



JAMAL MOHAMED COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University)

TIRUCHIRAPPALLI - 620 020

NAAC - SSR IV CYCLE

Criterion – II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

Identifying Student – Psychological issues through Students Counselling Centre



JAMAL MOHAMED COLLEGE (Autonomous)
Accredited (3rd Cycle) with 'A' Grade by NAAC
(Affiliated to Bharathidasan University)
PG & RESEARCH DEPARTMENT OF SOCIAL WORK
TIRUCHIRAPPALLI- 620 020
Tel: 0431 - 233135 & 2331235 with extension 439
STUDENTS COUNSELLING CENTRE

STUDENT COUNSELLING SURVEY

Sample Survey

The Students Counseling Centre conducted a sample survey for the II Year UG & II year PG Students from December 2021 – March 2022. The centre conducted the sample survey for both men and women students. The centre find out the students who have psychological problem by assessing an inventory called DASS (Depression, Anxiety, Stress Scale) and gave psychological counseling and make regular follow-ups for the students.

The students are classified into two categories

1. Category 1: Students who need immediate counseling
2. Category 2: Potential Cases which require attention by their tutors

As a part of survey student counselor will visit each department and inform students about counseling centre practices and how does it help for an individual to overcome their difficulties and as a result many students started stepping in to the centre and started ventilating their worries and each and everyone were counseled according to their need and all the shared information by the students were kept confidential.

Number of Students attended Sample Survey in III UG & II PG(2021-2022)

Students	Category 1	Category 2	Total
Men Students in Aided Sections	98	120	363
Men Students in Self-Finance Sections	130	165	509
Women Students	486	280	930
TOTAL	714	565	1802


Signature of the Students Counsellor
I. Rokhiya Begam.


Signature of the Co-ordinator



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Student – Psychological Issues Forms

STUDENTS COUNSELLING CENTRE JAMAL MOHAMED COLLEGE (Autonomous)					
 Since 1951 College with Potential for Excellence Re-Accredited (3rd Cycle) with A Grade by NAAC Affiliated to Bharathidasan University TIRUCHIRAPPALLI- 620 020 Tel: 0431 – 233135 & 2331235 with extension 439					
NAME :		GENDER :			
CLASS :		ROLL NO :		DATE :	
0-Strongly Disagree		0-உறுதியாக மறுக்கிறேன்			
1-Disagree		1-மறுக்கிறேன்			
2-Agree		2-ஏற்கிறேன்			
3-Strongly Agree		3-உறுதியாக ஏற்கிறேன்.			
S.No	Statement	Rating Scale			
1	I found myself getting upset by quite trivial things நான் அற்பமான விஷயங்களுக்காக கவலைப்படுகிறேன்.	0	1	2	3
2	I was aware of dryness of my mouth என் வாய் வறட்சியாக இருப்பதாக உணர்ந்தேன்	0	1	2	3
3	I couldn't seem to experience any positive feeling at all என்னால் எந்த விதமான நேர்மறை உணர்வை அனுபவிக்க முடியவில்லை.	0	1	2	3
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion) கவாசிப்பதில் சிரமப்படுகிறேன். (எந்தவித உடல் உழைப்பமின்றி மூச்சு வாங்குதல், மூச்சுவிட சிரமப்படுதல்)	0	1	2	3
5	I just couldn't seem to get going எனக்கு எதுவும் சரியாக நடப்பதாகத் தெரியவில்லை.	0	1	2	3
6	I tended to over-react to situations நான் சில சந்தர்ப்பங்களில் அளவுக்கு அதிகமாக, இயல்புக்கு மாறாக நடந்து கொள்கிறேன். (எ.கா. கோபம் அல்லது வருத்தம்)	0	1	2	3
7	I had a feeling of shakiness (eg, legs going to give away) எனக்கு நடுக்கம் இருப்பதாக உணர்ந்தேன். (எ.கா. கால்கள் கழன்று விடுவதுபோல்)	0	1	2	3
8	I found it difficult to relax நான் ஓய்வு எடுப்பது கடினமாக இருக்கிறது.	0	1	2	3



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9	I found myself in situations that made me so anxious and I was most relieved when they ended நான் ஒரு சில செயல்களைச் செய்யும் சமயத்தில் பதற்றமாக காணப்படுகிறேன். அது முடிந்தபின் நிம்மதியாக உணர்ந்தேன்.	0	1	2	3
10	I felt that I had nothing to look forward to எனக்கு எதிர்நோக்கும் தன்மை இல்லை என்று உணர்ந்தேன்.	0	1	2	3
11	I found myself getting upset rather easily நான் எளிதில் கோபம் அடைந்து விடுகின்றேன்.	0	1	2	3
12	I felt that I was using lot of nervous energy நான் மூளை மற்றும் நரம்பு ஆற்றலை அதிகமாக பயன்படுத்துகிறேன்.	0	1	2	3
13	I felt sad and depressed எனக்கு மன வருத்தமாகவும் மற்றும் மனம் சோர்வாகவும் இருப்பதை உணர்ந்தேன்.	0	1	2	3
14	I found myself getting impatient when I was delayed in any way (eg, lifts, traffic lights, being kept waiting) நான் செய்யும் செயலில் எந்த வழியில் தாமதமானாலும் பதற்றமாக உணர்ந்தேன். (எ.கா. காத்திருக்கும் இடங்களில்)	0	1	2	3
15	I had a feeling of faintness நான் தெளிவு இல்லாமல் இருப்பதாக உணர்கிறேன்.	0	1	2	3
16	I felt that I had lost interest in just about everything நான் எல்லாவற்றையும் பற்றி அறிய ஆர்வம் இழந்ததாக உணர்ந்தேன்.	0	1	2	3
17	I felt I wasn't worth much as a person நான் மதிப்பற்று இருப்பதாக உணர்கிறேன்.	0	1	2	3
18	I felt that I was rather touchy நான் விரைவாக உணர்ச்சிவசப்பட்டு விடுகிறேன்.	0	1	2	3
19	I perspired noticeably (eg, hands sweaty) in the absence of high temperatures or physical exertion எனக்கு உயர் அழுத்தம் இல்லாதபோது வியர்ப்பதை உணர்ந்தேன். (எ.கா. கைகள் வியர்த்தல்)	0	1	2	3
20	I felt scared without any good reason நான் எந்த சரியான காரணமும் இல்லாமல் பயந்து போனேன்.	0	1	2	3
21	I felt that life wasn't worthwhile என் வாழ்க்கை பயனற்றதாக உணர்ந்தேன்.	0	1	2	3
22	I found it hard to wind down என் மனம் இருக்கத்தை குறைப்பது மிகவும் கடினமானதாக உணர்கிறேன்.	0	1	2	3
23	I had difficulty in swallowing நான் உணவை விழுங்குவதில் சிரமம் இருப்பதாக உணர்கிறேன்.	0	1	2	3
24	I couldn't seem to get any enjoyment out of the things I did என்னால் எந்த இன்பத்தையும் வெளிப்படுத்த முடியவில்லை என்று உணர்ந்தேன்.	0	1	2	3



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25	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat) என் உடல் உழைப்பு இல்லாத நிலையிலும் என் இதயத்தின் நடவடிக்கையை உணர்கிறேன். (எ.கா. இதயத் துடிப்பு அதிகரிப்பு, இதயத்துடிப்பு நின்றுவிடல்)	0	1	2	3
26	I felt down-hearted and blue நான் வருத்தமாகவும் நம்பிக்கையிலாது போன்று உணர்ந்தேன்.	0	1	2	3
27	I felt that I was very irritable நான் எப்பொழுதும் எரிச்சலாக இருப்பதாக உணர்ந்தேன்.	0	1	2	3
28	I felt that I was close to panic நான் பயத்தோடு இருப்பதாக உணர்ந்தேன்.	0	1	2	3
29	I found it hard to calm down after something upset me நான் நீண்டநேர கவலைக்குப் பின் அமைதி அடைவதாக உணர்ந்தேன்.	0	1	2	3
30	I feared that I would be "thrown" by some trivial but unfamiliar task எனக்கு அறிமுகம் இல்லாத சிறிய விஷயங்களைச் செய்யும் போது கூட நான் பயப்படுவதாக உணர்ந்தேன்.	0	1	2	3
31	I was unable to become enthusiastic about anything நான் எந்தச் செயல் செய்யும் போதும் உற்சாகமாகச் செய்ய முடியவில்லை.	0	1	2	3
32	I found it difficult to tolerate interruptions to what I was doing செயலாற்றும் போது ஏற்படும் தடைகளை என்னால் பொறுத்துக்கொள்வது கடினமாக உள்ளது.	0	1	2	3
33	I was in a state of nervous tension நான் ஒரு நிலையில் இருக்கும் போது பதற்றம் அடைவதாக உணர்ந்தேன்.	0	1	2	3
34	I felt I was pretty worthless நான் அழகற்றதாகவும் பயனற்றதாகவும் உணர்ந்தேன்.	0	1	2	3
35	I was intolerant of anything that kept me from getting on with what I was doing நான் தொடர்ந்து செய்யும் செயல்கள் செய்ய முடியாமல் ஏற்படும் இடையூறுகளை என்னால் சகித்துக் கொள்ள முடியவில்லை	0	1	2	3
36	I felt terrified நான் பயப்படுவதாக உணர்ந்தேன்.	0	1	2	3
37	I could see nothing in the future to be hopeful about எனக்கு எதிர்காலத்தின் மீது நம்பிக்கை இல்லாததாக உணர்கிறேன்.	0	1	2	3
38	I felt that life was meaningless எனது வாழ்க்கை பொருளற்றது என்று உணர்ந்தேன்	0	1	2	3
39	I found myself getting agitated எனக்கு கோபமும் ஆக்ரோஷமும் வருவதை உணர முடிகிறது.	0	1	2	3
40	I was worried about situations in which I might panic and make a fool of myself நான் கவலைப்படும் போது ஏற்படும் பயம் என்னை முட்டாள ஆக்குகிறது.	0	1	2	3
41	I experienced trembling (eg, in the hands) எனக்கு நடுக்கம் இருப்பதாக உணர்ந்தேன். (எ.கா. கைகளில் நடுக்கம்)	0	1	2	3
42	I found it difficult to work up the initiative to do things நான் ஒரு செயலை உறுதிப்படுத்தி செயலாற்றுவதை கடினமாக உணர்ந்தேன்.	0	1	2	3



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SCORING KEY

Name:

Class:

Roll No:

Q	Score	Q	Score	Depression	Anxiety	Stress
1		22				
2		23				
3		24				
4		25				
5		26				
6		27				
7		28				
8		29				
9		30				
10		31				
11		32				
12		33				
13		34				
14		35				
15		36				
16		37				
17		38				
18		39				
19		40				
20		41				
21		42				
Total						

DAS	SCORES	RESULT
Depression		
Anxiety		
Stress		



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Scoring Sheet

Expressed Inclusion		Wanted Inclusion		Expressed Control		Wanted Control		Expressed Affection		Wanted Affection	
Item	Key	Item	Key	Item	Key	Item	Key	Item	Key	Item	Key
1	1-2-3	28	1-2	30	1-2-3	2	1-2-3-4	4	1-2	29	1-2
3	1-2-3-4	31	1-2	33	1-2-3	6	1-2-3-4	8	1-2	32	1-2
5	1-2-3-4	34	1-2	36	1-2	10	1-2-3	12	1	35	5-6
7	1-2-3	37	1	41	1-2-3-4	14	1-2-3	17	1-2	38	1-2
9	1-2	39	1	44	1-2-3	18	1-2-3	19	4-5-6	40	5-6
11	1-2	42	1-2	47	1-2-3	20	1-2-3	21	1-2	43	1
13	1-2	45	1-2	50	1-2	22	1-2-3-4	23	1-2	46	5-6
15	1	48	1-2	53	1-2	24	1-2-3	25	4-5-6	49	1-2
16	1	51	1-2	54	1-2	26	1-2-3	27	1-2	52	5-6
T											

	Inclusion	Control	Affection	Total
Expressed Behaviour				
Wanted Behaviour				
Total				



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Student - Psychological Issues: Details of Students Visit (2021-2022)

DATE	NAME	ROLL No	DEPT	TIME		SIGN
				IN	OUT	
20/5/22	Mohamed Abdul Rahman			10:40	11:00	M. -
20/05/22	M. J. Abdul Azeed			10:20	11:00	
20/05/22	Mohameel Fasil			10:20	11:15	
20/05/22	Thoufeeq Ismail. T			10:40	12:30	Thoufeeq
20/05/22	M. Mohamed Rahim			10:40	12:30	Rahim
23/05/22	S. Mohammed Sahul Hameed			10:50	11:30	S. Hameed
24/05/22	M. MOHAMED KHADER			10:00	10:45	Mohamed Khader
24/5/22	S. Mohamed Fasil			11:00	12:00	Fasil
24/5/22	S. Mohamed Sahul Hameed			10:50	11:15	
25/5/2022	Abdul Rahman			10:30	11:00	M. -
25/5/2022	NIYAS AHAMED. N			11:30	12:20	Niyas
25/5/2022	S. Mohamed Fasil			12:30	1:00	Fasil
25/05/22	M. J. Abdul Azeed			12:30	1:00	Abdul Azeed
25/05/22	S. Harvi Varma			1:30	1:45	S. Harvi Varma
25/5/22	S. Isthiyak			1:00	1:45	S. Isthiyak
25/5/22	Karthick Rajan NK			1:00	1:45	Karthick Rajan
26/5/22	Mohammed Usman Akthar			9:30	10:30	Usman Akthar
26/5/22	M. ASLAM MOHAMED YAKUB			10:40	11:30	M. Aslam Mohamed Yakub
26/5/22	J. Raja Mohamed			11:45	12:45	Raja
26/5/22						
27/5/22	HARTHARAN			10:00	11:00	S. Hartharan
27/5/22	Mohammed Usman Akthar			11:15	12:15	Usman Akthar
27/5/22	Kadhen			12:15	12:45	Kadhen
28/5/22	Jashua Gnan			11:45	12:00	Jashua Gnan
28/5/22	J. MANOJ			12:00	12:30	J. Manoj
28/5/22	Mohamed Usman Akthar			12:50	1:40	Usman Akthar
30/5/22	Mohammed Usman Akthar			10:00	11:25	Usman Akthar
31/5/22	Mohammed Usman Akthar			10:30	11:30	Usman Akthar
31/5/22	B. Asik Ahmed			11:20	12:15	B. Asik Ahmed
31/5/22	M. Mohammed Wasim			12:15	1:00	Wasim
31/5/22	S. pitchai moideen			1:10	1:45	S. Pitchai Moideen

Identities of the listed students are hidden for the sake of confidential



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Student – Psychological Issues: Details of Students Visit (2019-2020)

Date	Name	Roll no	Class	Time In Out	Signature
20.02.2020	M. Siddiq Jashide			2.50 4.15	M. Siddiq
20/02/2020	M. Salmabane			3.00 4.50	M. Salmabane
20/2/20	A. Mailum			4.30 4.45	A. Mailum
20/2/20	P.M. Noufa Parveen			3.00 4.50	P.M. Noufa Parveen
20/2/20	A. Sampath banu			3.00 5.15	A. Sampath
20/2/20	S. Jannathul Fathima			2.00 5.15	S. Jannathul Fathima
20/2/20	S. Subalakshmi			3.45 3.50	S. Subalakshmi
21/2/20	M. Jannath Nisha			3.45 4.15	M. Jannath
24/2/20	A.K. Nabisha Thaslima			12.50 1.05	A.K. Nabisha
24/2/20	M. Mariyam Fathima			12.30 1.20	M. Mariyam Fathima
24/2/20	M. Jannath Nisha			3.15 3.30	M. Jannath
03.3.20	V. Mydheen Sirajudha			3.50 6.00	V. Mydheen Sirajudha
04.3.20	S. Mohamed Absel			10 10.50	S. Mohamed Absel
05.03.20	N. Mohamed Jassem			11.00 11.50	N. Mohamed Jassem
09.03.20	V. Robert Fernandes			10.30 11.00	V. Robert Fernandes
11.03.20	Thameemul Ansari			9.40 9.50	Thameemul Ansari
10.03.2020	Abdul Hameed. N			9.40 10.05	Abdul Hameed. N
10.03.2020	A. MOHAMED BRAHM			10.15 10.45	A. MOHAMED BRAHM

Identities of the listed students are hidden for the sake of confidential

Criterion – II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

Student – Psychological Issues: Details of Students Visit

[illegible]

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JAMAL MOHAMED COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University)

TIRUCHIRAPPALLI - 620 020

NAAC - SSR IV CYCLE

Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

Student - Psychological Issues: Details of Students Visit

Date	Name	Roll No.	Class	Time In	Time Out	Sign
18.2.20	RABIA ZIGUDEEN. Z			2.15	3.45	Pun
18.2.20	Yasmin. J			5.00	5.30	
18.2.20	A. Rashma			5.00	5.15	dt
18.2.20	A. Immath Fathima			5.30	6.00	dt
19.2.20	P. S. SIRAJUDEEN			2.15	2.30	dt
19.2.20	K. Suraj			2.15	10.00	KP
19.2.20	M. Karthikeyan.			10.00	10.30	ME
19.2.20	H. Mohamed. Begum			0.30	11.18	2.30
19.2.20	M. Aoun kumar.			11.00	11.42	AD
19.02.20	K. Balamurugan			2.00	12.20	haha
19.02.20	A. Mohamed shamim			2.20	12.30	dt
19.02.20	Mohamed Fais M.Y.			2.30	10.30	ME
19.02.20	M. Ahmed Parthiban. M			2.40	1.05	uf
19.02.20	A. Mohamed Sharif. A.			2.50	1.10	A
19.02.20	M. Elumalai			2.50	1.15	
19.02.20	K. Mayichaganan			1.15	1.30	K.M
19/02/20	S. Mohamed Rafeth			1.00	1.40	Qla
19/02/20	S. Ferozekhan			3.0	8.00	dt
19/02/20	Heena Tasnim. R			1.30	2.50	haha
19/02/20	K. Sharmila			5.0	4.05	dt
19/02/20	P. Barkan.			1.30	11.30	2.30
19/02/20	A. Jawhar Nisha			1.35	4.58	dt
19/02/20	S. Bhavani					
19/2/20	A. Immath fathima			1.30	5.40	dt
19.2.20	S. Sheerin Qafa			1.0	6.00	
19.2.20	S. Irfana banu			6.00	6.15	2.30
20.2.20	A. Sartham hussain.			2.00	11.25	dt
20.02.20	A. K. N. O. H.			0.45	12.00	dt
20.2.20	B. K. Jagan. Surya.			2.45	12.21	dt
20.2.20	V. Praseetha			1.45	12.21	dt
20.2.20	S. Ferozekhan			1.0	1.15	dt
20.2.20	A. Jene. Rulphy			5.5	3.00	dt

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Criterion – II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

Student – Psychological Issues: Details of Students Visit

(2018-2019)

Date	Name	Roll No	Class	Time	Signature
19.12.18	P. Anura Kumari			1:30	P. G. S.
21.1.19	S. Ranganath			01:00	S. Ranganath
24.01.19	Ashwarya R			10:00	P. Anura
09.02.19	J. Chinna			10:30	J. Chinna
04.03.19	P. Ayisha Dubisha			1:40	P. Ayisha
02.04.19	S. Anil Selvam			12:40	S. Anil
05.04.19	N. Anurath			03:00	N. Anurath
09.04.19	M. Akther Rahman			12:30	M. Akther
10.04.19	J. Kalaya Rammal			1:15	J. Kalaya
10.04.19	J. NATARAJ			11:15	J. Nataraj
10.04.19	S. NOOR MOHAMED			1:15	S. Noor
10.04.19	S. SAIVATH HASAN JEELANI			1:15	S. Saivath
11.04.19	A. Mohammed Asif			2:00	A. Mohammed
11.04.19	K. Kanaka Kannan			2:30 pm	K. Kanaka
11.04.19	M. MOHAMED ISMAIL			3:15 pm	M. Mohamed
11.04.19	PP Sharib			3:15 pm	PP Sharib
11.04.19	S. Santhana prakash			4:00 pm	S. Santhana
22.04.19	M. Jowhan			4:00 pm	M. Jowhan
24.04.19	L. Sathivel			3:15 PM	L. Sathivel
05.05.19	F. Ismail Khan			12:00 PM	F. Ismail
"	A. Kannan			"	A. Kannan
"	J. Jagdishwaran			"	J. Jagdish
07.05.19	S. K. Prabhakaran			12:20 pm	S. K. Prabhakaran
09.05.19	J. MOHAMMED ABUBACKAR SIDDIQI			1:12 PM	J. Mohammed
09.05.19	J. Dinesh			11:45 AM	J. Dinesh
21.05.19	N. B. Shaheen			"	N. B. Shaheen
27.05.19	M. Mohamed Anas			4:55 PM	M. Mohamed
27.05.19	F. Ahmed Riaz			01:05 PM	F. Ahmed
01.06.19	Talibun B. J			01:05 PM	Talibun
12.6.19	M. Mohamed Talib			10:00 am	M. Mohamed
14.6.19	Shamila Begum			5:00 pm	Shamila
15.6.19	Shamila Begum			4:30 pm	Shamila

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JAMAL MOHAMED COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University)

TIRUCHIRAPPALLI - 620 020

NAAC - SSR IV CYCLE

Criterion – II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

Student – Psychological Issues: Details of Students Visit

(2017-2018)

Date	Name	Roll No	Class	Time	Signature
15.02.18	N. Sri Aradhana			4.50	N. Sri Aradhana
15.02.18	S. Divyana			5.10	S. Divyana
15.02.18	R. Rashika			5.30	R. Rashika
15.02.18	S. Aysha Fathima			5.40	S. Aysha Fathima
15.02.18	A. Ramjani			6.5	A. Ramjani
15.02.18	N. Lakshmi (N. Lakshmi)			6.20	N. Lakshmi
16.02.18	S. H. Aijaz Mohamed			10.50	S. H. Aijaz Mohamed
16.02.18	V. S. Ramesh Kumar			10.55	V. S. Ramesh Kumar
16.2.18	M. Sindhya			4.20	M. Sindhya
16.2.18	A. S. Shifana Yasmin			4.35	A. S. Shifana Yasmin
16.2.18	S. Merlin Princy			4.45	S. Merlin Princy
16.2.18	M. Shreya			4.50	M. Shreya
17.2.18	A. Mushina Parveen			5.45	A. Mushina Parveen
17.2.18	M. Rukhina Parveen			6.10	M. Rukhina Parveen
17.2.18	A. Grace			6.20	A. Grace
17.2.18	J. ANEESH PATHIMA			6.23	J. ANEESH PATHIMA
19.2.18	S. P. SATHIYAMOORTHY			10.15 AM	S. P. SATHIYAMOORTHY
19.2.18	M. Vignesh			10.35 AM	M. Vignesh
19.2.18	V. Sathish Kumar			11.00 AM	V. Sathish Kumar
19.2.18	A. Arshiya Fathima			4.30	A. Arshiya Fathima
19.2.18	J. Syed Ahsan Hassan			4.30	J. Syed Ahsan Hassan
20.2.18	V. Hema			3.15	V. Hema
20.2.18	S. M. Arifa Parveen			3.30	S. M. Arifa Parveen
21.2.18	S. Rahameeth Nisha			4.10	S. Rahameeth Nisha
21.2.18	S. M. Arifa Parveen			5.20	S. M. Arifa Parveen
23.2.18	S. Afsin Fathima			5.30	S. Afsin Fathima
23.2.18	R. Hameetha Nazla			5.15	R. Hameetha Nazla
23.2.18	K. Rabiya			5.15	K. Rabiya
23.2.18	A. Thahina Parveen			5.30	A. Thahina Parveen
26.2.18	Sabitha R			4.30	Sabitha R
26.2.18	Jasmin			4.30	Jasmin
27.2.18	S. Shabana			4.50	S. Shabana

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JAMAL MOHAMED COLLEGE (AUTONOMOUS)

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TIRUCHIRAPPALLI - 620 020

NAAC - SSR IV CYCLE

Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

Student - Psychological Issues: Details of Students Visit

Date	Name	Roll No	Class	Time	Signature
10/10/17	P.M.T ISHAQ RIZHA			1:20	P.M.T Isahq
10/10/17	G. Ragupathy			1:30	Ragupathy
11/10/17	KS Shenaz Afreen			12:00	KS Shenaz
20/10/17	S. ARUN KUMAR			12:00	S. Arun Kumar
21/10/17	M. Satham Hussain			12:57	M. Satham
21/10/17	K.S. DHANASUNDAR			1:12 PM	K.S. Dhanasundar
21/10/17	K.M. SAHEED AFRIDI			1:35 PM	K.M. Saheed
21/10/17	N. Mohamed Idrees			1:40 PM	N. Mohamed Idrees
25/10/17	M. Barkathunisha			12:30 PM	M. Barkathunisha
30/10/17	A. ABDUL HUSSAIN			1:40	A. Abdul Hussain
30/10/17	M. HAJIA NAJMUDEEN			1:50	M. Hajia Najmudeen
21/10/17	S. ISMAEL FARUQUE			6:30	S. Ismael Faruque
13/12/17	A. Alchardini			5:30	A. Alchardini
14/12/17	A. Alchardini			5:30 PM	A. Alchardini
22/12/17	R. Varadharani			2:15 PM	R. Varadharani
16/01/18	D. Madamachandrasekaran			10:30 AM	D. Madamachandrasekaran
16/01/18	A. Jamal Hussain			10:30 AM	A. Jamal Hussain
8/1/2018	A. AJEEF IRSHAD			10:00 AM	A. Ajeef Irshad
8/1/2018	M. Anwar Sivaideen			10:00 AM	M. Anwar Sivaideen
8/1/2018	M. ABDUL AZEES			10:00	M. Azees
9/1/18	M. Tasneem Sultham			5:15	M. Tasneem Sultham
9/1/18	M. Rabiya Basari			5:15	M. Rabiya Basari
9/1/18	L. Nivedha			5:15	L. Nivedha
9/1/18	A. MOHAMED THOUVEE			2:30	A. Mohamed Thouvee
9/1/18	R. MOHAMED LAKSHMANAN			10:00	R. Mohamed Lakshmanan
10/1/18	A. MOHAMED THOUVEE			11:30	A. Mohamed Thouvee
11/1/18	A. Sajitha Mariya			3:25	A. Sajitha Mariya
20/1/18	T. MOHAMED ARSHAD			12:40	T. Mohamed Arshad
23/1/18	M. Elanikamban			10:40	M. Elanikamban
23/1/18	K.A. Abdul Azees			9:40	K.A. Abdul Azees
23/1/18	R. Kalai Kannan			11:00 AM	R. Kalai Kannan
23/1/18	M. Raja			11:00 AM	M. Raja

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JAMAL MOHAMED COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University)

TIRUCHIRAPPALLI - 620 020

NAAC - SSR IV CYCLE

Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

Student - Psychological Issues: Details of Students Visit

17

Date	Name	Roll No	Place	Time	Signature
23-1-18	S. Mohan Raj			11.00	S. Mohan Raj
23-1-18	S. Mohamed Asif			11.45	Z. def
23-1-18	J. MOHAMED ABUTHAHIR			12.07	J. Abi
23-01-18	K. Musthaq Ahmed			12.25	K. Musthaq
23-01-18	D. Dineera Parveen			4.00	D. Dineera Parveen
23-01-18	D/o Alina (Bam. Dought)			4.00	Alina Bawu
23-01-18	T. A. MOHAMED FAZIL			4.30	T. A. Fazil
24-01-18	MOHAMMED SALMAN. M			9.50	Salman
24-01-18	M. MOHAMED YASIN			10.50	Yasin
24-01-18	N. SHAGUL HAMEED			11.20	N. Shagul
24-01-18	K. Lakshmana Raman.			11.45	K. Lakshmana
24-01-18	M. Mohamed Javid			12.30	M. Javid
24-01-18	A. MOHAMED SAKANDAR			01.10	A. Sakandar
24-1-18	Y. Mohamed Suhel			1.25	Suhel Y.
24/1/18	SABITHA. R			5.30	Sabitha R
	D/o. Ge. Rajkumar.				Ge. Rajkumar
24-1-18	R. Mohamed Yasin			5.30	R. Yasin
24-1-18	P.T. Mohammed Umar Farooq			5.30	P.T. Umar
24-1-18	M. SENTHURAPANDI			5.35	M. Senthurapandi
	S/o P. MURUKAIVA				P. M. Murukaiva
24/01/18	MR. SANTHOSH. G			12.25 pm	Santhosh G
	S/o MR. GOVINDARAJ. K.				Govindaraj K.
24/01/18	R. Mohamed Yasin			1.10 pm	R. Yasin
	S/o S. Rahmattulla				S. Rahmattulla
29-01/18	B. Tamilarasah			10.30 am	B. Tamilarasah
30-1-18	A. Idaira			4-4.5 pm	A. Idaira
01-1-18	J. Mohamed Farhan			1.30 pm	J. Farhan
02-01-18	M. Mohamed Jassim			1.05 pm	M. Jassim
9-02-18	R. Mani kandan			10.00 am	R. Mani kandan
9-02-18	A. Ameera Parveen			4.45 pm	A. Ameera Parveen
15-2-18	S. Roselin Mary			3.00 pm	S. Roselin Mary
15-2-18	R. Dharsini			4.15 pm	R. Dharsini
15-2-18	M. Flora			4.30 pm	M. Flora

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JAMAL MOHAMED COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University)

TIRUCHIRAPPALLI - 620 020

NAAC - SSR IV CYCLE

Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

Student - Psychological Issues Application Forms Filled from Students

JAMAL MOHAMED COLLEGE (Autonomous)	
College with Potential for Excellence Accredited (3 rd cycle) With "A" Grade by NAAC DBT Star College Scheme & DST-FIST Funded Affiliated to Bharathidasan University TIRUCHIRAPPALLI - 620 020.	
Since 1951	
CLIENT INTAKE FORM	
Name	[Redacted]
Age	[Redacted]
Gender	Male
Religion	Muslim
Qualification	[Redacted]
Marital status	Unmarried
Residential Address	[Redacted]
Referred by	IQAC - Staff
Birth History	Normal
Milestone Development	Normal
Menstrual History	—
Sexual and Marital history	Client is Unmarried.
CHIEF COMPLAINTS& DURATION:	
CLIENT -	CARETAKER - Uncle
→ Fear of future → Worried of joblessness → Worries that father doesn't accept to do Business → Needs to comfort you in all areas	→ Unstable → Low confident → Liar → Wild Talk → Job Jumps → Shows Interest in Business.

Identities of the listed students are hidden for the sake of confidential



Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

FAMILY TREE:-

CASE HISTORY

→ client named, 26 year old male, unmarried graduated, was brought to counselling Centre through the reference of IQAC staff - Mr. Razak (client's Uncle), for the further Management Process.

→ client Uncle reported that client's mother passed away, when client was 4 year old & client was having a twin elder brother. later client father married & there arose a lot of conflicts among client & with his stepmother.

→ whereas, client Uncle (Mr. Razak) & client father was childhood friends & Uncle started taking care of client & her E brother from the time when children were neglected by step mother.

→ And client father was at abroad & client father planned to take children (client) & stepmother along with him for the Abroad.

→ client studied at abroad till mid schooling, later client father couldn't manage children & stepmother, so he sent back everyone to India and client & his E brother was put in an hostel from the age of 14 & Uncle was taking care of client, where as stepmother didn't allow & accept the children to stay along with her.

→ followed with this, client completed B.E with arrears & again took 1 year to complete the arrears & was under the care of Uncle, but stayed at hostel till date.

→ Now, Uncle felt that client seem to be very unstable, low self-esteem, confident, started lying for even small issues & brought for further management process.



Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

SESSION : I : 12.04.2021

Client was interviewed alone. client Initiated that his Uncle brought him to counselling Centre, in order to share my interests, issues & to get clear on self.

→ client reported that for past 3 months, he was at banglore, stayed along with his brother, in order to find a job, but whereas he couldn't find any job & started feeling lops & scared of future arised. And when he planned to move to banglore, his Uncle & father advised him not to go for banglore, but with his adamancy he visited Bangalore, where as he couldn't find any job & started feeling guilty, that he didn't obey his father & Uncle words & refused to talk, where father stopped talking to him before & uncle also stopped talking to him due to his personal work.

→ And also he often started feeling, he was unstable & unable to make decisions in life & return back to native 1 week back & found to be dull & brought here for further management process.

→ Followed - this, he stated that his Uncle referred him to job, where he don't have interest to learn & stopped himself from going for job & had a plan to start own business & informed his father & Uncle, where both refused & advised him not to do business now, without having any experience of job.

PROBLEMS IDENTIFIED:-

- client found to be unstable in making decisions.
- client shows fearful towards future
- client wish to stay in comfort zone
- client need to found job with reference of uncle & not to join any job on his own.



Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

SUGGESTIONS GIVEN:-

- Reality Orientation was explained.
- Supportive counselling was given.
- Asked to Report him after 2 days.

SESSION II: 15.04.2021

Client reported alone. Client was under Ramadan Fasting. Client stated that he stays away from family & sometimes he feel very sad about it & wishes to stay along with his step mother & siblings.

→ Client stated that his own mother passed away & father married another lady & stepmother doesn't show any care (or) love towards him & their argued a lot of family issues & his father admitted client & his own brother at hostel from the childhood & till date. They stayed at hostels. Client says that he wish to stay along with his younger brother & sister, but his step mother doesn't show any interest, so he stays & outside.

→ Client also reports that he has prepared his resume stating that "he is expert in all computer skills", he reveals that he is not aware of any Basic skills. He just prepared his resume as expert to get into job.

→ Client also states that he is not interested in going for job he is interested in doing business, but his father doesn't allow him to do business.

SUGGESTIONS GIVEN:-

- Reality Orientation was Explained.
- Asked client to learn Basic skills
- Advised to alter his resume
- Supportive counselling given
- Suggested to Report after 10 days.



JAMAL MOHAMED COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University)

TIRUCHIRAPPALLI - 620 020

NAAC - SSR IV CYCLE

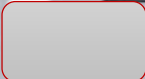
Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

 **STUDENTS COUNSELLING CENTER**
JAMAL MOHAMED COLLEGE (Autonomous)
College with Potential for Excellence
Re-Accredited (3rd Cycle) with 'A' Grade by NACC
DBT Star College Scheme & DST-FIST Funded
Affiliated to Bharathidasan University
TIRUCHIRAPPALLI- 620 020
Tel: 0431 - 233135 & 2331235 with extension 439

Feed Back Form

Name of the Client:  Gender: M / F
Age: 19 Date: 29/4/2021

1. Has counselling helped with your situation?
Not at all Little ☒ Very much

2. Has counselling helped you to feel more confident to manage with your situation?
Not at all Little ☒ Very much

3. Your counsellor clearly explained client confidentiality
☒ Yes No

4. Your counsellor was able to help you explore the issues that you wanted/needed to explore
☒ Yes No

5. Counselling is helping you to cope better with your emotions
☒ Yes No

6. Overall, you satisfied with the experience of counselling
Not at all Little ☒ Very much

7. I would recommend this counselling service to other students/staff members
☒ Yes No

8. Write your valuable comments and suggestions:
*Thank you for the valuable ideas & suggestions.
I am much relaxed after the session. really i
will suggest centre for other students who are in need.*

Identities of the listed students are hidden for the sake of confidential



JAMAL MOHAMED COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University)

TIRUCHIRAPPALLI - 620 020

NAAC - SSR IV CYCLE

Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners


Since 1951

STUDENTS COUNSELLING CENTER
JAMAL MOHAMED COLLEGE (Autonomous)
College with Potential for Excellence
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TIRUCHIRAPPALLI- 620 020
Tel: 0431 - 233135 & 2331235 with extension 439

Feed Back Form

Name of the Client:  Gender: M / F
Age: 19 Date: 29/4/2021

- Has counselling helped with your situation?
Not at all Little ☒ Very much
- Has counselling helped you to feel more confident to manage with your situation?
Not at all Little ☒ Very much
- Your counsellor clearly explained client confidentiality
☒ Yes No
- Your counsellor was able to help you explore the issues that you wanted/needed to explore
☒ Yes No
- Counselling is helping you to cope better with your emotions
☒ Yes No
- Overall, you satisfied with the experience of counselling
Not at all Little ☒ Very much
- I would recommend this counselling service to other students/staff members
☒ Yes No
- Write your valuable comments and suggestions:

*Thank you for the valuable ideas & suggestions.
I am much relaxed after the session surely i
will suggest centre for other students who are in need.*

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JAMAL MOHAMED COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University)

TIRUCHIRAPPALLI - 620 020

NAAC - SSR IV CYCLE

Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

17/12/21

Feedback.

Name:

Reg.no:

Class:

I feel better to have this counselling and I came upon many struggles as to find a route. I feel calmer not at all a happiness, I think I can control my depression and stress as much as before. I will have goodness in my heart. I feel hurt but I ignored it by accepting it because of this class. I wanted to travel in my life with these ability that I like. I accepted the surrounding. I can't believe this I love myself now-a-days. But only I have passed one week. I feel better now. I feel much better better better ever in my life I believe. I believe that I can overcome this depression, stress, etc. I don't have an idea what was it. But now I found it and will be better in my future.

Identities of the listed students are hidden for the sake of confidential



Criterion - II Teaching-Learning and Evaluation

2.3 Teaching - Learning Process

2.2.1 The institution assesses the learning levels of the students and organises special Programmes for advanced learners and slow learners

22/12/21

FEED BACK.

NAME:

Roll No:

Department:

before counselling:

counselling before is I am Fearful
are one of the reason are my problems many.
I am not reading in English, and speaking and etc ...

after counselling:

The after counselling. is I am
new creating my idea and English studying and
reading clearly and many problems are solving
slowly dropping in my fears. I make own decision
Thanking you for madam and sir.

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