



# ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

### COUNSELING CELL

#### REPORT- APRIL TO JUNE 2023

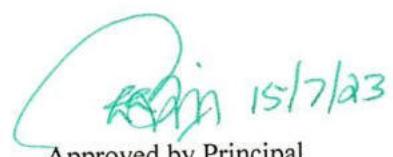
This quarter, the counseling cell had students and faculty walking in on their own and being referred from the department for support. The cell conducted group counseling sessions for the students of various undergraduate and postgraduate departments during this quarter. Sessions were conducted on emotional intelligence and management, controlling emotions, mental health and hygiene and building confidence. The sessions received encouraging responses from students and few approached the cell post the session to discuss about their issues.

Students were referred to the cell for issues of irregular attendance to college, malpractices during examinations and issues on personal/familial front. Students personally approached the counselor to discuss their problems connected to their family, troubled habits, loneliness, anxiety, stress and other emotional challenges. The counseling cell worked along with the management, departments and students in handling issues which were sensitive in nature and was able to resolve it with extended support from all the stakeholders. The counselor met the parents of a few students who needed help from their families to overcome their problems. Few faculties walked into to meet the counselor to discuss issues connected with their personal life, where the counselor was able to offer the required support and guidance. With patient listening and discussions, the cell was able to provide timely support and intervention to the students and faculties, thus helping them feel better. Regular and periodic follow-ups are being done with all those who require continued support and help from the cell.

Prepared by,

Dakshina U Kanthy

Student Counselor



15/7/23

Approved by Principal

Brief report of the individual counseling sessions

Sl no	Gist of the problem	Support given
1.	Feeling of loneliness, loss of a loved one, unable to cope up and is in denial. Taking help from outside, but not willing to continue.	Gave a patient listening to the problem. Helping the student cope up with the loss and grieving process. Regular follow-ups are being done and the student is progressing well.
2.	Engaged in a malpractice during exams, history of substance use, disrupted family environment. Anger management issues.	Student was regretting over the issue that happened during the exams. Helped the student to reflect on the incident and cope up with the emotion.
3.	Faculty- feeling of stress and anxiety at work, unable to get along with colleagues and was unhappy with the way she was being treated by them.	Helped her vent out and relax. Assertiveness and tips suggested to help get over her situation.
4.	Feeling of loneliness, lack of motivation, familial problems, trouble getting over habits and broken relationship.	Working with the student on the issues. Progress is seen in follow-ups.
5.	Lack of attendance, wants to discontinue studies.	Discussed over sessions about the challenges student was facing in continuing studies. The student decided to pursue his education and is regular to college now.
6.	Loss of a loved one, Suicidal thoughts, loneliness, crying spells and feeling of emptiness.	Gave a patient listening to the student. Helping her with the grieving process. Journaling and distracting suggested.
7.	Irregular attendance and not appearing for model examination.	Met the family members and discussed the same with them. The student lacked motivation to study and attend college. Follow up to be continuing.

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#### REPORT- JANUARY TO MARCH 2023

This quarter, the counseling cell had an overwhelming response of students and faculty walking in on their own and being referred from the department for support. The cell conducted orientation programs for the first year students across all the departments on 'Life etiquette and handling relationships' from 31/1/23 to 3/2/23. The sessions received encouraging responses from students and few approached the cell post the session to discuss about their issues. The cell also had the opportunity to offer internship for students from other colleges.

Students were referred to the cell for issues related to attendance, emotional management, poor social skills and interpersonal relationships. Students personally approached the counselor to discuss their problems connected to their family, troubled habits, loneliness, anxiety and stress. The counseling cell worked along with the management and departments in handling issues which were sensitive in nature and was able to resolve it with the support of the management. The counselor met the parents of a few students who needed help from their families to overcome their problems. Few faculties walked into to meet the counselor to discuss issues connected with their personal life, where the counselor was able to offer the required support and guidance. With patient listening and discussions, the cell was able to provide timely support and intervention to the students and faculties, thus helping them feel better. Regular and periodic follow-ups are being done with all those who require continued support and help from the cell.

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Electronics City P.O., Bengaluru - 560 100

Tel.: 080-27836065 / 27834611, Fax: 080-27832299, Email: [principal@sfscollege.in](mailto:principal@sfscollege.in)  
[www.sfscollege.in](http://www.sfscollege.in)



Brief report of the individual counseling sessions

Sl no	Gist of the problem	Support given
1.	Long absence from college. On enquiring from the department it was clear that she was not attending college because of issues with her friends.	Counselor met the student and the parent. Gave a patient listening to the problem. Suggested being assertive and worked on setting goals. Follow up is being done.
2.	Problem managing anger. Had an issue with a faculty in class and was referred for counseling.	Student was upset over the issue that happened in class. On probing further, it was seen that the actual problem lies in the family. Suggested anger management and distracting.
3.	Student was having a shortage of attendance. Issues in family, because of which he moved out to a friend's place and was refusing to go back home.	Troubled relationship with the father since childhood as he was abusive. Does not like the way father treats the mother. Lack of trust. Working on trust building, facing problems and not shunning away from it. The student returned home after the session. Follow-up continues.
4.	Feeling of loneliness, lack of motivation, familial problems, trouble getting over habits and broken relationship.	Working with the student on the issues. Progress is seen in follow-ups.
5.	Was referred for being irregular to college and having shortage of attendance.	Student has multiple health issue and is on treatment for it. Not able to get over the loss of her uncle and is in denial. Helped the student come in terms and accept the loss. Working on grief counseling.
6.	Students were referred by the discipline committee for disciplinary issues.	Gave a patient listening to the students. Suggested the importance of discipline and behaving well while in college. Discussed about how to handle social media in a healthy way.
7.	Faculty- Lack of assertiveness, not able to put her point across to people, lacks confidence to speak to authority, does not enjoy people in the department discussing about her personal life.	Patiently listened to her. Discussed about assertiveness and suggested tips to improve it. Suggested to keep herself away from unnecessary discussions and thoughts.



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### COUNSELING CELL

#### REPORT- OCTOBER TO DECEMBER 2023

This quarter, the counseling cell had students being referred by the class mentors and also students coming on their own willingness to seek help. The cell conducted a session for the students of BSc as a part of the regular counselor interaction with the students. The session was on the importance of maintaining a sound mental health. The counseling cell, in association with other cells in the college conducted a session on 'Menstrual hygiene and Personality development' for the female students under various cells.

Referrals by the mentors were on problems related to behavior, irregular attendance and issues on personal/ familial front. Students personally approached the counselor to seek help on their challenges with low self- esteem, loneliness, troubled habits and other emotional issues. There were instances when students came along with their parents to discuss their problem. The counselor also could extend help and support to students who were unable to cope up with the loss of their loved ones and regular follow up is being done on this. The counseling cell worked along with the management, departments and students in handling issues which were sensitive in nature and was able to resolve it with the support extended. Few faculties walked into to meet the counselor to discuss issues connected with their work as well as personal domains, where the counselor was able to offer the required support and guidance. With patient listening and discussions, the cell was able to provide timely support and intervention to the students and faculties, thus helping them feel better. Regular and periodic follow-ups are being done with all those who require continued support and help from the cell.

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Dakshina U Kanthy

Student Counselor



Approved by Principal

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Brief report of the individual counseling sessions

Sl no	Gist of the problem	Support given
1.	Social anxiety, introvert & Shy, wants to mingle with peers and make friends but is unable to.	Gave a patient listening to the problem. Suggested confidence building exercises and being socially active. Regular follow-ups are being done and the student is progressing well.
2.	Loss of sleep and appetite, does not feel motivated to attend college, feels he is going through depression, and ruminates over the past.	Discussed about being in touch with present and not indulging in the past. Suggested being physically active and attending college regularly.
3.	Faculty- feeling of stress and anxiety at work, unable to cope with the current situation at work.	Helped her vent out and relax. Suggested taking things slow and not rushing.
4.	Problems at home with father which was making the student upset, frequent crying spells and disturbed while in class.	Had a long discussion with the student. Journaling suggested and follow up on going.
5.	Unable to cope up with the loss of father, family is disturbed too, not able to focus and get back to routine life. Flashback memories	Discussed over sessions about the challenges student was. Grief work is being done and the student is slowly recovering. Follow up ongoing.
6.	Relationship issues, not focusing in class. Irregular to college because of this.	Gave a patient listening to the student. Suggested focusing on goals and avoiding distractions.
7.	Not doing well in studies. Issues with father. Unable to manage studies along with work. Physically unwell and on medication.	Suggested discussing with parents about discontinuing work and focusing on studies. The student could convince father and he is feeling better.



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### COUNSELING CELL

#### REPORT- JULY TO SEPTEMBER 2023

The counseling cell had students and faculty walking in on their own and being referred from the department for support. The cell conducted an activity-based group session for the students staying in the boy's hostel on social skills and interpersonal bonding during this quarter. The session was interactive in nature and received encouraging responses from students.

Students were referred to the cell for issues of irregular attendance to college, malpractices during examinations and issues on personal/familial front. Students personally approached the counselor to discuss their problems connected to their family, troubled habits, troubled relationships, loneliness, suicidal thoughts, and other emotional challenges. This quarter saw students being referred by the discipline committee on discipline-related issues. The counseling cell worked along with the management, departments and students in handling issues which were sensitive in nature and was able to resolve it with extended support from all the stakeholders. The counselor met the parents of a few students who needed help from their families to overcome their problems. Few faculties walked into to meet the counselor to discuss issues connected with their personal life, where the counselor was able to offer the required support and guidance. With patient listening and discussions, the cell was able to provide timely support and intervention to the students and faculties, thus helping them feel better. Regular and periodic follow-ups are being done with all those who require continued support and help from the cell.

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Brief report of the individual counseling sessions

Sl no	Gist of the problem	Support given
1.	Feeling of loneliness, loss of a loved one, unable to cope up and feels depressed. Suicidal thoughts present.	Gave a patient listening to the problem. Helping the student cope up with the loss and grieving process. Regular follow-ups are being done and the student is progressing well.
2.	Engaged in a malpractice during exam, troubled relationship with father.	Student was regretting over the issue that happened during the exams. Spoke to parents and helped the student to reflect on the incident and cope up with the emotion. Follow-up done and student is doing well now.
3.	Faculty- feeling of stress and anxiety at work, unable to cope with the current situation at work.	Helped her vent out and relax. Suggested relaxation and follow-up.
4.	Disciplinary issue, picking up fights with fellow students.	Worked with the student and issue was settled. No further incidents reported after that.
5.	Lack of attendance, wants to go for work and discontinue studies.	Discussed over sessions about the challenges student was facing in continuing studies. Persuaded him to continue his education, which, he has agreed upon.
6.	Relationship issues, not focusing in class.	Gave a patient listening to the student. Suggested focusing on goals and avoiding distractions.
7.	Irregular attendance and submissions.	Met the family members and discussed the same with them. The student lacked motivation to study and attend college. Follow up to be continuing.