

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 |

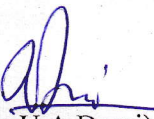
| | | | | | |
|---|--|---|----|---|-----|
| 6 | Behavioral Problems | 1. Absenteeism 2. Bullies, threatens others 3. Cruel to people or animals 4. Stealing / Destroying things 5. Wander in and around college campus without attending class | 13 | 3 | 16 |
| 7 | Addiction in students (Tobacco, Mawa, Cigarette, 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

Bharati Vidyapeeth's

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 |

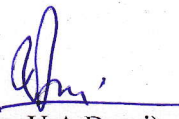
| | | | | | |
|---|--|---|----|----|-----|
| 6 | Behavioral Problems | 1. Absenteeism 2. Bullies, threatens others 3. Cruel to people or animals 4. Stealing / Destroying things 5. Wander in and around college campus without attending class | 12 | 07 | 19 |
| 7 | Addiction in students (Tobacco, Mawa, 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.


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Convenor


(Miss. T.H. Shaikh)

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