

**7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.**

## Feedback received by Counselor

I was going through a difficult time in my life and was having trouble getting work done. Sessions with Sonal ma'am helped me build order in my life, she challenged my distorted thinking patterns that I was not even aware I was engaging in. She also encouraged and motivated me. I find myself using the techniques that she taught in different situations. I am deeply grateful for her help and support.

20:01

OPD -2 S. S

When I entered for the therapy...

My concern was I didn't know how to deal with certain situations effectively and also wanted to get the experience of counseling.

you provided the safe environment and gave me your words of wisdom, advice and your guidance. It really helped me to know myself better and work on certain problems and now I think I have more clarity about myself and my life.

Thank you for listening 🙏

10:46 ✓

Through therapy I learnt

-My relation better with my parents.

-I am able to study.

-I learnt relaxation techniques.

13:31

My concern was that over the years of lying about the truth to basically everyone, somewhere along the way I had started believing those lies myself. And talking and letting myself let it all out for a change was a decent start for me.

Our sessions made me believe that talking to the right person, and spilling out the truth to the right person can help in a great way, even though it might not feel like it at the moment.

10:37 ✓

# Kitchen Garden Photos



