

Disha Counselling Centre



Hans Raj Mahila Maha Vidyalaya

Jalandhar (Punjab) India



Affiliated to Guru Nanak Dev University, Amritsar
Managed by DAV College Managing Committee, New Delhi

Chief Patron

Dr. Punam Suri

President, DAV College Managing Committee,
New Delhi



Patron

Prof. Dr. (Mrs.) Ajay Sareen

Principal

Counselors

Dr. Ashmeen Kaur (9855486868)

Dr. Venus (9802375763)

Counselors

Ms. Anjana (7901806894)

Individual Case History

Name-.....

Class-..... *Msc. Bioinformatics*

Roll No-..... *9452*

Address-.....
.....
.....

Phone-.....



1. सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं, उन सब का आदि मूल परमेश्वर है।
2. ईश्वर सच्चिदानन्द स्वरूप, निराकार, सर्वशक्तिमान्, न्यायकारी, दयालु, अजन्मा, अनन्त, निर्विकार, अनादि, अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक, सर्वान्तर्यामी, अजर, अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है। उसी की उपासना करनी योग्य है।
3. वेद सब सत्य विद्याओं का पुस्तक है। वेद का पढ़ना-पढ़ाना और सुनना-सुनाना सब आर्यों का परम धर्म है।
4. सत्य को ग्रहण करने और असत्य को छोड़ने में सर्वदा उद्यत रहना चाहिए।
5. सब काम धर्मानुसार अर्थात् सत्य और असत्य को विचार करके करने चाहिए।
6. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है, अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना।
7. सबसे प्रीतिपूर्वक, धर्मानुसार, यथायोग्य वर्तना चाहिए।
8. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए।
9. प्रत्येक को अपनी ही उन्नति से सन्तुष्ट न रहना चाहिए, किन्तु सबकी उन्नति में अपनी उन्नति समझनी चाहिए।
10. सब मनुष्यों को सामाजिक सर्व हितकारी नियम पालने में परतन्त्र रहना चाहिए और प्रत्येक हितकारी नियम में सब स्वतन्त्र रहें।

ओ३म् विश्वानि देव सवितर्दुरितानि परासुव । यद्भद्रं तन्न आसुव ॥१॥

तू सर्वेश सकल सुखदाता, शुद्धस्वरूप विधाता है, उसके कष्ट बष्ट हो जाते शरण तेरी जो आता है। सारे दुर्गुण दुर्व्यसनों से, हमको नाथ बचा लीजै, मंगलमय गुण कर्म पदार्थ, प्रेम सिन्धु हमको दीजै।

Personal History

Name.....
Class..... Msc. Bioinformatics - Ist sem.
Roll No..... 9452
Age..... 22 DOB..... 2nd Oct. 1997.
Address.....
Contact No.....
E-mail ID.....
Hosteller/Day Scholar..... Hosteller
Religion..... Hindu
Nationality..... Indian
Marital Status..... Unmarried

Physical History

Height..... 5.5' Weight..... 65
Blood Group..... B⁺
Disability, if any..... No
Were you ever hospitalized, if Yes How many times..... No
Reason for hospitalization..... No
For How many Days..... No At what Age..... No
Allergy of any kind..... No
Other Physical complaint at present..... No

Family History

Mother's Name occupation..... Housewife
 Father's Name occupation..... Business man
 No. of Family members..... 4 Type of Family (Joint/Nuclear)..... Nuclear
 Annual Income of the Family..... 2.5 Lakh
 Siblings..... 1

Particulars of Family Members

Sr. No.	Name	Age	Relation	Qualification	Occupation
1		52	father	Diploma	Business man
2		49	Mother	B.A, M.A, B.Ed.	Housewife.
3		19	Brother	B.A	-
4					
5					
6					

Academic Record

Class	Institution Name	Marks	Percentage/Division
• 10th	G.A.V Public School	480/500	8.0 CGP
• 10+1	" "	338/500	67.6%
• 10+2	" "	313/500	62.3%
Graduation	K.M.V College	237/400	59.25%
• Sem I	" "	244/400	61.00%
• Sem II	" "	244/400	61.00%
• Sem III	" "	236/400	59.00%
• Sem IV	" "	271/400	67.75%
• Sem V	" "	251/400	62.75%
• Sem VI	" "		

Teacher's Rating

Sr. No.	Particulars	Poor	Good	V. Good	Excellent
1	Attendance / Punctuality			✓	
2	Behaviour in the class			✓	
3	Dutiful			✓	
4	Obedient			✓	
5	Careful			✓	
6	Classroom Participation				✓

For Hostellers

1	Behaviour in Hostel		✓		
2	Adjustment with Room Mates				✓
3	Behaviour with friends			✓	
4	Obedient			✓	

Extra Curricular Activities

Achievements in Extra Curricular Activities

- 2-Nationals in Handball.
- N.C Cadet.
- 2-State in Basketball.
- 1-Zonal in Volleyball.

Hobbies/Area of Interest

- Music.
- Spirituality.

Mental Health Questionnaire

Favorite Subjects *Biology*

Aim in Life..... *Civil Services*

Hours of Study..... *2-3 hr.*

Time spent on Social Media..... *2 hr*

Time spent on watching T.V..... *—*

Hours of sleep..... *6-7 hr.*

Number of friends..... *many.*

Extrovert/ Introvert..... *Introvert*

Fears..... *Height, Snake.*

Anxiety.....

Teacher's acceptance..... *Easily*

Friend's acceptance..... *Slowly.*

Have you ever been hospitalized due to some psychological problem, if yes..... *No*

How many times..... *No* At the age of..... *No*

How many days..... *No* Dignosed as..... *No*

Time spent on physical exercise, Yoga, Meditation etc.....

..... *1 hr for walk & 15 min (Medo.)*

Any positive memorable childhood experience..... *Many*

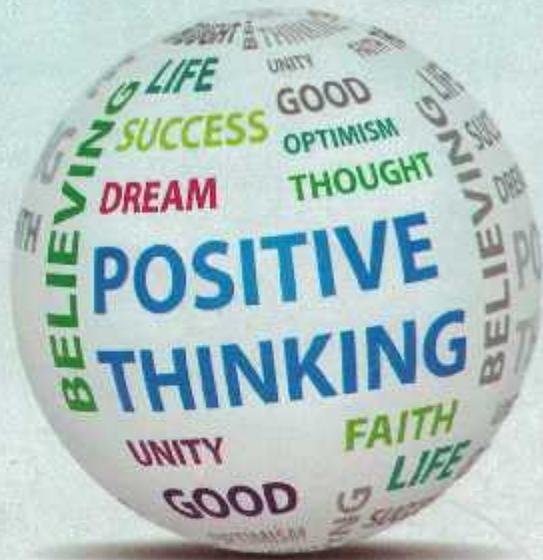
Any childhood Trauma *No*

Your views about life, relations and society in general..... *Very nice.*

Any other emotional/personal problem..... *No.*

TIPS TO STAY HAPPY

- **Be Yourself**
- **Know yourself**
- **Be confident**
- **Be optimistic**
- **Love yourself and others around**
- **Be a good learner**
- **Be realistic about what you can achieve**
- **Work hard and dream big**
- **Stop saying tomorrow**
- **Stop wishing, Start doing**
- **Great things never come from comfort zones**
- **Opportunities don't happen, you create them**



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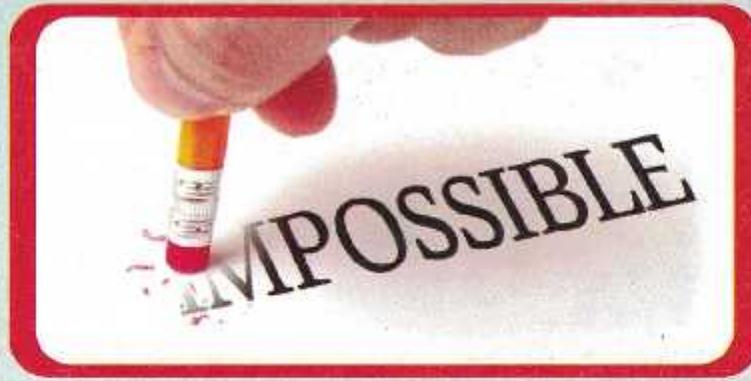
HANS RAJ MAHILA MAHA VIDYALAYA

Mahatma Hans Raj Marg Jalandhar-144008 (Punjab) India

Ph: 0181-2253710, 2204198 Web: www.hrmmv.org E-mail: hmv_jal@yahoo.co.in

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Counselors

Ms. Anjana (7901806894)

Individual Case History

Name-

Class- *MCB BIK SEM-1*

Roll No- *9453*

Address-

Phone-



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Personal History

Name.....

Class... *M.Sc. Bioinformatics Sem-1*

Roll No. *9453*

Age..... *23* DOB..... *03-04-96*

Address.....

Contact No.....

E-mail ID.....

Hosteller/Day Scholar..... *Day Scholar*

Religion.....

Nationality..... *Indian*

Marital Status..... *Unmarried*

Physical History

Height..... *5ft 3inch* Weight..... *55Kg*

Blood Group..... *B+ve*

Disability, If any..... *No*

Were you ever hospitalized, If Yes How many times..... *No*

Reason for hospitalization.....

For How many Days..... At what Age.....

Allergy of any kind.....

Other Physical complaint at present.....

Family History

Mother's Name Rajwinder Kaur.....occupation Govt. Job.....

Father's Name Ramesh Kumar.....occupation Govt. Job.....

No. of Family members 4.....Type of Family (Joint/Nuclear) Nuclear.....

Annual Income of the Family 6 Lakh.....

Siblings 1.....

Particulars of Family Members

Sr. No.	Name	Age	Relation	Qualification	Occupation
1	Ramesh Kumar	55	Father	Graduation	Govt. Job
2	Rajwinder Kaur	47	Mother	Mat + 2	Govt. Job
3	Pratibha Sarni	23	Myself	Bsc B.ed.	Student
4	Maryot Singh	20	Brother	+2	Student
5					
6					

Academic Record

Class	Institution Name	Marks	Percentage/Division
• 10th	P.L.L. Sec. School	1128/1300	86.7 / Dist
• 10+1	A.P.S	342/500	68.4 / Dist
• 10+2			
Graduation	HMV Jalandhar	1517/2400	63.2 / Dist
• Sem I	"	232/400	58 / Ind
• Sem II	"	238/400	
• Sem III	"	261/400	57.5 / Ind
• Sem IV	"	273/400	65.2 / Dist
• Sem V	"	245/400	68.2 / Dist
• Sem VI	"	268/400	61.2 / Dist
			66.5 / Dist

Teacher's Rating

Sr. No.	Particulars	Poor	Good	V. Good	Excellent
1	Attendance / Punctuality			✓	
2	Behaviour in the class				✓
3	Dutiful				✓
4	Obedient				✓
5	Careful				✓
6	Classroom Participation				✓

For Hostellers

1	Behaviour in Hostel				
2	Adjustment with Room Mates				
3	Behaviour with friends				
4	Obedient				

Extra Curricular Activities

Sports

Achievements in Extra Curricular Activities

Best Athlete (Sports day In B.Ed)

Hobbies/Area of Interest

*Writing, Reading,
Spirituality*

Mental Health Questionnaire

Favorite Subjects *Bioinformatics (Sciences)*

Aim in Life..... *to be mine real authentic self*

Hours of Study..... ~~4-5~~ *4-5 hours*

Time spent on Social Media..... *2 hours*

Time spent on watching T.V..... *1 hour*

Hours of sleep..... *6-7 hours*

Number of friends..... *5-6*

Extrovert/ Introvert..... *Introvert*

Fears..... ~~Monks~~ *Dogs*

Anxiety..... *Performance Anxiety*

Teacher's acceptance..... *Good*

Friend's acceptance..... *Good*

Have you ever been hospitalized due to some psychological problem, if yes.....

How many times..... At the age of.....

How many days..... Diagnosed as.....

Time spent on physical exercise, Yoga, Meditation etc.....

..... *1-2 hours*

Any positive memorable childhood experience..... *all off it*

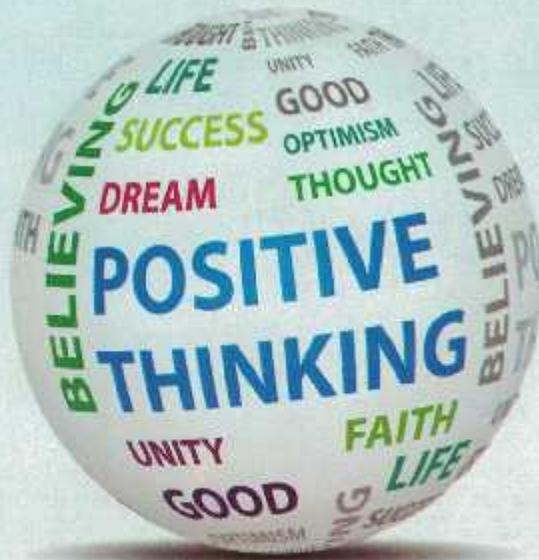
Any childhood Trauma *Don't remember it*

Your views about life, relations and society in general..... *different people, different perspectives*

Any other emotional/personal problem.....

TIPS TO STAY HAPPY

- **Be Yourself**
- **Know yourself**
- **Be confident**
- **Be optimistic**
- **Love yourself and others around**
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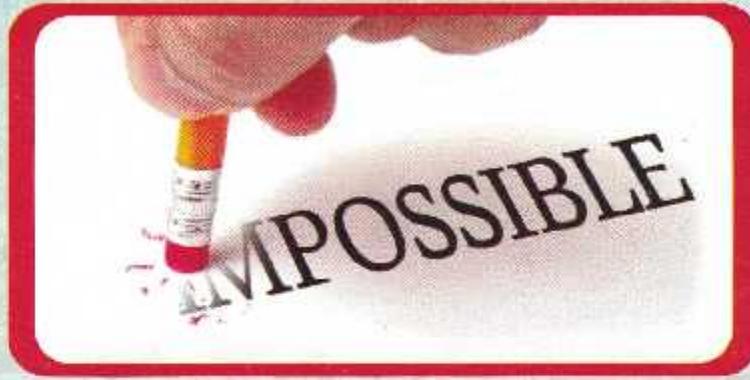
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Principal

Counselors

Dr. Ashmeen Kaur (9855486888)

Dr. Venus (9802375763)

Counselors

Ms. Anjana (7901806894)

Individual Case History

Name-

Class- M.Sc. Bioinformatics (Sem-I)

Roll No- 9456

Address

Phone-



1. सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं, उन सब का आदि मूल परमेश्वर है।
2. ईश्वर सच्चिदानन्द स्वरूप, निराकार, सर्वशक्तिमान्, न्यायकारी, दयालु, अजन्मा, अनन्त, निर्विकार, अनादि, अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक, सर्वान्तर्यामी, अजर, अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है। उसी की उपासना करनी योग्य है।
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7. सबसे प्रीतिपूर्वक, धर्मानुसार, यथायोग्य वर्तना चाहिए।
8. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए।
9. प्रत्येक को अपनी ही उन्नति से सन्तुष्ट न रहना चाहिए, किन्तु सबकी उन्नति में अपनी उन्नति समझनी चाहिए।
10. सब मनुष्यों को सामाजिक सर्व हितकारी नियम पालने में परतन्त्र रहना चाहिए और प्रत्येक हितकारी नियम में सब स्वतन्त्र रहें।

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सारे दुर्गुण दुर्व्यसनों से, हमको बाध बचा लीजै, मंगलमय गुण कर्म पदार्थ, प्रेम सिन्धु हमको दीजै।

Personal History

Name.....

Class..... M.Sc. Bioinformatics (Sem-I)

Roll No..... 9456

Age..... 21..... DOB..... 12-04-98

Address.....

Contact No.....

E-mail ID.....

Hosteller/Day Scholar..... Hosteller

Religion..... Sikh

Nationality..... Indian

Marital Status..... Unmarried

Physical History

Height..... 169cm..... Weight..... 90

Blood Group..... A+

Disability, if any.....

Were you ever hospitalized, if Yes How many times.....

Reason for hospitalization.....

For How many Days..... At what Age.....

Allergy of any kind.....

Other Physical complaint at present.....

Family History

Mother's Name Sema occupation Housewife

Father's Name Palwinder Singh occupation Coloniser

No. of Family members 5 Type of Family (Joint/Nuclear) Nuclear

Annual Income of the Family 5 lakh

Siblings One

Particulars of Family Members

Sr. No.	Name	Age	Relation	Qualification	Occupation
1	Sarabjit Kaur	80	Grandmother	10th	Housewife
2	Palwinder Singh	50	Father	Graduation	Coloniser
3	Sema	50	Mother	Graduation	Housewife
4	Aminderpal Singh	23	Brother	Post graduate	Student
5					
6					

Academic Record

Class	Institution Name	Marks	Percentage/Division
• 10th	St. Francis School, Tarn Taran	369/500	First
• 10+1	Manda Niketan Convent School	400/500	First
• 10+2	Manda Niketan Convent School	380/500	First
Graduation			
• Sem I	BBK DAV College, Amritsar	241/400	First
• Sem II	BBK DAV College, Amritsar	213/400	First
• Sem III	BBK DAV College, Amritsar	250/400	First
• Sem IV	BBK DAV College, Amritsar	239/400	First
• Sem V	BBK DAV College, Amritsar	248/400	First
• Sem VI	BBK DAV College, Amritsar	250/400	First

Teacher's Rating

Sr. No.	Particulars	Poor	Good	V. Good	Excellent
1	Attendance / Punctuality				✓
2	Behaviour in the class				✓
3	Dutiful				✓
4	Obedient				✓
5	Careful				✓
6	Classroom Participation				✓

For Hostellers

1	Behaviour in Hostel			✓	
2	Adjustment with Room Mates			✓	
3	Behaviour with friends			✓	
4	Obedient			✓	

Extra Curricular Activities

- State representative of Bebeles
- PC member of International conference on Bioinformatics (Irbix'20)

Achievements in Extra Curricular Activities

- First in writing at district level.
- merit certificate in workshop of IIT Madras
- gold medalist in various olympiads.

Hobbies/Area of Interest

- Learning new scientific things
- Learning new Bioinformatics tools
- Career counselling
- Motivating others
- Makeup experiments

Mental Health Questionnaire

Favorite Subjects Bioinformatics, chemistry

Aim in Life to become a scientist

Hours of Study 3 hours

Time spent on Social Media 1 hour

Time spent on watching T.V. null

Hours of sleep 8 hours

Number of friends 5 friends

Extrovert/ Introvert Introsuvert

Fears of being lonely

Anxiety of doing nothing

Teacher's acceptance very easily

Friend's acceptance with time

Have you ever been hospitalized due to some psychological problem, if yes.....

How many times.....At the age of.....

How many days.....Dignosed as.....

Time spent on physical exercise, Yoga, Meditation etc walking for

around half hour

Any positive memorable childhood experience first day of school (nursery)

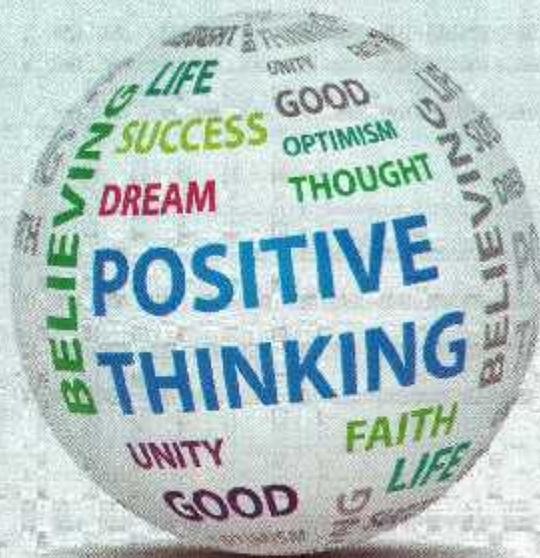
Any childhood Trauma no

Your views about life, relations and society in general make good relations with yourself

Any other emotional/personal problem Overweight

TIPS TO STAY HAPPY

- **Be Yourself**
- **Know yourself**
- **Be confident**
- **Be optimistic**
- **Love yourself and others around**
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Achieve

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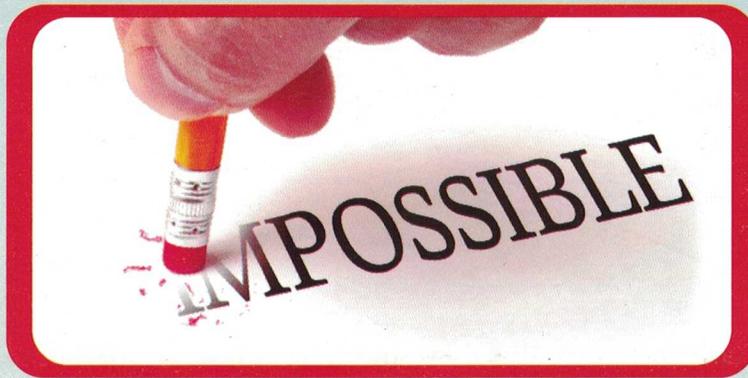
HANS RAJ MAHILA MAHA VIDYALAYA

Mahatma Hans Raj Marg Jalandhar-144008 (Punjab) India

Ph: 0181-2253710, 2204198 Web: www.hrmmv.org E-mail: hmv_jal@yahoo.co.in

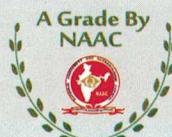
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Disha Counselling Centre



Hans Raj Mahila Maha Vidyalaya

Jalandhar (Punjab) India



Affiliated to Guru Nanak Dev University, Amritsar
Managed by DAV College Managing Committee, New Delhi

Chief Patron

Dr. Punam Suri

President, DAV College Managing Committee,
New Delhi



Patron

Prof. Dr. (Mrs.) Ajay Sareen

Principal

Counselors

Dr. Ashmeen Kaur (9855486868)

Dr. Venus (9802375763)

Counselors

Ms. Anjana (7901806894)

Individual Case History

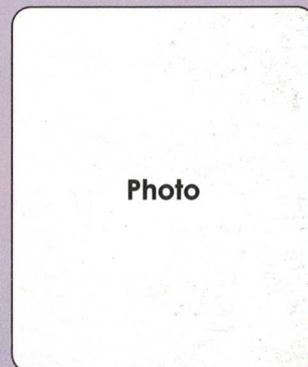
Name-.....

Class-.....

Roll No-.....

Address-.....

Phone-.....



1. सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं, उन सब का आदि मूल परमेश्वर है।
2. ईश्वर सच्चिदानन्द स्वरूप, निराकार, सर्वशक्तिमान्, न्यायकारी, दयालु, अजन्मा, अनन्त, निर्विकार, अनादि, अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक, सर्वान्तर्यामी, अजर, अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है। उसी की उपासना करनी योग्य है।
3. वेद सब सत्य विद्याओं का पुस्तक है। वेद का पढ़ना-पढ़ाना और सुनना-सुनाना सब आर्यों का परम धर्म है।
4. सत्य को ग्रहण करने और असत्य को छोड़ने में सर्वदा उद्यत रहना चाहिए।
5. सब काम धर्मानुसार अर्थात् सत्य और असत्य को विचार करके करने चाहिए।
6. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है, अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना।
7. सबसे प्रीतिपूर्वक, धर्मानुसार, यथायोग्य वर्तना चाहिए।
8. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए।
9. प्रत्येक को अपनी ही उन्नति से सन्तुष्ट न रहना चाहिए, किन्तु सबकी उन्नति में अपनी उन्नति समझनी चाहिए।
10. सब मनुष्यों को सामाजिक सर्व हितकारी नियम पालने में परतन्त्र रहना चाहिए और प्रत्येक हितकारी नियम में सब स्वतन्त्र रहें।

ओ३म् विश्वानि देव सवितर्दुरितानि परासुव । यद्भद्रं तन्न आसुव ॥१॥

तू सर्वेश सकल सुखदाता, शुद्धस्वरूप विधाता है, उसके कष्ट नष्ट हो जाते शरण तेरी जो आता है।
सारे दुर्गुण दुर्व्यसनों से, हमको नाथ बचा लीजै, मंगलमय गुण कर्म पदार्थ, प्रेम सिन्धु हमको दीजै।

Personal History

Name.....

Class.....

Roll No.....

Age..... DOB.....

Address.....

Contact No.....

E-mail ID.....

Hosteller/Day Scholar.....

Religion.....

Nationality.....

Marital Status.....

Physical History

Height..... Weight.....

Blood Group.....

Disability, If any.....

Were you ever hospitalized, If Yes How many times.....

Reason for hospitalization.....

For How many Days..... At what Age.....

Allergy of any kind.....

Other Physical complaint at present.....

.....

Family History

Mother's Name.....occupation.....

Father's Name.....occupation.....

No. of Family members.....Type of Family (Joint/Nuclear).....

Annual Income of the Family.....

Siblings.....

Particulars of Family Members

Sr. No.	Name	Age	Relation	Qualification	Occupation
1					
2					
3					
4					
5					
6					

Academic Record

Class	Institution Name	Marks	Percentage/Division
<ul style="list-style-type: none"> • 10th • 10+1 • 10+2 Graduation <ul style="list-style-type: none"> • Sem I • Sem II • Sem III • Sem IV • Sem V • Sem VI 			

Teacher's Rating

Sr. No.	Particulars	Poor	Good	V. Good	Excellent
1	Attendance / Punctuality				
2	Behaviour in the class				
3	Dutiful				
4	Obedient				
5	Careful				
6	Classroom Participation				

For Hostellers

1	Behaviour in Hostel				
2	Adjustment with Room Mates				
3	Behaviour with friends				
4	Obedient				

Extra Curricular Activities

Achievements in Extra Curricular Activities

Hobbies/Area of Interest

Mental Health Questionnaire

Favorite Subjects

Aim in Life.....

Hours of Study.....

Time spent on Social Media.....

Time spent on watching T.V.....

Hours of sleep.....

Number of friends.....

Extrovert/ Introvert.....

Fears.....

Anxiety.....

Teacher's acceptance.....

Friend's acceptance.....

Have you ever been hospitalized due to some psychological problem, if yes.....

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Time spent on physical exercise, Yoga, Meditation etc.....

.....

Any positive memorable childhood experience.....

Any childhood Trauma

Your views about life, relations and society in general.....

Any other emotional/personal problem.....

.....

Counseling Session

Date

Name of the counselor

Counseling Session

Date

Name of the counselor

.....

Counseling Session

Date

Name of the counselor
.....

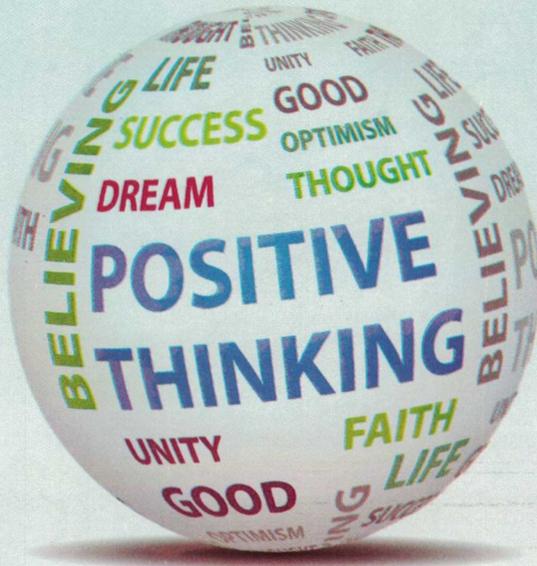
Counseling Session

Date

Name of the counselor

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