

Student Counseling Center



Department of Psychology has started Student Counseling Center since 2018-2019. College Students are the cream of adolescent and young adult population. They are under tremendous pressure as they are expected not only to succeed but also become toppers in their classes and courses. Now a day's families are becoming smaller & smaller and are unable to provide the needed support and guidance. The mission of counseling center is to promote the Mental Health of students to improve their quality of life and create a learning environment that facilitates their academic & social development. Counselor helps students through the adolescent to understand themselves and gain this wisdom. Counseling center helps in understanding the nature of psychological problems of students, helping them to manage these problems and improving their mental well-being. So counseling center is open for a friendly chat every working day.

➤ **Aims and Objectives of counseling center:-**

1. To assist the student in better understanding and their individual potential.
2. To give personalized counseling for students.
3. To help the student with skills to meet up with the variety of challenges in life.
4. To help the students to understand the different sides of their problem and situation may be improving.
5. To help the student to set goals for his future career.
6. To help the students enhance their decision making abilities.
7. To help the students for personality development, academic & social growth.

➤ **Assessment & Counseling center:-**

A wide range of Assessment & counseling services are provided both at individual levels. The likely Problems are:

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|------------------------------------|-------------------------------|
| 1. New living situation | 7. Time Management |
| 2. Academic/career pressures | 8. Exam Fear |
| 3. Effective study habits | 9. Problem with Concentration |
| 4. Hostel students stress problems | 10. Feeling Sadness |
| 5. Performance Anxiety | 11. Adjustment Issues |
| 6. Class Presentation | 12. Study Skills |

➤ **Methods of Counseling:**

1. Ventilation
2. Explanation
3. Reassurance
4. Diversion by Physical & mental activities
5. Recreation
6. Improve the problem solving skills
7. Suggestion
8. Get support from significant others
9. Chang of Attitudes & life style
10. Yoga & Meditation

➤ **Timing:**

Monday to Saturday - 01:00 pm to 02:00 pm

Sunday- 09:00 am to 11:00 am

➤ **Contact Us:**

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