

**Seth G B Podar College, Nawalgarh
Jhunjhunu (Rajasthan) India**

Department of Mathematics

Personal Counseling

On

11 November 2021

Thursday

Organized by

Department of Mathematics

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Seth G. B. Podar College, Nawalgarh
Jhunjhunu (Rajasthan) India
Department of Mathematics

To,

Date: 09.11.2021

The Principal
Through: Coordinate, IQAC
Seth G B Podar College
Nawalgarh

Subject- For the Permission to organize a personal counseling program of students of B.Sc Maths & M.Sc. Mathematics.

Respected Sir,

With due respect I want to say that, the department of Mathematics planned to organize a personal counseling program of students of B.Sc. Mathematics & M.Sc. Mathematics.

I request you to please permit for the same as it would be a beneficial activity of a personal counseling program for the students.

Thanking You

Yours Faithfully

Mr. Naresh Kumar Soni
Assistant Professor
Department of Mathematics
Seth G.B. Podar College, Nawalgarh.

Permitted
09/11/21

Objectives: -

- 1. Developing learning skills in students**
- 2. Introducing techniques for memory improvisation**
- 3. Developing communication skills of effective communication**
- 4. Making positive way of thinking to face the exam**
- 5. Devolving a self confidence for preparing complete examination**
- 6. Providing counseling for psychological and related problems**

Personal counseling topics:

- **Stress Management**
- **Depression/Depressed Mood**
- **Anxiety**
- **Interpersonal/Relationship Difficulties**
- **Difficulties In Self-Esteem And/Or Identity**
- **Stress**
- **Adjustment/Transition**
- **Addictions**
- **Grief And Loss**
- **Past Or Current Emotional, Physical Or Sexual Abuse**
- **Balancing Professional And Personal Priorities**
- **Loneliness And Homesickness**
- **Family Issues**
- **Attention And Concentration Difficulties**
- **Issues About Sex And Sexuality**
- **Disordered Eating/Body Image**
- **Relationship Break Up**
- **Problems With Sleep**
- **Physical Health Issues**

Convener:

Naresh Kumar Soni
Assistant Professor
Dept. of Mathematics

PERSONAL COUNSELING ACTIVITY REPORT

Session: - 2021-22

Seth G B Podar College is one the foremost academic institutions of the Northern Region of Nawalgarh, Rajasthan. The institution are known for its quality in higher education and all-embracing facilities for its learners. In the changing scenario, Counseling Cell plays a vital role in an educational institution. Education stands for an overall development of a student and thus counseling cell, a facilitator.

The aim of Guidance and Counseling cell is to provide comprehensive guidance programs and services that will equip students with necessary knowledge, attitude and skills to become mature and socially responsible individuals. It aims to promote a just and humane society. This is the motto of the Guidance & counseling cell which functions as a part of Personal Counseling Cell (PCC) for student retention. The cell nurtures students through different activities and allows students to cross hurdles in the academic year thereby marching smoothly towards success. Apart from this, it helps the students to overcome class, social, and cultural barriers to complete their college education. The Guidance and Counseling Committee is looked after by a teaching faculty. Apart from the main in charge the other faculty members take up specific roles in the activities conducted. The committee identifies students who require services on priority along with their areas of deficiency and suggests the improvement required. Student can come to us for personal problems, academic problems, emotional issues and career awareness. These may include stress related problems, exam anxiety, personal problems, peer pressure, substance abuse, lack of focus in academics, laziness, time management, inability to concentrate and career related queries. The Counseling Cell provides both group counseling and individual (one-on-one) counseling services and all the sessions offered in privacy and strict confidentiality.

Since the college has a very rich Faculty in the Department of Mathematics, it has become very easy and convenient to run the Personal Counseling Cell for the well-being of the learners. Apart from the faculty members, a Mathematics counselor Naresh Kumar Soni resolve the issues methodologically and scientifically. The faculty members Dr. Vidyadhar Sharma , Head of the Department and his colleague Deepak Kumar & Jitendra Singh and render their quality services as counselors to them who are in need of help.

The faculty belongs to the Department of Mathematics, works for the counseling cell, sat together and shared their views about the problems faced by the students and they reach to a conclusion after due discussions and arguments. They advise and suggest the necessary tips needed for the well-being of the students and empower them with life skills needed to face the challenges of this dynamic world. Each student is precious and protection of their lives is the prime objective of the Personal Counseling Cell.

The following students were identified suffering from the problems mentioned below.

S.NO.	STUDENT'S NAME	FATHER NAME	PROBLEM
1.	AZAD BHARAT	RAMAWATAR SAINI	DEPRESSION
2.	DEEPAJ JAJORIA	SOHAN LAL	FEAR OF EXAMS
3.	JITESH RAMAWATAR KUMAR	HARDAYAL SINGH	LACK OF COMMUNICATION
4.	PRADEEP KUMAR	MADAN LAL	LANGUAGE PROBLEM
5.	POOJA KUMARI	MADAN LAL DEVTHIYA	STRESS

6.	SUNIL YADAV	DEEPA RAM YADAV	TENSION WITH EXAMS
7.	SACIN KUMAR	PRAKASH	IRREGULAR TO THE CLASSES
8.	SURESH KUMAR	SHYAM SUNDAR	IRREGULAR TO COLLEGE
9.	ANUJ KUMAWAT	BABULAL KUMAWAT	IRREGULAR TO COLLEGE
10.	BHASKAR SAINI	MURARI LAL SAINI	IRREGULAR TO THE CLASSES
11.	RAHUL SHARMA	CHIRANGI LAL SHARMA	LANGUAGE PROBLEM
12.	MO. SOYAL KHAN	MO. LATIF KHAN	LACK OF CONCENTRATION

Some Glimpses of Personal Counseling



