

## **Annual Report**

**2023-24**

### **Samadhan Counselling Canter Conducted by Psychology Department B.C.S Govt P.G. College**

The counselling centre run by the department of Psychology tries to solve the mental, emotional, educational, emotional, behavioural etc. problems of the students, teachers, employees and other persons of the college. An attempt is made to develop a viewpoint and perspective on their problems through counselling. An attempt is made to practice a cognitively realistic approach. Along with this, assistance is provided to improve mental health, to stabilize and sustain emotional relationships, to learn meditation process. Psychological tests and measurements available in the Department of Psychology like personality test, intelligence test, mental health test, anxiety test, depression test and projection tests like Rorshac Test, Thematic, Perception, Test, Sentence, Completion Test etc. have been used as per the requirement.

For better and effective results of the counselling process, alternative techniques such as relaxation techniques, stress management techniques, breathing exercises, anxiety techniques, art therapy, meditation techniques, systematic desensitisation, cognitive behavioural therapy etc. are used by the Department of Psychology as per the need.

By practising these alternative provisions, the counselees can save themselves from their stress, anxiety and negative feelings and emotions in their real life even outside the counselling centre. The code of conduct of the counselling process was fully followed by the counselling centre, under which the introduction, address, mobile number, email, nature of the problem and all the documents of all the counselees who came to the counselling centre were kept safe and secure. In the session 2023-24, a total of 39 counselees came to the counselling centre for the solution of various problems, whose problems were fully resolved. A table of data was prepared on the basis of gender, profession and nature of problem issue of all the counselees, which is attached with the report.

## Samadhan Counselling Center

B.C.S. Govt. P.G. College Dhamtari

### Counselling Record

2023-24

S. N.	Nature of Problem / Issues/ Motive	Number of Counselees
1	Anxiety/ Stress	03
2	Anger issues/ Aggressive or Impulsive Behaviour/	04
3	Adjustment Issues	02
4	Relationship Issues	04
5	Body Image Issues	03
6	Empty Nest Syndrome	02
7	Study related issues Cognitive Processes related problems	10
8	Grief & loss / Depression/ Suicidal tendency	03
9	Alcohol/ other Drug addiction	02
10	Motivational meet	04
11	Mental health Care	02

	Student	Teachers/ Staff	Out sides / other
Male	11	01	04
Female	15	02	06
Total	26	03	10
Grant Total			39

**SAMADHAN COUNSELLING CENTER****PSYCHOLOGY DEPARTMENT****2023-24**

<b>NAME OF THE CAPABILITY ENHANCEMENT SCHEME</b>	<b>DATE OF IMPLEMENTATION</b>	<b>NUMBER OF STUDENT ENROLLED</b>	<b>AGENCIES INVOLVED</b>
<b>PERSONAL COUNSELLING</b>	<b>1.07.23</b>	<b>01</b>	<b>PSYCHOLOGY DEPARTMENT</b>
	<b>19.07.23</b>	<b>01</b>	
	<b>24.07.23</b>	<b>02</b>	
	<b>08.08.23</b>	<b>01</b>	
	<b>17.08.23</b>	<b>01</b>	
	<b>02.09.23</b>	<b>01</b>	
	<b>06.09.23</b>	<b>01</b>	
	<b>11.10.23</b>	<b>02</b>	
	<b>30.10.23</b>	<b>01</b>	
	<b>06.11.23</b>	<b>01</b>	
	<b>16.11.23</b>	<b>01</b>	
	<b>27.11.23</b>	<b>02</b>	
	<b>02.12.23</b>	<b>01</b>	
	<b>09.12.23</b>	<b>01</b>	
	<b>03.01.24</b>	<b>02</b>	
	<b>04.01.24</b>	<b>01</b>	
	<b>02.02.24</b>	<b>01</b>	
	<b>03.02.24</b>	<b>01</b>	
	<b>06.03.24</b>	<b>03</b>	

	18.03.24	01	
	20.03.24	01	
	9.04.24	02	
	20.04.24	01	
	22.04.24	01	
	30.04.24	02	
	08.05.24	01	
	12.05.24	01	
	2. 06.24	01	
	7.06. 24	01	
	9.06 24	02	

  
Dr. Sarla Dwivedi

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