



## Annual Report (2025–26)

### 1. Overview

During the Academic Year 2025–26, the Counselling Cell continued to provide psychological and emotional support to students facing academic pressure, emotional concerns, and adjustment-related difficulties.

### 2. Student Attendance Summary

**Total Unique Students Attended: 38**

**Boys Attended: 22**

**Girls Attended: 16**

### 3. Department-wise Distribution

Department	Number of Students
• First Year (Common)	11
• CSE / AI-DS / IOT	12
• Mechanical	5
• Electrical / E&TC	4
• Civil	3
• Aeronautical	2
• Alumni / Others	1

### 4. Reason-wise Distribution

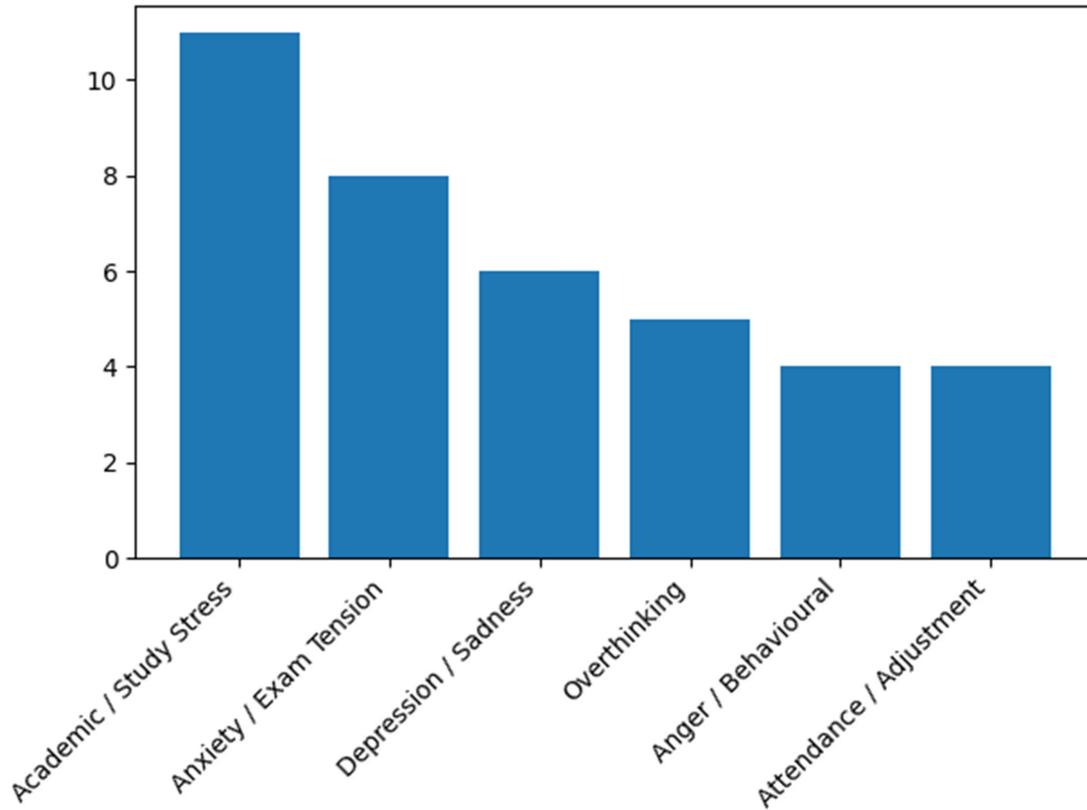
Reason	Number of Students
• Academic / Study Stress	11
• Anxiety / Exam Tension	8
• Depression / Sadness	6
• Overthinking	5
• Anger / Behavioral	4
• Attendance / Adjustment	4

### 5. Conclusion

The counselling services during 2022–23 contributed positively to students' emotional well-being, academic adjustment, and coping skills. Increased utilization reflects growing awareness and trust in psychological support services at ADCET.

## Graphical Representation

### Reason-wise Distribution



### Gender-wise Distribution

