

**Mind Gym Emotional Wellness Centre****Nine-Year Consolidated Report (Academic Year 2017-18 to 2025-26)****Counselling Cell at a Glance**

Particular	Number
Academic Years Covered	09
Total Students Counselling	820
Boys	496 (60.5%)
Girls	324 (39.5%)
Average Students per Year	91
Highest Utilization	135 (2017-18)
Lowest Utilization	14 (2020-21 - COVID-19 Period)

Year-wise Student Utilization

Academic Year	Students
2017-18	135
2018-19	134
2019-20	93
2020-21	14
2021-22	84
2022-23	98
2023-24	128
2024-25	96
2025-26	38

Major Psychological Concerns Observed

- Academic & Study Stress
- Examination Anxiety
- Depression
- Anxiety
- Overthinking
- Procrastination
- Relationship Issues
- Poor Confidence / Self-esteem
- Family-related Problems
- Adjustment Difficulties
- Mobile Addiction
- Attendance & Motivation Issues
- Behavioural / Anger Management Issues



Overall Impression

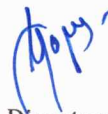
Over the last nine academic years, the Counselling Cell has provided psychological support to 820 students, demonstrating its significant contribution towards promoting students' mental health and emotional well-being. Academic stress, examination anxiety, depression, anxiety, procrastination, interpersonal conflicts, low self-confidence, and family-related concerns remained the most common presenting issues. The decline in 2020-21 reflects COVID-19 disruptions, while subsequent years showed a strong recovery in service utilization. The cumulative findings indicate that the Counselling Cell has become an effective student support system, facilitating early identification of psychological concerns, timely intervention, improved coping skills, emotional resilience, academic adjustment, and overall student well-being.

Key Outcomes

- 820 students benefited from counselling services over nine years.
- Approximately 60% of beneficiaries were male students and 40% were female students.
- Academic and examination-related stress remained the predominant presenting concern.
- Post-pandemic utilization reflects increased awareness and trust in counselling services.
- The Counselling Cell has become an integral component of mentoring, wellness, retention, and holistic student development.



Counsellor
ADCET, Ashta



Director
ADCET, Ashta

