

2017-2018

Group Counseling

9/08/2017

1. AA (III Zoology)
2. AMS (II Botany)
3. J M J (III Maths)
4. D D (III Maths)
5. F A P (III History)

Presenting Problem: Academically backward

Referee : Tutors

Took a motivation class for the following students. Including techniques to improve memory and how to change study habit.

③ Relaxation techniques. are the topic covered in the group counseling.

Head of the Department

Liji P. G huss

DEPARTMENT OF PSYCHOLOGY
PROVIDENCE WOMEN'S COLLEGE
CALICUT-673009

personal counseling

(Follow up)

Name : J U (II B Com)

24/10/2017

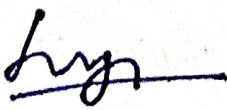
Diagnosis : Anxiety

The student have severe exam anxiety. That negatively affect her studies. So she seek help for the exam anxiety.

Treatment : cognitive counseling

Relaxation technique

Head of the department


Liji P. S.

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2018-2019

21/7/2018

Name: RE

Age: 20 years

Diagnosis: Anxiety Disorder

The student reported that she has severe nervousness when facing with new situations and crowded places. She reported that she has feelings of helplessness in such situations, tiredness, shivering, sweating, palpitations etc.

Head of the Department

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14/1/2019

Name : TH

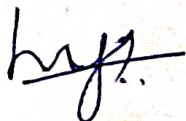
Age : 21 years

Department : III B Com

The student reported that she is very sad during these days. She also has fatigueneess, feelings of hopelessness, helplessness and also sometimes she have thoughts of death.

Diagnosis : Depression

Head of the Department



Liji P. S

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2019-2020

Name : P.K

24/7/2019

Age : 21 yrs

Department: Economics

Diagnosis : Anxiety

She is suffered from specific phobia (Exam phobia). She also shows symptoms of anxiety and depression.

complaints : could not attend lectures

could not concentrate at exam hall.

Not able to decide her goal.

Treatment : Cognitive behavioral therapy

Follow up : Needed.

COUNSELOR


LIJYA MANJU K.C.

DEPARTMENT OF PSYCHOLOGY
PROVIDENCE WOMEN'S COLLEGE
CALL NO. 673009

Name : AT

4/9/2019

Age : 19

Department : psychology (II yrs)

Diagnosis : Sleep difficulty


she is suffering from sleeplessness

The duration is almost 4 months. Having

some family issues. The parents are
decided ~~going~~ to submit divorce petition. The

Treatment : Family therapy

COUNSELOR


Lijiya + Ranji

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Name : RN

6/12/2019

Age : 20

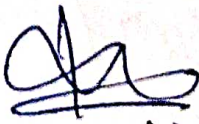
Department: Physics (II DC)

Diagnosis : OCD (Obsessive compulsive disorder)

She had diagnosed OCD. Had symptoms like recurring thoughts of cleanliness, that make her feel anxious all the time. And that also affect their her day to day living. Always late at college, could not able to submit home works and other duties at on time.

Treatment: Referred to a clinical psychologist

COUNSELOR


Lijaya Menji

DEPARTMENT OF PSYCHOLOGY
PROVIDENCE WOMEN'S COLLEGE
CALL NO: 973009

2020-2021

Case 1

7/7/2020

Name : DP , Age : 18 .

Dept : History .

Presenting Complaint : Exam Anxiety .

Mental status Examination

Appearance : Casual .

Attitude : Calm and Co-operative

Speech : Normal , volume with pressure .

Affect : Depressed .

Mood : Co-operative
Anxious , apprehensive .

Memory : Intact (difficult to remember things)

Insight : Awareness about the issue .

Counselor

Dr. Divya Menon



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Case II

11/8/2020

Name: D ; Age: 19.

Department: Physics.

Presenting Complaint: Difficulty to study.

MSK

Appearance: Casual.

Attitude: Calm and Co-operative.

Speech: Normal volume.

Affect: Anxious.

Mood: Co-operative.
Depressive.

Memory: Difficulty to memorise.

Insight: Awareness about the issue.

The problem started after the death of father. Lack of interest in study.

Counselor

Dr. Lijya, Muzh

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Case III

18/8/2020

Name: AB ; Age : 18.

Department : Physics.

Presenting Complaint : Lack of interest in study.

MSE .

Appearance : Casual.

Attitude : Calm and Co-operative.

Speech : Normal.

Affect : Appropriate.

Mood : Sad , Anxious

Memory : Intact (Recent memory : difficulty to retrieve learned information during exam).

Insight :

Problem started after the online classes. The student shows difficulty to comprehend and understand things through online mode of teaching.

Dr. Lijya Menji
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Case IV.

18/12/2020

Name : NK ; Age 19.

Dept : English.

Presenting Complaint : Depression.

MSE.

Appearance : Casual.

Attitude : Calm and co-operative.

Speech : Normal.

Affect : Depressive.

Mood : Anxious and sad.

Memory : Intact.

Insight : Awareness about the illness.

Referred to.

Referred to Clinical Psychology.

Counselor

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Dr. Lijaya Munja

Case : V

17/2/2020

Name : DP ; Age : 19 .

Dept : Psychology .

Presenting Complaints : Depression

MSE .

Appearance : Casual .

Attitude : Co-operative .

Speech : Anxious .

Affect : Sad and guilty .

Mood : Depressive .

Memory : Intact .

Insight :

Referred to Clinical Psychologist .

Counselor

Dr. Lijaya Menon

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Name: F N (2019)

Dept: Political Science Department. 11/8/2021

presenting complaint: Depression

Family History: parents divorced

: living with father

: Two Siblings

one Sister (6th std)

one Brother (6 yrs)

Presenting complaint: Depressed due to the absence of

Mother. They miss their mother.

lack of concentration in studies.

Affect: Depressed

Mood:

Appearance: eye contact intact,

perception

intellect

: awareness average

Dr. Lijya Manj

20 Case II

Name: TH

21/06/22.

Department: III B.Ecom

(21 yrs)

presenting Complaints: Auditory Hallucination

childhood rape victim

Father & Mother Dull & Dumb

one sister (6th std)

Showing some bad psychotic symptoms

Financially low income family

Had an affair

Poor ~~less~~ concentration in study

informant: Student (Tutor \approx Nivedya)

Recommendation: Need ~~psyc~~ psychiatric assistant

referred to clinical psychologist

Further follow up: Needed.

Chief complaints: Psychotic symptoms.

Appearance: eye contact

Speech: intell volume

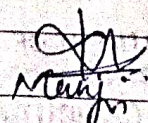
Thought Content: Depressive

perception: Hallucination

intellect: average

Insight: awareness about illness.

Dr: Divya



22/6/2021.

Name : RE (20475)

Dept : Economics

Appearance : intact eye contact

Speech : high volume

Affect : Mood swings

Thought content : suicidal ideation, death wish
obsession, ideas of references
over valued ideas, delusion.

Thought process : irrational.

Perception : Hallucination

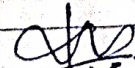
Intellect : above average

Insight : illness & awareness.

Informant : Tutor (Sheeba sr)

Recommendation : referred to clinical psychologist

Follow up : Needed.

: follow up done on 12/7/2021
cognitive restructuring and homeworks
given.Dr.  Divya Manjiv

13/7/2022

Name : AS (Mathematics)

Appearance : Intact eye contact

Speech : Very low volume

affect : flat affect

Thought content : difficulties in communication (complaining sexual abuse)

Thought process : Intact

perception : Intact

Intellect : average

Insight : Intact

Informant : HOD (Aishwarya)

Recommendation : Referred to clinical psychologist

follow up : Needed.

Dr. Divya King

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