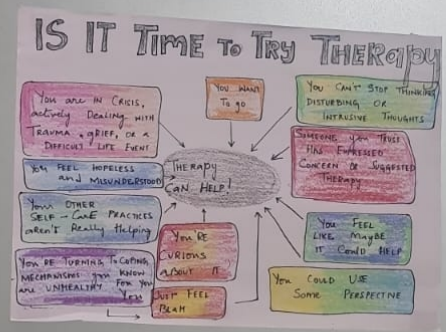
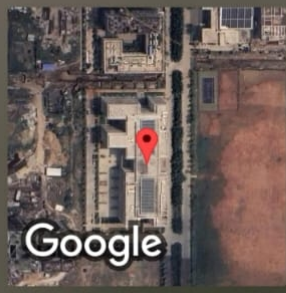


COUNSELLING AT SRM UNIVERSITY AP

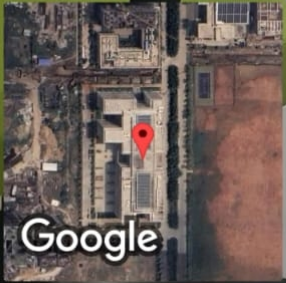
Counseling Room



 **GPS Map Camera**



Amaravati, Andhra Pradesh, India
FG74+8VQ, Amaravati, Andhra Pradesh 522503, India
Lat 16.462593°
Long 80.5068°
15/12/23 04:19 PM GMT +05:30



University counsellors play a crucial role in promoting holistic wellness for students, staff, and faculty members within SRMAP. Their responsibilities extend beyond addressing mental health concerns and include fostering a supportive and nurturing environment to promote overall well-being. This brief report highlights the key roles, counselling process and initiatives that university counsellors undertake to enhance holistic wellness.



Role of a University Counsellor:

Counselling at SRMAP university aims to support individuals in managing a wide range of emotional, psychological, and personal challenges that students, faculty and staff may encounter during their academic journey. The primary goal of university counselling is to enhance the overall well-being of individuals and help them achieve their academic and personal goals.

Emotional Support: University counsellors provide a safe and confidential space to express their thoughts and feelings. They offer emotional support and validation, helping one navigate issues such as stress, anxiety, depression, loneliness, interpersonal problems, etc.

Crisis Intervention: Counsellors are trained to respond to campus emergencies, immediate crises, such as suicidal ideation, self-harm, or other urgent situations. They can assess the level of risk and provide appropriate interventions to ensure the safety of the individuals in the university.

Personal Growth and Self-Exploration: University counselling offers an opportunity for self-discovery and personal growth. Counsellors help explore their strengths, weaknesses, values, and aspirations, facilitating personal development.

Academic Issues: Counsellors can assist in addressing academic concerns, such as time management, study skills, test anxiety, and motivation. They can also help to make decisions about their academic and career paths.

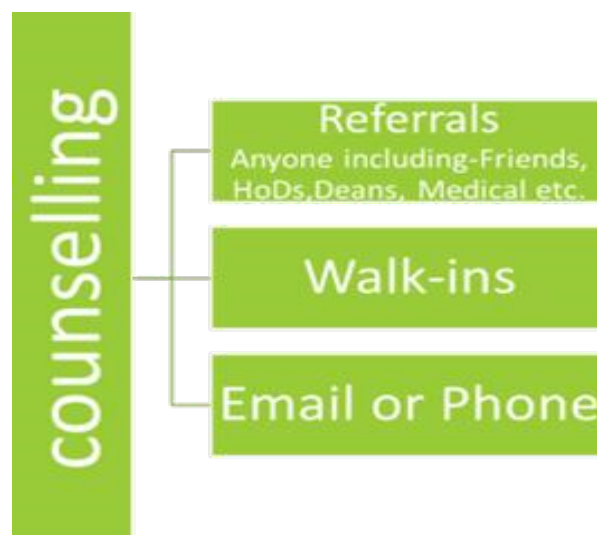
Career Counselling: University counselling services offer career guidance, helping students identify their career goals, strengths, and interests. They provide resources and tools for career planning.

Cultural awareness, Diversity and Inclusivity: Counsellors promote cultural sensitivity and inclusivity, help to navigate issues related to diversity and identity. They create an environment where individuals from various backgrounds feel understood and respected. This includes accommodating individuals with disabilities and addressing the unique needs of diverse populations, including international students and LGBTQ+ communities.

Group Therapy: In addition to individual counselling, university counsellors may lead group therapy sessions on topics such as stress management, communication skills, specific concerns like grief or substance abuse, etc.

Prevention and Education: Counsellors engage in outreach programs, awareness sessions and workshops to educate on mental health, stress management, gender sensitivity and self-care strategies. The counselling services may also engage in outreach and education to make students, staff, and faculty aware of the available resources.

Referrals: When necessary, counsellors can refer students to other resources within or outside the university, such as psychiatric services, medical professionals.



Confidentiality: Counsellors are bound by ethical guidelines to maintain the confidentiality of their clients. This helps create a trusting and secure environment where clients can share their concerns openly. Information shared during sessions is typically kept confidential unless there is a risk of harm to the individual or others.

Documentation and Record-keeping: Counsellors keep records of their interactions with students to track progress and maintain accurate and confidential information for the individual's benefit.

Process of Counselling at SRMAP:

Counselling and therapy services provided in a university setting are vital for the well-being and mental health of students, staff, and faculty. These services typically follow a structured process to ensure that individuals receive the support and guidance they need. Here is an overview of the process of counselling or therapy in a university setup.

Initial Contact:

Individuals seeking counselling services typically start by making initial contact via walk-ins or referrals from Friends, HoDs, Deans, Medical Department, etc. This is done through google sheets, phone calls, emails, or online appointment scheduling systems (which is in process).

Intake and Assessment:

Once contact is made, individuals are scheduled for an initial intake appointment. During this session, they meet with the counsellor to discuss their concerns, goals, and needs. The counsellor will gather information about the individual's background, personal history, and any relevant issues via a Mental Status Examination. They may also assess the severity and urgency of the concerns.

Goal Setting:

After the initial assessment, the counsellor works with the individual to set clear and achievable goals for counselling or therapy. These goals help guide the treatment process.

Treatment Plan:

Based on the assessment and goal setting, the counsellor develops a counselling plan using evidence-based therapy. This plan outlines the specific strategies and interventions that are used to address the individual's concerns.

Regular follow up sessions:

The individual then begins attending regular counselling sessions. The frequency and duration of these sessions may vary based on the nature of the concerns and the treatment plan.



Counselling Techniques:

Counsellors and therapists use various therapeutic techniques and approaches, such as cognitive-behavioral therapy, Rational Emotive Behavioral therapy, etc. depending on what is most appropriate for the individual's needs.

Progress Monitoring:

Progress is regularly monitored and assessed. Counsellors may ask individuals to complete assessments, questionnaires, or provide feedback to evaluate the effectiveness of the treatment.

Crisis Intervention:

In the case of a crisis or emergency, university counsellors provide immediate support and intervention services.

Termination and Follow-Up:

When the individual's goals are met or they decide to conclude the counselling sessions, there is a termination phase where the counsellor helps the individual transition and provides resources for ongoing self-care. Sometimes, a follow-up plan may be established.

Feedback and Improvement:

University counselling services often seek feedback from individuals who have received counselling or therapy to make improvements in their services.

It's important to note that university counselling services may vary in terms of the specific procedures and available resources. However, the overall goal is to provide a supportive and confidential environment for individuals to address their mental health and well-being concerns. Overall, university counselling plays a crucial role in promoting mental health and well-being in the campus community, which in turn can positively impact academic success and holistic development. It provides a vital support system for everyone within the campus, as they navigate the challenges and transitions in the field of research and education.

Counselling Summary - 2022-2023

During the fiscal year 2022-2023, our counseling services catered to a total of 126 clients, encompassing a comprehensive total of 422 counseling sessions. The presented issues were categorized into eight distinct areas, namely:

- Mental Health Issues
- Relationship and Family
- Academic Challenges
- Behavioral Management
- Self Esteem and Confidence
- Sleep Issues
- Communication and Social
- Others

A comprehensive breakdown of the sessions conducted is detailed in the subsequent report. This encapsulates the scope and impact of the counseling services provided during the specified period.

Categorization of the issues:

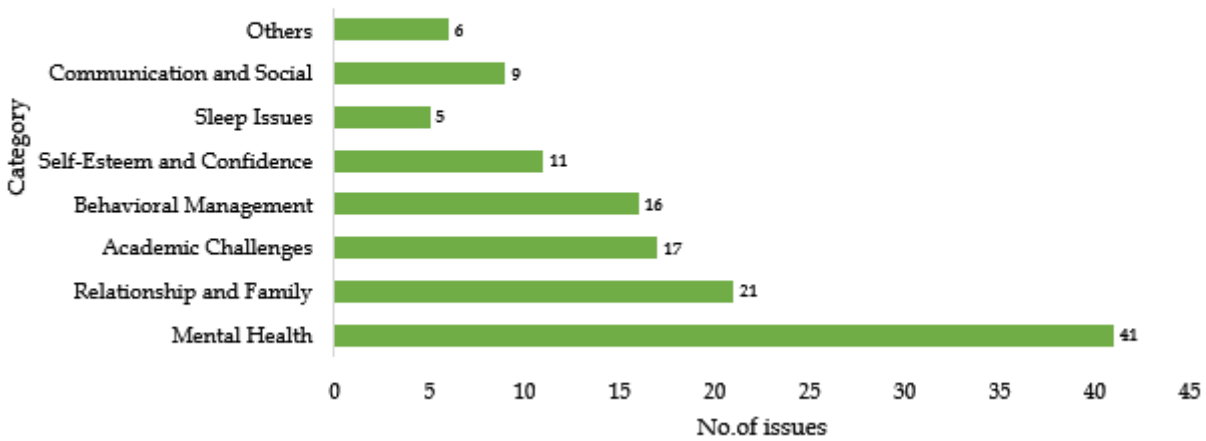
Category	Total Issues	Specific Issues
Mental Health	41	Coping with Loss, Resentment, Lack of Purpose, Compulsive Eating, Self-Harm Recovery, Trust Issues, Fear of Failure, Self-Worth Issues, Academic Burnout, Body Image Insecurity, Fear of the Future, Cultural Adjustment, Identity Confusion, Emotional Resilience, Addiction Recovery, Perceived Rejection, Procrastination, Panic Disorder, Jealousy, Imposter Syndrome, Performance Anxiety, Perfectionism, Motivation and Goal Setting, Internet Gaming Disorder, Loneliness and Isolation, Postpartum Depression, Fear of Abandonment, Eating Disorders Recovery, Social Isolation, Work-Life Balance, Alcohol Abuse, Obsessive Overthinking, Body Dysmorphia, Trauma Recovery, Fear of Intimacy, Psychological Issues, Depression, Suicidal Ideations, Grief, Change and Adjustment Issues, Anxiety, Recurring Negative thoughts

Relationship and Family	21	Sibling Rivalry, Family Conflict, Perceived Rejection, Relationship issues, Family issues, Parental Issues, Anger Management, Emotional Management, Relationship issues, Family issues, Behavioural Issues, Parental Issues, Relationship Issues, Interpersonal Issues, Relationship Issues, Emotional Management, Relationship issues, Family issues, Behavioural Issues, Parental Issues
Academic Challenges	17	Academic Burnout, Academic Pressure, Learning Disabilities, Academic Issues, Self-image and Academic Issues, Academic Issues, Academic and Behavioural Issues, Academic stress & Time management, Depression, Self-image and Academic Issues, Interpersonal Issues, Anxiety, Academic performance and attendance, Academic stress & Time management, Behavioural Issues, Parental Issues, Behavioural Issues, Negative thoughts and Depression, Behavioural Issues, Sleep Disturbances, Academic Burnout
Behavioural Management	16	Compulsive Eating, Behavioural Issues, Communication Problems, Time Management Challenges, Balancing Responsibilities, Behavioural Issues, Lack of Purpose, Self-Harm Recovery, Trust Issues, Fear of Authority, Perfectionism, Low Self-Esteem, Lack of Motivation, Aggression, Behavioural Issues, Parental Issues, Behavioural Issues, Anger Management, Relationship Issues, Interpersonal Issues, Behavioural Issues, Relationship Issues, Emotional Management, Behavioural Issues, Self-confidence, Family issues, Behavioural Issues, Relationship Issues, Behavioural Issues
Self-Esteem and Confidence	11	Self-Worth Issues, Body Image Insecurity, Fear of the Future, Cultural Adjustment, Identity Confusion, Self-Worth Issues, Perceived Rejection, Negative thoughts and Depression, Self-Confidence, Self-Worth Issues, Coping with Loss, Resentment, Body Positivity
Sleep Issues	5	Sleep Disorders, Sleep Disturbances, Recurring Negative thoughts
Communication and Social	9	Communication Problems, Gender Identity Exploration, Fear of Authority, Communication Problems, Relationship Issues, Emotional Management, Relationship issues, Family issues, Relationship Issues, Emotional Management, Communication Problems, Fear of Public Speaking, Fear of Intimacy, Communication Problems

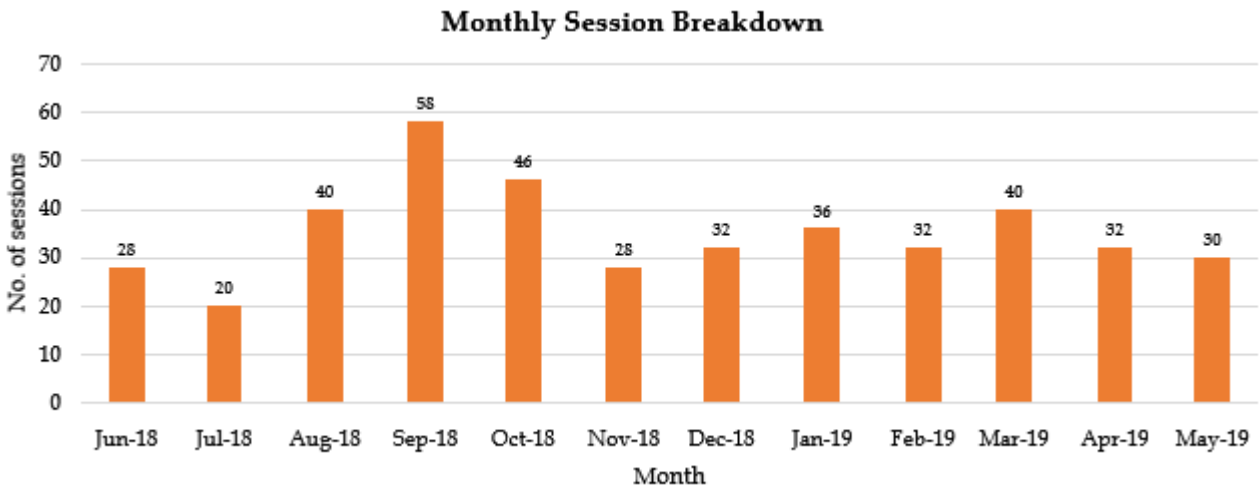
Others	6	Psychological Issues, Alcohol Abuse, Obsessive Overthinking, Trauma Recovery, Psychological Issues, Grief, Change and Adjustment Issues, Internet Gaming Disorder
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Graphic summary of the issues:

No. of issues in each category



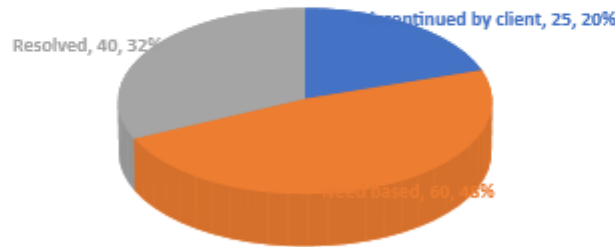
Monthly Session Breakdown:



The highest number of cases were dealt in the month of September.

Client Status:

Status



Observations and Insights:

During the year, our counseling services supported 126 clients, achieving successful resolutions for 40 cases.

The counseling services experienced significant growth in client intake from the previous year, indicating a rising demand for mental health support. Despite the increase, the services achieved successful resolutions for a larger number of cases this year, demonstrating an improvement in effectiveness. Valuable insights from client feedback, particularly from those discontinuing counseling, were acknowledged and used for service enhancement. The data highlights the adaptability of the services, with an increasing number of clients opting for a need-based approach. The impact of Covid-19 on mental health awareness is evident in the substantial post-pandemic increase in client in-flow observed in the previous year. Overall, the counseling services show a commitment to continuous improvement, data-driven decision-making, and addressing the unique needs of clients in a professional and impactful manner.

Counselling Summary - 2021-2022

During the fiscal year 2021-2022, our counseling services catered to a total of 79 clients, encompassing a comprehensive total of 509 counseling sessions. The presented issues were categorized into eight distinct areas, namely:

- Mental Health Issues
- Relationship and Family
- Academic Challenges
- Behavioral Management
- Self Esteem and Confidence
- Sleep Issues
- Communication and Social
- Others

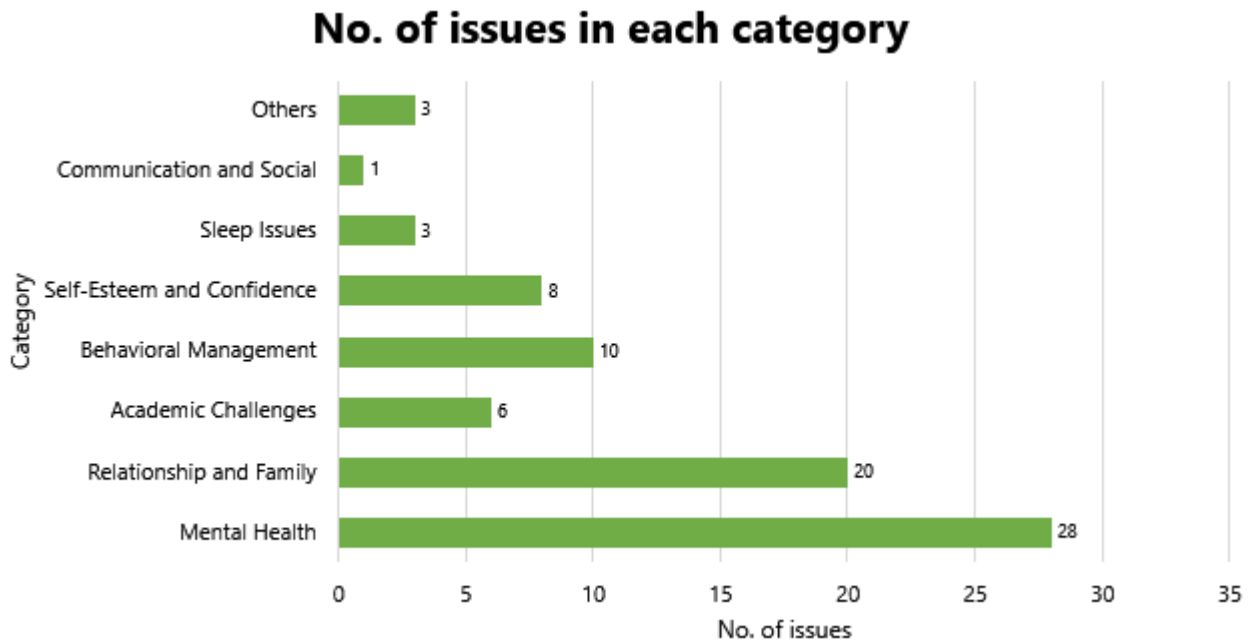
A comprehensive breakdown of the sessions conducted is detailed in the subsequent report. This encapsulates the scope and impact of the counseling services provided during the specified period.

Categorization of the issues:

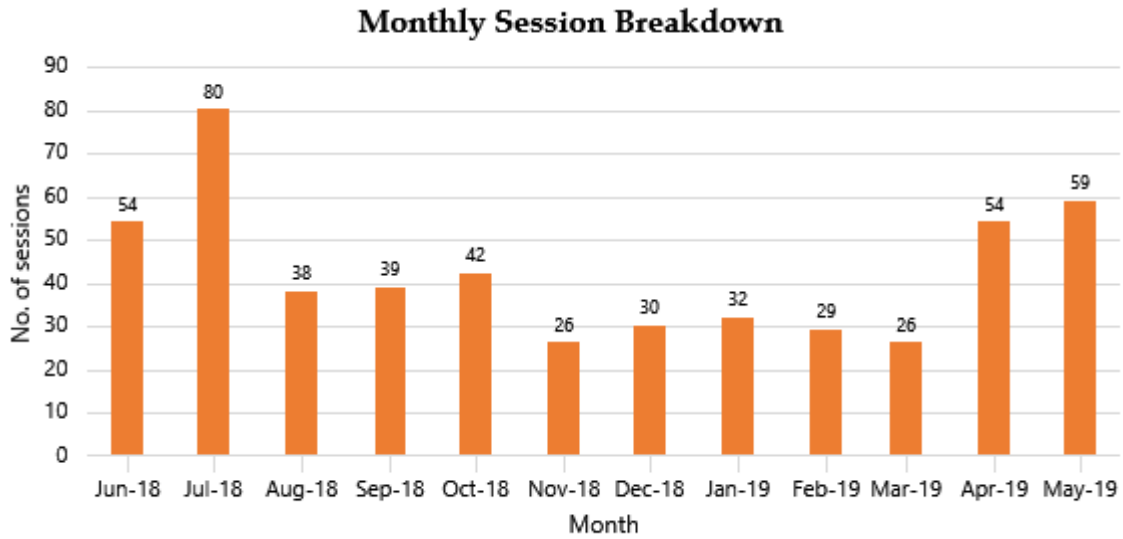
Category	Total Issues	Specific Issues
Mental Health	28	Depression, Panic Attacks, Social Anxiety, Trauma Recovery, Performance Anxiety, Negative thoughts, Sleep Disorders, Self-Harm, Loneliness, Psychological Issues, Lack of Purpose, Compulsive Eating, Self-Harm Recovery, Trust Issues, Fear of Authority, Emotional Resilience, Perceived Rejection, Postpartum Depression, Fear of Abandonment, Eating Disorders Recovery, Internet Gaming Disorder, Obsessive Overthinking, Addiction Recovery, Alcohol Abuse
Relationship and Family	20	Interpersonal Issues, Relationship issues, Family issues, Relationship Issues, Emotional Management, Relationship issues, Family issues, Parental Issues
Academic Challenges	6	Learning Disabilities, Academic performance and attendance, Academic stress & Time management, Academics, Academic Issues, Procrastination, Academic Burnout

Behavioural Management	10	Anger Management, Behavioural Issues, Parental Issues, Behavioural Issues, Behavioural Issues, Anger Management, Relationship Issues, Interpersonal Issues, Behavioural Issues
Self-Esteem and Confidence	8	Low Self-Esteem, Lack of Motivation, Self-confidence, Low Self-Esteem, Lack of Motivation, Low Self-Esteem, Lack of Motivation, Learning Disabilities, Lack of Motivation, Low Self-Esteem
Sleep Issues	3	Sleep Disorders, Sleep Disturbances, Sleep Disorders, Sleep Disorders, Sleep Disorders, Sleep Disorders, Sleep Disorders
Communication and Social	1	Lack of Motivation
Others	3	Fear of Intimacy, Work-Life Balance, Fear of Intimacy
Total Issues	79	

Graphic summary of the issues:

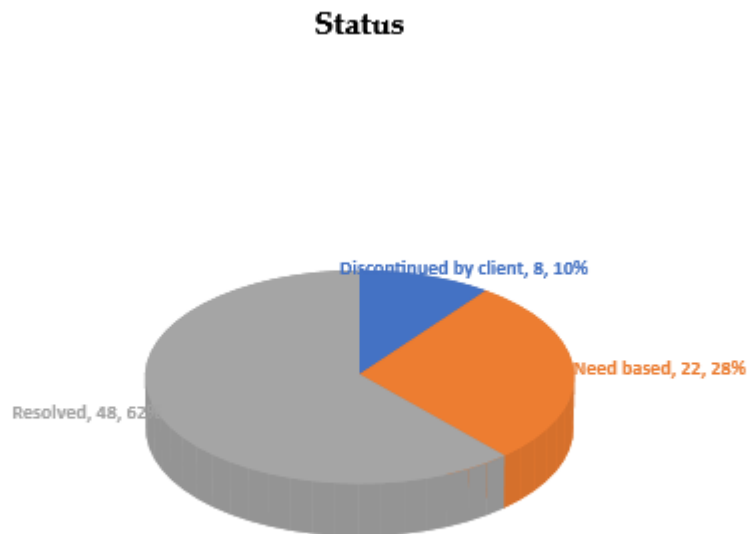


Monthly Session Breakdown:



The highest number of cases were dealt with in the month of July.

Client Status:



Observations and Insights:

During the year, our counseling services supported 79 clients, achieving successful resolutions for 48 cases. Despite 8 clients discontinuing counseling, their feedback provides valuable insights for service improvement. Additionally, 22 clients opted for a need-based approach, highlighting the adaptability of our services.

As we can observe from the previous years' data, the client in-flow has increased tremendously post Covid, indicating the significance of counselling and an increased need for mental health awareness.

As counselors, we remain committed to continuous improvement, acknowledging the uniqueness of each client's journey. Our data-driven approach guides us in refining methodologies and addressing factors contributing to discontinuation, ensuring our services remain professional and impactful.

Counselling Summary – 2019- 2020

During the fiscal year 2018-2019, our counseling services catered to a total of 57 clients, encompassing a comprehensive total of 331 counseling sessions. The presented issues were categorized into eight distinct areas, namely:

- Mental Health Issues
- Relationship and Family
- Academic Challenges
- Behavioral Management
- Self Esteem and Confidence
- Sleep Issues
- Communication and Social
- Others

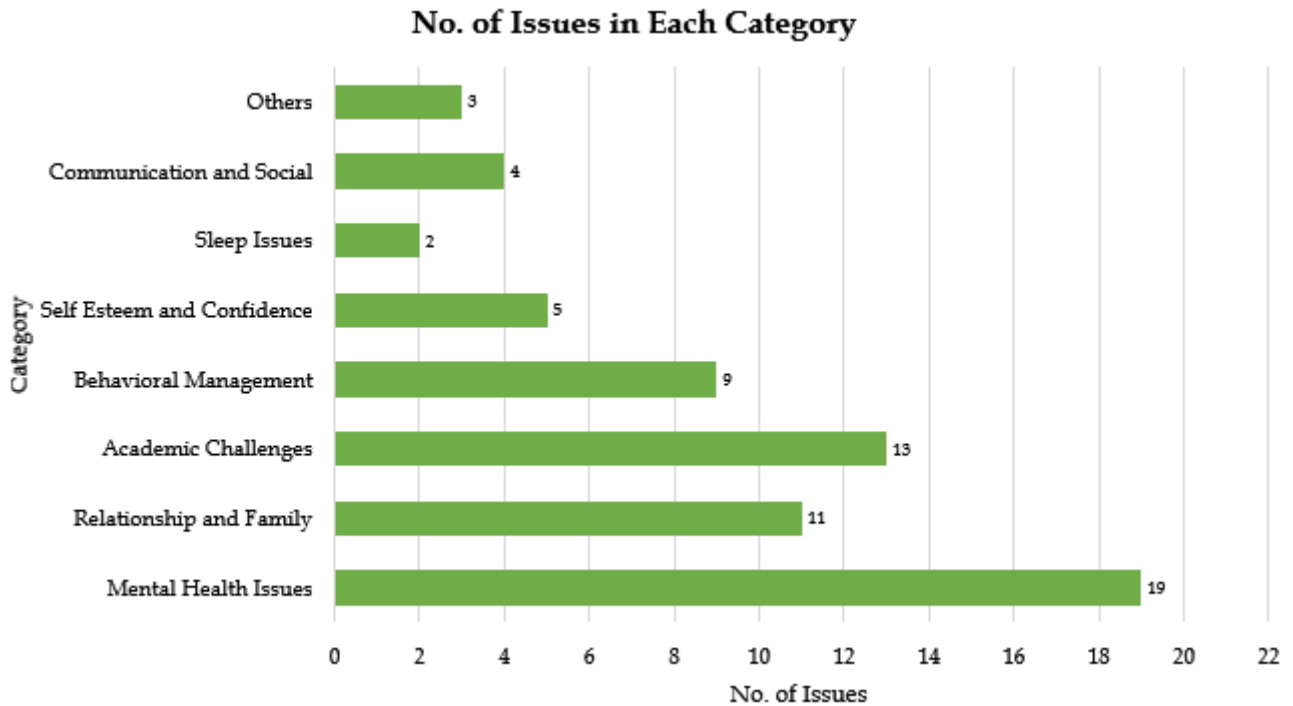
A comprehensive breakdown of the sessions conducted is detailed in the subsequent report. This encapsulates the scope and impact of the counseling services provided during the specified period.

Categorization of the issues:

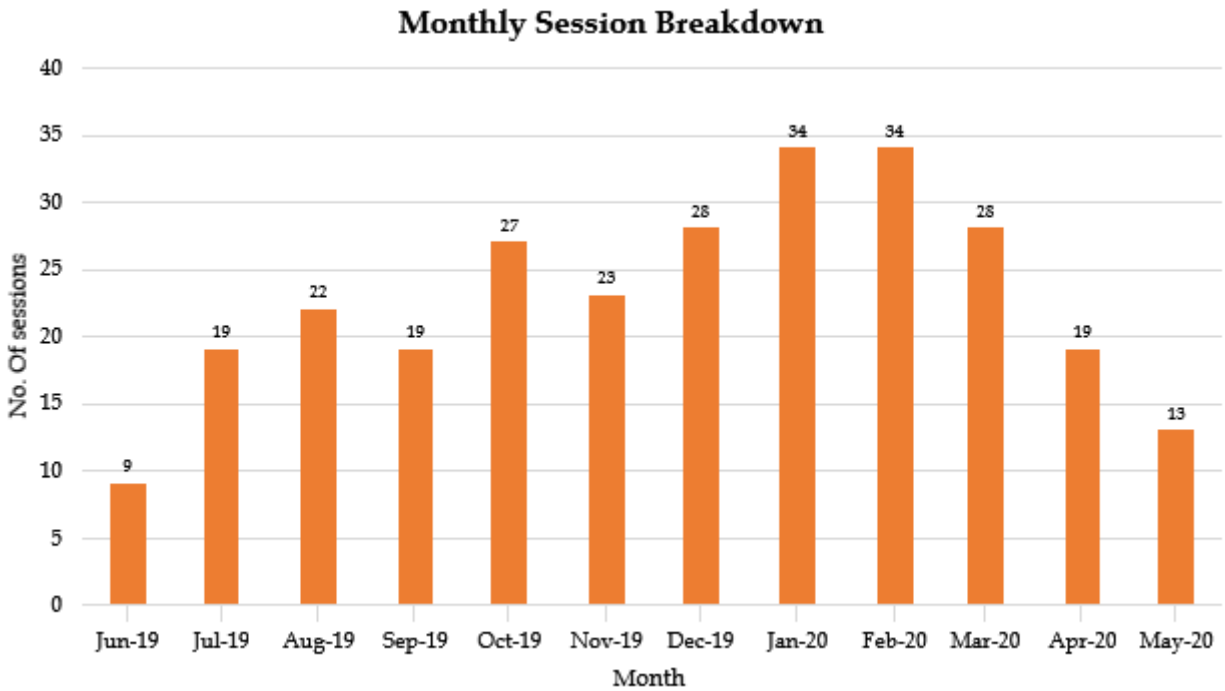
Category	Total Issues	Specific Issues
Mental Health Issues	19	Fear of Public Speaking, Fear of Failure, Self-Worth Issues, Coping with Loss, Resentment, Lack of Purpose, Compulsive Eating, Self-Harm Recovery, Trust Issues, Fear of Authority, Emotional Resilience, Addiction Recovery, Perceived Rejection, Procrastination, Body Image Insecurity, Fear of the Future, Identity Confusion, Stress Overload, Panic Disorder, Depression
Relationship and Family	11	Sibling Rivalry, Family Conflict, Jealousy, Imposter Syndrome, Fear of Abandonment, Loneliness and Isolation, Social Isolation, Work-Life Balance, Addiction Recovery, Alcohol Abuse, Obsessive Overthinking, Fear of Intimacy

Academic Challenges	13	Academic Burnout, Time Management Challenges, Balancing Responsibilities, Gender Identity Exploration, Academic Pressure, Motivation and Goal Setting, Internet Gaming Disorder, Loneliness and Isolation, Depression, Self-image and Academic Issues, Academic Issues, Psychological Issues, Academic Issues, Academic and Behavioral Issues, Behavioral Issues
Behavioral Management	9	Resentment, Compulsive Eating, Trust Issues, Addiction Recovery, Procrastination, Performance Anxiety, Internet Gaming Disorder, Behavioral Issues, Addiction Recovery
Self Esteem and Confidence	5	Self-Worth Issues, Body Image Insecurity, Self-Doubt, Body Dysmorphia, Self-Worth Issues
Sleep Issues	2	Sleep Issues, Insomnia
Communication and Social	4	Communication Problems, Gender Identity Exploration, Perceived Rejection, Social Isolation
Others	3	Cultural Adjustment, Change and Adjustment Issues, Grief
Total	66	

Graphic summary of the issues:

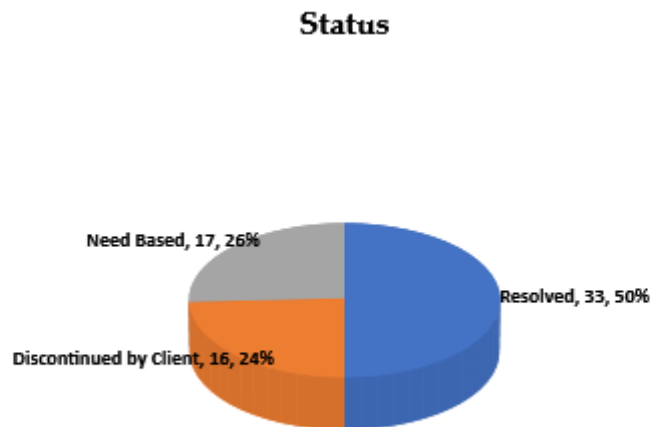


Monthly Session Breakdown:



The highest number of cases were dealt in the months of January and February.

Client Status:



Observations and Insights:

During this year, our counseling services supported 66 clients, achieving successful resolutions for 33 cases. Despite 16 clients discontinuing counseling, their feedback provides valuable insights for service improvement. Additionally, 17 clients opted for a need-based approach, highlighting the adaptability of our services. As counselors, we remain committed to continuous improvement, acknowledging the uniqueness of each client's journey. Our data-driven approach guides us in refining methodologies and addressing factors contributing to discontinuation, ensuring our services remain professional and impactful.

Counselling Summary - 2018- 2019

During the fiscal year 2018-2019, our counseling services catered to a total of 57 clients, encompassing a comprehensive total of 331 counseling sessions. The presented issues were categorized into eight distinct areas, namely:

- Mental Health Issues
- Relationship and Family
- Academic Challenges
- Behavioral Management
- Self Esteem and Confidence
- Sleep Issues
- Communication and Social
- Others

A comprehensive breakdown of the sessions conducted is detailed in the subsequent report. This encapsulates the scope and impact of the counseling services provided during the specified period.

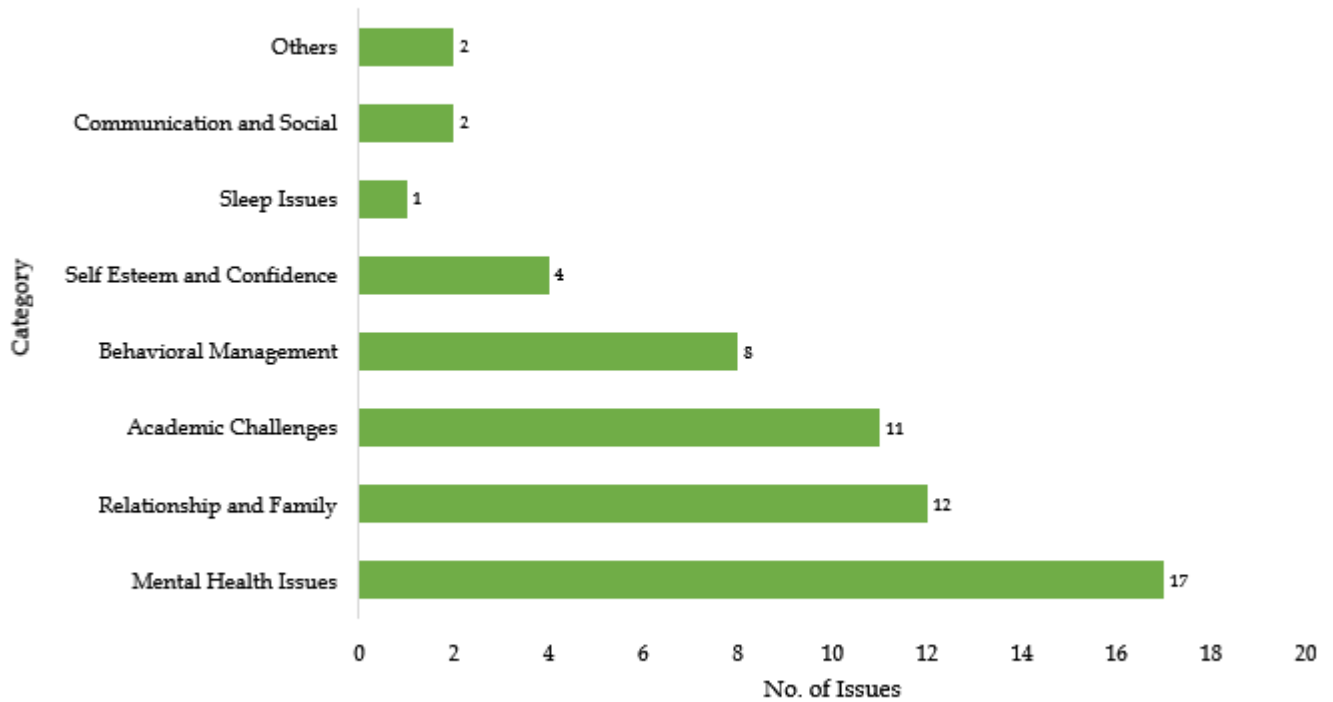
Categorization of the issues:

Category	Total Clients	Specific Issues
Mental Health Issues	17	Anxiety, Negative thoughts and Depression, Sleep Disturbances, Recurring Negative thoughts, Depression, Self-image and Academic Issues, Panic Attacks, Suicidal Ideations
Relationship and Family	12	Interpersonal Issues, Relationship issues, Family issues, Relationship Issues, Relationship issues, Parental Issues, Relationship Issues, Emotional Management, Family issues, Relationship Issues, Loneliness, Fear of Abandonment
Academic Challenges	11	Academic performance and attendance, Academics, Academic stress & Time management, Academic Issues, Psychological Issues, Academic Issues, Academic and Behavioral Issues, Test Anxiety, Procrastination, Time Management Issues, Perfectionism, Lack of Motivation, Learning Disabilities

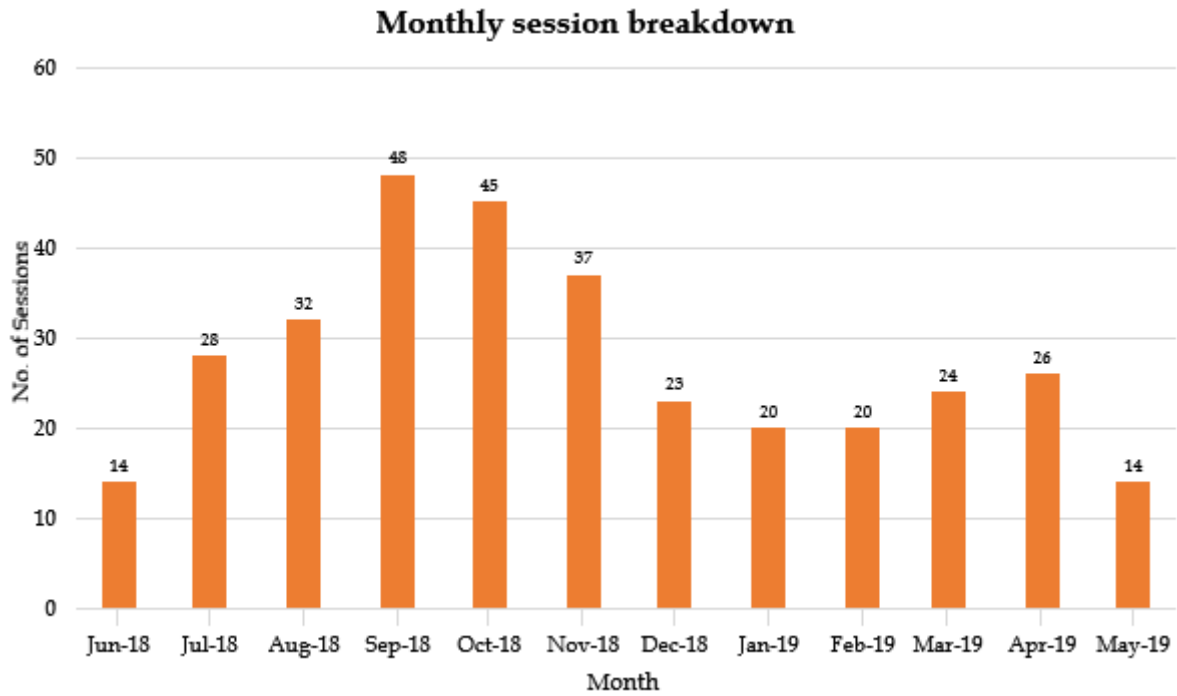
Behavioral Management	8	Aggression, Behavioral Issues, Parental Issues, Behavioral Issues, Behavioral Issues, Behavioral and Emotional Management, Anxiety and other Psychological Issues, Behavioral Management
Self Esteem and Confidence	4	Self-confidence, Low Self-Esteem, Self-development, Body Image Issues
Sleep Issues	1	Sleep Disorder, Sleep Disturbances
Communication and Social	2	Communication Problems, Social Anxiety
Others	2	Change and Adjustment Issues
Total	57	

Graphic summary of the issues:

No. of Issues in each Category

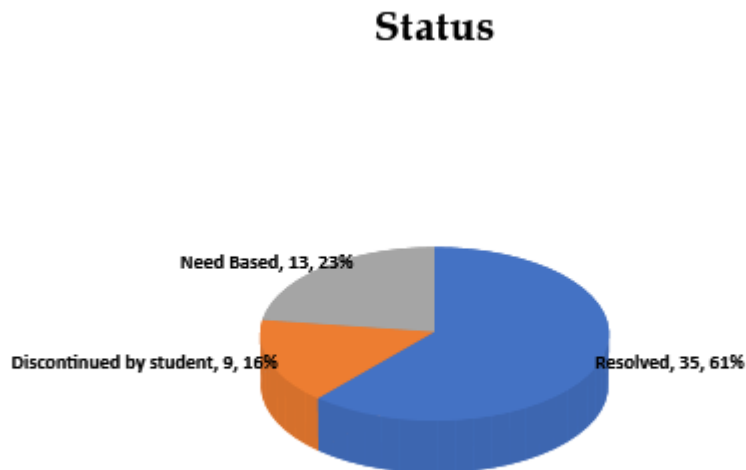


Monthly Session Breakdown:



The highest number of cases were dealt in the month of September.

Client Status:



Observations and Insights:

In the past year, our counseling services supported 57 clients, achieving successful resolutions for 35 cases. Despite 9 clients discontinuing counseling, their feedback provides valuable insights for service improvement. Additionally, 13 clients opted for a need-based approach, highlighting the adaptability of our services. As counselors, we remain committed to continuous improvement, acknowledging the uniqueness of each client's journey. Our data-driven approach guides us in refining methodologies and addressing factors contributing to discontinuation, ensuring our services remain professional and impactful.

A handwritten signature in blue ink, appearing to read "M. H.".

Registrar
SRM UNIVERSITY-AP
Andhra Pradesh-522 240.