



GRIET COUNSELING CENTER (GCC)

**Psychological Counseling
Activities**

2020 - 2023

**GOKARAJU RANGARAJU
INSTITUTE OF ENGINEERING AND TECHNOLOGY
(Autonomous)**



GOKARAJU RANGARAJU
Institute of Engineering and Technology

GRIET Counselling Centre (GCC)



Counselling Psychologist

Dr.Y.Butchi Raju

M.Sc. (Psychology), M.Phil. (Psychology), M.B.A., M.A. Sociology, Ph.D.

Mobile: 8919618456

Counselling Centre: Block Number: 1, Room: 1105, GRIET

Objectives and Nature of counseling

Counseling is a helping process at which the individual meets a counselor aiming to enhance his/her self-understanding and personal development, to empower himself/herself to cope with his/her problems and stress, to facilitate his/her adjustment to life and to assist himself/herself in making healthy life changes.

The first meeting with a counselor will be for a consultation to determine what services will be most helpful to the client. It will be necessary to schedule a regular time to meet with a counselor depending on the goals set and the needs of the problem.

The successful outcome of the Counseling Programme depends on the courage and willingness of the client to make a change. The counselor will work together with the client to achieve the goals.



Nature of issues faced by the students:

- Academic pressures (Lack of concentration and motivation for studies, under achievement, backlogs, exam stress, unhealthy competition)
- Loneliness and home sickness



- Adjustment difficulties
- Peer pressure
- Relationship issues
- Family Problems
- Cyber bullying
- Behavioral problems (anger outbursts, disobedience, lying etc.)
- Low confidence and self esteem
- Suicidal thoughts
- Depression, anxiety and other mental health problems

Confidentiality in counseling



The Counseling process adheres to a policy of strict confidentiality.

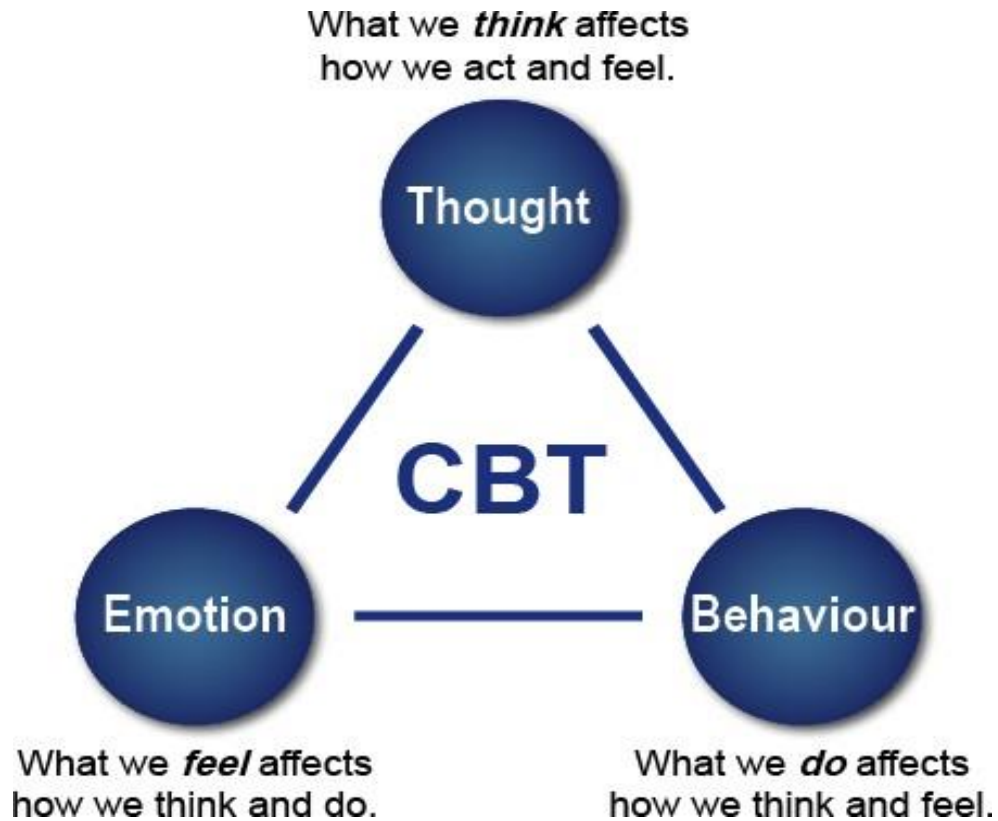
All material and information discussed during the counseling sessions is strictly confidential.

Client confidentiality has both legal and ethical aspects.

Counselors are bound by professional oath, personal ethics to uphold confidentiality.

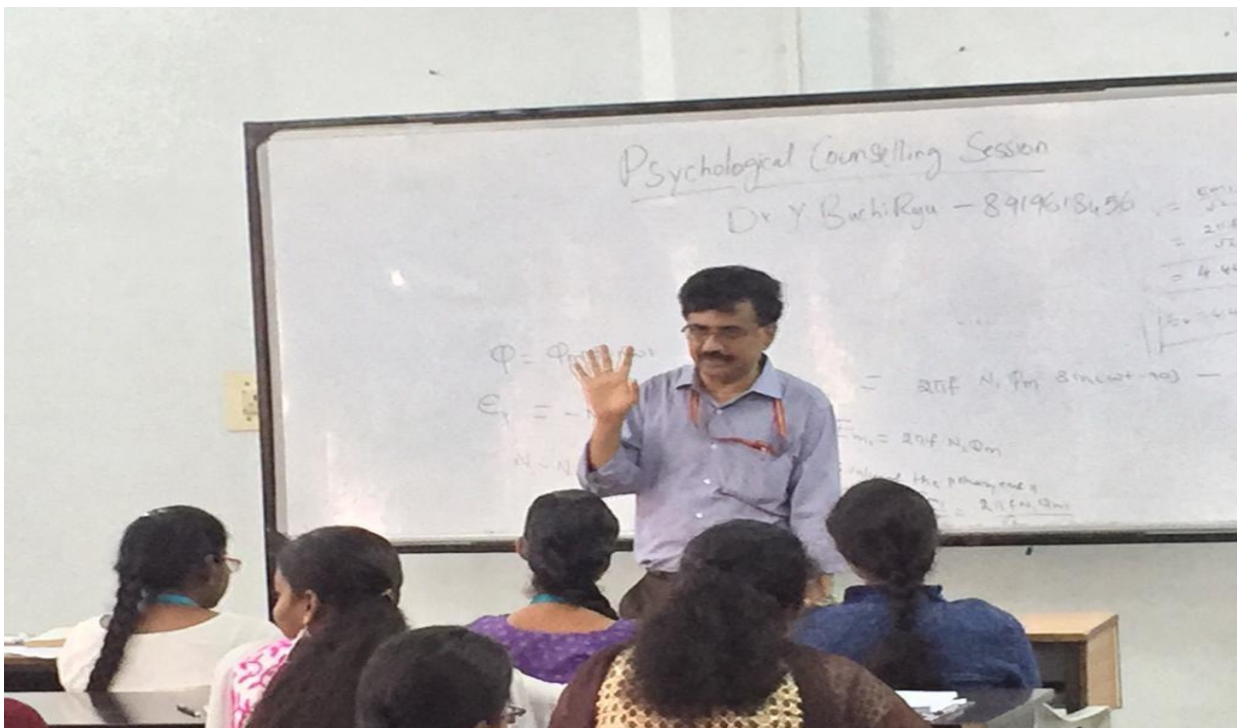
This means that counselors are legally restrained from disclosing information that was shared with in the protected client-counselor relationship

Activities of the Counseling Psychologist



- One- to- one counseling sessions.
 - Group counseling sessions
 - Psychological support for students with difficulty in academic performance
 - Counseling for parents
 - Counseling services for Staff
 - Training for Mentors

Group Counseling Sessions



Individual Counseling:



Counseling for Parents



Guidance to Mentors





**Activities taken up by Counseling Psychologist
from 2020-2023**

Nature of Activity	2020-21	2021-22	2022-23
Number of Students attended Group counseling	4925	4947	4976
Number of Students attended one-to-one counseling sessions	176	165	190
Number of staff attended one to one counselling for their personal problems	17	15	8
Number of Parents attended Counseling	89	80	80
Number of Staff and faculty attended group Counselling sessions	156	188	180
Number of Interactive sessions with Mentors on student Problems	32	28	36



EEE Department

Activities taken up by Counseling Psychologist from 2020-2023			
Nature of Activity	2020-21	2021-22	2022-23
Number of Students attended Group counseling	232	235	239
Number of Students attended one- to- one counseling sessions	16	14	19
Number of staff attended one to one counseling for their personal problems	3	1	2
Number of Parents attended Counseling	7	6	5
Number of Staff and faculty attended group Counseling sessions	18	21	22
Number of Interactive sessions with Mentors on student Problems	5	6	8



ECE Department

Activities taken up by Counseling Psychologist from 2020-2023			
Nature of Activity	2020-21	2021-22	2022-23
Number of Students attended Group counselling	1144	684	468
Number of Students attended one- to- one counselling sessions	37	28	22
Number of staff attended one to one counselling for their personal problems	2	3	1
Number of Parents attended Counselling	12	15	8
Number of Staff and faculty attended group Counselling sessions	29	31	26
Number of Interactive sessions with Mentors on student Problems	5	4	6



CSE, AIML,DS,BS Departments

Activities taken up by Counseling Psychologist from 2020-2023			
Nature of Activity	2020-21	2021-22	2022-23
Number of Students attended Group counselling	2389	2868	3098
Number of Students attended one- to- one counselling sessions	64	58	79
Number of staff attended one to one counselling for their personal problems	4	2	1
Number of Parents attended Counselling	35	29	41
Number of Staff and faculty attended group Counselling sessions	76	84	91
Number of Interactive sessions with Mentors on student Problems	6	4	7



IT Department

Activities taken up by Counseling Psychologist from 2020-2023			
Nature of Activity	2020-21	2021-22	2022-23
Number of Students attended Group counselling	701	698	709
Number of Students attended one- to- one counselling sessions	34	29	32
Number of staff attended one to one counselling for their personal problems	3	4	1
Number of Parents attended Counselling	14	12	10
Number of Staff and faculty attended group Counselling sessions	21	23	24
Number of Interactive sessions with Mentors on student Problems	6	5	5



Mechanical Department

Activities taken up by Counseling Psychologist from 2020-2023			
Nature of Activity	2020-21	2021-22	2022-23
Number of Students attended Group counselling	231	229	236
Number of Students attended one- to- one counselling sessions	12	18	21
Number of staff attended one to one counselling for their personal problems	3	2	2
Number of Parents attended Counselling	10	9	14
Number of Staff and faculty attended group Counselling sessions	14	16	16
Number of Interactive sessions with Mentors on student Problems	4	4	5



Civil Department

Activities taken up by Counseling Psychologist from 2020-2023			
Nature of Activity	2020-21	2021-22	2022-23
Number of Students attended Group counselling	228	233	226
Number of Students attended one- to- one counselling sessions	13	18	17
Number of staff attended one to one counselling for their personal problems	2	3	1
Number of Parents attended Counselling	11	9	12
Number of Staff and faculty attended group Counselling sessions	19	13	17
Number of Interactive sessions with Mentors on student Problems	6	5	5

Counseling Services for Staff





GRIET Counseling Center (GCC)

Counselling Psychologist: Dr. Y. Butchi Raju Mobile Number: 8919618456

Self-awareness and well-being Test for Students

YOUR SCORE 1-indicates that the statement does NOT apply at all to You 2-indicates that the statement Sometimes applies to You 3-indicates that the statement applies about half the time to You 4-indicates that the statement applies Most of the time to you 5-indicates that the statement ALWAYS applies to you

How much does each statement apply to you		Mark your score				
1	I realize immediately when I lose my temper	1	2	3	4	5
2	I can 'refrain' bad situations quickly	1	2	3	4	5
3	I can always motive myself to do difficult tasks	1	2	3	4	5
4	I am always able to see things from the other person's viewpoint	1	2	3	4	5
5	I am an excellent listener	1	2	3	4	5
6	I know when I am happy	1	2	3	4	5
7	I do not display my feelings openly	1	2	3	4	5
8	I am usually able to prioritize important activities at work and get on with them	1	2	3	4	5
9	I am excellent at empathizing with someone else's problem	1	2	3	4	5
10	I never interrupt other people's conversations	1	2	3	4	5
11	I usually recognize when I am stressed	1	2	3	4	5
12	Others can rarely tell what kind of mood I am in	1	2	3	4	5
13	I always meet deadlines	1	2	3	4	5
14	I can tell if someone is not happy with me	1	2	3	4	5
15	I am good at adapting and mixing with a variety of people	1	2	3	4	5
16	When I am being 'emotional' I am aware of this	1	2	3	4	5
17	I rarely lose temper suddenly at other people	1	2	3	4	5
18	I never waste time	1	2	3	4	5
19	I can tell if a team of people are not getting along with each other	1	2	3	4	5
20	People are the most interesting thing in life for me	1	2	3	4	5
21	When I feel anxious, I usually can account for the reason(s)	1	2	3	4	5
22	Difficult people do not annoy me	1	2	3	4	5
23	I do not act in an evasive way	1	2	3	4	5
24	I can usually understand why people are being difficult towards me	1	2	3	4	5
25	I love to meet new people and get to know what makes them to behave certain way	1	2	3	4	5

#	How much does each statement apply to you	Mark your score				
26	I always know when I'm being unreasonable	1	2	3	4	5
27	I can consciously alter my frame of mind or mood	1	2	3	4	5
28	I believe you should do the difficult things first	1	2	3	4	5
29	Other individuals are not 'difficult' just 'different'	1	2	3	4	5
30	I need a variety of work colleagues to make my job interesting	1	2	3	4	5
31	Awareness of my own emotions is very important to me at all times	1	2	3	4	5
32	I do not let stressful situations or eople affect me once I have left work	1	2	3	4	5
33	Delayed gratification for better future is a virtue that I hold to	1	2	3	4	5
34	I can understand if I am being unreasonable	1	2	3	4	5
35	I like to ask questions to find out what it is important to people	1	2	3	4	5
36	I can tell if someone has upset or annoyed me	1	2	3	4	5
37	I rarely worry about work or life in general	1	2	3	4	5
38	I believe in 'Action this Day'	1	2	3	4	5
39	I can understand why my actions sometimes offend others	1	2	3	4	5
40	I see working with difficult people as simply a challenge to win them over	1	2	3	4	5
41	I can let anger 'go' quickly so that it no longer affects me	1	2	3	4	5
42	I can suppress my emotions when I need to	1	2	3	4	5
43	I can always motivate myself even when I feel low	1	2	3	4	5
44	I can sometimes see things from theirs' point of view	1	2	3	4	5
45	I am good at reconciling differences with other people	1	2	3	4	5
46	I know what makes me happy	1	2	3	4	5
47	Others often do not know how I am feeling about things	1	2	3	4	5
48	Motivations has been thekeyto y success	1	2	3	4	5
49	Reasons for disagreements are always clear to me	1	2	3	4	5
50	I generally build solid relationship with those I work with	1	2	3	4	5

Total and interpret your results

1. **Record** your 1, 2, 3, 4, 5 scores for the questionnaire statements in the grid below. The grid organizes the statements into emotional competency lists.

Self awareness		Managing emotions		Motivating oneself		Empathy		Social Skill	
1		2		3		4		5	
6		7		8		9		10	
11		12		13		14		15	
16		17		18		19		20	
21		22		23		24		25	
26		27		28		29		30	
31		32		33		34		35	
36		37		38		39		40	
41		42		43		44		45	
46		47		48		49		50	

2. **Calculate** a total for each of the 5 emotional competencies.

Total = (SA)	Total = (ME)		Total = (MO)		Total = (E)		Total = (SS)	
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GRIET Counselling Center (GCC)
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Self-awareness and well-being of Students- Scoring Key

1) Interpret your totals for each area of competency using the following guide.

If Your total Score in each of the

Parameters is

35-50 This area is a strength.

34-and Below Requires Professional Guidance.

2) Record your result for each of the emotional competencies:

Transfer your scores to the calculation table and total your results.

Parameters	Your Strength (Score 35-50)	Requires further Professional guidance (score 34 and below)
Self-awareness		
Managing emotions		
Motivating oneself		
Empathy		
Social Skill		

3) Consider your results and take guidance from your college psychological counselor.

Psychological Wellness
Analysis of Students
Behavioral attributes
during the academic Year 2022-23

Analysis of Psychological Wellness 2022-23
of 1stYear-CSE Branch-360 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	23	23
2.Managing Emotions:	31	31
3.Motivating oneself:	19	19
4. Empathy:	29	29
5.Social Skills:	39	39

Analysis of Psychological Wellness 2022-23
of 1stYear-AIML,DS,BS Branch-420 Students

Attributes	Number of Students require Counseling	Students Counseled by Psychologist
1.Self- Awareness:	36	36
2.Managing Emotions:	23	23
3.Motivating oneself:	22	22
4. Empathy:	29	29
5.Social Skills:	31	31

Analysis of Psychological Wellness 2022-23
of 1stYear-ECE Branch-120 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	14	14
2.Managing Emotions:	18	18
3.Motivating oneself:	20	20
4. Empathy:	22	22
5.Social Skills:	16	16

Analysis of Psychological Wellness 2022-23
of 1stYear-IT Branch-180 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	15	15
2.Managing Emotions:	18	18
3.Motivating oneself:	23	23
4. Empathy:	25	25
5.Social Skills:	24	24

Analysis of Psychological Wellness 2022-23

of 1stYear-EEE Branch-60 Students

Attributes	Number of Students require Counseling	Students Counseled by Psychologist
1.Self- Awareness:	8	8
2.Managing Emotions:	18	18
3.Motivating oneself:	12	12
4. Empathy:	20	20
5.Social Skills:	19	19

Analysis of Psychological Wellness 2022-23

of 1stYear-Civil Branch-60 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	11	11
2.Managing Emotions:	16	16
3.Motivating oneself:	22	22
4. Empathy:	19	19
5.SocialSkills:	18	18

Analysis of Psychological Wellness 2022-23
of 1stYear-Mechanical Branch-60 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	9	9
2.Managing Emotions:	8	8
3.Motivating oneself:	12	12
4. Empathy:	19	19
5.SocialSkills:	18	18



Psychological Wellness
Analysis of Students
Behavioral attributes
during the academic Year 2021-22

Analysis of Psychological Wellness 2021-22
of 1stYear-CSE Branch-360 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	29	29
2.Managing Emotions:	28	28
3.Motivating oneself:	22	22
4. Empathy:	29	29
5.Social Skills:	30	30

Analysis of Psychological Wellness 2021-22
of 1stYear-AIML,DS,BS Branch-360 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	28	28
2.Managing Emotions:	32	32
3.Motivating oneself:	22	22
4. Empathy:	29	29
5.Social Skills:	31	31

Analysis of Psychological Wellness 2021-22
of 1stYear-ECE Branch-180 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	18	18
2.Managing Emotions:	20	20
3.Motivating oneself:	22	22
4. Empathy:	20	20
5.Social Skills:	26	26

Analysis of Psychological Wellness 2021-22
of 1stYear-IT Branch-180 Students

Attributes	Number of Students require Counseling	Students Counseled by Psychologist
1.Self- Awareness:	21	21
2.Managing Emotions:	18	18
3.Motivating oneself:	22	22
4. Empathy:	29	29
5.Social Skills:	23	23

Analysis of Psychological Wellness 2021-22
of 1stYear-EEE Branch-60 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	12	12
2.Managing Emotions:	9	9
3.Motivating oneself:	9	9
4. Empathy:	11	11
5.Social Skills:	14	14

Analysis of Psychological Wellness 2021-22
of 1stYear-Civil Branch-60 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	8	8
2.Managing Emotions:	10	10
3.Motivating oneself:	12	12
4. Empathy:	9	9
5.SocialSkills:	10	10

Analysis of Psychological Wellness 2021-22
of 1stYear-Mechanical Branch-60 Students

Attributes	Number of Students require Counseling	Students Counseled by Psychologist
1.Self- Awareness:	9	9
2.Managing Emotions:	14	14
3.Motivating oneself:	15	15
4. Empathy:	12	12
5.SocialSkills:	16	16



Psychological Wellness
Analysis of Students
Behavioral attributes
during the academic Year 2020-21

Analysis of Psychological Wellness 2020-21
of 1stYear-CSE Branch-360 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	17	17
2.Managing Emotions:	18	18
3.Motivating oneself:	31	31
4. Empathy:	26	26
5.Social Skills:	17	17

Analysis of Psychological Wellness 2020-21
of 1stYear-AIML,DS,BS Branch-240 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	21	21
2.Managing Emotions:	18	18
3.Motivating oneself:	22	22
4. Empathy:	29	29
5.Social Skills:	19	19

Analysis of Psychological Wellness 2020-21
of 1stYear-ECE Branch-300 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	26	26
2.Managing Emotions:	18	18
3.Motivating oneself:	22	22
4. Empathy:	29	29
5.Social Skills:	24	24

Analysis of Psychological Wellness 2020-21
of 1stYear-IT Branch-180 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	8	8
2.Managing Emotions:	18	18
3.Motivating oneself:	22	22
4. Empathy:	29	29
5.Social Skills:	10	10

Analysis of Psychological Wellness 2020-21
of 1stYear-EEE Branch-60 Students

Attributes	Number of Students require Counselling	Students Counseled by Psychologist
1.Self- Awareness:	8	8
2.Managing Emotions:	9	9
3.Motivating oneself:	7	7
4. Empathy:	12	12
5.Social Skills:	11	11

Analysis of Psychological Wellness 2020-21
of 1stYear-Civil Branch-60 Students

Attributes	Number of Students require Counseling	Students Counseled by Psychologist
1.Self- Awareness:	12	12
2.Managing Emotions:	9	9
3.Motivating oneself:	14	14
4. Empathy:	17	17
5.SocialSkills:	9	9

Analysis of Psychological Wellness 2020-21
1stYear-Mechanical Branch-60 Students

Attributes	Number of Students require Counseling	Students Counseled by Psychologist
1.Self- Awareness:	8	8
2.Managing Emotions:	18	18
3.Motivating oneself:	17	17
4. Empathy:	16	16
5.SocialSkills:	9	9

