



ST FRANCIS DE SALES COLLEGE

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

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

04/03/2022

COUNSELLING CELL

Report from December 2021 to February 2022

During this period, of Counseling sessions most of the students who walked in were experiencing loneliness, sleeplessness and having relationship issues. Some of the students have parents who are in conflict and they being sandwiched in between the arguments and targeted due to frustrations of the parents. Some had worries over not being able to pay their fees.

Through patient hearing I could give them some suggestions to face these issues of life. Students who found were not able to control their emotions and required professional help were referred to the mentors who in turn were contacting the parents. Proper records are maintained for each session and suggestions recorded and mentors were requested to monitor these students.

I was happy to note that mentors were now identifying students who they felt required help. Also I really appreciate students identifying their friends who require help and coaxing them to meet the Counselor. I hope I could give them some solace and relief to continue facing the various challenges of life.

Lathika Chandran
Student Counsellor

Verified by

Encl: Report

List of the Sessions handled (Picture of students cases)

Sl. Number	Presenting Problem	Remarks (Unrecorded for the confidentiality)
1	Sadness, Negative thoughts. Victim of abuse by uncle	Such information are shared with the counselor after a long session where the counselor takes students to childhood and finds out the crux of the issues and makes them realize what is the actual problem that is lying in the unconscious mind and which is triggered in a stressed situation. Step by step suggestions and not advises are given to the student to change the thought process and view the situation in a different angle. Certain therapeutic remedies are suggested and the student is asked to come for at least two more sessions to get their feed back
2.	Relationship issues. Staying alone and being hit by the partner in her own flat. Break up and student is very upset and confused and angry. Lost her Father and constant discussion about Father which has irritated the partner.	Here a patient hearing is given. The student is made to bring out all her emotions. Mostly they have lack of sleep, anger, sadness. Remedies are suggested to come out of the relationship and reality of relationships between 18years to 24 years is informed.
3.	Student is brought in along with parent. Already into psychiatric medicines but neither the parent nor the student knows what are the medicines for. Student has been addicted to online games and involved in bets during the lockdown period. Lost money and scared to step out of the house as feels he will be attacked.	There is loss of self -esteem and feeling of guilt. Student is relieved after informing a third person the reasons for his guilt which was mainly pub g online game. Suggestions of getting unhooked from the negative thought by keeping busy was suggested . Suggested a proper Psychiatrist as student is already into medicines.
4	Conflict between parents and students feels targeted almost every day.	Signs of going into depression. However still helping student to move on as there is no access to parents and if anything dangerous to the student s welfare is noticed will inform the authorities to talk to parents.
5.	Parental conflict with both parents leaving Bengaluru leaving the student with his brother to fend for themselves in the flat. Student is into alcoholism and substance abuse which he has been exposed to by friends who just require his financial aid to purchase the same.	Student showed interest in meeting his mother in kerala but does not know how to reach there. Also realized he is alcoholic and substance abuse. Hence the guilt. Felt relief after talking to the counselor. However the mentor has been informed to contact parents as student might need rehabilitation.

10	Faculty walks in stating son has behavioral issues.	After a lot of discussion she revealed that she is going through a bad phase due to extra marital affair of husband. Frequent fights at home and stress of timely completion of College duties. Pointed out to her that first her own problems has to be sorted so that it will reflect on the son who can then be taken care off. Faculty felt relieved and motivated to take her own decisions in life based on her own values.
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Most of the cases were sorted in one session which lasts to almost an hour as it was not possible to break a session in between when the individual is confused and pouring out what is going inside them. Some cases require more sessions and hence mentors are called and asked how the student is now and also requested to monitor them.

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09/06/2022

COUNSELLING CELL

Report from March 2022 to April 2022

During this period, of Counseling sessions most of the students who came and met me or were send by their mentors were experiencing loneliness, sleeplessness, anger, low self- esteem, lack of communication with parents, peer pressure , comments by fellow colleagues which forces them to think to leave college, excessive smoking habit , gap between local students and students from other States , landing in online jobs without checking the background of the Company and later blackmailed, having relationship issues etc. Some of the students have parents who are in conflict and they being sandwiched in between the arguments and targeted due to frustrations of the parents

Through patient hearing I could give them some suggestions to face these issues of life. Students who I found were not able to control their emotions and required professional help were referred to the mentors who in turn were requested to contact the parents. Proper records are maintained for each session and suggestions recorded and mentors were requested to monitor these students.

I was happy to note that mentors were now identifying students who they felt required help. Also I really appreciate students identifying their friends who require help and coaxing them to meet the Counselor. I hope I could give them some solace and relief to continue facing the various challenges of life.

The Counselor also visits classes and bring in awareness the importance of counseling and mental health.



Lathika Chandran
Student Counsellor



Verified by **PRINCIPAL**

Encl: Report

A gist of the Sessions handled (Picture of students cases handled in counseling room)

Sl. Number	Presenting Problem	Remarks (Recorded in a book and kept with counselor for confidentiality)
1	Student from North East who has a ovarian cyst and manages to go to hospital by herself when there is pain. Lack of attendance .	Lack of attendance worried the student. Suggested her to approach her coordinator with proper medical records. Have a elderly local guardian is case of emergency and provide the details to the College .
2.	The emotion of anger and which affects the student's behaviour, which student later regrets.	Made student understand that basic rule is change oneself instead of changing others. Also anger affects our health. Learn to be assertive and not aggressive. Best to look at oneself in the mirror when angry and understand what the emotion is doing to oneself. Also anger for right causes is expected in a society but not to go beyond a certain limit but stop after the message has been conveyed in a assertive manner and calm down.
3.	Student feels not confident about herself.	Student was told the importance of loving oneself as the first priority. Look at the mirror and admire one self. Make friends of her choice who can have a positive impact on her. At times listen to motivational podcasts which can boost her.
4	Student just wanted someone to listen to him and his views in life.	Student was very emotional and with less connection with his mother is lonely and is involving in self-blame. Made student understand that he is unique in this world and make wise choices in life. Try to establish connection with his mother which is now worrying him.
5.	Tendency to have breakfast in class hours and a repetitive behavior even after warnings from mentor. Asked to bring parents as there is more involvement with boys in class. Parents not willing to waste time on this issue.	Had a continuous session with the students on time management and compulsorily have something before starting to college to avoid being hungry in class. Not heeding to warnings by mentor is not a good behavior. Suggested them to mingle with everyone in class. Also to take mentor into confidence and discuss with her what their problem in class is, openly.
6	Conflict between parents and parents adamant not to send student to college .Unfortunately student facing problems with her Sister's husband and parents are not aware of the same. Student is living with fear.	Had parents come to the counseling room and made them aware what their daughter is going through. Also convinced to allow student to continue her studies as she was a brilliant girl.

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7	Dreams mostly about Maths/Science or dreams related to the village she comes from. Saw dream and fell asleep in class. Takes tuitions to pay her fees .	Student appears worried about the subject she chose to study especially Maths. This is in her unconscious state which appears as dreams. Also misses her home. Student too tired and has less sleep . Suggested her to first take care of herself and if possible reduce the tuitions to calm her tired body and mind. Taught her to take breathing exercises everyday . Reduce overthinking about the subject Maths and realize that till now she has cleared all papers.
8	Student had a break-up . Confused as his partner did not give a closure and hence thinks there will be a patch up. In the confusion has tried to jump down from a building but was rescued by friends.	Counseled the student about relationships and how true they are in a college life. As a NCC cadet to try now to achieve his goal and unhook from the harmful thoughts . Since there was suicide ideation have informed the parents to be cautious without the knowledge of the student to prevent the student from breaking the trust he has at present with the counselor.
9	Student going into various relationships and brought in by mentor along with parents.	It was noticed Father is very angry and has stopped communicating with his daughter. After counseling the student the parents were counseled. Informed them that at this age children seek love and if not from home they will discuss with third parties seeking love from others. Hence requested Father to not lose hope but be with his daughter and support her.
10	Students having problems making friends. Conflict with a close friend and now sad that this friend does not want her next to her and is shouting at her which has caused stress.	Student was asked to have close friends who wants her around and have a diplomatic connection with other classmates. Not to take everything seriously but make choices which makes her happy.
11.	Tendency to over involve and save friends who are going to the wrong path but gets herself into trouble. Puts herself into severe stress.	Suggested student to maintain boundaries and not to try to involve in all issues , not to try to change people and not to land in trouble in college as it is affecting her image. Made her understand the importance of self- care.
12.	Student from outside Karnataka. Lost her Father recently. Considers mother is unsafe back home among relatives. Not had a good connection with the Father who chose the subject she has to get as degree while students wanted to learn fashion designing and beautician courses.	After a patient hearing made student understand to get over the bad thoughts of her Father who is no more. Keep in touch with mother. Also finish her course she has already started and then follow her passion once she had a job.

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13	Student repeatedly stating wants to leave college. Feels upset over passing comments made by few senior students. Staying with her boyfriend in a flat who is an ex-student of the college.	Student is in the middle of a gang of North East students .Felt she is not safe in her flat too as she stated her boyfriend was attacked at night. Suggested she best move away from the situation she is in for her own safety. Informed her Father to check on the student about where she is staying etc whether she is safe. And monitor their daughter. Requested the student to come to counseling room if she faces any problem in college.
14	Student trying to make friends but is pulled to enter into relationships	Peer pressure is upsetting the student. Has come many times to the counseling room and counselor helps her how to face each challenge with not much stress. Being taught how to cope with peer pressure as the student is focused on her goal.
15	Excessive smoking habit and addicted to soft drinks. Tries to solve everyone's problem and finds satisfaction but gets stressed.	Made student understand that since he knows he is smoking excess to slowly try to reduce the quantity and not stop smoking at one stroke. Also not to put himself into too many stressful situations or learn to handle others problems by guiding them and then leave it at that.

Most of the cases were sorted in one session which lasts to almost an hour as it was not possible to break a session in between when the individual is confused and pouring out what is going inside them. Some cases require more sessions and hence mentors are called and asked how the student is now and also requested to monitor them.

Raj
10/6/20

22/08/2022

COUNSELLING CELL

Report from May 2022 to July 2022

The students visited the Counselling room either by themselves or were send by their mentor.

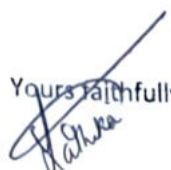
Some of the students were experiencing loneliness, sleeplessness, anger, low self- esteem, conflict with parents, peer pressure , excessive smoking habit , having relationship issues, fear of exams etc.

Through patient hearing I could give them some suggestions to face these issues of life. Students who required professional help were referred to the mentors who in turn were requested to contact the parents. Proper records are maintained for each session and suggestions recorded and mentors were requested to monitor these students.

Serious cases were brought to the notice of the Management.

Mentors have a great role to play when it comes to the mental health of the students. Identifying and requesting the student to meet the Counsellor will pave the way to help a number of students who can be corrected at a very early stage in life.

Yours faithfully,


Lathika Chandran
Student Counsellor

Encl: Report

Verified by 
PRIYA PAL

A gist of the Sessions handled (Picture of faculty and student cases handled)

Sl. Number	Presenting Problem	Remarks
1	Stress due to daughter not agreeing to get married to person chosen by the parents	After a number of sessions was able to make the faculty understand that children of today have been given high education and are capable to choose their path in life. Was speaking to the daughter too who has a clear view of her future life. Daughter was made to understand the stress her mother is undergoing and to have a open talk with her. The mother later met her daughter and the conflict between them was resolved and the faculty is now more calm and happy.
2.	Loneliness and sadness as there is conflict between the student and the mother. Wants to change others but not succeeding.	After a few sessions was able to make the connection between the mother and daughter and also made the student understand that she cannot change others unless they decide to change.
3.	Caught between fights between parents. Father a drunkard .	Made the student understand there is a conflict between parents and if not able to resolve as she is too young suggested ways to move away from the situation.
4	Relationship issues. Feels being controlled by the partner.	Made student understand to make himself in a comfortable situation as the goal now at his age is achieving his degree and go for higher levels in education and reach his goals in life.
5.	Relationships issues. After the partner left is lonely and confused and has lost confidence in herself.	Made the student understand that loss of a partner does not make her bad and to not lose confidence in oneself. Made student understand that she is unique and had goals to achieve in life and move forward leaving the past. Suggested journaling and how to ground oneself when there is a emotional storm.

COUNSELLING CELL

Report from August to October 2022

It was indeed overwhelming to note that during this quarter students approached the Counselling room either on their own or with their friends. It projects that they have now understood that they have someone to listen to and find solutions to the challenges they are able to face in life. Some faculty also came over to discuss some challenges they were facing in their jobs.

Most of the issues students faced were fear of exams, peer pressure, lack of communication between parents and the child which has caused them a lot of stress. Some showed fear of what the future holding for them, confusion about whether to go for a job, decision making. Most students were suffering from lack of sleep.

With patient hearing and focused discussions the Counsellor was able to bring a clarity in their thought process. Suggest that College should hold some sessions for the parents to make them know that they need to understand what their children are facing on a day to day basis and instead of admonishing them to first listen and get a view of the day to day life of their children. This will help them to have a better relationship with their child. Also to make them aware to watch if their child is attending college regularly and College on their part has made arrangements to notify the parent when there is shortage of attendance.



Lathika Chandran
Student Counsellor



Verified by Principal