

Affiliated to Tribhuvan University

Gupteshwor Mahadev Multiple Campus

Chhorepatan – 17, Pokhara



**A Bi-Annual Counselling Report
(Kartik through Chaitra 2076)**

Submitted to:

Internal Quality Assurance Cell (IQAC)

1. About Counselling Cell

Counselling is a process that aims to facilitate personal well-being of the students through support and guidance of trained counselors, for a healthy mind and body.

With the intent to address and help resolve emotional and psychological issues of the student community of GMMC, the college has initiated the “Counselling Cell” in the college premises with the help of a trained team of faculty members as Counselors.

The Counselling Cell encourages the students to understand themselves and the issues that trouble them and guides them to resolve their problems. These problems can be personal, emotional, social, family, peer, academic, sexual, etc. This is done through individual or group counselling to help them with academic goals, social and personality development, career goals, enhancing listening skills, empathy and interpersonal skills to have healthy relationships and a healthy lifestyle.

The role of the Counselor is to offer support through listening and responding in a confidential, non-judgmental and timely way, ensuring that the students become productive, well-adjusted adults of tomorrow. They are trained to assess, diagnose and treat students struggling with academic stress, anxiety, depression, social addictions and other problems they face.

The goal of Counselling is to facilitate positive behavior changes, improving the student’s ability to establish and maintain relationships socially, promoting their decision-making process, helping the student to understand their own potential and cope effectively with the problems they face.

1.1 Objectives:

- To help the students in solving their personal, educational, social as well as psychological problems.
- To create awareness about issues and problems related to mental health of student
- To motivate faculty in counselling activities.

1.2 Roles and responsibility

- Solve personal problems of student by conducting individual counselling session

- Boost self-esteem of weaker /physically challenged students.
- Diagnose the learning difficulties of students and help them to overcome the same.
- Help the students to overcome examination stress or fear.
- Conduct training program on counselling skills for faculty & staff.
- Conduct seminars for students on mental health and addiction issues.
- Refer the students to professional psychiatrics or counsellors in severe cases.
- Inform the parents about psychological misbehavior of the student.

1.3 Cell Members:

Coordinator: Mr. Manoranj Sharma, Assistant Lecturer, Dept. of English.

Member: Ms. Jamuna Aryal, Assistant Lecturer, Dept. Of Nepali.

2. Numbers of Meetings Held

The college is in its full swing by now practicing standardization of its functioning according to set benchmarks as specified by the Internal Quality Assessment Cell (IQAC), and since we are still on the preliminary stage of the operation, we have, so far, held 2 meetings at all during this bi-annual time-frame (starting from Kartik 2076 till Chaitra 2076).

The first meeting was conducted on the 29th of Kartik, 2076 between the Counselling Cell Coordinator and its female member Mrs. Jamuna Aryal in the presence of a felon student. This meeting was necessitated by an unexpected situation that led a student of BBS 1st year scribbling some derogatory terms in an attendance register aiming to harassing certain students of opposite gender in the same class.

Together with this, the next issue of this first meeting relates to prolonged period of absence of 2 female students of B. Ed final year.

The second meeting was conducted on the 30th of Chaitra, 2076 BS amid the college authorities, parents and guardians, and case related two groups of students (each group constituted 2 students). This meeting was occasioned by a dreadful brawl that occurred between students of BHM 1st Semester and BHM 3rd Semester (each group consisted 2 students).

3. Number of Decisions Taken by the Cell

Decisions are normally the outcome of meetings held. Since two meetings were held so far during the past bi-annual time-frame, the number of decisions taken were three. The first meeting involved 2 decisions, and the second just one.

The first agenda of the first meeting concerned a hyperkinetic student targeting to sexually harass opposite gender mates, and also frustrating instructors in class. The decision taken

against this case was to summon the offending student, and reminding him never again dare to repeat such misdemeanor which could eventually end such cases with expulsion of the concerned from the college.

The second agenda of the first meeting concerned absenteeism of 2 pregnant students of B. Ed final year. The Cell placed its female member as the front liner to deal with the case. She adopted sincere effort to persuade and make them attend classes regularly from then on.

The second meeting concerned violent behavior displayed among students. Students of BHM 1st Semester and 3rd Semester had a violent scuffle. Since the brawl turned out to be of extreme kind, the Cell called an assemblage of the concerned students and their parents and guardians, college authorities, and the Cell members to settle the case through constructive strategies.

4. Major Activities Performed During the Period

Introduction:

This bi-annual counselling cell report sketches the failings of our students studying in different faculties. The report depicts incidents, applied remedial procedures, and the consequences of the counselling process that took place in between Kartik 2076 till Chaitra 2076 BS.

Case # 1

This case relates to a male student who got admitted in BBS first year this academic year. He reminds an occasion of his first day when he came to college to inquire about admission procedure and about the codes of campus. We note that his manner of inquiring wasn't as welcome as it should be. From the administration department we learnt that on his first arrival to college, he had asked if students need to adhere to the codes, and what could happen if anyone breached any of the codes. His manner of inquiring seemed somewhat unexpected.

Since his enrollment at the college, he was somewhat irregular in the class. His disinclination toward studies was further marked by his bunking the classes often times. If he was in the class at all, he would often pose irrelevant queries simply with the intention of getting meaningless attention from his classmates, and solely for the purpose of disrupting the class and frustrating the instructors.

Such hyperkinetic conduct couldn't continue for longer when he intentionally tried to defame his classmates, particularly the opposite gender by writing obscene terms on the attendance register, and tearing off the written part after everyone in the class read his scribbles.

Attendance policy

On account of larger number of students in most classes, the college practices the system of students' self-attendance system. This system allows students to have the attendance register turn by turn during the class, and the students who are present mark themselves present. This

system has been enforced with the view that instructors need not waste time in taking roll calls, and rather devote the whole of the time in teaching-learning activities in the class.

Self-attendance system, however, has basically erupted two explicit problems today. The first relates to students marking themselves present even when they are absent. The second relates to some weird students who dare to write unnecessary terms and language on the attendance register thereby defaming other classmates and to the extent of sexually harassing the mates of the opposite sex by writing obscene terms and language on the register.

Discovery

After the attendance register was collected back to the office, the related instructor discovered some part of attendance sheet torn out. Despite all the measures adopted, the instructors attending the class proved almost unsuccessful to detect the felon. No student was ever ready to expose his name because of fear. He had warned everyone in the class if anyone dared to unravel his name to the cell, the result could be disastrous. He even had threatened them that he would smash all the window panes and even the teachers if they dared to expel him from the college.

However, after about a week's time, a few ladies of the class approached the cell and unraveled the name of the student on the condition that their names shall be kept confidential. Accordingly, the culprit was recognized at last.

Remedial measure taken

The cell summoned the offender to the office for inquiry about the cause of the misdemeanor. He couldn't voice any cause that led him to behave in such a manner. The cell took it as a symptom of ADD (Attention Deficit Disorder). "ADD may involve hyperactivity with behavior problems. In addition, students with ADD may have learning disabilities and are often at risk for repeated disciplinary problems in schools. In fact, adults and peers alike may conclude that such students are lazy because of their inattention to tasks and failure to follow through with assignments. While ADD is extremely common, misperceptions about the disorder continue to circulate."

The cell, therefore, declared him to strictly adhere to the code of the campus, and reminded him about how important discipline is in every walk of life. He also had time to learn about the true worth of education from the coordinator. Since it was his first case, the cell decided to impose no harsh retribution, but reminded him that further violation of any of the code would result in his expulsion from the college.

Result

The cell holds a strong conviction that it decrees fair assessment and judgement of each case of the students. Though a fair procedure was implemented to sort out this problem, it has yielded no positive consequence. The student who rarely made his presence at college has completely

stopped coming to college at all after the incident. We expected that he would somehow turn up during the internal examinations, but he didn't.

Case # 2

Introduction:

This case concerns students of BHM first and third semester. Party A involves Mr. Bishal Chapai and Mr. Sikhar Kunwar and Party, students of BHM 3rd semester and B constitutes Mausam Rai and Pradip Chhetri, students of BHM 1st semester. A dreadful tussle ensued between the parties where some resorted to using even helmets as weapons.

Locale

The brawl took place outside the college vicinity beyond the suspension bridge that links the college premises. Other students made notification about the case, and college authorities hurried to the spot. The brawl stopped after our arrival at the spot. The Cell discovered that of the two groups involved in the violence, it was group B (BHM 1st sem.) was severely injured.

Cause of the scuffle

A suspension bridge across the Davis Fall rivulet is the only access to the college. The bridge somewhat oscillates whenever people pass across it. It was on 30th of Falgun 2076 when these two groups were crossing the bridge. The initial vocal accusation against each other group erupted on the case of swinging the bridge. Each party blamed the other for shaking the bridge. The verbal squabble eventually resulted in their physical violence. It was reported that the Party A (BHM 3rd sem.) even resorted to using helmet as weapon to hit Party B (BHM 1st sem.). Hence, Party B students were critically bruised.

Inquiry into the students' traits and performances

The Cell thereafter decided to detect the true nature of the students involved in this brawl. For the purpose, a thorough investigation and inquiries were made through the coordinator and other related instructors of the faculty about these students. The involved students have been found well-mannered and also academically sound. The inquiries so far have detected no negativities of them in college.

Strategies taken to redress the complication

Since the brawl was of an extreme type that involved physical violence using helmets as weapons to hurt each other, the Cell decided that the best course of action would be to summon the parents of the students involved in the scuffle. Hence, in the mass gathering of the college authorities, cell members, parents and guardians, and the concerned students, a solemn meeting was conducted. The authorities played key roles in leading the motion to a constructive and positive end. The role of parents and guardians was no less significant to subdue the atmosphere of hostility among the concerned students. The Cell is well informed about the fact that "Conflict triggers strong emotions and can lead to hurt feelings,

disappointment, and discomfort. When handled in an unhealthy manner, it can cause irreparable rifts, resentments, and break-ups. But when conflict is resolved in a healthy way, it increases your understanding of the other person, builds trust, and strengthens your relationships.” The Cell eventually reconciled the conflicting teams reminding them of the importance of friendship and education.

The Cell also deduced that the prime cause of the violence was the sense of ego that resides in them. “Ego is that outsized sense of self-importance, that malignant self-absorption, a belief that one is somehow inherently better and entitled to more than everyone else. It’s the voice whispering in our ear, alternatively, that we’re invincible and that we’re a piece of shit who should make everyone pay. Ego is that toxic force that makes teamwork, empathy, vulnerability and artistry impossible.” The Cell reminded that the most powerful tool to let go our ego and make our life easier is to practice forgiveness. We have to learn to forgive people who hurt us and more importantly we have to learn to forgive ourselves. Forgiveness will open the windows to our soul, and remove the negativity to allow room for new happiness.

The meeting concluded with exchanges of handshakes and terms of forgiveness between the groups promising not to repeat the blunder ever again. the Cell also expressed its hope that this conflict would take on a constructive and positive track, and let the future show these teams develop as the best companions.

Result

After the case was settled in the stated manner, the Cell studied that Party B that was critically hurt didn’t turn up at college for quite a few days until the commencement of the internal assessment examinations. They were however, noticed taking up all the internal examinations. And further developments in their relationship couldn’t be perceived due to sudden and unexpected closure of college on account of the global pandemic coronavirus (Covid 19) proliferation.

Case # 3

Introduction

Two female students of B. Ed 4th year were found absent at college for a longer period of time. The Cell decided to contact and summon them to college with the view to dig out reasons for their unusual absence in the class.

Cause of Absence

As decided, the two female students namely, Mrs. Ranjita Parajuli and Mrs. Durga Bhujel were called to the college. Their immediate presence at the college was self-revealing the cause of their recurrent absenteeism. They were married, and now they were going through the stage of gestation. Swollen abdomen combined with feelings of discomfort with other mates had prevented them from attending the classes.

Measures taken

The Cell decided that it was a problem related to female, and so a female Cell member Mrs. Jamuna Aryal was placed in the frontline to deal with the issue. Cell's intention was to approach in a way to make them regular and never miss any class thereafter. The female member, Mrs. Aryal highlighted on the case of pregnancy saying that swollen bellies are usual after females get married and are pregnant. Every married woman has to go through this stage in their life time if they hope to beget children. Mrs. Aryal further focused on the importance of time as well as education. If they avoided the class, they may have to suffer in the future. They might already be overburdened by household chores and whatever, and they might not have such opportunities to further their schoolings in future. She also added that women education is one of the most critical areas of empowerment for women. It is also an area that offers some of the clearest examples of discrimination women suffer. Women education is one sure way of giving them much greater power – of enabling them to make genuine choices over the kinds of lives they wish to lead.

Result

The Cell had high expectation that the absentees would make their presence regularly from then on. Despite the Cell's sincere advice and suggestions, their absenteeism resumed. Now the Cell thinks that its efforts have proved futile, and wonders if it also requires a psychologist and a medical doctor as well to deal in certain cases so as to come up with desired effect.

5. Work Plan for the next 3 months (Scheduled Plan of the Cell)

Perspective Plan

S.N	Activity Description	Tentative Date	Resource person with contact details	Target Audience	Estimated Expenditure
01	Motivational Talk		Psychologist of Manipal Hospital	Students	
02	Motivational Program		Faculty members GMMC	Slow learning/Physically challenged students	
03	Training program on counselling skills		Expert team from Gandaki Regional Hospital	All interested faculties	
04	Seminar		Psychologist from Charak Hospital	All students	
05					

6. Conclusion

Through the major activities performed during the bi-annual time period, the Cell comes up with the following conclusions:

- The long-held attendance system, for having triggered unprecedented complications, should be replaced by electronic swipe-card system. Introduction of such system shall

nullify proxy attendance and unwanted scribbles occasioned by ill-famed students leading to unnecessary hurdles.

- The Cell also sees a sense of lack of responsibility and morality added with spiritual dryness among a few of today's children. Considering this fact, the college should introduce ways to inculcate moral, ethical and spiritual values to ensure serenity in them. Serenity or calm state of mind is a prerequisite for sound learning and mannerism.
- So far, the college has been embracing soft strategies to deal with students' mishaps of even violent nature nearing to fatalities. In such cases, rather strict strategies, such as suspension of violent students for a prescribed period of time for the initial guilt, and again when the guilt is repeated, the extreme strategy of exempting such criminal-minded students from the college might be adopted.
- Parents' meetings at regular interval need to be held to ensure they remain intimate with the college. This intimacy of parents with the college can help them learn about their children's academic performances as well as mannerism first hand. Besides, when parents frequent to college, almost all explicit potential problems related to students shall naturally vanish.
- The college should assume cases of emergencies and casualties may occur at any time to anyone leading to situations for fast transportation and hospitalization. Hence, it needs to remain high-alert on such cases to manage mechanisms for timely transportation, hospitalization and medication of victims.
- Counselling is a matter that concerns not only to members of Counselling Cell. It would be for the best of all to conduct programs aiming to disseminate effective counselling skills to all the faculties. This can enable any faculty to use the skill to divert unwanted potential threats and create peaceful and invigorating atmosphere.
- The college is particularly an assemblage of teachers and students alone. There can erupt certain situations where teachers alone could counsel their students in a full-fledged manner in lack of knowledge about other disciplines. Hence, experts from varied disciplines need to be managed to sort out whatever complications may arise at college.
- Sense of discrimination pervades the world and it is no exception among students in schools and colleges. Discrimination among students are mostly based on gender, disability, race, sexual orientation, etc. In case of women, married women feel discriminated, even among women who are single, during the periods of gestation when they have swollen abdomen. And mechanisms to eliminate such sense of segregation be introduced to ensure smooth teaching-and-learning activity at college.

- There can be students who couldn't attend classes for viable reasons. They may have problems of: bed-rest as suggested by medical doctors, gestation with enlarged bellies of married female students, and as such. Effective and efficient online facilities can assist the absentees with supplies of academic materials and notes from respective teachers.

7. Major Implication and Recommendation to Campus Administration (IQAC)

- Since the existing Counselling Cell functions in a tiny cabinet, a more spacious room, furnished with sufficient furniture and other counselling equipment need be immediately facilitated with.
- So far as of this day, the college has no trained counsellors and members. Hence, faculties and personnel need be enlightened with training of effective counselling skills that are in current trend.
- The college should develop mechanisms for cultivation of ethical, moral, and spiritual values in both teachers and students.
- It is a must for the college to establish constant and close teacher-parent-student contact.
- Establishing a working relationship with community service providers, such as Red Cross, Medical doctors, nurses, vehicle owners, and as such is indispensable for a healthy and hassle-free college environment.
- Developing a list of contact address of parents and service providers is fundamental.
- The existing Counselling Cell comprises of a coordinator and a member only. This have to be augmented through addition of other faculties from different programs as well as through accession of experts, psychologists, psychiatrists, nurses, and as such.
- An invigorating atmosphere for promoting better teacher-student relationship needs to be set up.
- Adequate budget needs to be allocated to the Cell to conduct programs effectively and in full swing.

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