



DCT's
Dhempe College of Arts and Science,
Miramar, Goa
Counseling Report
Initiatives towards maintaining Mental Health
2015-2016

Objective:

To assist students to bring about changes in knowledge, attitudes and behavior of individuals employing different approaches.

Report:

The counselor was on campus thrice a week i.e. Wednesdays, Thursdays and Saturdays from 10:00 am to 1:00 pm.

On 27th January 2016, an interactive session on 'Career Counseling: Psychology & English' was conducted by Counselor and 30 students attended the same.

For semesters I, III and V the total number of students who registered for counseling was **33** and for semesters II, VI and VI (November 2015- April 2016) a total number of **28** cases were observed. The total number of students who opted for counseling by referrals from teachers or self-referred was **61**.

Students expressed a wide range of difficulties: Relationship matters, career, family issues, financial problems, anger management, issues with colleagues, depression, low self-esteem, time management, hallucinations, insomnia, suicidal thoughts, concentration problems, exam stress, perfectionism, phobias of practicum exams, health issues, lonely feelings, break-ups etc.

Recommendation and intervention provided: Techniques such as self-regulation, self-actualization, self-care, rational thinking, diet, and relaxation techniques such as meditation, exercise which improve efficiency of the heart and lower blood pressure which in turn play an active outlet in response to stress, were suggested. The treatment plan was based on the information gathered from client's account of problems during the counseling sessions and the counselor's observatory assessment.

Outcome:

The intervention plan was totally based on the information gathered from client's account of problems during counseling session and 61 students took benefit of the service.

Counseling Report

2016-2017

Objective:

To help students, to see things more clearly, possibly from different view-point. This can enable the client to focus on feelings, experiences or behaviour, with a goal to facilitating positive change.

Report:

College-Based Counseling was governed by confidentiality policies, procedures and professional standards. Students like the option of accessing counseling at their college within a familiar environment and this personal choice also depended on other factors like their timetables, proximity towards counseling room, and both students and the Counselor 's availability.

The Counselor was on campus thrice a week i.e. Wednesdays, Thursdays and Saturdays from 10:00 am to 1:00 pm. A notice was put up on the door mentioning the days and timings of the Counselor's availability in the college.

For the I, III & V semester the total number of students who registered for counseling, which helped students to address their primary issues such as personal, career and learning concerns, in order to increase their successful handling of the concerns was around **64**. And

for the semester II, IV and VI the total number of students was 35. So, for this academic year the total number of students, who availed of counseling by referrals from teachers or self-referred,

was 99.

Individual counseling:

Although the Service offers a wide range of ways to support our students, individual counseling remains the core work. There was little change in the incidence of problems about which students came to seek help. While many of the problems were similar to the previous year, there was a particular rise in the numbers presenting with issues related to anxiety, depression, welfare/financial issues, relationships and issues related to physical health as well as mental health. All referrals to counseling were on first cum first serve basis but those requiring urgent appointments were prioritized.

Counseling Groups and Workshops:

During this year we ran many workshops and group sessions for students.

- The Counselor conducted an orientation programme for all the first-year students from Arts as well as Science. It covered soft skills, social etiquette, self-management techniques and appealed to the first-year students to explore counseling for any issues in their life and also discussed the nature of cases counseled in the center. The Counselor sensitized the students regarding sexual harassment and dealing with such cases.
- The Counselor conducted an interactive session on “Personality Development” on 21st September 2016, total number of 25 students benefitted from the workshop which was conducted in A.V Room from 11:30 – 1:00 pm.
- A seminar was conducted on the topic ‘Vocational Counseling: Career guidance’ by two resource persons, Mr. Raj Rege and Mr. Sushil Kumar Thripathy, which was held on 4th January 2017, Wednesday. A total number of 62 students attended the talk from 11:30-12:15 pm.

- A session was conducted by Commander David on “Careers in Navy & Merchant Navy” on 11th January 2017, Wednesday. He spoke about the opportunities in Navy and Merchant Navy.
- A session was conducted on “Placement Opportunities” by resource person Mr. Sumit. He had a brief presentation on his organization enviro skills, and also discussed opportunities and recent job openings, which was on 15th March 2017, Wednesday. Total number of 70 students attended the talk in the seminar hall from 11:00-12:00 pm.
- A session was conducted by the team of four resource persons from Caculo Group Private Limited were Ms. Siddhi Palekar (HR Executive), Ms. Celida Menezes (HR Associate), Mr. Ricardo D’silva (HR Associate) & Mr. Swapnil Bagkar (Intern from BBA course, DMC College), on 15th March 2017, Wednesday. They discussed about the placement opportunities in their organization. Total number of 50 students attended the talk which was held in seminar hall from 12:00-12:45 pm.

Outcome:

Follow-up questions to students of counseling service following the end of their counseling revealed, high levels of satisfaction with experience of the service and very encouraging comments such as felt positive, hope, enhanced striving attitude, etc. negative comments such as time consuming, missing lectures, busy schedules etc.

For the academic year 2016-17, total 99 students, benefitted from counseling service.

Counseling Report

2017-2018

Objective:

To facilitate and increase student’s coping abilities to deal with wide range of difficulties and problems faced by students of Dhempe College of Arts and Science, Miramar, Panaji, Goa.

Report:

Counseling is a concept that has existed for a long time. It is the process that occurs when a client and a Counselor set aside time in order to explore difficulties which may include the stressful or emotional feelings of the client. The act of helping the client to see things more clearly, possibly from a different viewpoint. This can enable the person to focus on feelings, experiences or behaviour, with a goal to facilitate a positive change.

The counseling service was available to the Dhempe students thrice a week i.e. on Wednesdays, Thursdays, and Saturdays from 10:00 am to 3:00 pm. The notice was displayed on clinic's door mentioning the days and timings of the Counselor's availability.

For I, III and V semester the total number of students who approached for counseling was **27** and for the semesters II, IV and VI the total number of students was **36**. For this academic year total number of students who registered was **63**.

- An orientation programme was conducted for all the first year students from Arts as well as Science. Subsequently, all the science departments of Dhempe College were visited by the Counselor in order to make known counseling services more prominently.
- A session on 'self-management' was conducted for all the students of Biotechnology on 19/07/2018 from 11:30 am-12:30 noon.
- A talk on 'career guidance in psychology' was conducted by the Counselor on 27/07/18 in psychology laboratory from 10:00-11:00 am. 16 students benefitted from the programme.

Organised/attended training programmes:

10/10/2017: Organised 'Jagruti-No health without mental health' programme at Betim village in collaboration with Sangath, organized by Dhempe College of Arts and Science.

11/12/2018: Attended one-day training programme for Counselors at Sanskruti Bhavan, Pato-Panjim organized by Directorate of Higher Education for all the Counselors across Goa.

10/02/2018: Organized a 'Jagruti-No health without mental health' programme at Mercedes village from 8:30-9:30 am at Our Lady School of Mercedes.

10/03/2018: Participated in a one-day state level workshop on 'Prevention of Child Sexual Abuse' at Dhempe College of Arts and Science, Miramar which was organized in collaboration with 'MUKTHA' Organization, Bangalore.

On 21/03/2018, a special group session was conducted for the women's cricket team, one day prior to their match. A motivational session was carried out for the team on the ground itself to boost their confidence with self-regulatory techniques.

Students from Dhempe College of Arts and Science presented with a wide range of difficulties which are as follows: Relationship matters, career, family issues, financial problems, anger management, issues with colleagues, depression, low self-esteem, time management, hallucinations, insomnia, suicidal thoughts, concentration problems, exam stress, perfectionism, phobias of practicum exams, health issues, loneliness, break-ups, negligence and abusive language used by parents, problems due to parents going through divorce, issues with extended family members, fear of losing close ones, phobia of injection, physical as well as mental weakness, fear of imperfection, Fear of being forgotten or ignored or forgetting, Auto phobia, addiction to social networking sites, etc.

Recommendation and intervention provided (individual inventory service): *Cognitive Behaviour Therapy* (CBT) was used, the techniques such as self-regulation which helps students evaluate their abilities, interests, talents and personalities to develop realistic, academic and career goals (study habits development), self-actualizations, self-care, rational thinking, diet, and relaxation techniques such as meditation, exercises, stress busters, affirmative self-talk was suggested.

Outcome:

The counseling facilities at Dhempe college has increased the coping abilities of the students, helps in rooting out their mental traumas, problems which in turn helps in establishing healthy relationships with family members, teachers and their friends.

It has also helped in the early detection and prevention of problems that may cause problems to the students and those who are in relation to him/her. Total 63 number of students were counselled in 2017-2018.

Counseling Report

2018-2019

Objective:

To promote the holistic development of students by providing on-going prevention and intervention services and offering personal counseling to students. It is the act of helping the client to see things more clearly, possibly from a different viewpoint. This can enable the person to focus on feelings, experiences or behaviour, with a goal to facilitate a positive change.

Report:

The counseling service was available to Dhempe college students thrice a week i.e. on Mondays, Wednesdays and Fridays from 9:00 am to 2:00 pm. For semesters I, III and V the total number of students counselled was **30**, and for semesters II, IV and VI the total number of students counselled was **50**. So, for this academic year the total number of students who registered for counseling was **80**; some of these were referrals from mentor teachers others were self-referred.

- For the initial months i.e. for July and August an orientation programme was conducted for all the first-year students from Arts as well as Science.
- In addition, a talk on 'Career Guidance in Psychology' was conducted by the Counselor on 30/07/18 in the psychology laboratory from 10:00-11:00 am. Scope for psychology in India as well as abroad was discussed.
- A one-day seminar on 'Employability Skills' was held on 7th September 2018 by college Counselor Ms. Pranita Kalangutkar. The presentation was divided in two parts-Perspectives and research on employability skills and secondly, on interview skills. More than 70 students and 3 faculty members participated in the seminar.
- On 1st October 2018, the same presentation was repeated for 6 units Economics students.
- A 'Personality Development' programme was conducted by the Counselor on 1st March 2019 for computer science students of Dhempe College of Arts and Science.

27 students and 2 faculty members from the computer science dept. attended the programme.

- On 5th April 2019, the Counselor had a group discussion on 'Examination Stress' in the psychology laboratory with students where in causes and extreme effects of stress were discussed. At the same time planning & organization, diet, relaxation, right amount of sleep was briefly discussed to reduce stress during examination.

Jagruti training programmes:

- 28/9/2018: Organised 'Jagruti-No health without mental health' programme at Merces village panchayat in collaboration with Sangath, organized by Dhempe College of Arts and Science.
- 29/9/2018: Organised 'Jagruti-No health without mental health' programme at Merces village ground in collaboration with Sangath, organized by Dhempe College of Arts and Science.

Sexual Harassment Prevention talks:

- In collaboration with the sexual harassment prevention committee the Counselor organized sensitization programmes on prevention of sexual harassment and invited participation from the staff and students.
- 11/03/2019: "Awareness on sexual harassment" programme was conducted for NCC students of Dhempe College from 11:30 am to 12:15 pm. A total of 37 students and 2 faculty members participated.
- 13/03/2019: "Awareness on sexual harassment" talk was conducted for TYBA Political Science Department students from 12:00 pm to 1:00 pm., a total of 21 students participated.
- 22/03/2019: Sensitization on "Awareness on sexual harassment" talk was conducted for NSS students of Dhempe College from 10:00 to 11:00 am., a total of 16 students and 1 faculty member attended the talk.

To comprehend students' understanding of sexual harassment they were given basic questions on the topic before the session and post session the same questions were asked again to check on the effect of the talk. Different ways of sexual harassment were discussed and they were enlightened on techniques to deal with the harassments such as direct approach, indirect approach, third party, chain of command, and finally

to file a formal complaint. At the end of the talk their verbal as well as written feedback was taken to analyse the data.

Outcome:

The counseling facilities at Dhempe college has increased the coping abilities of the students, to deal with mental traumas, and problems which in turn helps in exam stress, sexual harassment prevention, mental health and establishing healthy relationships with family members, teachers and friends. Eighty students were counselled in 2018-2019.

Counseling Report

2019-2020

Objective:

To promote the holistic development of students by providing on-going prevention and intervention services. Students are offered personal counseling to ensure direction to emotion and thought process. Counseling aims at helping students and teachers acknowledge their feelings, experiences and behaviors with a goal to facilitate a positive change.

Report:

The college counselor Ms. Neha Manoj Masurkar was appointed in October 2019 to provide counseling services to students of Dhempe College on regular basis from 9am to 3pm if required the time has also been extended. Total number of students counselled for the academic year 2019-2020 is **70**. As many students were keen on taking help at the same time some of the students were referred by mentors and subject teachers.

- An Orientation was conducted in each class from First year to Third year of both Arts and Science streams to establish counseling services. Activities, talks and seminars were conducted to facilitate a positive outlook and awareness. **70** students were counselled and **120** follow ups were done.

Workshops, Talks and Seminar

- On January 8th 2020 a seminar on “Prevention of Sexual Harassment” was conducted by the Counselor in seminar hall from 2.30 pm to 4pm., attended by 41 students with their respective teachers from SYBA Political Science class and Psychology class. The seminar aimed at providing information on laws on prevention of sexual harassment and how to seek and give mental support to the victim.
- 9th January 2020, a talk was held from 12pm to 1pm, for 18 students with their respective teachers of third year psychology, which aimed at providing “Career guidance and teaching psychological intervention techniques”.
- 11th January 2020, from 9 am to 2pm an open house was conducted at Dhempe College, the Counselor used the opportunity to meet the parents after they had collected their children’s results. Total 6 “Parent –Child counseling” was conducted. The counseling aimed at understanding parents, breaking the communication barrier between parents and their children also to further help children direct their behaviour and emotions.
- 16th January 2020 at 1.15pm up to 2.30pm a talk on “Prevention of Sexual Harassment” was conducted with 8 students of third year History along with teaching faculty. The seminar aimed at providing information on laws on prevention of sexual harassment and how to seek and give mental support to the victim.
- 23rd January 2020, at 1pm up to 2pm a class on” Theory of Mind” was conducted for class of First year BA with 25 students present. The Class aimed at helping student to understand the conscious and subconscious levels and focus more on their experiences and emotions, to recognize traumatic experiences and emotion attached and direct them to deal with emotions.
- 31st January 2020, at 12.10pm up to 1.30 pm a talk on “Career guidance” was given to 61 the students of Biotechnology along with 6 teaching faculty of biotechnology. The seminar was conducted in the seminar hall and it aimed at helping students to realize the importance of time and how to manage it. To help plan future steps to be taken, to guide them to different colleges and see the career opportunity worldwide.
- 14th February 2020, at 1pm to 2pm a talk on “Career guidance in the field of Psychology” was given to 18 the students of psychology with the presence of the teaching faculty. The seminar was conducted in the class and it aimed at helping students realize the importance of time and how to manage it. To help plan future steps to be taken, to guide them to different colleges and see the career opportunity worldwide.

- 17th February 2020, 1pm -2pm a talk on “Time Management” was given to 15 the students of Second year BSc. The seminar was conducted in the class and it aimed at helping students realize the importance of time and how to manage it. To help plan future steps to be taken, to guide them to different colleges and see the career opportunity worldwide.
- 7th March 2020, at 11.30 am – 12.45 pm a session on “Relaxation Techniques” was conducted for 6 students of NCC with the presence of the teaching faculty. The session had a mixture of yoga, meditation and emotional freedom techniques and breathing techniques. This aimed at helping student’s get relief from emotional stress and help them to concentrate for the upcoming examination.
- 12th March 2020, at 11.30am- 1.30pm a Trip to Government High School, Porvorim was taken to conduct a seminar on ‘Cyber Bullying’ for the students of 8th , 9th and 10th grade. The Counselor was accompanied by 6 students of FYBA. The seminar was divided into 2 parts in Part 1:- the Counselor gave a talk on awareness and prevention of Cyber bullying. In Part 2:- students of first year BA conducted a play to portray the dangers of cyber bullying on physical and mental health.
- 14th March 2020, at 9.30 am -12pm a session on “Relaxation Techniques” was conducted for 12 students of SYBsc. The session had a mixture of yoga, meditation and emotional freedom techniques and breathing techniques. This aimed at helping student’s get relief from emotional stress and help them to concentrate for the upcoming examination.
- 25th April 2020, at 10am-1pm an online webinar session was conducted on “Counseling Techniques” with 5 students of third year BA psychology. The aim of the online webinar was to help students utilize their time to learn new techniques.
- 29th April 2020, at 10am -12pm an online webinar session was conducted on “Research Methodology” with 7 students from different classes. The aim of the online webinar was to help students utilize their time to learn and apply new teachings.

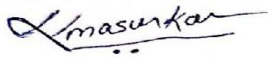
Discussion:

This report aims at presenting problems that were reported by the **70** students with different demographic background. During the course of counseling sessions conducted for the academic year 2019-2020 a major concern around Depression, Parental relationship, Romantic relationships and Career was noted. The reported problems were dealt by constant counseling and follow ups. Therapeutic sessions were also offered for students on REBT,

Reverse induction therapy, Emotional freedom techniques, analyzing dream processes and Neuro linguistic programming. Career guidance was provided to students who specifically aimed at perusing their career in psychology. Others who wished to be guided a basic guidance on time and career management was given. They were further referred to their specific subject teachers and mentors who specialized in that particular field.

Outcome:

The counselling facilities at Dhempe college Arts and Science has increasingly helped students cope in different areas of problems. Major problems for the academic year 2019-2020 were Depression, Parental relationship, Romantic relationships and Career. This was dealt with various psychological tools along with counselling.



Neha Manoj Masurkar

College Counsellor