

## Report Of Counselling Services in Muralidhar Girls' College

Modern era is marked by complexities , changes and challenges. It is aggravated in Post pandemic period. Keeping these in view Jagriti- a counseling unit was formed during lock down period for solving the psycho-social problems of our beloved students. Then when college was re open then counseling services were conducted regularly and students were benefitted accordingly. The counseling services are not only problem oriented, therapeutic in nature but it helps the potentialities of the students, that is developing in nature. With the great initiation of our Principal madam Dr. Kinjalkini Biswas it has extended its hands to the society. All are welcome.

Total no of counseling sessions	46
Total no of Clients	32
Inter college students	30
Intra college clients	02
Follow up clients	14

### Areas of Counselling:

Academic issues	Loss of interest in studies, lack of concentration, loss of memory, deterioration in studies etc
Career issues	Career options-science , arts, commerce
Family problems	Unfavorable environment ,misunderstanding with parents, siblings
Financial Problem	Different options given –scholarship, financial aids etc
Emotional Problems	Bereavement, loss, break up in relationship.

Students in any sort of problems must be viewed in terms of their strengths, not the weaknesses. Counsellors should play a role in planning intervention strategies so that they can cope with the environmental demands successfully.