

Centre of Excellence Government College, Sanjauli

Counseling Cell

Department of Psychology

Academic Session 2023-24

CONFIDENTIAL NAME	GENDER	DATE OF 1ST SESSION
F1	F	27-09-23
M1	M	3/10/2023
M2	M	26-09-23
F2	F	29-09-23

Report for Counseling Cell - Academic Session 2023-24

Introduction:

The counseling cell has been actively providing support to students facing emotional, psychological, and academic challenges during the 2023-24 academic session. Below is a summary of the key observations and interventions undertaken, ensuring student confidentiality while highlighting the nature of services provided.

Overview of Cases

1. Total Sessions Conducted:

- The counseling cell has conducted multiple sessions with students, each tailored to address individual concerns and provide comprehensive psychological support.

2. Confidentiality:

- Due to the sensitive nature of counseling, specific details, including student names and full case histories, are kept confidential. This ensures the privacy and trust of the students who seek assistance.

Major Presenting Concerns

- **Generalized Anxiety Disorder (GAD):**
 - One student (M1) reported excessive overthinking and inner conflicts affecting his academic and daily life. The treatment plan included psychoeducation, Cognitive-Behavioral Therapy (CBT), mindfulness techniques, and stress management strategies.
 - Regular follow-ups are scheduled to monitor progress and adjust interventions as necessary.
- **Mild Mood Swings:**
 - Another student (M2) reported experiencing mild mood swings, which were affecting his emotional stability and academic focus. The mood changes included periods of irritability, sadness, and difficulty maintaining a consistent emotional state.
 - The approach involved psychoeducation, CBT techniques to help identify and manage triggers, and the introduction of lifestyle modifications such as regular exercise, sleep hygiene, and relaxation techniques.

Treatment Approaches Implemented

1. **Cognitive-Behavioral Therapy (CBT):**
 - Utilized to help students identify and challenge negative thought patterns, manage mood fluctuations, and develop healthier coping strategies.
2. **Mindfulness and Relaxation Techniques:**
 - These were incorporated to help students remain present and manage distress, promoting emotional stability and overall well-being.
3. **Supportive Counseling:**
 - Sessions focused on creating a safe space for students to express their emotions, fostering open communication, and addressing personal and academic concerns.
4. **Stress Management:**
 - Techniques such as time management and prioritization were taught to support students in managing their academic workload effectively, reducing stress that may exacerbate mood swings.

Follow-Up and Monitoring

- **Continuous Support:**
 - Students receiving counseling have regular follow-up appointments to assess progress, adjust treatment plans, and ensure consistent support for their psychological and academic well-being.
- **Collaborative Efforts:**
 - Collaboration with psychiatrists is considered when necessary to provide a holistic approach, including medication management if symptoms of mood swings persist or intensify.

Confidentiality Assurance

- The counseling cell emphasizes the importance of maintaining confidentiality in all sessions. Information is disclosed only when absolutely necessary, such as when there is a risk of harm to the student or others.

Conclusion

The counseling cell remains committed to providing confidential and supportive services to students, addressing their emotional, psychological, and academic challenges. The focus is on creating a safe and effective environment for students to seek help, promoting their overall well-being and academic success.

This report reflects the commitment of the counseling cell in supporting student well-being and ensuring the highest standards of psychological care throughout the academic session.

MR. Akshay Azad
Assistant Professor
Department of Psychology

CoE, GC Sanjauli, Shimla-6