

## Psychological Counselling Centre:

'AALO' the counseling cell was established on 27<sup>th</sup> February, 2003, as part of IQAC activity of the college. Since then the cell is active to provide assistance to student on a referral basis. The counseling cell is situated within college premise making it easier for the students to access. A quite room and basic stationeries necessary for such sessions were allocated by the college. It was made sure that confidentiality and comfort of the students being maintained. A registered counselor was appointed by the college.



## AALO Psychological Counseling Cell

### Contact

**Name: Sathi Das**

**Email: [sathi.das.kol@gmail.com](mailto:sathi.das.kol@gmail.com)**

**Timing of Counselling: - 1st and 3rd Saturday Every Month from 1 pm to 3 pm (Prior appointment is required through email)**

## Report of Counselling

Period of Activity: June 2022 to May 2023

On 14<sup>th</sup> January 2023, an awareness programme on Stress and its management was conducted by a Clinical Psychologist (RCI Registered Number CRR-A41995), Mrs. Sathi Das. There were approx. 80-85 students in the awareness programme and the students had interacted well with the Psychologist. The programme also aimed at letting students know about the counselling cell and how to seek appointment. Appointment was taken through email directly addressed to the Psychologist.

After that, students started visiting to the Psychologist.

- Ms. S. B., 18 years old female has referred from Psychology department for behavioural issues. As per the teachers and informant, she is good in nature but her social developmental is not as per the age. She finds difficulty in reciprocal communication and in mixing up with her age mates and teachers. During conversations, she interrupts while others are talking and makes odd gestures also.

The MSE of the client reveals that Ms. S.B makes partial eye to eye contact and has high distractibility. Her abstraction level is on functional level and general intelligence is on 'Average' category. Anxiety is present in the client. She has come for two sessions. Initially Case history taking and MSE were done in the first two sessions. The plan is to reduce the anxiety level of the client and would improve her social skills so that she could behave well with others.

- Ms. P. G, 37 years old female, teacher by profession, has come with the complaints of difficulty in time management, having anger management issue etc. Case history reveals the client has anankastic traits and she has high need for perfectionism. In MSE, the predominant mood has been found anxious and ideas of helplessness and She has come for two sessions till date. After taking case history and MSE, Counsellor has discussed about some techniques to control her anger outbursts and has asked to practice meditation on regular basis. She needs to come for more sessions.
- MS. S. G, 18 years old female has referred from her department for inattention issue. After taking the case history, it has found that the client has gone through extreme emotional turmoil. And this emotional problem may affect her other functioning as well. In MSE, it has found that the client has no significant problem in attention yet she is anxious and this anxiety may create inattention in the client. After taking the case history and MSE, the counsellor has made a discussion with the client about her problem and the treatment plan. She came for three sessions and needs to come for at

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least 10-12 sessions more. The main focus of the therapy for her is to be at 'Present' moment and practicing relaxation method would be the first step of the therapy.

- MS. P. R, 18 years old female, has come with the complaints of difficulty attention and concentration. She has some interpersonal issues. She has come for one session. In this session only case history has taken and she needs to come for more session.

Due to classes or examination, at times students miss their appointments and the psychologist tries to be as flexible as possible to give the follow up dates.

*Satni Das*

Clinical Psychologist