

6.2-1. Case Study on

Effective Deployment of institute's strategies/perspective plans through Psychological Counselling on various issues of students. (Report submitted by Counsellor, GIT.)

As in the sector of psychology field used to face the many people with their problems. As working in college of engineering youth used to come with their problems like addiction of cigarette, watching indecency, affair break, study problems, various tensions, family disputes, schedule and many more.

Due to corona epidemic the problems of loneliness, news of death, new techniques of study, and the restrictions creates the saviour problems of lonely loneliness.

A male student of T.E called me as we used to meet in college. He used to come to my department and we used to talk about the topics of schedule and few secrets. personal.

But in July it was different. He called me and starts crying after some time he start with the shocking talk that he is fade up with the life and wants to finish up. In course of talking he told that he is in wrong field. On priority I listen to him. After crying and sharing he feel relax. Then I called his mother and ask about him. She told from more than fifteen days he is restless. I told her to not to leave him alone.

Second day I used relaxation technique. After that he called me again and told he is feeling afraid of himself. and accepts that he dont have slept well from last many days. Different worst thoughts are coming in his mind and he cannot face them. Feel of anger for family was coming in his mind. After some discussion with his family I called one of psychiatrist of my contact and told the whole scenario and request for the medicinal help. Then after a short google meet. He prescribed medicine a week. Solution.

After that the real task begins due to the dose he was feeling sleepy so won't be able to study. But after fifteen days the dose was reduce. The Depression phase was starts getting down study.

Many ups and downs comes in this case. As his Parents feels that the treatment of psychiatrist means everthing is over. As he is the only child. So the counseling of parents, also comes in course of time.

The medicine and the counseling was in hand in hand. After three months only a one tablet in the night was there.

During this I used to focus on his mind health and study. Few relaxation techniques told and he follow.

Today feel very happy as he have passed with 6 pointer and now working in Pune as System Administrator.

(Analysis - Depression.) used Theropies
(Cognitive behavioural Therapy).



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