



National Service Scheme (NSS) Unit  
**Govt. Degree College, Kulgam**



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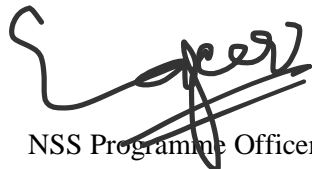
No. GDCK/NSS/21/56

Date: 20/11/2021

**Report of the Psychological Counselling Session at Bait-ul-Hilal Chawalgam**

As part of the community outreach programme, National Service Scheme (NSS) Unit of the College organised a Psychological Counselling Session with the inmates of Bait-ul-Hilal Chawalgam on 18th November, 2021, in collaboration with the College Psychological Counselling Cell. The session was held to map the mental health of the inmates, all of whom happen to be orphans and Identify the specific mental issues and the remedies there of. The team, consisting of Dr. Mohd. Altaf Paul (Clinical Psychologist & Head, Department of Psychology), Dr. Abdul Raffie (Lecturer Psychology), Dr. Safeer Ahmad Bhat (NSS Programme Officer) and Mr. Iftikar Ahmad Paul (Assistant Professor, Education) held a detailed interaction with the students and management of the Orphanage. Psychological counselling sessions were held in groups in which the psychological issues were explored by using projective techniques and interview method. After exploring the issues, they were psycho-educated about some common psychological problems and different adaptive coping methods. Need for building social support by having good friends who can help one another at the time of need was also emphasised. During the process some potential cases were also identified with whom counselling sessions were held individually. A detailed report, containing suggestions and recommendations with regard to maintaining mental health of the students was later on shared with the management of the institution. The event concluded with a vote of thanks by Mr. Ab. Majeed Laway, Chairman Bait-ul-Hilal, Chawalgam.

Dr. Safeer Ahmad Bhat



NSS Programme Officer

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1. Worthy Principal for information
2. Coordinator IQAC
3. Incharge Website for uploading the notice on College Website
4. Office records



JXFJ+4W3, Laisoo, 192233

Latitude  
**33.6446117°**

Longitude  
**74.98735794°**

Local 02:14:02 PM  
GMT 08:44:02 AM

Altitude 1722.76 meters  
Thursday, 11-18-2021

Note : PSYCHOLOGICAL COUNSELLING SESSION BY NSS AT BAITUL HILAL FOUNDATION



JXFJ+4W3, Laisoo, 192233

Latitude  
**33.64461242°**

Longitude  
**74.98735698°**

Local 02:14:23 PM  
GMT 08:44:23 AM

Altitude 1722.37 meters  
Thursday, 11-18-2021

Note : PSYCHOLOGICAL COUNSELLING SESSION BY NSS AT BAITUL HILAL FOUNDATION









