

Counselling Services

Activity Report

A Counselling Centre is established in our college in the academic year 2015-16 for empowering the student population. The main aim of this Centre is to provide psychological support and mentoring to the students, who have problems in studies, behaviour, development, adjustment and help them to develop the skills needed to improve the areas of their life that might need a little tuning. Here we offer psychological counselling and psychotherapy services for child & adolescent issues, learning & study problems, anxiety & panic, sleep difficulties, experience of abuse & neglect, relationship & family issues, adjustment problems, etc. The concerned class tutors identify the students who need a psychological support and refer to Counselling Centre for further case study and management.

Pre marital counselling course, Peer counselling workshop, mentoring programmes for skill development, counselling camps in nearby schools and other community development programmes are services provided by counselling centre. ***Empower*** is one of the ongoing community development project specially focused on adolescent population.



Total number of cases handled (students of Mannaniya College)

2015-16	2016-17	2017-18	2018-19
1	4	6	8

A sample case sheet attached in the end.



A snap from Counselling Camp held at Mannaniya Banath, Mukkunnam ,Kadakkal lead by Dr Dilshad Bin Ashraf (Asst professor, Dept of Psychology, Mannaniya College) on 8th December 2018.



Mentoring service to the students of various schools lead by 11 students of Mannaniya College and supervised by Dr Dilshad Bin Ashraf (Asst professor, Dept of Psychology, Mannaniya College) on 19th January 2019.



Follow up Mentoring programme held at Mannaniya Banath lead by Akshara (I BCom Cooperation, Mannaiya College) on 2nd February 2019

Total number of persons benefited from the community by our counselling camps and mentoring services.

2018-19
89

MANNANIYA COLLEGE OF ARTS & SCIENCE

Pangode, Kallara, Thiruvananthapuram Pin - 65609

COUNSELLING CENTRE

Case History

SOCIODEMOGRAPHIC DATA

1	Name	●●●●	2	Age	19
3	Gender	Female	4	Domicile	Rural
5	Ed. Qualification	B-Com 11th year	5	Religion	Hindu
6	Address	●●●●●●●●	7	Income	15000/m.
				Contact number	

Chief complaints

As per the client

The wife of husband's elder brother is interested to much into husband as taking more freedom. She wants to know everything related to his life.

As per the informant

It creates a feeling of inevitability with the client.

History of present illness

Onset

After the wedding a history of 6 months only.

Precipitating factors

Husband is sharing things with the wife of elder brother more actively promising to her for some personal matters.

History of past illness

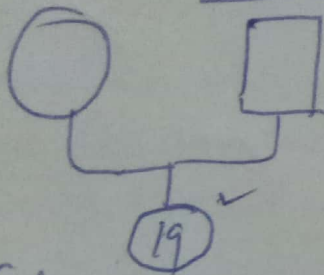
Psychiatric:

Two times consulted a mental health practitioner for study and concentration problem (at the age of 15).

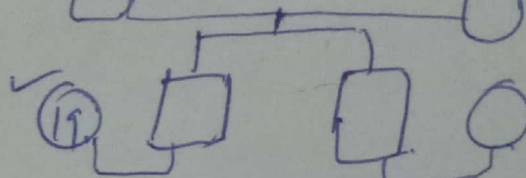
Medical:

Allergic
Asthma related problems occasionally.

Family history Syde chrid



married before 6 months



father abused
mother has some medical problem.

- husband works in a company
- staying together with brother & family

Personal history

Prenatal and Perinatal history	sound
Infancy and early childhood	had friends
Middle childhood	studied hard, good marks in school
Adolescence	had some study concentration problem consulted psychiatrist as had some concentration problem for 3 months.
Education history	passed in studies, had marks.
Level of intelligence	good intelligence level.

Behaviour aspects

Behaviour in the class room	good.
Behaviour in the play ground	-
Use of leisure time	TV, mobile.
Interpersonal relationship	not so good.
Hobbies	reading, sports
Areas of interest	
Ambition	get job.

SUMMARY

As the client is single child, she doesn't understand the level of interpersonal relation. Selfish too. She is the interaction of husband with the wife of his brother. She got trust in him. She dislikes the involvement of her in their life. This obsessive thoughts creates problems in her life. & the client really wants a solution.

Provisional diagnosis:

Paranoia - towards the wife of husband's brother.

Suggested intervention:

Cognitive behavior therapy.

Building up a positive relationship between them.

Session details

Session no.	Date	Interventions	Remarks
1	21/8/15	- dealt with distorted thoughts - teach her to enhance interaction.	- mini 3 times. good into the interaction
2.	1/9/15	- brought to her problem - make commitment to interaction.	reported improvement. two times interaction were feeling more relaxed.
3.	15/9/15	Cognitive restructuring retribution training	reported improvement more communication.