

**DR. A. P. J. ABDULA KALAM GOVERNMENT COLLEGE  
NEW TOWN, RAJARHAT**

**DEPARTMENT OF PSYCHOLOGY  
COUNSELLING CELL**

A counselling cell has been inaugurated at the Department of Psychology on 26<sup>th</sup> April 2019. The cell aimed to cater to the students of the institution and staff members of the organization. The cell intended to provide them with necessary psychological support. It aimed to help individuals who are in stress due to academic, work or personal life related issues. It also aimed to promote mental health. The cell is active on Wednesdays from 12noon to 2pm.

<b>Psychometric tools for assessment</b>	
<b>Purpose</b>	<b>Tools</b>
Intelligence	Standard Progressive Matrices
Personality	Neo FFI, Eysenck Personality Questionnaire
Others	State- Trait Anxiety Inventory, Beck Depression Inventory, Coping Checklist

<b>Report based on academic sessions</b>			
<b>Session</b>	<b>No. of support seekers</b>	<b>Issues</b>	<b>Management</b>
2018-2019	NA	NA	NA
2019-2020	06	Academic stress and personal issues	Psycho-education, Assessment (when required), supportive mode of counselling, cognitive strategies
2020-2021	NA	NA	
2021-2022	02	Academic stress and anxiety	Psycho-education, Relaxation therapy, supportive therapy
2022-2023	00	NA	NA