

Manav Rachna International Institute of Research and Studies

(Deemed to be University under section 3 of the UGC Act, 1956)

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मनोव्रति

AY 2023-24



Counseling and Wellness Centre Report



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Manovriti: Counselling and Wellness Centre (Academic Year 2023-2024)



1. Overview

मनोव्रिती Counselling and Wellness Centre, established by the Department of Applied Psychology, is the primary hub for providing guidance and counselling support to the MREI family. The centre is committed to addressing the real-life challenges encountered by students, faculty, and staff. Manovriti offers a comprehensive range of services, including psychological assessments such as intelligence tests, personality tests, and assessments for children such as intelligence and specific learning disabilities, as well as various therapeutic approaches, including Cognitive Behavioural Therapy, Supportive Therapy, Psychodynamic Therapy, Transactional Analysis, Expressive Arts Therapy, and Hypnotherapy.

2. Vision & Mission of the Centre:

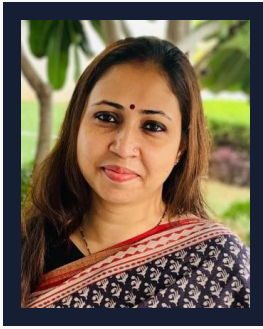
Vision

To be recognized as a pioneer in the field of mental health and nurturing minds of individuals to achieve their highest potential.

Mission

- To provide safe and non-judgmental space to individuals so as to help them explore and overcome their challenges.
- To instill practices of self-care and community care in all members of the university.
- To raise awareness and sensitization about mental health issues.
- To provide holistic psychological support by integrating various aspects of mind and body.





Dr. Priyanka Tiwari
(Professor & Head)
Department of Applied
Psychology, SBSS Chairperson,
Manovriti Counselling &
Wellness Centre

3. Message by the Chairperson of the Centre:

"I am not afraid of storms because I am learning how to sail my ship." – Louisa May Alcott

In the pursuit of fostering a nurturing and supportive environment, we are pleased to introduce the Manovriti Counselling and Wellness Centre, an initiative by the Department of Applied Psychology at SBSS. This center stands as a beacon of hope and guidance, dedicated to addressing the vital aspects of mental health and support for our cherished MREI family.

Acknowledging the intricacies of life's journey and the unique challenges faced by our students, faculty, and staff members, Manovriti has been meticulously crafted as a sanctuary for open conversations in a safe and non-judgmental space where individuals can freely delve into their challenges, seeking solace and solutions with the support of trained professionals. Our approach involves the integration of various dimensions of the mind and body to cater to mental and physical well-being.

Recognizing the immense significance of destigmatizing mental health concerns, we are dedicated to promoting awareness and sensitivity. Our goal is to cultivate a culture characterized by empathy, understanding, and open conversations. Furthermore, we are resolute in fostering self-care and community involvement within our university community, facilitating both personal growth and collective well-being.

In this journey towards holistic well-being, let us unite and embrace the invaluable resource that is Manovriti. Together, let us create a legacy of mental health awareness, support, and growth.

4. Administrative Set Up of the Centre with Roles and Responsibilities:

The constitution of the counselling and wellness center along with the roles and responsibilities of the member is as following:

1. Dr. Priyanka Tiwari (Chairperson)
2. Dr. Anika Magan (Member)
3. Dr. Divya Dhawan (Member Secretary)
4. Dr. Supriya Srivastava (Member)
5. Anoma Modak (Member)
6. Nitika Lal (Member)

Roles and Responsibilities:

- Provide individual and group counselling to students, faculties, staff and other clients
- Conduct psychological assessments and tests
- Conduct hypnotherapy sessions for various clients of the centre
- Conduct bio-well diagnosis when required or indicated as per the issues of the client
- Develop and conduct mental health camps and other outreach programmes
- Provide training to students to conduct mental health camps
- Provide consultation services to faculty members, spouses and family, keeping in mind the ethics of confidentiality
- Supervise and train new counsellors, students and other faculty members
- Work in close collaboration with various departments and centres for the growth of students.



5. Services offered by the center:

The centre provides various services to its clients to support and enhance their psychological well-being, some of the services are as below:

- Individual and group Counselling
- Psychological Testing
- Career exploration and counselling
- Hypnotherapy
- Consultation services for family members and faculty with regard to particular students, within the boundary of confidentiality.
- Training for competent students and para-professionals under proper supervision

6. Details of the awareness programme organized by the center across the campus:



6.1 Awareness programs on mental health through radio Manav Rachna (Every Sunday)

Throughout the year 2023-24, Manovriti has organized various awareness programmes for the students, faculty members and for the community as well. The faculty members turn-wise provided expert talks on the Manav Rachna Community radio station of in SAATHI program with RJ Bhavna broadcasted every Sunday. The topics were very engaging like, bullying among school children, aggression management, and the effect of climate on mood, festivals and its psychological consequences.

6.2 Movie screening on gender issue & inclusiveness (23-01-2024)

To promote gender sensitivity, a brief movie screening, followed by a discussion session was organized on January 23, 2024 wherein more than 80 students, scholars and faculty members participated. The rationale behind this initiative was to encourage a deeper understanding of gender issues and foster an inclusive environment. The organizers believed that the initiative would facilitate an open dialogue and increase awareness about gender-related matters.



6.3 Lecture session on the topic of "Artificial Intelligence and Psychotherapy (30-01-2024)"



A lecture session on the topic of "Artificial Intelligence and Psychotherapy" was organized on January 30, 2024 by one of the esteemed faculty members of MRIIRS in an interactive manner. The session aimed to provide insights into the integration of artificial intelligence and psychotherapy, and how it can be used to support and enhance the therapeutic process. The lecture was well-received by more than 50 students, scholars and faculties and was an excellent opportunity for them to explore the potential of AI in the field of psychotherapy. Overall, the session was informative and thought-provoking, and it highlighted the importance of leveraging technology to improve the quality of mental health care.

6.4 Workshop on personality assessment by the Manovriti and wellness center (14-03-2024)

A workshop on personality assessment was conducted on March 14, 2024 by the Manovriti centre. Over 40 students from diverse domains such as commerce, law, and engineering participated in the workshop. The workshop aimed to provide an understanding of the various personality traits and their impact on individual behavior. The participants were introduced to different personality assessment tools and techniques, and they were guided on how to interpret the results. The workshop was well-received by the participants, and it helped them gain valuable insights into their personalities and those of their peers.



6.5 Life foundation NGO conducted the Book Distribution Drive (05-04-2024)

The psychometric assessment was conducted on students in a 'Book Distribution Drive' by Way of Life Foundation NGO on April 1 and April 5, 2024. More than 250+ students were addressed in groups.





6.6 Dance Movement Therapy session (03-04-2024)

A successful Dance Movement Therapy session was conducted on April 3, 2024, with more than 40 students and scholars. This combination of DMT and relaxation techniques has the potential to benefit both the physical and mental well-being of the participants. The incorporation of 5 elements and being mindful of them with guided imagery offered a very promising approach to addressing the needs of the population which were mainly stress and anxiety.

6.7 Special Olympic Bharat Camp (11-04-2024)



An hour free body movement and relaxation session was conducted by the faculties assisted by under-graduation students of the department on April 11, 2024 for Special Kids (athletes) attending Special Olympic Bharat Camp. A total of 12 kids along with their coaches were involved in the session.





6.8 Pixel Soul Stir (Inter-college photography competition) and (Inter-college food competition) (16-04-2024)

The Department successfully organized two competitions, namely Pixel Soul Stir (Inter-college photography competition) and Food-Mood (Inter-college food competition) on April 16, 2024 which drew the participation of more than a hundred students from over ten different colleges. Notably, both contests incorporated elements of psychology within their designs.

6.9 Visits to the VIMHANS hospital (02-05 2024 to 04-05-2024)

VIMHANS is a prominent hospital located in South Delhi. Recently, two visits were made to the hospital's Mental Health facility by approximately 20 students on May 2 and May 4, 2024. The hospital provides a range of services, including rehabilitation, psychological assessments, and psychological interventions. These services are designed to help patients improve their mental health and overall well-being. The hospital's team of professionals is dedicated to providing high-quality care and support to all patients who seek their services. With a focus on evidence-based practices and a patient-centered approach, VIMHANS is committed to helping individuals achieve optimal mental health outcomes.



LIST OF THE AWARENESS PROGRAMMES

S. No	Title of the Event	Date of the Event	Purpose	Strength
1.	Awareness programs on mental health through radio Manav Rachna	Every Sunday	Mental Health Awareness. Untouched and unexplored topics such as LGBTQ, romantic relationships and its complications, different kinds of psychological disorders, etc are discussed.	Radio listeners, peers, families and others.
2.	Movie screening on gender issue & inclusiveness	23.01.2024	This initiative was to encourage a deeper understanding of gender issues and foster an inclusive environment.	80+ Students
3.	Lecture session on the topic of "Artificial Intelligence and Psychotherapy	30-01-2024	This session highlighted the importance of leveraging technology to improve the quality of mental health care.	50+ students
4.	Workshop on personality assessment by the Manovriti and wellness center	14-03-2024	To promote psychology in all departments of the university such law, engineering, management, business administration and others.	50+ students
5.	Life foundation NGO conducted the Book Distribution Drive	05-04-2024	Mental Health Awareness and collaboration with a non-profit organization. Free assessments and counselling sessions were given.	250+ students
6.	Dance Movement Therapy session	03-04-2024	This benefits both the physical and mental well-being and promotes mental health awareness.	40+ Students
7.	Special Olympic Bharat Camp	11-04-2024	An hour free body movement and relaxation session for mental health awareness.	12+Atheletes
8.	Pixel Soul Stir (Inter-college photography competition) and (Inter-college food competition)	16-04-2024	To promote psychology in a novice manner and incorporate it with activities that resonate with the students as well.	100+ students from around 10 different universities
9.	Visits to the VIMHANS hospital	02-05 2024 to 04-05-2024	Two visits were made to the hospital's Mental Health facility. The main purpose was to make the students aware about real mental health conditions.	20+

7. Details of Health Camps organized:

The School of Behavioural and Social Science, in collaboration with the O.P. Bhalla Foundation, has conducted approximately 15 health camps across various locations in Faridabad and nearby areas from February 1st to April 21st, 2024. These camps saw the active participation of undergraduate and postgraduate students, along with scholars and faculty members, who volunteered their services. Over 1000 individuals, spanning different age groups from children to the elderly, attended these camps, which featured counselling sessions. Participants received psycho-education, were educated about mental hygiene, and received career guidance and individual counselling sessions. Some individuals were also recommended to seek further assistance at Manovriti - The Counselling Centre.

7.1 Health Camp at Shri Sushma Swaraj Government College (01-02-2024)

The community health camp was organized at Shri Sushma Swaraj Government College on 1st February 2024, in collaboration with O.P. Bhalla Foundation, as part of the Health for All mission, reflects a commendable effort to address the healthcare needs of the underprivileged and marginalized sections of society. The camp, orchestrated by the School of Allied Health Sciences, aimed at fulfilling the dreams of nation-building through the development and upliftment of those who cannot afford regular access to healthcare services.

A total of 70 individuals, encompassing both children and adults, participated in the health camp. The primary focus was on providing guidance and assistance to those suffering from health issues. The Department of Physiotherapy played a significant role in offering services, with a team of dedicated professionals led by Dr. Preeti Sahni, an Assistant Professor, along with postgraduate students.

Physiotherapy services were provided, encompassing home program exercises, precautions, and postural

corrections. A thorough assessment of patients revealed cases with posture abnormalities, lower back ache, and joint pains. These conditions were addressed through personalized advice and the provision of a home exercise regimen. Patients with chronic problems received guidance on lifestyle modifications to manage their conditions effectively.

The interdisciplinary approach of the health camp involved other departments such as Psychology, Dental, and Nutrition & Dietetics and law. This ensured a holistic health assessment and guidance for the attendees. The inclusion of various healthcare disciplines indicates a comprehensive approach to health and well-being.

The event garnered additional visibility through coverage by Manav Rachna Radio Station, enhancing its reach and impact. By extending healthcare services to those in need and promoting awareness, the health camp contributed significantly to the overarching goal of Health for All. Such initiatives play a vital role in bridging gaps in healthcare accessibility and uplifting the community.



7.2 Health Camp at Shri Sushma Swaraj Government College (09-02-2024)

It's heartening to contribute to the community health camp organized at St. Peter's college, sector 86, Faridabad on 9th February 2024, as part of the Health for All mission. The initiative reflects a commitment to the development and upliftment of the underprivileged and marginalized sections of society.

The focus on fulfilling the dreams of nation-building through health initiatives is commendable. The efforts taken by the School of Allied Health Sciences, in collaboration with OP Bhalla foundation to provide health services to those who cannot afford hospital care is truly impactful.

A total of 100 individuals with the involvement of dedicated professionals, including Dr. Saxena along with postgraduate students from the Department of Physiotherapy, showcases a holistic approach to healthcare. The counselling and physiotherapy services, especially for ergonomics, posture s children with flat foot and posture abnormalities, demonstrate a proactive effort to address health issues early on.

The emphasis on lifestyle modifications and dietary changes for both acute and chronic cases indicate a long-term commitment to the health and well-being of the community. The provision of home exercise regimens further supports the idea of empowering individuals to take charge of their health.

The guidance provided to the underprivileged section of society, coupled with free nutrition counseling, not only addresses immediate health concerns but also educates individuals on maintaining a balanced diet and healthy lifestyle.

Overall, this health camp serves as an inspirational example of utilizing academic skills for the welfare of society. The dedication of faculty members and students in contributing to the betterment of the community is truly praiseworthy. Such initiatives play a vital role in creating a healthier and more equitable society.



7.3 Health camp at Hermann Gmeiner School (13-02-2024)

A health camp was organized by O.P. Bhalla Foundation at Hermann Gmeiner School on 13th February, 2024. Dr. Supriya Srivastava (Assistant Professor, Department of Applied Psychology) along with 7 students and 2 PhD Scholar Ms Shreya and Ms. Shrishti, DOAP, SBSS, volunteered at the Health Camp.

A total of 422 students in the age range 4-15 participated in the counseling session. A total of 15 staff members aged 29- 45 participated in the counseling session. Major issues identified during the session are as following

1. Stress due to family relations, lack of social support and understanding and financial challenge.
2. Academic and career related concerns and ambivalence.
3. Anger issues among the younger population.
4. Poor sleep hygiene and anxiety issue (such as health anxiety, anxiety regarding body image)
5. Other mental health issues like loneliness, self harm, abusive parenting etc were also identified.

All participants were provided with Guidance and support as needed in accordance with the challenges identified. Play therapy, dance therapy, and psycho education were provided to children.



7.4 Health camp at Vidhayak Rajesh Nagar, Bathola Village (17-02-2024)

A health camp was organized by O.P. Bhalla foundation at Vidhayak Rajesh Nagar place, Bathola Village on 17.02.2024. Dr. Garima Kumar along with 5 students from the Department of Applied Psychology volunteered in the health camp. A total of 21 individuals (18 Males and 3 Females) of (10-70) age group participated in the counselling session.

The major issues identified during the session are mentioned below:

1. Stress due to financial constraints was high.
2. Family dynamic was a major concern.
3. Lack of self confidence and self esteem.
4. Conflict between parents, siblings was the major emotional turmoil and lack of communication in families.
5. Overthinking and negative self talk was the major issue faced by individuals.

Appropriate guidance was provided as per the identified issues. Supportive Therapy, Cognitive Behavioral Therapy is recommended for addressing these issues.



7.5 Health camp at Community Hall, Sector 37, Faridabad (26-02-2024)

On February 26, 2024, the Department of Applied Psychology, SBSS along with the O.P. Bhalla Foundation, organized a health camp at Community Hall, Sector 37, Faridabad. Three faculties, along with 3 scholars from the Department of Applied Psychology and other departments of SBSS, volunteered in the health camp.

A total of 94 people participated in the counseling session. The participants included children, adolescents, adults, and older adults. The major issues identified during the session are listed below:

1. Psychosis related issues
2. Relationship issues such as romantic relationships, marriage, understanding between spouses, conflict with children, and so on
3. Stress related to work and marriage life
4. Academic stress, high level of parental expectation, peer group pressure
5. Concern about children's career

Appropriate guidance was provided as per the identified issues.



7.6 Health camp at Community Hall, Sector 37, Faridabad (28-02-2024)

On February 28th 2024, the Department of Applied Psychology, SBSS along with the O.P. Bhalla Foundation, organized a health camp at Community Hall, Sector 37, Faridabad. Three faculties, along with 2 scholars from the Department of Applied Psychology, Economics and Social and Political Studies of SBSS, volunteered in the health camp.

A total of 61 people participated in the counseling session. The participants included children, adolescents, adults, and older adults. The major issues identified during the session are listed below:

1. Relationship issues such as romantic relationships, marriage, friends, understanding between spouses, conflict with children and parents, and so on
2. Aggression related issues
3. Stress related to work and marriage life
4. Academic stress, high level of parental expectation, peer group pressure
5. Concern about children's career

Appropriate guidance was provided as per the identified issues.



7.7 Health camp at Grandeura BPTP Park sector 82 (13-02-2024)



The O.P. Bhalla Foundation organized a health camp at Grandeura BPTP Park sector 82 on February 13th, 2024. Dr. Amanpreet Kaur, Assistant Professor in the Department of Applied Psychology (SBSS, MRIIRS) along with 4 students and 1 PhD Scholar, Ms. Kashish, volunteered at the camp. The list of volunteer students from UG sem 4 includes Jia Bawa, Tanya Tayal, Gouhar Mokim, and Ora Chandan.

During the counseling session, which involved 16 individuals above the age of 19, several major issues were identified:

1. Stress related to family relations and inadequate social support
2. Postnatal worries
3. Middle-aged individuals' struggles with anger issues
4. Anxiety arising from poor sleep hygiene and social issues
5. Concerns about loneliness and the search for life's purpose.
6. Concerns about under confidence and over thinking in young adults



Participants were individually supported and guided to address their specific challenges, including the provision of stress management techniques and psychoeducation sessions for adults.

7.8 Health camp at Sai Dham, Faridabad (12-03-2024)

A Health camp was organized by the O.P. Bhalla Foundation at Sai Dham, Faridabad on 12th March 2024. Dr. Supriya Srivastava (Assistant Professor, Department of Applied Psychology) and Dr. Imran Hussain (Assistant Professor, Department of Applied Psychology) along with 8 students and 1 PhD Scholar Ms Shreyansi, DOAP, SBSS, volunteered for the Health Camp.

List of Volunteer students of PG sem 4

1. Bhavya
2. Ayushi
3. Isha
4. Mehar
6. Lakshya

List of Volunteer students of UG sem 4

1. Medha
2. Swatia



A total of 200 students aged 5-15 years participated in the counseling session. A total of 15 staff members aged 29- 45 participated in the counselling session. Major issues identified during the session are as follows:

1. Stress due to family relations, lack of social support and understanding, and financial challenges.
2. Academic and career-related concerns and ambivalence.
3. Anger issues among the younger population.

4. Poor sleep hygiene and anxiety issues (such as health anxiety, and anxiety regarding body image)
5. Other mental health issues like loneliness, self-harm, sexual abuse, abusive parenting etc were also identified.

All participants were provided with Guidance and support as needed by the challenges identified. Play therapy and psychoeducation were provided to children.



7.9 Health camp at Anganwadi Centre, Bichpatti Chaupal, Anangpur village, Faridabad (22-03-2024)

On March 22nd, 2024 (Friday) from 10AM to 2PM, the Department of Applied Psychology, SBSS along with the O.P. Bhalla Foundation, organized a health camp at Anganwadi Centre, Bichpatti Chaupal, Anangpur village, Faridabad. One faculty, along with one scholar and three UG Sem 4 students from the Department of Applied Psychology, volunteered in the health camp.



A total of 38 people (22 children and 16 adolescents and adults) participated in the counseling session. The child participants were given a Group (behavioral) counselling session whereas the adolescents, adults, and older adults were given Individual (supportive) counselling sessions.

The major issues identified during the session are listed below:

1. Psychosis, obsession, anxiety-related issues

2. Relationship issues such as misunderstanding between spouses, maladjustment with in-laws, conflict with children, and so on
3. Stress related to work and marital life
4. Academic stress, high level of parental expectation
5. Concern about child's health and development
6. Low self-esteem and self-worthiness related issues.



Appropriate guidance was provided as per the identified issues and also suggested to visit Manovriti - The Counselling Centre for further help.

7.10 Health camp at Club House, Puri Pranayam Sector 82, Faridabad (31-03-2024)

A health camp was organized by O.P. Bhalla foundation at Club House, Puri Pranayam Sector 82, Faridabad, on 31.03.2024. Ms. Nitika Lal along with 1 research scholar and 4 students from the Department of Applied Psychology volunteered in the health camp. A total of 30 individuals (13 Males and 17 Females) of (18 -76) age group participated in the counselling session. The major issues identified during the session are mentioned below:

1. Anxiety issues.
2. Geriatric concerns

3. Depressive symptoms
4. OCD symptoms
5. Poor Coping mechanisms
6. Occupational concerns

Appropriate guidance was provided as per the identified issues. Coping skills, supportive psychotherapy therapy was administered for addressing these issues. Further, reference for Manovriti was given in the form of pamphlets to all the participants and they were encouraged to visit the clinic.



7.11 Health camp at M.D Public School, Ankhir Village, Sector 21-D, Faridabad (10-04-2024)

A health camp was organized by O.P. Bhalla foundation at M.D Public School, Ankhir Village, Sector 21-D, Faridabad on 10.04.2024. Dr. Divya Dhawan (Assistant Professor, Department of Applied Psychology) along with 5 students from Masters in Applied Psychology program volunteered in the health camp. A total of 150 students of age group 10-16 years who participated in the counseling session.

The major issues identified during the session are mentioned below:

1. Aggression
2. Loneliness
3. Bullying from peers
4. Academic difficulties
5. Stress because of Academics and not able to concentrate on their studies.
6. Anxiety

Appropriate guidance was provided as per the identified challenges. Training programs for teachers in nearby schools was recommended.



7.12 Health camp at SLF Mall IP Colony Park, Faridabad (14-04-2024)

A health camp was organized by O.P. Bhalla foundation at SLF Mall IP Colony Park, Faridabad on 14.04.2024. Dr. Shruti Mishra (Assistant Professor, Department of Applied Psychology) along with Research Scholar Sonu Dagar and 5 students from Bachelors in Applied Psychology (Semester 4) program volunteered in the health camp. There were a total of 14 clients in the age group 5.5 to 63 years of age who participated in the counseling session. The 5.5-year-old girl was accompanied by her mother.

The major issues identified during the session are mentioned below:

1. Depression
2. Loneliness
3. Addiction
4. ADHD
5. Stress and Concentration problem
6. Sleep deprivation
7. Relationship related problem

Appropriate guidance was provided as per the identified challenges.



7.13 Health camp at Aravali Engineering College, Faridabad (16-04-2024)

A health camp was organized by O.P. Bhalla foundation at Aravali Engineering College, Faridabad on 16.04.2024. Dr. Anika Magan (Assistant Professor, Department of Applied Psychology) along with 1 research Scholar and 5 students from Bachelors and Masters in Applied Psychology program volunteered in the health camp. A total of 132 students, faculty and staff from different walks of life benefitted from the counseling session.

The major issues identified during the session are mentioned below:

1. Aggression
2. Loneliness
3. Bullying from peers
4. Academic difficulties
5. Stress because of Academics and not able to concentrate on their studies.
6. Anxiety
7. Relationship issues



Appropriate guidance was provided as per the identified challenges.

7.14 Health camp at Shaheed Smarak Senior Secondary School, Godhara, Mohbatabad (21-04-2024)

On April 21st, 2024 (Sunday) from 10AM to 2PM, the Department of Applied Psychology, SBSS along with the O.P. Bhalla Foundation, organized a health camp at Shaheed Smarak Senior Secondary School, Godhara, Mohbatabad. One faculty, along with two scholars and three PG Sem 2 students from the Department of Applied Psychology, volunteered in the health camp.

A total of 40 people (7 male child, 6 female child, 5 male adolescents, 4 female adolescents, 1 male adult, 11 female adults, 1 male geriatric and 5 female geriatric) attended the counselling session. The children were psycho-educated and made aware of mental hygiene; the adolescents were given career guidance; adults and geriatrics were given Individual (supportive) counselling sessions.

The major issues identified during the session are listed below:

1. General anxiety-related issues
2. Suicidal wish due to marital discordance with spouse
3. Stress related to illness of self and spouse
4. Academic stress, difficulty in career selection
5. Emotional dysregulation
6. Lack of self-determination

Appropriate guidance was provided as per the identified issues and also suggested to visit Manovriti - The Counselling Centre for further help.



LIST OF THE HEALTH CAMPS

S. No.	Details of the Health Camp	Date	Number of Participants
1.	Health Camp at Shri Sushma Swaraj Government College For Girls, Sector Ballabgarh	01-02-2024	70+
2.	Health camp at St. Peter's college, sector 86, Faridabad	09-02-2024	100
3.	Health camp at Hermann Gmeiner School	13-02-2024	422
4.	Health camp at Vidhayak Rajesh Nagar, Bathola Village	17-02-2024	21
5.	Health camp at Community Hall, Sector 37, Faridabad	26-02-2024	94
6.	Health camp at Community Hall, Sector 37, Faridabad.	28-02-2024	61
7.	Health camp at Grandeura BPTP Park sector 82	13-02-2024	16
8.	Health camp at Sai Dham, Faridabad	12-03-2024	200
9.	Health camp at Anganwadi Centre, Bichpatti Chaupal, Health camp at Anangpur village, Faridabad.	22-03-2024	38
10.	Health camp at Club House, Puri Pranayam Sector 82, Faridabad	31-03-2024	30
11.	Health camp at M.D Public School, Ankhir Village, Sector 21-D, Faridabad	10-04-2024	150
12.	Health camp at SLF Mall IP Colony Park, Faridabad	14-04-2024	14
13.	Health camp at Aravali Engineering College, Faridabad	16-04-2024	132
14.	Health camp at Shaheed Smarak Senior Secondary School, Godhara, Mohbatabad	21-04-2024	40

8. Summary Report on Counselling offered to Students, Faculty and Staff members:

More than 120 sessions including follow-up sessions with students, faculty and staff members have been provided with counselling sessions at the center during the academic year 2023-2024. The counselling sessions were conducted to address a diverse range of client issues, encompassing academic challenges, difficulties in interpersonal relationships, struggles stemming from traumatic life experiences, as well as psychiatric conditions such as anxiety disorders and depression. Moreover, the organization has extended its services to encompass independent psychological assessments, including Specific Learning Disability (SLD) reports. Furthermore, the organization is now equipped to provide support to clients with psychotic conditions through referral-based interventions.

9. Summary Report on Counselling provided to outsiders or any other community/ sports persons:

More than 20 individuals from outside received counselling services from the center. They were identified to have significant psychological distress thus were provided therapy and referral for psychiatric intervention accordingly. Most of them were sports personnel: group sessions individualized therapy sessions along with counseling sessions with parents were also introduced.

10. Masked Clinical Cases:

I. Ms. A, 20 years female, pursuing her undergraduate, belonging to upper middle class, Hindu nuclear family came with the presenting complaints of ghabrahat, mann udaas, padhne mein ya aur ahin dhyaan na lag paana and bahut rona aata hai. On MSE, elicited positive findings included: shoulders drooping, eye contact not sustained, downward stare, low productivity and affect was dysthymic. The first session was dedicated towards rapport building and supportive psychotherapy and an initial assessment: Beck Depression inventory and DAPT. After the case conceptualization, protective and risk factors were identified. CBT (Cognitive Behaviour Therapy) was introduced. A total of 12 sessions were recorded with the client in which she was given continuous homework that was later discussed. The last session consisted of booster sessions and self-facilitation along with re-evaluation of the coping strategies and all the techniques that were initially discussed in order to prevent relapse prevention. Her initial and final scores on BD suggested that the client has significantly improved, not just subjectively but also objectively. Her academic result was a reflection of her improvement.

II. The index client C.G., 20 years old, Hindu, Hindi speaking, male, pursuing B.Tech in Computer Science, hailing from a middle socio-economic background and urban residence, was presented with the chief complaints of excessive overthinking, procrastinating behaviour, lack of concentration since 1.5 years but aggravated for past few weeks, having no past significant medical history, with no negative history of head trauma, mood swings, perceptual disturbances, with personal history of currently living with parents and elder sister, father having business and sister pursuing academic, average scorer in school life, academic pressure from parents to pursue engineering and join family business, with MSE revealing orientation is intact, attention is sustained over a period of time, mood congruent with affect, having anxious affect, with coherent, relevant and goal-directed speech, with thought content revealing desire to engage in self-initiated business and having extremely reduced motivation in present graduation course, with average intelligence, with partially intact judgment, with memory intact with no formal perceptual disturbances with insight level of grade III leading to diagnosis of F.41.9 Anxiety disorder, unspecified. The index client was psycho-educated and supportive therapy was provided initially followed by CBT intervention over 3 sessions and concluded by SWOT analysis.

11. Masked Case - Outside MRIIRS

Master A, is a 12 year old boy who was brought to the clinic from the referral of his school pertaining to the consistent complaints of poor academic performance and inability to concentrate. The source of the referral was a present student of law who is also his cousin sister. The assessment was completed in two sessions. The patient was well-groomed. He was able to maintain eye-contact. Rapport was established. He was attentive throughout the session but took more than usual to complete the assessment particularly in writing. His attention was aroused and could be sustained for long periods of time. He was cooperative throughout the session. No signs of hyperactivity could be observed. On the Ravens Progressive Matrices (RPM), his 50% percentile is indicative of average intellectual functioning. On NIMHANS Battery of Specific Learning Disability, test results indicated that no specific learning disability is present. the client was further recommended to continue with mainstream education with additional little remedial help as the patient is slow in writing, to focus on the English language and take remedial classes with the help of a special educator/psychologist, parents to work on his language and writing concerns with simple home exercises and to collaborate his empirical findings with his medical reports in order to rule out organicity.

A formal report of the same on letter head was given to the client. Parents were psychoeducated thoroughly and recommendations were discussed in detail.

12. Filled Form (Masked)



मनोवृत्ति: WELLNESS CENTRE

Faculty of Behavioral and Social Sciences

Manav Rachna International Institute of Research and Studies

Registration Form

Registration No.:	
Name:	
Age:	Gender: M.
Student/	Manav Rachna Educational Institutions:
Outside Manav Rachna.	
Course/ Designation, Department/ Professional Engagement:	
7th (GBN - Gyaan Bar Niketan).	
Marital Status: -	Languages Known: Hindi, English
Home Town: Faridkot.	
Address: H-20	
Contact No.:	
Email Id:	
Family Member Contact No.: 98	
Friend Contact No.:	
Emergency Contact No.:	
Reason for Visit: STD.	



मनोव्रति: WELLNESS CENTRE MANUAL

Faculty of Behavioral and Social Sciences

Manav Rachna International Institute of Research and Studies

Intake Form

Reason for Referral: SLD.

Chief Complaints: 1) Bodhne mein dhyaan nahi deta — 3 years.
 2) School jaane ke naam se vomiting jaisa
 3) Teacher ke saamne bol nahi pata — 3 years

Informants & Reliability: 4) Typing phone mein karta hai —
 Father & mother - reliable. 5) Chidchidapan hai kabhi - 2-3 years

History of Presenting Illness:

Client was allegedly maintaining well from last 3 years where he was focused (apparently) on his studies but after COVID-19, a sharp decline was seen in his academic level. The problem has now been persistent & pervasive from a long time (approx - 1 year).

Past History (including treatment history):

Past History: - FT, c-section delivery, immediate any rot known, birth weight - (N).
 No h/o admission or head injury, NICO, H/O 2 yrs months - meningitis followed by HGF.

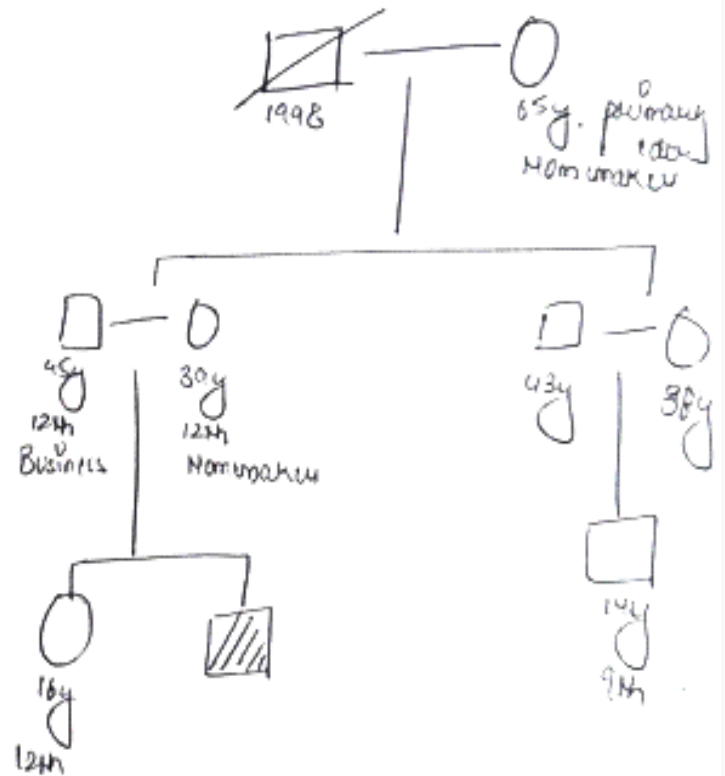
→ ↓ pulse
 → blurry unconsciousness (headache)
 → Jargon words.
 → Gharabat / Behari

5 words.
 Multiple episodes 3-4,
 x 2 years.
 MRI ↓ Abn - (2)

Medical History

[No medical records were written]

Family History:



MSE (Positive Findings):

None

Diagnostic Formulation:

Family Income - 90,000
 No / No psychiatric illness reported.
 Current living arrangement -
 Joint Family.

Provisional Diagnosis or Issues Identified:

Axis I:
Axis II:
Axis III:
Axis IV: } NA

Psychological Formulation:

Therapy Plan:

NA.
Recommendations discussed.

Authentication:

~~M. Poo~~
AB9802.
CLC1 - Clinical Psychologist



मनोव्रति

Counseling and Wellness Centre Report Academic Year 2023-2024



Manav Rachna International Institute of Research and Studies

(Deemed to be University under section 3 of the UGC Act, 1956)

Manav Rachna Campus Rd, Gadakhori Basti Village, Sector 43, Faridabad, Haryana 121004