

Padmabhushan Vasantdada Patel Pratishthan's College of Engineering

Year 2017 – 2018

1. Metaphor Therapy

The subconscious mind stores and presents information in the form of visuals and that we all talk our deeper experiences through the use of descriptive visuals? These are known as Metaphors.

This tendency of the human mind to reveal itself through hidden words is said to a Metaphorical Expression, which also explains that the deeper underlying meaning that lies hidden in some potent descriptive words which are expressed in form of images. Thereby, these images can form the very basis of a very effective communication & counseling session.

Students from all the departments were asked to give drawing metaphors in which they were asked to use crayons to draw scenery in an A4 size sheet of paper. Which was then analyzed for deriving the individuals personality.

Conclusion – The drawings were analyzed and categorized in Two sections

Group 1 – This group consisted of students showing poor self esteem, low confidence, anxiety, fear, mild anger, disturbed emotions, lack of focus and concentration, relationship issues, personality development

Group 2 – A workshop was designed by me for all the students on the basis of drawing on a few general pointers. The topics addressed were 3 primary emotions we operate from Fear, Anger, Guilt. Also discussed about Goal Setting and Focus, Addiction to technology.

2. **Group 1** Students were called for individual counseling, which included audio recordings of tapes on developing healthy Sense of Self, Confidence, Focus & concentration. In these sessions the students were allowed to vent out their emotions, these sessions were where they could confide their weakness and fears which they were unable to do with their friends and family. The students were taught easy to use techniques in day to day life to make necessary changes and enhance their personality.

3. **Group 2** A group workshop was designed in the form of a PowerPoint presentation by me was given to all the students. Each department was addressed individually combining two classes at a time. Each presentation was for 1hr30mins. The topics covered were

- Motivation – Importance of intrinsic form of motivation. Steps to keeping self motivated.
- Training the students positive approach to life using powerful words, thereby helping them to create an attitude to deal with situations in a peaceful manner.

- Focus and Goal setting was explained through inspiring story of Sylvester Stallone. The importance of SMART goal setting. Also a visualization was taught during the workshop to help manifest their wishes and desires into their reality.
- Lastly the forum was open to questions and a few techniques were given to implement daily in their lives. It was an interactive session.

4. **Individual Counselling Sessions for Teaching and Non-Teaching staff to help address their problem, and tools were given to overcome the same.**

5. Group Session for all departments Teaching & Non - Teaching staff. The topics for the same were
- ✓ Creating a Healthy work environment.
 - ✓ Panchtatva - Balancing the Five elements of nature.

Cases for Reference

Note - The below given names & cases are confidential between student and the Psychologist. This is to be used only for reference purpose.

S. No	NAME	CLASS	PRESENTING CONCERN	TREATMENT
1	Tanushree Agarwal	IT - BE Div - A	Unable to create a balance between academics and personal life. Anxiety issues	<ul style="list-style-type: none">▪ Building Self-confidence.▪ Taking your Power back Script▪ Evaporation Technique
2	Pooja Chindarkar	FE Div - D	Lack of Concentration. Anxiety Issues	<ul style="list-style-type: none">▪ Concentration Script▪ Developing Self esteem▪ Bringing Clarity for future goals
3	Zore Sakharam	FE Div - D	Mood Swings Fear	<ul style="list-style-type: none">▪ Audio tape on Confidence▪ Tools to deal with situations▪ Visualization Technique
4	Sayali Jadhav	SE - COMPS Div - A	Low Self Esteem	<ul style="list-style-type: none">▪ Cognitive Counselling▪ Audio Tape for Self esteem▪ Access Clearings

5	Shubham Mohire	IT - SE Div - A	Low Confidence Lack of Clarity	<ul style="list-style-type: none"> ▪ Counselling to create awareness ▪ Audio Tape for Confidence
6	Kshitij Bagwa	ELEX - TE Div -	Fear of Performance Anxiety issues	<ul style="list-style-type: none"> ▪ Counselling ▪ Tape on Anxiety ▪ Clarity on goals
7	Supriya Kadam	EXTC - TE Div - A	Low Confidence Exam Anxiety	<ul style="list-style-type: none"> ▪ Cognitive counseling ▪ Audio Tape for Confidence ▪ Tools & Technique to deal with exam fear
8	Anirudh Chaudary	IT - SE Div - B	Self pressure to perform stress & anxiety	<ul style="list-style-type: none"> ▪ Counselling ▪ Tools & Technique enhance the performance and reduce anxiety ▪ Script on Focus & Concentration

9	Anant Bangar	BE- Comps Div -	Restless Lack of Concentration Low self esteem	<ul style="list-style-type: none"> ▪ Cognitive counseling ▪ Audio Tape for relaxation
10	Neha Gupta	FE Div - A	Mood Swings Worry & anxiety Fear Low self esteem Financial pressures	<ul style="list-style-type: none"> ▪ Cognitive counseling ▪ Audio Tape for Confidence ▪ Metaphor Projective tool

Pooja

Submitted by

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