

ANNAMALAI



UNIVERSITY

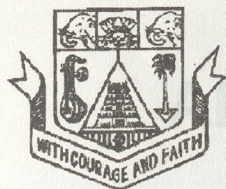
Master of Science

(Value Education and Spirituality)

LOG BOOK ON COUNSELING



In Technical collaboration with
Brahma Kumaris, R.E. & R.F.
201 - 201



Annamalai University

in technical collaboration with

Brahma Kumaris Education Wing, RE & RF



Respected Dear learner!

At the outset, on behalf of B.K.Nirwair, Chair-person, B.K.Mruthyunjaya, Vice- Chair person and B.K. Harish Shukla, National co-ordinator of Education wing, R.E. & R.F. convey my HEARTIEST WELCOME to this novel course.

As you all know that by our collaboration with Annamalai University we have started the Post graduate Diploma in Value Education & Spirituality last year. This year we have started M.Sc. in Value Education & Spirituality. There is an overwhelming response from the public as a whole.

At this bewildering atmosphere, knowingly or unknowingly you have chosen the RIGHT PATH at the RIGHT TIME in a RIGHT WAY which will surely taken to a Destination where there is full of Purity, Peace and Prosperity. We firmly believe that 'when we change the world changes' and not vice versa. Focus on 'the self' is the dire need or call of the time. The practical examinations where ever prescribed will be conducted only at the end of the theory examinations for those who have earned necessary attendance and made required progress by completing the log book. It will not be conducted during supplementary examinations. The attendance of PCP classes is compulsory for the purpose of eligibility for submitting the dissertations and the log book.

Before starting the exercise to work on log book on counseling, the student should know the VALUE of counseling and the dire need of the hour. Every M.Sc. student should work on the Log book and honest attempt should be made for each category. The Student is expected to work on the log book only after thoroughly studied the fifth book Basics of Counseling. The log book should be invariably submitted at the time of Practical examination and will be evolved by both the External and Internal examiners.

The PURPOSE is to know & Understand the Counseling Techniques and NOT PRACTICING as a therapeutic measure, which requires further knowledge and it is out of our purview too.

Wish you all success

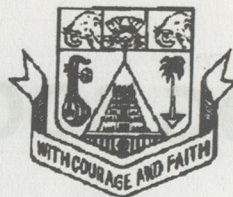
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Programme Director,
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Master of Science
(Value Education and Spirituality)

Directorate of Distance Education

In Technical collaboration with

Brahma Kumaris, R.E&R.F



Name : WAZIR CHAND

Enroll. No : 6641100047

Registration No : ~~294M11114F01162~~ 00365

Course : 664M12114F00365
Master of Science (Value education and Spirituality)

Duration : One Year

Year : 2011-12

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2) Log Book

- (a) Each student should have a structured Log Book at the time of study.
- (b) The Log Book should be entered regularly and should be submitted to the Examiners at the time of the Practical Examination.
- (c) During the Practical Examination, the Log Book should be submitted and will be evaluated by both the External and Internal Examiners.
- (d) It should be updated to date and kept in the interest of the student.
- (e) It should be invariably submitted during the Practical for Assessment by both the External and Internal Examiners.
- (f) Date of the Practical Examination: 20/05/2020
1. Adolescent Counseling (male & boy or a girl)
 2. Destitute Women
 3. Family counseling (family crisis intervention)
 4. Aged / old / man or woman in an Old Age Home
 5. Depressed / Stressed / man or woman or boy or girl
 7. Child Counseling (mental retardation, Learning disability, Auditory or Visual impairment, Behavioural disorders, Communication disorders, mixed disability, etc.)
 8. Alcohol abuse counseling (External)

(Attempt any FIVE out of the categories as noted above)

CERTIFICATE

I, Mr./Ms. WIAZIR CHAND

with enrolment number

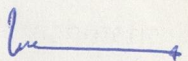
6	6	4	1	1	0	0	0	4	7
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 is undergoing the Master of Science in Value Education and Spirituality in the Directorate of Distance education of ANNAMALAI UNIVERSITY for the year 2010-2011.

The details given in this Log Book on Counseling is true to my best of Knowledge.

Place : PANCHKULA

Date : 6/7/2012


Signature of the Student

Date of the Practical Examination

1	6	0	7	2	0	1	2
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Signature of the examiners :

(External)

(Internal)

About the Log Book on Counseling

I. MAINTENANCE OF LOG BOOK

- 1) Every M.Sc student should work on the Log book.
- 2) It should be invariably submitted at the time of Practical examination.
- 3) Honest attempt should be made for each category.
- 4) Theoretical knowledge should be there before going for Counseling.

II. SCHEME OF EXAMINATION FOR PRACTICAL (WITH VIVA VOCE)

Dissertation : 50 marks (Submission = 20 marks, Quality =20 marks, Viva voce=10marks)

Log Book : 50 marks (Submission = 20 marks, Quality =20 marks, Viva voce=10marks)

III. INTERNAL EVALUATION

1) Schedule of internal assessments

Formal evaluation is carried out as follows:

- a) It will be conducted at the end of the year preferably after the theory Examinations.
- b) Students are rated as per the detail given in scheme of examination as above.
- c) Assessments will be made on practical with relevant theoretical knowledge.
- d) attempt should be made for various categories for counseling.

2) Log Book

- a) Each student should have a structured Log Book at the time of supply of study materials.
- b) All aspects of the work done should be entered regularly on the Log Book.
- c) During the Practical Examination it should be submitted and will be evolved by both the External and Internal examiners.
- d) It is in the interest of the student to keep the Log Book up to date and clean.
- e) It should be invariably submitted during the Practical for Assessment by both External and Internal Examiners.
- f) Counseling should be done for any of the following categories:-
 1. Adolescent Counseling (either a boy or a girl)
 2. Destitute Women
 3. Family counseling (family crisis intervention)
 4. Aged Man or Women in an Old Age Home.
 5. Depressed / Stressful man or woman or boy or Girl
 7. Child Counseling (mental retardation, Learning disability, Auditory or Visual impairment, Behavioural disorders, Communication disorders, mixed disability etc.)
 8. Alcohol or drug abuse counseling

(Attempt any FIVE out of the categories as noted above)

Details of Posting

1. Before starting the exercise to work on log book on counseling, the student should know the VALUE of counseling and the dire need of the hour.
2. The Student is expected to work on the log book after thoroughly studied the fifth book Basics of Counseling.
3. Various methods are available and integration of various counseling methods are to be thoroughly understood.
4. Though the CASE RECORD is made to ease your work, it is only a sample and not an exhausted one.
5. The students are empowered to modify the structure on the CASE RECORD as per their requirement.
7. The PURPOSE is to know & Understand the Counseling Techniques and NOT PRACTICING as a therapeutic measure, which requires further knowledge and it is out of our purview.

Case Record-1

1. Name : MUNISH KUMAR
2. Age : 16 Yrs.
3. Sex : ☒ Male ☐ Female
4. Address : GALI NO 9, HOUSE NO. 25
Village:- MAHESHPUR
SECTOR 21, PANCHKULA-134112
HARYANA
5. Category of the person : Adolescent Counseling (Boy or girl)
6. Present complaints :
 - 1) His memory is weak.
 - 2) He takes less interest in studies.
 - 3) He gets just pass marks.
 - 4) He does not participate in any games.
 - 5) He does not take interest in any curriculum activities.
 - 6) His handwriting is not good.
 - 7) He is fond of watching T.V.
 - 8) He is lazy & take less interest in completing home work in time.
 - 9) Teacher's observation regarding studies about the boy is not satisfactory (good).
 - 10) He seems careless about his future & about his family problems.

7. Personal history :

- 1) He is a 8th class student studying in Parbati Model High School, Maheshpur, Panchkula Distt. of Haryana.
- 2) His height is 5'-3" & weight is 50 kg.
- 3) He keeps good health.
- 4) He has one sister (younger) of 14 yrs. age.
- 5) His mother (32 yrs) works in other's houses in food cooking.
- 6) His father is no more. He died in young age about 3 yrs. back. He was a driver.

8. Family History :

- 1) Originally family belonged to Calcutta (W. Bengal)
- 2) Family remained 10 yrs. in Delhi before shifting to Panchkula.
3. Family came to Panchkula (Haryana) about 6 yrs. back from Delhi and are ~~not~~ now settled here.
2. Family is poor one.

9. Socio-economic History:

1. Very poor family.
2. Mother does cooking (hod) job in other's houses & earns meager amount per month.
3. The family is residing in a rented room (8'x10').
4. The family is just hand to mouth.
5. Father of the boy is no more, died in young age about 3 yrs. back.
6. At present no male member to look after the family.

10. Observations made :

- The boy has less memory power.
- He just gets pass marks in the exam.
- He does not take interest in studies.
- He is fond of T.V. etc.
- His handwriting is not good.
- He is taking no interest in games.
- He is not interested in curriculum activities.

11. Problem List :

- His memory power is poor.
- He gets just pass marks in exam.
- He does not interest in games & curriculum activities.
- He is fond of watching T.V. etc.
- He does not study good general books.
- His handwriting is not good.
- He gets up late in the morning.

12. Counseling techniques used :

1. He was advised to follow concentration technique of Karatka to increase memory power.
2. He was advised to follow neurobic exercises for sharpening his memory.
3. He was counseled to adopt Gyan Mudra to increase memory.
4. He was counseled to follow REBT techniques for overall development & minimize his problems.
5. He was instructed to do meditation regularly for overall improvement.
6. He was advised to take up physical exercises & develop interest in curriculum activities.

13. Treatment suggested :

- He was advised to take up modeling techniques etc.
- He was instructed to adopt neurobics to improve memory power.
- To adopt concentration technique.
- To take up physical exercises for body fitness.
- To adopt Gyan Mudra for sharpening memory.
- To do meditation for overall development & reducing the problems.

14. Result

1. His response was quite true & encouraging.
2. He started improving in many fields.
3. He started taking interest in studies & reduced watching T.V's, etc.
4. His mother ~~was~~ started monitoring his activities.
5. His handwriting showed improvement.

15. Conclusion :

- Proper monitoring gave good results.
- His overall improvement found satisfactory.
- Love & affection worked more effectively.
- Encourage & future awareness to him worked well to make him enthusiastic to make changes.
- He seems to be confident to make improvement in all fields to lessen his problems.

2

16. Attachments if any :

1. Name : SHEELA
2. Age : 32 Yrs.
3. Sex : ☐ Male ☒ Female
4. Address : 4/2 Mr. Sudhakar, Gali No. 1, House No. 9
Village - Malashpur, C. 6/2
PANCHKULA - 134112
Haryana
5. Category of the person : DESTITUTE WOMAN

6. Present complaints :

- Very Very poor woman with six children all below 11 yrs.
- The family is just above its mouth.
- She earns just Rs. 200/- P.m. by cleaning utensils & sweeping the floors of other houses.
- She is worried to own the responsibility to look after her six big family.
- Her husband is a building painter working on daily wages @ Rs. 200/- P.m. He has bad habits of daily drinking (alcohol) etc. He drains very less to the family income.
- She remains worried to feed her children properly.
- She is also worried about her income falling.
- She faces the problem of winter season. She has a cold room especially rainy season when a small room where whole family resides is starts leaking.
- In case of physical problem, she is unable to purchase medicines. She had to wait more of time for body problem.

13. Treatment suggested

16. Attachments if any

14. Result

15. Conclusion

- Proper monitoring gave good results
- The overall improvement found satisfactorily
- Loss & expense reduced more effectively
- The courage & future outlook of the worker well to make him with suitable to make changes
- He seems to be confident to make improvement in all fields for better his brother

Case Record - 2

1. Name : SHEELA
2. Age : 32 Yrs.
3. Sex : ☐ Male ☒ Female
4. Address : 40 Mr. Subhash, Gal. No. 1, House No. 9
village, - Maheshpur, Sector 21,
PANCHKULA - 134112
HARYANA
5. Category of the person : DESTITUTE WOMAN
6. Present complaints :
 - Very Very poor woman with six children all below 11 yrs.
 - The family is just hand to mouth.
 - She earns just Rs. 2000/- P.M. by cleansing utensils & sweeping the floors of other's houses.
 - She is worried to own the responsibility to look after ~~her~~ her big family.
 - Her husband is a building painter working on daily wages @ Rs. 200/- P. day. He has bad habits of daily drinking (alcohol) etc. He shares very less to the family income.
 - She remains worried to feed his children properly.
 - She is also worried about her insecure future.
 - She faces the pinch of ~~severe~~ severe hot & cold season specially rainy season when a small room where whole family resides ~~is~~ starts leaking.
 - In case of physical problem, she is unable to purchase medicines. She had to work even if there is body problem.

7. Personal history

- : She is totally illiterate.
- She got married about 13 yrs. back.
- She cleans the utensils & sweeps the floors of other's houses & earns about B. 200/P.M.
- In this meagre amount, it is difficult to feed the family properly.
- She has six children all below 11 years (5 daughters & one son (4yrs)). The youngest child is just one month old.
- Her husband is a daily wage earner, earning @ B. 200/P. day and has the bad habit of daily drinking (alcohol). He shares very meagre amount to the family.
- She is residing in a rented room of size 10'x8' with a temporary roof in a village with a big family.
- She keeps average health.

8. Family History

- Her parents are no more.
- She is the sister of two brothers only, both independents.
- She originally belong to Muradabad (U.P.).
- The family shifted to village Maheshpur, Sector 21, Panethula, Haryana about 6 yrs. back.

9. Socio-economic History:

The family history speaks that their ~~family~~ financial position has been very weak.

She is facing poverty since her birth till now. She also married to a poor family.

10. Observations made : -

- She is just hand to mouth.
- She seems to be helpless to feed the family properly.
- Her life has become miserable on account of her big family & poor financial condition.
- Her husband seems to be irresponsible & careless towards the family. He has bad habits of daily drinking (alcohol). He shares very meager amount to the family's utility.
- He needs to be counseled.

11. Problem List :

- Her poverty keeps her worried.
- Her financial position (very weak) keeps her insecure.
- Her husband does not help her adequately on account of his bad habits.
- She feels the burden of responsibility of feeding the family properly.

12. Counseling techniques used :

- I counseled her to work more & earn more.
- I suggested her to have full faith in God & do the best from your side & leave the rest to the God.
- I strongly counseled to stop ~~any~~ to produce any more child otherwise your misery will increase.
- I advised her to take up regular exercises (walk, asana, pranayama etc) to keep her fit.
- I guided her to take up neurotics for her fitness.
- I guided her to put her old children to school.
- I counseled her husband to be careful about your family & feel your responsibility to feed the family properly. Feel that it is your asset otherwise you may face grave situation if some thing happens bad to his wife.

13. Treatment suggested :

- Stop producing any more child.
- Increase the ~~cash~~ earnings.
 - The husband was guided to leave the bad habit of daily drinking.
- Adopt the fitness techniques to keep fit.
- Her response was very +ve & encouraging.
- Her pain & misery was conspicuous from her face, I encouraged her to work sincerely from her side, God will help you.

14. Result

- Her response +ve & encouraging.
- When I started soothing her feelings, tears rolled down her eyes, I felt her pain & misery. I consoled her & encouraged her.
- She felt satisfied with my counseling & promised to act upon.
- Their were signs of improvement.
- The children & family seemed to be happier & confident.

15. Conclusion :

- Poverty is the root cause of misery that aggravated on ak of big family in the younger age.
- Keeping small family will improve financial ~~help~~ stability.
- Counseling helped her to improve the situation. to minimise her problems.
- Continuous counseling & ~~and~~ monitoring is must for better results.

16. Attachments if any :

1. Name

2. Age

3. Sex

4. Address

5. Category of the person :

6. Present complaints

- 1) She needs financial help.
- 2) She needs help in getting people in Old Age Home.
- 3) She needs help in getting financial help for overall development.
- 4) She needs help in getting medical, psychological, etc.

She came to Old Age Home about 6 yrs back to look after the person who was management of the V.I.P. who was living in the home. She used to provide social service for the person who was voluntary or with small remuneration. She is now retired. She is active at the age of 70. She finds pleasure in working & looking after the elderly persons in the Old Age Home. All her children are grown up & married & settled. They come to see her here. She also goes home to see them happily.

Case Record - 3

1. Name : Mrs. DARSHANA PURI
2. Age : 70 Yrs.
3. Sex : ☐ Male ☒ Female
4. Address : Red Cross Old Age Home,
Sector 15,
PANCHKULA - 134112
Haryana.
5. Category of the person : Aged man or woman in an Old Age Home.
6. Present complaints : She has come to Old Age Home on her own ^{happily} ~~to serve~~
 - 1) She needs to be more active to serve well.
 - 2) She needs to increase her efficiency to serve the people in Old Age Home well.
 - 3) She needs regular meditation for overall development.
 - 4) She needs regular exercise (walk, pranayams, asanas)

She came to Old Age Home on her own about 6 yrs. back to look after the persons there on the encouragement of one V-I.P. who was known to her earlier. She used to render social service from his early days voluntarily or with small remuneration. She is happy there. She is active at the age of 70. She finds pleasure in serving & looking after the needy persons in the Old Age Home. All her children are grown up & married & settled. They come to see her here & she also goes some times to see them happily.

7. Personal history :

- 1) She has studied up to eighth class / standard.
 - 2) She is 70 yrs. old (Married in early age)
 - 3) She has four children at present (2 sons & 2 daughters)
All married & settled.
 - 4) She remained mainly in her home assisting her husband & sons in the small shop of General Store at Surajkund village, 15 km. from Panchkula, Haryana.
 - 5) She served many years in villages with medical team to look after patients / handicapped on small remunerations.
- contd. at page 25.

8. Family History :

- She got married in early age.
- Her husband was a small shopkeeper of General Store in a village named Surajpur, 15 km. from Panchkula (Haryana).
- She had six children (at present 4), all married & settled.
- She remained mostly in the village as a house-wife.
- She has still very good relations & affection with her children. They meet off & on.

9. Socio-economic History :

- Her was an average family as far as economic condition is concerned.
- Her husband was a small shopkeeper (General Store) in a village.
- Now all children are self doing their own business / jobs etc.
- She is happy in the Old Age Home.
- She goes to see her children off & on for a short period.
- She feels fully satisfied.

10. Observations made :-

- 1) She is keeping good health at the age of 70 though small statured. (Weight 50 kg).
- 2) She is satisfied serving & looking after the well being of Old Age Persons in Old Age Home at Panvelkela (Haryana) at present.
- 3) She finds pleasure in serving them.
- 4) She needs more efficiency to serve well.
- 5) She needs more activation to increase her efficiency.
- 6) She needs meditation for overall development.
- 7) She needs encouragement / awards etc. to do more & more acts of kindness. She can act as role-model.

11. Problem List :-

- She needs regular exercise to avoid problems in a later stage & to keep herself fit physically.
- She needs regular meditation to be fit mentally & spiritually.
- She needs neurobic exercises (mental exercises) for sharpening her memory to serve well & better.
- She needs encouragement through rewards to do better & more. She can act as a Role-Model for others.

12. Counseling techniques used :

- She is advised to follow modeling techniques for improvement.
- I appreciated her original instinct of doing voluntary service to encourage her to do better & more.
- I counseled her to do service vigorously by keeping her fit physically mentally & spiritually.
- She was advised for doing regular meditation for her overall development.
- She was guided to follow relaxation techniques to restore the energy from time to time.
- She was suggested to adopt neurobic techniques to improve memory & skills.

13. Treatment suggested :-

- Regular exercise (walking, Asans, pranayams, & warming up exercises).
- Daily regular meditation (remembering Almightiness) to empower herself & to remain happy through the day & for serving well & more.
- To take up neurotic exercises for sharpening memory & physical fitness.

14. Result

- She gave very good response to my counselling & suggestions.
- She showed signs of improvement.
- She showed signs of encouragement.
- Convincing arguments & with examples worked well.

15. Conclusion :-

- This will encourage others to do acts of kindness. She can act as a role-model for others.
- Logical & convincing points helped her improve further.
- Her +ve attitude worked well.
- She remains in an enthusiastic mood & serves happily.

3

16. Attachments if any : contd. from page 25, point 7.

- She also served many years in big cities with big land lords in their houses to look after them & other family members with affection with some payments.
- She used to help in voluntary eye camps held in her village in earlier days.
- Basically, voluntary service is ingrained in her since birth.

4. Address :
 408, Exotic Heights
 Near, Michella village
 P.O. Dhuleti, Zambhani
 Dist (Dhuleti) P.B.

5. Category of the person : Depressed / Strained person (man or woman)
 boy or girl

6. Present complaints :

- Heavy & pained hand (from 11 AM to 5 PM)
- Abdominal hernia — Problem in swallowing
 the food — vomiting type feeling — hiccups
 Spasms & again while trying to eat
- Weak (under weight — 46 kg against 60 kg)
- Sleep — disturbed — it is mainly relaxing sleep
- Remains worried for making ^{his} career
- Remains depressed — very low esteem
- Very funny many things.

16. Attachments if any

- She also owned a small shop in the village where she used to sell various items to the people of the village.
- She used to help in voluntary work in her village in earlier days.
- Basically, voluntary work is ingrained in her nature.

14. Result

15. Conclusion

- This will encourage others to do voluntary work. She can act as a role model for others.
- Logical & convincing points helped her to win the prize.
- Her life attitude is very well.
- She remains an enthusiastic & active person.

Case Record - 4

1. Name : Mr. AVINASH KUMAR
2. Age : 38 Yrs.
3. Sex : ☒ Male ☐ Female
4. Address : 408, Exotic Heights
Peer, Mushalla village
P.O. Dhaheli, Zirakpur
DISH (Mohali) Pb.
5. Category of the person : Depressed/Stressful person (man or woman)
boy or girl
6. Present complaints :
 - Heavy & jammed head (from 11 A.M. to 5 P.M.)
 - Abdomen hernia — Problem in swallowing ~~in the~~ ^{the} food — vomiting type feeling — has to spit time & again while trying to eat.
 - Weak (underweight — 46 kg against 60 kg)
 - Sleep — disturbed — it is mainly relaxing ^{and} sleep.
 - Remains worried for making ^{his} career.
 - Remains depressed — very low esteem
 - Very funny many times.

7. Personal history :

- Studied up to Plus I (eleventh standard)
- Unmarried
- Very weak (wt. 46 kg. again 60 kg. required)
- Height 5'-9" (175 cm).
- He was normal up to 14 yrs. age.
- Mentally active.
- Remains idle except doing small home jobs.
- Abdomen hernia - can't eat properly, feeling vomiting like situation while eating.
- Faces swallowing difficulty.
- Depressed - very low esteem
- Worried for making career. Simple habits.

8. Family History :

- He is the eldest of the two brothers
- Younger brother mentally disturbed - remaining in hostel separately.
- Father very active & is a retired officer.
- Mother died ^{of cancer} one year back.
- Well to do family

9. Socio-economic History :

- Financially very sound family
- Respectable family
- He confines himself mostly in the house.

10. Observations made : —

- Very weak physically.
- Strong will power.
- Keeps good knowledge
- Remains worried & depressed.
- He is fussy many times.
- He has stomach problem
- Remains idle in the house.
- Not interested in reading good books.
- Sometimes enjoys T.V. etc.

11. Problem List

- Difficulty in eating food
- Feeling like vomiting while swallowing (2 yrs. back)
- Spitting time & again.
- Depressed & worried about career making.
- Physically very weak (under weight)
- Self esteem very low.
- Very fussy many times.
- Low energy level.

12. Counseling techniques used :

- As a therapist, I advised him to follow RBT technique to minimise the complaints he has.
- To follow relaxation techniques.
- To follow cognitive techniques to remain happy & sunny.
- To follow behavioural techniques.
- To follow meditation regularly for overall solution.
- To take up light exercises such as pranayam etc.
- To adopt neurotics to keep him fit physically & mentally.

13. Treatment suggested :

- To take tasty, digestible & nutritious food to gain strength.
- To adopt neurotics to remove depression & for good sleep.
- To adopt Karatka (concentration technique).
- To practise meditation regularly for overall development.
- To adopt relaxation techniques.
- To read good moral brooding books.
- To keep busy in a good activity.
- To keep good company.
- To watch good religious serials.

14. Result

- His response was encouraging.
- He showed clear signs of improvement through various exercises.
- Started feeling good energy level.
- Started remaining busy.
- He was satisfied with good start. & satisfactory results.

15. Conclusion :

- Affection & encouragement gave good results.
- Counseling techniques worked well.
- Clear signs of improvement & satisfaction were noticed.

16. Attachments if any :

Case History - S

1. Name : PRITI
 2. Age : 13 Yrs.
 3. Sex : ☐ Male ☒ Female
 4. Address : F-22, No. 101, Phase 1/6
PAUNIKHOLA - 134112
Haryana
 5. Category of the person : Child Counseling (mental retardation)
 6. Present complaints : Learning ability, Auditory or visual impairment, behaviour disorders, communication disorders, mental disability etc.
- Mentally retarded
 - Many times normal behaviour & many times becomes violent
 - She is hyperactive & some times breaks house hold utensils
 - She some times beats her elder sister & mother when violent
 - She finds difficulties in understanding & speaking
 - Sometimes, she gives vague replies
 - She needs help for doing routine activities such as bathing, eating, washroom going etc.
 - She needs constant vigil. She can't be left alone.

13. Treatment suggested :

- To take test, at intervals of 10 days to gain insight.
- To adopt measures to remove the negative influence for good sleep.
- To adopt relaxation (concentration techniques).
- To practice relaxation techniques regularly and develop it to a habit.
- To avoid any stress and anxiety.
- To follow a good diet.
- To avoid any bad habits.
- To avoid any bad company.
- To avoid any bad influence.

14. Results

- The response was encouraging.
- He showed clear signs of improvement in various exercises.
- Started feeling good energy level.
- Started remaining calm.
- He was satisfied with good sleep & satisfactory results.

15. Conclusion :

- Affection & encouragement gave good results.
- Counseling techniques worked well.
- Clear signs of improvement & satisfaction were noticed.

Case Record - 5

1. Name : PRITI
 2. Age : 13 Yrs.
 3. Sex : ☐ Male ☒ Female
 4. Address : Flat No 101, Sector 14
PANCHKULA - 134112
Haryana.
 5. Category of the person : Child Counseling (Mental retardation,
 6. Present complaints : learning ability, Auditory or visual impairment,
behaviour disorders, communication disorders,
mixed disability etc
- ↓
- Mentally retarded
 - Many times normal behaviours & many times becomes wild.
 - She is hyperactive & some times breaks house hold utensils.
 - She some times beats her elder sister & mother when violent.
 - She finds difficulties in understanding & speaking.
 - Sometimes, she gives vague replies.
 - She needs help for doing routine activities such as bathing, eating, washroom going etc.
 - She needs constant vigil. She can't be left alone.

7. Personal history :-

- She is the youngest daughter of her parents.
- Sisters - 3
- Brother - No
- Father - expired when she was 5 yrs. old.
- Mother :- Old lady, house wife, facing many health problems.
- She was normal up to 3rd class.
- After the death of her father, she became a patient of Cerebral Palsy.
- When she became hyper active, she had to be admitted in PGF, CHD many times.

8. Family History :-

- She along with family came from Punjab about 10 yrs. back & are now settled at Panchkula - 134112, Haryana.
- They are residing in a rented house.
- Elder sisters are well educated & worked hard to meet family expenditure along with expenditure on treatment.
- Well reputed family.

9. Socio-economic History :

- Economic position is not so good being no male support.
- They live in a rented house.
- Sisters work hard to meet day to day expenditure.
- It is well reputed & well behaved family. but economical is not sound.

10. Observations made :-

- She becomes hyper many times.
- When violent - some times she breaks the house utensils.
- She does not enjoy sound sleep without sleeping pills.
- She wakes up late in the morning.
- Her family members help her in all routine jobs.
- She needs constant vigil.
- She cannot be ^{left} alone.

11. Problem List :-

- She is mentally retarded.
- She faces difficulties in general understanding & talking.
- She becomes violent some times.
- She has insomnia problem.
- She wakes up late in the morning.
- She cannot control eating food.
- She needs help for performing routine jobs.
- She needs constant care.
- She cannot be left alone.

12. Counseling techniques used :

- REBT & CBT techniques were explained / applied & advised to adopt to minimise the problems.
- Psychosomatic, Psychoanalytical & Psycho dynamical techniques were advised to be adopted.
- Relaxation therapy was advised.
- Behavioural techniques were explained to be adopted.
- Her family members were explained how to monitor & guide her.
- Desensitization method / technique was advised.

13. Treatment suggested :-

- Encouraging, patting, loving behaviour by family members towards her advised.
- To avoid sleeping pills, sleep by exertion through walking etc advised.
- Neuroses & regular meditation advised.
- Counseling techniques applied.
- Relaxation therapy adoption stressed upon.
- Control over diet was advised.
- Family members were explained to have proper check and all techniques to reduce her problems.

14. Result

- She started responding favourably.
- She started taking interest in walk etc.
- She started enjoying sleep, sometimes without pills.
- Diet habits improved.
- Hyper activity controlled to some extent.

15. Conclusion :-

- It is difficult to bring a change in such a mentally retarded child.
- She seems to more calm & quiet than before.
- Now she obeys her family members.
- Signs of improvement were visible from all angles.

Brief note on all five categories of Counseling

M.Sc. (VE & S)

16. Attachments if any :

Let me first congratulate to those persons who are connected with the framing of the Log Book on Counseling that gave me a wonderful experience.

I did my duty by counseling five no. cases of different categories but at the same time I could get a wonderful & unforgettable experience to study these cases.

After studying & counseling specially 2 cases i.e. a destitute woman & a mentally retarded child, I was really moved from inside. Their miserable condition compelled me to go all out to help such miserable, needy, helpless & painful persons. Perhaps this episode will bring a major change in my life. I could see those miserable people very closely who are just hand to mouth. They are at the mercy of the nature. During summer, winter, rainy season, they had to face innumerable problems. They are totally insecure where as the security is ~~the~~ one's fundamental right. They are not insecure from other people, but they are insecure from the fury of nature & also from the fury of their stomach which demands regular & adequate food to fill the belly.

Is it not a brain-storming & brain-provoking thought that on one side people are dying by overeating & on the other side people

Brief note on all five categories of counselling

M.Sc. (VE & SI)

are dying with empty stomach, i.e. by starving?

~~For~~ Earnestly speaking, I cannot sit idle & silent to see the miserable condition of a destitute woman specially where her fundamental rights of security & belly filling are being denied.

At least, I got a problem or research point to study further & find solutions.

Assessment by Examiners

Name of the Student : Mr. / Ms. WAZIR CHAND

Enrollment number : 6 6 4 1 1 0 0 0 4 7

Register number : 2 9 4 M 1 1 1 4 5 0 1 1 2 2

No.	Attribute	Excellent	Good	Fair
1	Timely Submission & Punctuality			
2	Initiative & Drive			
3	Rapport with patients			
4	Counseling skills			
5	Maintenance of Log Book			
6	Overall Performance			

Place :

Date :

Signature of the examiners :

(External)

(Internal)

Assessment by Examiners

Name of the Student : Mr. / Ms. WAZIR CHAND

Enrollment number :

6	6	4	1	1	0	0	0	4	7
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Register number :

2	9	4	M	1	1	1	1	4	F	0	1	1	6	2
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(Internal)

Paper I Values For Excellence In Life

Paper II Exploring Spirituality

Paper III Components of
Growth & Development

Paper IV Statistics & Research Methodology

Paper V Practicals(Log Book and Dissertation)

