

Comprehensive Report of Counselling, Guidance & Psychotherapy Activities from 12th July to 18th July 2025 at (iNFORMATION-cOMMUNICATION-nEURO-cOGNITIVE-) Technologies Assisted Language Lab (i-c-n-c-) TALL, Dayalbagh Educational Institute (DEI), Agra

From 12th to 18th July 2025, a total of 21 cases were seen at the (iNFORMATION-cOMMUNICATION-nEURO-cOGNITIVE-) Technologies Assisted Language Lab (i-c-n-c-) TALL, DEI, Agra. These sessions were conducted by Dr. C. Tulsi Das, Consultant Clinical Psychologist, Therapist, and Counsellor with extensive national and international experience. Dr. Das previously served as the Chief Psychologist at Banaras Hindu University (BHU), Varanasi.

The cases included both adults and children presenting with a wide range of concerns including behavioural problems in school, hyperactivity, attention-seeking behaviours, speech and articulation difficulties, intellectual disabilities, autism spectrum conditions, and Down syndrome. A number of children also exhibited poor academic performance and deficits in social skills. Participants were from DEI as well as from other regions including Uttar Pradesh and Bihar. In several cases, issues related to ineffective parental handling were also noted.

Each child underwent observation and appropriate psychological screening. Based on these, behavioural interventions, speech stimulation strategies, and individualised parental guidance were provided. For adult clients, sessions addressed concerns related to family trauma, bereavement, and interpersonal stress. Cognitive Behavioural Therapy (CBT), Neuro-Linguistic Programming (NLP), and Rational Emotive Behaviour Therapy (REBT) were among the therapeutic approaches applied.

In addition to one-on-one consultations, group counselling sessions were also held for students and parents, providing a platform for shared concerns and emotional support.

Special thanks are due to Dr. Anju Bhatnagar, Consultant, Pediatrician and her team members Dr. Ashima Srivastava, Mrs. Rajkumari and Mrs. Preeti Saini for their continued support during this initiative.

The week-long counselling effort proved to be a meaningful step toward providing sustained psychological support within the DEI ecosystem and creating awareness among students, faculty, and families about positive well-being. This initiative highlighted the growing awareness and need for mental health support within educational institutions.

