

Report of Counseling case of 2013-2014:

Anger management:

Bharat, a mechanical II student was referred by HOD, as he was having few behavior issues. He was arguing with the faculty unnecessarily and picking up quarrels with his classmates on trivial matters.

The counselor had a face to face and one to one talk with the above named student. The counselor could understand that Bharat was going through anger and frustration. He was not in control his emotions as he was unable to meet the expectations of his parents. His parents were putting lots of pressure on him to get good grades and become a good mechanical engineer. Bharat was not inclined towards engineering at all. He took up the course on the insistence of his parents. He developed a dislike for engineering subjects as his heart was not into it. He wanted to be an interior designer and an architect, a free lancer.

He was unable to cope with subject and was loosing interest in his studies. His frustration was manifesting into angry arguments with his friends and disagreement with faculty. He was undergoing an emotional turmoil within himself.

The counselor suggested developing stronger tolerance power by infusing positive thoughts and attitude. The counselor helped him to take control of his mind and complete the course then take up interior designing as a specialized course and pursue his passion, convinced the student that was the best option available for him. Bharat reconciled to the idea and assured the counselor to complete the course and take up meditation to calm his mind and get over his anger and frustration.


COUNSELOR