

Bharati Vidyapeeth's

Dr. Patangrao Kadam Mahavidyalaya, Sangli

Counselling Committee

Annual Report

2014-15

College students have to deal with different types of psychological problems and stress. Counselling Committee helps those students who are facing such psychological problems and stress. With the help of specialist counselor, the committee tries to resolve the problems in the students. Regarding various psychological problems the committee provides personal as well as congregate guidance. The details are as following –

Sr. No	Problem	Symptoms shown by students	No. of Students		Total no of students
			M	F	
1	Stress	1. Difficulty in relaxing 2. Impatience 3. Over reacting to small things 4. Continuously nervous	8	17	25
2	Depression	1. Disinterested in daily activities 2. Cannot take enjoyment in anything 3. Cannot take initiative in anything 4. Continuously anxious	4	13	17
3	Anxiety	1. Restlessness 2. Difficulty in concentration 3. Irritable 4. Excessive worry 5. Physical changes	2	15	17
4	Social Phobia	1. Afraid during exams or orals 2. Increased heart rate in social situations 3. Doesn't participate/ attend functions, gatherings 4. Inferiority complex about weight, color, height 5. Suicidal ideation	5	6	11
5	Personal problems	1. Love affair 2. Physically disabled students	4	6	10

6	Behavioral Problems	1. Absenteeism 2. Bullies, threatens others 3. Cruel to people or animals 4. Stealing / Destroying things 5. Wander in and around college campus without attending class	13	3	16
7	Addiction in students (Tobacco, Mawa, Cigarette, Bidi, Alcohol)	1. Staining in teeth, Gum staining 2. Excessive talking, rapid or slurred speech 3. Bizarre or paranoid comments 4. Reddish eye, bloodshot eye 5. Recurrent throat infections, cough, common cold 6. Burns or soot on fingers and lips	18	0	18
		Total No. of Students			103

✦ **Academic stress scale for college students:**

This test has been conducted in five criterion as follows:

1. Personal disabilities
2. Interaction between peer students and teachers
3. Affright about examinations
4. Inadequacy of facilities in college campus
5. Parent's expectations and social economic status

With the help of output and results aroused out of the tests conducted the guidance has been provided to students with some resolutions.


(Mrs.U.A.Desai)

Convenor


(Mr.R.S.Katimani)

Counselor


Principal
Bharati Vidyapeeth's
Dr. Patangrao Kadam Mahavidyalaya, Sangli

Bharati Vidyapeeth's

Dr. Patangrao Kadam Mahavidyalaya, Sangli

Counseling Committee

Annual Report

2015-16

College students have to deal with different types of psychological problems and stress. Counseling Committee helps those students who are facing such psychological problems and stress. With the help of specialist counselor, the committee tries to resolve the problems in the students. Regarding various psychological problems the committee provides personal as well as congregative guidance. The details are as following –

Sr. No	Problem	Symptoms shown by students	No. of Students		Total no of students
			M	F	
1	Stress	1. Difficulty in relaxing 2. Impatience 3. Over reacting to small things 4. Continuously nervous	11	17	28
2	Depression	1. Disinterested in daily activities 2. Cannot take enjoyment in anything 3. Cannot take initiative in anything 4. Continuously anxious	6	11	17
3	Anxiety	1. Restlessness 2. Difficulty in concentration 3. Irritable 4. Excessive worry 5. Physical changes	8	13	21
4	Social Phobia	1. Afraid during exams or orals 2. Increased heart rate in social situations 3. Doesn't participate/ attend functions, gatherings 4. Inferiority complex about weight, color, height 5. Suicidal ideation	5	19	24
5	Personal problems	1. Love affair 2. Physically disabled students	11	3	14

6	Behavioral Problems	1. Absenteeism 2. Bullies, threatens others 3. Cruel to people or animals 4. Stealing / Destroying things 5. Wander in and around college campus without attending class	14	7	21
7	Addiction in students (Tobacco, Mawa, Cigarette, Bidi, Alcohol)	1. Staining in teeth, Gum staining 2. Excessive talking, rapid or slurred speech 3. Bizarre or paranoid comments 4. Reddish eye, bloodshot eye 5. Recurrent throat infections, cough, common cold 6. Burns or soot on fingers and lips	15	0	15
		Total No Of Students			145

✦ **Academic stress scale for college students:**

This test has been conducted in five criterion as follows:

1. Personal disabilities
2. Interaction between peer students and teachers
3. Affright about examinations
4. Inadequacy of facilities in college campus
5. Parent's expectations and social economic status

With the help of output and results aroused out of the tests conducted the guidance has been provided to students with some resolutions.


(Mrs. U.A. Desai)

Convenor


(Miss. N.N. Mane)

Counselor


Principal
Bharati Vidyapeeth's
Dr. Patangrao Kadam Mahavidyalaya, Sangli

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Dr. Patangrao Kadam Mahavidyalaya, Sangli

Counseling Committee

Annual Report

2016-17

College students have to deal with different types of psychological problems and stress. Counseling Committee helps those students who are facing such psychological problems and stress. With the help of specialist counselor, the committee tries to resolve the problems in the students. Regarding various psychological problems the committee provides personal as well as congregative guidance. The details are as following –

Sr. No	Problem	Symptoms shown by students	No. of Students		Total no of students
			M	F	
1	Stress	1. Difficulty in relaxing 2. Impatience 3. Over reacting to small things 4. Continuously nervous	13	15	28
2	Depression	1. Disinterested in daily activities 2. Cannot take enjoyment in anything 3. Cannot take initiative in anything 4. Continuously anxious	07	12	19
3	Anxiety	1. Restlessness 2. Difficulty in concentration 3. Irritable 4. Excessive worry 5. Physical changes	07	14	21
4	Social Phobia	1. Afraid during exams or orals 2. Increased heart rate in social situations 3. Doesn't participate/ attend functions, gatherings 4. Inferiority complex about weight, color, height 5. Suicidal ideation	06	19	25
5	Personal problems	1. Love affair 2. Physically disabled students	12	08	20

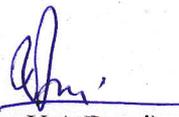
6	Behavioral Problems	1. Absenteeism 2. Bullies, threatens others 3. Cruel to people or animals 4. Stealing / Destroying things 5. Wander in and around college campus without attending class	12	07	19
7	Addiction in students (Tobacco, Mawa, Cigarette, Bidi, Alcohol)	1. Staining in teeth, Gum staining 2. Excessive talking, rapid or slurred speech 3. Bizarre or paranoid comments 4. Reddish eye, bloodshot eye 5. Recurrent throat infections, cough, common cold 6. Burns or soot on fingers and lips	16	0	16
		Total No. of Students			148

✦ **Academic stress scale for college students:**

This test has been conducted in five criterion as follows:

1. Personal disabilities
2. Interaction between peer students and teachers
3. Affright about examinations
4. Inadequacy of facilities in college campus
5. Parent's expectations and social economic status

With the help of output and results aroused out of the tests conducted the guidance has been provided to students with some resolutions.


(Mrs. U.A. Desai)

Convenor


(Miss. T.H. Shaikh)

Counselor


Principal
Bharati Vidyapeeth's
Dr. Patangrao Kadam Mahavidyalaya, Sanad

Bharati Vidyapeeth's

Dr. Patangrao Kadam Mahavidyalaya, Sangli

Counseling Committee

Annual Report

2017-18

College students have to deal with different types of psychological problems and stress. Counseling Committee helps those students who are facing such psychological problems and stress. With the help of specialist counselor, the committee tries to resolve the problems in the students. Regarding various psychological problems the committee provides personal as well as congregative guidance. The details are as following –

Sr. No	Problem	Symptoms shown by students	No. of Students		Total no of students
			M	F	
1	Stress	1. Difficulty in relaxing 2. Impatience 3. Over reacting to small things 4. Continuously nervous	15	16	31
2	Depression	1. Disinterested in daily activities 2. Cannot take enjoyment in anything 3. Cannot take initiative in anything 4. Continuously anxious	8	12	20
3	Anxiety	1. Restlessness 2. Difficulty in concentration 3. Irritable 4. Excessive worry 5. Physical changes	6	14	20
4	Social Phobia	1. Afraid during exams or orals 2. Increased heart rate in social situations 3. Doesn't participate/ attend functions, gatherings 4. Inferiority complex about weight, color, height 5. Suicidal ideation	07	18	25
5	Personal problems	1. Love affair 2. Physically disabled students	13	07	20

6	Behavioral Problems	1. Absenteeism 2. Bullies, threatens others 3. Cruel to people or animals 4. Stealing / Destroying things 5. Wander in and around college campus without attending class	12	07	19
7	Addiction in students (Tobacco, Mawa, Cigarette, Bidi, Alcohol)	1. Staining in teeth, Gum staining 2. Excessive talking, rapid or slurred speech 3. Bizarre or paranoid comments 4. Reddish eye, bloodshot eye 5. Recurrent throat infections, cough, common cold 6. Burns or soot on fingers and lips	17	0	17
		Total No. of students			152

↓ **Academic stress scale for college students:**

This test has been conducted in five criterion as follows:

1. Personal disabilities
2. Interaction between peer students and teachers
3. Affright about examinations
4. Inadequacy of facilities in college campus
5. Parent's expectations and social economic status

With the help of output and results aroused out of the tests conducted the guidance has been provided to students with some resolutions.


(Mrs. U.A. Desai)

Convenor


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