NAME OF THE COLLEGE/ INSTITUTION – The Gayatree

Chetna Foundation

DATE OF MOU – 2022

PURPOSE OF MOU - 1. Mental Health Survey of the Students
2. Prevalence of Non-Suicidal Self Injury among Adolescents and Adults.
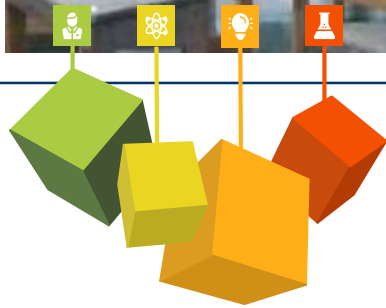3. Psychological help to the students

ACTIVITIES – Mental health survey of the students

MENTAL HEALTH SURVEY REPORT OF THE STUDENTS OF

DINABANDHU ANDREWS COLLEGE

EXECUTIVE SUMMARY:-

This current survey has been done by Swarnali Nath, student of MSc in Clinical Psychology, The Gayatri Chetna Foundation College, CCPTR MAKAUT, under the guidance of Assistant Professor & RCI Registered Psychologist Ms Rajeswaree Basu, to find out the prevalence of Non-Suicidal Self Injurious (NSSI) behaviours, the level of academic stress, anxiety, depression, psychological stress, interpersonal competency and barriers to seek psychological help among students of Dinabandhu Andrews College.

In March 2024, 120 students participated in our study. They ranged in age from 18-24 years and were enrolled in bachelor's degree programs at the time of this survey. The findings of the prevalence of NSSI among them and their mental health well-being have been presented here.

PROCEDURE:-

A Google form with Demographic schedule, the level of academic stress, anxiety, depression, psychological stress, interpersonal competency and barriers to seek psychological help, was circulated among the students, in March , 2024. Responses were recorded, scored individually and an overall report has been prepared according to the responses. All data were self-reported. The data have been stored securely and handled with utmost privacy.

PROJECT GOALS:-

Finding out the prevalence of NSSI, the level of academic stress, anxiety, depression, psychological stress, interpersonal competency and barriers to seek psychological help among students of Dinabandhu Andrews College.
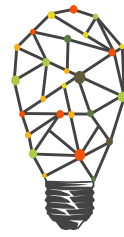
RESULTS:-

•Total 120 students participated in this survey, among them 50 are Males (41.7%) and 70 are Females (58.3%).

Legend:
- Male (পুরুষ)
- Female (মহিলা)
- Other (অন্যান্য)
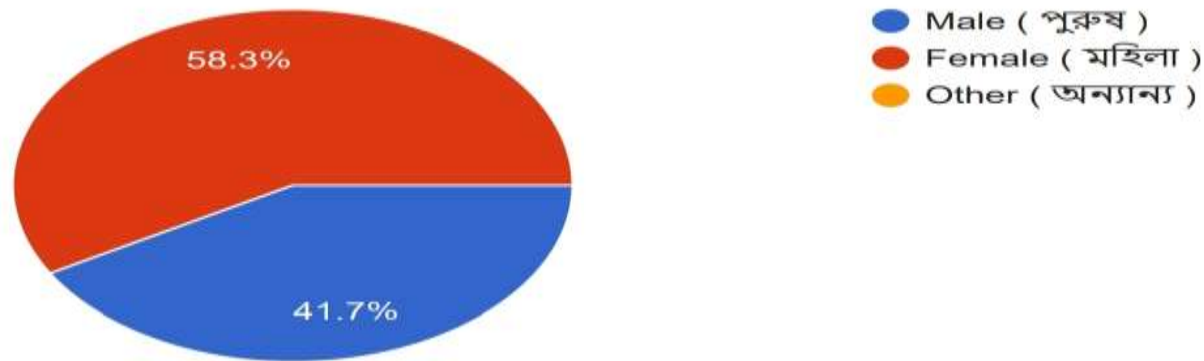
•Total 28 students, i.e. 23.33% students have attempted NSSI one or several times.

Legend:
- ■ NSSI
- ■ NON-NSSI
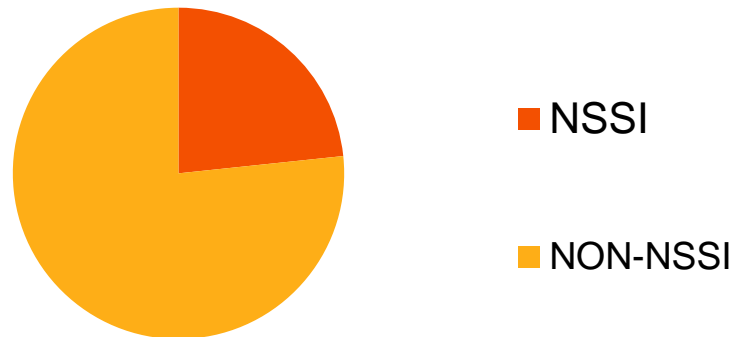
•Out of 28 students also some of the students used NSSI as a practice or step to attempt suicide.

as a way to practice suicide (আত্মহত্যা অনুশীলন করার উপায় হিসাবে)

responses
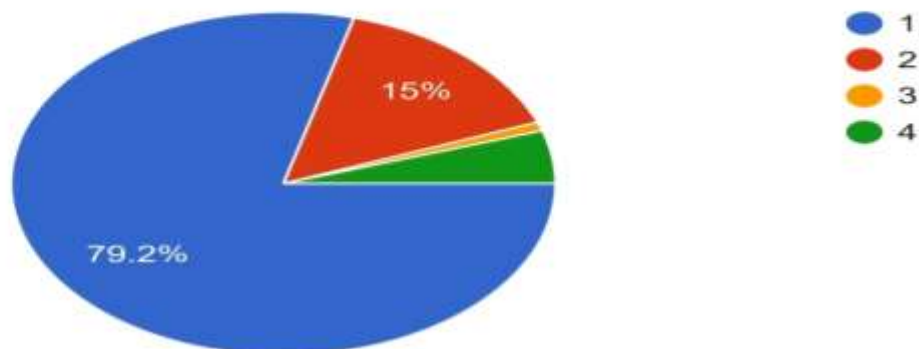
as an attempt to commit suicide (আত্মহত্যার পদক্ষেপ হিসাবে)

responses

•Out of 28 students attempting NSSI, 20 students are Females and 8 students are Males.

120 responses

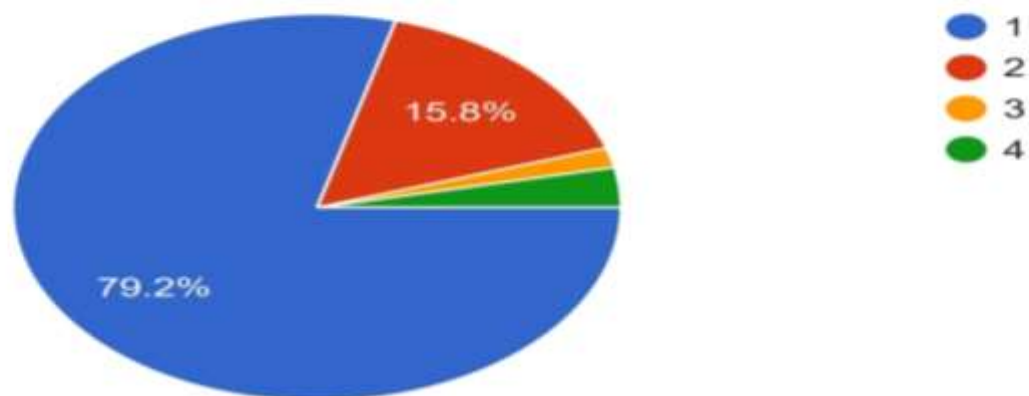| Response	Count (%)
Severely scratched or pin...	11 (9.2%)
Cut wrists, arms, legs, tor...	8 (6.7%)
Dripped acid onto skin (...	0 (0%)
Bitten yourself to the poin...	3 (2.5%)
Tried to break your own...	1 (0.8%)
Broke your own bone(s) (...	1 (0.8%)
Ripped or torn skin (ইচ্ছা...	2 (1.7%)
Burned wrists, hands, ar...	0 (0%)
Rubbed glass into skin or...	1 (0.8%)
Banged or punched obje...	8 (6.7%)
Punched or banged ones...	2 (1.7%)
Engaged in fighting or ot...	3 (2.5%)
Pulled out hair, eyelashe...	5 (4.2%)
Intentionally prevented w...	3 (2.5%)
Injected a caustic substa...	0 (0%)
I have never intentionally...	96 (80%)

Graph: Different ways in which students attempted NSSI

FINDINGS:-

- Out of 28 students attempting NSSI, 20 students are Females and 8 students are Males

- Out of 120 students, 42 students, who didn't have any NSSI history have reported symptoms of stress, anxiety and depression at mild- extremely severe levels.

- Out of 120 students, 36 students with no-NSSI history have no/normal range of Stress, Anxiety and Depression

- Out of 120 students, 14 students with no-NSSI history have normal range of stress, anxiety and depression, although, they have reported some problems such as, difficulty in concentration, Memory issue, nervousness, headache, loss of sleep, lack of appetite, lack of interest, lack of confidence and other specific issues.

RECOMMENDATIONS:-

- On the basis of the results, it can be concluded that further assessment can be done for a proper psychological profile of each student to identify the key factors of mental health issues. The psychometric evaluation will help in diagnosing the areas of mental health problems.

- Some of the students who have been identified with NSSI and other mental health issue are provide with intervention techniques and recommendations for improving their mental health. Some of the intervention techniques suggested are DBT, CBT, mindfulness exercises such as JPMR, raisin exercise, relaxation techniques such as deep breathing Journaling, SFBT.

CONCLUSION :-

From the survey it has been found that the prevalence of NSSI among the students is 23.33% and the female students are more prone to NSSI than the male students. Also found that 35% students with no NSSI history students have reported symptoms of stress, anxiety and depression at mild to extremely severe levels.

However, the sample size is very less and hence it can not be generalized. Therefore, further assessment is required along with proper psychological counselling services to be provided for the mental wellbeing of the students.

THE END

MENTAL HEALTH SURVEY REPORT OF THE STUDENTS OF DINABANDHU ANDREWS COLLEGE

Sl No.	Gender	Name	Age	Course	Class	Academic Year	Average Academic Performance (%)	NSSI	AS	IC						S	A	D	BSPH	Problems shared by Students	Results/ Overall Impression	Recommendations
										D 1	D 2	D 3	D 4	D 5	TOTAL							
1	Female	Shreya Barui	21	BSc Geography (H)	5th Sem	2021	58%	32	22	19	14	19	29	28	109	20	16	15	68		She has tendency of harming herself without suicidal intention and she has successfully attempted several times. She has above average academic stress, with extremely severe stress, anxiety and depression. She is near average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Cognitive Behavioral Therapy can be applied •Practice relaxation techniques like Mindfulness, Yoga • Tasks to enhance goal focussed attention •Practice Jacobson's Progressive Muscular Relaxation Exercise •Behavioural Activation Worksheet can be used •Exercise regularly •Maintain a balanced diet • Practice sleep hygiene- eg. Avoid using digital gadgets 1-2 hours before bed •Encourage to involve in a positive support group •Art or Music Therapy can be applied Future Implications:- Professional help required
2	Female	Shilpi Sen	19	BSc Geography (H)	3rd Sem	2022	70%	46	25	22	20	20	29	26	117	9	9	9	51		She has tendency of harming herself without suicidal intention. She has above average academic stress, with mild stress, severe anxiety and moderate depression. She has near average interpersonal competency and average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Thought restructuring can be applied •Journaling suggested •Engage in physical activities •Dialectical Behaviour Therapy is suggested •Token Economy can be applied •Practice deep breathing exercise •Colour Therapy can be applied •Practice yoga and meditation • Sleep hygiene maintained- Avoid doing other tasks sitting on the bed where you sleep, use a calm and dim light Future Implications:- Professional help required
3	Male	Dhruvajyoti Saha	20	BSc Physics (H)	6th Sem	2023- 2024	72%	0	5	18	16	24	24	28	110	3	0	3	35		He has very low academic stress, although, he has reported some problems such as forgets easily, feels inferior, feels failure, worry about parents' expectations, therefore, further assessment can be done for proper psychological profile. He has normal range of stress, anxiety and depression. He has near average interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Solution Focused Brief Therapy can be applied •Try mnemonics for better memorization •Practice Yoga
4	Male	Krishnendu Neogi	19	BSc Bio (G)	3rd Sem	2023- 2024	62%	0	0	40	31	32	40	40	183	2	0	0	34		He has no academic stress, with normal range of stress, anxiety and depression. He has near high interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be required for proper Psychological profile. Recommendation:- • Practice Yoga and Meditation • Maintaina healthy diet
5	Male	Moken Loyi	20	Sericulture	6th Sem	2021	7.6	0	10	24	24	24	24	24	120	2	0	0	51		He has below average academic stress, with normal range of stress, anxiety and depression. He has above average interpersonal competency and average barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Make routines for your study time- Time management gtechniques • Practice deep breathing •Engage in physical activities
6	Male	Aditya Lahiri	20	BSc Botany (H)	3rd Sem	2023- 2024	82%	0	0	8	8	8	8	8	40	2	0	0	17		He has no academic stress, with normal range of stress, anxiety and depression. He has very low interpersonal competency and very low barriers in seeking psychological help. Therefore, further assessment can be done for proper Psychological profile.	Further assessment can be done for proper Psychological profile. Recommendation:- •Therapy is suggested •Jacobson's Muscle Relaxation Exercise can be helpful •Social Skill training can be applied •Group Therapy can be helpful •Practice Mindful listening exercise Future Implications:- Professional help required

No	Sex	Name	Age	Course	Semester	Year	Score													Note	Summary	Recommendation
7	Male	Subhankar Mondal	18	BSc (G)	1st Sem	2024	0	0	16	19	17	15	22	21	94	7	0	6	39		He has average academic stress, with normal range of stress, anxiety and mild depression. He has below average interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Make proper study time routine- time management techniques need to practiced •Break down your syllabus into small achievable goals •Guided Imagery can be helpful •Practice yoga, meditation
8	Female	Sneha Naskar	20+	BSc Geography (H)	3rd Sem	2023	72%	44	23	21	27	32	40	28	148	8	7	3	40		She has tendency of harming herself without suicidal intention and she has successfully attempted once. She has above average academic stress, with mild stress, moderate anxiety and normal depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Anger management training should be given •Dialectical Behavioral Therapy can be applied •Thought restructuring can be helpful •Set small achievable goals •Practice sleep hygiene •Take regular physical exercise •Art Therapy can be helpful •Avoid caffeine intakes Future Implications:- Professional help required
9	Female	Ishita Pradhan	21+	BSc Botany (H)	6th Sem	2023- 2024	NA	0	0	26	26	26	25	23	126	2	0	0	17		She has no academic stress, with normal range of stress, anxiety and depression. She has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be required for proper Psychological profile. Recommendation:- •Set achievable goals •Practice Five Senses Mindfulness exercise •Mindful seeing can also be helpful
10	Female	Shreya Mondal	22	BA English (H)	6th Sem	2024	6.8	37	20	32	23	26	38	28	147	10	15	7	30	Depression and sadness from betrayal in friendship	She has tendency of harming herself without suicidal intention and she has successfully attempted once. She has above average academic stress, with moderate stress, extremely severe anxiety and moderate depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Dialectical Behavioral Therapy can be applied •Guided Imagery can be helpful •Functional Behavioral Analysis can be applied •Exposure Therapy can be helpful •Raisin exercise can also be helpful •Practice deep breathing exercise Future Implications:- Professional help required
11	Female	Sana Mukherjee	19+	BA English (H)	4th Sem	2024	6.6	0	3	29	24	38	37	36	164	7	0	0	17		She has very low academic stress, with normal range of stress, anxiety and depression. She has high above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practicedeep breathing exercise •Practice yoga and meditation •Maintain a healthy diet
12	Female	Bidisha Ghosh	20	BA English (H)	4th Sem	2023- 2024	62.50%	0	24	26	35	24	37	25	147	11	11	10	34		She has high academic stress, with moderate stress, extremely severe anxiety and moderate depression. She has high above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is suggested •Practice Jacobson's Progressive Muscular Relaxation Exercise •Behaviour Modification is suggested using ABC model to identify triggering situations •Behavioural Activation Worksheet should be maintained •Make a proper time management plan •Socratic Questioning may be helpful •Engage yourself in enjoyable activities Future Implications:- Professional help required
13	Female	Sumita Dutta	19	BA	4th Sem	2024	71.13%	20	2	21	13	13	11	12	70	5	1	0	17		She has tendency of harming herself without suicidal intention and she has successfully attempted once. She has very low academic stress, although, she has reported some problems such as forgets easily, difficult to concentrate. She has normal range of stress, anxiety and depression, although, she tends to over-react, feels nervous,gets agitated,finds it difficult to relax, feels herself as touchy and cannot tolerate when she does not get what she wants to some extent, therefore further assessment can be done. She has below average interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Solution Focused Brief Therapy may be helpful •Interpersonal Therapy is suggested •Practice deep breathing exercise •Attention modification tasks such as backward counting, Raisin exercise can be practiced Future Implications:- Professional help required
14	Female	Priyanka Mondal	18	BA English (H)	3rd Sem	2023- 2024	80%	0	1	30	13	22	38	30	133	7	0	0	27		She has very low academic stress, with normal range of stress, anxiety and depression. She has high above average interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Maintain a healthy diet

No	Gender	Name	Age	Course	Semester	Year	Percentage													Remarks	Observation	Recommendation
15	Male	Ranjit Das	19	BA English (H)	3rd Sem	2022-23	6.4	0	0	32	19	29	28	29	137	2	0	0	17		He has no academic stress, with normal range of stress, anxiety and depression. He has high above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Mindful listening exercise •deep breathing exerciseshould be practiced regularly •Maintain a healthy diet
16	Female	Kavita Rai	20+	BA English (H)	6th Sem	2021	65.70%	44	24	24	21	17	40	32	134	13	17	18	52	Mental and emotional issues regarding herfamily doesn't accepther relationship. She has reported that sucidal thoughts come in her mind during arguments with family.	She has tendency of harming herself and she has successfully attempted severeral times,even some of them are as an attempt to commit suicide to some extent. She has high academic stress, with severe stress, extremely severe anxiety and etremely severe depression. She has above average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Cognitive Behaviour Therapy is suggested • Existential Therapy may be suggested also •Practice Mindful listening exercise •Guided imagery techniques may be helpful •Practice Physical exercise regularly •Family counseling may be required •Interpersonal Therapy may be required Future Implications:- Professional help required
17	Female	Priyadarshini Roy	19	BA English (H)	4th Sem	2024	68.75%	0	2	22	8	22	16	24	92	11	3	8	66		She has very low academic stress, with moderate stress, normal anxiety and moderate depression. She has below average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Dialectical Behaviour Therapy is suggested •Practice relaxation techniques such as deep breathing exercise •Behaviour Activation Worksheet can be practiced Future Implications:- Professional help required
18	Male	Riddhibrata Maity	21	BA Bengali (H)	6th Sem	2021- 2024	62%	0	14	26	26	37	40	40	169	3	0	0	17		He has average academic stress, with normal range of stress, anxiety and depression. He has high above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be required for proper Psychological profile. Recommendation:- •Solution Focused Brief Therapy is suggested •Use mnemonics for better memorization •Practice yoga and meditation •Practice Mindful listening exercise •Social skill training can also be helpful
19	Male	Sanjay Singh	21	BA Bengali (H)	6th Sem	2021	50%	0	3	30	26	16	32	12	116	5	3	0	44		He has very low academic stress, yet, he has reported that he feels loss of sleep,doesn't like to talk to anyone, doesn't feel to come in college. He has normal range of stress, anxiety and depression.Although, he finds it hard to relax, feels scared without good reasons,becomes nervous, gets agitated and tends to overreact to some extent. Therefore, further assessment can be done. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Mindful listening exercise •Solution Focused Brief Therapy is suggested •Avoid digital gadgets before 1-2 hours of sleep •Try to avoid doing other tasks sitting on the same bed where you sleep •Regularly practice physical exercise Future Implications:- Professional help required
20	Female	Manaswita Jana	21	BSc (H)	6th Sem	2023- 2024	50%	78	6	14	27	32	38	33	144	6	2	2	23		She has high tendency of harming herself and she has successfully attempted several times. But, she has repoted that she has attempted both to avoid committing suicide and as a way to practice and as an attempt to commit suicide. Also she has reported that her primary intention was not committing suicide. Therefore, further assessment is required for a proper psychological profile. She has low academic stress, with normal stress, anxiety and depression, although, she has reported that he finds it hard to wind down, gets neorvous, agitated to some extent and overreacts most of the time. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Cognitive Behavioural Therapy is suggested •Art / Music Therapy may be helpful •Practice Jacobson's Progressive Muscle Relaxation Exercise •Practice 5 sense mindfulness exercise Future Implications:- Professional help required
21	Female	Sharmistha Mondal	18+	BSc (G)	3rd Sem	2022	50%	0	13	30	22	17	18	32	119	2	0	8	24		She has average academic stress, with normal range of stress, anxiety and moderate depression, although she has reported that she has feels of hopelessness,worthlessness and difficulty in initiating tasks to some extent, therefore further assessment can be done. She has high above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behavioral Therapy is suggested •Solution Focused Brief Therapy can be suggested •Practice deep breathing exercise •Observer's meditation can also be helpful •Behaviour Activation Worksheet should be used Future Implications:- Professional help required

#	Gender	Name	Age	Course	Semester	Year	Percentage													Summary	Recommendation
22	Female	Anindita Das	20	BA English (H)	6th Sem	2023-24	60%	0	22	18	19	25	25	24	111	13	7	11	37	She has above average academic stress, with severe stress, moderate anxiety and severe depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Cognitive Behaviour Therapy is suggested • Exposure Therapy is required •Interpersonal Therapy may be required •Practice Raisin exercise • Mindful seeing will also be very helpful •Practice yoga and meditation •Make a proper sleep routine •Group Therapy can also be helpful Future Implications:- Professional help required
23	Female	Sambrita Halder	20	BSc Chemistry	1st Sem	2023-24	86.60%	0	21	23	19	17	23	24	127	10	15	10	56	She has above average academic stress, with moderate stress, extremelysevere anxiety and moderate depression. She has above average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is suggested •Practice Jacobson's Progressive Muscle Relaxation Exercise •Existential Therapy can also be applied •Practice body scanning and mindful listening •Make a proper time management plan •Use mnemonics for better memorization •Vivo and Vitro techniques will be helpful •Interpersonal Therapy is required Future Implications:- Professional help required
24	Female	Sudeshna Majumder	20	BSc Geography (H)	5th Sem	2021	62%	0	25	26	22	13	36	31	128	14	12	18	55	She has above average academic stress, with severe stress, extremelysevere anxiety and extremely severe depression. She has above average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Solution Focused Brief Therapy is suggested •Dialectical Behaviour Therapy is also suggested •Practice deep breathing exercise •Guided imagery techniques will be helpful •Socratic questioning can also be applied •Make a proper time management plan •Set small achievable goals with positive reinforcement •Practice Journaling Future Implications:- Professional help required
25	Female	Anasuya Sardar	21	BA Bengali (H)	6th Sem	2021-2024	70%	0	0	28	29	36	39	40	172	2	0	0	17	She has no academic stress, with normal range of stress, anxiety and depression. She has high above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy diet
26	Female	Anwesha Das Podder	21	BSc (H)	1st Sem	2023-2024	NA	0	3	24	17	17	25	25	108	4	2	0	39	She has very low academic stress, with normal range of stress, anxiety and depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy diet
27	Male	Tamaghna Maitra	21	HISA	6th Sem	2021-2024	69%	0	11	20	28	33	24	33	138	5	17	15	68	He has below average academic stress, with normal range of stress, severe anxiety and normal level of depression. He has above average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is suggested •Practice deep breathing exercise •Mindful eating should be practiced •Practice attention enhancing tasks such as backward counting •Group Therapy may be helpful •Behavioural Activation Worksheet should be maintained Future Implications:- Professional help required
28	Female	Rageshree Chowdhury	21	BSc Microbiology (H)	5th Sem	2024	82.50%	38	21	21	25	31	32	30	139	9	6	14	45	She has tendency of harming herself without suicidal intention and she has attempted successfully several times and also is very likelyto hurt herself again. She has above average academic stress, with mild stress, moderate anxiety and extremely severe depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Dialectical Behaviour Therapy is suggested •Cognitive restructuring is also required •Practice Body Scanning •Practice deep breathing exercise •Engage yourself in physical activities regularly •Colour Therapy is suggested •Family counseling may be required Future Implications:- Professional help required
29	Male	Pratap Mistry	22	BSc Math (H)	4th Sem	2023-24	62%	0	19	22	16	17	22	30	107	7	9	3	36	He has above average academic stress, with normal range of stress, severe anxiety and normal level of depression. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is suggested •Interpersonal Therapy is also suggested •Exposure Therapy can be applied •Social skill training can be helpful •Practice yoga and meditation •Jacobson's Progressive Muscle Relaxation Exercise should be practiced •Encourage to involve in a positive support group Future Implications:- Professional help required

#	Gender	Name	Age	Course	Sem	Year	%								Total					Observations	Recommendations
30	Female	Sanchita Maity	19	BSc boi (G)	3rd Sem	2022	60%	34	25	19	25	15	30	24	113	12	5	8	50		She has tendency of harming herself without suicidal intention and has also performed successfully several times. She has high academic stress, with moderate stress, anxiety and depression. She has above average interpersonal competency and average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Dialectical Behavioural Therapy is suggested •Solution Focused Brief Therapy is also suggested • Make a proper time management plan •Set small achievable goals •Practice deep breathing exercise regularly •Practice yoga and meditation •Social skill training may be required Future Implications:- Professional help required
31	Female	Supriya Mondal	18	BA English (H)	4th Sem	2024	12.4	0	7	32	22	36	39	40	169	8	5	3	29		She has very low academic stress,althogh she has reported problems such as difficulty to concentrate, hesitation in asking,orry about parent's expectations,headache, nervousness, getting bored easily and feeling sleepy. She has mild stress,moderate anxiety and normal level of depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioural Therapy is suggested •Practice Mindful listening exercise •deep breathing exercise should be practiced •Maintain a healthy diet •Individual counseling is required •Social skill training can be helpful Future Implications:- Professional help required
32	Female	Sarmi Ghosh	21+	BSc (H)	6th Sem	2021-2024	72.67%	0	2	33	20	29	39	30	151	2	7	0	18		She has very low academic stress, with normal level of stress,moderate anxiety and normal level of depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive restructuring is required •Practice Yoga and Meditation •Deep breathing exercises should be practiced •Maintain a healthy diet Future Implications:- Professional help required
33	Male	Antar Dey	18	BSc Zoology (H)	1st Sem	2023-24	80%	0	22	17	17	27	30	19	110	13	3	8	18	Lack of confidence and tension about future	He has above average academic stress, with moderate stress, mild anxiety and moderate depression. He has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Solution Focused Brief Therapy is suggested •Behavioral Activation Worksheet should be practiced •Practice Raisin exercise •Music Therapy is suggested •Color Therapy can also be helpful •Interpersonal Therapy is required Future Implications:- Professional help required
34	Female	Shreetikana Aich	21	BA (H)	6th Sem	2022	60%	42	21	23	26	28	38	32	147	12	6	8	51		She has tendency of harming herself without suicidal intention and shehas successfully attempted for several times. She has above average academic stress, with moderate stress, anxiety and depression. She has above average interpersonal competency and average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behavioural Therapy is suggested •Practice Mindful listening exercise •deep breathing exercise should be practiced •Social skill training can be helpful •Engage yourself in enjoyable activities •Family counseling may be required Future Implications:- Professional help required
35	Male	Avijit Shankhari	21+	HISA	6th Sem	2024	55%	0	8	21	25	24	20	30	120	14	12	9	46		He has low academic stress, yet, he has reported problems such as worry about parents' expectations,headache nervousness, loss of sleep, not feeling like talking toanyone, heplessness and lack of interests. He has severe stress, anxiety and moderate depression. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required • Cognitive restructuring is suggested •Solution Focused Brief Therapy is suggested •Practice Jacobson's Progressive Muscle Relaxation Exercise •Mindful listening will be helpful •Practice Journaling •Behavioral Activation Worksheet should be maintained Future Implications:- Professional help required
36	Female	Urmi Das	20	BSc (G)	3rd Sem	2024	67%	0	0	11	9	8	8	8	44	0	0	0	17		He has no academic stress, with normal level of stress, anxiety and depression. He has very low interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy diet
37	Male	Suraj Biswas	20	HISA	3rd Sem	2021	60%	0	0	8	8	8	8	8	40	0	0	0	34		He has no academic stress, with normal level of stress, anxiety and depression. He has very low interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy diet
38	Female	Moumita Jana	20	BSc Botany (H)	6th Sem	2021-2024	80%	0	0	13	9	23	16	10	71	3	4	9	20		She has no academic stress, with normal level of stress,mild anxiety and moderate depression. She has below average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Existential Therapy is suggested •Interpersonal Therapy is suggested •Role playing may be helpful •Behavioral activation worksheet should be maintained •Practice physical exercise regularly •Colour Therapy is suggested •Group Therapy may be required Future Implications:- Professional help required

Sl	Gender	Name	Age	Course	Sem	Year	%													Observations	Recommendations
39	Female	Piu Mondal	20	BA History (H)	6th Sem	2021	75%	0	11	36	29	23	39	22	149	2	0	0	57	She has near average academic stress, although she has reported problems such as difficulty in concentration, forgets easily, worry about parents' expectations, headache, nervousness, less desire to eat, loss of sleep, fast heart beats, helplessness and gets irritated with everyone. She has normal level of stress, anxiety and depression. She has above average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Solution Focused Brief Therapy is suggested •Make a proper time management plan •Practice Mindful listening exercise •Practice Yoga and Meditation •Practice sleep hygiene, such as avoiding using digital gadgets 1-2 hours before bed time •Socratic questioning can be helpful •Make a proper time management plan •Set small achievable goals •Make a proper diet plan Future Implications:- Professional help required
40	Male	Arkaprabha Mallik	19	BSc Microbiology (H)	1st Sem	2023-24	NA	0	25	13	20	8	40	32	113	20	21	11	17	He has high academic stress, with extremely severe stress, anxiety and severe depression. He has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behavioral Therapy is suggested •Practice Jacobson's Progressive Muscle Relaxation Exercise •Practice Mindful eating •Vivo Vitro techniques can be applied •Interpersonal Therapy is required •Social skill training may be required Future Implications:- Professional help required
41	Male	Swagata Surya Mahapatra	21	BSc Zoology (H)	5th Sem	2023-24	72.56%	0	2	19	16	22	32	28	117	4	3	0	19	He has very low academic stress, with normal level of stress, anxiety and depression. He has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy diet •Interpersonal Therapy is suggested
42	Female	Dona Mondal	20	BA (H)	6th Sem	2021	60%	20	6	24	23	21	35	24	127	3	4	1	28	She has tendency of harming herself without suicidal intention. She has very low academic stress, yet, she has reported problems such as day dreams a lot, difficulty in problem solving, hesitate in asking, not feeling like talking to, likes to stay alone and lack of interest. she has normal level of stress, mild anxiety and normal depression. She has above above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Existential Therapy is suggested •Practice relaxation techniques such as Meditation, Yoga •Practice deep breathing exercise •Exercise regularly •Group Therapy may be required Future Implications:- Professional help required
43	Female	Rishika Halder	20	BSc Zoology (H)	5th Sem	2024	80.05%	0	12	26	35	39	32	32	164	16	6	8	31	She has below average academic stress, with severe stress, moderate anxiety and depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behavioural Therapy is suggested •Practice deep breathing exercise •Practice physical activities regularly •Mindful listening is suggested •Family counseling may be required Future Implications:- Professional help required
44	Female	Anumita Das	21	BSc Zoology (H)	6th Sem	2021-2024	8.2	0	23	14	12	8	39	33	106	14	8	18	91	She has above average academic stress, with severe stress, anxiety and extremely severe depression. She has above average interpersonal competency and high barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behavioural Therapy is suggested •Interpersonal Therapy is suggested •Practice Jacobson's Progressive Muscle Relaxation Exercise •Practice Mindful listening exercise •Maintain journaling •Guided Imagery techniques may be helpful •Physical exercises regularly Future Implications:- Professional help required
45	Female	Supriti Halder	20+	BA History (H)	6th Sem	2021-2024	80.38%	0	17	9	10	8	26	30	83	12	15	8	53	She has above average academic stress, with moderate stress, extremely severe anxiety and moderate depression. She has low average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Dialectical Behaviour Therapy is suggested •Solution Focused Brief Therapy is suggested •Make a proper time management plan •Practice deep breathing exercise •Mindful listening can also be helpful •Interpersonal Therapy is required •Music Therapy may be helpful Future Implications:- Professional help required
46	Male	Mritunjoy Bagchi	20	BSc Microbiology (H)	3rd Sem	2022-23	7.9	0	5	29	23	22	32	24	130	9	9	5	22	He has very low academic stress, with mild stress, severe anxiety and mild depression. He has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual counseling is suggested •Cognitive restructuring is required •Practice deep breathing exercise • Practice Jacobson's Progressive Muscle Relaxation Exercise • Colour Therapy is suggested Future Implications:- Professional help required

No	Gender	Name	Age	Course	Semester	Year	Percentage													Problem	Description	Recommendation
47	Male	Ankur Das	21	BSc Zoology (H)	6th Sem	2021-24	72%	0	7	29	23	22	32	24	130	7	7	3	40		He has low academic stress,although she has reported problems such as difficulty in concentration,hesitation in asking,feeling under pressure, worry about parents' expectations,feeling sad, likes to stay alone and helplessness. She has mild stress, moderate anxiety and normal depression, although she has reported problems such as hopelessness, worthlessness to some extent. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. •Cognitive Behavioral Therapy is suggested •Functional Behavioral Analysis can be done to find out his trigger points •Practice 5 senses relaxation exercise •Guided imagery techniques may be helpful •Practice yoga and meditation •Social skill training may be required Future Implications:- Professional help required
48	Female	Moumita Karmokar	20	BA English (H)	4th Sem	2024	65%	0	3	24	13	38	38	35	148	3	0	4	36		She has very low academic stress, with normal level of stress, anxiety and depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice deep breathing exercises •Maintain a healthy diet
49	Male	Akash Das Gupta	20+	BSc Zoology (H)	6th Sem	2021-24	6	0	0	22	24	22	35	30	133	4	1	1	17		He has no academic stress, with normal level of stress, anxiety and depression. He has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Deep breathing exercise can be practiced •Maintain a healthy diet
50	Female	Sumaiya Gazi	20	BA History (H)	3rd Sem	2022-23	68%	0	16	11	17	12	28	14	82	11	5	10	57		She has below average academic stress, with moderate stress, anxiety and depression. She has below average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is suggested •IT is required •Practice deep breathing exercise •Mindful listening will be helpful •Group Therapy may be required Future Implications:- Professional help required
51	Female	Dona Mandal	20	BSc Zoology (H)	6th Sem	2024	73.88%	0	9	20	16	26	26	22	110	7	1	1	40	1) Severe confusion about career choice and planning 2)She liked one person very much who is now married, she cann't get out of it and also cann't share with her parents	She has low average academic stress, yet, she has reported problems like difficulty to concentrate,day dreams a lot,feels under pressure, worry about parents' expectations,feels sad, gets headache, gets nervou, helplessness and likes to stay alone.She has normal stress, anxiety and depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behavioral Therapy is suggested •Acceptance and Commitment Therapy can also be helpful •Behaviour Activation Worksheet should be maintained •Practice deep breathing •Practice physical exercise regularly •Group Therapy may be helpful •IT may be required Future Implications:- Professional help required
52	Male	Avinava Halder	20	BA History (H)	6th Sem	2023-24	63%	0	3	30	29	35	26	24	144	0	0	0	17		He has very low academic stress, with normal level of stress, anxiety and depression. He has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Maintain a healthy diet
53	Female	Archita Ghosh	19+	BA History (H)	4th Sem	2022-23	60%	0	28	12	10	10	36	33	101	4	10	16	45		She has high academic stress, with normal stress, extremely severe anxiety and depression. She has average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behavioral Therapy is suggested •Behabiour modification can be applied •Practice deep breathing exercise •Music Therapy may be helpful •Practice Mindful listening exercise •Interpersonal Therapy is required •Social skill training can be applied Future Implications:- Professional help required
54	Female	Swastika Acharya	20	BSc Microbiology (H)	3rd Sem	2023	8.1	60	24	17	14	27	24	22	104	16	17	18	43	She feels she need help because of her difficulties in interpersonal relationships and confusion whether she's anxious or depressed	She has tendency of harming herself without suicidal intention and she has successfully attempted for several times and is also somewhat likely to attempt again. She has high academic stress, with severe stress, extremely severe anxiety and depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behavioral Therapy is suggested •Anger management training required •Interpersonal Therapy is required •Practice Mindful listening exercise •Practice deep breathing exercise •Journaling can be helpful •Family counseling may be required Future Implications:- Professional help required
55	Female	Debolina Das	19+	BA History (H)	3rd Sem	2022	75%	0	3	35	22	36	32	33	158	13	5	0	28	Very much tension about success and career	She has very low academic stress, with severe stress, moderate anxiety and normal level of depression. She has above average interpersonal competency and low average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Solution focused brief Therapy is suggested •Existential Therapy is required also •Practice Observer's meditation •Journaling will be helpful •Group Therapy may be helpful Future Implications:- Professional help required

No.	Gender	Name	Age	Course	Sem	Year	%													Phobia	Description	Recommendation
56	Female	Antara Mondal	19	BSc	4th Sem	2022-23	75%	39	20	22	20	17	24	28	111	10	12	7	31	Fear of examination	She has tendency of harming herself without suicidal intention and she has successfully attempted for several times. She has above average academic stress, with moderate stress, severe anxiety and moderate depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Exposure Therapy is required •Systematic desensitisation is suggested •Reframing is required •Practice deep breathing exercise •5 senses relaxation techniques can be helpful •Music Therapy can be applied •Interpersonal Therapy may be required Future Implications:- Professional help required
57	Male	Shovon Paul	21	BSc Zoology (H)	5th Sem	2024	78.60%	0	3	13	12	18	24	25	92	0	0	0	65		He has very low academic stress, with normal level of stress, anxiety and depression. He has below average interpersonal competency and above average barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy diet
58	Male	Souvik Saha	18	BSc Microbiology (H)	1st Sem	2023-24	NA	0	5	34	29	34	26	30	153	10	4	1	47		He has very low academic stress, with moderate stress, mild anxiety and normal level of depression. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Solution Focused Brief Therapy is suggested •Practice Raisin eating mindfulness exercise •Practice deep breathing •Social skill training can be helpful •Music Therapy can be applied •Yoga and meditation should be practiced Future Implications:- Professional help required
59	Female	Anwesha Majee	20	BSc Math (H)	4th Sem	2022-25	6	30	17	12	18	28	36	21	115	3	1	1	20		She has tendency of harming herself without suicidal intention and she has also successfully attempted once. She has average academic stress, with normal level of stress, anxiety and depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Dialectical Behaviour Therapy is suggested •Practice body scanning •Practice Jacobson's Progressive Muscle Relaxation Exercise •Interpersonal Therapy may be required •Practice physical exercise regularly Future Implications:- Professional help required
60	Female	Prity Biswas	21	HISA	6th Sem	2021-2024	60%	0	0	8	8	8	8	8	40	0	0	0	34		She has no academic stress, with normal stress, anxiety and depression. She has very low interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •IT is required •Practice yoga and meditation •Maintain a healthy diet •Family counseling may be required Future Implications:- Professional help required
61	Male	Soham Brahmachary	23+	BA History (H)	6th Sem	2023-24	65.78%	0	6	15	8	8	11	11	53	3	5	2	18		He has very low academic stress, although, she has reported some problems such as worry about parents' expectations, loss of sleep, helplessness, lack of interest, and does nmot liketogo to college. He has normal level of stress, moderate anxiety and normal level of depression. He has low interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behaviour Therapy is suggested •Practice deep breathing exercise •Engage yourself in physical activities regularly •Practice sleep hygiene •Practice Mindful listening exercise Future Implications:- Professional help required
62	Male	Akash Kumar Sah	21	BSc Botany (H)	5th Sem	2021-2024	63%	64	6	38	28	21	28	25	140	4	5	1	25		He has tendency of harming himself without suicidal intention and he has successfully attempted once as a way to practice committing suicide. He has very low academic stress, with normal level of stress, moderate anxiety and normal depression. He has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behaviour Therapy is suggested •Social skill training is required •Practice Body Scanning •Mindful listening will be helpful •Practice deep breathing exercise •Family counseling may be required Future Implications:- Professional help required
63	Female	Rupanjali Bhattacharjee	20	BSc Math (H)	3rd Sem	2024	60%	0	29	9	8	8	8	8	41	4	6	4	29		She has high academic stress, with normal stress, moderate anxiety and normal depression. She has very low interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behaviour Therapy is suggested •Make a proper time management plan •Set small achievable goals with positive reinforcement •Vivo, Vitro techniques may be required •Interpersonal Therapy is required •Social skill training is required •Practice deep breathing exercise Future Implications:- Professional help required

No	Gender	Name	Age	Course	Sem	Year	%													Problems	Description	Recommendation
64	Female	Suparna Mondal	20	BA English (H)	NA	2023-24	80%	0	0	13	11	14	31	12	81	6	1	1	35		She has no academic stress, with normal stress, anxiety and depression. She has below average interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Mindful listening exercise •Maintain a healthy diet •IT is required
65	Male	Soumya Ghosal	20	Physics Major	1st Sem	2023-27	79%	49	19	16	10	34	22	35	117	13	2	8	48		He has tendency of harming himself without suicidal intention and he has successfully attempted for several times. He has above average academic stress, with severe level of stress, normal anxiety and moderate depression. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Dialectical Behavioral Therapy is suggested •Practice yoga and meditation •Solution Focused Brief Therapy may be required •Observer's meditation will be helpful Future Implications:- Professional help required
66	Male	Saheb Mondal	18	Pol Sc. (H)	1st Sem	2023-24	NA	0	15	23	20	21	17	24	105	7	9	8	41		He has average academic stress, with normal stress, severe anxiety and moderate depression. He has above interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Existential Therapy is suggested •Behavioral activation worksheet should be maintained •Practice Raisin exercise •Engage in physical activities regularly. •Interpersonal Therapy may be required. Future Implications:- Professional help required
67	Female	Nafesha Mondal	19	Pol Sc. (H)	6th Sem	2024-25	7.34	0	12	25	19	16	16	33	109	14	3	5	69		She has near average academic stress, although she has reported problems such as, with severe stress, normal anxiety and mild depression. She has average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Solution Focused Brief Therapy is suggested •Practice deep breathing exercise •Music Therapy may be helpful •Behavioral activation worksheet should be practiced •Group Therapy may be required Future Implications:- Professional help required
68	Female	Bristi Chakraborty	18+	Pol Sc. (H)	1st Sem	2024	60%	34	14	24	25	21	36	29	135	13	15	16	52	Overthinking , hopelessness,afraid of everything	She has tendency of harming herself without suicidal intention and she has successfully attempted once. She has average academic stress, with severe stress, anxiety and depression. She has above average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is required •Dialectical Behavioral Therapy may be suggested also •Practice yoga and meditation •Anger management training may be helpful •Practice Mindful listening exercise •Practice Journaling •5 senses Colour Therapy may be helpful Future Implications:- Professional help required
69	Female	Sneha Saha	18+	Pol Sc. (H)	1st Sem	2023-24	NA	45	19	15	19	20	22	21	97	11	8	11	57		She has tendency of harming herself without suicidal intention and she has successfully attempted for several times. She has above average academic stress, with moderate stress, severe anxiety and depression. She has below average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Cognitive Behavioral Therapy is suggested •Anger management training •Interpersonal Therapy is required •Practice Observer's meditation •Practice deep breathing exercise •Journaling will be helpful •Guided imagery may be helpful as well •Make proper study routine •Shaping and Chaining can be applied Future Implications:- Professional help required
70	Male	Baibhab Roy	19	Pol Sc. (H)	NA	2023	NA	0	8	8	8	8	8	8	40	8	8	6	57		He has low academic stress,although, he has reported problems such as fast heart beats,helplessness, not feels like talking to, likes to stay alone, lack of interest and does not like to come in college. He has mild stress, severe anxiety and mild depression. He has very low interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is suggested •Interpersonal Therapy is suggested •Practice Jacobson's Progressive Muscle Relaxation Exercise •Practice Body Scanning •Mindful listening may be helpful •Family counseling may be required •Group Therapy may be helpful Future Implications:- Professional help required

No	Gender	Name	Age	Department	Semester	Year	Percentage													Notes	Description	Recommendation
71	Male	Supratim Murmu	19	Pol Sc. (H	1st Sem	2023-24	NA	0	24	17	24	22	27	29	119	12	10	16	55	Confusion about he mightbe trans	He has high academic stress, with moderate stress, extremely severe anxiety and extremely severe depression. He has above average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is suggested •Socratic questioning can be helpful •Make small achievable goals and give yourself positive reinforcement in successful attempts •Make proper study routine •Practice Jacobson's Progressive Muscle Relaxation Exercise •Reframing can be practiced •Practice guided imagery techniques • Practice deep breathing exercise Future Implications:- Professional help required
72	Female	Tithi Mondal	21	GISA	6th Sem	2021	60%	0	0	16	16	16	16	16	80	0	0	0	37		She has no academic stress, with normal stress, anxiety and depression. She has below average interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Maintain a healthy diet
73	Male	Bipin Mondal	21	Pol Sc	6th Sem	2021	65%	0	7	26	19	19	20	20	104	0	0	4	52		He has very low academic stress, with normal stress, anxiety and depression. He has average interpersonal competency and average barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Maintain a healthy diet
74	Female	Jayashree Routh	22	BA Bengali (H)	5th Sem	2021-22	30%	0	0	40	40	40	40	40	200	0	0	0	17		She has no academic stress, with normal stress, anxiety and depression. She has very high interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Maintain a healthy diet
75	Male	Avi Sardar	22+	BA Bengali (H)	6th Sem	2020-21	45%	52	18	18	29	33	37	34	151	10	13	14	58		He has tendency of harming himself and he has made a successful attempt as a way to practice suicide. He has above average academic stress, with moderate level of stress, extremely severe anxiety and depression. He has above average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Exposure Therapy is suggested •Dialectical Behaviour Therapy may be helpful •Practice deep breathing exercise •Practice Jacobson's Progressive Muscle Relaxation Exercise •Make a proper time management plan •Interpersonal Therapy is suggested Future Implications:- Professional help required
76	Male	Sourav Naskar	21	BA (H)	4th Sem	2022	66%	0	3	21	17	8	36	16	98	0	0	0	17		He has very low academic stress, with normal stress, anxiety and depression. He has below average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Maintain a healthy diet
77	Male	Saheb Mondal	18	Pol Sc (H)	1st Sem	2023-24	NA	40	14	24	24	24	24	23	119	7	7	7	44		He has tendency of harming himself without suicidal intention. He has average academic stress, with normal level of stress, moderate anxiety and depression. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Dialectical Behaviour Therapy is suggested •Anger management training can be applied •Practice yoga and meditation •Colour Therapy may be helpful Future Implications:- Professional help required
78	Female	Priyanka Mondal	21+	BA Bengali (H)	4th Sem	2022	58%	0	0	32	32	32	32	32	160	0	0	0	17		She has no academic stress, with normal stress, anxiety and depression. She has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Maintain a healthy diet
79	Male	Supratik Maji	18	Pol Sc	1st Sem	2023	NA	0	2	12	12	25	36	20	105	0	0	4	23		He has very low academic stress, with normal stress, anxiety and depression. He has average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Maintain a healthy diet
80	Female	Paromita Purkait	21	BA	6th Sem	2021-24	60%	0	5	31	21	31	32	26	141	10	3	0	24		She has very low academic stress although, she has reported problems such as does not answer, lack of interest, doesn't like to come in college and worry about parents' expectations. She has moderate stress, normal anxiety and depression. She has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behaviour Therapy is suggested •Practice deep breathing exercise •Practice Yoga and Meditation •Engage in physical activities regularly Future Implications:- Professional help required
81	Male	Arghya Saha	21	Pol Sc (H)	6th Sem	2021	65%	0	1	23	19	19	48	25	134	0	2	2	38		He has very low academic stress, with normal stress, anxiety and depression. He has average interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Maintain a healthy diet

																				Description	Recommendation
82	Female	Athena Nath	20+	Pol Sc (H)	6th Sem	2021	72%	0	4	34	30	36	37	30	167	3	0	3	20	She has very low academic stress, with normal stress, anxiety and depression. She has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice yoga and meditation •Maintain a healthy diet
83	Female	Riya Dutta	18	BA Bengali (H)	1st Sem	2023-24	NA	0	18	18	16	21	30	22	107	15	9	9	28	She has above average academic stress, with severe stress, anxiety and moderate depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behaviour Therapy is suggested •Guided Imagery techniques are suggested •Shame attacking may be helpful •Practice deep breathing exercise •5 senses relaxation techniques should be practiced •Make a proper time management plan •Encourage to involve in a positive support group •Behavioural Activation Worksheet can be used Future Implications:- Professional help required
84	Female	Snehasree Chakraborty	19+	BA Bengali (H)	1st Sem	2023-24	70%	0	0	40	40	40	40	40	200	0	0	0	17	She has no academic stress, with normal stress, anxiety and depression. She has very high interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain health diet
85	Female	Pallabi Sardar	21	Pol Sc (H)	6th Sem	2021	65%	0	22	8	10	9	25	23	75	11	4	11	36	She has high academic stress, with moderate stress, mild anxiety and severe depression. She has below average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is suggested •Make Small achievable goals •Make proper study routine •Interpersonal Therapy is suggested •Family Therapy may be required •Practice deep breathing exercise •Mindful listening may be helpful Future Implications:- Professional help required
86	Female	Pragya Biswas	22	BSc Bio (G)	3rd Year	2023	65.70%	0	12	31	15	26	33	22	127	15	0	12	38	She has below average academic stress, with severe stress, normal anxiety and severe depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Dialectical Behaviour Therapy is suggested •Solution Focused Brief Therapy is suggested •Practice Mindful Raisin exercise •Journaling can be helpful •Yoga and Meditation can be practiced Future Implications:- Professional help required
87	Male	Bapan Sardar	21	BSc (G)	5th Sem	2021-24	75%	0	0	13	12	14	16	16	71	4	3	7	24	He has no academic stress, with normal stress, anxiety and moderate depression. He has below average interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Engage yourself in enjoyable activities •Practice Mindful listening exercise •Practice Physical exercise regularly •Practice sleep hygiene such as, make proper sleep routine Future Implications:- Professional help required
88	Male	Krishnendu Neogi	19	BSc Bio (G)	3rd Sem	2023-24	60%	0	0	32	32	32	32	32	160	0	0	0	17	He has no academic stress, with normal stress, anxiety and depression. He has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain health diet
89	Female	Anuswa Mukherjee	18	BSc Bio (G)	1st Sem	2023-24	NA	0	1	20	24	25	24	24	117	10	12	8	47	She has very low academic stress, with moderate stress, extremely severe anxiety and moderate depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behaviour Therapy is suggested •Exposure Therapy can be applied •Journaling can be practiced •Vivo and Vitro techniques are suggested •Practice deep breathing exercise •5 senses relaxation exercise can be applied Future Implications:- Professional help required
90	Female	Sneha Halder	19+	BSc Bio (G)	1st Sem	2023-24	69%	50	26	24	16	9	21	29	99	16	19	12	42	She has tendency of harming herself without suicidal intention and she has made a successful attempt. She has high academic stress, with severe stress, extremely severe anxiety and severe depression. She has below average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Dialectical Behaviour Therapy is suggested •Practice Jacobson's Progressive Muscle Relaxation Exercise •Music Therapy may be helpful •Five sense relaxation techniques can be applied •Interpersonal Therapy is suggested •Family Counseling may be required Future Implications:- Professional help required

No	Gender	Name	Age	Department	Semester	Year	Percentage														Remarks	Assessment	Recommendation
91	Female	Arpita Kabishekhar	21	Botany(H)	5th Sem	2024	75.80%	0	1	21	19	27	25	25	117	2	6	1	20		She has very low academic stress, with normal stress, moderate anxiety and normal depression. She has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Practice Yoga and Meditation •Five Senses Mindfulness exercise can be practiced •Cognitive Restructuring may be suggested •Practice sleep hygiene such as proper sleep routine •Maintain healthy diet Future Implications:- Professional help required
92	Female	Jeenat Sardar	19	Botany (H)	1st Sem	2023-24	NA	0	18	10	19	30	38	25	122	5	2	12	38	Feelings of insecurities with her existence and lifeevents	She has above average academic stress, with normal stress, anxiety and severe depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Cognitive Behavioral Therapy is suggested •Practice Journal •Practice Jacobson's Progressive Muscle Relaxation Exercise •Practice Body Scanning •Family Counseling may be required •Acceptance and Commitment Therapy can be applied Future Implications:- Professional help required
93	Male	Shimul Nandi	21	Botany (H)	3rd Sem	2022-25	54%	0	17	21	26	38	32	32	149	6	7	9	27		She has above average academic stress, with normal stress, moderate anxiety and depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Solution Focused Brief Therapy is suggested •Make small achievable goals •Practice Yoga and meditation •Engage in physical activities regularly •Engage yourself in enjoyable activities •Practice Mindful listening exercise Future Implications:- Professional help required
94	Female	Sharwari Natke	21	Sericulture	1st Sem	2023-24	NA	0	22	30	31	19	23	20	123	17	16	14	49		She has high academic stress, with extremely severe stress, anxiety and depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Dialectical Behaviour Therapy is suggested •Practice Jacobson's Progressive Muscle Relaxation Exercise •Journaling can be helpful •Five senses Colour Therapy may be applied •Observer's meditation should be practiced •Family Therapy may be suggested Future Implications:- Professional help required
95	Female	Koyel Mondal	18	Sericulture	1st Sem	2023	85%	0	1	23	16	13	15	12	79	6	9	2	23		She has very low academic stress, with normal stress, severe anxiety and normal depression. She has below average interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is suggested •Interpersonal Therapy is suggested •Practice Yoga and Meditation •Practice Journaling •Music Therapy can be helpful Future Implications:- Professional help required
96	Female	Poulami Nath	20	BSc Bio (G)	1st Sem	2023-24	60%	0	0	20	19	23	23	23	108	0	0	0	34		She has no academic stress, with normal stress, anxiety and depression. She has average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for Psychological profile. Recommendation:- •Practice yoga and meditation •Make a proper diet plan
97	Female	Chandreyee Das	19	BSc Bio (G)	1st Sem	2023-24	60%	0	0	20	20	23	23	23	109	0	0	0	34		She has no academic stress, with normal stress, anxiety and depression. She has average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for Psychological profile. Recommendation:- •Practice yoga and meditation •Make a proper diet plan
98	Male	Suman Naskar	20	BSc Bio (G)	5th Sem	2023	65%	0	0	24	24	24	24	24	120	0	0	0	17		She has no academic stress, with normal stress, anxiety and depression. She has average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for Psychological profile. Recommendation:- •Practice yoga and meditation •Make a proper diet plan
99	Male	Agantuk Naskar	22	BSc Botany (H)	6th Sem	2021-24	60%	0	25	8	12	12	8	8	48	0	0	0	21		She has high academic stress, with normal stress, anxiety and depression. She has very low interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Exposure Therapy is suggested •Make a proper time management plan •Set achievable goals •Practice Relaxation Exercise such as deep breathing exercise Future Implications:- Professional help required
100	Male	Ranik Malick	17	BSc Bio (G)	1st Sem	2023-24	NA	0	0	29	26	17	32	29	133	3	0	0	34		She has no academic stress, with normal stress, anxiety and depression. She has above average interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for Psychological profile. Recommendation:- •Practice yoga and meditation •Make a proper diet plan

101	Female	Ankita Das	19	BSc Botany (H)	3rd Sem	2022-25	6.116	23	21	14	20	11	35	30	110	7	7	12	47		She has tendency of harming herself without suicidal intention and she has made successful attempt once. She has high academic stress, with normal level of stress, moderate anxiety and severe depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Dialectical Behaviour Therapy is suggested •Cognitive restructuring may be suggested •Practice Jacobson's Progressive Muscle Relaxation Exercise •Make Small achievable goals •Token economy/ Reinforcements can be applied •Support Group can be helpful Future Implications:- Professional help required
102	Female	Sneha Hajari Barman	20	Sericulture	3rd Sem	2022	75%	48	21	32	24	11	34	30	131	3	17	3	52		She has tendency of harming herself without suicidal intention and she has made successful attempt for several times. She has high academic stress, with normal level of stress, extremely severe anxiety and normal depression. She has above average interpersonal competency and average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Dialectical Behaviour Therapy is suggested •Practice Jacobson's Progressive Muscle Relaxation Exercise •Practice Journaling •Family Counseling may be required •Practice five senses relaxation exercise •Mindful listening may be required Future Implications:- Professional help required
103	Female	Salma Khatun	20	BSc Botany (H)	5th Sem	2021-24	50%	21	6	12	16	14	18	22	82	3	1	1	72		She has tendency of harming herself without suicidal intention and she has made successful attempt for several times. She has very low academic stress, with normal level of stress, anxiety and depression. She has below average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Interpersonal Therapy is suggested •Make a proper sleep routine •Avoide digital gadgets before 1-2 hours of bed time • Involve yourself in enjoyable activities •Practice Yoga and meditation Future Implications:- Professional help required
104	Male	Subhasis Das	19	BSc Bio (G)	6th Sem	2023-24	80%	25	0	18	23	24	24	24	113	17	3	0	20		She has tendency of harming herself without suicidal intention and she has made successful attempt for several times. She has no academic stress, with extremely severe stress, normal anxiety and depression. She has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment is required for a proper Psychological profile. Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Solution Focused Brief Therapy is suggested •Anger management training can be helpful •deep breathing exercise are suggested •Jacobson's Progressive Muscular Relaxation Exercise can be practiced •Engage in physical activities regularly •Music Therapy can be helpful Future Implications:- Professional help required
105	Female	Mitra Satpati	20	BSc Bio (G)	5th Sem	2021	76%	0	3	13	11	9	15	15	63	7	1	3	25		She has very low academic stress, with normal stress, anxiety and depression. She has low interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for Psychological profile. Recommendation:- •Practice yoga and meditation •Make a proper diet plan
106	Male	Neelanjan Chakraborty	20	BSc Botany (H)	3rd Sem	2023	55%	0	6	36	28	24	40	35	163	3	0	5	37		He has very low academic stress, with normal stress, anxiety and mild depression. He has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy lifestyle
107	Male	Sayan Ghosh	21	BSc Botany (H)	6th Sem	2024	60%	0	6	35	34	24	25	26	144	10	7	3	60		He has very low academic stress, with moderate stress, anxiety and normal depression. He has above average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Exposure Therapy is suggested •Practice deep breathing exercise •Practice Physical exercise regularly •Cognitive Reversal is suggested Future Implications:- Professional help required
108	Male	Anurag Chattopadhyay	20	BSc Botany (H)	6th Sem	2021-24	60%	35	5	9	24	21	40	40	134	5	1	0	29		He has tendency of harming himself without suicidal intention and has made successful attempt for several times. He has very low academic stress, with normal level of stress, anxiety and depression. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling is required •Dialectical Behaviour Therapy is suggested •Practice Jacobson's Progressive Muscle Relaxation Exercise •Encourage to involve in a positive support group •Practice Mindful listening exercise exercise •Group Therapy may be suggested Future Implications:- Professional help required
109	Female	Tania Banik	19	BSc Botany (H)	3rd Sem	2022	60%	0	1	24	22	24	32	27	129	1	0	0	30		She has very low academic stress, with normal stress, anxiety and depression. She has low interpersonal competency and low barriers in seeking psychological help.	Further assessment can be done for Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy lifestyle

No	Gender	Name	Age	Course	Semester	Year	Percentage														Notes	Assessment	Recommendation
110	Male	Anuj Baidya	19	BSc Bio Minor	1st Sem	2023	70%	0	12	27	27	31	33	25	143	12	2	1	43		He has near average academic stress,although he has reported problems such as,difficult to concentrate, forgets easily, difficulty in problem solving,does not answer, feels under pressure,feels sad nervous, fast heart beats, helplessness, difficult to complete lessons, and feels sleepy..Therefore, further assessment can be done for a proper psychological profile. She has moderate stress, anxiety and mild depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment canbe done for proper Psychological profile. Recommendation:- •Cognetive Behavioral Therapy is suggested •Break down your syllabus into small achievable goals •Practice Mindful listening exercise •Practice physical activities regularly •Practice deep breathing exercise Future Implications:- Professional help required
111	Male	Yash Mandal	21	BSc Bio(G)	3rd Sem	2023	B+	55	23	16	16	13	24	20	89	16	17	14	66		He has tendency of harming himself without suicidal intentionhe and has made successful attempt for several times. He has high academic stress, with severe stress, extremely severe anxiety and depression. He has below average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual counseling is required •Cognitive Behavioural Therapy is suggested •Interpersonal Therapy is required •Group counseling may be helpful •Practice Jacobson's Progressive Muscle Relaxation Exercise •Journaling is suggested •Music Therapy and Art Therapy can be helpful •Practice Yoga and Meditation •Behavioral Activation Worksheet can be used Future Implications:- Professional help required
112	Male	Sourav Middya	19	BSc Botany (H)	3rd Sem	2022-23	55%	0	2	24	14	12	30	27	107	3	2	0	34		He has very low academic stress, with normal stress, anxiety and depression. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be done for Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy lifestyle
113	Male	Utsab Naskar	22	BSc Botany (H)	6th Sem	2024	NA	0	14	12	17	22	30	27	108	2	3	3	45		He has average academic stress,although he has reported problems such as,difficult to concentrate, forgets easily, difficulty in problem solving,doubts his ability, hesitates in asking, feels under pressure, feels failure, lack of confidence, worry with normal stress, anxiety and depression, feels sad, headache, less desire to eat, likes to stay alone and feels to discontinue.Therefore, further assessment can be done for a proper psychological profile. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Solution Focused Brief Therapy is suggested •Practice Raisin exercise •Exposure Therapy can be applied •Set small achievable goals •Shame attacking can be applied •Practice yoga and meditation Future Implications:- Professional help required
114	Female	Anwesha Bera	20	BSc Botany (H)	3rd Sem	2022-25	71.50%	0	7	25	22	23	31	23	124	2	4	0	32		She has below average academic stress, with normal stress, anxiety and depression. She has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be done for Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy lifestyle
115	Male	Bikramjit Sardar	20	BSc Botany (H)	3rd Sem	2023-24	5.6	0	4	34	18	36	36	34	158	6	3	2	32		He has very low academic stress, with normal stress, anxiety and depression. He has above average interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be done for Psychological profile. Recommendation:- •Practice Yoga and Meditation •Maintain a healthy lifestyle
116	Male	Shombit Bhattacharya	20	BSc Bio (G)	3rd Sem	2024	52%	44	21	11	11	12	14	17	65	12	13	15	53	Depression and mental pressure from failure in examination, anxiety and confusion about whether he'll pass the examination.	He has tendency of harming himself without suicidal intention and he has made successful attempt for several times. He has high academic stress, with moderate stress, extremely severe anxiety and depression. He has below average interpersonal competency and above average barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Individual Counseling required •Cognitive Behavioural Therapy is suggested •Journaling can be helpful •Yoga and Meditation should be practiced •Group Therapy may be helpful to build their confidence •Behaviour Activation Worksheet can be used •Family Therapy may also be suggested •Regularly practice physical exercise •Anger management training can be helpful Future Implications:- Professional help required
117	Female	Bipasa Roy	18	BSc Bio (G)	1st Sem	2023-24	50%	0	5	26	35	13	9	12	95	11	13	8	30		She has very low academic stress, with moderate stress, extremely severe anxiety and moderate depression. She has below average interpersonal competency and low barriers in seeking psychological help.	Further assessment is required for proper Psychological profile. Recommendation:- •Cognitive Restructuring is suggested •Acceptance and Commitment Therapy can be applied •Practice Jacobson's Progressive Muscle Relaxation Exercise •Interpersonal Therapy can be applied •Music Therapy can be applied •Five senses relaxation exercise can be practiced Future Implications:- Professional help required

118	Female	Shreya Sardar	20	BSc Botany (H)	3rd Sem	2023-25	58%	0	13	11	14	28	30	25	108	6	11	2	59	She has near average academic stress, although she ha sreported problems such as,difficult to concentrate, doubt her abilities, feels inferior, lack of confidence, feels under pressure, feels failure, gets headache, worry about parents' expectations, loss of sleep,likes to stay alone,helplessness, gets bored easily and difficulty in completing tasks. Therefore, further assessment can be done for a proper psychological profile.She has normal stress, extremely severe anxiety and normal depression. She has above average interpersonal competency and above average barriers in seeking psychological help.	Further assessment can be done for a proper psychological profile. Recommendation:- •Cognitive Behavioral Therapy can be applied • Journaling can be practiced •Group Therapy can be applied •Mindful listening can be practiced •Practice sleep hygiene •Deep breathing exercise and yoga can be practiced Future Implications:- Professional help required
119	Female	Rima Das	21	BSc Bio (G)	6th Sem	2021	75%	0	12	16	19	19	24	20	98	7	4	2	36	She has near average academic stress, although she has reported problems such as, forgets easily, difficulty in problem solving, hesitates in asking. lack of confidence, worry about parents' expectation, feels sad, gets headache, gets nervous, less desire to eat, loss of sleep, helplessness and difficulty to complete lessons, she has normal stress, mild anxiety and normal depression.Therefore, further assessment can be done for a proper psychological profile. She has below average interpersonal competency and below average barriers in seeking psychological help.	Further assessment can be for proper Psychological profile. Recommendation:- •Existential Therapy is suggested •Solution Focused Therapy can be applied •Social skill training can be given •Jacobson's Muscle Relaxation Exercise can be practiced •Engage yourself in regular physical activities •Practice sleep hygiene •Deep breathing exercise can be practiced Future Implications:- Professional help required
120	Male	Soumyadip Mondal	20+	BSc Botany (H)	3rd Sem	2022-23	50%	0	13	21	23	24	24	24	116	0	0	0	27	He has near average academic stress, although he has reported problems such as,hesitates in asking, lack of confidence, feel failure, worry about parents' expectations, feels sad gets nervous, heart beats fast, likes to stay alone, not feeling like talking to, lack of interest, gets bored easily and feels to discontinue, he has normal stress, anxiety and depression. Therefore, further assessment can be done for a proper psychological profile. He has above average interpersonal competency and very low barriers in seeking psychological help.	Further assessment can be done for proper Psychological profile. Recommendation:- •Cognitive Behavioral Therapy is suggested •Break your tasks into achievable goals •Journaling can be practiced •Yoga, meditation and other relaxation techniques can be practiced Future Implications:- Professional help required

INDEX:-

ITEMS	DESCRIPTION
NSSI	Non-Suicidal Self Injury
AS	Academic Stress
IC	Interpersonal Competency
D	Depression
A	Anxiety
S	Stress
BSPH	Barriers in Seeking Psychological Help
	NSSI
	Non-NSSI