

**A Report on**  
**Counselling Activities at DAIICT**  
**During the period January 2017 -November 2022**

**Prepared by**  
**Dr Nandini Baneerjee**  
**Ms Nitu Singh Bhadouria**

**Date: 28<sup>th</sup> November 2022**

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## Counselling Report

### 1. Introduction:

Counselling is the psychotherapeutic relationship in which students receives direct help from counsellor and finds an opportunity to release negative feelings and emotions and thus clear the way for positive growth in one's personality.

Counselling cell of DAIICT aims to develop emotional well-being and self-awareness among students. A supportive environment to students helps them handle stress especially in the past 2 years since the COVID 19 started. Counselling team has Dean Students and two counsellors. The two counsellors are Dr Nandini Banerjee and Ms Nitu Singh Bhadouria.

Their role and responsibility are:

Evaluate students' needs and create a custom treatment plan

Teach students coping mechanisms related to stressful and traumatic situations.

ii) Take individual and group counselling sessions,

Plan, organise and conduct Talks / sessions /activities with the goal to enhance emotional wellbeing of the DAIICT Community.

Monitor students' progress and adjust treatment plan

The pandemic situation created a massive change in all our lives and all our work were conducted on online mode, and restricted our physical interaction with others. This has given rise to many challenges like learning and adapting to new lifestyle, miss our friends, headaches and other aches, lack of motivation, unproductive time management, feeling isolated etc. So we, counsellors in DAIICT, started taking sessions in virtual mode with the students to help them deal with fear, anxiety, stress, emotional disturbances, loss of loved ones, exam anxiety, changes in sleep and eating patterns, difficulty in concentrating, difficulty in completing the assignment/projects and also to provide supportive environment to them. Counsellors also focused to organise the sessions /talk to develop new skills, which were required to learn to adjust better with the new system of online learning and adapting it with our lifestyles.

### 2. Role of Counsellors.

Counselors help their clients/students by counseling them for their emotional wellbeing. Counselors also help clients/student explore and understand their worlds and so discover better ways of thinking and living and not judging them.

Counselors help people improve their well-being, alleviate distress adjustment issues, resolve crisis, and increase their ability to live a more highly functioning and happy lives.

### 3.Code of Ethics and Practice.

No information is exchanged with a third party, without prior client consent.

The content of the meeting remains private and confidential.

In extreme circumstances, where the counselor becomes concerned for the personal safety of the client, the client is informed that confidentiality may be broken.

Student facing different issues are taken up by the counselor and number of sessions are decided and the psychotherapy to be used is also explained to the student.





#### **4. Methods/Techniques**

Counselling services are classified into 3 sections:

- i) Individual Counselling Session
- ii) Group sessions
- iii) Initiatives/ Activities / Workshops.

Individual counselling sessions are one-to-one counselling sessions taken via phone call/video call during the pandemic and in normal times face to face sessions are conducted. Students having difficulty with their emotional, mental, academics, and relationship issues can choose the counsellor of the institute and make an appointment by either emailing them or messaging on their contact numbers. The number of sessions are decided by the counsellor depending on the intensity of the issues and the psychotherapy is also decided. Each session is of one hour each and according to the intensity of the problem repeat sessions are decided by the counsellor which is generally once a week.

#### **5. Sessions and initiatives taken by Nandini Banerjee**

**Table1.** showing counselling sessions with different issues from January 2017 till November 2022

| YEAR | CLASS |    | GENDER |    |    |   | TOTAL<br>SESSIONS<br>WITH REPEAT<br>SESSIONS. | ISSUES  |
|------|-------|----|--------|----|----|---|---|---|
|      | UG    | PG | UG     |    | PG |   |   |   |
|      |       |    | M      | F  | M  | F |   |   |
| 2017 | 6     | 3  | 6      | 0  | 2  | 1 | 19  | Low-self-confidence, Academic, PTSD, Relationship, Fear,  |
| 2018 | 14    | 10 | 13     | 1  | 4  | 6 | 46  | Anxiety, Academics, Overthinking, Kleptomania, Relationship, LSC.   |
| 2019 | 10    | 8  | 8      | 2  | 8  | 0 | 35  | Loneliness, Academic, Failure, personal issues. Placement. Anxiety, Phobia..  |
| 2020 | 2     | 1  | 1      | 1  | 1  | 0 | 6   | Overthinking, Failure, Fear, LSE, Grief, Placement, online exams, online counselling.   |
| 2021 | 10    | 2  | 6      | 4  | 1  | 1 | 32  | Alopecia, Grief, Placement, Fear, online exams, online counselling, COVID issues and stress.  |
| 2022 | 37    | 7  | 25     | 12 | 4  | 3 | 72  | Relationship, OCD, LSC, Overthinking, Sexual Abuse, Sevier depression and Numbness, Loneliness, Homesickness, Academic, placement, adjustment, Suicidal thoughts. |

**Total Number of sessions taken by Nandini Banerjee from January 2017 till November 2022 is 210, UG PG, and P. HD, each session is of 1 hour each. There are repeat session of**



each student. During COVID from 2019, 2020 and 2021 when the institute was closed for students, online sessions were done.

**6. Initiatives / Activities/ Workshops: Year: 2018, 2019, 2020, 2021, 2022.**

**a) Initiatives/ Activities 1 by Nandini:** In 2018 and 2019, conducted sessions for academically weak students.

**b) Initiatives/ Activities 2 by Nandini** 22<sup>nd</sup> January 2019, Time: 6 pm, Topic: The power of Positive Thinking, Speaker: Ms. Jayshree Vyas. Venue: CEP 102. Attended by 50 students.

**c) Initiatives/ Activities 3 by Nandini:** In May 2020 done stress management with 200 4<sup>th</sup> year B.Tech students. Divided them into four groups and the session was two groups in one day, took 2 days.

**d) Initiatives/ Activities 4 by Nandini:** An open platform discussion was done in September 2020 on dealing with loneliness and coping styles. With 4<sup>th</sup> B.Tech totals of 30 students attended the session.

**e) Initiatives/ Activities 5:** EK MULAKAT Nandini and Ms. Nitu online session was conducted in October 2020 for 1<sup>st</sup>-year students and parents. 380 Students were divided into 6 groups. Each group has 50-65 students approximately. Sessions with three groups were taken by Nitu Singh and sessions with the other three groups taken up by Dr Nandini Banerjee.

Feedback from parents regarding the sessions was taken by counsellors of Ek Mulakat. Parents interacted with the counsellors and asked questions regarding the counselling services. Their query was clarified immediately or directed to the respective department if needed. Sessions that were conducted with 1<sup>st</sup> year B. Tech students in the EkMulakat sessions were very good students enjoyed the small activity done with group 1 ,2 and 3 taken up by Dr.Nandini and group 3,4 and 5 done by Ms.Neetu. The parents of group 1 and 2 interacted with us and asked questions regarding the start of the institute, hygienic food of canteen, extracurricular activities on campus etc.

**f) Initiatives/ Activities 6 by Nandini:** Meditation for relaxation which was open to all students was conducted on 23<sup>rd</sup> November 2020, 58 students attended the session and got very positive feedback.

**g) Initiatives/ Activities 7 by Poorva :** Another Meditation for relaxation was by Nandini Banerjee and was conducted by Ms.Poorva in November 2020 for students, staff, faculty on campus offline. Two different slots were made from 3.30 pm to 4.30 pm for faculty and staff. 15 members attended the session and appreciated. 5pm to 6 pm was for students but none attended. All this was done in CEP110. Photos are attached below.





Pic 1. Topic: Meditation for relaxation, speaker- Ms Poorva.

**h) Initiatives/ Activities 8, by Nandini**

A Webinar was conducted on **November 2nd, 2020** for faculty, staff UG, PG, and Ph.D. students online using the WebEx platform.

**Topic: Cyber Hygiene and online learning during a pandemic**

**Speaker: Mr. Abhishek Singh MD and CEO Digital India Corporation** organized by Shiuli Mukherjee Content producer, pan pictures. Asia, coordinated by Dr. Nandini Banerjee counselor DAIICT. 8 students and Prof Anjan Ghosh attended the session  
Had WebEx issue. Feedback was not so good.

**i) Initiatives/ Activities 9, by Nandini**

**19<sup>th</sup> November 2020** seminar on Google meeting was coordinated by Nandini Banerjee on **Critical and creative thinking for self-development Speaker R.K Chopra.** 110 students and few staff members also attended this session. The feedback was very good.

**j) Initiatives/ Activities 10 by Nandini :** Guided Meditation conducted by Nandini Banerjee on **2<sup>nd</sup> July 2021**, at 3.30pm . This was attended by 13 students, 3 staff members, 1 faculty member and feedback was good.

**k) Initiatives/ Activities 11 by Nandini:** Counselling session conducted in batches of 50 each for B.Tech 1<sup>st</sup> year in **November 2021**. It was an interactive session by students and their parents

**l) Initiatives/ Activities 12 by Nandini:** On **January 13<sup>th</sup> 2022** a session was conducted on "Entrepreneurs and Socially Responsible Service." Speaker was Mr. Sagar Brahmhatt. This session was attended by Staff, Faculty and Students

**m) Initiatives/ Activities 13 by Nandini:** The session was exclusively for B.Tech 1st year on **25<sup>th</sup> May 2022**, and was attended by a few 1st year students , faculty members and Staff  
The feedback from students and faculty members was very positive.

**Topic:** Programing Self, **Speaker:** R.K Chopra, **Venue:** R.C Preview Room

**Time:** 4.30 pm to 5.30 pm

**Key takeaways from the session:**

1. Believing in self:
2. Right Attitude
3. Right thought
4. Tips to perform well in exam
5. Positive thinking
6. Self-Affirmations





Picture 2.: Topic: Programing Self, Speaker: R.K Chopra, Venue: R.C Preview Room



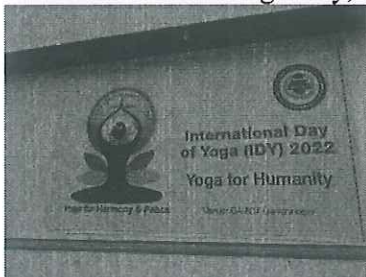
Picture 3: Topic: Programing Self, Speaker: R.K Chopra, Venue: R.C Preview Room

n) **Initiatives/ Activities 14 by Nandini:** Conducted and Coordinated in organizing International Yoga Day on **21<sup>st</sup> June 2022**, at from 9.30 am to 10.30 am, in Daiict Football ground.

This session was done by AAYush Yoga Trainer Ms. Ronak Soni



Picture 4.: World Yoga Day, Daiict June 2022

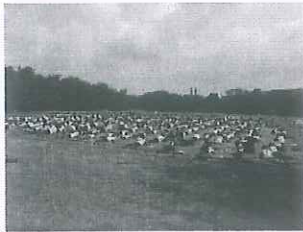


Picture 5.: World Yoga Day, Daiict June 2022





Picture 6.: World Yoga Day, Daiict June 2022

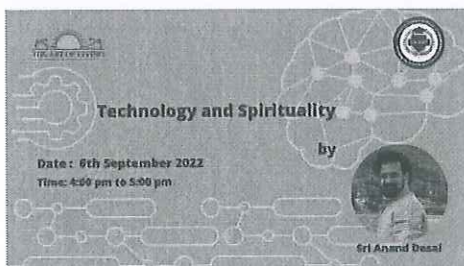


Picture 7: World Yoga Day, Daiict June 2022



Picture 8: World Yoga Day, Daiict June 2022

0) **Initiatives/ Activities 15 by Nandini:** A session was organized by Shri Anand Desai on Spirituality and Technology on **6<sup>th</sup> September 2022** from 4pm to 5pm. This was in CEP 102 and in Hybrid mode. It was attended by students, faculty and staff and the session was appreciated.



(p) **Initiatives/ Activities 16 by Nandini:** Coordinating and Organizing a panel discussion, Revealing unforeseen opportunities with alumni, in diverse and nontechnical areas, on **29<sup>th</sup> November 2022**. Speakers- Jotiraditya (IAS), Gauravi Dubey (IRS), Indira Negi, Director at Bill and Melinda Gates Foundation, Irukulapati Naga 5G patent holder working at Ericsson Research.





**7. Sessions and initiatives taken by Ms. Nitu:**

| Year | Number of students availed Counseling Services |    |       | Concerns   |
|------|--|----|-------|--|
|      | UG   | PG | TOTAL |  |
|      |  |    |       | Substance abuse, Relationship issues, Inferior complex, Behavioral issue   |
| 2017 | 20   | 2  | 22    | Performance anxiety, Relationship issues, Inferior complex, Behavioral issue. Self-awareness and development, Difficulty in understanding sexual orientation, Depression and Anxiety issues  |
| 2018 | 28   | 3  | 31    | Performance anxiety, Relationship issues, Inferior complex, Behavioral issue, Depression, Porn addiction, Difficulty in understanding sexual orientation, Anxiety issues and Screen addiction.   |
| 2019 | 33   | 9  | 42    | Anxiety issues, Psychosomatic issues, Performance anxiety, Relationship issues, inferior complex, Behavioral issue, Depression, Post traumatic disorder, Academic related and Poor study habits, Self-awareness and development, Feeling lonely, OCD.                                |
| 2020 | 41   | 18 | 59    | COVID related anxiety and grief, Psychosomatic issues, Performance anxiety, relationship issues, Inferior complex, Behavioral issue, Depression, Academic related and poor study habits, Feeling monotonous, Self-awareness and development, Feeling lonely, Lack of meaning in life |
| 2021 | 57   | 15 | 72    | COVID related anxiety and grief, Feeling monotonous, Lack of meaning in life, Psychosomatic issues, Performance anxiety, Relationship issues, Inferior complex, Behavioral issue, Depression, Academic related and poor study habits, Self-awareness and development.                |
| 2022 | 28   | 5  | 33    | Inferior complex, Behavioral issue, Depression, Academic related and poor study habits, Self-awareness and development, Feeling lonely, Social anxiety.  |

**Initiatives / Activities/ Workshops: Year: 2018, 2019, 2020, 2021, 2022.**

**a) Session named “Understanding grief as an essential phase” by Counsellor Ms. Nitu Singh Bhadouria**

It was organised on 1<sup>st</sup> June 2021. Number of participants was 27. it was interactive session. The objective of session was to reach the community experiencing loss during Pandemic and create empathy and support to help them heal their pain.

**b) Session named “Understanding sign of mind and body” by Counsellor Ms. Nitu Singh Bhadouria**

It was organised on 7<sup>th</sup> April 2021. Number of participants was 18. The objective of session was to create awareness about the sensations, pains or any other signals body give and work up them to manage their psychosomatic symptoms.

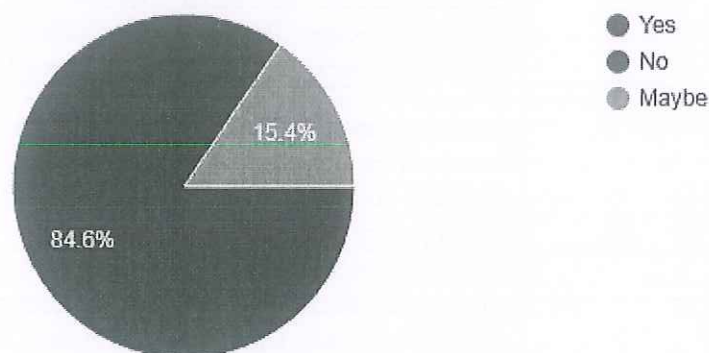


**c) The program named "Discovering self" was offered by Counsellor Ms Nitu Singh Bhadouria**

The program had 8 sessions, planned on alternate Saturdays in the month of October to December 2021. It commenced from 16th October, 2021. This program was for those who were interested in self-exploration and who want to deepen their practice of self-awareness. 13 students register the program. Their feedback is as follow:

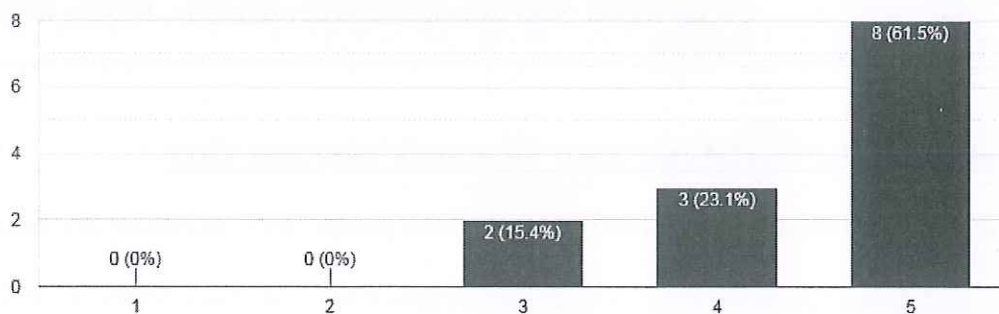
Are you satisfy with the session design and content

13 responses



Was the session interesting?

13 responses



**d) Session named "Encoding Self" was coordinated by Counsellor Ms. Nitu Singh Bhadouria**

The session was conducted on 25<sup>th</sup> January 2020 by MsShefaliUpadhyay. She is a reputed hypnotherapist and psychotherapist.35 students participated. The objective of the session was to recognize unhealthy patterns and discussing strategies to unlearn them.





**e) Initiative named "From the counsellor desk." Was taken by counsellor Ms Nitu Singh Bhadouria**

The objective of the initiative was to create awareness about emotional wellbeing via sending mails to everyone. Content of these mails were related to self-care tips, importance of emotions well wellbeing, healthy emotional boundaries, psychological needs of an individual etc. these mails were sent in alternative weekends.

**f) Session named "Enhancing brain productivity" was coordinated by Counsellor Ms. Nitu Singh Bhadouria**

The session was conducted on 3<sup>rd</sup> December 2020 by MsShefaliUpadhyay. She is a reputed hypnotherapist and psychotherapist. 45 students participated. The student learned techniques to relax self, affirmations to improve their productivity, and breath watching techniques. 87% of them shared positive feedback about the session and many of them requested to organize the session again in the future.

**g) Session named "Bore Mar Raha hai" was organized by Counselor Ms Nitu Singh Bhadouria.**

Resource Person: Dr Jasbir Kaur Thadhani

Date: 26th March 2019.

The objective was to develop understanding psychological perspective of Boredom and finding meaning in day to day life.

**h) Session named "Session on Goal setting and planning" was organized by Counsellor Ms Nitu Singh Bhadouria**

Resource Person: Nikita Dudani

Date: 27<sup>th</sup> April 2019

The objective was to help students to enhance their goal setting and planning skills.

**i) Counselor Ms Nitu Singh Bhadouria took initiative to meeting all the students staying in the hostel during lockdown duration:**

It is continuous process and Counselor Ms Nitu Singh Bhadoruia kept meeting students randomly to ensure their emotional health and academic progress. With most of them, I met once and with 2-3 students I met twice. She also suggested few strategies to authority to enhance emotional wellbeing among the students like organizing group dinners.

**j) Initiative named "You made a difference." Taken by counsellor Ms Nitu Singh Bhadouria:**

It took 4 weeks to plan, implement and complete the activity. The objective of the session was to spread gratitude in the DA community. In the initiative gratitude box was keep at 3 different place in the campus. It was for everyone from Students, staff and faculty member. Anyone, who felt they have been helped or felt support by community member in any form (physical, emotional or financial) could write the letter with their name or without their name and drop in the gratitude box. Their letter was delivered to the respective member. This activity was aimed to spread smile and encourage helpful nature among the community.





**k) Meeting all first year students falling under academic probation:**

It was continuous process and Counsellor Ms Nitu Singh Bhadouria randomly met the students falling under academic probation through the semester to ensure their emotional health and academic progress.

**l) Session named “heartfulness meditation” was organized by Counsellor Ms Nitu Singh Bhadouria**

Resource Person: Phool Kumar Saluja and team

Date: 25th May to 27th May 2018

Number of participants was 35.

**m) Session named “Inner voices Vs social conditioning” by Counsellor Ms. Nitu Singh Bhadouria**

The objective of the session to create awareness of own emotional complex we experience as human and accept it with empathy. The session was conducted in the month of July and August. The whole batch was divided into 5 groups and each group was allotted the time for the session. The program was planned for consecutive days to accommodate all 5 groups. These sessions help the students to create health bond among each other and with the counsellor as well.

**n) Session named “Understanding EQ and its significant in the life” by Counsellor Ms. Nitu Singh Bhadouria on 18<sup>th</sup> August 2018**

the session was conducted on 18<sup>th</sup> August 2018 with the objective to create awareness about skills and characteristics related to emotional intelligence and ways to enhance the same. 48 students' attendant the sessions. The session was interactive and activity based.

**o) Initiative named "from the counsellor desk." Taken by counsellor Ms Nitu Singh Bhadouria**

The objective of the initiative was to create awareness about emotional wellbeing via sending mails to everyone. Content of these mails were related to self-care tips, importance of emotions well wellbeing, healthy emotional boundaries, psychological needs of an individual etc. these mails were sent in alternative weekends.

**8. Results of Counselling:**

- Insight and understanding of oneself, with greater self-awareness.
- Changing of one's belief's and mental models.
- Increased acceptance and appreciation of oneself.
- Development of skills and abilities that require self-management.
- Understand others and why they act as they do.
- Increased appreciation and care for others.
- Improvement in relationships with others.
- Changing of relationship with family, friends and others.
- Making amends for past negative actions



**9. Conclusion:** As the data shows in 2022, the total number of session increased because after the two years of the pandemic students came to the hostel and had faced different issues. To name a few mainly were homesickness, loneliness, adjustment issues, exam anxiety, grieving, PTSD. Since 2017 till date the five years' data shows 210 sessions taken by Nandini Banerjee, each session is minimum of one hour each. The year 2019 to 2021 saw the worst situation of COVID. Students who were stuck up on campus were counselled and students who were effected with COVID were continuously monitored and called up.

Data provided by Ms Nitu Singh Bhadouria shows there is significant increase in the number of case every year. It reflects that counseling services are able to reach to the students and is successfully able to create awareness and trust among the student body so that they feel comfortable to approach the counsellors and are willing to avail the counseling services.

Data also shows drastic increase in cases during pandemic i.e during 2020 and 2021, most of the cases were related to anxiety of one or close one getting infected with COVID, grief of losing someone close, psychosomatic issues, feeling monotonous and alone. There were also some cases related to behavioral issues like not able to maintain a routine and losing meaning of life.

**10. Suggestions:**

Structure every single day: Keep themselves busy with the activities indoor and outdoor available in the institute. We suggested and encouraged students to be active and keep themselves engaged with activities such as physical exercise for mental and spiritual well-being. (E.g. exercise programs, mindfulness practice, and music programs, meditation, deep breathing)

Manage cognition, emotion, and mood: Conscious breathing, meditation, and other relaxation techniques are helpful for the mind and body and can decrease one's level of anxiety and depression. Emotional support for family members and friends is especially important during this harsh pandemic period, but one should not hesitate to seek help as well and were told to call up the counsellors whenever needed.

Pay attention to physical, mental, and emotional symptoms. Other symptoms include anger, irritability, and compulsive behaviors, such as repeated washing and cleaning. Furthermore, the experiences of social isolation and may bring back post-traumatic stress disorder symptoms for those previously exposed to other related events.

Conduct and Organize many more sessions for the years to come.

**Report Prepared: Dr. Nandini Banerjee and MsNitu Singh Bagodia.**

**28<sup>th</sup> November 2022.**



