

समुपदेशन समिती

अ. क्र.	नाव	पद
१	प्रा. डॉ. विनोद कांबळे	अध्यक्ष
२	प्रा. दिपक सूर्यवंशी	सचिव
३	प्रा. पूनम देसाई	सदस्य
४	प्रा. पी. यु. महामुनी	सदस्य
५	कु. आम्रपाली ढेरे	विद्यार्थी प्रतिनिधी

Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

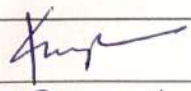
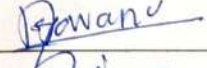
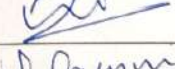
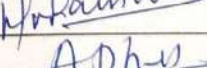

Date: 11/07/2023

Meeting Notice

All the members working in Counseling Committee are requested to attend meeting arranged on dated 13/07/2023, 11.00 am. in the Department of Psychology.

Agenda:

- Introduction to counseling services
- Identification of student issues
- Planning counseling activities for the semester
- Awareness programs on mental health

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. Poonam Desai	Member	
4	Mrs. P. U. Mahamuni	Member	
5	Amrapali Dhere	Student Representative	

Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

Date: 13/07/2023

Proceedings of the Meeting

The meeting started with a welcome address by the Chairperson. The importance of student counseling for mental well-being and academic success was discussed.

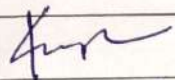
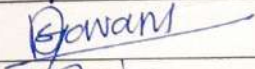

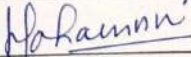
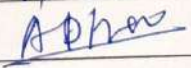
Common issues identified:

- Academic stress
- Anxiety and depression
- Career confusion
- Adjustment problems for new students

Decisions Taken:

- Conduct individual and group counseling sessions
- Monthly counseling sessions to be conducted
- Orientation program for first-year students
- Awareness campaign on mental health

Attendance:

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. Poonam Desai	Member	
4	Mrs. P. U. Mahamuni	Member	
5	Amrapali Dhere	Student Representative	

Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

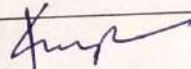
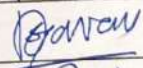

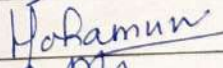
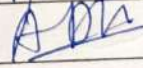
Date: 01/02/2024

Meeting Notice

All the members working in Counseling Committee are requested to attend meeting arranged on dated 03/02/2024, 11.00 am. in the Department of Psychology.

Agenda:

- Review of previous counseling activities
- Evaluation of student participation
- Discussion on new challenges
- Planning for next semester

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. Poonam Desai	Member	
4	Mrs. P. U. Mahamuni	Member	
5	Amrapali Dhere	Student Representative	

Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

Date: 03/02/2024

Proceedings of the Meeting

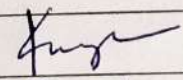
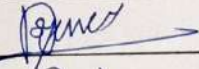
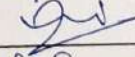
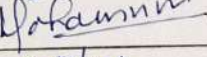
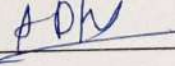
The meeting started with a welcome address by the Chairperson. The importance of student counseling for mental well-being and academic success was discussed.

- Taken review of activities conducted
- Discussed on more counseling sessions
- Feedback from students was discussed
- Planned for stress free exams. campaign

Decisions Taken:

- Increase frequency of counseling sessions
- Conduct exam stress management discussion sessions
- Introduce peer counseling system
- Invite expert psychologists for sessions

Attendance:

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. Poonam Desai	Member	
4	Mrs. P. U. Mahamuni	Member	
5	Amrapali Dhere	Student Representative	

PADMABHUSHAN VASANTRAODADA PATIL MAHAVIDYALAYA

Kavathe Mahankal, Dist. Sangli (Maharashtra) Pin – 416 405

Phone – 02341-295220 Email – kmpvp@rediffmail.com Website – www.pvpkm.ac.in



Department of Psychology



Student Counselling Form

Student Details:

Name: X.Y. Z (नाव लक्ष्मण) Age: 20 Years Gender: Male / Female

Class: BA - I Marital Status: Married / Unmarried

Family Background:

Total Family Members: 05 Family Type: Joint / Nuclear / Single Parent

No. of Employed Members: 01 No. of Unemployed Members: 05

Monthly Income of Family: Rs. 30000 Socio-Economic-Status: Lower / Middle / Higher

Address: श- नांगोळे - सा-कवठे माहानक
जि- सांगली.

Mobile No.: 9890532112

Academic History: Lower / Medium / Higher

Likings: सायकलिंग, पोल्स, क्रिकेट खेळणे

Disliking: कचन, लिखन

Life Goal: अवसर

Physical Disability: Yes / No

Psychological Disability: Yes / No

History of any Physical or Psychological Problem (Genetic Problem): Yes / No

(If Yes) Mention Details: _____

Session No.

1

Brief Description of Student's Problem:

शैक्षणिक कामगिरी खात्यावणे.
सामाजिक आद्युष्यातून दूर जाणे
सोपेचे विकार, आत्मविश्वास कमी.
चिंता, नैसर्ग्य, आत्महत्येचे विचार.

Diagnosis by Counsellor:

अतिरिक्त स्पर्धेमुळे होणारे मानसिक त्रास.

Counselling Provided by Counsellor:

वेळेचे नियोजन - अभ्यास व विज्ञातीच्या समतोल राखणे
स्ट्रेस मॅनेजमेंट - स्वप्न व्यायाम, योग व ध्यान.
पाठकांचे मार्गदर्शन - अली अपेक्षा न ठेवणे
शिक्षकाला भूमिका - वगति सहकार्यपूर्ण वातावरण.

Recommended Activities:

शीत संगीत ऐकणे. स्वतःची ओळख वाढवणे
ग्रुप टिम ऑव्हीव्हिलिटी,
खेळ व शारिरीक क्रिया. आई येणे.

Date: 10/10/2023

Next Follow-up Date: _____

Student's Name: X. Y. Z

Signature: _____

Counselor's Name: प्रा. दिपक सुभवंशी

Signature: _____

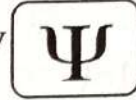
PADMABHUSHAN VASANTRAODADA PATIL MAHAVIDYALAYA

Kavathe Mahankal, Dist. Sangli (Maharashtra) Pin – 416 405

Phone – 02341-295220 Email – kmpvp@rediffmail.com Website – www.pvpkm.ac.in



Department of Psychology



Student Counselling Form

Student Details:

Name: अ. व. क. Age: 21 Years Gender: Male / Female

Class: BA-II Marital Status: ~~Married~~ / Unmarried

Family Background:

Total Family Members: 05 Family Type: ~~Joint~~ / Nuclear / ~~Single Parent~~

No. of Employed Members: 01 No. of Unemployed Members: 04

Monthly Income of Family: Rs. 40000 Socio-Economic-Status: ~~Lower~~ / Middle / ~~Higher~~

Address: A-2 - भवनागाव - ता - कवठे महांकाल
जि - सांगली.

Mobile No.: 9922932044

Academic History: ~~Lower~~ / Medium / ~~Higher~~

Likings: पुस्तक वाचन, चित्रकला, नृत्य, वागकाम, पवास करणे

Disliking: अभ्यास करणे, शाळे म्हाणे, स्वयंवाह करणे, व्यायाम करणे

Life Goal: आरोग्य व फिटनेस, व्यक्तिमत्व विकास.

Physical Disability: ~~Yes~~ / No

Psychological Disability: Yes / No

History of any Physical or Psychological Problem (Genetic Problem): Yes / No

(If Yes) Mention Details: _____

Session No.

1

Brief Description of Student's Problem:

वाचनातील अडचणी, वागणुकीतील अडचणी
लेखनातील अडचणी,
वगिलातील अडचणी,
स्मरणशक्तीतील समस्या,

Diagnosis by Counsellor:

शिकण्यातील अडचणी. - हळू शिकणे

Counselling Provided by Counsellor:

मुलाखत. लिक्विड टेस्ट
मानसशास्त्रीय चाचणी.
वैद्यकीय तपासणी
वर्ग निरीक्षण
अहवालय तयार करणे.

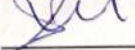
Recommended Activities:

फ्लॅश कार्ड वाचन मेमरी कार्ड गेम.
कार्डिंग स्टिक
टाइम मॅचिंग गेम

Date: 02/01/2024

Next Follow-up Date: _____

Student's Name: अ. ल. क.

Signature: 

Counselor's Name: सुविंशी विठ्ठल शंकर

Signature: 

समुपदेशन समिती

अ. क्र.	नाव	पद
१	प्रा. डॉ. विनोद कांबळे	अध्यक्ष
२	प्रा. दिपक सूर्यवंशी	सचिव
३	प्रा. पी. यु. महामुनी	सदस्य
४	सुप्रिया संकपाळ	विद्यार्थी प्रतिनिधी
५	शरद कुट्टे	विद्यार्थी प्रतिनिधी

Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

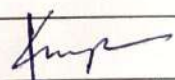
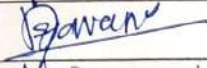
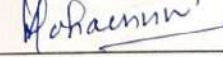
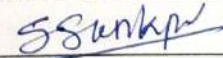
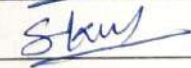
Date: 22/07/2024

Meeting Notice

All the members working in Counseling Committee are requested to attend meeting arranged on dated 24/07/2024, 11.00 am. in the Department of Psychology.

Agenda:

- Introduction to counseling services
- Identification of student issues
- Planning counseling activities for the semester
- Awareness programs on mental health

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. P. U. Mahamuni	Member	
4	Supriya Sankpal	Student Representative	
5	Sharad Kutte	Student Representative	

Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

Date: 24/07/2024

Proceedings of the Meeting

The meeting started with a welcome address by the Chairperson. The importance of student counseling for mental well-being and academic success was discussed.

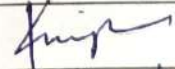
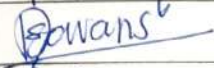

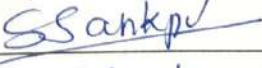

Common issues identified:

- Social media addiction
- Lack of motivation
- Career confusion
- Adjustment problems for new students

Decisions Taken:

- Conduct individual and group counseling sessions
- Monthly counseling sessions to be conducted
- Orientation program for first-year students
- Awareness campaign on mental health

Attendance:

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. P. U. Mahamuni	Member	
4	Supriya Sankpal	Student Representative	
5	Sharad Kutte	Student Representative	

Padmabhushan Vasantraodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

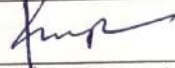
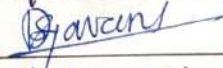
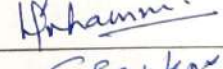
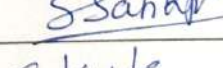
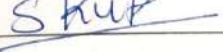
Date: 27/01/2025

Meeting Notice

All the members working in Counseling Committee are requested to attend meeting arranged on dated 29/01/2025, 11.00 am. in the Department of Psychology.

Agenda:

- Review of previous counseling activities
- Evaluation of student participation
- Discussion on new challenges
- Planning for next semester

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. P. U. Mahamuni	Member	
4	Supriya Sankpal	Student Representative	
5	Sharad Kutte	Student Representative	

Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

Date: 29/01/2025

Proceedings of the Meeting

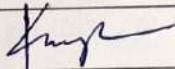
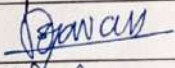
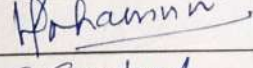
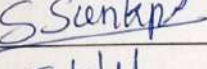
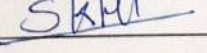
The meeting started with a welcome address by the Chairperson. The importance of student counseling for mental well-being and academic success was discussed.

- Taken review of activities conducted
- Discussed on more counseling sessions
- Feedback from students was discussed
- Planned for stress free exams. campaign

Decisions Taken:

- Increase frequency of counseling sessions
- Conduct exam. stress management discussion sessions
- Introduce peer counseling system

Attendance:

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. P. U. Mahamuni	Member	
4	Supriya Sankpal	Student Representative	
5	Sharad Kutte	Student Representative	



PADMABHUSHAN VASANTRAODADA PATIL MAHAVIDYALAYA

Kavathe Mahankal, Dist. Sangli (Maharashtra) Pin – 416 405

Phone – 02341-295220 Email – kmpvp@rediffmail.com Website – www.pvpkm.ac.in



Department of Psychology



Student Counselling Form

Student Details:

Name: X.Y.Z Age: 19 Years Gender: Male / Female

Class: BA-I Marital Status: Married / Unmarried

Family Background:

Total Family Members: 04 Family Type: Joint / Nuclear / Single Parent

No. of Employed Members: 01 No. of Unemployed Members: 03

Monthly Income of Family: Rs. 10000 Socio-Economic-Status: Lower / Middle / Higher

Address: AP- Dhelgaon. Teh- Kavathe Mahankal
Dist- Sangli

Mobile No.: 9272176725

Academic History: Lower / Medium / Higher

Likings: Reading. Swimming. Sports.

Disliking: Social Relationship. Friendship.

Life Goal: Gov Job.

Physical Disability: Yes / No

Psychological Disability: Yes / No

History of any Physical or Psychological Problem (Genetic Problem): Yes / No

(If Yes) Mention Details: _____

Session No.

1

Brief Description of Student's Problem:

Overthinking Sexual thoughts and fantasies
Engaging in Sexual behaviors despite negative consequences
Feelings of guilt, shame or regret after engaging in s. Be
Distress and impairment in important areas of life.

Diagnosis by Counsellor:

Hypersexual & Desire

Counselling Provided by Counsellor:

Psychotherapy - Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Medication and Self-help Groups.

Recommended Activities:

Date: 09/12/2024

Next Follow-up Date: 17/12/2024

Student's Name: X. Y. Z

Signature: Akhanda

Counselor's Name: Dr- Vinod Komble

Signature: [Signature]



PADMABHUSHAN VASANTRAODADA PATIL MAHAVIDYALAYA

Kavathe Mahankal, Dist. Sangli (Maharashtra) Pin – 416 405

Phone – 02341-295220 Email – kmpvp@rediffmail.com Website – www.pvpkm.ac.in



Department of Psychology



Student Counselling Form

Student Details:

Name: X.Y.Z Age: 19 Years Gender: Male / Female

Class: BA-I Marital Status: Married / Unmarried

Family Background:

Total Family Members: 04 Family Type: Joint / Nuclear / Single Parent

No. of Employed Members: 01 No. of Unemployed Members: 03

Monthly Income of Family: Rs. 10000 Socio-Economic-Status: Lower / Middle / Higher

Address: AP- Dhulgaon . Teh- Kavathe Mahankal
Dist- Sangli.

Mobile No.: 922170725

Academic History: Lower / Medium / Higher

Likings: Reading. Swimming. Sports.

Disliking: Social Relationship, Friendship.

Life Goal: Gov Job.

Physical Disability: Yes / No

Psychological Disability: Yes / No

History of any Physical or Psychological Problem (Genetic Problem): Yes / No

(If Yes) Mention Details: _____

Session No.

2

Brief Description of Student's Problem:

Overthinking Sexual thought and fantasies
Engaging in Sexual behaviours despite negative consequences
feeling of guilt shame or regret after engaging in sexual behaviour
Distress and impairment in important areas of life.

Diagnosis by Counsellor:

Hypersexual Desire.

Counselling Provided by Counsellor:

Psychotherapy - Cognitive Behaviour Therapy (CBT)
Acceptance and Commitment Therapy (ACT)
Medication and self help groups

Recommended Activities:

Date: 17/12/2024

Next Follow-up Date:

Student's Name: X.Y.Z

Signature: Akhumbha

Counselor's Name: Dr. Vinod Kamble

Signature: [Signature]

समुपदेशन समिती

अ. क्र.	नाव	पद
१	प्रा. डॉ. विनोद कांबळे	अध्यक्ष
२	प्रा. दिपक सूर्यवंशी	सचिव
३	प्रा. पी. यु. महामुनी	सदस्य
४	स्वाती गडदे	विद्यार्थी प्रतिनिधी
५	सागर सूर्यवंशी	विद्यार्थी प्रतिनिधी

Padmabhushan Vasanttraodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

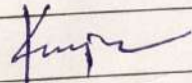
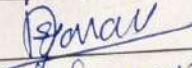
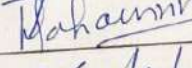
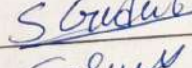
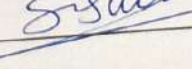
Date: 04/08/2025

Meeting Notice

All the members working in Counseling Committee are requested to attend meeting arranged on dated 06/08/2025, 11.00 am. in the Department of Psychology.

Agenda:

- Introduction to counseling services
- Identification of student issues
- Planning counseling activities for the semester
- Awareness programs on mental health

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. P. U. Mahamuni	Member	
4	Swati Gadade	Student Representative	
5	Sagar Suryawanshi	Student Representative	

Padmabhushan Vasanttraodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

Date: 06/08/2025

Proceedings of the Meeting

The meeting started with a welcome address by the Chairperson. The importance of student counseling for mental well-being and academic success was discussed.

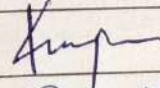
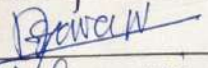
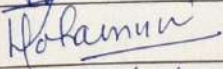
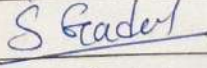
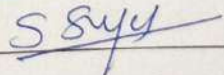
Common issues identified:

- Social media addiction
- Lack of motivation
- Career confusion
- Adjustment problems for new students

Decisions Taken:

- Conduct individual and group counseling sessions
- Monthly counseling sessions to be conducted
- Orientation program for first-year students
- Awareness campaign on mental health

Attendance:

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. P. U. Mahamuni	Member	
4	Swati Gadade	Student Representative	
5	Sagar Suryawanshi	Student Representative	

Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

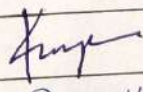
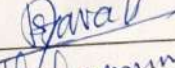
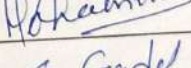
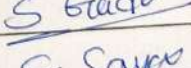
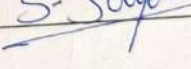
Date: 29/01/2026

Meeting Notice

All the members working in Counseling Committee are requested to attend meeting arranged on dated 31/01/2026, 11.00 am. in the Department of Psychology.

Agenda:

- Review of previous counseling activities
- Evaluation of student participation
- Discussion on new challenges
- Planning for next semester

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. P. U. Mahamuni	Member	
4	Swati Gadade	Student Representative	
5	Sagar Suryawanshi	Student Representative	

Padmabhushan Vasantrodada Patil Mahavidyalaya, Kavathe Mahankal

COUNSELING COMMITTEE

Date: 31/01/2026

Proceedings of the Meeting

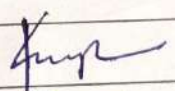
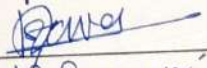
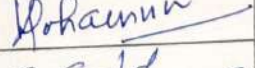
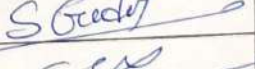

The meeting started with a welcome address by the Chairperson. The importance of student counseling for mental well-being and academic success was discussed.

- Taken review of activities conducted
- Discussed on more counseling sessions
- Feedback from students was discussed
- Planned for stress free exams. campaign

Decisions Taken:

- Increase frequency of counseling sessions
- Conduct exam. stress management discussion sessions
- Introduce peer counseling system

Attendance:

Sr. No.	Name	Designation	Sign.
1	Dr. Vinod Kamble	Chairperson	
2	Mr. D. S. Suryavanshi	Secretary	
3	Mrs. P. U. Mahamuni	Member	
4	Swati Gadade	Student Representative	
5	Sagar Suryawanshi	Student Representative	

PADMABHUSHAN VASANTRAODADA PATIL MAHAVIDYALAYA

Kavathe Mahankal, Dist. Sangli (Maharashtra) Pin – 416 405

Phone – 02341-295220

Email – kmpvp@rediffmail.com

Website – www.pvpkm.ac.in



Department of Psychology



Student Counselling Form

Student Details:

Name: संजना (जाव बकलून) Age: 20 Years Gender: Male / Female

Class: BA-II

Marital Status: Married / Unmarried

Family Background:

Total Family Members: 06 Family Type: Joint / Nuclear / Single Parent

No. of Employed Members: 01 No. of Unemployed Members: 05

Monthly Income of Family: Rs. 40000 Socio-Economic-Status: Lower / Middle / Higher

Address: श- बाज सा- जल जि- सांगली

महाराष्ट्र

Mobile No.: 9970801135

Academic History: Lower / Medium / Higher

Likings: योगा, सायकलिंग, हस्तकला, फोटोग्राफी, प्लास

Disliking: पुस्तक वाचन, संग्रह करणे, कठीण काम करणे

Life Goal: व्यवसाय

Physical Disability: Yes / No

Psychological Disability: Yes / No

History of any Physical or Psychological Problem (Genetic Problem): Yes / No

(If Yes) Mention Details: _____

Session No.

1

Brief Description of Student's Problem:

परिक्षेचा दबाव घेऊन जगाव लागतय,
शिक्षक व पाठ्यक्रमाचा अवास्तव अपेक्षा
विचार भरकटणे./कंटाळा,
सतत चिंता वाटते, सतत दुःखी वाटते.

Diagnosis by Counsellor:

चिंता विकृती

Counselling Provided by Counsellor:

CBP - नकारात्मक विचार ओळखणे, चुकीच्या कल्पना बदलणे
ET - चिंता ज्यामुळे होते त्याचा हळूहळू पध्दतीने सामना करवून घेणे
Mindfulness Therapy - शरीर मन शांत होणे
ACT - आचरणाचे नियोजन
DBT - आचरणाचे संतुलन, समस्या सोडवण्याची कौशल्ये.

Recommended Activities:

समस्या सोडवण्याचे छोटे टास्क
मेमरी गेम
फिलिंग चार्ट.

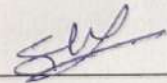
Date: 02/09/2025

Next Follow-up Date: _____

Student's Name:

संजना (नाव बदलून)

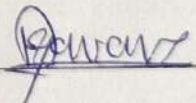
Signature:



Counselor's Name:

Sanyawanshi D-S

Signature:



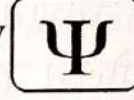
PADMABHUSHAN VASANTRAODADA PATIL MAHAVIDYALAYA

Kavathe Mahankal, Dist. Sangli (Maharashtra) Pin – 416 405

Phone – 02341-295220 Email – kmpvp@rediffmail.com Website – www.pvpkm.ac.in



Department of Psychology



Student Counselling Form

Student Details:

Name: विजय (नाव बरदून) Age: 21 Years Gender: Male / Female

Class: BA-I Marital Status: Married / Unmarried

Family Background:

Total Family Members: 04 Family Type: Joint / Nuclear / Single Parent

No. of Employed Members: 01 No. of Unemployed Members: 03

Monthly Income of Family: Rs. 20000/- Socio-Economic-Status: Lower / Middle / Higher

Address: श- छत्रगाव, ता- कवठे-सहाकाळ जि- सांगली

Mobile No.: 989021529

Academic History: Lower / Medium / Higher

Likings: चित्रकला, सायकलिंग, प्रवास, ~~खेळ~~ पोहणे

Disliking: व्यायाम, वाचन, लिखन.

Life Goal: व्यवसाय.

Physical Disability: Yes / No

Psychological Disability: Yes / No

History of any Physical or Psychological Problem (Genetic Problem): Yes / No

(If Yes) Mention Details: _____

Session No.

1

Brief Description of Student's Problem:

उदास वारणे. लीन लोकांशी बोलण्याची अडचण,
नियम पाळण्यात अडचणी, व्यसन,
शिक्षकांसोबत वाद, शोपेचे व भाडाराचे बदल
अभ्यासासोबत इतर जबाबदाऱ्या

Diagnosis by Counsellor:

अवसाद

Counselling Provided by Counsellor:

CBT - नकारात्मक विचार लिहून काढणे
Time Management Skills - ~~प्र~~ प्राधान्यक्रम यादी
Expressive Activities
Social Skills Training.
Study Skills Training.

Recommended Activities:

दररोज तीन गोष्टी लिहायच्या ज्या बदल लो Thank you सोबत
आवल्याचे छोटे अंमद देणारे कामाचे पत्रे
फ्लिसात लक्ष विचरून करणाऱ्या गोष्टी लिहून देण्या

Date:

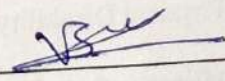
03/01/2025

Next Follow-up Date:

Student's Name:

विजय (नाव बदलून)

Signature:



Counselor's Name:

Suryawanshi D.S

Signature:

