow-up at regular interval, according to the counsellor.

Our psychologist and Counsellor, Mrs. Anindita Mukherjee suggested our students ways to boost their confidence, overcome stress and how they can solve their problems related to education and family related issues that actually boosts our students to overcome their problems and their mental health can be promoted.

The counselor also suggested certain therapeutic exercises, yoga therapy to the students depending on th3e need that must be beneficial to maintain their physical and mental strength and overcome their problems.

Glimpses of the session –



Report on 2nd Counselling session

Organised by

Psychological Counselling Cell on 1 8.4.2022

Date–18.04.2022

Venue–Psychological Counselling Cell.

Time– 01:00 p.m. -4 p.m.

No. of students participated in the session–8

Name of the students who participated in the seminar:

1. Adit Kumar Pal
2. Diksha Chatterjee
3. Kaushik Choudhury
4. Bhaskar Pal
5. Abhijit Ruidas
6. Smita Biswas
7. Soudipti Ghosh
8. Banani Dhang

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Participant students in this session mainly suffered from lack of concentration, low self-esteem, performance anxiety, personal and social relationship problems. Some of the students are physiologically weak like suffering from anaemia, breathing problem (asthma), sleep disturbance (insomnia), stammering, etc.

Few students have economic problems along with high aspiration, failure of reaching their desired goals are leading to anger outbreak, emotional outburst. Depression and performance anxiety are very common among the participants.

Counsellor, Mrs. Anindita Mukherjee motivated them, helped them to try and solve their own problems by putting forth some example and suggested alternative ways to enhance their mental strength that will perhaps be helpful to increase their ability to solve their own problems. Some students need follow up to keep track of their mental health condition.

Glimpses of the session–



Report on 3rd Counselling session

Organised by

Psychological Counselling Cell on 2 5.4.2022

Date–25.04.2022

Venue–Psychological Counselling Cell.

Time– 01:00 p.m. -4 p.m.

No. of students participated in the session–7

Name of the students who participated in the seminar:

1. Damini Dey
2. Sayantani Koley
3. Sneha Ghosh
4. Puja Talukdar
5. Abhijit Guchhait
6. Suhel Adak
7. Amartya Roy

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Participant students in this session face various family related problems, involving feeling, verbal and emotional abuse by family members. Few of them has lack of confidence and lack of self-esteem that creates depression, anxiety and frustration, .Family related issues also lead to depression and lack of self-confidence.

Mrs. Anindita Mukherjee, Psychologist and counsellor was trying to solve these problems by suggesting them ways that can help boost their confidence and alleviate depression, and suggested various exercises and techniques to develop their mental strength. Some students need follow up sessions to monitor their problems.

Students participated freely with the counsellor regarding their problem; few of them need more than one follow up session and students felt happy upon discussing their problems with the counsellor.



Report on 4th Counselling session
Organized by Psychological Counselling Cell on 10.5.22

Date – 10.5.2022

Venue – Psychological Counselling Cell.

Time – 12:30 p.m. - 4 p.m.

No. of students participated in the session – 7

Name of the students who participated in counselling:

- 1.Akash Ghosh**
- 2.Tushar Shaw**
- 3.Sanhita Chakraborty**
- 4. Debasish Kangshabanik**
- 5. Anusree Karmakar**
- 6. Subhecha Naskar**
- 7. Anindita Gope**

The students in the session had problems varying from anxiety, stress, lack of confidence and anger management issues. One of the student had unsolved traumatic issues and also had trust issues with family members. Another student had episodes of emotional outbursts because of the unsolved past family history and she was given certain exercises to practice at home, dialogue between the student and the parents was required and so a follow up was suggested.

Another student was suffering from mobile addiction which was hampering their day-to-day activities like inability to decide and feeling restless all the time.

Counsellors Notes: Follow up required for one of the candidate.

Report on 5th Counselling session
Organized by Psychological Counselling Cell on 24.5.22

Date – 24.5.2022

Venue – Psychological Counselling Cell.

Time – 12:30 p.m. - 4 p.m.

No. of students participated in the session – 6

Name of the students who participated in counseling:

- 1. Anuradha Saha**
- 2. Shilpi Koley**
- 3. Monosree Das**
- 4. Damini Dey**
- 5. Lisa Ghosh**
- 6. Aditya Pal**

The students in the session had problems varying from anxiety, stress, lack of confidence, lack of motivation and family issues.

One of the student had unsolved traumatic issues and had troubled mother, and lives in a disharmonic situation with mother.

Another student had developed family issues, after her parents lost jobs during the lockdown and they had to take up all the responsibility of the household

Another student was having difficulty with personal relations leading to lack of concentration, poor mental health thereby leading to psychological disturbances.

Counsellors Notes: Follow up required for two of the candidate.