



DEPARTMENT: D.G.

NAME OF THE CLIENT

DATE: 16/11

Welcome to the KMV Counselling Centre,

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I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.


Signature of the counsellor


Signature of the Client

Date: 16/11

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I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.



Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date-

16/12/22

Purpose-

Counselling for Relationship with friends

Counselling For-

R. I.

Follow up-

—

Referred by Mrs. Sushil

Mental Status Examination

NAME:

Naina

GROOMING: SHABBY/NEAT ✓

EYE CONTACT: GOOD/ AVERAGE/ POOR ✓

DRESSING: APPROPRIATE/ INAPPROPRIATE ✓

SPEECH:

Clear

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

Have problems with roommates. They are taunting and ridiculing. I drank phenyl & vomited immediately after they being troubling me.

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

S.E.S - good

No S.A.

In Relationship

No sexual history

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

Normal childhood. No D.D., good, No Abuse

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

No P.H

No M.H.

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

Adjustment issues .

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Psychotherapy .

HOMEWORK ASSIGNED/REFERRED TO:

Thought diary

FOLLOW UP:

—

COUNELLOR'S SIGNATURE:

Laurel

KANYA MAHA VIDYALAYA

STUDENT COUNSELING FEEDBACK FORM

Name: *Naina*

Class: *U.G.*

Roll No.:

Hostler/Day scholar: *Hostler.*

E-Mail ID:

Phone Number

Date: *16 Dec 2022*

Signature: 

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	<input checked="" type="checkbox"/>				
To what extent would you say that Counseling has helped to improve your academic performance?	<input checked="" type="checkbox"/>				
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	<input checked="" type="checkbox"/>				

Counseling Experience:

Superb.



INFORMED CONSENT FORM

NAME OF THE CHILD: _____

DEPARTMENT: BSC

DATE: 7/11/22

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Signature of the counsellor

Signature of the Client

Date:

7/11/22

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None

Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date-

7/11/22

Purpose-

CBT

Counselling For-

impulsive Behaviour

Follow up-

Mental Status Examination

NAME: _____

GROOMING: SHABBY/NEAT

Mood - sad

EYE CONTACT: GOOD/ AVERAGE/ POOR

Affect - flattened

DRESSING: APPROPRIATE/ INAPPROPRIATE

Beh - w. agitation

SPEECH: increased output

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

Sleep and appetite decline

Self harm

aggressive beh

Emotional withdrawal

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):



no H/O Psy' illness in family memb.

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

H/O childhood moderate depression

H/O childhood Tourette, conduct issues

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

nil Reported.

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

D.D = Borderline Personality Traits ?

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

counselling
(C.B.T)

HOMEWORK ASSIGNED/REFERRED TO:

Thought Diary
Explained A, B, C (concept)

FOLLOW UP:

—
COUNSELLOR'S SIGNATURE:



KANYA MAHA VIDYALAYA
STUDENT COUNSELING FEEDBACK FORM

Name:

Class: BSC

Roll No.:

Hostler/Day scholar:

E-Mail ID:

Phone Number

Date:

Signature:

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.		✓			
To what extent would you say that Counseling has helped to improve your academic performance?		✓			
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

NAME OF

DEPARTMENT: P.C.

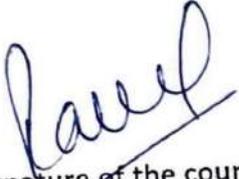
DATE:

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Signature of the counsellor

Date:

23/11/23



Signature of the Client

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Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date-

Purpose-

Counselling For-

Follow up-

23/1/23
counselling

Relationship issues

—

Mental Status Examination

NAME:

Pooja

GROOMING: SHABBY/NEAT

EYE CONTACT: GOOD/ AVERAGE/ POOR

DRESSING: APPROPRIATE/ INAPPROPRIATE

SPEECH:

Normal.

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

Have problems in relationship. Guy not accepting and is delaying marriage.

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

Good.

Teachers

elder sisters - 2

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

Normal

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

No.

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

Acceptance issues

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Acceptance therapy.

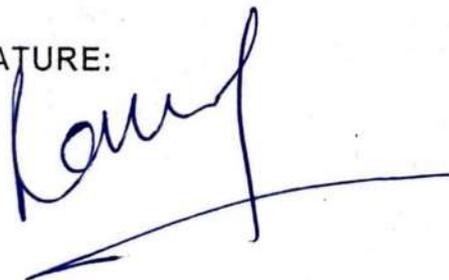
HOMEWORK ASSIGNED/REFERRED TO:

Thought diary

FOLLOW UP:

After 1 week -

COUNELLOR'S SIGNATURE:



KANYA MAHA VIDYALAYA

STUDENT COUNSELING FEEDBACK FORM

Name: Pooja

Class: P.G.

Roll No.:

Hostler/Day scholar: D.

E-Mail ID:

Phone Number

Date: 23/1/23

Signature: Pooja

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓				
To what extent would you say that Counseling has helped to improve your academic performance?	✓				
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

It is good.

Pooja

Revisit

NAME OF THE CHILD



DEPARTMENT: UG.

DATE: 6/12/22

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Signature of the counsellor


Signature of the Client

Date: 6/12

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Signature of the Client

Individual Counselling session Report (2022-23)

Case- Feeling overwhelmed / anxiety / illness

Date- 6 / Dec.

Purpose- Seek counselling

Counselling For- Anxiety

Follow up- was referred to psychiatrist
but she came for a follow up as
she was feeling anxious as she has
stopped the medicine

Mental Status Examination

NAME: *Aanchal*

GROOMING: SHABBY/ NEAT

EYE CONTACT: GOOD/ AVERAGE/ POOR

DRESSING: APPROPRIATE/ INAPPROPRIATE

SPEECH: *Cloudy*

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM): *feeling anxious as I have stopped taking meds because of parents' pressure as ~~it~~ it can lead to addiction for meds. Illusions / anxiety are felt.*

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

Previous case

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

P.C.

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

P.C.

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Counseling is given to her for starting the meds after seeing Psychiatrist.

Suggested psychoeducation for the family.

HOMEWORK ASSIGNED/REFERRED TO:

FOLLOW UP:

after a week

COUNSELLOR'S SIGNATURE:

Lawl

KANYA MAHA VIDYALAYA

STUDENT COUNSELING FEEDBACK FORM

Name: Anchal

Class: U G .

Roll No.:

Hostler/Day scholar:

E-Mail ID:

Phone Number

Date: 6 Dec '22

Signature: (A)

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓				
To what extent would you say that Counseling has helped to improve your academic performance?	✓				
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

I feel relieved and better. Thank you.

(A)

NAME OF THE CHILD:

DATE: 2/9/22

DEPARTMENT: F.D

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Signature of the counsellor


Signature of the Client

Date: 2/9/22

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Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date-2-4-22

Purpose- counselling

Counselling For- I P issues with family

Follow up-

-

Mental Status Examination

NAME: P

GROOMING: SHABBY/NEAT ✓

Mood - normal

EYE CONTACT: GOOD/ AVERAGE/ POOR ✓

Affect - Agitated

DRESSING: APPROPRIATE/ INAPPROPRIATE ✓

Beh - co-operative

SPEECH: increased output

(gawdled) ⊕

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

irritability ⊕

impulsivity ⊕

Temper tantrum ⊕

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):



no 110 psy illness
in family

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

Intact

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

nil Reported

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

- > Adjustment issues ⊕
- > Borderline Traits ⊕ ?

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

=> counselling
enrolled for CBT.

HOMEWORK ASSIGNED/REFERRED TO:

To Rationalise irrational thoughts

FOLLOW UP:

COUNELLOR'S SIGNATURE:



INFORMED CONSENT FORM

NAME OF THE CHILD: k .

DEPARTMENT: Psy

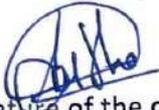
DATE: 29-10-22

Welcome to the KMV Counselling Centre,

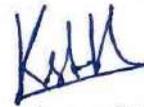
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Signature of the counsellor



Signature of the Client

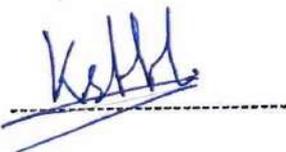
Date:

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Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date- 29-10-22

Purpose-

To Enhance Self Esteem,
and avoid overthinking

Counselling For-

Stress (+)
over thinking (+)

Follow up-

—

Mental Status Examination

NAME:

GROOMING: SHABBY/NEAT

Mood - sad
Thought - normal

EYE CONTACT: GOOD/ AVERAGE/ POOR

Affect - anxious

DRESSING: APPROPRIATE/ INAPPROPRIATE

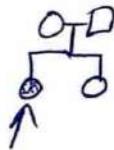
Beh - w - appropriate

SPEECH: normal

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

overthinking @
stress @
Preoccupied with Exam's stress

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):



no n/o Psy illness in family members

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

nil Reported.

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

Physical Disability

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

D.D = Moderate depression)

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Psychotherapy Provided

HOMEWORK ASSIGNED/REFERRED TO:

= Thought Diary to be Maintained

FOLLOW UP:

COUNELLOR'S SIGNATURE:



INFORMED CONSENT FORM

NAME OF THE CHILD: J.

DEPARTMENT: BBA.

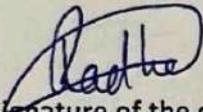
DATE: 29-8-22

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Signature of the counsellor



Signature of the Client

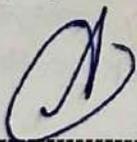
Date: 29-8-22

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Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date- 29-8-22

Purpose- counselling

Counselling For-

~~Any~~ mild stress related
situation

Follow up-

after a week.

Mental Status Examination

NAME:

GROOMING: SHABBY/NEAT ✓

Mood : normal

EYE CONTACT: GOOD/ AVERAGE/ POOR ✓

Affect : normal ✓

DRESSING: APPROPRIATE/ INAPPROPRIATE

Beh.

SPEECH: normal

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

- # Stress
- # crying spells
- # irritability

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):



no H/O Psy illness in family

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

intact

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

Nil Reported

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

Adjustment Disorder

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Catharsis

HOMEWORK ASSIGNED/REFERRED TO:

Beh. Activation

FOLLOW UP:

for a week

COUNELLOR'S SIGNATURE:



KANYA MAHA VIDYALAYA

STUDENT COUNSELING FEEDBACK FORM

Name: Jshita

Roll No.: 221104

E-Mail ID:

Date: 29-8-2022

Class: BBA Sem 3rd

Hostler/Day scholar: Day Scholar

Phone Number - 7973921245

Signature: Jshita

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓				
To what extent would you say that Counseling has helped to improve your academic performance?	✓				
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

Very good experience. I ~~got~~ want to know about my solutions of my problem.

Paul

INFORMED CONSENT FORM

NAME OF THE CHILD: _____

DEPARTMENT: *Psychology*

DATE: *26/09/22*

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Signature of the counsellor


Signature of the Client

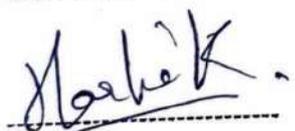
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I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.



Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date- 26/9/22

Purpose- (Ventout session)

Counselling For- Time Management.

Follow up-

Mental Status Examination

NAME: H.K.

GROOMING: SHABBY/NEAT ✓

Affect: Anxious

EYE CONTACT: GOOD/ AVERAGE/ POOR

Mood: normal

DRESSING: APPROPRIATE/ INAPPROPRIATE

Beh - cooperative

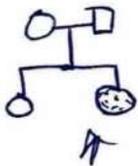
SPEECH: normal

Thought - normal.

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

- overthinking (+)
- lack of Attention and concentration (+)
- Anxiety (+)

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):



no h/o Psychiatric illness in family

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

All Milestones achieved at Time.

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

nil Reported.

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

Due to I P issues and ^{Anxious} dependent Personality traits Patient was feeling nervous and is unable to manage things -

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Supportive Therapy

HOMEWORK ASSIGNED/REFERRED TO:

- # Behavioural Activation
- # Thought Diary

FOLLOW UP:

COUNELLOR'S SIGNATURE:



KANYA MAHA VIDYALAYA
STUDENT COUNSELING FEEDBACK FORM

Name: _____

Class: *Psychology*

Roll No.:

Hostler/Day scholar:

E-Mail ID:

Phone Number

Date:

Signature:

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.		✓	-	.	
To what extent would you say that Counseling has helped to improve your academic performance?		✓			
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

I feel very light, I have clarity of my thoughts

INFORMED CONSENT FORM

NAME OF THE CHILD: Gunjan

DEPARTMENT: ex-student

DATE: 28/10/22

Welcome to the KMV Counselling Centre,

Counselling is conducted in sessions, and each session will take nearly 45 minutes to 1 hour. At the end of the session, timings for next appointment will be fixed. Since the time will be scheduled to only meet you and in case if you are not able to come for the same then you must inform the counselling cell in advance, preferably a day earlier.

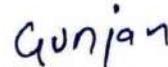
Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.



Signature of the counsellor

Date: 28/10/22



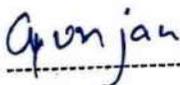
Signature of the Client

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

But there is no guarantee as Counselling requires an active effort on your part. In order to be more successful, you will have to work on things even outside the session (homework), as discussed.

It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.



Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date- 28/10

Purpose-

Counselling For- feeling low and complaints about
having no confidence in conversing with
people.

Follow up-

Mental Status Examination

NAME:

GROOMING: SHABBY/NEAT

EYE CONTACT: GOOD/ AVERAGE/ POOR

DRESSING: APPROPRIATE/ INAPPROPRIATE

SPEECH: *Disrupted*

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

- *Low confidence*
- *cant talk to people, gets scared of judgement.*
- *Visionless about future.*

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

Father passed away 5 months back - (Doctor in Palit hospital), mother very little educated, disturbed, stay with brother & sis-in-law. / S.E'S - Good.

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

Reference *Low IQ.*

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Counselling session given

HOMEWORK ASSIGNED/REFERRED TO:

*Scheduling of the day
keeping herself engaged in activities*

FOLLOW UP:

— .

COUNSELLOR'S SIGNATURE:

Lawl

KANYA MAHA VIDYALAYA

STUDENT COUNSELING FEEDBACK FORM

Name: Gunjan

Class: -

Roll No.: -

Hostler/Day scholar: -

E-Mail ID: -

Phone Number 9872728262

Date: 28/10/22

Signature: Gunjan

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓				
To what extent would you say that Counseling has helped to improve your academic performance?	✓				
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?		✓			

Counseling Experience:

Good and motivate me.

Gunjan

INFORMED CONSENT FORM

NAME OF THE CHILD: Anchal

DEPARTMENT: Med. (B.Sc)

DATE: 11/10/21

Welcome to the KMV Counselling Centre,

Counselling is conducted in sessions, and each session will take nearly 45 minutes to 1 hour. At the end of the session, timings for next appointment will be fixed. Since the time will be scheduled to only meet you and in case if you are not able to come for the same then you must inform the counselling cell in advance, preferably a day earlier.

Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.

[Handwritten Signature]

Signature of the counsellor

[Handwritten Signature]

Signature of the Client

11/10/21

Date:

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

But there is no guarantee as Counselling requires an active effort on your part. In order to be more successful, you will have to work on things even outside the session (homework), as discussed.

It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.

[Handwritten Signature]

Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date- 11/04

Purpose- counselling

Counselling For- loosing her speech, anxiety

Follow up-

14th Oct
17th Oct

Mental Status Examination

NAME: Anchal

GROOMING: SHABBY/NEAT

EYE CONTACT: GOOD/AVERAGE/POOR

DRESSING: APPROPRIATE/INAPPROPRIATE

SPEECH: Lost initially, ~~is~~ confused.

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

extremely stressed
hallucinations
Illusions of being due to a boy troubling her
whom she met on Instagram.

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS,
SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

Middle class family, father - clerical job, aggressive
(village Khassan) Mother - 8th pass (H.W), went unconscious
for a day, lost her speech.
2 sis, 1 Brother, she is eldest.

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS,
ACTIVITIES):

No abuse told.
She has friends.
She avoids visiting relatives

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC
MEDICATION IN ANY FORM):

Taking counselling sessions from a Dr. in
Kaputhela.

KANYA MAHA VIDYALAYA
STUDENT COUNSELING FEEDBACK FORM

Name: Anchal
 Roll No.: 224522
 E-Mail ID: anchalvij@gmail.com
 Date: 11-Oct-2022

Class: Bsc Medical
 Hostler/Day scholar: Day scholar
 Phone Number: 88376-12966
 Signature: Anchal

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.		✓			
To what extent would you say that Counseling has helped to improve your academic performance?					
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?		✓			

Counseling Experience:

I felt better in 1-2 counselling.
I am not feeling well in the morning and I have negativity in my mind now, I am feeling good and I have positivity in my mind now.

Anchal

INFORMED CONSENT FORM

NAME OF THE CHILD: Niketa

DEPARTMENT: B.Sc. (FD)

DATE: 8/9/22

Welcome to the KMV Counselling Centre,

Counselling is conducted in sessions, and each session will take nearly 45 minutes to 1 hour. At the end of the session, timings for next appointment will be fixed. Since the time will be scheduled to only meet you and in case if you are not able to come for the same then you must inform the counselling cell in advance, preferably a day earlier.

Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.



Signature of the counsellor



Signature of the Client

Date:

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

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It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.



Signature of the Client

Case-

Date- 2/9/22

Purpose-

Counselling For- Phobias from / Anxiety
Dark

Follow up- Referred to Ms. Anubhi as she is a
hosteller.

Mental Status Examination

NAME: *Nikita*

GROOMING: SHABBY/NEAT ✓

EYE CONTACT: GOOD/ AVERAGE/ POOR ✓

DRESSING: APPROPRIATE/ INAPPROPRIATE ✓ *Very confident.*

SPEECH: *Clear.*

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

*Panic attacks, eyes scared in dark
shivers at times.*

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS,
SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

*Parents - gov. teachers, abused by one senior in school
once by a teacher and since 8th was in multiple
physical relationships.*

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS,
ACTIVITIES):

*Childhood abuse
Retaliating childhood
Multiple Boyfriends*

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC
MEDICATION IN ANY FORM):

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

—

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Counselling session.

HOMework ASSIGNED/REFERRED TO:

Hostel Psychologist

FOLLOW UP:

Hostel

COUNELLOR'S SIGNATURE:

Paul

KANYA MAHA VIDYALAYA
STUDENT COUNSELING FEEDBACK FORM

Name: Nikita

Roll No.: 223095

E-Mail ID: nikitaa0412@gmail.com

Date: 8/sep/2022

Class: BSc (FD) Sem V

Hostler/Day scholar: Hostler

Phone Number 6283071240

Signature: Nikita

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.		✓		*	
To what extent would you say that Counseling has helped to improve your academic performance?					
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

good Experience even though it's my first session. Counselor's understanding behaviours are appreciated.

Lawal

INFORMED CONSENT FORM

NAME OF THE CHILD: *Aarushi*

DEPARTMENT: *Psychology*

DATE: *28/10/22*

Welcome to the KMV Counselling Centre,

Counselling is conducted in sessions, and each session will take nearly 45 minutes to 1 hour. At the end of the session, timings for next appointment will be fixed. Since the time will be scheduled to only meet you and in case if you are not able to come for the same then you must inform the counselling cell in advance, preferably a day earlier.

Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.

Rahul

Signature of the counsellor

Aarushi

Signature of the Client

Date:
28/10

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

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It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.

Aarushi

Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date- 28/10/22

Purpose- Mismanagement

Counselling For- getting herself organized.

Follow up- 27/10/22

Mental Status Examination

NAME: Aashi / Age 18 / Religion Hindu

GROOMING: SHABBY/NEAT

EYE CONTACT: GOOD/ AVERAGE/ POOR

DRESSING: APPROPRIATE/ INAPPROPRIATE

SPEECH: Normal fluency but confused thoughts

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

Not able to study
Can't organize her work
Can't make a routine

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

S.E.S. - Good

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

Resticted from school in Apeejay
Admitted in hospital (ANK) for 2 months
suicide attempt
Rebellious child

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

stopped psychiatry medicine without

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

D.D - Borderline ??
Personality disorder.

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Supportive Psychotherapy.

HOMEWORK ASSIGNED/REFERRED TO:

Thought diary

FOLLOW UP:

Doing well .

22/10

31/10

~~9~~ 9/11

14/11

COUNELLOR'S SIGNATURE:

Laur

KANYA MAHA VIDYALAYA

STUDENT COUNSELING FEEDBACK FORM

Name: Anushi

Class: MA psychology.

Roll No.: 223356

Hostler/Day scholar:

E-Mail ID: anushimahajan360@gmail.com

Phone Number

Date: 28/10/22.

Signature: Anushi

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.				*	
To what extent would you say that Counseling has helped to improve your academic performance?					
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?					

Counseling Experience:

Counseling experience was very excellent.

Anushi

INFORMED CONSENT FORM

NAME OF THE CHILD: Navdeep

DEPARTMENT: English (Teacher)

DATE: 20/10/22

Welcome to the KMV Counselling Centre,

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I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.

Navdeep

Signature of the counsellor

Date: 20/10/22

Signature of the Client

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

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It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.

Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date- 20/10/22

Purpose- Counselling

Counselling For- Attention from mother

Follow up- 3rd Nov

Mental Status Examination

NAME: Navdeep

GROOMING: SHABBY/NEAT

EYE CONTACT: GOOD/ AVERAGE/ POOR

DRESSING: APPROPRIATE/ INAPPROPRIATE

SPEECH: Clear

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

- Mother is not giving time, not sharing her lows & highs in life. Father - abusive
- Wants to develop a bond with mother and wants her attention.

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

Father ^{has} physically abused, alcoholic
elder sister - married - relations ok
middle " - not in talking terms - (abroad)
brother - OK (cousins)

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

Disturbed family
No friends at this time

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

No.

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

An intelligent girl seeking for affection
No DD.

Mild Adjustment problems.

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Counselling session given

HOMEWORK ASSIGNED/REFERRED TO:

To work on relationship with sister & mother.

1. ABC Model.
2. Transactional Analysis.

FOLLOW UP:

3rd Nov.

COUNELLOR'S SIGNATURE:

Paul

KANYA MAHA VIDYALAYA
STUDENT COUNSELING FEEDBACK FORM

Name: Nawdeep

Roll No.: —

E-Mail ID: —

Date: 20/10/22.

Class: Teacher (Eng. Dept.)

Hostler/Day scholar: —

Phone Number 8427392767.

Signature: Nawdeep Kaur

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓				
To what extent would you say that Counseling has helped to improve your academic performance?					
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

A very heartwarming thanks to Panel Man for being a listener and providing me the clarity step by step. There are some tasks allotted by her that can help me out. Thanks for your previous time!!

Nawdeep

INFORMED CONSENT FORM

NAME OF THE CHILD: PALVIR KAUR

DEPARTMENT: +1 Arts
collegiate

DATE: 19/10/22

Welcome to the KMV Counselling Centre,

Counselling is conducted in sessions, and each session will take nearly 45 minutes to 1 hour. At the end of the session, timings for next appointment will be fixed. Since the time will be scheduled to only meet you and in case if you are not able to come for the same then you must inform the counselling cell in advance, preferably a day earlier.

Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.

Paul
Signature of the counsellor

Signature of the Client

Date:
19/10

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

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I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.

Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date- 19/10/22

Purpose- family issues

Counselling For- family problems/college related issues.

Follow up- on 31/10/22

Mental Status Examination

NAME:

GROOMING: SHABBY/NEAT ✓

MOOD - HAPPY/SAD/IRRITABLE/NORMAL — NORMAL, SAD AT TIMES.

BEHAVIOUR - Co-operative/Non-cooperative/Partial

EYE CONTACT: GOOD/AVERAGE/POOR ✓

AFFECT - ANXIOUS/MITATED/IRRITABLE ✓

DRESSING: APPROPRIATE/INAPPROPRIATE ✓

SPEECH: INCREASED/DECREASED. ✓

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

father is a drug addict, suspended from police, now living with Nani at masi's house with mother & brother. Mother is frustrated & the brother like her father is abusive. fees is a problem as the sports quote admission is cancelled.

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

- people's judgement - Substance Abuse - father
- financial issues (Alcohol & drug addiction)
- Stress

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

Ran from house to masi's place at 11 yrs. of age.

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

No.

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

she was aware of her situations and uses quite positive about dealing with them.

DD. Mild stress

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

one counselling session given

HOMEWORK ASSIGNED/REFERRED TO:

CBT - Thought diary to be maintained.

FOLLOW UP:

Next week

COUNELLOR'S SIGNATURE:

Lawf

KANYA MAHA VIDYALAYA
STUDENT COUNSELING FEEDBACK FORM

Name: Balbir Kaur

Class: +1 Arts

Roll No.: 22041

Hostler/Day scholar: D.

E-Mail ID:

Phone Number 7814316843

Date: 19/04/22

Signature:

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	Excellent				
To what extent would you say that Counseling has helped to improve your academic performance?	Excellent				
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	Excellent				

Counseling Experience:

I ~~can~~ feel better, calm & wise.

Balbir

INFORMED CONSENT FORM

NAME OF THE CHILD: Isha

DEPARTMENT: B.Voc.

DATE: 13/9

Welcome to the KMV Counselling Centre,

Counselling is conducted in sessions, and each session will take nearly 45 minutes to 1 hour. At the end of the session, timings for next appointment will be fixed. Since the time will be scheduled to only meet you and in case if you are not able to come for the same then you must inform the counselling cell in advance, preferably a day earlier.

Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.



Signature of the counsellor

Signature of the Client

Date: 13/9

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

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It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.

Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date-

13/9

Purpose-

~~to seek~~ to seek counselling

Counselling For-

Stress

Follow up-

30/9.

Mental Status Examination

NAME: *Zsha*

GROOMING: SHABBY/NEAT ✓

EYE CONTACT: GOOD/ AVERAGE/ POOR ✓

DRESSING: APPROPRIATE/ INAPPROPRIATE ✓

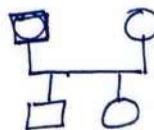
SPEECH: *Normal*

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

*Excessive crying
Adjustment problems
Problem in relationship*

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

*S.E.S - Good
1 Brother younger*



CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

*No. d. delay
No Abuses*

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

Mild stress

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Counselling

HOMEWORK ASSIGNED/REFERRED TO:

CBT - Thought diary ABC model was explained.

FOLLOW UP:

30/9.

COUNSELLOR'S SIGNATURE:

Ramp

KANYA MAHA VIDYALAYA
STUDENT COUNSELING FEEDBACK FORM

Name: Esha Malhotra

Class: B.Voc (NEH) Sem I

Roll No.: 226921

Hostler/Day scholar: Day scholar

E-Mail ID: emalhotraaa@gmail.com

Phone Number 7986886433

Date: 13 September 2022

Signature: 

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓			.	
To what extent would you say that Counseling has helped to improve your academic performance?					
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

I am feeling more relaxed and calm after expressing my concerns and difficulties.



INFORMED CONSENT FORM

NAME OF THE CHILD: Muskaan

DEPARTMENT: Math

DATE: 29/8

Welcome to the KMV Counselling Centre,

Counselling is conducted in sessions, and each session will take nearly 45 minutes to 1 hour. At the end of the session, timings for next appointment will be fixed. Since the time will be scheduled to only meet you and in case if you are not able to come for the same then you must inform the counselling cell in advance, preferably a day earlier.

Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.



Signature of the counsellor

Signature of the Client

Date:

29/8

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

But there is no guarantee as Counselling requires an active effort on your part. In order to be more successful, you will have to work on things even outside the session (homework), as discussed.

It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.

Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date- 29/8

Purpose- counselling

Counselling For- stress

Follow up-

Mental Status Examination

NAME: *Muskaan*

GROOMING: SHABBY/NEAT ✓

EYE CONTACT: GOOD/ AVERAGE/ POOR ✓

DRESSING: APPROPRIATE/ INAPPROPRIATE ✓

SPEECH: *Normal*

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

*Can't focus on studies
problems with fees in adjustment*

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

*S.E.S - Middle class.
No Substance Abuse.*

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

*No D.D
No Abuses*

Academically good since childhood.

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

—

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

Mild stress

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Counselling (Booster session)

HOMEWORK ASSIGNED/REFERRED TO:

To plan the day, to seek help from teachers whenever required, to come out of her shell & to maintain a thought diary.

FOLLOW UP:

2-9-22

COUNELLOR'S SIGNATURE:

Ravi

KANYA MAHA VIDYALAYA

STUDENT COUNSELING FEEDBACK FORM

Name: Muskan

Class: B.sc (hons) maths sem-3

Roll No.: 224162

Hostler/Day scholar: ✓

E-Mail ID: muskan26162003@gmail.com

Phone Number 7018561055

Date: 29-08-2022

Signature: Muskan

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓				
To what extent would you say that Counseling has helped to improve your academic performance?	✓				
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

It was such an amazing experience as the problem I discussed was bothering me since a long time and the solutions I get are so helpful and I will surely implement on what she said. The way my problem was solved was so empathetic that I could relate to few points. Thankyou so much for this

Paul

INFORMED CONSENT FORM

NAME OF THE CHILD: Jasdeep

DEPARTMENT: B.Sc.

DATE: 21/9

Welcome to the KMV Counselling Centre,

Counselling is conducted in sessions, and each session will take nearly 45 minutes to 1 hour. At the end of the session, timings for next appointment will be fixed. Since the time will be scheduled to only meet you and in case if you are not able to come for the same then you must inform the counselling cell in advance, preferably a day earlier.

Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.



Signature of the counsellor

Signature of the Client

Date: 21/22

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

But there is no guarantee as Counselling requires an active effort on your part. In order to be more successful, you will have to work on things even outside the session (homework), as discussed.

It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.

Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date-

2/9

Purpose-

counselling

Counselling For-

stress / low Confidence

Follow up-

Mental Status Examination

NAME: Jasdeep ✓
GROOMING: SHABBY/NEAT

✓
EYE CONTACT: GOOD/ AVERAGE/ POOR

✓
DRESSING: APPROPRIATE/ INAPPROPRIATE

SPEECH: Normal

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

- Low confidence
- Family disputes
- Too much responsibility in the family on her, her sister's
- interference, she not getting time to study

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

Substance abuse in family - father alcoholic
S.E.S - Middle class.

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

No D.D, Disturbed childhood due to fights in the house.

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

—

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

Mild Stress.

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Acceptance & commitment therapy.

HOMEWORK ASSIGNED/REFERRED TO:

To maintain a thought journal and was given assertiveness training.

FOLLOW UP:

9/9.

COUNELLOR'S SIGNATURE:

Paul

KANYA MAHA VIDYALAYA
STUDENT COUNSELING FEEDBACK FORM

Name: *Jasdeep Kaur Bedi*

Class: *B.Sc FD SEM 5*

Roll No.: *223084*

Hostler/Day scholar: *DAY SCHOLAR*

E-Mail ID: *JASDEEPMEHARRBEDI@GMAIL.COM* Phone Number *84270-04818*

Date: *2/9/2022*

Signature: *J.K. Bedi.*

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓				
To what extent would you say that Counseling has helped to improve your academic performance?		✓			
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

I needed the counselling very much at this difficult stage of life. And I would like to appreciate the faculty that I got help. I will do as mam said and look for a change.

Pam

INFORMED CONSENT FORM

NAME OF THE CHILD: *Jaskiran*

DEPARTMENT: *BBA*

DATE: *29/8*

Welcome to the KMV Counselling Centre,

Counselling is conducted in sessions, and each session will take nearly 45 minutes to 1 hour. At the end of the session, timings for next appointment will be fixed. Since the time will be scheduled to only meet you and in case if you are not able to come for the same then you must inform the counselling cell in advance, preferably a day earlier.

Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.

[Handwritten Signature]
Signature of the counsellor

Signature of the Client

Date:
29/8

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

But there is no guarantee as Counselling requires an active effort on your part. In order to be more successful, you will have to work on things even outside the session (homework), as discussed.

It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.

Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date-

29/8

Purpose-

Counselling

Counselling For-

Adjustment issues

Follow up-

- After a week.

Mental Status Examination

NAME: Jaskwan

GROOMING: SHABBY/NEAT ✓

EYE CONTACT: GOOD/ AVERAGE/ POOR ✓

DRESSING: APPROPRIATE/ INAPPROPRIATE ✓

SPEECH: Normal

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

Adjustment with teachers
~~teachers~~ teachers are rude & insulting. Not
happy as not a part of the major events.

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS,
SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

S.E.S - M.C.

S.A - No.

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS,
ACTIVITIES):

Academically - Moderate ~~by~~

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC
MEDICATION IN ANY FORM):

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

Adjustment issues

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

single session booster therapy.

HOMEWORK ASSIGNED/REFERRED TO:

To practice self esteem building techniques

FOLLOW UP:

A week later

COUNSELLOR'S SIGNATURE:

Law

KANYA MAHA VIDYALAYA

STUDENT COUNSELING FEEDBACK FORM

Name: Jaskiran

Class: BBA Sem 3rd

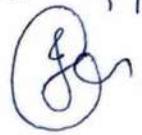
Roll No.: 221120

Hostler/Day scholar: D.S

E-Mail ID:

Phone Number 9797834953

Date: 29-8-2022

Signature: 

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓				
To what extent would you say that Counseling has helped to improve your academic performance?	✓				
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

Very good experience. I got to know my solutions of my problem.

Paul

INFORMED CONSENT FORM

DEPARTMENT: *BBA*

NAME OF THE CHILD: *Anneet*

DATE: *29/8*

Welcome to the KMV Counselling Centre,

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Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.

[Handwritten Signature]

Signature of the counsellor

Signature of the Client

Date: *29/8*

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

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It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.

Signature of the Client

Individual Counselling session Report (2022-23)

Case-

Date- 29/18

Purpose- Counselling

Counselling For- Adjustment

Follow up- After a week

Mental Status Examination

NAME: Avneet

GROOMING: SHABBY/NEAT

EYE CONTACT: GOOD/ AVERAGE/ POOR

DRESSING: APPROPRIATE/ INAPPROPRIATE

SPEECH: Normal

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

Low self esteem

Low confidence

Teacher's attitude is a problem.

Not able to participate

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS, SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

No D.D.

S.E.S - M.C.

No Substance Abuse

CHILDHOOD HISTORY (DEVELOPMENTAL DELAYS, ACADEMICS, ABUSES, FRIENDS, ACTIVITIES):

Normal

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC MEDICATION IN ANY FORM):

—

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

Mild Adjustment problem.

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Booster session, counselling

HOMEWORK ASSIGNED/REFERRED TO:

Self esteem building techniques

FOLLOW UP:

After a week.

COUNSELLOR'S SIGNATURE:

Levy

KANYA MAHA VIDYALAYA
STUDENT COUNSELING FEEDBACK FORM

Name: Anneet Kaur

Class: BBA (Sem 3)

Roll No.: 221118

Hostler/Day scholar: Day Scholar

E-Mail ID: anneetkaur78901@gmail.com

Phone Number 9878184904

Date: 29-8-22

Signature: Anneet Kaur

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓				
To what extent would you say that Counseling has helped to improve your academic performance?	✓				
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

Very good experience. I want to know about my solutions of my problem.

Kaur

INFORMED CONSENT FORM

NAME OF THE CHILD: Aarushi

DEPARTMENT: MCA

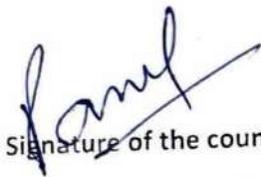
DATE: 6/12/22

Welcome to the KMV Counselling Centre,

Counselling is conducted in sessions, and each session will take nearly 45 minutes to 1 hour. At the end of the session, timings for next appointment will be fixed. Since the time will be scheduled to only meet you and in case if you are not able to come for the same then you must inform the counselling cell in advance, preferably a day earlier.

Confidentiality: Whatever you share will be kept confidential and will not be shared with anyone. The only time when we have to disclose the information with the management or concerned authorities or relevant persons will be when you will inform us about the potentiality of you harming yourself or others.

I understand the clause of confidentiality that is stated above and it has been clearly explained to me by the counsellor.



Signature of the counsellor

Date:

6/12



Signature of the Client

The counselling has both benefits and risks. Risks may include experiencing uncomfortable feelings as during the session one experiences and explore various emotions. Counselling is proved to be beneficial for those who have taken it. It helps one feels better, improves academic performance, align one's emotions, improves interpersonal relations and enhances one's awareness to understand her emotions and thoughts.

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It is your right to decide to continue counselling or to end it at any point. Or you may ask to be referred to another counsellor.

I have read these aspects mentioned above and as a token of my understanding of the same, I sign the same.



Signature of the Client

Individual Counselling session Report (2022-23)

Case-

[Handwritten mark]

Date-

6/Dec

Purpose-

Counselling

Counselling For-

*Academic performance & Relationships
issues*

Follow up-

After a week

Mental Status Examination

NAME: *Aeushi*

GROOMING: SHABBY/NEAT ✓

EYE CONTACT: GOOD/ AVERAGE/ POOR ✓

DRESSING: APPROPRIATE/ INAPPROPRIATE ✓

SPEECH: *OK.*

PRESENTING COMPLAINTS (SUBJECTIVE -VERBATIM):

*Relationship with mother & brother are sour.
Brother hit me after a fight & mother has stopped
talking. Felt like harming myself. Have put cuts
on hands. Not able to study.*

FAMILY BACKGROUND (GENOGRAM, PARENTS OCCUPATION, SIBLINGS,
SUBSTANCE ABUSE IN FAMILY, SOCIO ECONOMIC STATUS):

done previously

CHILDHOOD HISTORY (DEVELOPMENTAL DELYS, ACADEMICS, ABUSES, FRIENDS,
ACTIVITIES):

done ~

MEDICAL/ PSYCHIATRIC HISTORY (EPILEPSY, SURGERY, ANY PSYCHIATRIC
MEDICATION IN ANY FORM):

u

REMARKS (OBSERVATION OF THE CLIENT: DIFFERENTIAL DIAGNOSIS):

She has ~~deep~~ aggression issues and anxiety

THERAPEUTIC INTERVENTION/ PSYCHOMETRIC/ COUNSELLING/ CATHARSIS ETC:

Psychotherapy, CBT, ways to deal with anger are taught.

HOMEWORK ASSIGNED/REFERRED TO:

Thought diary to be maintained.

FOLLOW UP:

Next week.

COUNSELLOR'S SIGNATURE:



KANYA MAHA VIDYALAYA
STUDENT COUNSELING FEEDBACK FORM

Name: *Aarushi*

Class: *MA*

Roll No.:

Hostler/Day scholar:

E-Mail ID:

Phone Number

Date: *6 Dec '22*

Signature: 

	Excellent	Good	Average	Poor	V.Poor
Please rate your overall experience of the Counseling Service.	✓				
To what extent would you say that Counseling has helped to improve your academic performance?	✓				
To what extent would you say Counseling was effective in helping you address your concerns and difficulties?	✓				

Counseling Experience:

Excellent experience for my academics and relationships dealing. I will look on Sh.w.

