



GUIDANCE AND COUNSELLING CELL REPORT

(2016-2017 to 2020-21)

MATA GUJRI COLLEGE

FATEHGARH SAHIB-140 406 (Pb)

An Autonomous College

Reaccredited with 'A' Grade by NAAC

Covered under 'Star College Scheme' of DBT, GOI

Approver by AICTE New Delhi for MBA & MCA Courses

Affiliated to Punjabi University, Patiala

www.matagujricollege.org

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GUIDANCE AND COUNSELLING CELL

The objective of Guidance and Counselling Cell is to provide services to students that will furnish students with potential skills in order to make them mature and socially responsible being. In addition to this, it also aims to serve as facilitator in students' journey of life. So that, they can become more resilient individual, remove barriers that hinder their growing potential and feel more capable to find their way in the world. The Guidance and Counselling Cell fosters students through different activities and therapeutic techniques that make them viable being to deal with different hurdles of personal and academic life.

ACTIVITIES OF GUIDANCE AND COUNSELLING CELL

Guidance and Counselling Cell undertakes the following activities:

- Psychological services are provided to students in order to resolve their emotional, behavioral, academic and social issues.
- Planning and implementing career guidance program
- Enlightening students' through an individual counseling
- Organizing workshop in the area of :
 - ❖ Management of Stress
 - ❖ Emotional intelligence
 - ❖ Psychological issues faced by students
 - ❖ Procrastination
 - ❖ Art Therapy
 - ❖ Career Guidance
 - ❖ Seasonal Effective Disorder

COUNSELLING CELL

The counseling cell is a planned structured dialogue between a counselor and a client. It is a cooperative process in which a trained professional helps a person called the client to identify the sources of difficulties / concerns that he/she is experiencing. Together they develop ways to overcome these problems so that person has new skills and increased understanding of themselves.

COUNSELLING TECHNIQUES:

COUNSELLING TECHNIQUES

NON- TESTING TECHNIQUE

1. Contingency Management
2. Modeling
3. Token Economies
4. Free Association
5. Cognitive Restructuring
6. Mindfulness Practice

TESTING TECHNIQUE

1. 16PF
2. NEO PI-R
3. Eysenck Personality Inventory
4. Raven Progressive Matrices
5. GHQ
6. STAI

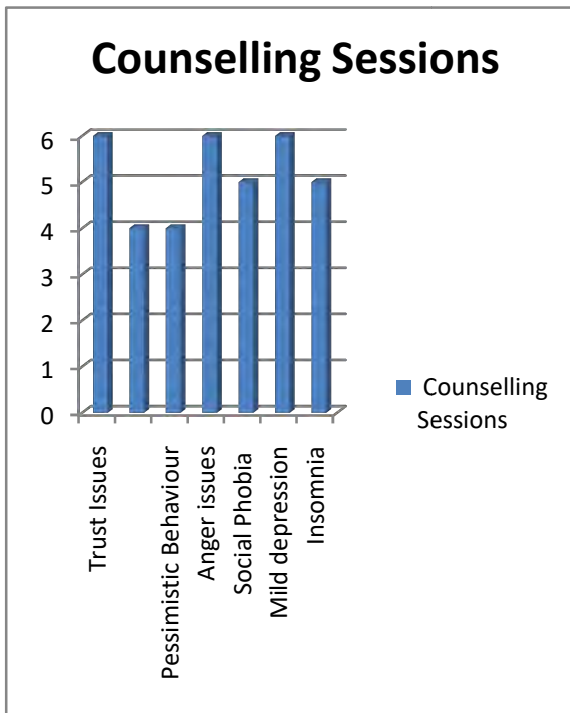
MONTH WISE REPORT COUNSELLING DATA OF SESSION (2016-17)

AUGUST 2016-17			
Sr.No	Cases	No of Counselling Sessions	No of Students'
1.	Adjustment Problems	5	1
2.	Performance Anxiety	4	1
3.	Depression	5	1
4.	Relationship Problems	3	1
5.	Anger Issues	5	1
6.	Low confidence	4	1
7.	Home-sickness	4	1
8.	Low self-esteem	5	1
9.	Adjustment problems	6	1
10.	Academic stress	4	1
TOTAL SESSIONS AND STUDENTS'		45	10
SEPTEMBER 2016-17			
1.	Trust Issues	6	1
2.	Lack of motivation to study	4	1
3.	Pessimistic Behaviour	4	1
4.	Anger issues	6	1
5.	Social Phobia	5	1
6.	Mild depression	6	1
7.	Insomnia	5	1
TOTAL SESSIONS AND STUDENTS'		36	7
OCTOBER 2016-17			
1.	Homesickness	5	1
2.	Low Self Confidence	6	1
3.	Academic stress	5	1
4.	Self-criticism	3	1
5.	Anger issues	5	1

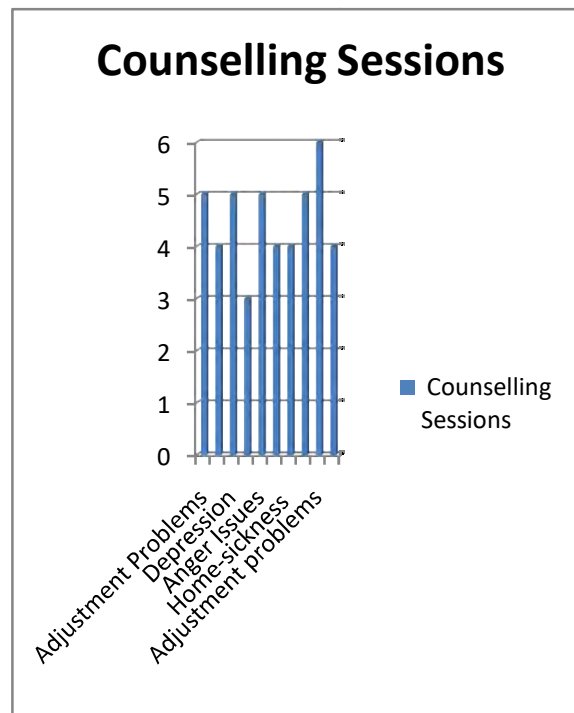
6.	Family issues	3	1
7.	Loneliness	3	1
8.	Relationship Problem	5	1
9.	Relationship Problem	6	1
TOTAL SESSIONS AND STUDENTS'		41	9
NOVEMBER 2016-17			
1.	Mild depression	6	1
2.	Adjustment issues	5	1
3.	Examination anxiety	4	1
4.	Poor interpersonal skills	6	1
5.	Relationship issues	6	1
6.	Identity confusion	5	1
7.	Examination anxiety	3	1
8.	Low confidence	5	1
9.	Performance anxiety	6	1
TOTAL SESSIONS AND STUDENTS'		46	9
DECEMBER 2016-17			
1.	Depression	6	1
2.	Relationship issues	4	1
3.	Insomnia	5	1
4.	Internet addiction	5	1
5.	Pessimistic behaviour	6	1
6.	Low self-esteem	7	1
TOTAL SESSIONS AND STUDENTS'		33	6
JANUARY 2016-17			
1.	Low self-esteem	4	1
2.	Anger issues	5	1
3.	Relationship issues	5	1
4.	Career issues	3	1
5.	Negative body image	4	1
6.	Social Anxiety	5	1
7.	Pessimistic behaviour	6	1

8.	Parental issues	5	1
TOTAL SESSIONS AND STUDENTS'		37	8
FEBRUARY 2016-17			
1.	OCD	6	1
2.	Dysthymia	7	1
3.	Anxiety issues	7	1
4.	Adjustment in relationship	7	1
5.	Depression	8	1
6.	Adjustment issues	6	1
7.	Relationship problem	6	1
TOTAL SESSIONS AND STUDENTS'		47	7
MARCH 2016-17			
1.	Insomnia	5	1
2.	Mild depression	7	1
3.	Anger issues	5	1
4.	Anxiety	6	1
5.	Relationship issues	6	1
TOTAL SESSIONS AND STUDENTS'		29	5
APRIL 2016-17			
1.	Trusting issues	4	1
2.	Low self-esteem	5	1
3.	Pessimistic behaviour	6	1
4.	Family issues	6	1
5.	Loneliness	5	1
6.	Exam anxiety	6	1
7.	Performance anxiety	5	1
8.	Relationship issues	6	1
9.	Exam anxiety	5	1
TOTAL SESSIONS AND STUDENTS'		48	9
TOTAL COUNSELLING SESSIONS AND STUDENTS'		362	70

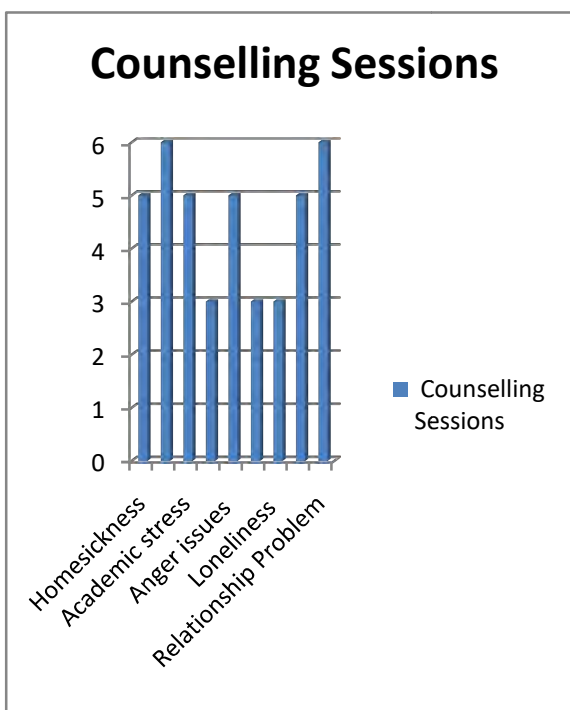
AUGUST 2016



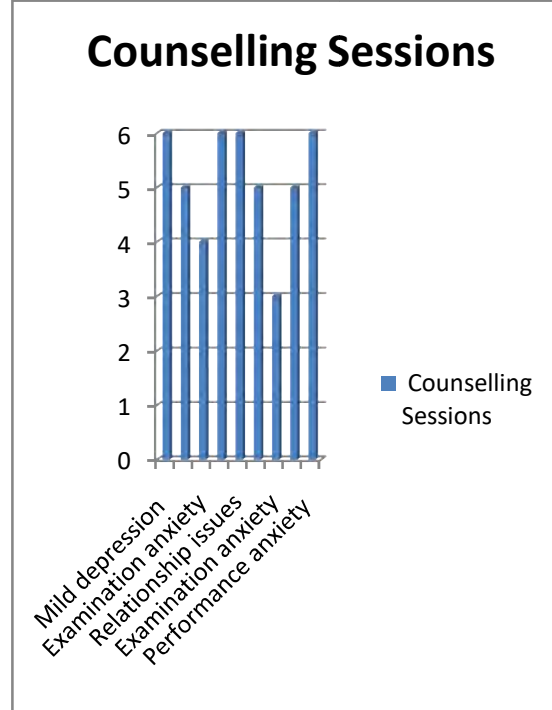
SEPTEMBER 2016



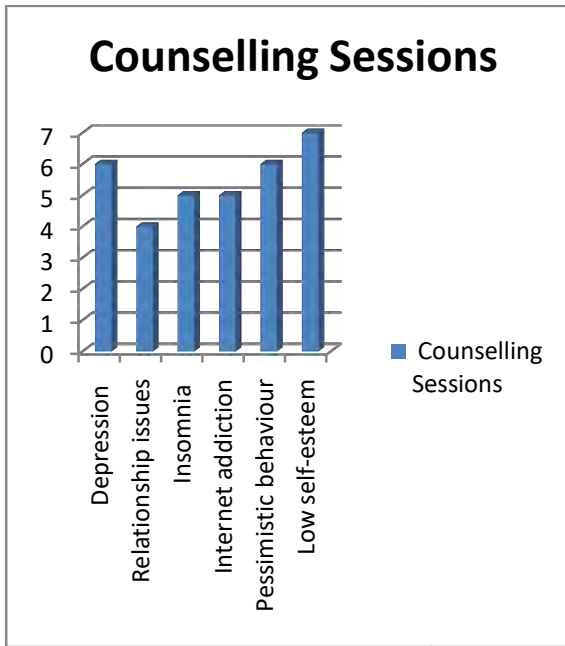
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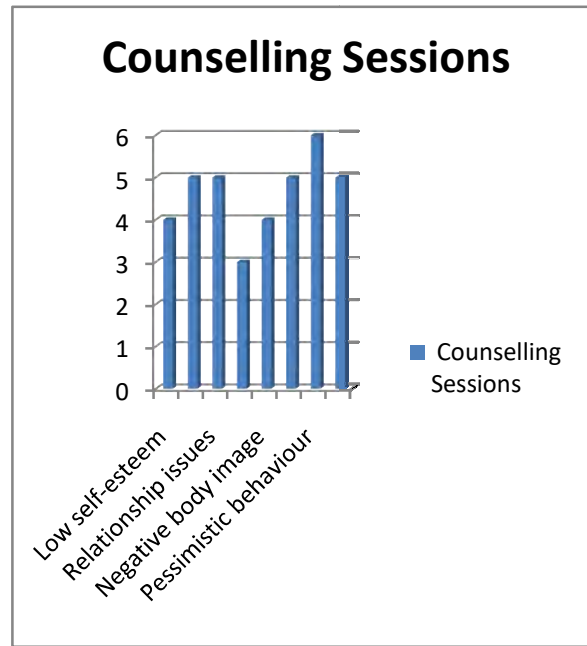
NOVEMBER 201



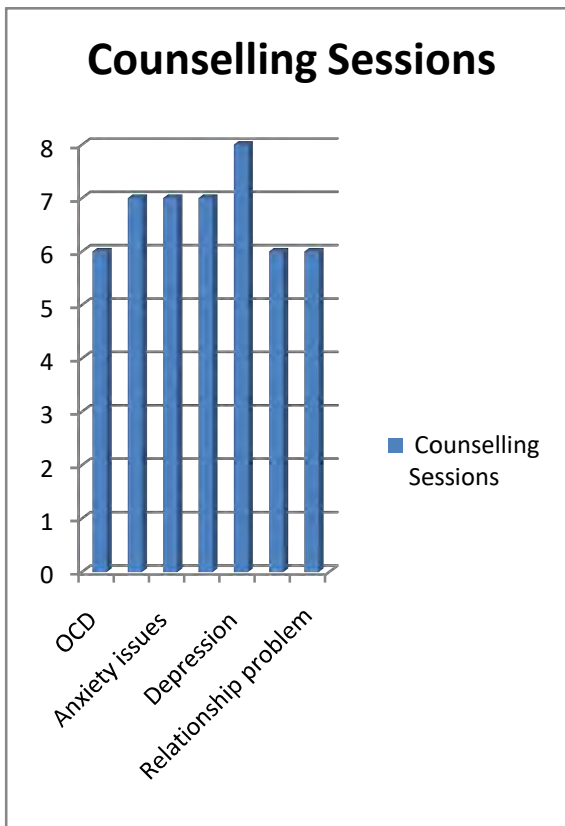
DECEMBER 2016



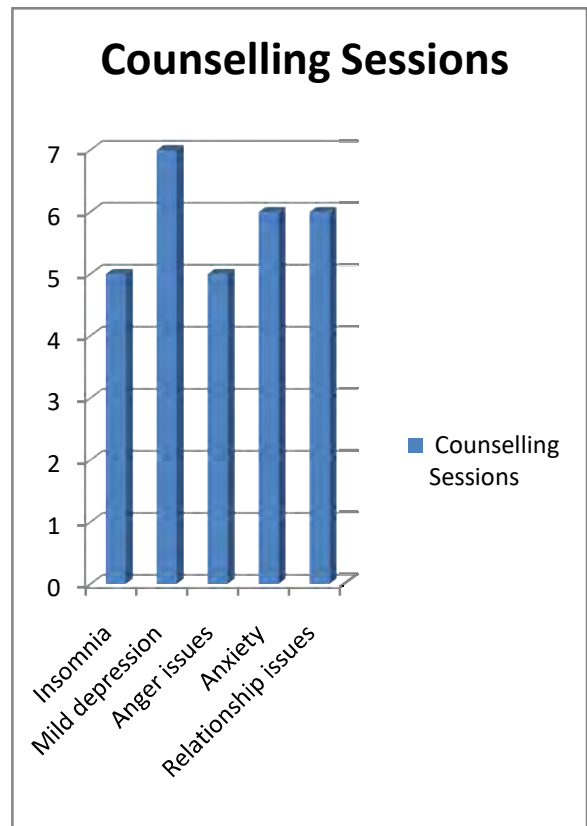
JANUARY 2016



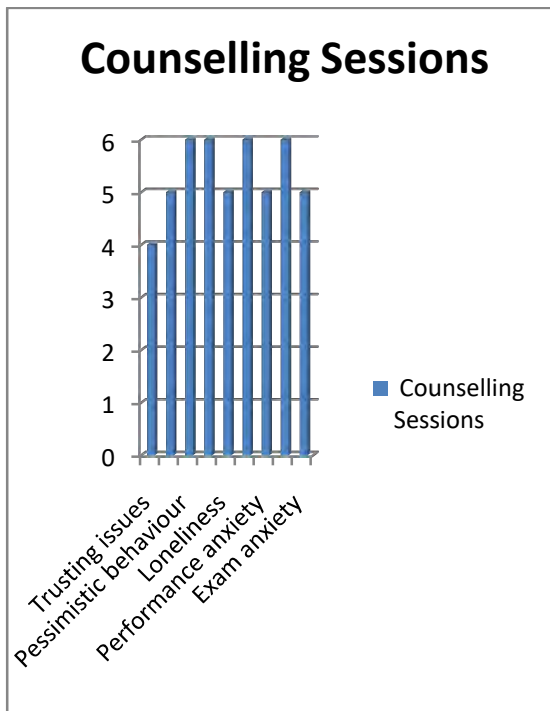
FEBRUARY 2016



MARCH 2016



APRIL 2016



MONTH WISE REPORT COUNSELLING DATA OF SESSION (2017-18)

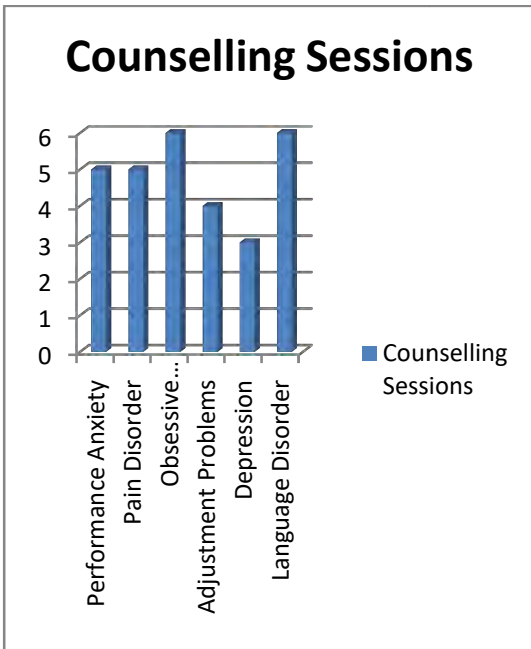
AUGUST 2017-18			
Sr.No	Cases	No of Counselling Sessions	No of Students'
1.	Performance Anxiety	5	1
2.	Pain Disorder	5	1
3.	Obsessive Compulsive Disorder	6	1
4.	Adjustment Problems	4	1
5.	Depression	3	1
6.	Language Disorder	6	1
TOTAL SESSIONS AND STUDENTS'		29	6
SEPTEMBER 2017-18			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Social Phobia	6	1
2.	Eating Disorder	6	1
3.	Gender Identity	6	1
4.	Hypomania	6	1
5.	Dysthymia	7	1
6.	Anxiety	5	1
7.	Academic Stress	5	1
8.	Oppositional Defiant Disorder	2	1
9.	Anorexia Nervosa	10	1
10.	Relationship Problem	5	1
11.	Bulimnia Nervosa	6	1
12.	Panic Disorder	5	1
13.	Premenstrual Syndrome	3	1
14.	Low Self Confidence	5	1
15.	Homesickness	3	1
TOTAL SESSIONS AND STUDENTS'		80	15

OCTOBER 2017-18			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Sickness/Health issues	4	1
2.	Performance Anxiety	5	1
3.	Narcissistic tendency	7	1
4.	Stuttering	5	1
5.	Depression	2	1
6.	Anger issues	12	1
7.	Body Dimorphic Disorder	12	1
8.	Specific Phobia	8	1
9.	Obsessive Compulsive Disorder	8	1
10.	Dependent Behaviour	6	1
TOTAL SESSIONS AND STUDENTS'		69	10
NOVEMBER 2017-18			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Parental Issues	6	1
2.	Generalized Anxiety	8	1
3.	Hypochondriacal tendencies	6	1
4.	Internet addiction	6	1
5.	Facial Tic disorder	5	1
6.	Insomnia due to Nightmares	5	1
TOTAL SESSIONS AND STUDENTS'		36	6
DECEMBER 2017-18			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Lack of concentration	5	1
2.	Poor interpersonal skills	7	1
3.	Unorganized personality	4	1
4.	Lack of motivation to study	4	1
5.	Pessimistic behaviour	4	1

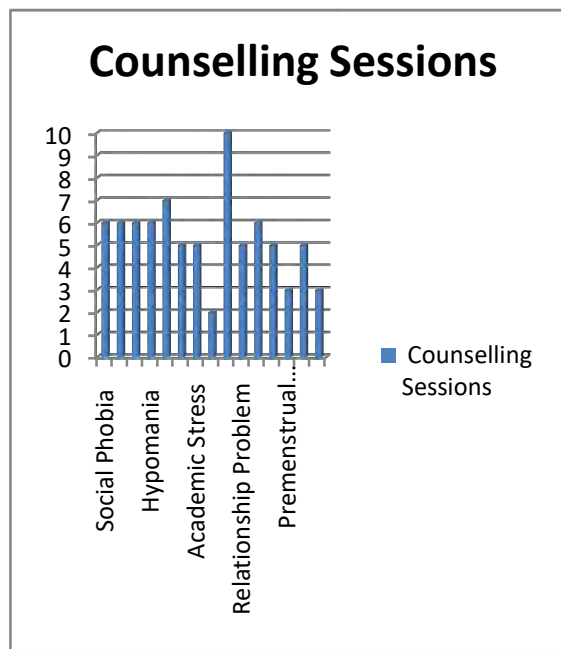
TOTAL SESSIONS AND STUDENTS'		24	5
JANUARY 2017-18			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Hypersomnia	6	1
2.	Marital issues	5	1
3.	Depression	Referred to Mind Care Hospital, Fatehgarh Sahib	1
4.	Academic stress	6	1
TOTAL SESSIONS AND STUDENTS'		17	4
FEBRUARY 2017-18			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Adjustment problems	5	1
2.	Stage fear	5	1
3.	Examination Anxiety	4	1
4.	Approach- approach conflict	4	1
5.	PTS- Post Traumatic stress	7	1
6.	Mild depression	8	1
TOTAL SESSIONS AND STUDENTS'		33	6
MARCH 2017-18			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Loneliness	3	1
2.	Obesity	4	1
3.	Adult manifestation of Oppositional defiant disorder	6	1
4.	Stress due to parental divorce	5	1
5.	Preoccupation with cleanliness	5	1
6.	Compulsive buying	6	1
7.	Herpetophobia	7	1

8.	Conversion Symptoms	8	1
TOTAL SESSIONS AND STUDENTS'		44	8
APRIL 2017-18			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Separation Anxiety	5	1
2.	Career choices	4	1
3.	Approach- avoidance conflict	4	1
4.	Pre-occupation with Cleaning	6	1
TOTAL SESSSIONSAND STUDENTS'		19	4
TOTAL COUNSELLING SESSION AND STUDENTS'		349	64

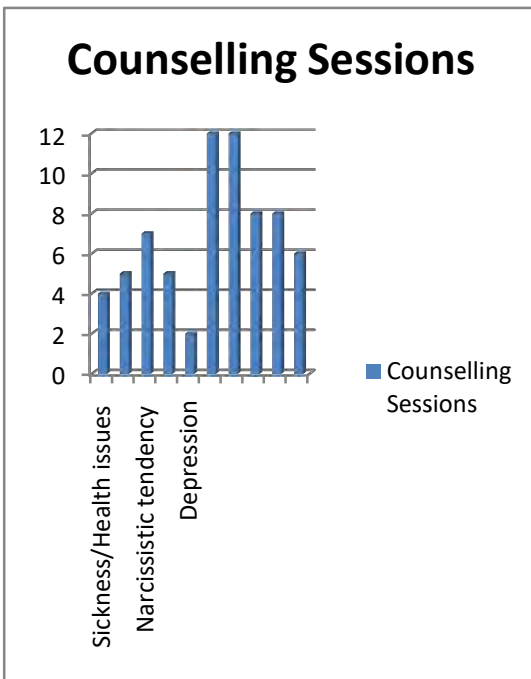
AUGUST 2017



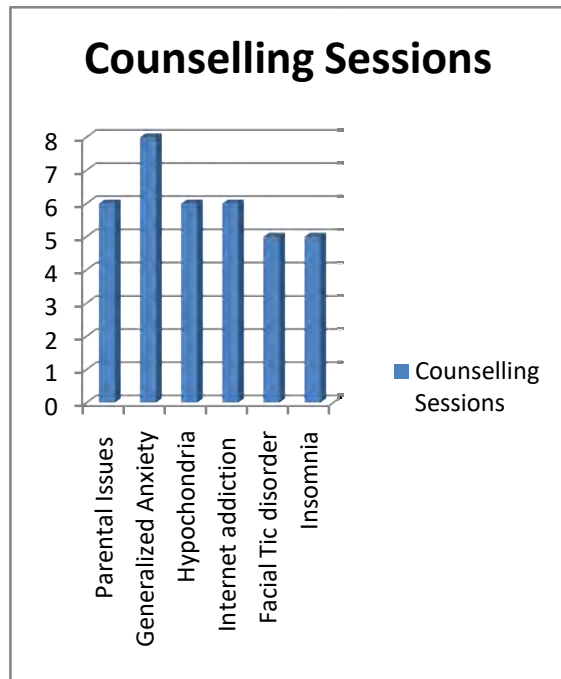
SEPTEMBER 2017



OCTOBER 2017

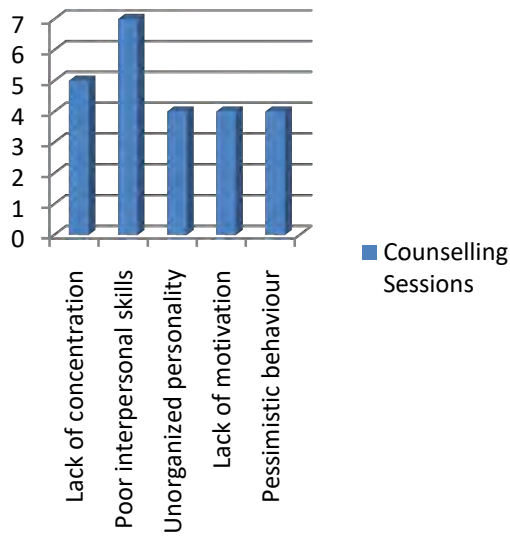


NOVEMBER 2017



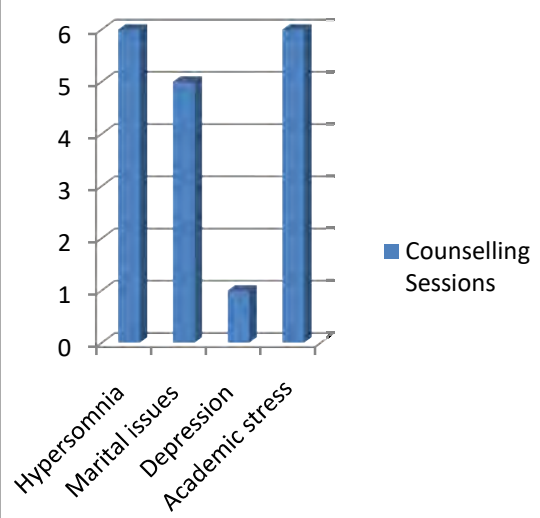
DECEMBER 2017

Counselling Sessions



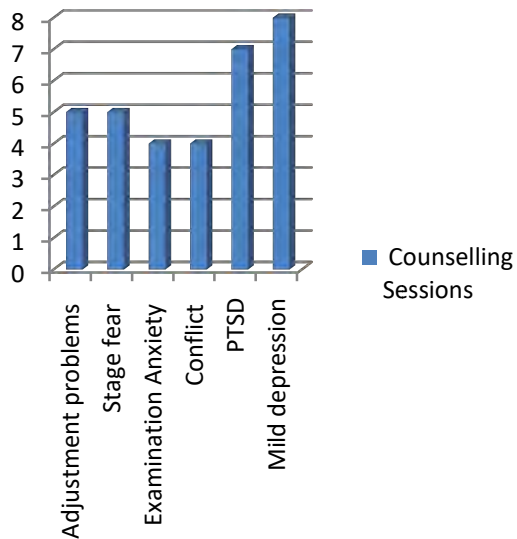
JANUARY 2018

Counselling Sessions



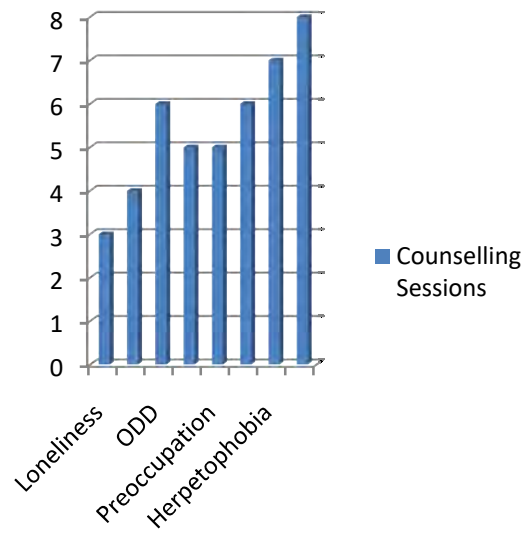
FEBRUARY 2018

Counselling Sessions

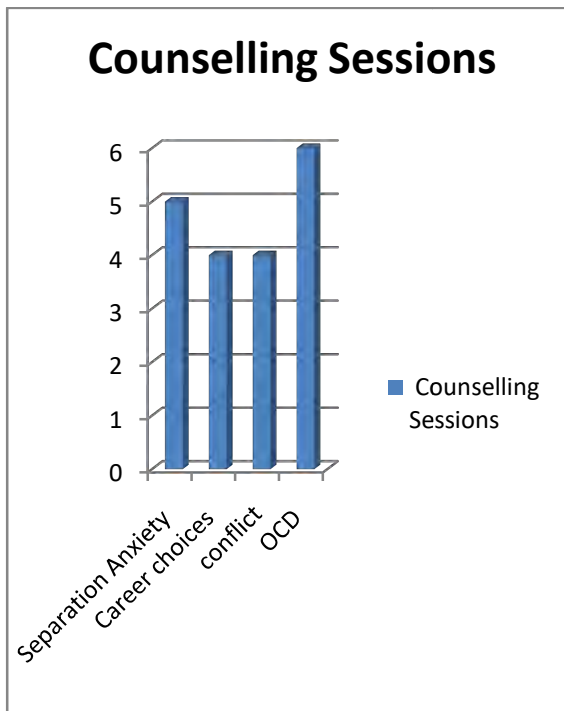


MARCH 2018

Counselling Sessions



APRIL 2018



MONTH WISE REPORT COUNSELLING DATA OF SESSION (2018-19)

AUGUST 2018-19			
Sr.No	Cases	No of counselling Sessions	No of Students'
1.	Stage fright	5	1
2.	Relationship Problems	5	1
3.	Specific Disorder	8	1
4.	Anger issues	6	1
5.	Bulimnia Nervosa	5	1
6.	Histrionic personality disorder	5	1
7.	Depression	3	1
8.	Panic disorder	3	1
9.	Relationship Problems	5	1
10.	Generalized Anxiety Disorder	8	1
11.	Pessimistic attitude	5	1
TOTAL SESSIONS AND STUDENTS'		58	11
SEPTEMBER 2018-19			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Separation anxiety	5	1
2.	Exam stress	5	1
3.	General Fatigue	5	1
4.	Drug Abuse	8	1
5.	Anger issues	7	1
6.	Lack of Assertiveness	6	1
7.	Bereavement issues	7	1
8.	Negative body image	4	1
9.	Career issues	5	1
10.	Trauma of childhood sexual abuse	5	1
11.	Social Anxiety	4	1

12.	Trauma	4	1
13.	Relationship concern	4	1
14.	Anaroxsic tendencies	6	1
15.	Self-criticism	4	1
16.	Identity concerns	6	1
TOTAL SESSIONS AND STUDENTS'		85	16

OCTOBER 2018-19

Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Premenstrual syndrome	3	1
2.	PUBG addiction	5	1
3.	Insomnia	5	1
4.	Low self-esteem	5	1
5.	Lack of motivation to study	5	1
6.	Poor interpersonal skills	5	1
7.	Somatization	3	1
8.	Pain disorder	6	1
9.	Obesity	6	1
10.	Oppositional defiant disorder	2	1
11.	Alcohol abuse	2	1
12.	Low confidence	5	1
13.	Nightmares	5	1
14.	Stress due to parental divorce	2	1
TOTAL SESSIONS AND STUDENTS'		59	14

NOVEMBER 2018-19

Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Loneliness	6	1
2.	Depression	3	
3.	Specific disorder	8	1
4.	GAD	8	1
5.	Hypersomnia	5	1

6.	Mimic spasms	10	1
7.	Internet addiction	8	1
8.	Approach- avoidance conflict	8	1
9.	Paranoid personality disorder	8	1
10.	General fatigue	8	1
11.	Paranoid personality disorder	11	1
TOTAL SESSIONSAND STUDENTS'		83	11

DECEMBER 2018-19

Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Dependent personality disorder	6	1
2.	Adjustment problem	4	1
3.	Specific disorder	8	1
4.	Lack of concentration	6	1
5.	Binge eating	8	1
6.	Depersonalization disorder	4	1
7.	Relationship problems	7	1
8.	Compulsive behaviour	6	1
TOTAL SESSIONSAND STUDENTS'		49	8

JANUARY 2018-19

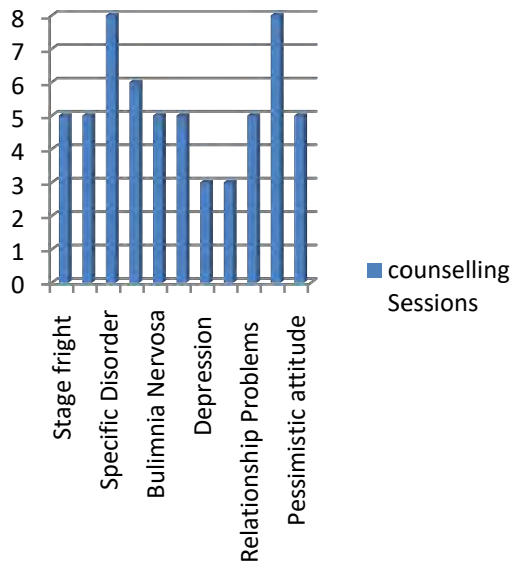
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Anorexia nervosa	10	1
2.	Addiction	8	1
3.	Depression	2	1
4.	Stammering problem	8	1
5.	Trust issues	11	1
6.	Aggressive behaviour	12	1
7.	Clinging behaviour	6	1
8.	Negative perception about life	5	1
TOTAL SESSIONSAND STUDENTS'		62	8

FEBRUARY 2018-19

Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Neurotic behaviour	8	1
2.	Sleeping disorder	5	1
3.	Poor communication skills	5	1
4.	Premenstrual syndrome	3	1
TOTAL SESSIONSAND STUDENTS'		21	4
MARCH 2018-19			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Performance anxiety	5	1
2.	Pain disorder	5	1
3.	Obsessive compulsive disorder	6	1
4.	Adjustment problems	4	1
5.	Depression	3	1
6.	Language disorder	6	1
TOTAL SESSIONSAND STUDENTS'		29	6
APRIL 2018-19			
Sr. No	Cases	No of Counselling Sessions	No of Students'
1.	Lack of concentration	5	1
2.	Poor interpersonal skills	7	1
3.	Unorganized personality	4	1
4.	Lack of motivation to study	4	1
5.	Pessimistic behaviour	4	1
TOTAL SESSIONSAND STUDENTS'		24	5
TOTAL COUNSELLING SESSIONSAND STUDENTS'		470	83

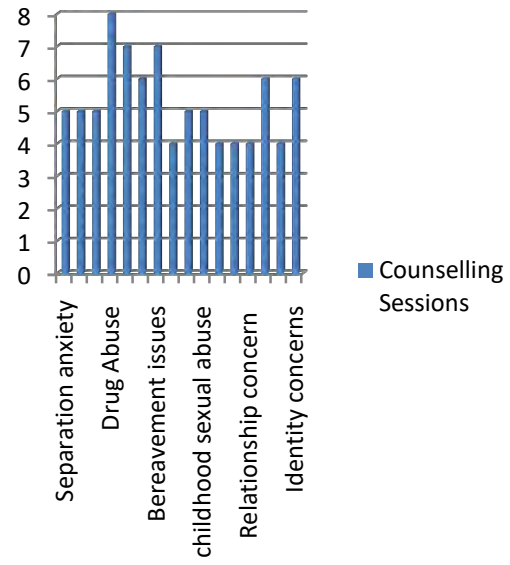
AUGUST 2018

Counselling Sessions



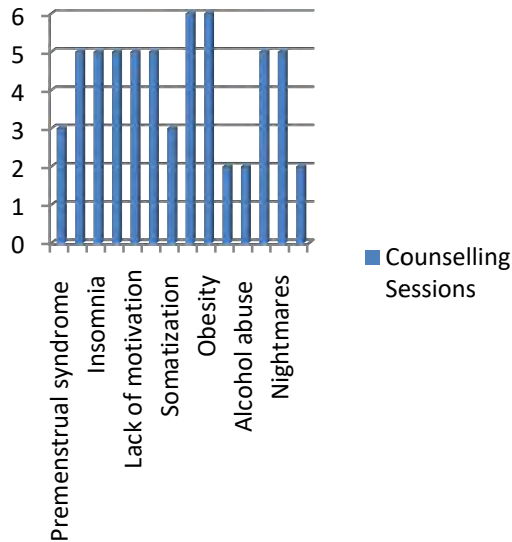
SEPTEMBER 2018

Counselling Sessions



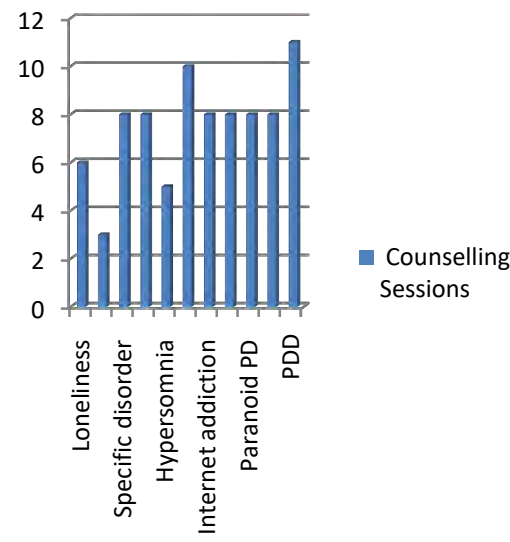
OCTOBER 2018

Counselling Sessions

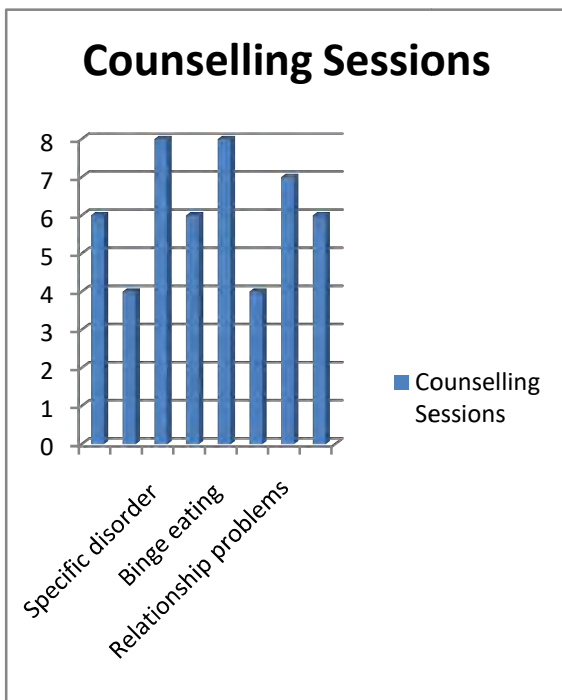


NOVEMBER 2018

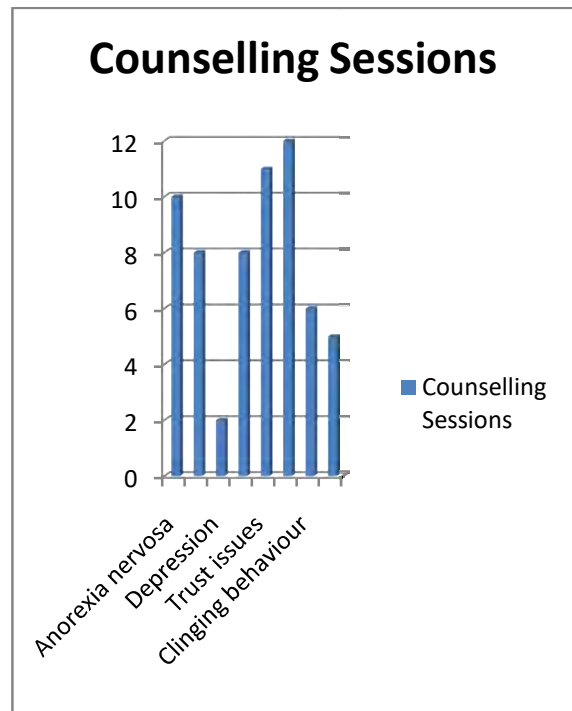
Counselling Sessions



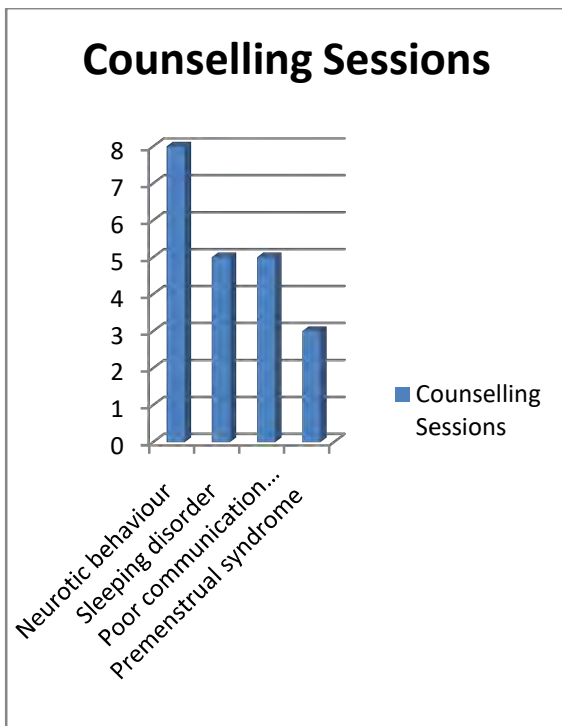
DECEMBER 2018



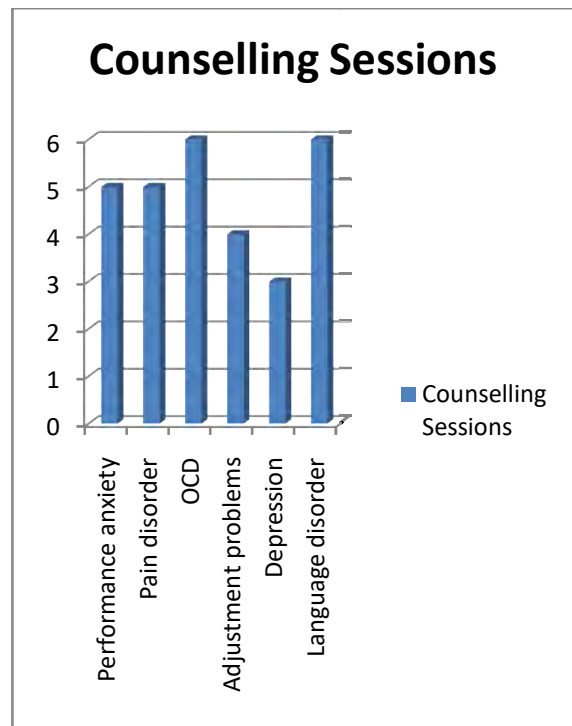
JANUARY 2019



FEBRUARY 2019

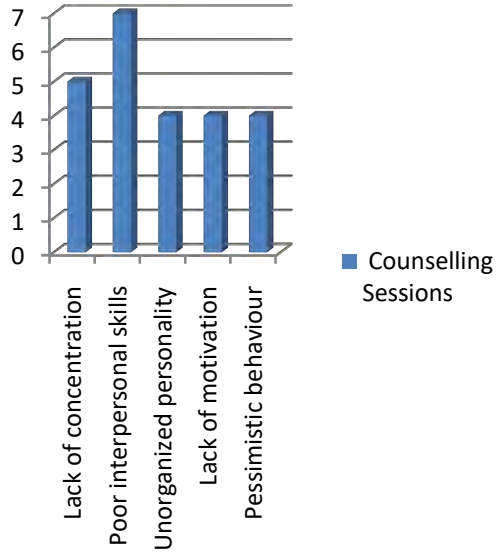


MARCH 2019



APRIL 2019

Counselling Sessions



MONTH WISE REPORT COUNSELLING DATA OF SESSION (2019-20)

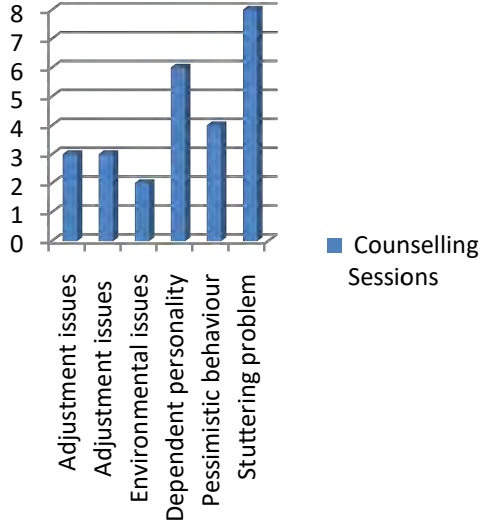
AUGUST 2019-20			
Sr.No	Cases	No of counselling Sessions	No of Students'
1	Adjustment issues	3	1
2	Adjustment issues	3	1
3	Environmental issues	2	1
4	Dependent personality	6	1
5	Pessimistic behaviour	4	1
6	Stuttering problem	8	1
TOTAL SESSIONS AND STUDENTS'		26	6
SEPTEMBER 2019-20			
1	Approach avoidance conflict	4	1
2	Pre occupation with cleansing	6	1
3	Trust issues	7	1
4	Lack of motivation to study	4	1
5	Pessimistic behaviour	4	1
6	Anger Issues	6	1
TOTAL SESSIONSAND STUDENTS'		31	6
OCTOBER 2019-20			
1	Anxiety	4	1
2	Depression	2	1
3	Anger issues	6	1
4	Lack of motivation to study	4	1
5	Generalized anxiety disorder	8	1
TOTAL SESSIONSAND STUDENTS'		24	5
NOVEMBER 2019-20			
1	Pessimistic Attitude	5	1
2	Adjustment problems	5	1
3	Stage fear	5	1

4	Oppositional defiant disorder	2	1
5	Anorexia nervosa	4	1
6	Gender identity	6	1
7	Hypomania	6	1
8	Anxiety	5	1
9	Academic stress	5	1
10.	Adjustment Problems	4	1
11.	Depression	3	1
TOTAL SESSIONSAND STUDENTS'		50	11
DECEMBER 2019-20			
1	Self-criticism	4	1
2	Identity confusion	6	1
3	Examination anxiety	4	1
4	Approach approach conflict	2	1
5	Post-traumatic stress disorder	7	1
TOTAL SESSIONSAND STUDENTS'		23	5
JANUARY 2019-20			
1	Panic disorder	5	1
2	Pre-menstrual syndrome	3	1
3	Low self confidence	5	1
4	Home sickness	3	1
TOTAL SESSIONSAND STUDENTS'		16	4
FEBRUARY 2019-20			
1	Anger issues	12	1
2	Body dimorphic disorder	12	1
3	Specific Phobia	8	1
4	Health issues	4	1
TOTAL SESSIONSAND STUDENTS'		36	4
MARCH 2019-20			
1	Insomnia	5	1
2	Mild depression	7	1
3	Anger issues	5	1

4	Anxiety	6	1
5	Relationship issues	6	1
TOTAL SESSIONSAND STUDENTS'		29	5
APRIL 2019-20			
1	Parental Issues	3	1
2	Generalized anxiety	3	1
3	Obesity	5	1
4	Pessimistic behaviour	5	1
5	Trust issues	5	1
6	Deviant personality	5	1
TOTAL SESSIONSAND STUDENTS'		26	6
TOTAL COUNSELLING SESSIONSAND STUDENTS'		261	42

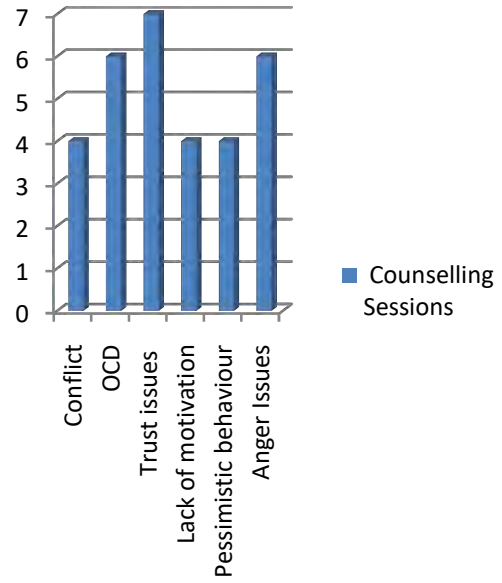
AUGUST 2019

Counselling Sessions



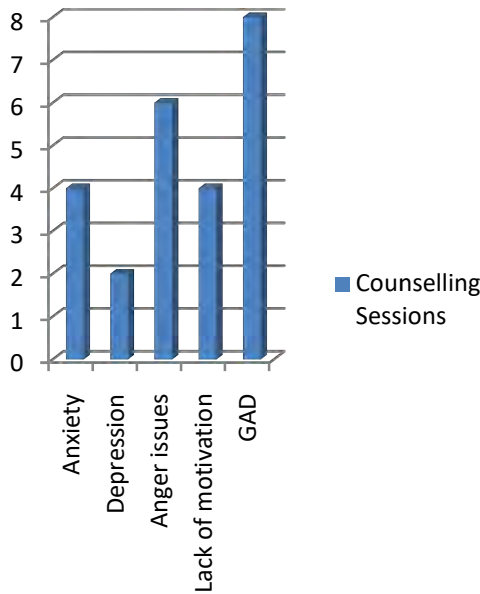
SEPTEMBER 2019

Counselling Sessions



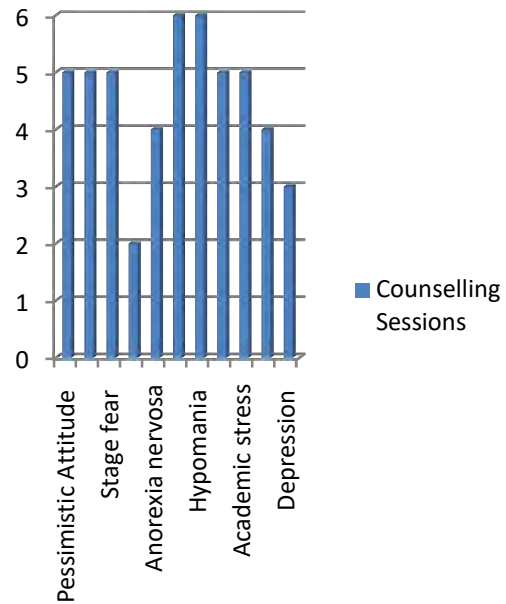
OCTOBER 2019

Counselling Sessions

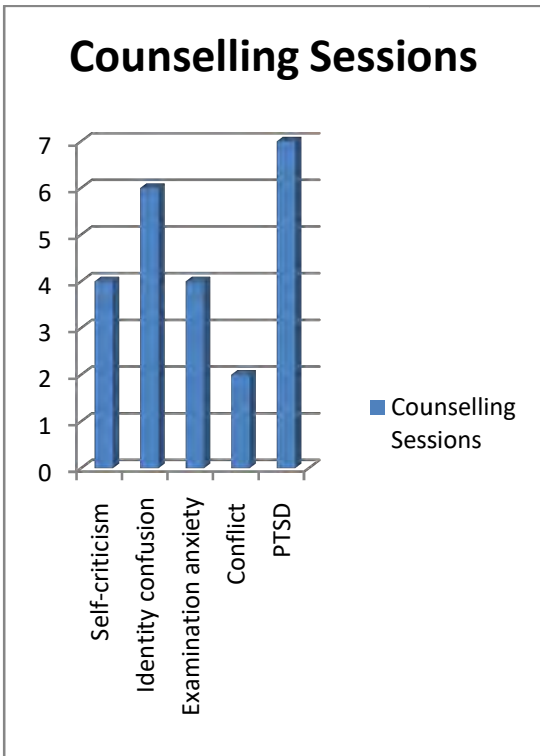


NOVEMBER 2019

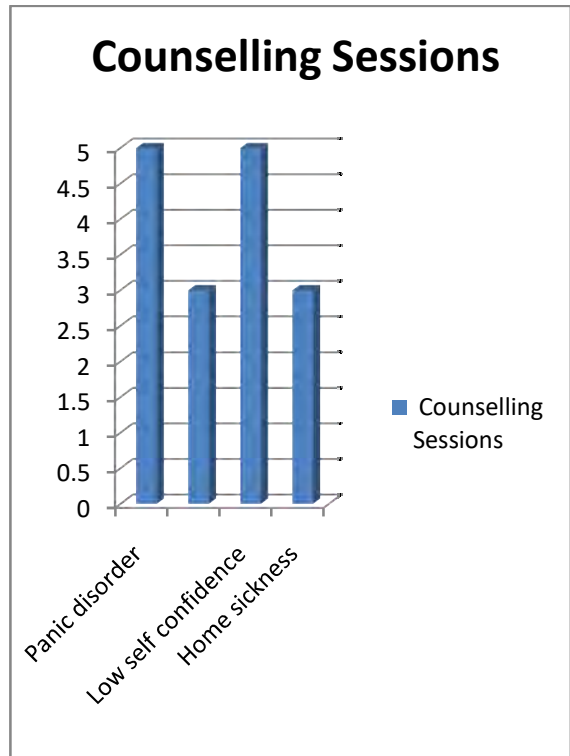
Counselling Sessions



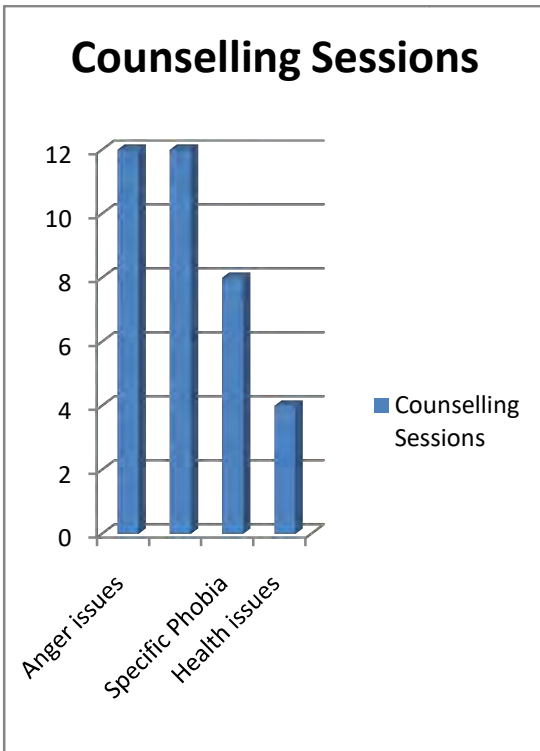
DECEMBER 2019



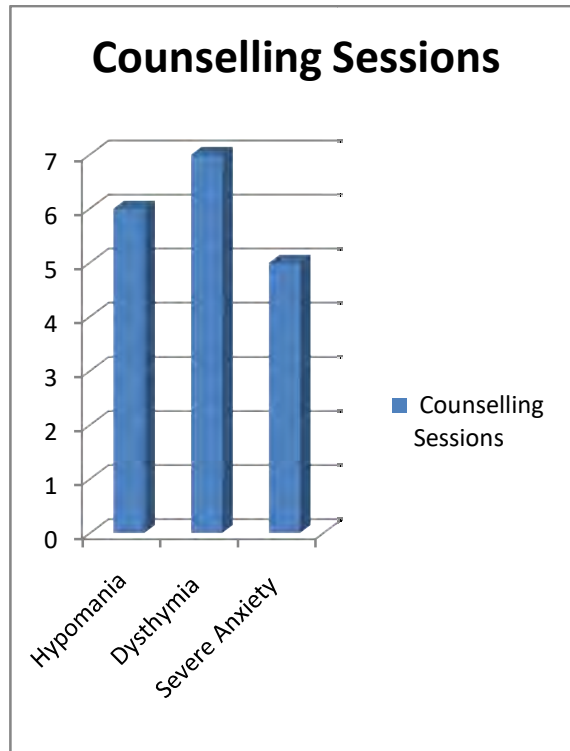
JANUARY 2020



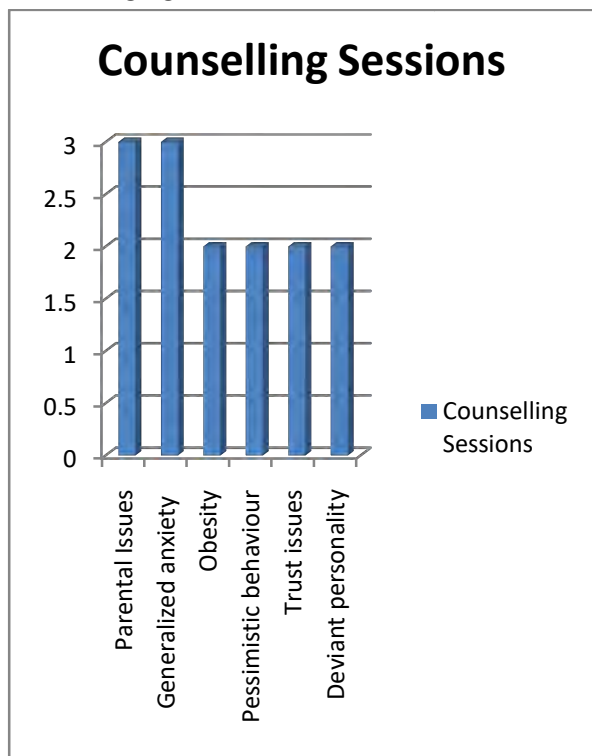
FEBRUARY 2020



MARCH 2020



APRIL 2020

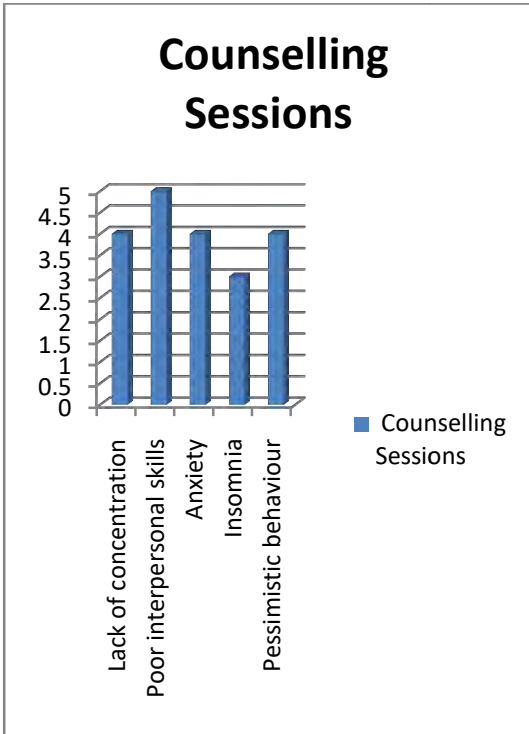


MONTH WISE REPORT COUNSELLING DATA OF SESSION (2020-21)

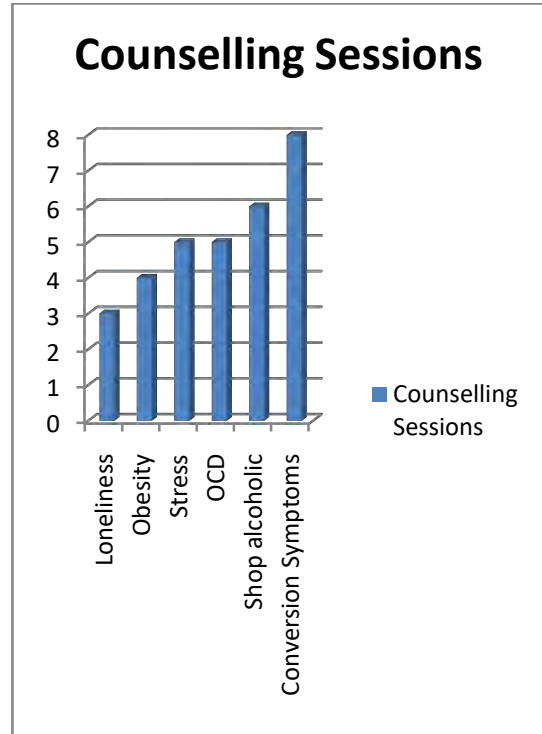
AUGUST 2020-21			
Sr.No	Cases	No of counselling Sessions	No of Students'
1	Lack of concentration	4	1
2	Poor interpersonal skills	5	1
3	Anxiety	4	1
4	Insomnia	3	1
5	Pessimistic behaviour	4	1
TOTAL SESSIONS AND STUDENTS'		20	5
SEPTEMBER 2020-21			
1	Loneliness	3	1
2	Obesity	4	1
3	Stress	5	1
4	OCD	5	1
5	Shop alcoholic	6	1
6	Conversion Symptoms	8	1
TOTAL SESSIONS AND STUDENTS'		31	6
OCTOBER 2020-21			
1	Exam stress	5	1
2	Dysthymia	5	1
3	Negative body image	4	1
4	Career issues	5	1
5	Anger issues	3	1
6	Lack of Assertiveness	6	1
7	Bereavement issues	5	1
8	Relationship concern	4	1
TOTAL SESSIONS AND STUDENTS'		37	8
NOVEMBER 2020-21			
1	Loneliness	6	1

2	Depression	3	1
3	Internet addiction	7	1
4	Approach- avoidance conflict	6	1
5	Paranoid personality disorder	8	1
6	General fatigue	7	1
7	Relationship Issue	6	1
TOTAL SESSIONSAND STUDENTS'		43	7
DECEMBER 2020-21			
1	Dependent personality disorder	6	1
2	Adjustment problem	4	1
3	Specific disorder	5	1
4	Lack of concentration	6	1
5	Relationship problems	5	1
6	Compulsive behaviour	6	1
TOTAL SESSIONSAND STUDENTS'		32	6
JANUARY 2020-21			
1	Internet Addiction	6	1
2	Marital issues	5	1
3	Depression	5	1
4	Examination Stress	6	1
TOTAL SESSIONSAND STUDENTS'		22	4
FEBRUARY 2020-21			
1	Stage fright	4	1
2	Relationship Problems	5	1
3	Anger issues	6	1
4	Bulimnia Nervosa	5	1
5	Generalized Anxiety Disorder	6	1
6	Pessimistic attitude	5	1
TOTAL SESSIONSAND STUDENTS'		31	6
TOTAL COUNSELLING SESSIONSAND STUDENTS'		216	42
GRAND TOTAL OF COUNSELLING SESSIONS AND STUDENTS'		1484	313

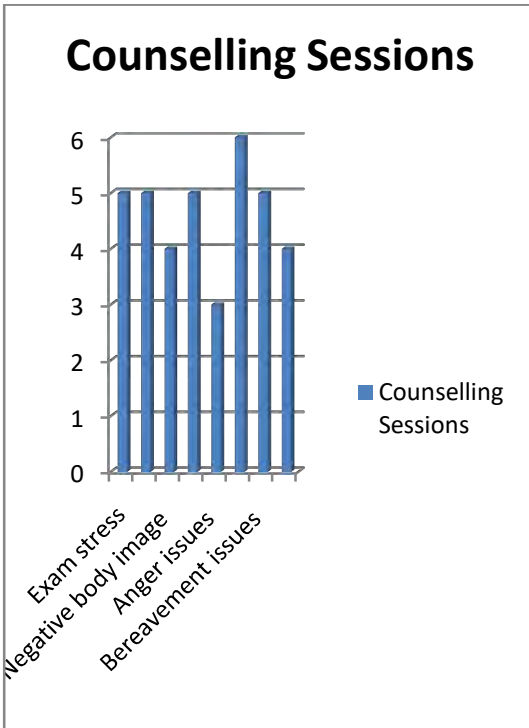
AUGUST 2020



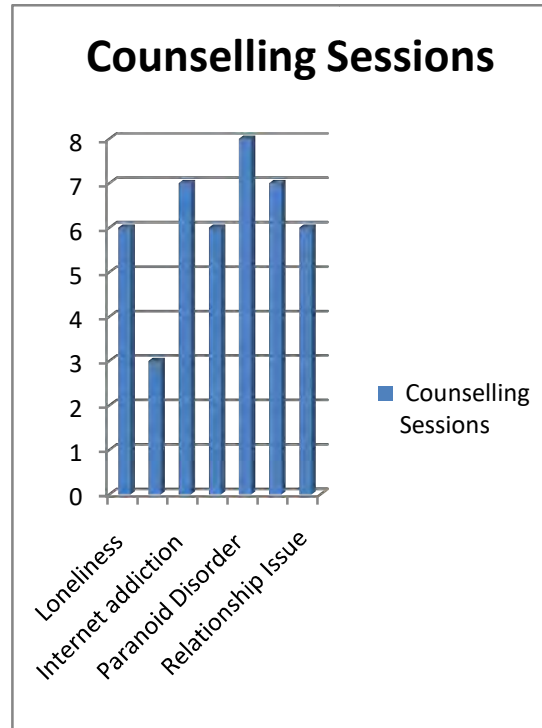
SEPTEMBER 2020



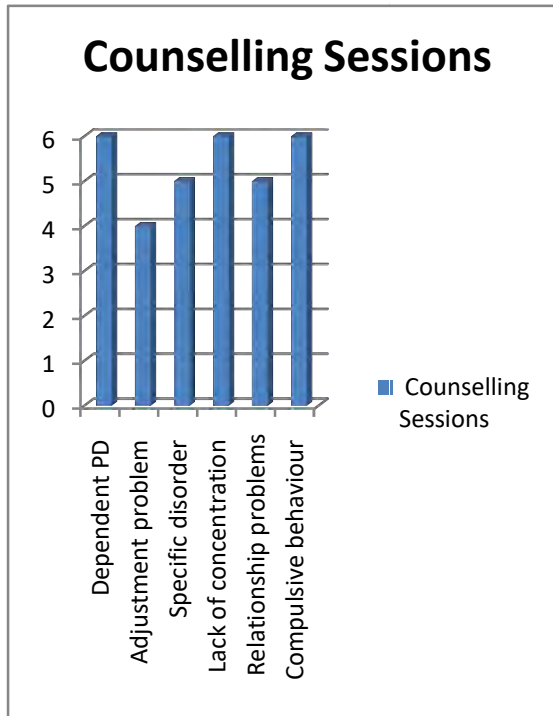
OCTOBER 2020



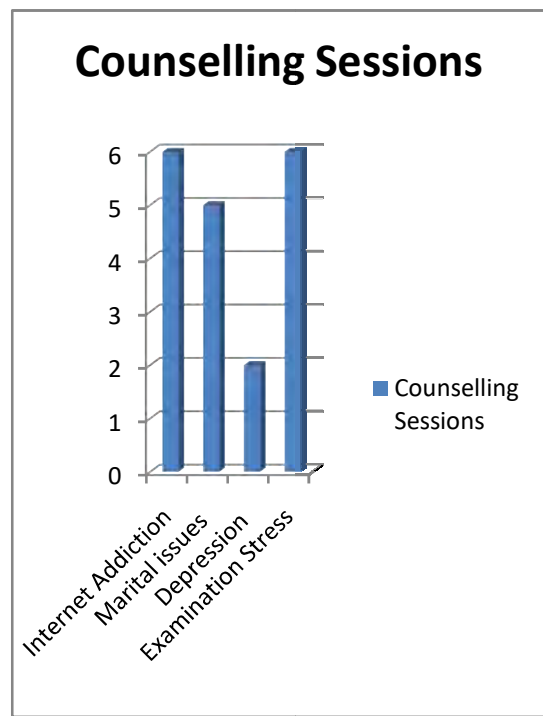
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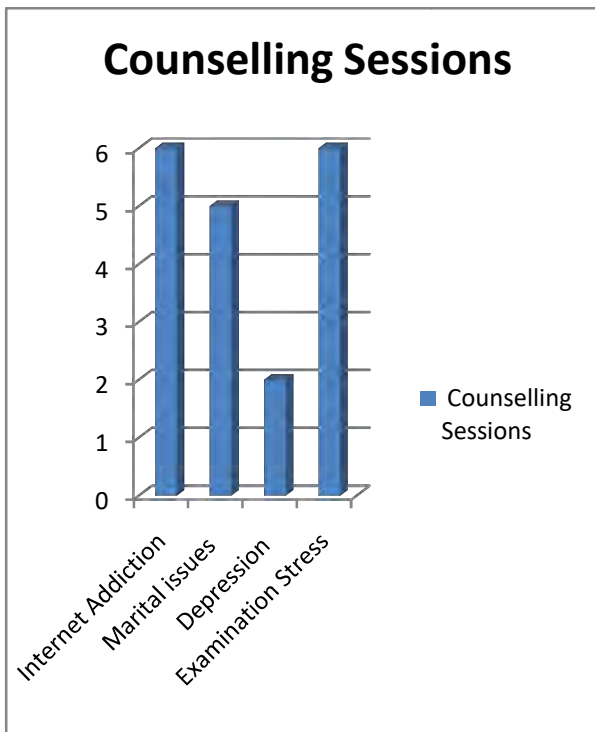
DECEMBER 2020



JANUARY 2021



FEBRUARY 2021



OTHER ACTIVITIES DONE BY COUNSELLOR

SESSION 2016-17

COUNSELLOR- MS. INDERBIR KAUR

- Delivered a lecture as a key note speaker on the **IMPORTANCE OF GUIDANCE AND COUNSELLING** in the department of Journalism and mass communication on 12.09.2016. She enlightened the students about the need of seeking professional help in resolving personal and professional issues to enhance self growth.

GUEST LECTURE- IMPORTANCE OF GUIDANCE & COUNSELLING

Speaker: Inderbir Kaur, Counsellor, Mata Gujri College, Fatehgarh :

Date: 12. 9. 2016



- A lecture organized by counsellor on the general awareness on the effectiveness of guidance and counselling in student's life was delivered in life science block on 21-09-2016. Common problems of students were discussed and different techniques to solve those problems were given by the counsellor.



COUNSELLOR- MS. KANIKA SHARMA

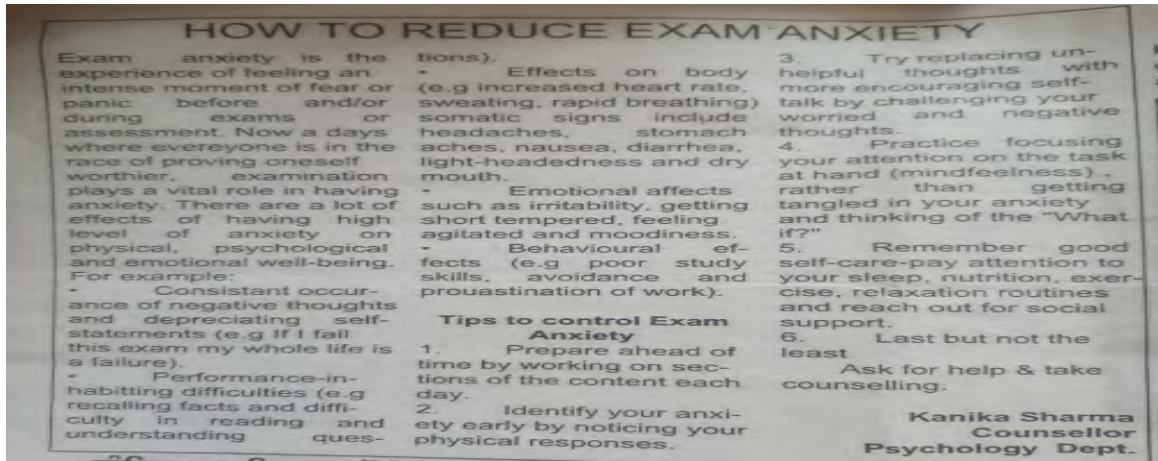
- Invited as a guest speaker on **Youtube Channel:DJMC Mata Gujri College** on the occasion of **International Women's Day** organized by department of Journalism and Mass Communication on 08-03-2017. The group interview included viewpoints on **The Current Status of Women in Indian Society** of four women from different fields (i.e. education, sports and counselling).



SESSION 2017-18

COUNSELLOR- MS. KANIKA SHARMA

- Delivered a lecture as a key note speaker on the **IMPORTANCE OF GUIDANCE AND COUNSELLING** in the department of **Management Studies**. Question and Answer session was also included to satisfy the curiosity of students regarding counselling services.
- Delivered a lecture on **Stress Management** in Social Science Block organized by Department of Psychology on 30-10-2017. The students were introduced to relaxation techniques along with the strategies for effective routine management.
- Published an article on **HOW TO REDUCE EXAM ANXIETY** in college's monthly lab journal 'FATEH' run by the department of Journalism and Mass Communication, in November 2017. The article expressed how the examination anxiety affects the physical, psychological and emotional well being of students and tips for controlling it were given.



- Provided Group Counselling Session on **Adjustment Issues** to students in **PSYCHOFEST** organized by **Department of Psychology** on 03-11-2017 .



- Supervised the students in testing and individual counselling in **PSYCHOFEST** organized by **Department of Psychology** on 02-11-2017. Students doing masters in Psychology were trained by the counselor to provide psychological first aid as a part of counselling to clients having extremely deteriorated mental health.



- Provided guidance and counselling services in **Rural Medical Camp** in college's adopted village **Sidhwan** organized by **First Aid Committee** on 15-12-2017. Common and individual problems were discussed in short sessions and awareness on counselling services was given to villagers.
- Provided guidance and counselling services for two days in the **First Aid Camp** organized by **Mata Gujri College, Fatehgarh Sahib in Jod Mel** on 26-12-2017 and 27-12-2017. Short counselling sessions were provided to all ages on individual issues.
- Invited as a guest speaker on **Youtube Channel: DJMC Mata Gujri College** on the occasion of **International Women's Day** organized by department of Journalism and Mass Communication on 08-03-2018. Viewpoint of an assistant professor, counsellor and a student was taken in the group interview on transforming condition of women.



SESSION 2018-19

COUNSELLOR- MS. KANIKA SHARMA

- Represented the college by delivering a lecture on **BIOPSYCHOSOCIAL INTERVENTIONS FOR OLDER PERSONS** organized by **Directorate Social Security and Women & Child Development** on the occasion of **International Day for Older Persons on 01-10-2018**. Older people from different districts of Punjab attended the lecture and got to know about therapeutic ways to make life fully functioning.



- Conducted a workshop on **Stress Management** organized by Department of Psychology on 01-11-2018. The students were introduced to relaxation techniques along with the strategies for effective routine management.
- Introduced the students of Department of Management to various projective techniques to assess behavior which included **Thematic Apperception Test, Sentence Completion Test and Word Association test.**
- Conducted a Group session in **Girls Hostel of Mata Gujri College, Fatehgarh Sahib.** The girls opened up on the issues they were having in relationships and regarding adjustment in hostel.
- Organized a lecture by Mr. Anuj Dutta, Career Counsellor, District Fatehgarh Sahib on **CAREER OPPORTUNITIES IN PSYCHOLOGY** on 18-03-2019. The students gained the insight about different sub-fields within the vast field of psychology along with the ways to get admission and jobs in specific fields.



- Invited as a guest speaker on **Youtube Channel: DJMC Mata Gujri College** organized by department of Journalism and Mass Communication to give a psychological viewpoint on **ATTENTION SEEKING BEHAVIOUR IN YOUNGSTERS** on 19-02-2019.



SESSION 2019-20

COUNSELLOR- Dr. AKANKSHA SONI

- Conducted weekly discussions with the head girls of the **girls hostel** in college. The problems like adjustment issues were discussed and the issues resolved by the counselor.
- Created awareness among the students about drug addiction and drug abuse under the **BUDDY PROGRAM** on 17-10-2019. The youth was explained the harmful effects of drugs on life and also given some tips to prevent it.



- Invited as key note speaker on Anti Drug Awareness Program organized by Shaheed Bhagat Singh Youth Sports Cultural Club at Desh Bhagat University. An insight on drug free life was given and also provided the tips to prevent drug addiction.



- Invited as key note speaker on Women related issues specially increasing incidents of rape cases among females organized by Youtube Channel: DJMC Mata Gujri College



- Invited as key note speaker in an interview conducted by **Aikam TV(Canadian Channel)** on creating awareness about the mental health issues during the COVID-19 Pandemic and the ways to deal with emotional turmoil.



- Invited as key note speaker in an interview conducted by **Aikam TV(Canadian Channel)** on the role of Emotional Intelligence in dealing with Adjustment issues among Adolescents’.



- Invited as key note speaker in an interview conducted by **Aikam TV(Canadian Channel)**on generating cognizanceamong the general public about the mental health related issues.



- Invited as key note speaker in an interview conducted by **DBEE Patiala** to Provide tips on the prepration of UGC/NET exam. The ways to reduce exam anxiety were also given.



- Invited as key note speaker in an interview conducted by **Aikam TV(Canadian Channel)** on Career Counselling. The views on choosing a right path in career were discussed.



ANALYSES OF THE COUNSELLING SESSIONS

The Guidance and Counselling cell of Mata Gujri College, Fatehgarh Sahib is committed to provide counselling services to the youngsters so that they can deal with everyday life stresses in a resilient manner. The role of the Counsellor is as a facilitator to provide guidance to the young minds at the time of distress. According to the Guidance and Counselling report of last five years from session (2016-2017 to 2020-21), **around 313 students' took counselling services and about 1484 counselling sessions**were conducted by the expertise counsellors.

In order to deal with their emotional problems, extensive sessions were under taken by the counsellors. For the session, **2016- 2017** around **362 successful counselling sessions** were undertaken and about **70 students'** were benefitted from the services. For the session,**2017-2018**around **349fruitful counselling sessions** were undertaken and about **64 students'** were aided from the psychological services. For the session, **2018- 2019**around **470successful counselling sessions** were undertaken and about **83 students'**turned up for psychological help. For the session, **2019-2020** around **261 successful counselling sessions** were undertaken and about **52 students'**availed psychological services. Finally for the session, 2020-21 around**216 successful counselling sessions** were undertaken and about **42 students'** were benefitted from the services

The millennial are dealing with several psychological issues but there are certain problems that emerged pertinently. For instance, lack of motivation to study, performance anxiety, poor interpersonal relationship, internet addiction, negative body image, career issues, family issues,

eating disorders, adjustment issues, obsessive compulsive disorder, loneliness, anger issues and home sickness.

CONTRIBUTION OF COUNSELLING CELL:

➤ FOR THE WELFARE OF STUDENTS’:

- ❖ The role of counselor is to act as a facilitator and render their services to the college students. So that they can deal with their affective, behavioral and cognitive aspect.
- ❖ The counselling sessions improve the interpersonal relationships in ways that students can cope with their emotions and perceive situations from a different perspective.
- ❖ Counselling offers acumen on how students’ emotions affect their daily lives and helps them to get feedback on whatever they’re feeling.
- ❖ Effective counselling sessions on examination stress to the students’ makes them more resilient to handle the academic related issues.
- ❖ The counselling cell brings massive support specifically to hostel students for guidance and support.

➤ FOR THE WELFARE OF TEACHERS’:

- ❖ It promotes an interdisciplinary team approach to address student personal and educational needs.
- ❖ The counselor ensures that students are provided support for the development of classroom management skills.
- ❖ The counselor encourages the teachers to provide a supportive and conducive learning environment.
- ❖ The counselling cell also render their services to other academicians so that they can identify slow and fast learners.


➤ FOR THE WELFARE OF SOCIETY:


- ❖ The counselling cell creates community awareness and prominence of the student support systems required for their success.


- ❖ The counselling cell enhances the economic development through quality preparation of students for the world.

FUTURE PLAN OF GUIDANCE AND COUNSELLING CELL

The Guidance and Counselling cell provides an increased opportunity for collaboration and participation of community members with the various stakeholders. The counselling cell educates the community about the prevalent psychological issues and the ways to overcome in a resilient manner. The Guidance and Counselling cell will collaborate with the various eminent personalities from psychology field, so that they can make students' more resilient being.


Dr. Kamalpreet Kaur (C)
(Management Studies Department)


Dr. Hardeep Kaur
(Psychology Department)


Dr. Akanksha Soni
(Psychology Department)




Principal
Mata Gujri College,
Fatehgarh Sahib (Pb.)