

# Self-Development Centre

**Faculty In-charge:** Mrs. Kavita Jajoo

In the present academic year, the counselling center at R. A. Podar College became functional from June 2019. The sessions were conducted every Thursday between 10.00 am to 2.00 pm.

## **Orientation Sessions:**

- The counsellor conducted orientation sessions in all the classrooms of the Junior & Degree college on the 1<sup>st</sup> and 8<sup>th</sup> of August 2019. The students were initiated and informed about the different activities that the Self - Development Cell conducts. The timings and other details were also conveyed. During the sessions, how privacy and confidentiality of information shared would be maintained at the center was discussed.

**Overall 98 sessions were conducted with students from June till January 2020.**

## **Individual Career Sessions:**

Individual career counselling sessions were held for 35 students from all streams in Junior and Degree College. Various queries from students were answered about courses, their eligibility, entrance exams and institutes. Information was also given about general options after HSC, B.Com and Graduation. The requirements for Banking exams, Chartered Accountancy, Mass Media, Civil Services, Hotel Management, Fashion Designing, Business, Law, Economics, Foreign Languages, Defence and so on and so forth were also discussed.

## **Individual Personal Sessions:**

Individual Personal counselling sessions were held for 98 students from all streams in Junior and Degree College. Various issues were handled by the psychologist this year too. Their concerns ranged from family issues, issues regarding personality, exam stress, and study related issues.

## **Brief summary of Counseling & Guidance sessions conducted:**

- **Duration:** 45 minutes to 1.15 minutes.
- **Counseling Themes:** Counseling & Psychotherapy as well as Career Guidance was conducted.
- **No. of sessions:** A total of sessions were conducted from November to January by Mrs. Sukhada.
- The personal counselling and career guidance sessions were conducted for students from Junior college and Degree College with scheduled session timings allocated after an inquiry.

- Joint Family Therapy with parents and a student were also conducted.
- 10 counselling sessions were also conducted for some members of the non-teaching staff for stress management and personal difficulties.
- The psychotherapy and guidance sessions were directed at handling various issues like detailed below:
  - Difficulties in concentration and improving attention span, and effective study management.
  - Exam anxiety, study skills and career related decision making.
  - Realistic goal setting and motivational difficulties.
  - Self-confidence and self-worth issues.
  - Relationship management and handling peer pressure.
  - Handling family conflicts and dealing with parental pressure.
  - Handling gadget addiction & self-management related to social media.
  - Effective Self - Regulation skills and balanced lifestyle management.
- Career Awareness, Career Exploration & Career Information exploration were conducted during some of the students counselling sessions.
- Crisis Management for a suicide prevention case.
- Some counselling sessions were conducted with teachers of the Degree college in terms of managing personal stressors and interpersonal conflicts. Other areas addressed during the sessions were related towards developing internalised locus of control and handling mid-life crisis.

A student who had clinical history of depression and suicidal ideations has been seeking counselling support and intervention since December 2019. The counsellor has engaged in counselling sessions with the concerned parents and significant others. Similarly, a recommendation for Psychiatric Assessment has also been suggested. Through counselling and psychotherapy, good progress was made in working on the student's anxiety and depression issues. The psychologist also provided counselling to the mother as well for home management.

One parent approached the psychologist for their pupil studying in college. The pupil had shown less engagement with college and hardly attended lectures. Parents reported that the child had behavioural issues such as exhibiting an anti-social personality, and no participation and communication with family members. The parents are taking active participation in the therapy and currently the student's absenteeism has been seeing some drop. The child attends 2 lectures on most days of the college and has shown improvement in academic concentration, goal setting and co-operation at home as reported by the parent. 10 other parents also approached the

psychologist personally about their children's academic, career and personality issues. Whenever required, the psychologist called them for sessions.

Counselling and therapy for some of these students was ongoing on a regular basis throughout the year. The students were taught effective study skills techniques, concentration techniques, time management skills, motivation development, goal setting, acceptance of the self, relaxation techniques and methods to better handle emotional stress. Behavioural modification therapy, REBT, cognitive therapy, family therapy were used to help clients to address their issues.

- **Workshop conducted:** On the 29<sup>th</sup> of August 2019, Thursday the psychologist conducted a Self-Empowerment Workshop with students of Third Year B.Com on the theme of 'Handling peer pressure, developing effective communication skills & general stress management'.

The workshop was conducted using interactive games and group activities to enhance the insight building & skill enhancement of the students. The students reported that they were able to understand varied sources of stress and identify the personal stressors experienced by them. They were able to acknowledge that a fast-paced and transition-oriented environment can also contribute to their stress. Some students even reported diverse thinking patterns from parental and related conflicts, heightened expectations and pressure perceived from the parents as a significant factor adding to their stress. Once the issues were addressed and discussed the psychologist helped them identify and set personal, emotional and behavioural goals while managing discomfort. Internal locus of Control Theory was given as a framework to address conflicts while learning conflict resolution.

- **Future Plans:** The next series of Student's Training and Workshops are scheduled to be conducted in the month of February 2020 upon the topic of "Effective Study Skills and Self-Motivation".