

Report on Mentoring and Counseling Intervention

Title: Case Report on Emotional Stress and Aggression Management

Course: M.Ed. 2nd Semester

This report presents a case of an M.Ed. 2nd semester student(name confidential)who was experiencing emotional stress and aggressive behavior. The purpose of the intervention was to provide appropriate guidance and support to help the student manage emotions effectively and improve overall well-being.

Problem Identified:

The student reported experiencing emotional stress, which manifested in the form of irritability, frustration, and occasional aggression. These issues were affecting both academic performance and interpersonal relationships.

Intervention by Mentor:

The assigned mentor conducted counseling sessions with the student and adopted a supportive and empathetic approach. The following strategies were suggested and implemented:

Breathing Exercises:

The student was guided to practice simple breathing techniques regularly to reduce stress and promote emotional stability.

Emotional Expression:

The mentor encouraged the student to express feelings openly in a safe and non-judgmental environment.

Outcome of the Intervention:

The intervention proved to be highly effective. The student showed noticeable improvement in emotional regulation and a reduction in aggressive behavior. Regular practice of breathing exercises helped in calming the mind, while expressive activities supported emotional release and self-awareness.

Conclusion:

The mentoring and counseling support played a significant role in helping the student overcome emotional stress and aggression. This case highlights the importance of timely intervention, empathetic guidance, and practical coping strategies in promoting students' mental and emotional well-being.

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