



**Shobhit
University**

EDUCATION EMPOWERS

Babu Vijendra Marg, Adarsh Institutional
Area Gangoh, Distt. Saharanpur (U.P.)
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Individual Psychological Counselling Case Report
(Confidential – For Internal Quality Assurance Use Only)

Case Code: FAC/2023/01

Shobhit University, Gangoh

1. Case Code:

FAC/2023/01

2. Date(s) of Session(s):

- **First Session:** 05/01/2023
- **Follow-up Sessions:** 12/01/2023, 19/01/2023, 26/01/2023, 02/02/2023, 09/02/2023

3. Duration of Session(s):

- **60 minutes/session**
- **Total sessions:** 6

4. Category of Client:

☐ Student ☒ **Teaching Staff** ☐ Non-Teaching Staff

5. Gender:

☒ **Male** ☐ Female ☐ Other

6. Mode of Counselling:

☒ **In-Person** ☐ Online ☐ Telephonic

7. Presenting Concern(s):

The faculty member reported struggles with alcohol dependency, acknowledging impaired focus and interpersonal issues at work. Expressed motivation to change and improve well-being after being encouraged by a colleague.

8. Background Information:

Middle-aged male faculty member with over 15 years of teaching experience. Recently exhibiting signs of stress, irregular attendance, and reduced performance. Voluntarily agreed to counselling support.

9. Counselling Goals Set:

- To increase motivation for behavioural change



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- To identify and manage psychological and environmental triggers
- To develop a relapse prevention plan
- To enhance self-monitoring and personal accountability

10. Interventions Used:

- Motivational interviewing (MI) techniques
- Psychoeducation on addiction and behavioural cycles
- Trigger mapping and risk factor analysis
- Relapse prevention planning
- Coordination with HR for structured rehabilitation support
- Lifestyle restructuring and support-building strategies

11. Counsellor's Observations:

The client was initially guarded but progressively became engaged and reflective. Demonstrated increasing self-awareness and openness to behaviour modification. Took initiative in planning for rehabilitation and involving institutional support.

12. Outcome / Progress Noted:

- Acknowledged patterns of dependency and made steps toward change
- Developed a personalized action plan for managing triggers
- Initiated abstinence period by the fifth session
- Expressed willingness to pursue long-term support

13. Referral (If any):

☒ **Clinical Psychologist**

Reason: For comprehensive addiction management and monitoring

14. Follow-up Plan / Recommendations:

- Monthly review sessions with counselling unit
- Continuous collaboration with HR and support services
- Encouraged participation in faculty well-being programs
- Ongoing engagement with external recovery group



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15. Counsellor's Name & Signature:

Dr. Manpreet Kaur

Designation: Psychological Counsellor, MS – Prasutitantra & Striroga

Confidentiality maintained as per APA ethical guidelines. All identifiable client information has been anonymized.



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Individual Psychological Counselling Case Report
(Confidential – For Internal Quality Assurance Use Only)

Case Code: STU/2023/03

Shobhit University, Gangoh

1. Case Code:

STU/2023/03

2. Date(s) of Session(s):

- First Session: 12/04/2023
- Follow-up Sessions: 19/04/2023, 26/04/2023

3. Duration of Session(s):

- 45 minutes/session
- Total sessions: 3

4. Category of Client:

☒ Student ☐ Teaching Staff ☐ Non-Teaching Staff

5. Gender:

☐ Male ☐ Female ☒ Other

6. Mode of Counselling:

☒ In-Person ☐ Online ☐ Telephonic

7. Presenting Concern(s):

The student expressed confusion and distress related to their gender identity. They reported feeling isolated, anxious, and uncertain about how to navigate social and academic spaces due to lack of clarity and support.

8. Background Information:

First-year undergraduate student who recently transitioned to university life. The student has been struggling with understanding and accepting their gender identity. Though academically stable, they experience social withdrawal and emotional turbulence related to identity exploration.

9. Counselling Goals Set:



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- To provide a safe, non-judgmental space for identity exploration
- To support emotional processing and reduce isolation
- To connect the student with inclusive resources
- To promote self-acceptance and mental well-being

10. Interventions Used:

- Supportive counselling through open-ended dialogue
- Psychoeducation on gender identity and related concepts
- Affirmative therapy techniques
- Guided journaling for self-reflection
- Resource sharing (inclusive campus groups, literature)

11. Counsellor's Observations:

The student initially appeared cautious but gradually opened up as trust was established. Demonstrated deep introspection and a strong desire for authenticity. Engaged actively in reflective activities and responded well to affirmative counselling.

12. Outcome / Progress Noted:

- Reported decreased anxiety about self-expression
- Initiated conversations with peers on identity topics
- Demonstrated increased emotional stability
- Expressed interest in joining inclusive student groups

13. Referral (If any):

☒ **Clinical Psychologist**

Reason: For extended support in gender identity exploration and mental health maintenance

14. Follow-up Plan / Recommendations:

- Monthly follow-up sessions
- Encourage participation in gender inclusivity workshops
- Continued reflective journaling



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- Connect with LGBTQ+ support networks on campus

15. Counsellor's Name & Signature:

Manpreet

Dr. Manpreet Kaur

Designation: Psychological Counsellor, MS – Prasutitantra & Striroga

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Individual Psychological Counselling Case Report
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Case Code: STU/2023/02

Shobhit University, Gangoh

1. Case Code:

STU/2023/02

2. Date(s) of Session(s):

- **First Session:** 10/03/2023
- **Follow-up Sessions:** 17/03/2023, 24/03/2023

3. Duration of Session(s):

- **45 minutes/session**
- **Total sessions:** 3

4. Category of Client:

☒ **Student** ☐ **Teaching Staff** ☐ **Non-Teaching Staff**

5. Gender:

☐ **Male** ☒ **Female** ☐ **Other**

6. Mode of Counselling:

☒ **Online** ☐ **In-Person** ☐ **Telephonic**

7. Presenting Concern(s):

The student reported chronic procrastination, especially around academic work, followed by cycles of guilt and self-criticism. These patterns led to poor time utilization, missed deadlines, and heightened stress levels.

8. Background Information:

Second-year postgraduate student with a strong academic record but struggling with self-regulation in task completion. Admitted to long-standing avoidance behaviors and negative self-talk, particularly during high-pressure periods such as thesis work or exams.

9. Counselling Goals Set:

- **To interrupt procrastination-guilt cycles**



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- To build a consistent, realistic work routine
- To improve self-compassion and motivation
- To enhance focus through behaviour tracking

10. Interventions Used:

- Behaviour modification plans (task chunking and reward systems)
- Reflective journaling to monitor emotional triggers
- Time-blocking techniques with short-term goals
- Psychoeducation on procrastination and emotional regulation
- Affirmation and self-compassion exercises

11. Counsellor's Observations:

The student demonstrated awareness of her patterns and showed strong motivation to break the cycle. Initially hesitant to implement changes, but began practicing new habits by the second session. Became increasingly confident and reflective.

12. Outcome / Progress Noted:

- Reduction in procrastination episodes
- Increased task completion rate and better time awareness
- Greater self-acceptance and reduced guilt
- Adoption of weekly journaling practice

13. Referral (if any):

☒ **Academic Advisor**

Reason: To align academic planning with new time-management strategies

14. Follow-up Plan / Recommendations:

- Monthly follow-up counselling for habit reinforcement
- Attend workshops on motivation and executive functioning
- Continue journaling and structured task planning
- Set regular check-ins with academic mentor



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15. Counsellor's Name & Signature:

Manpreet

Dr. Manpreet Kaur, MS – Prasutitantra & Striroga

Designation: Psychological Counsellor.

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Individual Psychological Counselling Case Report
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Case Code: STU/2023/01

Shobhit University, Gangoh

1. Case Code:

STU/2023/01

2. Date(s) of Session(s):

- **First Session:** 15/02/2023
- **Follow-up Sessions:** 22/02/2023, 01/03/2023

3. Duration of Session(s):

- **45 minutes/session**
- **Total sessions:** 3

4. Category of Client:

☒ **Student** ☐ **Teaching Staff** ☐ **Non-Teaching Staff**

5. Gender:

☐ **Male** ☒ **Female** ☐ **Other**

6. Mode of Counselling:

☒ **In-Person** ☐ **Online** ☐ **Telephonic**

7. Presenting Concern(s):

The student reported persistent emotional exhaustion and lack of motivation, resulting from overcommitment to extracurricular activities. She experienced declining academic focus and physical fatigue.

8. Background Information:

Second-year undergraduate student actively involved in multiple student clubs and committees. Despite enthusiasm for leadership roles, the student struggled to balance academics, personal well-being, and social expectations, leading to burnout symptoms.

9. Counselling Goals Set:

- To help the student identify and set personal boundaries



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- To reduce emotional and physical burnout through prioritization
- To support development of a sustainable schedule
- To restore motivation and self-care practices

10. Interventions Used:

- Supportive counselling and reflective dialogue
- Time-management strategies with weekly planning tools
- Psychoeducation on burnout and recovery
- Boundary-setting exercises
- Guided journaling and mindfulness meditation

11. Counsellor's Observations:

The student was emotionally drained and overwhelmed during the initial session. However, she showed significant insight into her stress patterns and a strong willingness to make changes. Became increasingly proactive in developing boundaries and saying "no" to excess responsibilities.

12. Outcome / Progress Noted:

- Reported improved energy levels and better mood
- Reduced extracurricular involvement with clear priorities
- Increased focus on academic goals and self-care
- Enhanced sense of control over daily routine

13. Referral (if any):

☒ **Academic Advisor**

Reason: To provide academic guidance and ensure alignment of extracurriculars with long-term goals

14. Follow-up Plan / Recommendations:

- Monthly follow-up sessions to maintain balance and motivation
- Encourage participation in campus workshops on time management and well-being
- Ongoing journaling and mindfulness practices
- Maintain mentor support system



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15. Counsellor's Name & Signature:

Manpreet

Dr. Manpreet Kaur, MS – Prasutitantra & Striroga

Designation: Psychological Counsellor, MS – Prasutitantra & Striroga

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Individual Psychological Counselling Case Report
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Case Code: STU/2022/04

Shobhit University, Gangoh

1. Case Code:

STU/2022/04

2. Date(s) of Session(s):

- **First Session:** 20/06/2022
- **Follow-up Sessions:** 27/06/2022, 04/07/2022

3. Duration of Session(s):

- **45 minutes/session**
- **Total sessions:** 3

4. Category of Client:

☒ **Student** ☐ **Teaching Staff** ☐ **Non-Teaching Staff**

5. Gender:

☐ **Male** ☐ **Female** ☒ **Other**

6. Mode of Counselling:

☐ **In-Person** ☒ **Online** ☐ **Telephonic**

7. Presenting Concern(s):

The student reported experiencing verbal bullying and social exclusion on campus due to gender non-conforming identity. Expressed distress, fear of judgment, and a desire to feel safe and respected in the university environment.

8. Background Information:

First-year undergraduate student living in the hostel. Expressed difficulties with peer interactions due to their gender expression. Despite these challenges, the student maintained academic performance but showed signs of emotional strain and isolation.

9. Counselling Goals Set:

- **To provide emotional support and validate identity**



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- To empower the student with coping strategies for bullying and discrimination
- To initiate institutional support through appropriate channels
- To help the student regain a sense of safety and belonging

10. Interventions Used:

- Affirmative and supportive counselling
- Coordination with Internal Complaints Committee (ICC) for institutional intervention
- Psychoeducation on rights and campus policies
- Assertiveness training and peer support exploration
- Safety planning and grounding techniques

11. Counsellor's Observations:

The student initially exhibited signs of emotional exhaustion and mistrust. Gradually became more expressive after receiving affirmation and support. Actively engaged in safety planning and institutional dialogue. Demonstrated resilience and clarity in articulating needs.

12. Outcome / Progress Noted:

- Increased emotional stability and openness
- Positive response to ICC intervention and enhanced campus support
- Reduced fear and improved sense of belonging
- Student began participating in a peer support circle

13. Referral (if any):

☒ **Academic Advisor**

Reason: To ensure ongoing academic support and integration following reported social challenges

14. Follow-up Plan / Recommendations:

- Bi-monthly counselling follow-up for continued emotional support
- Encourage involvement in inclusive student groups and events
- Continued coordination with ICC and faculty mentors as needed
- Monitor academic adjustment and personal well-being



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15. Counsellor's Name & Signature:

Manpreet

Dr. Manpreet Kaur, MS – Prasutitantra & Striroga

Designation: Psychological Counsellor.

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Individual Psychological Counselling Case Report

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Case Code:STU/2022/03

Shobhit University, Gangoh

1. Case Code:

STU/2022/03

2. Date(s) of Session(s):

- **First Session:** 12/05/2022
- **Follow-up Sessions:** 19/05/2022, 26/05/2022

3. Duration of Session(s):

- **45 minutes/session**
- **Total sessions:** 3

4. Category of Client:

☒ **Student** ☐ **Teaching Staff** ☐ **Non-Teaching Staff**

5. Gender:

☐ **Male** ☒ **Female** ☐ **Other**

6. Mode of Counseling:

☐ **In-Person** ☒ **Online** ☐ **Telephonic**

7. Presenting Concern(s):

The student reported intense nervousness and fear of failure related to her upcoming thesis defence. Symptoms included difficulty sleeping, racing thoughts, and physical tension before presentations.

8. Background Information:

Postgraduate student in the final semester, preparing for her thesis defence. Academically proficient, but expressed a long-standing struggle with public speaking and performance-related anxiety. No previous counselling experience.

9. Counseling Goals Set:

- **To manage performance anxiety through evidence-based techniques**



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- To improve sleep and relaxation prior to the defence
- To boost confidence and self-presentation skills

10. Interventions Used:

- Guided visualization and imagery exercises
- Diaphragmatic breathing and progressive muscle relaxation
- Role-playing thesis defence scenarios
- Cognitive restructuring of negative self-talk
- Psychoeducation on performance anxiety

11. Counsellor's Observations:

The student was open and articulate about her struggles. She practiced techniques between sessions and reported increased control over her anxiety responses. She demonstrated a proactive attitude toward self-improvement.

12. Outcome / Progress Noted:

- Noticeable reduction in anticipatory anxiety
- Improved clarity and composure in mock defence sessions
- Better sleep patterns and confidence reported before final presentation

13. Referral (if any):

☒ None ☐ Clinical Psychologist ☐ Academic Advisor

14. Follow-up Plan / Recommendations:

- Follow-up session scheduled post-defence for reflection and feedback
- Suggested continued use of relaxation strategies during future academic/professional presentations
- Participation in communication skills workshops

15. Counsellor's Name & Signature:

Dr. Manpreet Kaur, MS – Prasutitantra & Striroga

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Individual Psychological Counselling Case Report
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Case Code: STU/2022/02

Shobhit University, Gangoh

1. Case Code:

STU/2022/02

2. Date(s) of Session(s):

- **First Session:** 10/04/2022
- **Follow-up Sessions:** 17/04/2022, 24/04/2022

3. Duration of Session(s):

- **45 minutes/session**
- **Total sessions:** 3

4. Category of Client:

☒ **Student** ☐ **Teaching Staff** ☐ **Non-Teaching Staff**

5. Gender:

☐ **Male** ☒ **Female** ☐ **Other**

6. Mode of Counselling:

☐ **In-Person** ☒ **Online** ☐ **Telephonic**

7. Presenting Concern(s):

The student expressed concerns about body image, including low self-esteem and negative self-talk influenced by social media portrayals of beauty standards.

8. Background Information:

A first-year undergraduate student residing in the hostel. Academically capable but experiencing social comparison and self-doubt, especially related to physical appearance. No prior history of clinical intervention.

9. Counselling Goals Set:

- **To enhance self-acceptance and self-esteem**



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- To reduce the impact of media-driven body ideals
- To build resilience against social comparison

10. Interventions Used:

- Psychoeducation on body image and self-acceptance
- Media literacy training
- Cognitive reframing techniques
- Positive affirmation practices
- Self-compassion exercises

11. Counsellor's Observations:

The student was initially hesitant to discuss her feelings openly but gradually became more reflective. Showed strong motivation to improve self-perception. Actively engaged in exercises and was open to feedback.

12. Outcome / Progress Noted:

- Increased awareness of media influence on self-image
- Reported improvement in self-talk and self-confidence
- Demonstrated reduced preoccupation with physical appearance

13. Referral (if any):

☒ None ☐ Clinical Psychologist ☐ Academic Advisor

14. Follow-up Plan / Recommendations:

- Bi-monthly check-ins for emotional support
- Participation in university seminars on self-esteem and wellness
- Continued practice of media literacy and self-affirmation techniques
- Encouraged involvement in peer support group

15. Counsellor's Name & Signature:

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Designation: Psychological Counsellor.

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Shobhit University, Gangoh

1. Case Code:

STU/2022/01

2. Date(s) of Session(s):

- **First Session:** 15/03/2022
- **Follow-up Sessions:** 22/03/2022, 29/03/2022

3. Duration of Session(s):

- **45 minutes/session**
- **Total sessions:** 3

4. Category of Client:

☒ **Student** ☐ **Teaching Staff** ☐ **Non-Teaching Staff**

5. Gender:

☒ **Male** ☐ **Female** ☐ **Other**

6. Mode of Counselling:

☐ **In-Person** ☒ **Online** ☐ **Telephonic**

7. Presenting Concern(s):

The student reported experiencing digital fatigue, difficulty focusing during lectures, and reduced academic motivation following prolonged online engagement during the COVID-19 pandemic.

8. Background Information:

A second-year undergraduate student who struggled to readjust to on-campus routines post-COVID. Previously academically consistent, he started noticing reduced attention span and lack of energy. No prior psychological history was reported.

9. Counselling Goals Set:

- To manage digital fatigue and promote healthy screen habits



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- To restore concentration and academic motivation
- To develop a sustainable daily routine and mindfulness practices

10. Interventions Used:

- Psychoeducation on digital fatigue
- Digital detox planning
- Mindfulness-based stress reduction (MBSR) exercises
- Encouraged journaling and gratitude reflection
- Sleep hygiene education

11. Counsellor's Observations:

The student appeared reserved during the first session but progressively engaged more openly. He was receptive to strategies and implemented most recommendations. Displayed insight and willingness to change habits.

12. Outcome / Progress Noted:

- Noticeable reduction in complaints of fatigue
- Improved attention span and focus during study hours
- Enhanced emotional regulation and routine consistency

13. Referral (if any):

☒ None ☐ Clinical Psychologist ☐ Academic Advisor

14. Follow-up Plan / Recommendations:

- Monthly follow-up sessions recommended for 3 months
- Participation in university mindfulness and time-management workshops
- Continued digital detox practices and reflection journaling
- Regular check-ins with academic mentor



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15. Counsellor's Name & Signature:

Dr. Manpreet Kaur, MS – Prasutitantra & Striroga

Designation: Psychological Counsellor,

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Case Code: STU/2021/04

Shobhit University, Gangoh

1. Case Code: STU/2021/04

2. Date(s) of Session(s):

- First Session: 12/03/2025
- Follow-up Sessions: 19/03/2025, 26/03/2025

3. Duration of Session(s):

- 45 minutes/session
- Total sessions: 3

4. Category of Client: ☒ Student ☐ Teaching Staff ☐ Non-Teaching Staff

5. Gender: ☒ Male ☐ Female ☐ Other

6. Mode of counselling: ☒ In-Person ☐ Online ☐ Telephonic

7. Presenting Concern(s):

The student expressed homesickness and feelings of isolation, especially during evenings. Difficulty in adjusting to hostel life and forming social connections.

8. Background Information:

A first-year undergraduate student from a rural background. Staying in the hostel for the first time. Academically regular but emotionally distressed due to lack of family contact and a sense of loneliness. Avoids social gatherings.

9. counselling Goals Set:

- To address and reduce feelings of homesickness
- To restructure and stabilize daily routine
- To promote participation in peer activities and support groups
- To develop emotional resilience and social comfort

10. Interventions Used:

- Supportive and empathetic listening



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Or www.sug.ac.in

- Daily routine planning with activity scheduling
- Encouragement to join peer support and interest-based groups
- Sharing techniques for emotional grounding and connecting with home support
- Positive reinforcement for social interactions

11. Counsellor's Observations:

The student showed visible signs of isolation and sadness in the initial session. Gradually became more communicative and showed increased interest in participating in student-led activities. Was receptive to advice and proactive in making small changes.

12. Outcome / Progress Noted:

- Reported feeling less isolated
- Developed a structured daily routine including time for recreation
- Began participating in a campus interest group
- Reported improved mood and ability to manage loneliness

13. Referral (if any): ☒ None ☐ Clinical Psychologist ☐ Academic Advisor

14. Follow-up Plan / Recommendations:

- Monthly follow-up sessions
- Continued involvement in peer support and hobby clubs
- Encouraged to maintain communication with family through regular scheduling
- Participation in campus community-building programs

15. Counsellor's Name & Signature:

Dr. Manpreet Kaur, MS – Prasutitantra & Striroga

Designation: Psychological Counsellor,

Confidentiality maintained as per APA ethical guidelines. All identifiable client information has been anonymized.



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Individual Psychological Counselling Case Report
(Confidential – For Internal Quality Assurance Use Only)

Case Code: STU/2021/02

Shobhit University, Gangoh

1. Case Code: STU/2021/02

2. Date(s) of Session(s):

First Session: [15/03/2023]

Follow-up Sessions: [22/03/2023, 05/04/2023]

3. Duration of Session(s): 50 minutes/session | Total sessions: 3

4. Category of Client: ☒ PG Student ☐ Teaching Staff ☐ Non-Teaching Staff

5. Gender: [Gender not specified in provided data]

6. Mode of counselling: ☒ In-Person ☐ Online ☐ Telephonic

7. Presenting Concern(s): The PG student reported significant academic pressure compounded by relationship conflicts, leading to emotional distress and difficulty concentrating on studies.

8. Background Information: Second-year postgraduate student (Age: 24) with above-average academic performance. Currently experiencing work-life balance challenges due to rigorous coursework and interpersonal conflicts with peers.

9. counselling Goals Set:

- Develop emotional regulation strategies
- Improve interpersonal communication skills
- Establish healthy academic-life boundaries

10. Interventions Used:

- Cognitive Behavioral Therapy (CBT) for stress management
- Assertiveness training
- Conflict resolution techniques
- Mindfulness-based stress reduction

11. Counsellor's Observations: Client demonstrated high motivation for change but initially exhibited defensive communication patterns. Showed progressive improvement in



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emotional expression by final session.

12. Outcome/Progress Noted:

- Reported 40% reduction in emotional outbursts
- Implemented structured study schedule
- Initiated constructive dialogue in personal relationship

13. Referral: ☐ None ☒ Clinical Psychologist (for ongoing emotional regulation support) ☐

Academic Advisor

14. Follow-up Plan/Recommendations:

Bi-monthly check-ins for 3 months

Enrolment in university's stress management workshop

Referral to student support group for peer networking

15. Counsellor's Name & Signature:

Dr. Manpreet Kaur, MS – Prasutitantra & Striroga

Designation: Psychological Counsellor,

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Individual Psychological Counselling Case Report
(Confidential – For Internal Quality Assurance Use Only)

Case Code: STU/2021/03

Shobhit University, Gangoh

1. Case Code: STU/2021/03

2. Date(s) of Session(s):

- First Session: 10/03/2025
- Follow-up Sessions: 17/03/2025, 24/03/2025

3. Duration of Session(s):

- 45 minutes/session
- Total sessions: 3

4. Category of Client: ☒ Student ☐ Teaching Staff ☐ Non-Teaching Staff

5. Gender: ☒ Female ☐ Male ☐ Other

6. Mode of counselling: ☒ In-Person ☐ Online ☐ Telephonic

7. Presenting Concern(s):

The student reported low self-esteem stemming from frequent peer comparison and feelings of inadequacy in academic and social settings.

8. Background Information:

A first-year undergraduate student. Academically capable but often compares herself negatively with high-performing peers. New to hostel life and university environment. Shows willingness to improve but lacks self-belief.

9. Counselling Goals Set:

- To enhance self-esteem through positive affirmations
- To reduce the habit of negative peer comparison
- To set and achieve realistic weekly goals
- To improve self-perception and confidence

10. Interventions Used:

- Supportive and non-directive counselling
- Self-affirmation techniques (verbal and written)



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- Weekly goal setting with feedback
- Guided self-reflection and positive reinforcement
- Visualization and strength-identification exercises

11. Counsellor's Observations:

The student appeared shy and hesitant initially but gradually became more expressive. Showed good insight into her challenges and responded well to structured goal setting. Demonstrated motivation to change and consistency in completing tasks.

12. Outcome / Progress Noted:

- Notable improvement in self-esteem
- Reduced comparisons with peers
- Achieved weekly academic and personal goals
- Increased confidence in social interactions and classroom engagement

13. Referral (if any): ☒ None ☐ Clinical Psychologist ☐ Academic Advisor

14. Follow-up Plan / Recommendations:

- Monthly check-in for reinforcement
- Continued use of self-affirmation journal
- Participation in self-development workshops
- Encouraged to take part in student clubs to enhance peer interaction

15. Counsellor's Name & Signature:

Dr. Manpreet Kaur, MS – Prasutitantra & Striroga

Designation: Psychological Counsellor,

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Individual Psychological Counselling Case Report
(Confidential – For Internal Quality Assurance Use Only)

Case Code: STU/2021/01

Shobhit University, Gangoh

1. Case Code: STU/2021/01

2. Date(s) of Session(s):

- First Session: 05/02/2025
- Follow-up Sessions: 12/02/2025, 19/02/2025

3. Duration of Session(s):

- 45 minutes/session
- Total sessions: 3

4. Category of Client: ☒ Student ☐ Teaching Staff ☐ Non-Teaching Staff

5. Gender: ☒ Female ☐ Male ☐ Other

6. Mode of counselling: ☒ In-Person ☐ Online ☐ Telephonic

7. Presenting Concern(s):

The student presented with significant exam-related anxiety and reported difficulty falling asleep at night, especially before assessments. She experienced restlessness and a constant fear of underperforming.

8. Background Information:

A second-year undergraduate student preparing for end-semester exams. Academically attentive but overwhelmed by expectations and a busy academic schedule. Has no prior experience with counselling.

9. Counselling Goals Set:

- To reduce exam anxiety and develop test-taking confidence
- To restore a healthy sleep routine
- To implement a structured and manageable study plan
- To foster emotional regulation during high-stress periods

10. Interventions Used:

- Supportive counselling with active listening
- Deep breathing and progressive relaxation techniques



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- Journaling to express and manage thoughts
- Structured time management with daily planners
- Brief guided visualization for positive exam performance

11. Counsellor's Observations:

The student was anxious and spoke rapidly during the first session. With subsequent sessions, she demonstrated greater calmness, engagement, and willingness to follow through on recommended techniques. She maintained a self-reflection journal and consistently updated her study plan.

12. Outcome / Progress Noted:

- Marked reduction in anxiety during the exam week
- Improved sleep pattern with fewer sleep disruptions
- Better organization of academic tasks
- Increased self-confidence and emotional stability

13. Referral (If any): ☒ None ☐ Clinical Psychologist ☐ Academic Advisor

14. Follow-up Plan / Recommendations:

- Monthly follow-up, especially before major assessments
- Participation in stress management and relaxation technique workshops
- Continued use of journaling and structured scheduling
- Encouraged to practice deep breathing before sleep and exams

15. Counsellor's Name & Signature:

Dr. Manpreet Kaur, MS – Prasutitantra & Striroga

Designation: Psychological Counsellor,

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File No. SUG/ADM/RO/ADC/2024/04

Date: July 15, 2024

Office Order
(Anti- Discrimination Cell)

In compliance to the UGC Regulations, 2012 (Promotion of Equity in Higher Educational Institutions and Grievance Redressal), the following Anti-Discrimination Cell is being constituted.

S.No.	Name	School/Department	Position	Mobile No.
1	Dr. Rajiv Dutta	SBES	Chairman	9839236821
2	Dr. Naveen Kumar	SBAS	Member	9458651018
3	Dr. Gunjan Agarwal	SLA&L	Member	7037642192
4	Dr. Bhupendra Chauhan	AVIPS	Member	9719356005
5	Dr. Preeti Vashisth	KSVAMC&RC	Member	9996181523
6	Dr. Deepika Rani	AVIPS	Member	9557046495
7	Dr. Usman Ullah Khan	SLCS	Member	9520373786

The Cell will look into the matters (if any) of depriving a student or a group of students on the basis of caste, creed, religion, language, ethnicity, gender, disability of access etc. to education of any type or at any level.

This issues with approval of Competent Authority.

Prof. (Dr.) Mahipal Singh
Registrar



Copy to:

1. The Director/Principal(s)/Dean(s)/Head(s)Coordinator (I/C)
2. All Committee Members
3. Guard File.

For Kind Information to:

1. PS to Hon'ble Chancellor Sir-for kind information of Hon'ble Chancellor Sir
2. PS to Hon'ble Vice Chancellor Sir-for kind information of Hon'ble Vice Chancellor
3. Sr. Director HR & CR- for kind information



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Established u/s 2(f) of UGC Act 1956 vide U.P. Act 3 of 2012

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File No. SUG/ADM/RO/ADC/2023/04

Date: August 12, 2023

Office Order (Anti-Discrimination Cell)

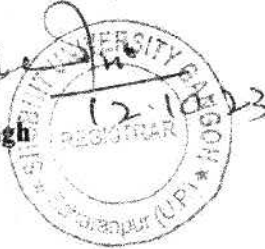
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1	Dr. Rajiv Dutta	SBES	Chairman	9839236821
2	Dr. Naveen Kumar	UTDC	Member	9458651018
3	Dr. Gunjan Agarwal	SLA&L	Member	7037642192
4	Dr. Bhupendra Chauhan	AVIPS	Member	9719356005
5	Dr. Preeti Vashisth	KSVAMC&RC	Member	9996181523
6	Ms. Deepika Rani	AVIPS	Member	9536239199
7	Mr. Shakti Singh	SLCS	Member	8960003103

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Prof. (Dr.) Mahipal Singh
Registrar



Copy to:

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For Kind Information to:

1. PS to Hon'ble Chancellor Sir for information of Hon'ble Chancellor.
2. PS to Hon'ble Vice Chancellor Sir-for kind information of Hon'ble Vice Chancellor.



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File No. SUG/ADM/RO/ADC/2023/04

Date: August 12, 2023


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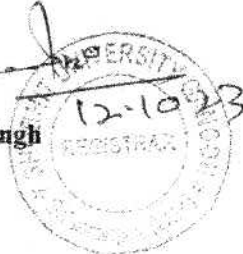
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S.No.	Name	School/Department	Position	Mobile No.
1	Dr. Rajiv Dutta	SBES	Chairman	9839236821
2	Dr. Naveen Kumar	SBAS	Member	9458651018
3	Dr. Gunjan Agarwal	SLA&L	Member	7037642192
4	Dr. Bhupendra Chauhan	AVIPS	Member	9719356005
5	Dr. Preeti Vashisth	KSVAMC&RC	Member	9996181523
6	Ms. Deepika Rani	AVIPS	Member	9536239199
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Registrar



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File No. SUG/ADM/RO/ADC/2022/04

Date: August 10, 2022

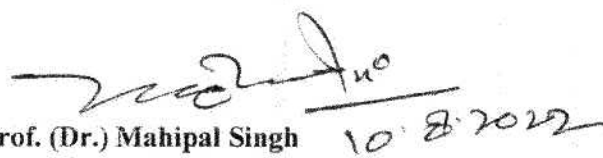
Office Order (Anti- Discrimination Cell)

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S.No.	Name	School/Department	Position	Mobile No.
1	Dr. Shri Kant Gupta	UTDC	Chairman	8279909590
2	Dr. Rajiv Dutta	SBES	Member	9839236821
3	Dr. Gunjan Agarwal	SLA&L	Member	7037642192
4	Dr. Bhupendra Chauhan	AVIPS	Member	9719356005
5	Dr. Savita Pawar	KSVAMC&RC	Member	9407880852
6	Ms. Deepika Rani	AVIPS	Member	9536239199
7	Mr. Shakti Singh	SLCS	Member	8960003103

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Prof. (Dr.) Mahipal Singh
Registrar

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File No. SUG/ADM/RO/WGRC/2024/06

Date: July 15, 2024

Office Order (Women Grievance Redressal Cell)

To resolve issues pertaining to girls and promote respectful and safe campus environment the following women grievance redressal committee is being re-constituted as follows:

S.No.	Name	School/Department	Position	Mobile No.
1	Dr. Gunjan Agarwal	SLA&L	Chairman	7037642192
2	Dr. Meenakshi Choudhry	KSVAMC&RC	Member	9468357625
3	Dr. Deepika Rani	AVIPS	Member	9557046495
4	Ms. Sarita Sharma	SBES	Member	9634585160

The Committee is requested to take all necessary actions desired to fulfil its objectives as per directions received from UGC.

This issues with approval of Competent Authority.

Prof. (Dr.) Mahipal Singh
Registrar



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1. All Committee Members
2. All Notice boards
3. Guard File.

For Kind Information to:

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2. PS to Hon'ble Vice Chancellor Sir-for kind information of Hon'ble Vice Chancellor
3. Sr. Director HR & CR- for kind information



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File No. SUG/ADM/RO/WGRC/2023/07

Date: August 12, 2023


Office Order (Women Grievance Redressal Cell)

To resolve issues pertaining to girls and promote respectful and safe campus environment the following women grievance redressal committee is being re-constituted as follows:

S.No.	Name	School/Department	Position	Mobile No.
1	Dr. Gunjan Agarwal	SLA&L	Chairman	7037642192
2	Dr. Meenakshi Choudhry	KSVAMC&RC	Member	9468357625
3	Ms. Sarita Sharma	SBES	Member	9634585160
4	Ms. Deepika Rani	AVIPS	Member	9536239199

The Committee is requested to take all necessary actions desired to fulfil its objectives as per directions received from UGC.

This issues with approval of Competent Authority.


Prof. (Dr.) Mahipal Singh
Registrar



Copy to:

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2. All Committee Members
3. Guard File.

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1. PS to Hon'ble Chancellor Sir for information of Hon'ble Chancellor.
2. PS to Hon'ble Vice Chancellor Sir-for kind information of Hon'ble Vice Chancellor.



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File No. SUG/ADM/RO/WGRC/2022/07

Date: August 10, 2022

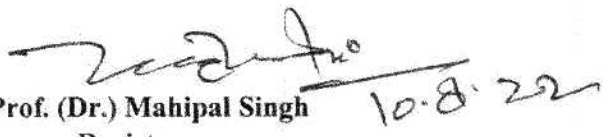
Office Order (Women Grievance Redressal Cell)

To resolve issues pertaining to girls and promote respectful and safe campus environment the following women grievance redressal committee is being re-constituted as follows:

S.No.	Name	School/Department	Position	Mobile No.
1	Dr. Gunjan Agarwal	SLA&L	Chairman	7037642192
2	Dr. Jasmeen	KSVAMC&RC	Member	8837863483
3	Dr. Meenakshi Choudhry	KSVAMC&RC	Member	9468357625
4	Ms. Deepika Rani	AVIPS	Member	9536239199

The Committee is requested to take all necessary actions desired to fulfil its objectives as per directions received from UGC.

This issues with approval of Competent Authority.


Prof. (Dr.) Mahipal Singh
Registrar

Copy to:

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2. All Committee Members
3. Guard File.

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2. PS to Hon'ble Vice Chancellor Sir-for kind information of Hon'ble Vice Chancellor.



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U: www.shobhituniversity.ac.in

Ref. No. SUG/O-1/ADM/RO/2021/12

August 27, 2021


Office Order

To resolve issues pertaining to girls and promote respectful and safe campus environment the following women grievance redressal committee is being re-constituted as follows:

S. No	Name	School/Department	Appointment
01	Prof.(Dr.) Divya Prakash	Dean, SBES	Chairman
02	Dr. Jyoti Singh	Asso. Prof., KSVAMC&RC	Member
03	Ms. Deepika Rani	Asst. Prof., AVIPS	Member
04	Ms. Reetu Sharma	Asst. Prof, School of Liberal Arts	Member

The committee is requested to take all necessary actions desired to fulfil its objectives as per directions received from UGC.

This issues with the approval of competent authority.


Dr. Mahipal Singh 27.8.2021
Registrar

Copy to:-

1. The Principal, Director/Dean(s), Co-ordinator(s).
2. All the Committee members
3. Guard file

For Kind information:

1. PS to Vice Chancellor -for kind information of Vice Chancellor.
2. PS to Hon'ble Chancellor-for kind information of Hon'ble Chancellor



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Ref. No.: ADM/RO/EOC/2023/01

Date: 25.05.2023

Circular

In pursuance of UGC Regulation dated 17th December, 2012 on UGC (Promotion of equity in Higher Education Institutions), the competent authority has constituted an "Equal Opportunity Cell" (Session 2023-24) to sensitize about the problems of the marginalized/disadvantaged sections of the societies (SC/ST/OBC/Minorities), so that they are able to improve their performance not only in the education but also in other spheres of life. It will also monitor the various schemes/policies of the Government of India and State Government relating to marginalized/disadvantaged sections. The equal opportunity cell is divided into sub cells to sensitize the problems of each marginalized section of the society, viz., SC/ST Sub-Cell, OBC Sub-Cell and Minorities Sub-Cell under the headship of Anti-Discrimination Officer. The members of each of sub-cell are as follow:

1. Prof. (Dr.) Rajiv Dutta

-Anti-Discrimination Officer & Chairperson

SC/ST Sub-Cell

- | | | |
|------|----------------------------------------------------|---------|
| i. | Prof.(Dr.) Bandana Dhali | -Member |
| ii. | Dr. Vinay Kumar, Assistant Professor | -Member |
| iii. | Dr. Abhimanyu Upadhyay, Associate Professor | -Member |
| iv. | Mr. Balram Tonk, Assistant Professor | -Member |
| v. | Mr. Nitin Kumar, B.Pharm, 2 nd Year | -Member |
| vi. | Mr. Sawan Kumar, Student, BBA 2 nd Year | -Member |

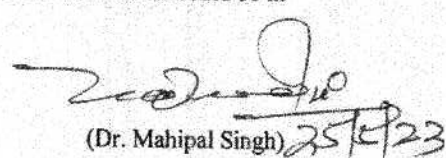
OBC Sub-Cell

- | | | |
|------|----------------------------------------------------|---------|
| i. | Prof. (Dr.) Bhupendra Chauhan | -Member |
| ii. | Prof. (Dr.) Kultar Singh | -Member |
| iii. | Dr. Vinod Kumar Yadav, Assistant Professor | -Member |
| iv. | Mr. Mukul Kumar, Student, MBA 2 nd Year | -Member |

Minority Cell

- | | | |
|------|--------------------------------------------------------|---------|
| i. | Dr. Zulphikar Ali, Associate Professor | -Member |
| ii. | Dr. Usman, Assistant Professor | -Member |
| iii. | Mr. Hamid Ali, Assistant Professor | -Member |
| iv. | Mr. Nazim Ali, Student, B.Pharm., 4 th Year | -Member |

The committee will be revised in case one-half members are changed. The functioning of the committee would be in accordance with the provisions of the above mentioned UGC Regulation.


(Dr. Mahipal Singh)
Registrar

Copy to:-

1. PS to Hon'ble Chancellor-for his kind information.
2. PS to Hon'ble Vice Chancellor-for his kind information.
3. All members of the cells
4. All Deans/Directors/HoDs/Principals.



**Shobhit
University**
EDUCATION EMPOWERS

Babu Vijendra Marg, Adarsh Institutional
Area Gangoh, Distt. Saharanpur (U.P.)
247341, India
Tel: +91 7830810052
E-mail: registrargangoh@shobhituniversity.ac.in
U.: www.sug.ac.in

Ref. No.: ADM/RO/EOC/2022/01

Date: 07.06.2022

Circular

In pursuance of UGC Regulation dated 17th December, 2012 on UGC (Promotion of equity in Higher Education Institutions), the competent authority has constituted an "Equal Opportunity Cell" (Session 2022-23) to sensitize about the problems of the marginalized/disadvantaged sections of the societies (SC/ST/OBC/Minorities), so that they are able to improve their performance not only in the education but also in other spheres of life. It will also monitor the various schemes/policies of the Government of India and State Government relating to marginalized/disadvantaged sections. The equal opportunity cell is divided into sub cells to sensitize the problems of each marginalized section of the society, viz., SC/ST Sub-Cell, OBC Sub-Cell and Minorities Sub-Cell under the headship of Anti-Discrimination Officer. The members of each of sub-cell are as follow:

1. Prof. (Dr.) Rajiv Dutta

-Anti-Discrimination Officer & Chairperson

SC/ST Sub-Cell

- | | | |
|------|----------------------------------------------------|---------|
| i. | Prof.(Dr.) Bandana Dhall | -Member |
| ii. | Dr. Vinay Kumar | -Member |
| iii. | Mr. Mukesh Kumar Gautam | -Member |
| iv. | Ms. Swati Rajaura | -Member |
| v. | Mr. Anshul, Student-B.Pharm 2 nd Year | -Member |
| vi. | Mr. Sawan Kumar, Student, BBA 2 nd Year | -Member |

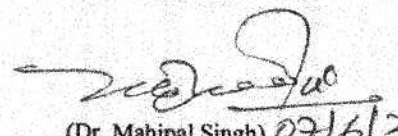
OBC Sub-Cell

- | | | |
|------|----------------------------------------------------|---------|
| i. | Prof. (Dr.) Bhupendra Chauhan | -Member |
| ii. | Prof. (Dr.) Kultar Singh | -Member |
| iii. | Dr. Vinod Kumar Yadav, Assistant Professor | -Member |
| iv. | Mr. Mukul Kumar, Student, MBA 2 nd Year | -Member |

Minority Cell

- | | | |
|------|--------------------------------------------------------|---------|
| i. | Dr. Zulphikar Ali, Associate Professor | -Member |
| ii. | Mohd. Ahmad, Assistant Professor | -Member |
| iii. | Mr. Hamid Ali, Assistant Professor | -Member |
| iv. | Mr. Nazim Ali, Student, B.Pharm., 4 th Year | -Member |

The committee will be revised in case one-half members are changed. The functioning of the committee would be in accordance with the provisions of the above mentioned UGC Regulation.


(Dr. Mahipal Singh) 07/6/22
Registrar

Copy to:-

1. PS to Hon'ble Chancellor-for his kind information.
2. PS to Hon'ble Vice Chancellor-for his kind information.
3. All members of the cells
4. All Deans/Directors/HoDs/Principals.



**Shobhit
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EDUCATION EMPOWERS

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Tel: +91 7830810052
E-mail: registrargangoh@shobhituniversity.ac.in
U: www.sug.ac.in

Ref. No.: ADM/RO/EOC/2021/01

Date: 03.05.2021

Circular

In pursuance of UGC Regulation dated 17th December, 2012 on UGC (Promotion of equity in Higher Education Institutions), the competent authority has constituted an "Equal Opportunity Cell" (Session 2021-22) to sensitize about the problems of the marginalized/disadvantaged sections of the societies (SC/ST/OBC/Minorities), so that they are able to improve their performance not only in the education but also in other spheres of life. It will also monitor the various schemes/policies of the Government of India and State Government relating to marginalized/disadvantaged sections. The equal opportunity cell is divided into sub cells to sensitize the problems of each marginalized section of the society, viz., SC/ST Sub-Cell, OBC Sub-Cell and Minorities Sub-Cell under the headship of Anti-Discrimination Officer. The members of each of sub-cell are as follow:

I. Prof. (Dr.) Rajiv Dutta

-Anti-Discrimination Officer & Chairperson

SC/ST Sub-Cell

- | | | |
|------|------------------------------------------------------------|---------|
| i. | Mr. Mukesh Kumar Gautam, Assistant Professor | -Member |
| ii. | Ms. Swati Rajaura, Assistant Professor | -Member |
| iii. | Mr. Adesh Kumar, Assistant Professor | -Member |
| iv. | Dr. Abhimayu Upadhyay, Associate Professor | -Member |
| v. | Mr. Harsh Kumar, Student, B.Tech CSE, 2 nd Year | -Member |
| vi. | Ms. Sakshi Kumari, Student, BAMS, 2 nd Year | -Member |

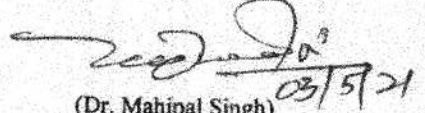
OBC Sub-Cell

- | | | |
|------|----------------------------------------------------------|---------|
| i. | Dr. Bhupendra Chauhan, Associate Professor | -Member |
| ii. | Dr. Kultar Singh, Associate Professor | -Member |
| iii. | Mr. Ramjanki, Assistant Professor | -Member |
| iv. | Mr. Arpit Saini, Student, B. Pharm, 2 nd Year | -Member |

Minority Cell

- | | | |
|------|------------------------------------------------------|---------|
| i. | Dr. Zulphikar Ali, Assistant Professor | -Member |
| ii. | Ms. Sumika Jain, Assistant Professor | -Member |
| iii. | Mr. Hamid Ali, Assistant Professor | -Member |
| iv. | Mohd. Sabir, Student, B.Pharm., 2 nd Year | -Member |

The committee will be revised in case one-half members are changed. The functioning of the committee would be in accordance with the provisions of the above mentioned UGC Regulation.


(Dr. Mahipal Singh)
Registrar

Copy to:-

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3. All members of the cells
4. All Deans/Directors/HoDs/Principals.



**Shobhit
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Area Gangoh, Distt. Saharanpur (U.P.)
247341, India
Tel: +91 7830810052
E-mail: registrargangoh@shobhituniversity.ac.in
U.: www.sug.ac.in

Ref. No.: ADM/RO/EOC/2020/01

Date: 14.05.2020

Circular

In pursuance of UGC Regulation dated 17th December, 2012 on UGC (Promotion of equity in Higher Education Institutions), the competent authority has constituted an "Equal Opportunity Cell" (Session 2020-21) to sensitize about the problems of the marginalized/disadvantaged sections of the societies (SC/ST/OBC/Minorities), so that they are able to improve their performance not only in the education but also in other spheres of life. It will also monitor the various schemes/policies of the Government of India and State Government relating to marginalized/disadvantaged sections. The equal opportunity cell is divided into sub cells to sensitize the problems of each marginalized section of the society, viz., SC/ST Sub-Cell, OBC Sub-Cell and Minorities Sub-Cell under the headship of Anti-Discrimination Officer. The members of each of sub-cell are as follow:

1. Prof. (Dr.) Madan Lal Kaushik -Anti-Discrimination Officer & Chairperson

SC/ST Sub-Cell

- | | | |
|------|------------------------------------------------------------|---------|
| i. | Mr. Mukesh Kumar Gautam, Assistant Professor | -Member |
| ii. | Ms. Swati Rajaura, Assistant Professor | -Member |
| iii. | Mr. Adesh Kumar, Assistant Professor | -Member |
| iv. | Dr. Abhimayu Upadhyay, Associate Professor | -Member |
| v. | Mr. Ujjawal Kumar, Student, B.Sc. MB, 3 rd Year | -Member |
| vi. | Ms. Himani, Student, BAMS, 3 rd Year | -Member |

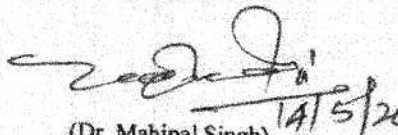
OBC Sub-Cell

- | | | |
|------|----------------------------------------------------------------|---------|
| i. | Dr. Bhupendra Chauhan, Associate Professor | -Member |
| ii. | Dr. Kultar Singh, Associate Professor | -Member |
| iii. | Mr. Ramjanki, Assistant Professor | -Member |
| iv. | Mr. Mayank Panchal, Student, B.Tech, CSE, 3 rd Year | -Member |

Minority Cell

- | | | |
|------|----------------------------------------------------|---------|
| i. | Dr. Zulphikar Ali, Assistant Professor | -Member |
| ii. | Ms. Sumika Jain, Assistant Professor | -Member |
| iii. | Mr. Hamid Ali, Assistant Professor | -Member |
| iv. | Mr. Kadir, Student, B.Pharm., 3 rd Year | -Member |

The committee will be revised in case one-half members are changed. The functioning of the committee would be in accordance with the provisions of the above mentioned UGC Regulation.


(Dr. Mahipal Singh)
Registrar

Copy to:-

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4. All Deans/Directors/HoDs/Principals.



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Tel: +91 7830810052
E-mail: registrargangoh@shobhituniversity.ac.in
U.: www.sug.ac.in

Ref. No.: ADM/RO/EOC/2019/01

Date: 20.06.2019

Circular

In pursuance of UGC Regulation dated 17th December, 2012 on UGC (Promotion of equity in Higher Education Institutions), the competent authority has constituted an "Equal Opportunity Cell" (Session 2019-20) to sensitize about the problems of the marginalized/disadvantaged sections of the societies (SC/ST/OBC/Minorities), so that they are able to improve their performance not only in the education but also in other spheres of life. It will also monitor the various schemes/policies of the Government of India and State Government relating to marginalized/disadvantaged sections. The equal opportunity cell is divided into sub cells to sensitize the problems of each marginalized section of the society, viz., SC/ST Sub-Cell, OBC Sub-Cell and Minorities Sub-Cell under the headship of Anti-Discrimination Officer. The members of each of sub-cell are as follow:

1. Prof. (Dr.) Madan Lal Kaushik

-Anti-Discrimination Officer & Chairperson

SC/ST Sub-Cell

- | | | |
|------|------------------------------------------------------------|---------|
| i. | Mr. Mukesh Kumar Gautam, Assistant Professor | -Member |
| ii. | Ms. Swati Rajaura, Assistant Professor | -Member |
| iii. | Mr. Adesh Kumar, Assistant Professor | -Member |
| iv. | Dr. Abhimayu Upadhyay, Associate Professor | -Member |
| v. | Mr. Ujjaval Kumar, Student, B.Sc. MB, 2 nd Year | -Member |
| vi. | Ms. Himani, Student, BAMS, 2 nd Year | -Member |

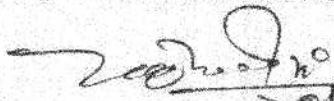
OBC Sub-Cell

- | | | |
|------|----------------------------------------------------------------|---------|
| i. | Dr. Bhupendra Chauhan, Associate Professor | -Member |
| ii. | Dr. Kultar Singh, Associate Professor | -Member |
| iii. | Mr. Ramjanki, Assistant Professor | -Member |
| iv. | Mr. Mayank Panchal, Student, B.Tech, CSE, 2 nd Year | -Member |

Minority Cell

- | | | |
|------|----------------------------------------------------|---------|
| i. | Dr. Zulphikar Ali, Assistant Professor | -Member |
| ii. | Ms. Sumika Jain, Assistant Professor | -Member |
| iii. | Mr. Hamid Ali, Assistant Professor | -Member |
| iv. | Mr. Kadir, Student, B.Pharm., 2 nd Year | -Member |

The committee will be revised in case one-half members are changed. The functioning of the committee would be in accordance with the provisions of the above mentioned UGC Regulation.


20/6/19
(Dr. Mahipal Singh)
Registrar

Copy to:-

1. PS to Hon'ble Chancellor-for his kind information.
2. PS to Hon'ble Vice Chancellor-for his kind information.
3. All members of the cells
4. All Deans/Directors/HoDs/Principals.

GSTIN : 06ADMPT1665K1Z0

Original Copy

TAX INVOICE

Shiv Shakti Computer & Communication

Sco 1,2,3 First Floor Opp. Zamindara Petrol Pump Near Gaba Hospital

Yamunanagar (Haryana) 135001

email : munishtomar007@gmail.com

Invoice No. : 143/2023-24
 Date of Invoice : 20-12-2023
 Place of Supply : Uttar Pradesh (09)
 Reverse Charge : N

GR/RR No. :
 Transport : by Car
 Vehicle No. :
 Station :

Billed to :

M/s Shobhit University (ksvasmc)
 Dulhera Marg Roorkee Road Meerut
 Uttar Pradesh

Shipped to :

M/s Shobhit University (ksvasmc)
 Dulhera Marg Roorkee Road Meerut
 Uttar Pradesh

GSTIN / UIN : 09AAATN4308C1ZX

GSTIN / UIN : 09AAATN4308C1ZX

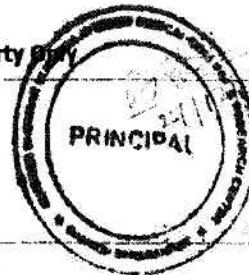
S.N.	Description of Goods	HSN/SAC Code	Qty.	Unit	Price	Amount(₹)
1.	EPABX CLI-21 For 40ZX 40 Port Intercom Machine	85381010	1.00	Pcs	18,000.00	18,000.00
2.	Tele phone Wire 2 Pair Finalex	8544	7.00	Roll	1,100.00	7,700.00
3.	Telephone Set M71 Display		1.00	Pcs	1,650.00	1,650.00
4.	Telephoneset Beetal	8517	10.00	Pcs	600.00	6,000.00
5.	Rojet Box		11.00	Pcs	30.00	330.00
6.	Installation Charges					3,300.00
<p>For wanted to Hon. V.C. for approval [Signature] Shobhit University, Gangor</p>						36,980.00
<p>B.R. NOLLA [Signature] @ 18.00 %</p>						6,656.40
Grand Total 30.00 Units						₹ 43,636.40

Tax Rate	Taxable Amt.	IGST	Total Tax
18%	36,980.00	6,656.40	6,656.40

Rupees Forty Three Thousand Six Hundred Thirty Six and Paise Forty Four

Declaration

BANK DETAILS - BANK OF BARODA
 IFSC CODE-BARODJAGADH
 A/C NO- 2307140000150
 BRANCH-JAGADHRI BRANCH



Terms & Conditions

Shiv Shakti Computer & Communication
 E & O.E. Jagadhri, Uttar Pradesh 217441 (U.P.)

1. Goods once sold will not be taken back.
2. Interest @ 18% p.a. will be charged if the payment is not made within the stipulated time.
3. Subject to 'Jagadhri' Jurisdiction only.
4. All warranty as subjects to Manufacture Company policy

Receiver's Signature :

for Shiv Shakti Computer & Communication

Authorised Signatory

23/12/23

GSTIN : 09AACCO1160C1ZX

Original Copy

TAX INVOICE

OWA INFOTECH PVT LTD

SHREE RAM PLAZA, KUTI CHOPLA,, SHASTRI NAGAR MEERUT

PAN :

Tel : 9719479990 email : avneeshmrt@gmail.com

No.	: OWA/4257/23-24	Vehicle No.	:
Date of Supply	: 19-03-2024	Station	: Dulhera Marg, Roorkee Road
Invoice Charge	: N	E-Way Bill No.	:
Transport	: THELA RICKSHAW	PDC	:
Shipped to :	SHOBHIT UNIVERSITY (SHOBHIT INSTITUT) Dulhera Marg, Roorkee Road Uttar Pradesh, 250010	Shipped to :	SHOBHIT UNIVERSITY (SHOBHIT INSTITUT) Dulhera Marg, Roorkee Road Uttar Pradesh, 250010
Party PAN	: AAATN4308C	Party PAN	: AAATN4308C
Party E-Mail ID	:	Party E-Mail ID	:
Party Mobile No	:	Party Mobile No	:
State	: Uttar Pradesh (09)	State	: Uttar Pradesh (09)
GSTIN / UIN	: 09AAATN4308C1ZX	GSTIN / UIN	: 09AAATN4308C1ZX

TRN :

Ack.No. :

Ack. Date :

CONGO

S.N.	Description of Goods	HSN/SAC Code	Qty.	Unit	List Price	Price	Amount()
85219090	18%	11,500.00	1,035.00	1,035.00	2,070.00		
85258090	18%	83,200.00	7,488.00	7,488.00	14,976.00		
85366990	18%	1,280.00	115.20	115.20	230.40		
85444999	18%	35,000.00	3,150.00	3,150.00	6,300.00		
998739	18%	9,600.00	864.00	864.00	1,728.00		
Total		1,66,680.00	15,001.20	15,001.20	30,002.40		

Rupees One Lakh Ninety Six Thousand Six Hundred Eighty Two Only
 Party - 1,96,682.00

Declaration

GOODS TAKEN IN PERFECT CONDITION AS PER MY SPECIFICATION
 GAURANTEE/WARRANTY/SERVICE WILL BE PROVIDED BY COMPANY SERVICE CENTER NOT BY US

Bank Details : BANDHAN BANK A/C-10210002346246 IFSC-BDBL0001992 DEHLI ROAD MEERUT

Terms & Conditions

NOTE

- Goods once sold will not be taken back
- Interest @ 18% p.a. will be charged on late payment
- Payment made with in the stipulated time.
- Subject to MEERUT Jurisdiction only.

E-Invoice QR Code

No
Image

Receiver's Signature :

For OWA INFOTECH PVT LTD
 P.
 Authorised Signatory

GSTIN : 09AACCO1160C1ZX

Original Copy

TAX INVOICE

OWA INFOTECH PVT LTD

SHREE RAM PLAZA, KUTI CHOPLA,, SHASTRI NAGAR MEERUT

PAN :

Tel : 9719479990 email : avneeshmrt@gmail.com

Invoice No : OWA/4257/23-24
 Date of Supply : 19-03-2024
 Invoice Charge : N
 Transport : THELA RICKSHAW

Vehicle No. :
 Station : Dulhera Marg, Roorkee Road
 E-Way Bill No. :
 PDC :

Shipped to :
 SHOBHIT UNIVERSITY (SHOBHIT INSTITUT)
 Dulhera Marg, Roorkee Road
 Uttar Pradesh, 250010

Shipped to :
 SHOBHIT UNIVERSITY (SHOBHIT INSTITUT)
 Dulhera Marg, Roorkee Road
 Uttar Pradesh, 250010

Party PAN : AAATN4308C
 Party E-Mail ID :
 Party Mobile No :
 State : Uttar Pradesh (09)
 GSTIN / UIN : 09AAATN4308C1ZX

Party PAN : AAATN4308C
 Party E-Mail ID :
 Party Mobile No :
 State : Uttar Pradesh (09)
 GSTIN / UIN : 09AAATN4308C1ZX

IRN

Ack.No. :

Ack. Date :

CONGO

S.N. Description of Goods	HSN/SAC Code	Qty.	Unit	List Price	Price	Amount()
Forwarded to Hon. V.C. Sir for kind approval.	b/d	124.00	Pcs		9.00 %	1,81,681.20
	Add : SGST					15,001.20
	Less : Rounded Off (-)					0.40
REGISTRAR Shobhit University, Gangoh	Grand Total	124.00	Pcs			1,96,682.00

HSN/SAC	Tax Rate	Taxable Amt.	CGST Amt.	SGST Amt.	Total Tax
847130	18%	3,300.00	297.00	297.00	594.00
84717020	18%	7,800.00	702.00	702.00	1,404.00
847330	18%	1,200.00	108.00	108.00	216.00
85044021	18%	5,950.00	535.50	535.50	1,071.00
85176290	18%	7,850.00	706.50	706.50	1,413.00

Ael Cameras is working Properly

Declaration

GOODS TAKEN IN PERFECT CONDITION AS PER MY SPECIFICATION

GAURANTEE/WARRANTY/SERVICE WILL BE PROVIDED BY COMPANY SERVICE CENTER NOT BY US

Bank Details : BANDHAN BANK A/C-10210002346246 IFSC-BDBL0001992 DEHLI ROAD MEERUT

Terms & Conditions

- Goods once sold will not be taken back.
- Interest @ 18% p.a. will be charged on payment.
- Payment to be made within the stipulated time.
- Subject to MEERUT Jurisdiction only.

E-Invoice QR Code

No
Image

Receiver's Signature

Cost Inland duty
 1 & 30,000 IS SGST + CGST
 Amount is 30,000
 Add to 30,000

For OWA INFOTECH PVT LTD

P.
Authorised Signatory

Contd. on Page 4

GANGOH

Calc. No. - 1

SHOBHIT UNIVERSITY

Dr. No. 19549
 Date 29.3.2024

Vice Chancellor
 Shobhit University, Gangoh
 Saharanpur, 247341 (U.P.)

GSTIN : 09AACCO1160C1ZX

Original Copy

TAX INVOICE
OWA INFOTECH PVT LTD
 SHREE RAM PLAZA, KUTI CHOPLA,, SHASTRI NAGAR MEERUT
 PAN :
 Tel. : 9719479990 email : avneeshmrt@gmail.com

Invoice No. : OWA/4257/23-24
 Date : 19-03-2024
 Place of Supply : Uttar Pradesh (09)
 Reverse Charge : N
 Transport : THELA RICKSHAW

Vehicle No. :
 Station : Duihera Marg, Roorkee Road
 E-Way Bill No. :
 PDC :

Billed to :
 SHOBHIT UNIVERSITY (SHOBHIT INSTITUT)
 Duihera Marg, Roorkee Road
 Uttar Pradesh, 250010

Shipped to :
 SHOBHIT UNIVERSITY (SHOBHIT INSTITUT)
 Duihera Marg, Roorkee Road
 Uttar Pradesh, 250010

Party PAN : AAATN4308C
 Party E-Mail ID :
 Party Mobile No :
 State : Uttar Pradesh (09)
 GSTIN / UIN : 09AAATN4308C1ZX

Party PAN : AAATN4308C
 Party E-Mail ID :
 Party Mobile No :
 State : Uttar Pradesh (09)
 GSTIN / UIN : 09AAATN4308C1ZX

IRN :

Ack.No. :

Ack. Date :

CONGO

S.A. Description of Goods	HSN/SAC Code	Qty.	Unit	List Price	Price	Amount()
9. D-LINK RJ-45 CONNECTOR	b/d	59.00	Pcs			1,83,650.00
10. 5 Port 10/100Mbps Ethernet Switch S-rs8p	85366990	32.00	Pcs	40.00	40.00	1,280.00
GIGA	85176290	1.00	Pcs	2,150.00	2,150.00	2,150.00
11. INSTALLATION CHARGES	998739	32.00	Pcs	300.00	300.00	9,600.00
Add : CGST @ 9.00 %						1,46,680.00
Totals c/o 124.00 Pcs						1,81,681.20

Declaration

GOODS TAKEN IN PERFECT CONDITION AS PER MY SPECIFICATION
 GAURANTEE/WARRANTY/SERVICE WILL BE PROVIDED BY COMPANY SERVICE CENTER NOT BY US

Bank Details : BANDHAN BANK A/C-10210002346246 IFSC-BDBL0001992 DEHLI ROAD MEERUT

Terms & Conditions**E & O.E.**

1. Goods once sold will not be taken back.
2. Interest @ 18% p.a. will be charged if the payment is not made with in the stipulated time.
3. Subject to MEERUT Jurisdiction only.

E-Invoice QR Code

**No
Image**

Receiver's Signature :

For OWA INFOTECH PVT LTD

P.
 Authorised Signatory

Contd. on Page 3

SHOBHIT UNIVERSITY
 Gurukul, Sahasrhar
 Dr. No. 19549
 Date 22-3-2024
 Received By *Pm*

TAX INVOICE

ROYAL JHANGRA

15/01/2017 10:00:00

15/01/2017 10:00:00

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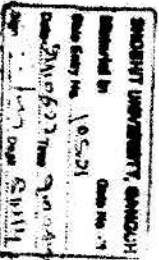
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Amount Chargable (in words)
Rs. Five Thousand Five Hundred Only

1 PCS

5,500.00

CP PLUS 16CH 1601E1-SH8N-662180801
21/01/2017 10:00:00

Description of Goods

Quantity

Unit

Price

Amount

OUTPUT 500T 9%
OUTPUT CGST 9%

9 %
9 %

419.48
419.48

Company's VAT IN : GSTIN : 08AAAFR2837E1ZY
Depositor's VAT IN : GSTIN : 08AAAFR2837E1ZY
Depositor's VAT IN : GSTIN : 08AAAFR2837E1ZY
1. Goods once sold will not be taken back. 2. All subjects to
Subsequent Jurisdiction only. 3. All the Goods carry
physically damaged goods will be taken. 4. If any goods
physically damaged goods will be taken. 5. Interest 24%
applicable beyond payment term. 6. 30/01/2017
CENTRAL BANK OF INDIA, COIMBATORE
SABARWARI, 15/01/2017 COIMBATORE

This is a Computer Generated Invoice

For JUTTA TRADERS
Signature

HR NIKVISION SECURITY SYSTEMS

Garhi Abdulla Khan Sharni Up
Phone no: 9760722834, 8445000768
Email: bahaor23456@gmail.com

Tax Invoice

BIR To:
SHOBHIT UNIVERSITY GANGOH

Invoice No.: 12
Date: 24-05-2022

Sl. No.	Description	HSN/SAC	Quantity	Price/unit	Amount
1	Bch. Nvr cp model no. CP-JNR-108FT1		1	₹ 5,500.00	₹ 5,500.00
2	4mp lp camera CP MODEL NO. CP-JNC-T441P1.3-D-0360-		8	₹ 3,600.00	₹ 28,800.00
3	Cat 6 D link 305 mtr		1	₹ 8,000.00	₹ 8,000.00
4	Bch. Supply		2	₹ 850.00	₹ 1,700.00
5	8 port Lan switch D link		2	₹ 950.00	₹ 1,900.00
6	2u rack		1	₹ 850.00	₹ 850.00
7	2tb hard disk wd warranty 2 year		1	₹ 4,500.00	₹ 4,500.00
8	Installation		8	₹ 350.00	₹ 2,800.00
9	Pvc box		1	₹ 440.00	₹ 440.00
10	Connector		8	₹ 20.00	₹ 160.00
Total					₹ 54,650.00

Forwarded to Hon.
V.C. Sir for kind approval
REGISTRAR
Shobhit University, Gangoh

27.5.33
2022

INVOICE AMOUNT IN WORDS
Fifty Four Thousand Six Hundred and Fifty Rupees only

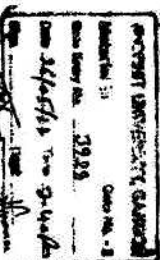
Sub Total	₹ 54,650.00
Total	₹ 54,650.00
Received	₹ 0.00
Balance	₹ 54,650.00

TERMS AND CONDITIONS

Thank you for doing business with us.

Wing:- Anurag Arora
Mob: 1659212200, 2986
FSC - PUNBO 165910

For, HR NIKVISION SECURITY SYSTEMS



Authorized Signatory

Vice Chancellor
Shobhit University, Gangoh
Dist. Saharanpur 247341 (U.P.)

All items working properly.
(Bansundari Singh)



www.vyasaapp.in

Authorized Signatory

For, Adhya Technology

14/07/2024
for Modern house
Mmm

19384
14-8-2024
ad by
SHUBH MIT UNIVERSITY

Thank you for doing business with us.

TERMS AND CONDITIONS

To Thousand Five Hundred Rupees only

INVOICE AMOUNT IN WORDS

SHUBH MIT UNIVERSITY, GANGOH
Gangoh No. 2
Date 14/7/24
Time 9:45

Total	₹ 10,500.00
Received	₹ 0.00
Balance	₹ 10,500.00

#	Item name	HSN/ SAC	Quantity	Price/ unit	Amount
1	Unit		13	₹ 250.00	₹ 3,250.00
2	Bnc		26	₹ 25.00	₹ 650.00
3	Dc		16	₹ 20.00	₹ 320.00
4	Video balloon		6	₹ 80.00	₹ 480.00
5	4 u tack		1	₹ 1,200.00	₹ 1,200.00
6	Bullet camera		1	₹ 1,250.00	₹ 1,250.00
7	Gktl 6 mm 10 mm		4	₹ 30.00	₹ 120.00
8	Tape		2	₹ 20.00	₹ 40.00
9	Unit new		5	₹ 300.00	₹ 1,500.00
10	Rg 45 character		4	₹ 10.00	₹ 40.00
11	Wire		5	₹ 30.00	₹ 150.00
12	B ch supply		2	₹ 750.00	₹ 1,500.00
	Total		85		₹ 10,500.00

Invoice No.: 9
Date: 12-02-2024

Bill To:
Shubh Mit University Gangoh

Tax Invoice

Adhya Technology
nanota chowk
Phone no.: 9761432430
Email: shubhambar7000@gmail.com

1566 - CN88061922
Camera supply Gangoh