



VIGNAN'S
Foundation for Science, Technology & Research
(Deemed to be UNIVERSITY)
-Estd. u/s 3 of UGC Act 1956

STUDENT COUNSELLING CENTRE (SCC)

GIRL STUDENTS COUNSELLING

Student Counselling is one of the best practices of VFSTR and it established a very well founded counselling system. Each faculty is allotted 20-25 students for the counselling to develop a coherent student-counsellor relationship and students can interact freely with the counsellor to discuss about academic excellence and future prospects. Specifically girl students are encouraged to express their views. All girl students are under the observation of female faculty members of the department. If any special issues related to girls, then respective departmental women empowerment cell member will deal and resolve the issue. Parents can contact the Female faculty members of the concerned department at any time. Among all girl students, 50% of the girl students stay in University Hostel. The counselors, female doctor, wardens, chief wardens will arrange meeting with parents whenever they find any need such as Severe health issues, Feeling Loneliness/Isolation/Homesickness, Relationships/Intimacy Issues, Substance abuse, using Abusive languages, issues related to social media, Extreme violent behavior, Self injury or Suicidal attempts etc. For the smooth functioning of counselling activity each department have counselling coordinator, CCC members and SCC members of VFSTR for the benefit of students in

- Maintain academic standards and set goals for academic success.
- For Attendance maintenance and backlog students follow-up to clear backlog
- Develop skills to improve organization, study habits, and time management.
- Maintain Improve social skills.
- Participation of Sports and other activities to the campus

In few special and problematic issues, Faculty counselors may not understand/deal with the Girl student issues, those issues are redirected to Professional Counselling Psychologist in the university. Ms. Shabana Azmi is a Counselling Psychologist with 6 years of extensive experience in successful dealing with multiple issues faced by students/Adolescents by taking counselling sessions, suitable therapies and techniques to overcome the problems faced by students. Psychologist will take care of the issues faced by Day's scholar and Hostel students in the campus. Further, Counseling Psychologist often assists students:

- Work through personal problems that may affect academics or relationships.
- Cope with school or community-related violence, accidents, and trauma.
- Identify interests, strengths, and aptitudes through assessment.

Counseling psychologist offer individual counseling to help students resolve personal or interpersonal problems and also offer small group counseling to help students enhance listening and social skills, learn to empathize with others, and find social support through healthy peer relationships.

PROCESS OF COUNSELLING

The ten steps for counselling are to establish basic ground rules in what you do and how you operate. These ten steps are –

- Encourage the Student to talk about the feeling
- Validate the feeling with reflective listening
- Let the student have the chance to speak
- Provide missing information where needed
- Talk about the student's views and goals
- Communicate what it takes to get to the point needed
- Observe signs of trouble and prepare for possible violence and threats
- Encourage student to develop positive energy towards devising a solution
- Establish a regular schedule for follow-up discussions and give feedback
- Agree on what steps are needed to be taken by the student to change the current situation.



STUDENT COUNSELLING CENTRE (SCC)

PSYCHOLOGICAL COUNSELLING FOR GIRLS - ACADEMIC YEAR 2019 -2020

S.NO	STUDENT NAME	BRANCH	ISSUE OF THE STUDENT	DETAILS OF ISSUE	THERAPY GIVEN BY PSYCHOLOGIST	POST COUNSELLING OUTCOME
1	Seysh Nikkila Nemalikanti	BM	Irregular & Pessimistic	Irregular to college, Negative attitude, Emotional imbalance	Personal counselling, Tips to cultivate positive attitude, Emotional intelligence	Negative attitude was replaced by positive attitude after 9 sessions. Attendance improved
2	Seelam Bhavana	BT	Careless & Irregular	Irregular to college, Lack of interest in studies, Negligence	Personal Counselling & Behaviour Therapy	Got optimistic attitude and activeness in 8 sessions, Attendance improved to 83%
3	Koppisetty Easha Madhuri	BSC	Attention Seeker, Suicidal Ideas	Suicidal Ideas, Crying spells, Family Disturbances, Wants to be attractive, Infatuation with a Boy	Behavioural Therapy, Attitude Management techniques, Personal counselling with Student along with Parents, PMRT	Optimistic Change in Behaviour & Improved Mental Health, came out of relationships after 12 sessions
4	Bhumireddy Nikhita Reddy	BT	Not willing to attend Study hours	Adjustment problem, Not interested in study hours.	Adaptability & Attitude management techniques	Stable, attending study hours and able to adjust with environment & peer group in 4 sessions
5	Chittaluri Maneesha	BT	Stress & Conflict	Stress, Various conflicts with friends, Pressure from Seniors	Stress & Conflict management techniques	Able to cope up with stress & Conflicts after 3 sessions
6	Aduri Eswara Lakshmi Prasanna	BT	Stress & Conflict	Stress, Various conflicts with friends, Pressure from Seniors	Stress & Conflict management techniques	Able to cope up with stress with clear thoughts after 5 sessions


7	Nallamothu Vishnu Priya	IT	Worry about Backlogs (1.1)	Excessive usage of Phone, Worry about BLs, Only Child, Pampered Daughter, Careless Attitude.	Behaviour Therapy, Attitude Management, Memory and exam preparation techniques	Mobile usage has reduced, focused on career, cleared 3 backlogs
8	Kappira Jaswitha	BT	Fear of Backlogs (8)	Tension, Fear of Backlogs, Lack of concentration, Asthma problem	Study and preparation techniques, Memory techniques and tips to improve concentration	Concentration improved towards studies. Cleared 3 backlogs.
9	Reddy Sushma	BT	Tension & Adjustment problem	Irregular Menstruation, Breathing Problem, Anxiety, Adjustment problem, Hiding nature.	Relaxation Techniques, Adaptability and attitude management techniques.	Able to cope up with university environment, Active & energetic after 5 sessions.
10	Yuddandi Sravani	BCA	Relationship Issues	Infatuation with a boy, Attitude Problem, Neglecting Studies	Behaviour Therapy, Personal Counselling	Become stable and concentrating on studies, Improved Mental health.
11	Kola Naga Jyothi Priya	BCA	Anxiety & Stress	Stress, Anxiety, Judgemental, FB chat with unknown person	Behaviour Therapy, Stress management techniques, Personal Counselling.	Stable and able to cope with stress after 6 sessions
12	Talasila Navya Sri	ECE	Irregular & Infatuation with a boy	Skipping First hour, In relationship with Instagram friend, Deviating from studies.	Behaviour Therapy, Insight oriented Counselling about future	Concentrating on studies, goal setting. Improved attendance to 84%
13	Ambati Mounika	ECE	Relationship with a Boy	Merit student deviating from studies, Inrelationship with a boy, Depressed, Stress, Farmers family background.	Behaviour therapy, Insight oriented Counselling, Goal setting	Came out of depression, improved mental health, Concentrating on studies, goal setting after 5 sessions
14	Jacynth Angelina T	BT	Irregular	Irregular, Skipping 1st hour class. Sinus problem due to medication feeling drowsy unable to getup early	Tips to walkup early and medication management. Personal Counselling	Practicing breathing exercises in morning, become active after 5 sessions
15	Mekala Leela Sri	FT	Adjustment Problem	Unable to adjust, Only daughter, Using Medicine for Thyroid & Migraine Headache	Adaptability & Attitude management techniques	Able to adjust with positive attitude after 5 sessions
16	Shaik Tanveer Jahan	BT	Irregular	Skipping First & Last hour classes, Pessimistic	Personal counselling, Tips to cultivate positive attitude	Optimistic attitude has been developed after 5 sessions

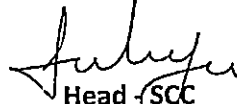
17	Molagalapalli Rajeswari	B PHARM	Irregular	Irregular to college, careless attitude, Frequent Stomach ache	Attitude Management techniques, Suggested to meet doctor for stomach problem	Attendance improved, stopped eating junk food. Health & attendance improved to 81%
18	Moin Kausar		Irregular & Worry	Irregular, Skipping Breakfast, Adjustment problem, Introvert, Feeling bad for his lean personality	Behavioural Therapy, Personal Counselling	Able to adjust with surroundings, Change in attitude after 5 sessions.
19	Keerthana		Excessive usage of Mobile	Refuse to submit the mobile in Hostel. Negligence towards the rules & responsibility	Behavioural Therapy, Attitude Management techniques	Change in attitude, Following the rules & responsibilities after 4 sessions.
20	Mobeena	BM	Home Sick, Adjustment problem	Fever from a week, Home Sick, Crying spells, Unable to adjust with campus environment, Feeling lonely	Emotional Intelligence, Adaptability & Attitude management techniques	Able to adjust with university environment after 6 sessions.
21	Daggubati Lakshmi Snigdha	BT	Irregular & Attitude problem	Skipping classes, Relationship Issues, Unhappy with past life events.	Behavioural Therapy & Attitude management techniques	Optimistic attitude has been developed after 6 sessions
22	Somepalli Prasanthi	CSE	Fear of Backlogs	Fear of Backlogs, Lack of concentration, Unable to remember in exam	Study and preparation techniques, Memory techniques and tips to improve concentration	Focused improved towards studies, Cleared few backlogs.
23	Marni Karishma Rani	BT	Fear of Mathematics, 5 BLs	Not putting efforts to learn maths subjects, After studies want to get marry and settled. Playing Pubji and other mobile games.	Exam preparation tips and techniques to overcome fear of Mathematics.	Overcome from Mathematics fear in 12 sessions. Focusing on career.
24	Ch. Harshitha	FT	Exam Stress	Unable to remember in exam, Hypo Thyroid, Irregular Menstruation, Mood Swings, Shivering in exams	Stress management techniques, Memory techniques and tips to improve concentration. Relaxation Therapy	Able to cope up with stress, improved concentration after 6 sessions. Improved attendance to 90%.

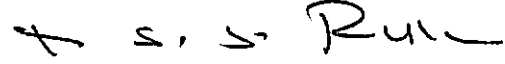
25	Naga Venkata Sai Rachana	BT	Depression, Anxiety & Stress	Feeling Depressed, Family Issues, Health Issues, Unable to concentrate on studies	Behavioural Therapy, Stress Management techniques	Came out from depression, Improved mental health after 7 sessions.
26	Yarramsetti Naga Sai Keerthana	BT	Emotional Imbalance	Attention Seeker, Emotional Imbalance, Conflict	Emotional Intelligence, Adaptability & Attitude management techniques	Stable and Got emotional balance after 5 sessions.
27	ARIBAM JAYALAKSHMI DEVI	CHEM	Stress & Worry	Extreme worry about exams, Goal conflict	Stress Management techniques, Conflict management, Memory and exam preparation techniques	Able to cope up with stress and concentrated on studies.
28	KOMAKULA MYTHRI	CHEM	Anxiety & Worry, 8 BLs	Staying in Redzone, worry about health and Covid 19 Pandemic.	Relaxation tips, Anxiety Management techniques	Anxiety removed after 4 sessions, Become Confident & Optimistic, Cleared 6 BL's
29	SANGA KRUTHI	CHEM	Worry and confusion mind set, 12 BLs	Phobia towards education, worry and confusion	Personal Counselling, Anti phobia techniques	Came out from phobias, Improved mental health and Cleared 8 BL's
30	BENGALLI MAMATHA	CHEM	Stress & Worry about backlogs (4)	Feeling tensed, unable to focus on backlog subjects because of stress	Stress Management techniques, Memory and exam preparation techniques	Able to cope up with stress and concentrated on studies, cleared 2 back logs.
31	SHAIK AHMAD ALISHA	CSE	Stress & Worry about backlogs (7)	Feeling tensed, unable to focus on backlog subjects because of stress	Stress Management techniques, Memory and exam preparation techniques Feeling tensed, unable to focus on backlog subjects because of stress	Able to cope up with stress and concentrated on studies, cleared 6 back logs.
32	SANAGAVARAPU GAYATHRI	CSE	Fear of Covid19 Pandemic	Staying in Redzone and Suffering with cold, Fear of Corona Virus	Personal Counselling, Motivated for optimistic thinking, Suggested for Covid test	Stable, Able to think optimistic & mentally strong, Covid result is negative.
33	Lavanya	BT	Fear of exams, 6 BLs	Unable to manage time & Fear of exams	Time Management & Tips for exam preparation	Concentration on exams with proper time management

34	M. Nandasri	BT	Fear of exams, 3 BLs	Unable to manage time & Fear of exams	Time Management & Tips for exam preparation	Concentration on exams with proper time management
35	GOPARAJU LAVANYA	IT	Exam Stress	Unable to concentrate, Preparing forexams, Tensed	Stress Management techniques, Memory and exam preparation techniques	Able to cope up with stress and concentrated on studies.
36	M. Manju	IT	Lack of time management	Lack of time management	Time Management & Tips for exam preparation	Concentration on exams with proper time management
37	Gurram Maneesha	AG	Fear of Covid 19 Pandemic	Getting panic about Covid 19 pandemic, Unable to adjust with present situation.	Adaptability, Tips for positive attitude	Stable, Able to think optimistic & mentally strong
38	CHILUKURI SAI SWETHA	AG	Goal Conflict	Unable to manage time, worry about future, goal conflict	Time management techniques, goal setting & Planning tips	The problem of goal conflict was solved. Thought management was achieved
39	POLISETTY HAVEELA PRASANTHI	FT	Lack of time management	Feeling Lazy and Boared at home, Awaiting for college reopening (Covid 19 lockdown)	Tips for quality utilization of time - Cooking, Books Reading, Work on Hobbies, Online courses	Able to manage the time ans Started Experimenting new Dishes.
40	KOLLURU YASASVINI	FT	Anxiety and Worry, 5 BLs	Extreme Anxiety, Stress and Worry	Anxiety and Stress Management techniques and Goal Setting	Able to cope up with stress, Learning C Programing language.
41	PIDUGU VIJAYA LAKSHMI	FT	Depression, 5 BLs	Depressed, Boared at Home, Eagerly waiting for college reopen (Covid lockdown)	Counselling, Tips for quality utilization of time - Cooking, Books Reading, Work on Hobbies, Online courses	Balanced, Learning Classical Dance Kuchipudi & Online courses
42	KURRA LAKSHMI ALEKHYA	CSE	Lack of time management	Feeling lazy, Spending most of the time watching web series, Getting boared at home due to covid lockdown	Time Management tips and Goal Setting	Cooking, Helping mother in house hold activites. Concentrating on online courses.
43	MEDAPATI JESLINA SONALI	CSE	Goal conflicts	Extreme goal conflicts and confused mind set	Techniques to overcome goal conflicts and reprogramming techniques	The problem of goal conflict was solved. Achieved Thought management.

44	K.PREMA LAKSHMI SRI SAI	BT	Covid Stress & Worry, 11 BLs	Father admitted in ICU due to Covid +ve, Panic Situation, Stress &Worry	Personal counselling, Stress and Anxiety management techniques.	Father recovered from Corona. Improved mental health and able to cope up with stress.
45	FATHIMA FARIHAH		Careless & Lazy	Feeling Lazy, Spending time on watching web series, Careless	Attitude Management Techniques, Behavioural Therapy	Change in attitude, Balanced & optimistic after 5 sessions


Counselling Psychologist


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GUNTUR (DISTRICT), A.P. INDIA.



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PSYCHOLOGICAL COUNSELLING FOR GIRL STUDENTS - ACADEMIC YEAR 2018 - 2019


S.NO	STUDENT NAME	BRANCH	ISSUE OF THE STUDENT	DETAILS OF ISSUE	THERAPY GIVEN BY PSYCHOLOGIST	POST COUNSELLING OUTCOME
1	D. Amrutha Varshini	AG	Relationship problem	Negative attitude, Relationship problems, Emotional imbalance	Attitude management, emotional intelligence	Optimistic attitude has been developed after 5 sessions
2	K. Jaswitha	BT	Indiscipline mind set, stress, BL - 9	Extreme Stress, instable mind set	Stable mind set techniques, stress management	Change in attitude and stress balanced cleared 5 backlogs after 6 sessions
3	D. Kavya Sree	IT	Anxiety and Worry	Extreme Anxiety, Stress and Worry	Anxiety and Stress Management techniques	Able to cope up with stress, Got placement in Infosys after 5 sessions
4	V. Lavanya	BT	Family disturbance, Depression	Brother committed suicide, No proper attachment with parents, BL 9	Hypnotherapy and Personal Counselling	Came out from depression, Improved mental health.
5	Nikitha	ECE	Introvert and unable to cope with environment	Extreme introvert and unable to cope with friends and environment and emotional imbalance	Hypnotherapy and behaviour therapy	Introvert behaviour was removed and maintaining social relations 12 sessions
6	T.Komali	CSE	Negative attitude	Negative attitude and over stress	Stress management techniques (Jacobson relaxation techniques)	Change in attitude and stress balanced after 6 sessions
7	K. Kavya	EEE	Negative attitude and Stress	Extreme negative attitude Stress	NLP and Jacobson relaxation techniques	Negative attitude was replaced by positive attitude after 5 sessions
8	Tejaswi	ECE	Mood disorder	Mood disorder and pessimistic attitude	Hypnotherapy and mood management techniques	Optimistic attitude has been developed after 5 sessions


9	P. Sriya	AG	Anxiety	Anxiety, fear about future, fear of failure	Anxiety management techniques	Anxiety removed after 4 sessions, Become Confident & Optimistic
10	M. Priyanka Chowdary	CSE	Very dull and Feeling lonely	Extreme pessimistic and evil thoughts, Dullness and loneliness	Hypnotherapy, Jacobson relaxation techniques	Got optimistic attitude and activeness
11	D.Priyanka	CSE	Emotional imbalance and psychological disorder	Extreme emotional imbalance and psychological disorder	Emotional intelligence techniques and hypnotherapy	Got emotional balance and psychological order.
12	G. Sravya	CSE	Extreme stress and evil thoughts	Extreme stress, mood disorder and thought disorder	Jacobson relaxations techniques and hypnotherapy	Got balance of stress and overcame evil thoughts
13	K. Harshitha	BM	Extreme goal conflicts	Extreme goal conflicts and confused mind set, Thought disorder	Techniques to overcome goal conflicts and reprogramming techniques	The problem of goal conflict was solved. Thought management was achieved
14	D. Sweety	BT	Relationship problems and stress	Heavy disturbance due to relationship issue and extreme stress. Unable to focus on education. Evil thoughts	Hypnotherapy and behaviour therapy, Jacobson relaxation techniques and Sole sync techniques	She came out of the disturbance and is focusing on education now after 12 sessions
15	Swarna Elijah Elite	CE	Confusion mind set	Extreme worry, Anxiety disorder, Fear, Negative mindset	Worry and anxiety management techniques	Got positive attitude and cleared backlogs
16	K. Taruna swetha	BT	Home sick	Home sick, Unable to adjust with environment	Adaptability, Relationship Techniques	Able to Adjust with environment. Maintaining healthy social relationships
17	M. Sai Haritha	BT	Relationship problems	Relationship issues with peer group, Unable to focus on studies	Relationship management, Goal setting	Become stable and concentrating on studies after 5 sessions
18	G. Anusha	BT	Stress & Anxiety	Unable to cope up with stress and anxiety	Tips for Stress Management & Jacobson relaxation techniques	Stable and able to cope with stress after 6 sessions

19	M. Pavani	BT	Depression & Adjustment Problem	Lonely feeling, Depression, and Frustration, unable to adjust with environment	Behaviour therapy and stress management & Relaxation techniques	Able to cope up with university environment, Active & energetic after 5 sessions
20	N.B. Sravani	Bio informatics	Evil thoughts and anxiety	Extreme frustration and worry. Relationship problems	NLP and hypnotherapy	Stable, came out of evil thoughts, Behaving as per situation after 8 sessions
21	G. Deepika	ECE	Stress	Stress for normal things, lack of self management and self awareness, role conflicts	Stress management techniques and methods for self management	Change in attitude and stress balanced after 6 sessions
22	G. Ramya	3rd B.Tech	Relationship problems and anxiety	Extreme anxiety and unable to cope with environment	Anxiety management techniques	Able to cope up with environment, Become Confident & Optimistic
23	D. Sravani	Bio informatics	Worry and confusion mind set	Phobia towards education, worry and confusion	Personal Counselling, Anti phobia techniques	Came out from phobias, Improved mental health after 9 sessions
24	Naveena	EEE	Stress and Worry	Academic stress and extreme worry about future	Techniques for academic stress management & Goal setting	Able to cope up with stress after 6 sessions
25	K. Harshitha	BM	Goal conflicts	Various conflicts with friends, Seniors pressure, irregularity to college	Personal Counselling, Conflicts management techniques	The problem of goal conflict solved. Thought management achieved
26	P. Meghana	4th year B Tech	Worry and Stress	worry about future and Unable to remember, stress	Memory improvement techniques, Goal setting and stress management	Stable and able to cope up with stress after 5 sessions
27	K. Mrunali	4th year B Tech	Worry and lack of self confidence	Worry about future & lack of self confidence	Goal setting, Preparation and presentation techniques	Change in attitude able to give presentations after 6 sessions
28	D.Tanusha	2nd year B Tech	lack of self confidence	Stress, Worry and lack of self confidence	Insight oriented counselling and techniques for stress management	Change in attitude able to give presentations after 4 sessions
29	Rishitha	2nd year, B Tech	Worry and lack of self confidence	Worry about future & lack of self confidence	Goal setting, Preparation and presentation techniques	Change in attitude able to give presentations after 6 sessions

30	Mehar	Chemical	Violent behaviour and lack of anger management	Extreme violent behaviour, instable mind set, lack of anger management	Personal Counselling, Emotional balance, Anger management techniques	Change in attitude, Balanced & optimistic after 8 sessions.
31	M.Pragnan	CSE	Heavy depression and relationship problems	Heavy depression and relationship problems	Depression management techniques	Came out from depression, Improved mental health.
32	N. Haritha	BT	Negative attitude	Disturbance in mind set, Relationship problems, Negative attitude	Techniques for positive management	Optimistic attitude has been developed after 5 sessions


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OFFICE OF DEAN STUDENT AFFAIRS

PSYCHOLOGICAL COUNSELLING FOR GIRL STUDENTS - ACADEMIC YEAR 2017 - 2018

S.NO	DATE	REGD. NO	STUDENT NAME	BRANCH	ISSUE OF THE STUDENT	DETAILS OF ISSUE	THERAPY GIVEN BY PSYCHOLOGIST	POST COUNSELLING OUTCOME
1	22-Jul-2017	151FA01110	SURINENI VENKATA SAI DEEPTHI	BT	Goal conflict	Extreme goal conflicts and confused mind set	Techniques to overcome goal conflicts and reprogramming techniques	The problem of goal conflict was solved. Achieved Thought management.
2	4-Aug-2017	151FA15079	JARUGULLA SWATHI	FT	Depression, Anxiety & Stress	Feeling Depressed, Family Issues, Health Issues, Unable to concentrate on studies	Behavioural Therapy, Stress Management techniques	Came out from depression, improved mental health after 7 sessions.
3	15-Aug-2017	171FM01007	KAKUMANU BHAVANI YAGNASRI	BSC	Irregular & Restlessness	Irregular, Instable mindset & Restlessness	Techniques for stable mindset & Breathing excersizes	Attendance improved and stable
4	15-Aug-2017	171FK01001	VAISHNAVI REDDY	BBA	Anxiety	Anxiety, fear about future, fear of failure	Anxiety management techniques	Anxiety removed after 4 sessions, Become Confident & Optimistic
5	22-Aug-2017	171FA06015	GEDELA SAROJINI	EEE	Careless & Irregular	Irregular to college, Lack of interested in studies, Negligence	Personal Counselling & Behaviour Therapy	Got optimistic attitude and activeness in 8 sessions, Attendance improved to 83%
6	22-Aug-2017	171FK01054	GURAKA LEELA SRAVANI	BBA	Emotional Imbalance	Attention Seeker, Emotional Imbalance, Conflict	Emotional Intelligence, Adaptability & Attitude management techniques	Stable and Got emotional balance after 5 sessions.
7	23-Aug-2017	151FA15029	SATHVIKA IRAGAVARAPU	FT	Relationship Issues	Infatuation with a boy, Attitude Problem, Neglecting Studies	Behaviour Therapy, Personal Counselling	Become stable and concentrating on studies, Improved Mental health.
8	12-Sep-2017	171FA16005	KANCHARANA SAI CHARISHMA	BM	Careless & Irregular	Irregular to college, Lack of interested in studies, Negligence	Personal Counselling & Behaviour Therapy	Got optimistic attitude and activeness in 8 sessions, Attendance improved to 83%
9	25-Nov-2017	171FA01019	KOMMURI NIHITHA LAKSHMI	BT	Relationship Issues	Infatuation with a boy, Attitude Problem, Neglecting Studies	Behaviour Therapy, Personal Counselling	Become stable and concentrating on studies, Improved Mental health.
10	15-Dec-2017	171FK01054	GURAKA LEELA SRAVANI	BBA	Emotional Imbalance	Attention Seeker, Emotional Imbalance, Conflict	Emotional Intelligence, Adaptability & Attitude management techniques	Stable and Got emotional balance after 5 sessions.

11	18-Dec-2017	161FA01019	GORANTLA ANUSHA	BT	Careless & Irregular	Irregular to college, Lack of interested in studies, Negligence	Personal Counselling & Behaviour Therapy	Got optimistic attitude and activeness in 8 sessions, Attendance improved to 83%
12	24-Jan-2018	171FA15007	BATTULA MRUDHULA	FT	Irregular & Restlessness	Irregular, Instable mindset & Restlessness	Techniques for stable mindset & Breathing excersizes	Attendance improved and stable
13	26-Jan-2018	171FA15090	PEETA SAI PUJITHA	FT	Anxiety	Anxiety, fear about future, fear of failure	Anxiety management techniques	Anxiety removed after 4 sessions, Become Confident & Optimistic
14	10-Feb-2018	161FA01156	KATASANI HARITHA	BT	Anxiety	Anxiety, fear about future, fear of failure	Anxiety management techniques	Anxiety removed after 4 sessions, Become Confident & Optimistic
15	13-Mar-2018	151FA07017	KURRE RAHITYA	IT	Irregular & Restlessness	Irregular, Instable mindset & Restlessness	Techniques for stable mindset & Breathing excersizes	Attendance improved and stable
16	13-Mar-2018	151FA07007	CHINTALA RAMYA	IT	Emotional Imbalance	Attention Seeker, Emotional Imbalance, Conflict	Emotional Intelligence, Adaptability & Attitude management techniques	Stable and Got emotional balance after 5 sessions.
17	13-Mar-2018	151FA07004	BOGGARAPU DIVYA JYOTHI	IT	Extreme goal conflict	Extreme goal conflicts and confused mind set	Techniques to overcome goal conflicts and reprogramming techniques	The problem of goal conflict was solved. Achieved Thought management.
18	13-Mar-2018	151FA07014	KOLLI RAMYA SAI	IT	Depression, Anxiety & Stress	Feeling Depressed, Family Issues, Health Issues, Unable to concentrate on studies	Behavioural Therapy, Stress Management techniques	Came out from depression, Improved mental health after 7 sessions.
19	13-Mar-2018	151FA07012	IRUKULAPATI ANURADHA	IT	Goal conflict	Extreme goal conflicts and confused mind set	Techniques to overcome goal conflicts and reprogramming techniques	The problem of goal conflict was solved. Achieved Thought management.
20	13-Mar-2018	151FA07040	JAYAVARAPU ROJA	IT	Irregular & Restlessness	Irregular, Instable mindset & Restlessness	Techniques for stable mindset & Breathing excersizes	Attendance improved and stable
21	13-Mar-2018	151FA07022	NALLANI JYOTHSNA	IT	Anxiety	Anxiety, fear about future, fear of failure	Anxiety management techniques	Anxiety removed after 4 sessions, Become Confident & Optimistic
22	10-Apr-2018	141FA03030	MUVVALA SAI LEELA SRAVANTHI	CE	Irregular & Attitude problem	Skipping classes, Relationship Issues	Behavioural Therapy & Attitude management techniques	Optimistic attitude has been developed after 6 sessions
23	10-Apr-2018	141FA03071	PRADHYUMNA JASTI	CE	Goal conflict	Extreme goal conflicts and confused mind set	Techniques to overcome goal conflicts and reprogramming techniques	The problem of goal conflict was solved. Achieved Thought management.
24	10-Apr-2018	141FA03066	YENUMALAPALLI HARIKA	CE	Depression, Anxiety & Stress	Feeling Depressed, Family Issues, Health Issues, Unable to concentrate on studies	Behavioural Therapy, Stress Management techniques	Came out from depression, Improved mental health after 7 sessions.

25	10-Apr-2018	141FA03033	NANJALA MANEESHA	CE	Goal conflict	Extreme goal conflicts and confused mind set	Techniques to overcome goal conflicts and reprogramming techniques	The problem of goal conflict was solved. Achieved Thought management.
26	12-Apr-2018	171FA05102	MINUKURI SRI SAI SRUJANA	ECE	Excessive usage of Mobile	Refuse to submit the mobile in Hostel. Negligence towards the rules & responsibility	Behavioural Therapy, Attitude Management techniques	Change in attitude, Following the rules & responsibilities after 4 sessions.
27	12-Apr-2018	171FA05264	SOMISETTY BHANU PAVANI	ECE	Careless & Irregular	Irregular to college, Lack of interested in studies, Negligence	Personal Counselling & Behaviour Therapy	Got optimistic attitude and activeness in 8 sessions, Attendance improved to 83%

Am
Counseling Psychologist

Subhendu N
Head, SCC

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S.NO	DATE	REGD. NO	STUDENT NAME	BRANCH	ISSUE OF THE STUDENT	DETAILS OF ISSUE	THERAPY GIVEN BY PSYCHOLOGIST	POST COUNSELLING OUTCOME
1	13-Jul-2016	151FA07014	KOLLI RAMYA SAI	IT	Emotional Imbalance	Attention Seeker, Emotional Imbalance, Conflict.	Emotional Intelligence, Adaptability & Attitude management techniques.	Stable and Got emotional balance after 5 sessions.
2	13-Jul-2016	161FA16009	PALEPU PRATHYUSHA	BM	Excessive usage of Mobile	Refuse to submit the mobile in Hostel. Negligence towards the rules & responsibility	Behavioural Therapy, Attitude Management techniques	Change in attitude, Following the rules & responsibilities after 4 sessions.
3	13-Jul-2016	131FA05098	POTHIREDDY RUPA MANOGNA	ECE	Stress & Conflict	Stress, Various conflicts with friends, Pressure from Seniors	Stress & Conflict management techniques	Able to cope up with stress & Conflicts after 3 sessions
4	1-Aug-2016	161FA04053	RAJA LAKSHMI ANUSHA	CSE	Relationship with a Boy	Merit student deviating from studies, Inrelationship with a boy, Depressed, Stress, Farmers family background.	Behaviour therapy, Insight oriented Counselling, Goal setting	Came out of depression, improved mental health, Concentrating on studies, goal setting after 5 sessions
5	1-Aug-2016	161FA04397	PATCHA BRENDA	CSE	Relationship with a Boy	Went out with a Boy without informing in Hostel	Behaviour therapy, Insight oriented Counselling, Goal setting	came out from relationships and focusing on studies
6	22-Sep-2016	151FA04328	THIRUVALLAKURI MONIKA	CSE	Adjustment Problem & Suspicious	Adjustment Problem with room mate as she is spreading rumours & Hipocrisy	Adaptability & Attitude management techniques	Able to adjust with positive attitude after 5 sessions
7	2-Oct-2016	161FA05326	NALLA KAVERI	ECE	Excessive usage of Mobile	Refuse to submit the mobile in Hostel. Negligence towards the rules & responsibility	Behavioural Therapy, Attitude Management techniques	Change in attitude, Following the rules & responsibilities after 4 sessions.
8	2-Oct-2016	161FA04372	GUNUPUDI HARITHA	CSE	Addicted to mobile	Submitted phone without sim in Hostel. Negligence towards the rules & responsibility	Behavioural Therapy, Attitude Management techniques	Change in attitude, Following the rules & responsibilities after 4 sessions.
9	3-Oct-2016	151FA04316	SAJJA MONI SRIREESHA	CSE	Emotional imbalance & Rude	Rude behaviour, Negative attitude, Emotional imbalance	Attitude management techniques, Emotional intelligence, Behaviour Therapy	Negative attitude was replaced by positive attitude after 5 sessions. Attendance improved

10	3-Oct-2016	161FA07003	SETTY MADHURI	IT	Careless & Irregular	Irregular to college, Lack of interested in studies, Negligence	Personal Counselling & Behaviour Therapy	Got optimistic attitude and activeness in 8 sessions, Attendance improved to 83%
11	3-Oct-2016	161FA04286	DADDALA SWAPNA CHOWDARY	CSE	Relationship with a Boy	Merit student deviating from studies, Inrelationship with a boy, Depressed, Stress, Farmers family background.	Behaviour therapy, Insight oriented Counselling, Goal setting	Came out of depression, improved mental health, Concentrating on studies, goal setting after 5 sessions
12	3-Oct-2016	161FA04044	NAMBULA PADMA	CSE	Irregular	Skipping First & Last hour classes, Pessimistic	Personal counselling, Tips to cultivate positive attitude	Optimistic attitude has been developed after 5 sessions
13	3-Oct-2016	161FA01101	TADIPARTHI SRAVANI	BT	Excessive usage of Mobile	Refuse to submit the mobile in Hostel. Negligence towards the rules & responsibility	Behavioural Therapy, Attitude Management techniques	Change in attitude, Following the rules & responsibilities after 4 sessions.
14	5-Oct-2016	151FA15014	KONDEPATI TEJASWINI	FT	Depression, Anxiety & Stress	Feeling Depressed, Family Issues, Health Issues, Unable to concentrate on studies	Behavioural Therapy, Stress Management techniques	Came out from depression, Improved mental health after 7 sessions.
15	5-Oct-2016	161FA04361	CHUKKALURU SUPRIYA	CSE	Irregular & Restlessness	Irregular, Instable mindset & Restlessness	Techniques for stable mindset & Breathing excersizes	Attendance improved and stable
16	5-Oct-2016	161FA04262	PONNEKANTI MOURYA CHANDRIKA	CSE	Anxiety	Anxiety, fear about future, fear of failure	Anxiety management techniques	Anxiety removed after 4 sessions, Become Confident & Optimistic
17	6-Oct-2016	161FA04155	GONUGUNTA SAI LEKHA	CSE	Excessive usage of Mobile	Refuse to submit the mobile in Hostel. Negligence towards the rules & responsibility	Behavioural Therapy, Attitude Management techniques	Change in attitude, Following the rules & responsibilities after 4 sessions.
18	19-Oct-2016	161FA01004	BALARAJU LAVANYA	BT	Fear of Backlogs	Fear of Backlogs, Lack of concentration, Unable to remember in exam	Study and preparation techniques, Memory techniques and tips to improve concentration	Focused improved towards studies, Cleared few backlogs.
19	21-Oct-2016	141FA15004	CHINTALAPUDI SRAVANI	FT	Rude behaviour, Attitude problem	Rude behaviour with Dean SA, Negative attitude, Arogant	Behavioural Therapy, Attitude Management techniques	Seeked apology from DDean SA, Change in attitude, Following the rules & responsibilities.
20	3-Nov-2016	161FA01089	NARNE SOWMYA	BT	Irregular & Pessimistic	Irregular to college, Negative attitude, Emotional imbalance	Personal counselling, Tips to cultivate positive attitude, Emotional intelligence	Negative attitude was replaced by positive attitude after 9 sessions. Attendance improved
21	5-Nov-2016	151FA01038	PENDYALA SRAVYA	BT	Irregular & Restlessness	Irregular, Instable mindset & Restlessness	Techniques for stable mindset & Breathing excersizes	Attendance improved and stable
22	5-Nov-2016	151FA01040	PUPPALA SHAAMA RAJITHA	BT	Anxiety	Anxiety, fear about future, fear of failure	Anxiety management techniques	Anxiety removed after 4 sessions, Become Confident & Optimistic
23	5-Nov-2016	151FA01054	VELAMATI SAI SUSHMA	BT	Emotional Imbalance	Attention Seeker, Emotional Imbalance, Conflict	Emotional Intelligence, Adaptability & Attitude management techniques	Stable and Got emotional balance after 5 sessions.

24	5-Nov-2016	151FA01041	PUTTA VYSHNAVI	BT	Home Sick, Adjustment problem	Fever from a week, Home Sick, Crying spells, Unable to adjust with campus environment, Feeling lonely	Emotional Intelligence, Adaptability & Attitude management techniques	Able to adjust with university environment after 6 sessions.
25	7-Nov-2016	161FA04422	AMBATI SAISINDHUSRI	CSE	Emotional Imbalance	Attention Seeker, Emotional Imbalance, Conflict	Emotional Intelligence, Adaptability & Attitude management techniques	Stable and Got emotional balance after 5 sessions.
26	7-Nov-2016	161FA04470	PINNI NOWMYA	CSE	Emotional Imbalance	Attention Seeker, Emotional Imbalance, Conflict	Emotional Intelligence, Adaptability & Attitude management techniques	Stable and Got emotional balance after 5 sessions.
27	12-Nov-2016	161FA16022	MASANM MADHAVI LATHA	BM	Relationship with a Boy	Inrelationship with a boy, Depressed, Stress	Behaviour therapy, Insight oriented Counselling, Goal setting	Came out of depression, improved mental health, Concentrating on studies, goal setting after 5 sessions
28	17-Nov-2016	161FA14032	CHAPARALA SREE PUJITHA	BI	Depression, Anxiety & Stress	Feeling Depressed, Family Issues, Health Issues, Unable to concentrate on studies	Behavioural Therapy, Stress Management techniques	Came out from depression, Improved mental health after 7 sessions.
29	17-Nov-2016	151FA12036	K. MANASA	AG	Attention Seeker, Suicide attempt	Suicidal Ideas, attempted siocide by consuming thyroid tablets, Wants to be attractive, Infatuation with a Boy	Behavioural Therapy, Attitude Management techniques, Personal counselling with Student along with Parents, PMRT	Optimistic Change in Behaviour & Improved Mental Health, came out of relationships after 12 sessions
30	17-Nov-2016	161FA16022	MASANM MADHAVI LATHA	BI	Home Sick, Adjustment problem	Fever from a week, Home Sick, Crying spells, Unable to adjust with campus environment, Feeling lonely	Emotional Intelligence, Adaptability & Attitude management techniques	Able to adjust with university environment after 6 sessions.
31	18-Nov-2016	131FA04164	G. SREE VARSHINI	CSE	Stress & Conflict	Stress, Various conflicts with friends, Pressure from Seniors	Stress & Conflict management techniques	Able to cope up with stress & Conflicts after 3 sessions
32	19-Nov-2016		K Sai Navya	CSE	Attempted Suicide	Attempted Suicide by cutting hand - 2 weeks relation, just he is not talking with him that is reason	Insight oriented Counselling & Behaviour Therapy, further referred to Psychiatrist	Optimistic Change in Behaviour & Improved Mental Health, came out of relationships after 14 sessions
33	22-Nov-2016	161FA04128	SANAGAVARAPU GAYATHRI	CSE	Relationship Issues	Infatuation with a boy, Attitude Problem, Neglecting Studies	Behaviour Therapy, Personal Counselling	Become stable and concentrating on studies, Improved Mental health.
34	22-Nov-2016	151FA06002	ALLA HARITHA	EEE	Irregular & Restlessness	Irregular, Instable mindset & Restlessness	Techniques for stable mindset & Breathing excersizes	Attendance improved and stable
35	1-Dec-2016	151FA12019	REDDY PRIYANKA	AG	Relationship Issues	Infatuation with a boy, Attitude Problem, Neglecting Studies	Behaviour Therapy, Personal Counselling	Become stable and concentrating on studies, Improved Mental health.

36	6-Dec-2016	161FA04493	CHAKKA GAYATHRI	CSE	Excessive usage of Mobile	Refuse to submit the mobile in Hostel. Negligence towards the rules & responsibility	Behavioural Therapy, Attitude Management techniques	Change in attitude, Following the rules & responsibilities after 4 sessions.
37	8-Dec-2016	151FA07014	KOLLI RAMYA SAI	IT	Irregular & Pessimistic	Irregular to college, Negative attitude, Emotional imbalance	Personal counselling, Tips to cultivate positive attitude, Emotional intelligence	Negative attitude was replaced by positive attitude after 9 sessions. Attendance improved
38	9-Dec-2016	161FA01102	TANGUTURI BHAVYAA	BT	Excessive usage of Mobile	Refuse to submit the mobile in Hostel. Negligence towards the rules & responsibility	Behavioural Therapy, Attitude Management techniques	Change in attitude, Following the rules & responsibilities after 4 sessions.
39	13-Dec-2016	151FA01116	DASARI ALEKHYA	BT	Attention seeker	She wants to be attractive, Sharing her pics with boys.	Personal Counselling, Behaviour Therapy	Behaviour has changed and focusing on studies.
40	17-Dec-2016	161FA15023	KATIKALA NAGA PRAVALIKA	FT	Stress & Conflict	Stress, Various conflicts with friends, Pressure from Seniors	Stress & Conflict management techniques	Able to cope up with stress & Conflicts after 3 sessions
41	17-Dec-2016	141FA05153	MULLANGI SUBHA SAHITHYA	ECE	Emotional imbalance & Rude	Rude behaviour, Negative attitude, Emotional imbalance	Attitude management techniques, Emotional intelligence, Behaviour Therapy	Negative attitude was replaced by positive attitude after 5 sessions. Attendance improved
42	17-Dec-2016	161FA15033	NANDIGAM RAMYA	FT	Irregular & Pessimistic	Irregular to college, Negative attitude, Emotional imbalance	Personal counselling, Tips to cultivate positive attitude, Emotional intelligence	Negative attitude was replaced by positive attitude after 9 sessions. Attendance improved
43	21-Jan-2017	131FA01055	VEERAPANENI JAHNAVI CHOWDARY	BT	Depression, Anxiety & Stress	Feeling Depressed, Family Issues, Health Issues, Unable to concentrate on studies	Behavioural Therapy, Stress Management techniques	Came out from depression, Improved mental health after 7 sessions.
44	21-Jan-2017	131FA01097	DAMINENI SRAVANI	BT	Irregular & Attitude problem	Skipping classes, Relationship Issues, Unhappy with past life events.	Behavioural Therapy & Attitude management techniques	Optimistic attitude has been developed after 6 sessions
45	21-Jan-2017	131FA01100	KARANAM SUPRIYA	BT	Goal conflict	Extreme goal conflicts and confused mind set	Techniques to overcome goal conflicts and reprogramming techniques	The problem of goal conflict was solved. Achieved Thought management.
46	29-Jan-2017	161FA01104	VEDAGNA PINNAMANENI	BT	Irregular & Restlessness	Irregular, Instable mindset & Restlessness	Techniques for stable mindset & Breathing excersizes	Attendance improved to 89% and stable
47	13-Feb-2017	151FA01050	TAMMINEEDI SRI JAHNAVI	BT	Relationship Issues	Infatuation with a boy, Attitude Problem, Neglecting Studies	Behaviour Therapy, Personal Counselling	Become stable and concentrating on studies, Improved Mental health.
48	14-Feb-2017	161FA14038	SANAGANI CHANDANA	BI	Home Sick, Adjustmēt problem	Fever from a week, Home Sick, Crying spells, Unable to adjust with campus environment, Feeling lonely	Emotional Intelligence, Adaptability & Attitude management techniques	Able to adjust with university environment after 6 sessions.

49	15-Feb-2017	161FA01072	BATCHU SUSHMA GUPT	BT	Suicidal Ideas, Attention seeker	attempted suicide, Tied her neck to hang in front of room mates	Behavioural Therapy, Attitude Management techniques, Personal counselling	Optimistic Change in Behaviour & Improved Mental Health, came out of relationships after 12 sessions
50	23-Mar-2017	151FA04163	KAGITALA VAGDEVI	CSE	Emotional imbalance & Rude	Rude behaviour, Negative attitude, Emotional imbalance	Attitude management techniques, Emotional intelligence, Behaviour Therapy	Negative attitude was replaced by positive attitude after 5 sessions. Attendance improved
51	23-Mar-2017	161FA05217	BATLANKI TARUNA ROCHISHNA	ECE	Health Issues	Reports are normal but Stomach ache, Head ache due to skipping Breakfast and eating out side junk food.	Personal counseling & Fear therapy	Healthy eating habits and stop eating out side food after 9 sessions. She is healthy now
52	17-Apr-2017	161FA01164	P RAMYA SREE	BT	Careless & Irregular	Irregular to college, Lack of interested in studies, Negligence	Personal Counselling & Behaviour Therapy	Got optimistic attitude and activeness in 8 sessions, Attendance improved to 83%
53	21-Jun-2017	161FA14027	JAGANNADAM NAGA MOUNIKA	BI	Relationship Issues	Infatuation with a boy, Attitude Problem, Neglecting Studies	Behaviour Therapy, Personal Counselling	Become stable and concentrating on studies, Improved Mental health.

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OFFICE OF DEAN STUDENT AFFAIRS

PSYCHOLOGICAL COUNSELLING FOR GIRL STUDENTS - ACADEMIC YEAR 2015 - 2016

S.NO	DATE	REGD. NO	STUDENT NAME	BRANCH	ISSUE OF THE STUDENT	DETAILS OF ISSUE	THERAPY GIVEN BY PSYCHOLOGIST	POST COUNSELLING OUTCOME
1	29-Jul-2015	141FA01073	YADAGIRI SIRI MUVVA	BT	Careless & Irregular	Irregular to college, Lack of interest in studies, Negligence	Personal Counselling & Behaviour Therapy	Got optimistic attitude and activeness, Attendance improved
2	4-Aug-2015	151FA04302	MEGNA MADIGANI	CSE	Irregular, Poor at academics	concentrate problem, unable to cope up with Btech, joined by force from parents	insight oriented Counselling & Behaviour Therapy	Discounted Btech, Joined in Degree course
3	24-Sep-2015	151FA05157	SAI LAVANYA TARIGOPULA	ECE	Fear of Backlogs	Fear of Backlogs, Lack of concentration, Unable to remember in exam	Study and preparation techniques, Memory techniques and tips to improve concentration	Focused improved towards studies, Cleared few backlogs.
4	14-Oct-2015	151FA16019	MONDLA VARSHITHA	BM	Careless & Irregular	Irregular to college, Lack of interest in studies, Negligence	Personal Counselling & Behaviour Therapy	Got optimistic attitude and activeness in 8 sessions, Attendance improved to 83%
5	16-Oct-2015	151FA04015	DARAPUREDDY SATYA RAJYA SAI TEJASWINI	CSE	Excessive usage of Mobile	Refuse to submit the mobile in Hostel. Negligence towards the rules & responsibility	Behavioural Therapy, Attitude Management techniques	Change in attitude, Following the rules & responsibilities after 4 sessions.
6	16-Oct-2015	151FA04008	BHUMIREDDY RANJANI REDDY	CSE	Home Sick, Adjustment problem	Fever from a week, Home Sick, Crying spells, Unable to adjust with campus environment, Feeling lonely	Emotional Intelligence, Adaptability & Attitude management techniques	Able to adjust with university environment after 6 sessions.
7	10-Nov-2015	141FA12019	KOTHAPALLY HARINI	AG	Relationship Issues	Infatuation with a boy, Attitude Problem, Neglecting Studies	Behaviour Therapy, Personal Counselling	Become stable and concentrating on studies, Improved Mental health.
8	1-Dec-2016	141FA15010	KONDA LAKSHMI PRASANNA	FT	Family disturbances, Emotional imbalance	Went out from Hostel along with Babai (Daddy). Mother strictly informed that he is not father.	Counselled Student and Parent.	Asked to Vacate the Hostel and continue as Daysscholar
9	2-Dec-2016	141FA05139	JINKA SOWMYASREE	ECE	Stress & Conflict	Stress, Various conflicts with friends, Pressure from Seniors	Stress & Conflict management techniques	Able to cope up with stress & Conflicts after 3 sessions

10	12-Dec-2015	131FA01066	GAJULA RAMYAKRISHNA	BT	Fear of Backlogs 9 subjects	Fear of Backlogs, Lack of concentration, Unable to remember in exam	Study and preparation techniques, Memory techniques and tips to improve concentration	Focused improved towards studies, Cleared All backlogs.
11	15-Dec-2015	151FA04302	MEGNA MADIGANI	CSE	Fear of Backlogs	Fear of Backlogs, Lack of concentration, Unable to remember in exam	Study and preparation techniques, Memory techniques and tips to improve concentration	Focused improved towards studies, Cleared few backlogs.
12	23-Dec-2015	131FA01038	MARUPUDI MAHITHA	BT	Irregular	Irregular, Skipping 1st hour class. Sinus problem due to medication feeling drowsy unable to getup early	Tips to walkup early and medication management. Personal Counselling	Practicing breathing exercises in morning, become active after 5 sessions
13	26-Dec-2015	151FA04087	DOMMETI VIDYA	CSE	Relationship with a Boy	Merit student deviating from studies, Inrelationship with a boy, Depressed, Stress, Farmers family background.	Behaviour therapy, Insight oriented Counselling, Goal setting	Came out of depression, improved mental health, Concentrating on studies, goal setting after 5 sessions
14	26-Dec-2015	151FA04131	YENDURU NAGA PRATHYUSHA	CSE	Irregular & Infatuation with a boy	Skipping First hour, In relationship with Instagram friend, Deviating from studies.	Behaviour Therapy, Insight oriented Counselling about future	Concentrating on studies, goal setting. Improved attendance to 84%
15	1-Jan-2016	141FA15039	JANGAM ROSHINI PRISCILLA	FT	Anxiety & Stress	Stress, Anxiety, Judgemental, FB chat with unknown person	Behaviour Therapy, Stress management techniques, Personal Counselling.	Stable and able to cope with stress after 6 sessions
16	1-Jan-2016	141FA15023	POTHUGUNTA SHRAVANI	FT	Relationship Issues	Infatuation with a boy, Attitude Problem, Neglecting Studies	Behaviour Therapy, Personal Counselling	Become stable and concentrating on studies, Improved Mental health.
17	8-Jan-2016	151FA15057	CHIPPALA DIVYA LAKSHMI	FT	Tension & Adjustment problem	Irregular Menstruation, Breathing Problem, Anxiety, Adjustment problem, Hiding nature.	Relaxation Techniques, Adaptability and attitude management techniques.	Able to cope up with university environment, Active & energetic after 5 sessions.
18	22-Jan-2016	131FA04172	TANDA LAHARIN	CSE	Irregular & Pessimistic	Irregular to college, Negative attitude, Emotional imbalance	Personal counselling, Tips to cultivate positive attitude, Emotional intelligence	Negative attitude was replaced by positive attitude after 9 sessions. Attendance improved
19	30-Jan-2016	141FA12047	DWARAMPUDI KALYANI	AG	Stress & Conflict	Stress, Various conflicts with friends, Pressure from Seniors	Stress & Conflict management techniques	Able to cope up with stress & Conflicts after 3 sessions
20	30-Jan-2016	141FA05161	PULASA HYNDAVI	ECE	Stress & Conflict	Stress, Various conflicts with friends, Pressure from Seniors	Stress & Conflict management techniques	Able to cope up with stress & Conflicts after 3 sessions

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