

Sr. No.	Name	Class	Roll	Problems
60	XX	XX	24.5.2024	- Poor academic performance - Anxiety issues

Remarks

- Meditation was advised
- Encouraged to pursue hobby
- Time management was taught

61	XX	XX	27.4.2024	- Poor Concentration - Poor sleep - Loss of appetite
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- Time management skills were discussed
- Advised to make time table
- Advised to do relaxation technique

62	XX	XX	7.5.2024	- Interpersonal Issue - Fear of rejection - Stress - Anxiety
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- client was advised to open up and share issues.
- Cognitive Behavioural therapy was applied.
- Advised to focus on present not future

63	XX	XX	11.5.2024	- Social phobia - pressure - Stress - Smoking
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- Advised to focus on his/her strength
- Advised to pursue sports available
- Relaxation technique advised
- Advised to focus on studies

64	XX	XX	14.5.2024	- Relationship Issue - Family problems - Poor academic performance - Peer pressure
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- Advised to do Meditation
- Advised to pursue some hobby
- Counselling was done
- Encouraged to talk to his parents about his/her issues

65	XX	XX	20.5.2024	- Exam anxiety - Poor performance - Lack of Concentration - Lack of anxiety
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- Relaxation techniques were taught
- Time management was taught
- Stress management exercises were

Rolls up was taken for all the clients

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Sr. No.	Name	Class	Date	Problems
66	XX	XX	24.5.2024	Family problem Relationship problem Headache low mood
67	XX	XX	29.5.2024	Relationship issue Anxiety Stress lack of concentration
68	XX	XX	4.6.2024	changes in sleep pattern perfectionism fatigue
69	XX	XX	9.6.2024	Stress Anxiety Emotional distress Overthinking
70	XX	XX	13.6.2024	Exam pressure Fear of failure Overthinking Stress

Remarks

Advised to do yoga & Meditation
 Communicate with family, friends & partners
 Do deep breathing exercises
 Uplift mood with small achievements

Advised to do yoga & Meditation
 Follow healthy life style
 Advised about coping strategies
 Focus on doing productive task

Counseling was done
 Advised to do exercise, have proper nutrition
 Advised to take proper sleep.

Practice Meditation & yoga
 Replace negative thoughts with affirmations
 Engage in physical activities
 Learn that failure is a part of growth.

Advised to do yoga & Meditation
 Focus on time table
 Follow healthy study habits
 Follow consistency in studies

Sr. No.	Name	Class	Date	Problems
53	XX	XX	20.3.2024	- Low self esteem - Body Image - Anxiety
54	XX	XX	28.3.2024	- Self doubt - Anxiety - Low self esteem
55	XX	XX	3.4.2024	- Emptyness feeling - Low self esteem - Body Image
56	XX	XX	8.4.2024	- Peer pressure - Low self esteem - Unable to adjust
57	XX	XX	12.4.2024	- Problem in marriage - Emotions - Stress & Anxiety
58	XX	XX	16.4.2024	- Self esteem Issues - Negative thoughts - Feeling of inferiority
59	XX	XX	20.4.2024	- Loneliness - Sadness - Lack of social interaction

Remarks

Meditation time advised
 Talk to self in front of mirror
 Advised to follow some fixed routine
 Some confidence boosting exercises were taught.

Anxiety issues were tackled
 - Meditation was advised
 - Advised on taking some hobby classes.

Advised to talk openly about his/her feelings
 - Develop some hobby
 - Spend time with family & friends - Do meditation

Advised to do yoga & some form of physical exercise
 to divert the attention
 talk to parents regularly.

Practice yoga & Meditation
 Building Resilience
 - Developing coping strategies

Advised to do Meditation and Yoga
 Engage oneself in team work
 - Face the present situation

Advised to do Meditation & yoga or other physical
 Exercises
 - Thrive in social environment
 - Engage in productive task

Follow up was taken for all clients

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Sr.No.	Name	Class	Date	Problems
39	XX	XX	20.1.2024	- Substance Abuse - lack of Concentration - Peer pressure
40	XX	XX	24.1.2024	- Relationship issues - stress - low self-esteem
41	XX	XX	2.2.2024	lowliness Negative Self talk low self esteem
42	XX	XX	6.2.2024	- Interpersonal Issue - Poor mental health - Family issues
43	XX	XX	10.2.2024	- Anxiety & phobia - Extreme Nervousness - Nervousness - Social anxiety
44	XX	XX	13.2.2024	- Career Counselling - family issues - lowliness
45	XX	XX	15.2.2024	- Anger & Aggression - Conflict with peers - Frustration

Remarks

- Suggestive for meditation & yoga
- Involve in some physical exercise
- Encourage participation in sports, creative activities
- Meditation was advised
- Advised to concentrate more on studies
- Time management & stress management was taught
- Advised to talk in front of mirror
- Repeating positive self statements
- Advised to spend some time with parents.
- Advised to open up and share their worries with family members
- CBT was done

- Counselling was done
- Try to avoid over thinking
- Make timetable to follow
- Engage oneself in constructive activities

- Counselling was done
- To help client in exploring their interests through and career options through workshops.
- To share words with family
- Meditation was advised
- Follows healthy life styles
- Balanced diet
- Building strong relations with peers.
- Follow up was taken for all clients

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Sr.No.	Name	Class	Date	Problems
46	XX	XX	20.3.2024	- Relationship stress - Stress - Fear of rejection

47	XX	XX	23.3.2024	- Procrastination - Low motivation - Physically exhausted
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48	XX	XX	27.3.2024	- Problem in social skills - Anxiety of future - Difficulty in taking decisions
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49	XX	XX	5.3.2024	- Social Anxiety - Sweating during exam - Loss of interest
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50	XX	XX	7.3.2024	- Academic pressure - Fear of failure - Overthinking
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51	XX	XX	11.3.2024	- Substance Abuse - Neglecting reports - Self-harm
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52	XX	XX	14.3.2024	- Career Counselling - Identity issues
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Remarks
Try to communicate with your partner
Build trust

- Busy yourself in your future goals
- Busy yourself in your future goals

- Ensure effective time table
- Make short goals
- Advised to busy in some physical exercises

- Meditation was advised
- Mindfulness and relaxation techniques were advised

- Creating realistic goals
- Relaxing emotions

- Talk with your family members
- speak with your friends

- Engage in physical exercises
- Engage in hobbies as work of interest

- Advised time management techniques
- Break large tasks into smaller
- Study regularly instead of cramming before exams
- Allocate time for hobbies

- Meditation was advised - CBT was done

- Promoting exercise & proper nutrition
- Engage oneself in constructive activities

- Help students to explore their interests
- Advised about different workshops regarding
- different career physical exercises
- Follow up was taken for all clients

Sr.	Name	Class	Date	Problems
33	XX	XX	29.12.2023	- Peer pressure - Substance Abuse
34	XX	XX	30.12.2023	- Family issue - Relationship problem
35	XX	XX	4.1.2024	- Stress & Anxiety - Negative thought - Repetitiveness
36	XX	XX	8.1.2024	- Academic pressure - Fears of failure
37	XX	XX	10.1.2024	Negative Thinking Fears of failure Low self esteem Negative self talk
38	XX	XX	16.1.2024	- lack of interest - Change in sleep pattern - panic attacks - Restlessness

Remarks

Advised to say "No" confidently to friends
make personal values & long term goals
close friends wisely

- Focus on studies
- Advice to do yoga, meditation and breathing exercises

- Healthy communication with family members
- Respect and set boundaries in relationship

- Advised to do mindfulness and Relaxation techniques
- Practice yoga & Meditation
- Allocate time for hobbies
- Positive self talk

- Practice yoga & Meditation
- Time management techniques
- Seek help from your loved ones whenever required
- Study regularly

Meditation was advised
- Engage in some interests or hobbies
- focus on strong traits of his/her personality
- Avoid over-thinking

Healthy life style
- Open communication with family members
- Time management
- Break large tasks into smaller manageable steps
- Seek help

Follow up was taken for all clients

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Signature

Sl. No. 26
 Name XX
 Class XX
 Date 8.12.2023
 Problems
 - Overthinking
 - Slight malaise
 - Poor concentration

27
 XX
 XX
 12.12.2023
 Exam Anxiety
 - fear of failure
 - loss of sleep
 - poor appetite

28
 XX
 XX
 15.12.2023
 Social phobia
 - Hesitation in meeting with new people

29
 XX
 XX
 19.12.2023
 Exam Anxiety
 Restlessness

30
 XX
 XX
 22.12.2023
 Exam Anxiety
 fear of failure
 physical symptoms
 lack of concentration

31
 XX
 XX
 23.12.2023
 Anxiety
 Exam pressure
 Restlessness

32
 XX
 XX
 27.12.2023
 Exam Anxiety
 Self doubt
 low self esteem

Remarks
 Behavioral Experiment Technique was used
 - Advised to focus on present time
 - Advised to be little expressive

- Meditation was advised
 - Court your strength & weaknesses
 - Engage yourself in physical exercises
 - Making of proper time table
 - Advised meditation's steps with deep breathing
 - Spoke with parent of success
 - Share words with parents

- Meditation was advised
 - Breathing exercises were taught
 - Time Management was taught
 - Anxiety signs were tackled

- Meditation was advised
 - Breathing exercises were taught
 - Time management
 - ensure sound sleep

- Meditation was done
 - Making proper time table
 - Engage in physical exercises

- Meditation was done
 - Spend time with family & friends
 - Advised to do passion studies
 Follow up was taken for all clients

Sr. No. Name Class Date Problems

20 XX XX 17.11.2023

- Over sleeping
- Study problem
- Procrastination

21 XX XX 20.11.2023

- Negative thoughts
- Lack of concentration
- Helplessness
- Forgetfulness

22 XX XX 23.11.2023

- Self Esteem
- Body Image
- Unable to share
- Loss of Interest

23 XX XX 28.11.2023

- Lack of Concentration
- Poor time management
- Lack of sleep

24 XX XX 30.11.2023

- Self doubt
- Loss of interest
- Unable to study

25 XX XX 4.12.2023

- Interpersonal issues
- Fear of Rejection
- Family anxiety

Remarks

- Engage oneself in physical exercise
- Make realistic plan of the day
- Celebrate small achievements

- Involve in physical Exercises
- Applied CBT
- Engage oneself in constructive hobbies
- Get grateful to power (almsgiving)

- Advised to direct her attention and concentrate on her work
- Encouraged to tell about her feelings
- Advised Relaxation Techniques
- Asked to develop hobbies

- Engage client in physical exercise routine
- Advised to make realistic timetable for studies
- Advised to take short breaks during studying

- Advised Relaxation Technique
- Asked to develop hobbies
- Relaxation technique was taught

- CBT was applied
- Advised to engage in physical Exercises & Meditation
- Focus on life targets
- Follow up was taken for all clients

Sl. No.	Name	Class	Date	Problem
8	XX	XX	13.9.2023	- Low academic performance - Anxiety Issue
9	XX	XX	20.9.2023	- Relationship issue - Family problem - Low academic performance
10	XX	XX	25.9.2023	- Relationship issues - Peer pressure - Adjustment issues
11	XX	XX	29.9.2023	- not able to speak in public - Restlessness - Poor performance - People
12	XX	XX	4.10.2023	- Lack of Green-talor in school - Sleep Issues - Loss of Appetite
13	XX	XX	9.10.2023	- Career Counselling - Anxiety Issue

Remarks

- Meditation was advised
- Encouraged to pursue hobby
- Time Management was taught

- Counselling was done
- Encouraged to talk to his/her parents about issues
- Advised to do Meditation

- Counselling was done
- Taught few Relaxation Exercises
- Advised to do Meditation

- Advised to talk in room in front of Mirror
- Try to approach new people and talk to them
- Taught some relaxation exercises

- Taught Management skills were discussed
- To make time-table and was asked to follow
- Relaxation technique

- Meditation was advised
- Career Counselling was given
- Time management was taught
- Advised to develop healthy habits

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Follow up was taken of all clients

Report

Sr.No.	Name	Class	Date	Problem
1	XX XX	XX	10.8.2023	Career Guidance Anxiety Issue
2	XX	XX	18.8.2023	Career Guidance Lack of concentration
3	XX	XX	22.8.2023	Career Guidance Loss of Appetite
4	XX	XX	26.8.2023	Career Guidance Sleepless
5	XX	XX	28.8.2023	- Personal Relationship - Night Mares - Lack of interest - Anxiety
6	XX	XX	4.9.2023	Family Issue Low respect Kopekachen
7	XX	XX	8.9.2023	Personal Relationship - Body Image - Selfishly

Remarks

- Meditation advised, Career Counseling given, Time Management was taught
- Meditation & Yoga advised, Career Counseling given
- Physically lifestyle

- Meditation & Yoga advised
- Career Counseling
- Time management.

- Career Counseling given
- Time Management.
- Breathing Exercise

- Meditation was advised
- Advised to concentrate more on studies
- Advised to develop some hobbies

Breathing Exercise
Build Positive Self
Share feelings
CBT was given

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Advice to follow strict Routine
Share feelings with near dear ones
Develop Confidence
Follow up was taken of all clients

Sr. No. Name Class Date Problems

14 XX XX 14/10.2023 - Helplessness
- hopelessness
- Negative thoughts
- lack of motivation

15 XX XX 18/10.2023 - Self doubt
- Anxiety
- low self-esteem

16 XX XX 25/10.2023 - Anxiety issues
- loneliness
- Unable to sleep
- lack of interest

17 XX XX 27/10.2023 - low motivation
- lack of interest in studies
- Family Issue

18 XX XX 29/11.2023 - loneliness
- Negative self talk
- low self-esteem
- Hopeless for future

19 XX XX 6/11.2023 - low self-esteem
- Body Image
- Anxiety
- lack of interest in studies

Remarks

- Advised for engaging in physical exercises
- Suggestion for counting of blessings
- Write journal daily
- CBT was done

- Meditation was advised
- Anxiety issues were tackled
- Advised to talk to yourself in front of mirror.

- Meditation was advised
- Advised to follow strict routine
- Develop reading habits
- Advised to engage in some form of physical exercise

- Meditation also was advised
- Talk with parents
- Start studies with positive attitude
- Engage in different type of physical exercises.

- Advised to develop some hobby
- Advised to talk to yourself in front of mirror
- Repeating positive self statements
- Advised to spend some time with parents.

- Meditation was advised
- Some Confidence building was taught
- Advised to follow time table
- Advised to follow healthy lifestyle.

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Panchsikara was taught