



Sant Dynaneshwar Shikshan Sanstha's

Annasaheb Dange College of Engineering and Technology, Ashta**Mind Gym**
Emotional Wellness Centre**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 2025–26 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.



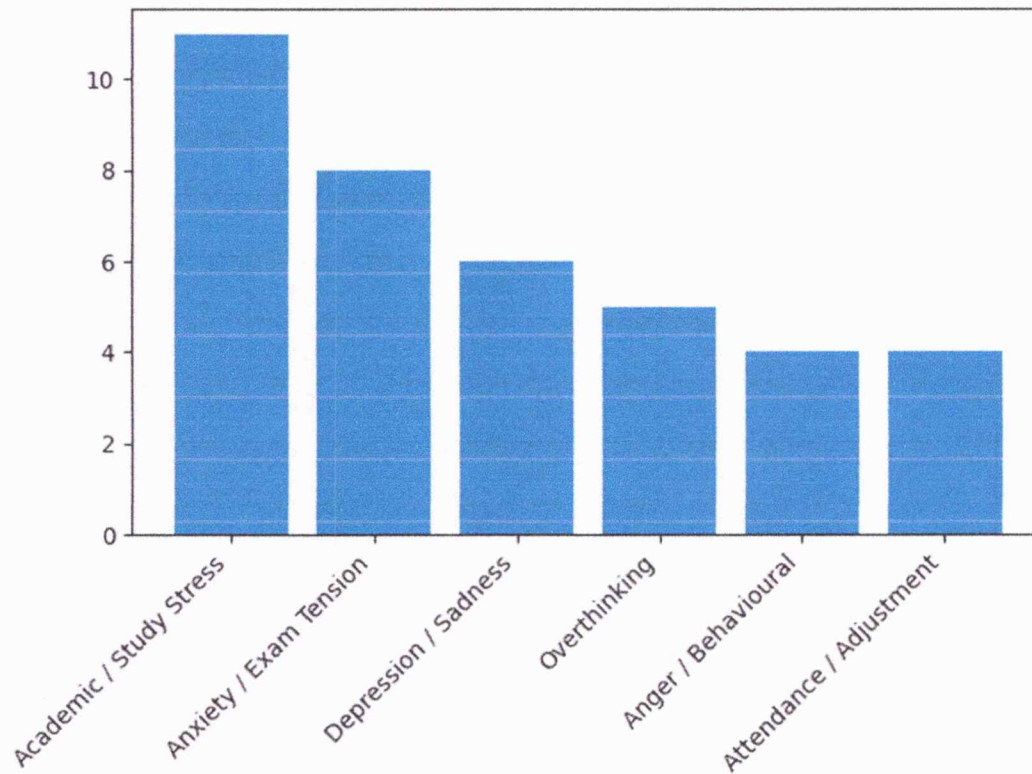


Sant Dynaneshwar Shikshan Sanstha's

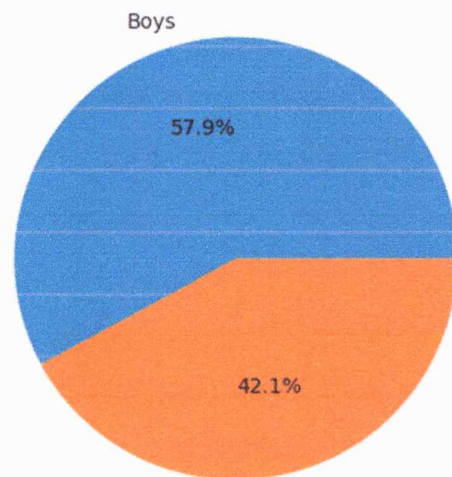
Annasaheb Dange College of Engineering and Technology, Ashta

Graphical Representation

Reason-wise Distribution



Gender-wise Distribution



Counsellor
ADCET, Ashta

Director
ADCET, Ashta

