

## Personal Counseling 2014-15 to 2018-19

note: Name of the student hidden under false name  
Details should be kept in Register with Confidentiality



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2015-16

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S. no	Name of the student	Problem	Remarks
1	Ajay K.V	Depression	Counseling session-4 Optimistic, Myself challenged Lack of compassion and care Self esteem building techniques, Loyalty, respect Keep family far away in classroom
2	Ranjana M	Mood swing Lack of social skills	Counseling session-3 Impulsiveness, behavior pattern W/ built family Self-esteem building techniques Referred

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Name of the Student	Problem	Remarks
Caroline	Lack of interest in studies and classmates	Counselling session - 2 homosexual identity, a coping up with room mates and classmates Empathy, these techniques recommended and asked to keep the diary recorded
Kishita	Family problems	Counselling session - 4 depressed father, marriage problems unable to concentrate in studies depressed After counselling session regained
Ajay T.S	Lack of interest in studies	Counselling session - 2 Dissatisfied parents, lack of interest in life, exam Empathetic counselling and guidance given. CBT

2017-18

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Sl no	Name of the student	Problems
1	Mehar Brijun	Exam related stress
2	Manish	Intermittent pain attack
3	Sush	Problems to face the teachers in school
4	Faisal Pathan	Lack of interest in studies

Academic Year 2017-18

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Counseling session - 1  
Lack of sleep and increased stress prior to certain University exams  
Remarkable progress after CBT session  
Follow up was done

Counseling session - 2  
Lack of confidence due to strict parenting  
Relaxation techniques, hypnotherapy and techniques to build self-esteem were given  
Evaluation was done  
Remarkable progress was observed

Counseling session - 3  
Lack of orientation, aggressive behavior

Counseling session - 4  
Trauma of father's death, substance abuse, academic issues  
Support of interest  
Lack of feeling being heard and being understood  
Patients was positive




Sl. no	Name of the student	Problem	Remarks
1	Adhira	marital life - education, etc responsibility	Counselling session - 3 Communication with husband Spouses respect within the temple  Referred to marriage counselling
2	Shriya	Conflict with mother lack of interest in studies	Counselling session - 3 Remarkable progress Improvement in studies Better relation with mother
3	Naina, Rajan	Hardworking good relationship with classmate	Counselling session - 4 conflicts in between room mate problems in her friend marriage parental issues Counselling session concluded, were done and team worked
4	Sara, Meha	Distraction in studies	Counselling session - 5 Hyperactive and lack of concentration in studies lack of motivation at home think as not in good terms with mother Siblings - 2 Session was concluded for parents
5	Rohaan P.P	Lack of self esteem Scared by Bipolarism	Counselling session - 5 Attended sessions, still poor by attending other sessions Self esteem build up, also refer to Andhra University. Referred to



Sl no	Name of the student	Problem	Remarks
1	Anu S Thomas	Laziness	<p>Laziness by nature - a            one agrees with the behavior            relationship affected by parents and teachers            opposition - lack of sleep - no concentration in class            better attitude towards parents            computer techniques practiced            regular follow up done</p>

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