



Criteria 2.3. Teaching -Learning Process

2.3.2 The institution adopts effective Mentor-Mentee Schemes to address academic and student psychological issues

Date – 10.5.2022

Venue – Psychological Counselling Cell.

Time – 12:30 p.m. – 3 p.m.

No. of students participated in the session – 1

Name of the students who participated in counselling: Nikita Naik

Nikita in the session shared that she was feeling overwhelmed after joining in 2020, due to the shift in academic expectations and personal adjustment to the new environment. She found it difficult to cope with the academic pressure and workload, which resulted in irregular attendance and piling backlogs. Through counselling, she was encouraged to take gradual steps toward regaining routine and focus. She was given simple structured tasks and routine-based suggestions to manage her time and mental stress more effectively. Nikita has since started attending classes regularly and has begun attempting backlog repeat exams.

Counsellor's Notes: Follow-up required.

To support the student's transition and boost her emotional resilience, the counsellor (Department of Psychology & Counsellor) provided strategies to reduce academic anxiety and re-establish confidence. Time management tips, grounding techniques, and positive reinforcement were shared to support her return to academic routine. Yoga and light physical exercises were recommended to help her maintain energy and mental clarity.

The student, like many others, showed signs of performance-related anxiety, low motivation, and fear of failure. With counselling, Nikita has started making gradual progress and shows a willingness to change.

Outcome in Brief –

Students participating in this session typically deal with academic stress, low confidence, and emotional overwhelm. Nikita has begun demonstrating a more stable academic routine and is addressing her backlogs. She felt supported by the counselling process and was open to adopting suggested coping mechanisms.

Stamp and Sign of Counsellor



Date – 3.2.2021

Venue – Psychological Counselling Cell.

Time – 2:30 p.m. – 4 p.m.

No. of students participated in the session – 1

Name of the students who participated in counselling: Sanya Sehwa

Sanya shared during the session that she had recently moved into the hostel from her hometown and was struggling to adjust to the new environment. The transition affected her physical and emotional health. She frequently fell ill and reported repeated instances of food poisoning, which further impacted her routine and attendance. The discomfort and unfamiliar setting caused her stress and low energy levels. She was provided with emotional support and practical strategies to help her cope with the adjustment phase.

Counsellor's Notes: Follow-up suggested.

To help Sanya settle into the hostel environment, the counsellor (Department of Psychology & Counsellor) recommended routine-based structuring, proper hydration, and diet awareness. Suggestions were given on how to communicate health concerns effectively to the warden and medical staff. Light breathing exercises and mindfulness practices were advised to manage anxiety related to the ongoing discomfort.

Like many students facing relocation for the first time, Sanya was dealing with homesickness, physical strain, and environmental stress. The counsellor encouraged her to build small social connections and seek support whenever needed.

Outcome in Brief –

Students like Sanya often face difficulty adjusting to a new living setup. Sanya has started understanding the importance of self-care and reaching out for help. The counselling helped her feel reassured, and she expressed relief in having a space to talk about her struggles. She was more receptive by the end of the session and agreed to implement some of the recommendations.

Stamp and Sign of Counsellor

