

## Counselling Report July 2018-April2022

Date of implementation	Number of students enrolled	Agencies involved
19th July 2018-25th April 2022	2018-42 students x 4 sessions per student (on an average) 2019-36 students x 4 sessions per student (on an average) 2020-28 students x 4 sessions per student (on an average) 2021-35 students x 4 sessions per student (on an average)	Saniya Bedi Counselling Psychologist & PhD Scholar <a href="mailto:bedi_s@knc.du.ac.in">bedi_s@knc.du.ac.in</a>

Kamala Nehru College as an educational institution takes care of the mental health wellbeing of its students, faculty, and administrative staff. Over these years, the mental health needs of all-students, teaching and non-teaching staff have been undertaken by the college counsellor, Ms Saniya Bedi. Two days per week i.e., Monday and Wednesday, two hours each day, i.e., 01:00 p.m. to 03:00 p.m. has been dedicated towards taking therapy sessions. Every session is confidential and a report for each student is made and shared with the student (Please find attached a sample of the same). In cases of emergencies, the head of the institution, i.e., the Principal is informed and necessary action is thereby taken.

Some of the concerns that have been reported over a period of time are as follows:

1. **Academic Concerns:** These concerns include inappropriate time management, inability to optimally focus on academics as well as extra curricular activities
2. **Stress Management:** The reasons for stress were multiple however the manifestation of the same- quite similar among students. The common observations were loss of appetite, irregular sleep patterns, lack of concentration and missing quotient of overall happiness. The plethora of opportunities at college, problems at home, financial concerns, etc., were some of the causes of stress. Stress busting techniques were discussed and regular follow ups ensured that they were at ease
3. **Career Choices:** Students reported lack of direction in terms of their career choices and also required assistance in planning for the preparation of entrance examinations

4. **Social Relationships:** Students shared their concern of not being able to make friends. These students also reported a history of not being able to do so indicating no newness in the concern which suggested no requirement of any particular change in the college setup. The lockdown and the online classes and now the shift back to offline mode has been bothering students as adjustments every time is challenging
5. **Family Problems:** Some of the students shared the family concerns they face at home. These included fights among relatives, fights between parents, discrimination by parents between siblings etc., This was doubly noticed during the lockdown phase wherein students from such a progressive and inclusive institution went back to their home towns, only to realise that things are not the same there
6. **Self-Confidence:** Low self-confidence was reported by some students. This was related to body image issues, not being satisfied with their academic score, taking other peoples' comments seriously etc.,
7. **Anxiety:** Quite a few students reported having concerns of anxiety and the effects of the same in various areas of their lives. This was seen more during the period of covid