



CHITKARA NURTURE NEST

NEWSLETTER

ISSUE - I
(2021-2025)



ALWAYS REMEMBER, YOU ARE ENOUGH
सर्वदा स्मर्त्तां, त्वं पर्याप्तः ॥

CHITKARA NURTURE NEST **VISION OF PRO- CHANCELLOR** **DR. MADHU CHITKARA**



As I witness the growth and development of our university and its students, I am filled with a deep sense of pride and responsibility. I envision an environment where every student feels valued, supported, and empowered to reach their full potential. It is my passion to create a nurturing space that prioritizes mental health, well-being, and academic success. Our students are the future leaders and change-makers, and their well-being is of utmost importance to us. I am committed to fostering a community that promotes emotional intelligence, resilience, and happiness. Through our counselling services, we aim to provide a safe and non-judgmental space for students to express themselves freely and seek guidance and support.

I invite you to join us in building a supportive community that values mental health, academic excellence, and personal growth. Together, we can create an environment that allows our students to thrive and reach their full potential.

I extend my best wishes to CHITKARA NURTURE NEST for becoming a significant platform in promoting Emotional & Mental Well-being across the University Community.

With Best Regards
Dr. Madhu Chitkara
PRO CHANCELLOR

FROM THE PEN OF VICE-PRESIDENT



At Chitkara University, our vision is to nurture not only academic minds but also emotionally strong and resilient individuals. With this belief, Chitkara Nurture Nest Counselling Services was established — a compassionate initiative promoting mental health, emotional well-being, and personal growth within our university community.

In today's demanding world, students face numerous academic and emotional challenges. Nurture Nest provides a safe, non-judgmental space where they can express themselves, seek guidance, and find support through counselling and awareness programs.

Our students are the heart of Chitkara University, and their well-being is central to their success. The Nurture Nest team continues to build a culture of care, connection, and compassion, empowering students to grow into confident and responsible individuals.

I extend my good wishes and guidance to my team to continue their commendable work and keep scaling new heights in enhancing the mental and emotional well-being of our students.

With Best Regards,
Mr. Sanjay Khurana
Office of Residential Services
VICE PRESIDENT

FROM THE DESK OF HOD

GUIDING MINDS, EMPOWERING LIVES



Man Tu jyot Swaroop Hai Apna Mool Pachan

O my Mind, you are the Embodiment of the Divine Light

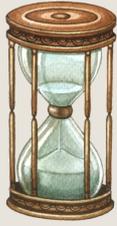
Recognize your own origin (SGGSJ ang 441 Guru Amardas Jee)

"As embodied sparks of the divine, we are reminded that our true nature is rooted in the eternal light within. Embracing this profound truth, I firmly believe that the journey to Mental Wellness begins with self-discovery and introspection.

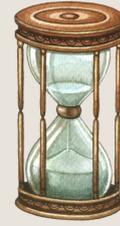
At CNN, we are dedicated to nurturing the eternal self, empowering individuals to tap into their innate potential for growth, resilience, and fulfillment. Through our various modalities of counselling we assist our students in exploring self-awareness, acceptance, and empowerment, we foster a supportive environment that enables students to shine with confidence, emotional intelligence, and authenticity.

May we all Radiate the inner light of our being, illuminating the path for ourselves and others, and letting our unique spark shine brightly for all to see."

Ms. Charanjeet Kaur



OUR VOYAGE FROM HUMBLE BEGINNINGS TO A THRIVING CELL



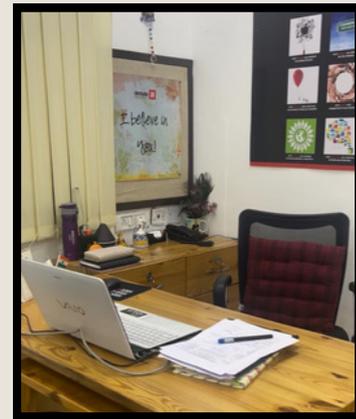
Timeline

“From initial whispers of care and grace,
Grew a journey time could not arrest —
Blooming bright as Chitkara **Nurture Nest.**”

THE EARLY DAYS

NEWTON BLOCK (2020- 2022)

The Counselling services were initially established in the Newton Block with two counsellors dedicated to supporting students’ emotional and psychological well-being.



GROWTH & EXPANSION

ESCOFIER BLOCK (2023-2024)

It was later shifted to the Escoffier Block, continuing its mission with three counsellors providing counselling services.

THE BIRTH OF A CELL

CHITKARA NURTURE NEST, FLEMING BLOCK (JAN 2025)

In its progressive journey of growth and expansion, the services were eventually restructured and renamed as the **Chitkara Nurture Nest**, now operating from the Fleming Block, symbolizing a holistic approach to student wellness and mental health at Chitkara University.



TODAY & BEYOND

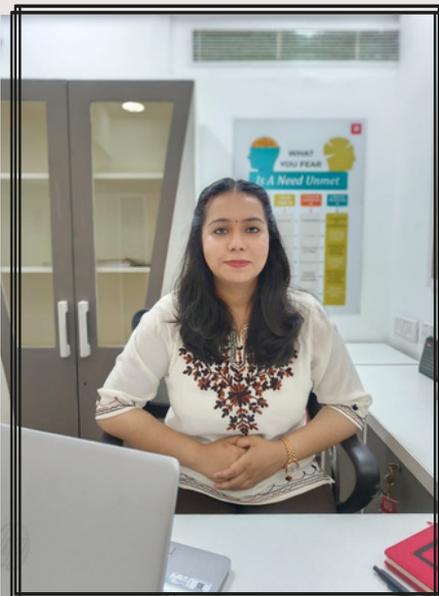
SYNERGY AT WORK



Mr. Sanjay Khurana
Vice President
Office of Residential Affairs



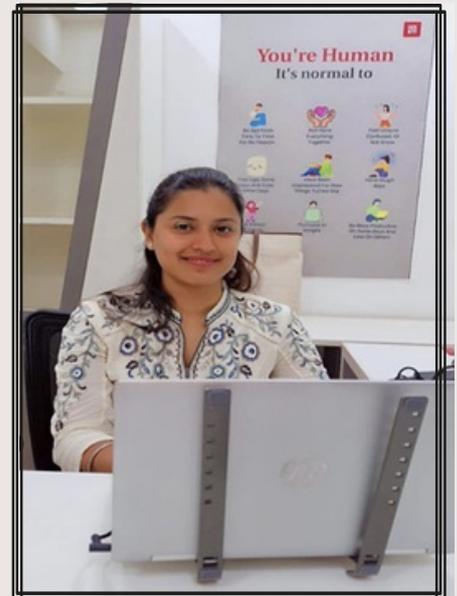
Ms. Charanjeet Kaur
Head Counselling Cell



Ms. Shaina Teje
Student Counsellor



Ms. Gargi Sharma
Student Counsellor

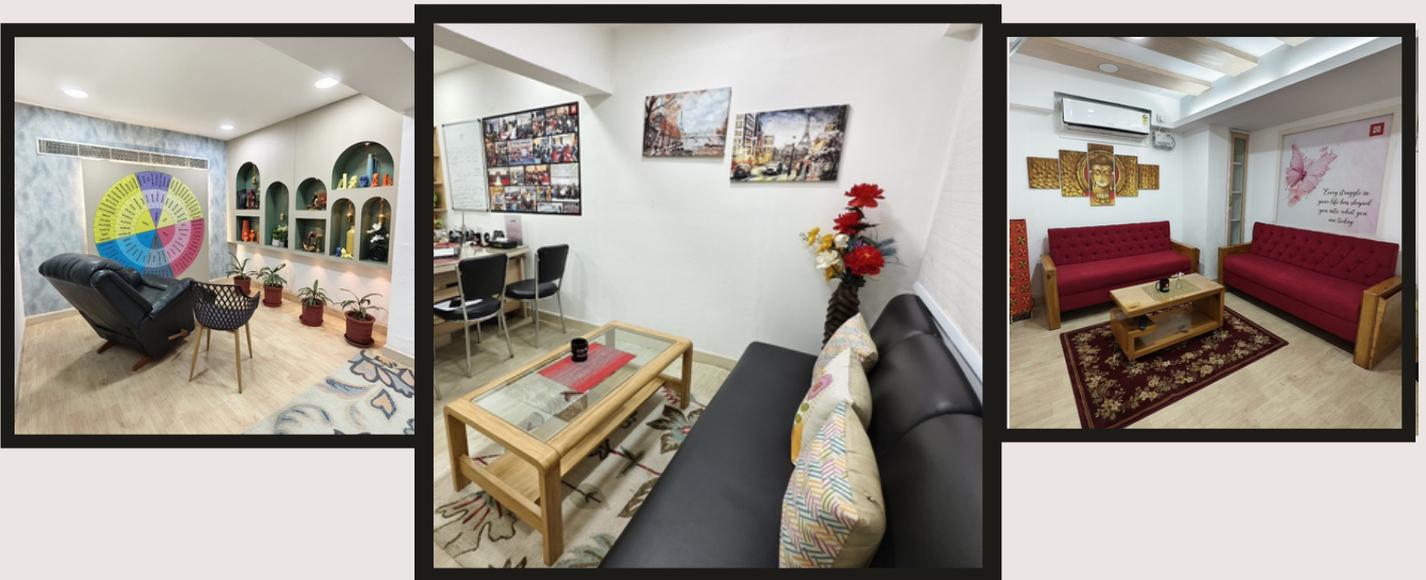


Ms. Harmanpreet Kaur
Student Counsellor

CHITKARA NURTURE NEST (CNN)

The **Chitkara Nurture Nest Counselling Cell** was established in **January 2025** with the objective of creating a **safe and supportive environment** for the students, faculty, and staff of Chitkara University. The Cell is committed to enhancing **mental well-being, resilience, and holistic growth** through professional counselling services.

Our team of **four professional Counsellors** works proactively and reactively to address challenges such as personal and relationship issues, emotional conflicts, social and adjustment concerns, family and peer difficulties, academic and career pressures, and personality development. The Cell functions as a **confidential, non-judgmental, and empathetic space**, ensuring that individuals **feel heard, supported, and empowered**.



THEME

Unlock the Power Within Exploring the Connection Between “Mind and Chakras”

What Are the Chakras?

The subtle body is essentially the **non physical part** of every **human being**. This **subtle body** can also be defined as the energy that flows in and around the **human body**. The chakras can be seen as the **energy organs** of your subtle body. The seven chakras can be looked at as the key points of energy in your body that can influence your **mental and emotional state**.

Chakra is the Sanskrit word for “**wheel**” as it refers to the energy that the body can experience. A chakra is visualized as a wheel where the **physical world and one’s consciousness meet**. The energy generated by the wheel is called **Prana**.

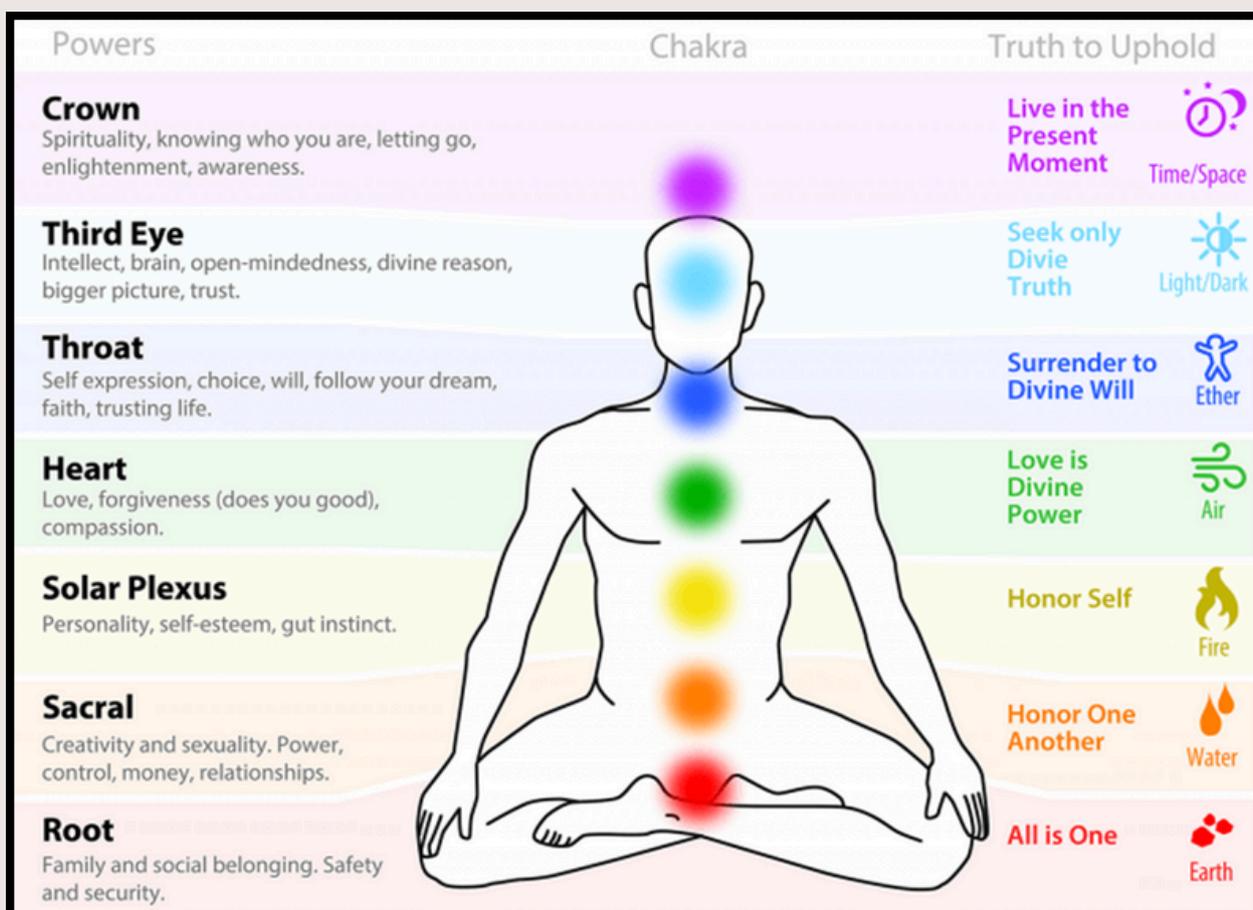
The seven chakras work like a network. They are consistently renewing energy in the body. The way they do this is by receiving energy from the food you eat, the amount of exercise you do, your **environment**, your **mental and emotional state**. The concept is that each chakra entails a cross between **how well your body functions** and **how your mind can respond**.

The chakras must be open so that they can allow energy to run through the body. These energy centers in the subtle body **influence our mental, emotional, and physical health**. When these energy points are open and balanced, energy (known as Prana) flows freely, promoting **harmony** between **the mind and body**. However, when a chakra is blocked or imbalanced, it causes disturbances and hindrances in our mental well-being & can affect our mental and emotional state.

EMOTIONAL IMPACT OF IMBALANCE IN CHAKRAS

- **Anxiety and stress:** Root chakra imbalances can lead to feelings of insecurity and fear.
- **Depression and sadness:** Heart chakra imbalances can lead to feelings of emotional numbness and disconnection.
- **Anger and frustration:** Solar plexus chakra imbalances can lead to feelings of powerlessness and resentment.
- **Communication issues:** Throat chakra imbalances can lead to difficulties expressing oneself authentically.
- **Confusion and disorientation:** Third eye chakra imbalances can lead to difficulties with intuition and decision-making.

Here is a look at the seven individual chakras. These are organized from the bottom part of your spinal column to the top. The first three relate to matter while the last three are about the spirit. When all chakras are balanced, the mind feels clear, calm, and centered. Practices such as meditation, yoga, breathwork, and mindfulness can help keep the chakras aligned, supporting overall mental and emotional well-being.



PREFACE



CNN MOTTO
(Vision, Mission, Passion)



KALEIDOSCOPE OF DATA



HOW WE CONNECT



**FACILITATING
CONNECTION OF
“ SELF ”**



**BUILDING AWARENESS
TOGETHER**



**HEALING
THROUGH GUIDANCE**



**HARMONY IN COLLABORATION
& TRUST**



CNN MOTTO



VISION

To foster a **compassionate** and **mentally healthy** campus where every student feels seen, heard, and valued by providing **accessible**, **empathetic**, and **professional counselling services** that nurture overall well-being, self-awareness, and **emotional resilience**.

Individual counselling sessions (approx. 2000), Proactive mental health awareness drives, and Group sessions, Faculty sessions, Sensitization sessions are being conducted.



MISSION



PASSION

We aim to nurture young minds with care and empathy, break the stigma surrounding mental health, create awareness through workshops, sessions, and innovative activities, and empower students with confidence, positivity, and effective coping skills for life.

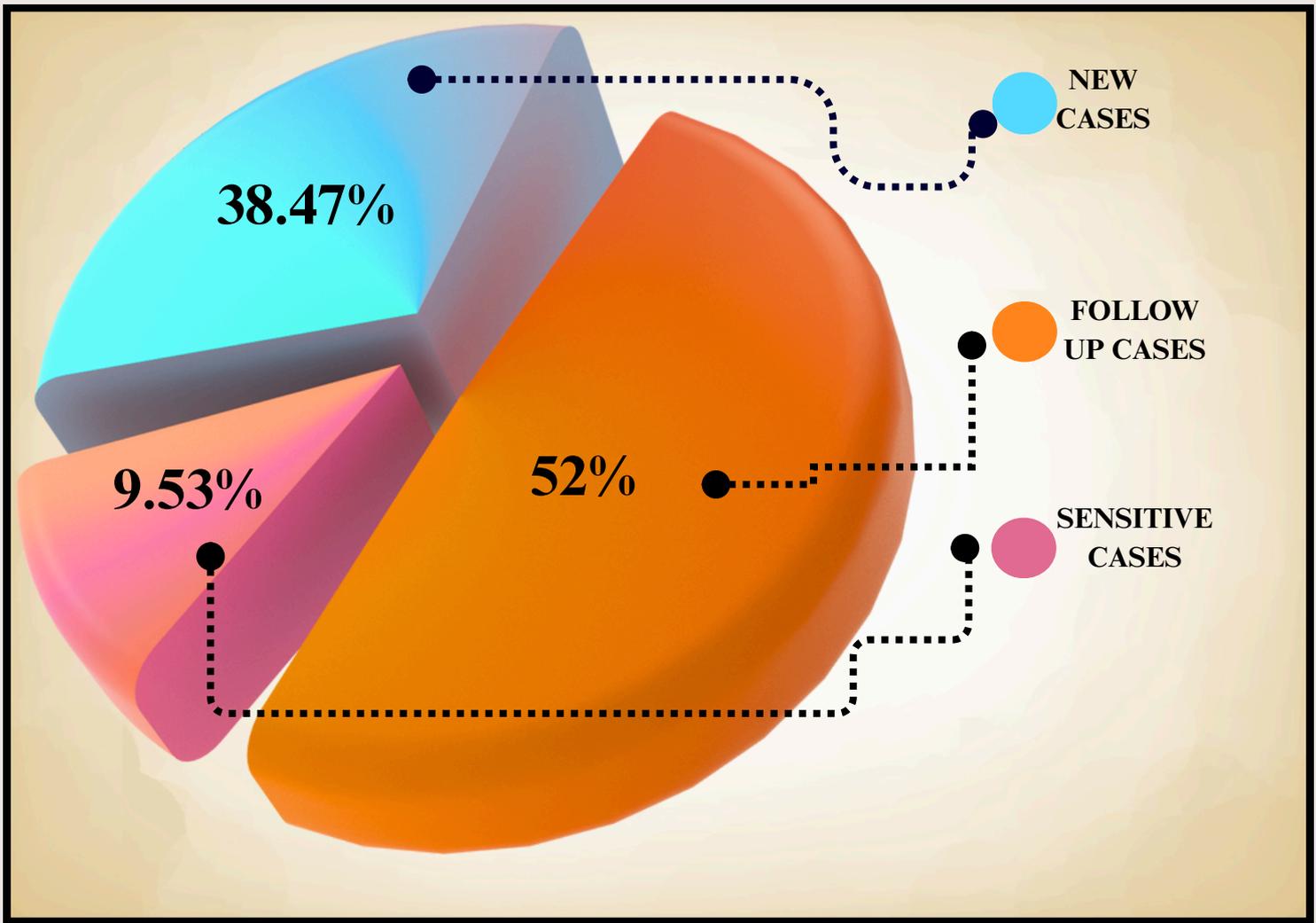
EMOTIONAL WELL-BEING This chakra is associated with our sense of safety, security and stability.

IMBALANCE SYMPTOMS Blockages can lead to the feelings of intense fear, anxiety, insecurity, and restlessness, particularly concerning basic survival needs.

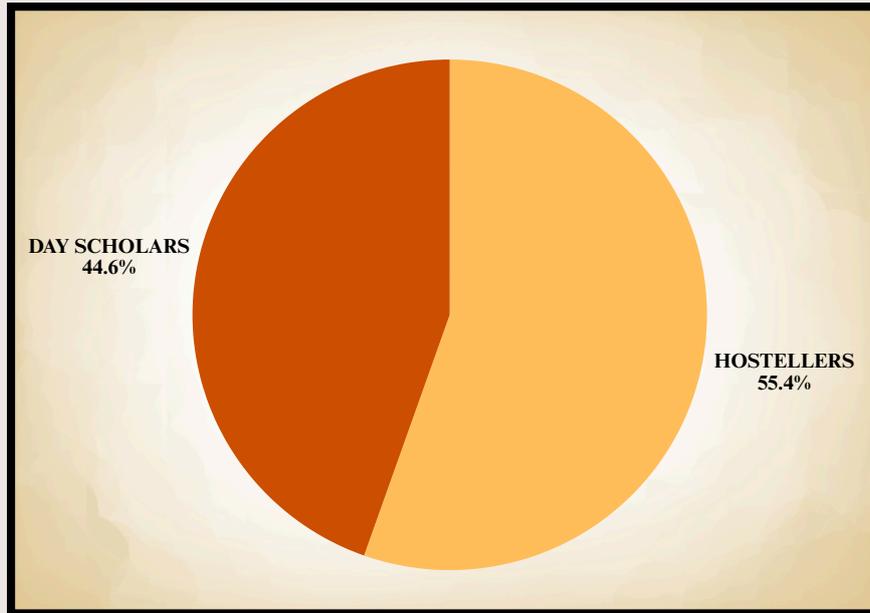


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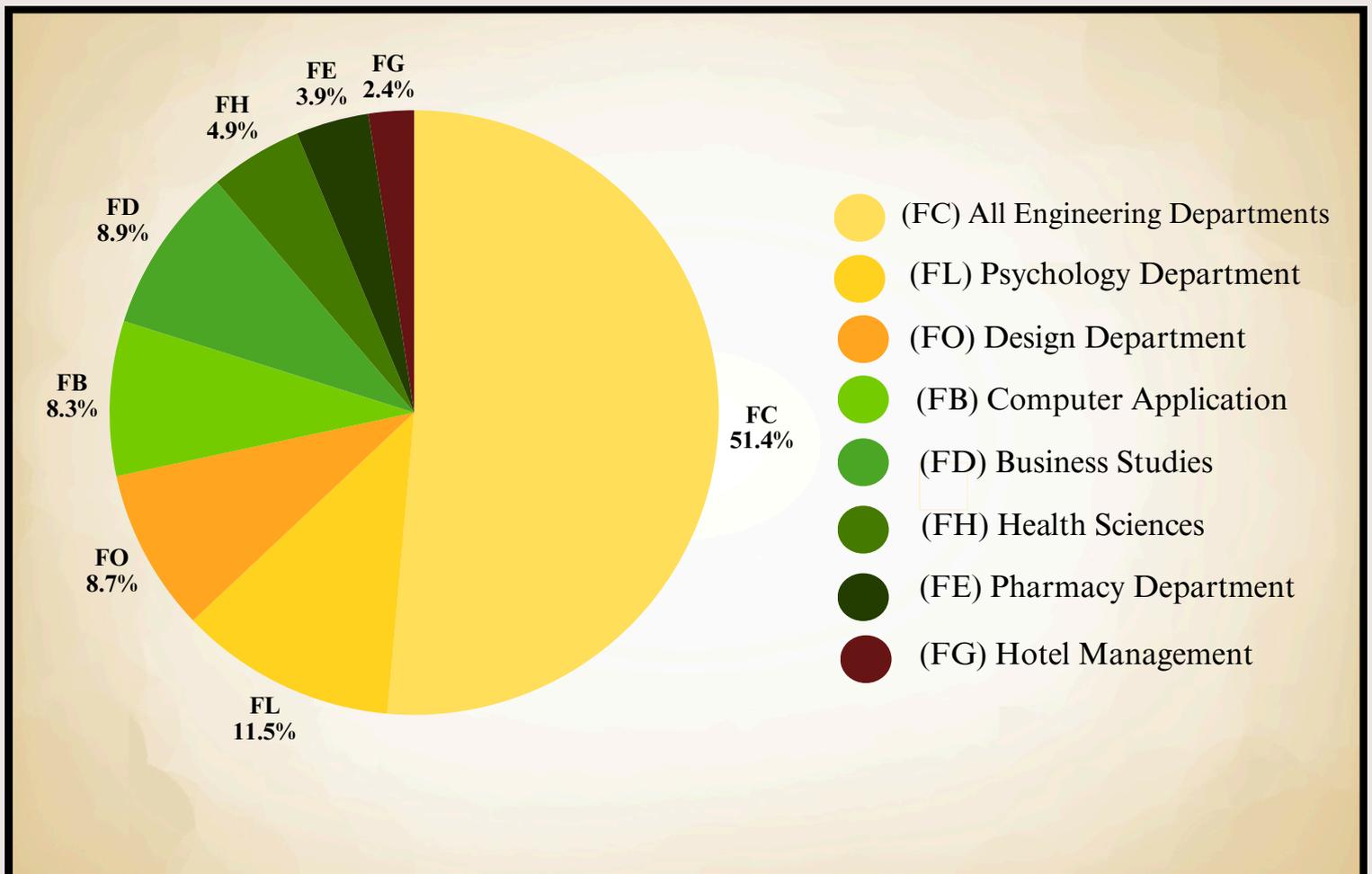
Overall data distribution from Jan 2021 to Sep 2025:
Breakdown by Case Type



Data Showing Percentage of Hostlers & Day-scholars



Departmental Distribution of Counselling Cases



EMOTIONAL WELL-BEING This chakra governs creativity, emotions and relationships and how we experience pleasure and joy.

IMBALANCE SYMPTOMS Blockages can manifest as emotional vitality, a lack of creativity and feelings of guilt or shame or issues with intimacy.



HOW WE CONNECT

FUNCTIONING OF CNN

At **Chitkara Nurture Nest**, our counselling initiatives are designed with a dual focus: **Proactive measures** that promote awareness and prevention, and **Reactive support** that provides timely intervention and resolution. This **balanced approach** ensures the overall mental and emotional well-being of our students, faculty & staff.

PRO- ACTIVE & REACTIVE APPROACH

PRO - ACTIVE APPROACH

1. Counselling Handbook:

Resource guide to help students understand & access counselling services.

2. Awareness Drive:

Regular sessions for fresher's & group discussions to spread knowledge on mental health.

3. Radio Talks:

Spreading mental health awareness through campus radio.

4. Chalkpad Link:

Online resource & updates shared via the learning platform.

5. Faculty Sessions:

Interactive program to strengthen faculty's role in student support.

6. Support Staff Session:

Training & Counselling support for non-teaching staff.

REACTIVE APPROACH

1. Individual Counselling:

One on One Confidential sessions to support personal & emotional needs.

2. Daily & Consolidated reports:

Maintaining structured records to ensure timely follow ups.\

3. Dean/Meet Resolution:

Addressing concerns in collaboration with Deans & Academic Heads.

4. Faculty & Mentor Meet:

Collaborative discussion to support student's well being.

5. Director's Hostel Meet:

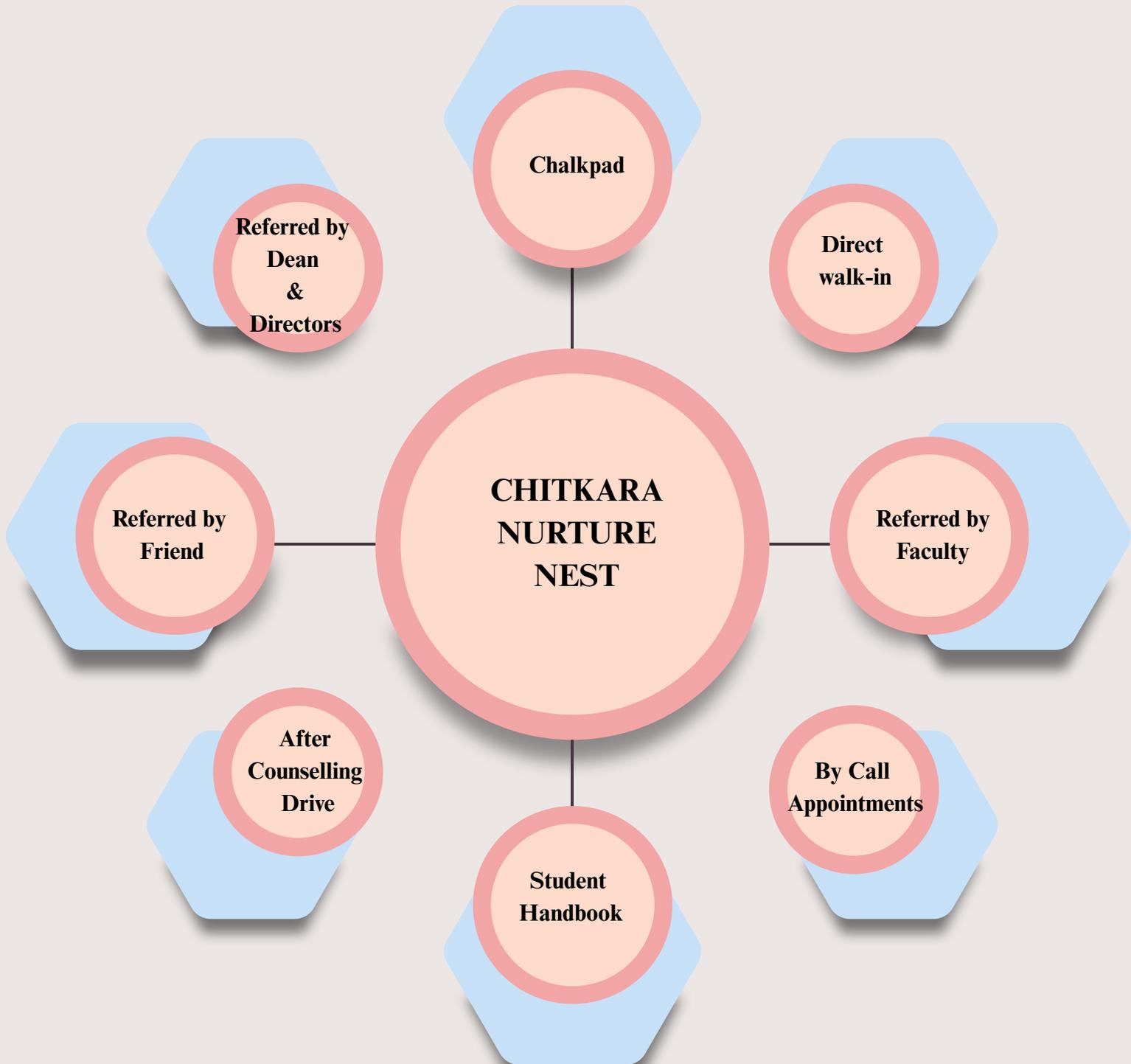
Engagement with Hostel Wardens & Directors for resolving conflicts.

6. Parental Interaction

7. Referral System

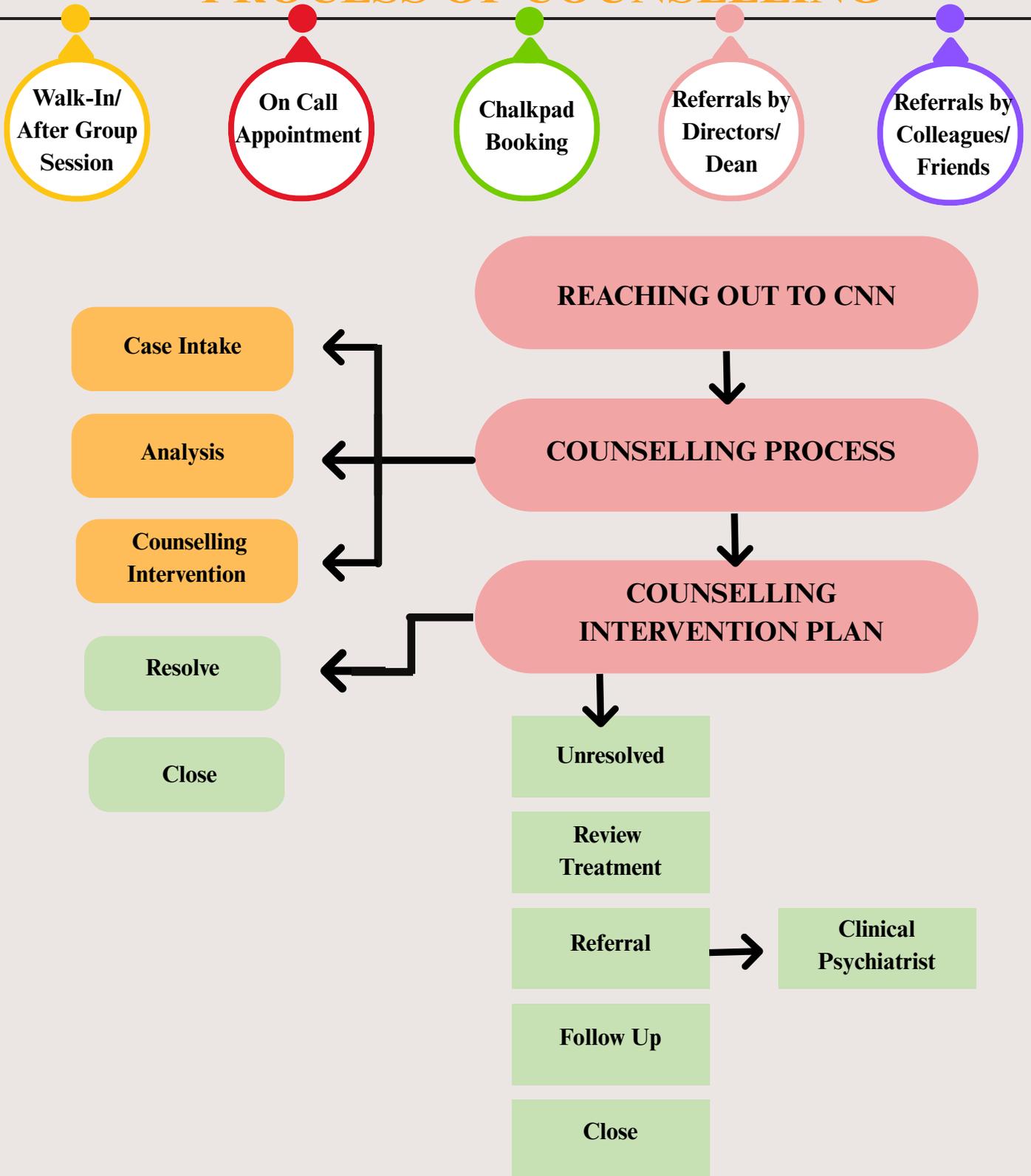
8. Sensitive Case Handling

WAYS AND MEANS TO REACH US



Life is like riding a bicycle. To keep your balance, you must keep moving.

PROCESS OF COUNSELLING



EMOTIONAL WELL- BEING This chakra is the seat of personal power, self-worth and confidence, allowing one to feel assertive and in control of their life.

IMBALANCE SYMPTOMS Blockages can lead to low self-esteem, poor decision-making, aggression, control issues, or a feeling of powerlessness.



FACILITATING CONNECTION OF “ SELF”

**In total 137 Group Sessions & approx. 2000 Individual
Counselling Sessions were done.
(2021 - 2025)**

**Connection with oneself is a powerful catalyst for overall
emotional well-being.**

At CNN, we adopt a humanistic approach to counseling, focusing on the inherent worth and dignity of every individual. This approach emphasizes personal growth, self-actualization, and self-directed change.

We strongly believe in an empathetic, non- judgemental environment to ameliorate “SELF” via Self Awareness leading to emotional regulation, authentic expression of one self, personal growth, improved relationships & overall emotional & mental Well-being.

**Working on Self develops a strong sense of identity &
purpose of life**



Fresher's Session

The “**Let's Connect**” **Counselling Awareness Drive** is organized annually for **first-year students** to introduce the counselling services available on campus. It serves as a welcoming initiative to help students understand the importance of emotional well-being and mental health from the very beginning of their university journey.

The drive focuses on **spreading awareness** about the challenges students may face during **academic life, including stress, homesickness, and adjustment issues**. Through engaging sessions, interactive activities, and presentations, students learn about the safe spaces available for open conversations and personal growth. This interaction also outlines **how to access confidential counselling support** and the various forms of guidance provided by trained counsellors. **Special emphasis is placed on breaking the stigma surrounding mental health and encouraging students to reach out without hesitation.**

Workshops and sessions empower participants with practical coping strategies to handle academic and emotional pressures effectively. Interactions during the drive foster a sense of community and belonging, helping students realize they are not alone in their struggles.

Counsellors share real-life examples and success stories to inspire confidence and promote help-seeking behavior. Overall, **the drive aims to create a compassionate campus culture** where every student feels free and comfortable to reach us for individual counselling session.

Fresher's Session

1	Wed 15 Sep, 2021	Hotel Management	Einstein Hall	60	Counselling Awareness Drive Let's Connect
2	Mon 09 Sep 2024	BCA /MCA /1st year	D Morgan	70	Counselling Awareness Drive Let's Connect
3	Tue 10 Sep 2024	BCA/MCA /1st year	D Morgan	80	Counselling Awareness Drive Let's Connect
4	Thu 19 Sep 2024	CSE AI/AIFT /1st year	Classrooms/ Newton	280	Counselling Awareness Drive Let's Connect
5	Wed 25 Sep 2024	CSE/G1/2/3/4/5 /1st year	Classrooms/Turing	350	Counselling Awareness Drive Let's Connect
6	Thu 26 Sep 2024	CSE/G6/7/8/9 /1st year	Classroom / Pythagorous	320	Counselling Awareness Drive Let's Connect
7	Tue 22 Oct 2024	Architecture/ 1st year Arch	Classroom /Arch Block	100	Counselling Awareness Drive Let's Connect
8	Tue 22 Oct 2024	CSE/G11/14/15/18/19/ 20	Pythagorous/ Classroom	460	Counselling Awareness Drive Let's Connect
9	Fri 25 Oct 2024	CSE/G16/17/34	Pythagorous/ Classroom	480	Counselling Awareness Drive Let's Connect
10	Tue 19 Nov 2024	Desgin / 1st year	Picasso / Classroom	200	Counselling Awareness Drive Let's Connect
11	Wed 6 Aug	BBA/ Fintech	RB 401	100	Counselling Awareness Drive Let's Connect
12	Wed 6 Aug	BBA/ Fintech	RB 305	100	Counselling Awareness Drive Let's Connect
13	Wed 6 Aug	BBA/ Fintech	RB 306	100	Counselling Awareness Drive Let's Connect
14	Wed 6 Aug	BBA/ Fintech	206	70	Counselling Awareness Drive Let's Connect
15	Wed 6 Aug	BBA/ Fintech	402	70	Counselling Awareness Drive Let's Connect
16	Wed 6 Aug	BBA/ Fintech	205	70	Counselling Awareness Drive Let's Connect
17	Mon 11 Aug 2025	Maritime Department	Tesla Block	40	Counselling Awareness Drive Let's Connect
18	Wed 13 Aug 2025	Pharma D/ Mpharma	3rd Floor	100	Counselling Awareness Drive Let's Connect
19	Wed 13 Aug 2025	B Pharma Sec A	First Floor	50	Counselling Awareness Drive Let's Connect
20	Wed 13 Aug 2025	B Pharma Sec B	First Floor	50	Counselling Awareness Drive Let's Connect

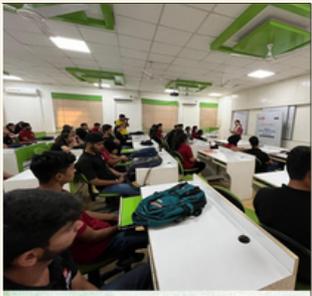
Fresher's Session

21	Fri 22 Aug 2025	Appl. Engineering/ Elect Core /Minor CSE	303 / Tesla Block	80	Counselling Awareness Drive Let's Connect
22	Fri 22 Aug 2025	Appl. Engineering/Civil	304/Tesla Block	70	Counselling Awareness Drive Let's Connect
23	Fri 22 Aug 2025	Appl. /Elect Core / Minor CSE	202/ Tesla Block	80	Counselling Awareness Drive Let's Connect
24	Mon 25 Aug 2025	BCA	LH4/ D Morgan Block	75	Counselling Awareness Drive Let's Connect
25	Mon 25 Aug 2025	BCA/AIML	LH1	70	Counselling Awareness Drive Let's Connect
26	Mon 25 Aug 2025	BCA/AIML	LH1	75	Counselling Awareness Drive Let's Connect
27	Mon 25 Aug 2025	BCA/ AIML	LH3	75	Counselling Awareness Drive Let's Connect
28	Thu 18 Sep 2025	LAW	Classroom	120	Counselling Awareness Drive Let's Connect
29	Tue 23 Sep 2025	B. Design	Art Gallery	175	Counselling Awareness Drive Let's Connect
30	Tue 23 Sep 2025	CSE	LH-5	65	Counselling Awareness Drive Let's Connect
31	Tue 23 Sep 2025	CSE	LH-3	60	Counselling Awareness Drive Let's Connect
32	Tue 23 Sep 2025	CSE	LH-2	55	Counselling Awareness Drive Let's Connect





2021-2023





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2025



EMOTIONAL WELL- BEING This chakra is the center for love, compassion, forgiveness and empathy allowing us to form healthy, fulfilling relationships with ourselves and others.

IMBALANCE SYMPTOMS Blockages can cause feelings of loneliness, jealousy, anger, bitterness or a fear of intimacy.



BUILDING AWARENESS TOGETHER

Targeted Group Sessions of Students

Targeted group sessions are an essential component of the counselling initiatives at the Counselling Cell, designed to address specific needs, challenges, or developmental areas among students. Each session is thoughtfully planned and conducted by counsellors to focus on particular themes such as **stress management, time management, self-esteem building, emotional regulation, communication skills, or coping with academic pressure.** Through interactive activities, discussions, and experiential exercises, students are encouraged to share their experiences, learn new coping strategies, and develop a sense of belonging.

Overall, these group interventions serve as a proactive and preventive measure—helping students navigate academic and personal challenges while fostering a healthy, connected, and emotionally aware campus community.

S. No	Day and Date	Department	Venue	Attendees	Theme
1	Sat 26 Dec, 2020	Maritime	Tesla Block	18	Psychometric Testing (16 PF)
2	Fri 12 Feb, 2021	Hostel Boys	Pierre Hall	48	Handling Challenges
3	Tue 16 Feb, 2021	CSE	Classroom	40	Relationship issues
4	Mon 22 Feb, 2021	CSE	Classroom	40	Goal Formation
5	Tue 23 Feb, 2021	CSE	Classroom	40	Self Worth
6	Wed 7 April, 2021	Health Sciences	Online	50	Building a fairer, Healthier World
7	Wed 15 Sep, 2021	Hotel Management	Einstein Hall	60	Let's Connect
8	Thu 23 Sep 2021	Pharmacy	LH 3	17	Emotional conflict resolution
9	Fri 24 Sep 2021	pharmacy	LH 3	67	Emotional conflict resolution
10	Fri 1 Oct 2021	Health Sciences	Einstein Hall	130	Emotional Sensitivity
11	Fri 8 Oct 2021	Maritime	Classroom	21	16 pf Assessment
12	Fri 8 Oct 2021	B.Ed	Online	33	Mental Health
13	Mon 11 Oct, 2021	NSS	Pulitzer Hall	70	Self Love, Emotional Conflict
14	Mon 14 Oct, 2021	B.Ed	Plato Hall	35	Dealing with Adolescence
15	Wed 20 Oct, 2021	B. CA 5A, B. Tec 3, 5	Einstein Hall	150	Thought Power

Targeted Group Sessions of Students

16	Thu 21 Oct,2021	BCA 5B, B. Tec 3Sem	Einstein Hall	150	Coping Strategies
17	Wed 10 Nov,2021	Nursing	Pierre Hall	60	Psychological issues & mental health
18	Mon 15 Nov, 2021	ECE	Pierre hall	60	Adjustments in life during Transition college.
19	Thu 27 Jan , 2022	NSS	online	160	Life Lessons Beyond books /Family Literacy Day
20	Wed 9 Feb ,2022	Nursing	offline	120	Mindfulness questionnaire
21	Fri 25 Feb ,2022	Happiness	offline	48	Happiness and Mental health
22	Fri 08 July, 2022	Maritime	Tesla Block	28	psychometric assessment GP Rating
23	FRI 05 Aug 2022	Health Sciences	Classroom	30	Dealing adversities
24	Tue 18 Oct 2022	Psychology	Tesla Block	45	Exploring the Self
25	Thu 27 Oct 2022	Psychology	Tesla Block	47	Journey through Childhood
26	Tue 01 Nov 2022	Psychology	Tesla Block	30	Engaging with the emotional self
27	Thu 03 Nov 2022	Psychology	Tesla Block	29	Understanding group Dynamics
28	Thu 10 Nov 2022	Psychology	Tesla Block	45	Effective Communication
29	Tue 15 Nov 2022	Psychology	Tesla Block	40	Practicing Mindfulness
30	Thu 17 Nov 2022	Psychology	Tesla Block	47	Artificial Desires , Dealing with stress
31	Fri 18 Nov 2022	Psychology	Newton Black	50	Empathy ,Wisdom & compassion

Targeted Group Sessions of Students

32	Mon 23 Jan 2023	Health sciences	Radioo talk	All	Nurturing Mental health
33	Wed 8 Feb 2023	BCA	Einstein Hall	200	Inculcating human values / mental health
34	Tue 14 March 2023	Design	Pulitzer Hall	200	Frustration tolerance
35	Tue 14 March 2023	Interior	Classroom	50	Self awareness
36	Mon 20 March 2023	Architecture	Hall/ GF	65	Frustration tolerance
37	Wed 5 Apr 2023	Applied Sciences	Galileo Hall	70	Significance of mental health
38	Wed 24 May 2023	Design Thinking club	Pierre Hall	150	Strategies to deal with exam stress
39	Mon 28 Aug 2023	CSE/ coding Ninjas	Pulitzer Hall	150	Frustration tolerance & Self awareness
40	Tue 10 Oct 2023	Allied Health Sciences	Einstein Hall	200	Mindful look into the Mirror of self
41	Tue 10 Oct 2023	Pharmacy	Fleming Block	80	Mental Health is a Universal Human Right
42	Tue 10 Oct 2023	Interior Design	Le corbusier Block.	100	Inculcating Compassion & Empathy
43	Fri 8 Dec 2023	Psychology	Einstein Hall	120	Let's meet our Inner Child
44	Fri 16 Feb 2024	MBA Hospital Manag	LH 202 Rockefeller	45	Self-Awareness & Mental Health
45	Mon 1st April 2024	BCA	Pierre Hall	50	Ressillence in adversity

Targeted Group Sessions of Students

46	Fri 19 April 2024	Bcom	LH303 Rockefeller Block	25	Health & Wellness
47	Thu 22 Aug 2024	Health Sciences/BPT/1 y	Ramanujan Block	90	Power of Resilience
48	Fri 23 Aug 2024	Health Sciences/BMLS/OT	GB Galileo Block	120	Power of Resilience
49	Tue 27 Aug 2024	Bcom /1st year	Rockefeller Block	90	Mental Wellness for Academic Success
50	Wed 28 Aug 2024	Management/1st year/	Escoffier Block	5	Cultivating Resilience
51	Thu 29 Aug 2024	Psychology /1st year	FaraDay Hall	60	Cultivating Gratitude
52	Fri 30 Aug 2024	Psychology /1st year	Gallileo Block	70	Cultivating Gratitude
53	Mon 02 Sep 2024	Maritime /1st year	Tesla / Classroom	50	Emotional Adjustment in College
54	Fri 13 Sep 2024	Arts (Interior Design)/	Classroom/ Arch	80	Mental Health & Well Being
55	Thu 10 Oct 2024	Pharmacy /1st year	Fleming Block	90	World Mental Health Day / Mindfulness
56	Thu 10 Oct 2024	Radio Talk	Studio	NA	Mental Health at work Place
57	Fri 11 Oct 2024	BSC Nursing /1st year	Galileo Block	60	Memory & Forgetting in Exams
58	Tue 22 Oct 2024	Architecture/ 1st year Ar	Classroom /Arch Block	100	Procastination & Counseling Awareness
59	Wed 13 Nov 2024	Law School /BALLB /1st	Fleming Extension	45	Self Awareness & Efficacy
60	Thur 20 Feb 2025	NSS	Pultizer Block	200	Sensitization Session
61	Fri 28 Mar 2025	Health Science	Edison Block	200	Emotional And Mental Health Aspects Of Infertility

Targeted Group Sessions of Students

62	Thu 7 Aug 2025	CSPC / Psychology	Maslow / Fleming	150 to 200	Self Through The Mirror Of Psychology
63	Fri 8 Aug 2025	Nursing Dept	Galileo/203/2nd floor	70	Connecting with Self & Others
64	Tue 12 Aug 2025	BSc (H&HA)/IHM	Escoffier block /3rd floor	74	Mental Health & Counselling Awareness
65	Tue 12 Aug 2025	Maritime Department	Tesla Block	40	Psychometric Assessment
66	Wed 20 Aug 2025	CSHS/ Health Sciences	Rockfellar Block	80	Strength Within : Unlocking Personal Resilience
67	Wed 20 Aug 2025	CSHS/ Health Sciences	Rockfellar Block	80	Strength Within : Unlocking Personal Resilience
68	Thu 21 Aug 2025	CSHS/Physio	Galileo	105	Managing Stress & Anxiety in College Life
69	Sat 23 Aug 2025	Maritime Department	Tesla Block	40	Resilience The Solution to Our Problems
70	Mon 25 Aug 2025	Architecture Department	Pierre Hall	120	Resilience The Solution to Our Problems



Targeted Group Sessions of Students

1. “Handling Challenges: Navigating the Transition to University Life”

The session was conducted to address the psychological challenges faced by students transitioning into university life. The session focused on helping them manage stress, homesickness, and adjustment issues through resilience-building and healthy coping strategies. It aimed to equip students with the emotional tools necessary for a smooth and confident adaptation to campus life.



2. “Relationship Issues: Strengthening Interpersonal Connections in Student Life”

The session focused on understanding emotional boundaries, improving communication skills, and managing expectations in friendships, family ties, and romantic relationships. It aimed to help students develop emotional maturity and maintain healthy, supportive connections that promote overall psychological well-being and adjustment to campus life.

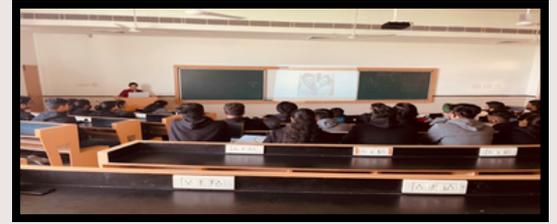
3. “Goal Formation: Empowering Students to Plan for Success”

The session focused on techniques like SMART goal-setting, prioritization, and time management to enhance motivation and focus. It aimed to empower students to take charge of their growth and navigate university life with purpose and confidence.



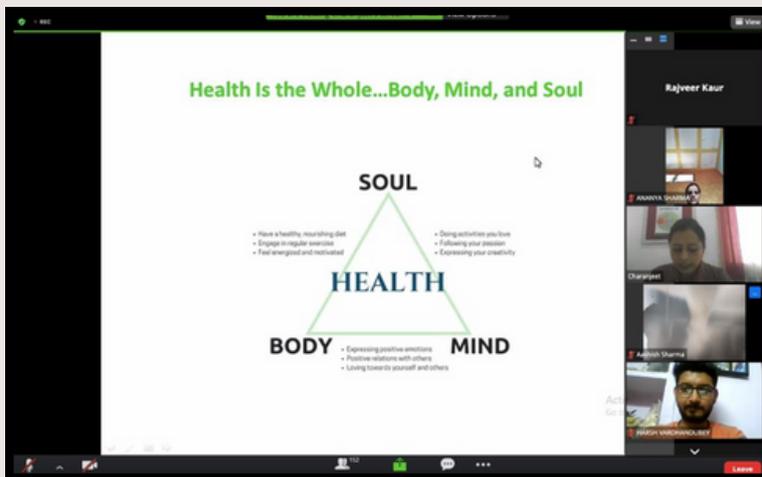
4. “Self-Worth: Recognizing Strengths and Overcoming Self-Doubt”

The session focused on understanding personal strengths, overcoming self-doubt, and developing self-compassion. Students were guided on strategies to boost confidence, set healthy boundaries, and foster resilience in the face of challenges.



5. “Building a Fairer, Healthier World”

An Online session was conducted to raise awareness about social responsibility, inclusivity, and sustainable practices. The session encouraged students to reflect on their actions, promote equality, and contribute positively to their communities. It aimed to inspire mindful choices that support both societal well-being and a healthier environment.



6. “Let’s Connect: Promoting Mental Health Awareness”

The session emphasized the importance of open communication, seeking support when needed, and building a supportive campus community. Through interactive discussions and Q&A, students were encouraged to connect with counsellors, understand available resources, and develop coping strategies to maintain emotional balance.



7. “Emotional Conflict Resolution”

The session focused on recognizing emotional triggers, practicing active listening, and developing healthy communication strategies. Students were guided on resolving disagreements constructively, managing stress during conflicts, and fostering empathy, aiming to build stronger, more positive relationships both on campus and beyond.



8. “Emotional Sensitivity”

The session emphasized recognizing subtle emotional cues in themselves and others, managing reactions thoughtfully, and responding with understanding in various situations. Students were encouraged to cultivate empathy, strengthen interpersonal connections, and create a respectful and emotionally supportive campus environment.



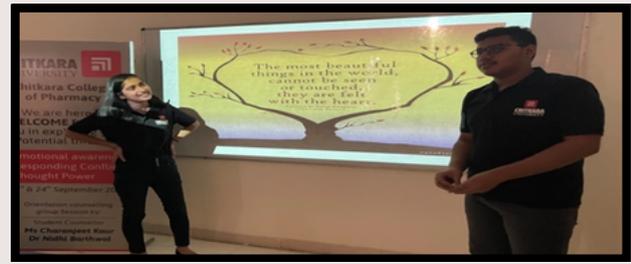
9. “Mental Health: Nurturing Well Being & Resilience”

The session focused on identifying common stressors, understanding the signs of anxiety and depression, and learning strategies for coping effectively. Students were guided on self-care practices, seeking timely support, and building resilience to navigate academic and personal challenges.



10. “Self Love, Emotional Conflict”

The session emphasized cultivating self-awareness, embracing personal strengths, and practicing self-compassion to boost confidence and resilience. Students also learned to recognize emotional triggers, communicate assertively, and approach conflicts with empathy and understanding. By combining strategies for self-care with techniques for constructive conflict resolution.



11. “Dealing with Adolescence”

The session focused on managing mood swings, peer pressure, and self-identity challenges, while promoting healthy habits and coping strategies. Students were guided on building resilience, improving communication, and making informed decisions, aiming to support their overall well-being and personal growth during adolescence.



12. “Thought Power”

The session focused on developing positive thinking patterns, enhancing focus, and managing negative or self-limiting beliefs. Students were encouraged to harness the power of their mind through mindfulness, visualization, and constructive self-talk, fostering greater confidence, resilience, and personal growth.



13. “Coping Strategies”

The session focused on identifying personal stressors, developing healthy responses, and practicing techniques such as mindfulness, time management, and relaxation exercises. Students were guided to build resilience, maintain emotional balance, and approach difficult situations with confidence and adaptability.



14. “Psychological Issues & Mental Health”

The session focused on recognizing early signs, understanding their impact on daily life, and learning effective coping strategies. Students were encouraged to seek timely support, practice self-care, and build resilience, promoting overall psychological well-being and a balanced, healthy approach to academic and personal life.



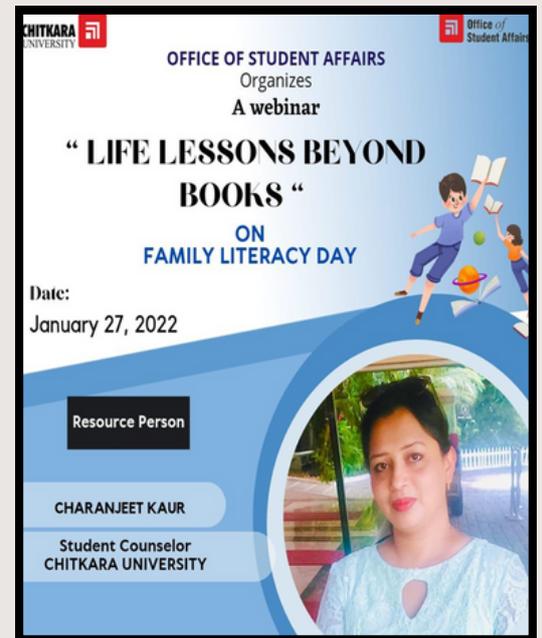
15. “Adjustment in life during Transition College”

The session focused on managing changes in routines, handling homesickness, building new relationships, and coping with academic pressures. Students were guided on developing resilience, effective time management, and healthy coping strategies to ensure a smooth and confident adjustment to college life.



16. “Life Lessons beyond Books”

The session was conducted to help students understand the importance of skills and experiences that extend beyond academic learning. It focused on personal growth, decision-making, emotional intelligence, and social skills that contribute to holistic development. Students were encouraged to embrace challenges, learn from experiences, and cultivate values and habits that prepare them for success in life and future careers.



17. “Happiness & Mental Health”

The session was conducted to help students understand the strong connection between emotional well-being and overall mental health. It focused on practices that promote positivity, gratitude, and mindfulness, while addressing stress, anxiety, and negative thought patterns. Students were guided to cultivate habits and coping strategies that enhance happiness, build resilience, and support a balanced and healthy mindset in both academic and personal life.

18. “Dealing Adversities”

The session focused on understanding setbacks, managing stress, and maintaining a positive mindset during difficult situations. Students were guided to build problem-solving skills, adapt to change, and transform obstacles into opportunities for personal growth and learning.



19. “Inculcating Human Values/ Mental Health”

The session focused on fostering values such as respect, compassion, integrity, and responsibility, while emphasizing their role in reducing stress and enhancing emotional balance. Students were encouraged to practice these values in daily life to build meaningful relationships, promote personal growth, and maintain a healthy and resilient mindset.



20. “Frustration Tolerance”

The session focused on recognizing triggers of frustration, controlling impulsive reactions, and developing patience and resilience. Students were guided on strategies to remain calm, think constructively, and approach difficulties with a balanced mindset, fostering emotional stability and personal growth.



21. “Significance of Mental Health”

The session focused on recognizing the impact of stress, anxiety, and emotional challenges on academic performance and personal life. Students were guided on strategies to maintain mental balance, seek support when needed, and cultivate healthy habits that promote resilience, emotional stability, and a fulfilling life.



23. Mindful look into the “Mirror of Self”

The session focused on understanding personal thoughts, emotions, and behaviors, and recognizing patterns that influence decision-making and relationships. Students were encouraged to practice mindfulness, self-compassion, and introspection to foster emotional balance, personal growth, and a deeper connection with their authentic selves.

22. “Strategies to deal with Exam Stress”

The Session on Strategies to Deal with Exam Stress was conducted to help students manage anxiety and perform effectively during exams. The session focused on time management, study planning, relaxation techniques, and positive thinking to reduce stress levels. Students were encouraged to practice mindfulness, maintain healthy routines, and adopt coping strategies that enhance focus, confidence, and overall well-being during the examination period.



24. “Mental Health is a Universal Human Right”

The session focused on understanding mental health as an essential aspect of overall health, reducing stigma, and promoting access to support and resources. Students were encouraged to advocate for mental health awareness, practice self-care, and contribute to creating inclusive, supportive communities that respect and uphold this basic human right.



25. “Inculcating Compassion & Empathy”

The session emphasized the importance of empathy in fostering meaningful relationships, promoting inclusivity, and creating a supportive community. Through reflective exercises and interactive activities, students explored ways to respond to others with kindness, patience, and understanding. The workshop aimed to cultivate emotional intelligence, enhance social awareness, and encourage actions that contribute to a more caring, harmonious, and ethically responsible environment both on campus and beyond.



26. Let’s meet our Inner Child”

The session on Let’s Meet Our Inner Child was conducted to help students reconnect with their authentic selves and explore early experiences that shape their thoughts and emotions. The session focused on understanding childhood influences, healing past emotional wounds, and embracing playfulness, creativity, and self-acceptance.



27. “Resilience in Adversity”

The session focused on building mental strength, maintaining a positive mindset, and applying problem-solving and coping strategies during difficult situations. Students were encouraged to view obstacles as opportunities for growth, cultivate perseverance, and strengthen emotional resilience to navigate both personal and academic challenges successfully.



28. “Health & Wellness”

The session focused on physical fitness, nutrition, mental health, and stress management, emphasizing the interconnection between body and mind. Students were encouraged to adopt healthy habits, practice self-care, and create routines that support long-term wellness and a balanced, fulfilling life.



29. “Power of Resilience”

The session focused on cultivating a positive mindset, emotional strength, and adaptive coping strategies to navigate personal and academic difficulties. Students were encouraged to embrace obstacles as opportunities for growth, build perseverance, and foster inner confidence to face life’s challenges with determination and optimism.



30. “Mental Wellness for Academic Stress”

The session focused on building mental strength, maintaining a positive mindset, and applying problem-solving and coping strategies during difficult situations. Students were encouraged to view obstacles as opportunities for growth, cultivate perseverance, and strengthen emotional resilience to navigate both personal and academic challenges successfully.



31. “Cultivating Gratitude”

The session emphasized the psychological and emotional benefits of gratitude, including improved well-being, resilience, and positive relationships. Through reflective exercises, journaling, and mindfulness practices, students were encouraged to recognize and celebrate both small and significant aspects of life.



35. “Mental Health at Workplace”

The session focused on identifying workplace stressors, managing anxiety, and developing strategies for maintaining emotional balance and resilience. Participants were guided on effective communication, work-life balance, and self-care practices to foster a healthy, productive, and supportive work environment.



36. “Memory & Forgetting in Exams”

The session focused on effective study techniques, memory enhancement strategies, and methods to reduce exam anxiety. Students were guided on practices such as active recall, spaced repetition, and mindful revision to improve retention, boost confidence, and perform optimally during examinations.

37. “Procrastination & Counselling Awareness”

The session focused on identifying personal procrastination patterns, managing distractions, and developing effective time-management and goal-setting strategies. Students were guided on building discipline, enhancing motivation, and adopting practical techniques to improve productivity, reduce stress, and achieve academic and personal goals efficiently.



38. “Self Awareness & Efficacy”

The session focused on cultivating introspection, recognizing abilities, and building confidence to tackle challenges effectively. Students were guided on setting realistic goals, enhancing decision-making, and developing a proactive mindset, empowering them to take ownership of their growth and achieve academic and personal success.



39. “Emotional & Mental Health aspects of Infertility”

A session was conducted to help participants understand the psychological impact of infertility and the associated emotional challenges. The session focused on coping with stress, anxiety, and feelings of grief or loss, while addressing societal pressures and personal expectations. Participants were guided on strategies for emotional resilience, self-compassion, and seeking support, fostering mental well-being and a balanced approach to navigating the complex journey of infertility.



40. “Self through the Mirror of Psychology”

The session focused on understanding personal patterns, motivations, and cognitive processes that influence decision-making and relationships. Students were encouraged to engage in self-reflection, develop emotional intelligence, and cultivate self-awareness, fostering personal growth, mental clarity, and a deeper understanding of themselves.



41. “Connecting with Self & Others”

The session focused on understanding one’s emotions, improving communication skills, and practicing empathy and active listening. Students were encouraged to foster authentic connections, strengthen emotional intelligence, and create supportive networks, promoting personal growth, well-being, and a harmonious social environment.



42. “Strength within: Unlocking Personal Resilience”

The session focused on building emotional strength, cultivating a positive mindset, and applying coping strategies during difficult situations. Students were encouraged to embrace obstacles as opportunities for growth, enhance self-confidence, and foster perseverance, empowering them to thrive personally, academically, and socially.

43. “Managing Stress & Anxiety in College Life”

The session focused on identifying stressors, understanding their impact, and practicing effective coping strategies such as time management, relaxation techniques, and mindfulness. Students were encouraged to build resilience, maintain emotional balance, and adopt healthy habits that support overall well-being and academic success.



44. “Resilience: The Solution to our Problems”

The session focused on cultivating a positive mindset, adaptive coping strategies, and emotional strength to navigate personal and academic obstacles. Students were encouraged to view difficulties as opportunities for growth, enhance perseverance, and build inner confidence, empowering them to overcome setbacks and achieve long-term success.



Faculty Sessions

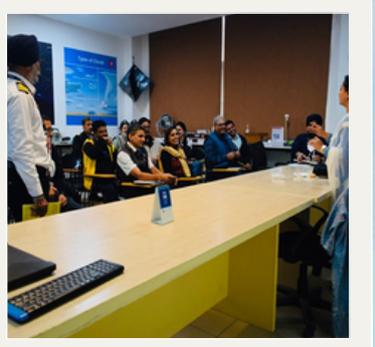
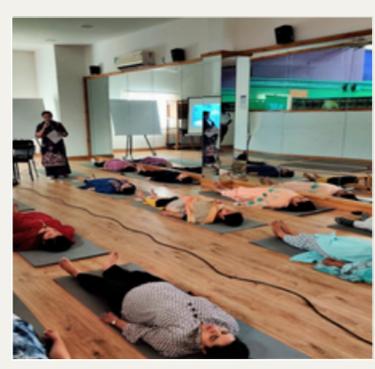
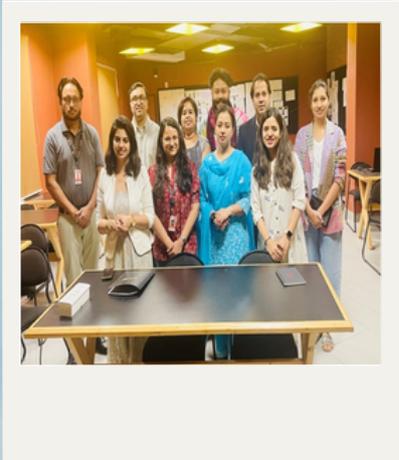
Promoting professional growth and personal well-being among educators, the sessions focused on:

- **Emotional intelligence and psychological awareness in academic settings.**
- **Empathy-driven communication and stronger interpersonal connections.**

Interactive modules on **Interpersonal Skills, Effective Communication, and Addressing Student Concerns** built understanding, trust, and emotional responsiveness. Sessions emphasizing on Happiness and Mental Health, Holistic Well-Being, and Guided Meditation encouraged self-awareness, mindfulness, and resilience.

Through stress management techniques, reflective exercises, and meditative practices, **educators learned to foster calm and balance—within themselves and their classrooms.** Together, these sessions shaped a supportive, mentally healthy academic culture, empowering **teachers to thrive personally and inspire well-being in students.**

1	Sat 19 Dec,2020	ECE	Moon Hall	21	Interpersonal skills
2	Fri 8 Jan, 2021	Deans (all dept.)	Sun Hall	27	Happiness and Mental health
3	Fri 8 Jan, 2021	Architect	Pierre Hall	19	Psychological issues in Youth
4	Sat 9 Jan,2021	CSE	Sun Hall	49	Dealing students in transitional phase
5	Sat 16 Jan,2021	Hotel Management	Pierre Hall	20	Happiness and Mental health
6	Sat 26 Feb, 2022	Maritime	lab hall	18	Interpersonal skills
7	Thu 21 Apr,2022	BEd	online	16	Nurturing Health & wellness
8	Sat 14 May ,2022	Design	Studio Exposure	16	Interpersonal skills & rapport with students
9	Tue 27 June 2023	Physiotherapy	Zumba hall	16	Guided Meditation / FDP /1st day



2021-2025

Warden, Supervisor & Support Staff Session

Training Sessions on Communication, Empathy, and Well-Being

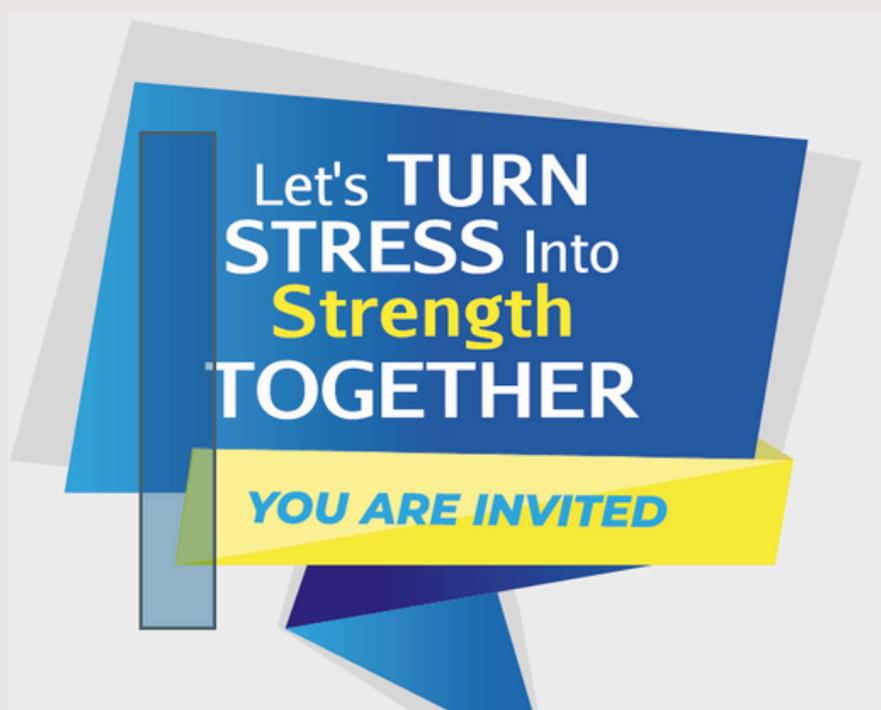
During the period, structured training sessions were held for wardens, supervisors, support staff, and drivers to enhance interpersonal understanding, emotional intelligence, and overall well-being. The sessions covered engaging themes such as **Sanjiyaan Galaan, Self-Confidence, Gratitude, and Key to Happiness (Sanu Kee)**, encouraging personal growth and a positive mindset.

Additional modules on **Samanvay, Drug De-Addiction, and Stress Management** emphasized awareness, resilience, and healthy coping strategies. Wardens also participated in specialized sessions on **Strategies to Deal with Hosteller Students** and **Working as a Team** and in Harmony to strengthen collaboration and communication in managing student welfare.

A key focus of the training was developing empathy and emotional understanding. Participants were encouraged to approach students and junior staff with compassion and respect, fostering a more supportive and inclusive campus environment where everyone feels valued and motivated.

Warden, Supervisor & Support Staff Session

1	Sat 26 Dec, 2020	Boys Hostel	Pierre Hall	10	Appropriate Language as an Effective Tool
2	Wed 29 Sep 2021	support Staff	Puliver Hall	43	Greetings & Gratitude
3	Thu 30 Sep 2021	support Staff	Pierre hall	47	Greetings & Gratitude
4	Mon 13 Dec 2021	Support Staff	Platto Hall	50	Gratitude & separate session for Females
5	Wed 19 Apr 2023	hostels grp 1	picasso LH/1	16	Strategies to deal with students
6	Thu 20 Apr 2023	hostels grp 2	picasso LH/1	16	Strategies to deal with students
7	Mon 15 Jan 2024	University Affairs	Pulitzer Hall	19	Challenges in dealing with students
8	Tue 16 Jan 2024	University Affairs	Pulitzer Hall	13	Working in a team settings
9	Wed 25 June 2025	Office Of Administration	Pierre Hall	30	Key To Happiness Sanu kee
10	Thu 26 June 2025	Office Of Administration	Explortorium	200	Sanjiyaan Galaan / Self Confidence /Gratitude
11	Tue 16 Sep 2025	Wardens Grp 1	Darwin	15	Samanvay
12	Wed 17 Sep 2025	Wardens Grp 2	Darwin	15	Samanvay
13	Fri 19 Sep 2025	Wardens Grp 3	Darwin	15	Samanvay



2021-2024



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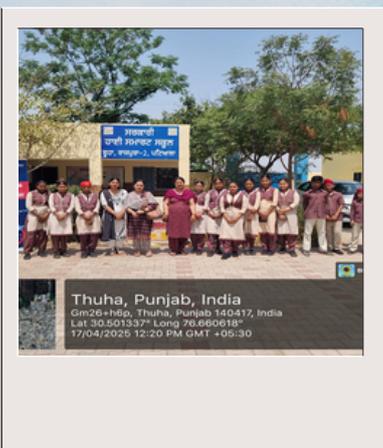
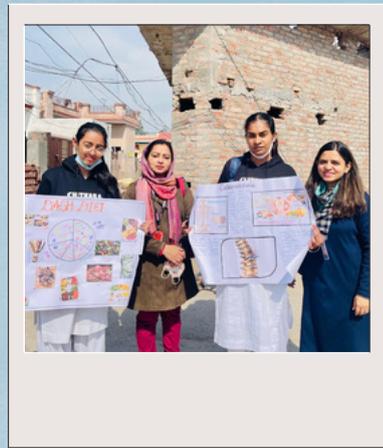
Sensitization Sessions

Sensitization sessions were conducted at **Govt. Sr. Sec. School, Jhansla** and **Govt. High Smart School, Thuha**, focusing on mental health, emotional awareness, and overall well-being. The initiatives equipped students and staff with practical strategies to **maintain psychological balance in daily life**.

Drug De-Addiction and Stress Management sessions encouraged informed **lifestyle choices, emotional regulation, and resilience**—creating a positive, supportive school environment. Special sessions on **Female Mental Health** emphasized the link between nutrition, preventive care, and emotional wellness, highlighting the importance of holistic health for a balanced life.

Together, these programs mark a step towards **awareness regarding de-addiction and overall well-being**.

1	Tue 22 Feb, 2022	Nursing	At village	35	Mental health in females
2	Wed 16 Apr 2025	Student	Sr. Sc School Jhansla	50	Drug De Addiction
3	Wed 16 Apr 2025	Student	Sr. Sc School Jhansla	45	Stress Management
4	Wed 16 Apr 2025	Student	Sr. Sc School Jhansla	50	Stress Management
5	Wed 16 Apr 2025	Student	Sr. Sc School Jhansla	60	Drug De Addiction
6	Thurs 17 Apr 2025	Student	Govt.High Smart School Thua Rajpura	40	Drug De Addiction
7	Thurs 17 Apr 2025	Student	Govt.High Smart School Thua Rajpura	55	Stress Management
8	Thurs 17 Apr 2025	Faculty	Govt.High Smart School Thua Rajpura	6	Stress Management Techniques



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Radio Talk's

Radio talks were conducted with renowned experts to promote mental well-being and highlight the importance of psychological health in daily life.

The discussions covered key themes such as the **Significance of Mental Health for College Students**, **Nurturing Mental Health in Youth**, and **Mental Health in the Workplace**. Experts shared insights on emotional resilience, stress management, and the need for open conversations around mental health.

The sessions aimed to break stigma, encourage self-awareness, and provide practical strategies for maintaining balance and well-being. These initiatives served as powerful platforms to educate, empower, and inspire individuals to prioritize mental health and foster a culture of empathy and mindfulness.

1	17-Dec-21	Picasso Block	All	Promoting Mental Well being in Youth
2	1/10/2022	Picasso Block	All	Significance of Mental Health for College Students
3	10/10/2022	Picasso Block	All	Nurturing Mental Health in Youth
4	Mon 23 Jan 2023	Picasso Block	All	Nurturing Mental health
5	10-Oct-24	Picasso Block	All	Mental Health at Workplace



2021
RADIO TALK #1
PROMOTING MENTAL WELL- BEING IN YOUTH

2022
RADIO TALK #2
SIGNIFICANCE OF MENTAL HEALTH FOR
COLLEGE STUDENTS



2023
RADIO TALK #3
NURTURING MENTAL HEALTH
IN YOUTH

2024
RADIO TALK #4
MENTAL HEALTH AT WORKPLACE



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RADIO TALK 10 OCT 2025



WORLD MENTAL HEALTH DAY 2025

Assisted Services: Mental Health in Catastrophes and Emergencies Discussion of the Radio Talk

In today's time, it's clear that while **the brain is the hardware, the mind is the software** that drives our functionality. When the mind is disturbed, people either disconnect or fall into depression, affecting their work and relationships.

This year's theme "**Assisted Services: Mental Health in Catastrophes and Emergencies**" highlights how crises like pandemics, disasters, or wars create catastrophic stress, **impacting people on a large scale**.

During such times, not only material resources but also emotional and social connections collapse. The biggest challenge then is rebuilding lives and minds helping people recover emotionally, regain security, and reconnect socially. That's where Assisted Services come in through counseling, community support, helplines, and trauma recovery programs.

In essence, the theme reminds us that mental health isn't a luxury it's a necessity, especially in times of crisis.

EMOTIONAL WELL-BEING This chakra is related to authentic self-expression, communication and truth.

IMBALANCE SYMPTOMS Blockages can cause fear of speaking up, shyness, social anxiety, or inability to communicate thoughts clearly. Conversely, it can also lead to excessive talking or gossiping.



HEALING THROUGH GUIDANCE

PSYCHOMETRIC ASSESSMENTS

Assessments are standardized tools used to gain a deeper understanding of an individual's strengths, areas of concern, and overall psychological profile at the Counselling Cell.



An intelligence scale measures a person's cognitive abilities—that is, their mental capacity to reason, learn, understand, and solve problems—compared to others of the same age.

It provides an estimate of intellectual functioning, often expressed as an Intelligence Quotient (IQ) score.

An Emotional Intelligence (EI) Scale is a tool used to measure a person's ability to recognize, understand, manage, and use emotions—both their own and those of others.

An Aptitude Test is a psychological assessment designed to measure a person's natural ability or potential to learn and perform certain tasks or skills.

A **Resilience Scale** is a psychological tool used to measure an individual's ability to cope with stress, adversity, and life challenges—that is, how well they “bounce back” from difficulties and maintain emotional well-being.

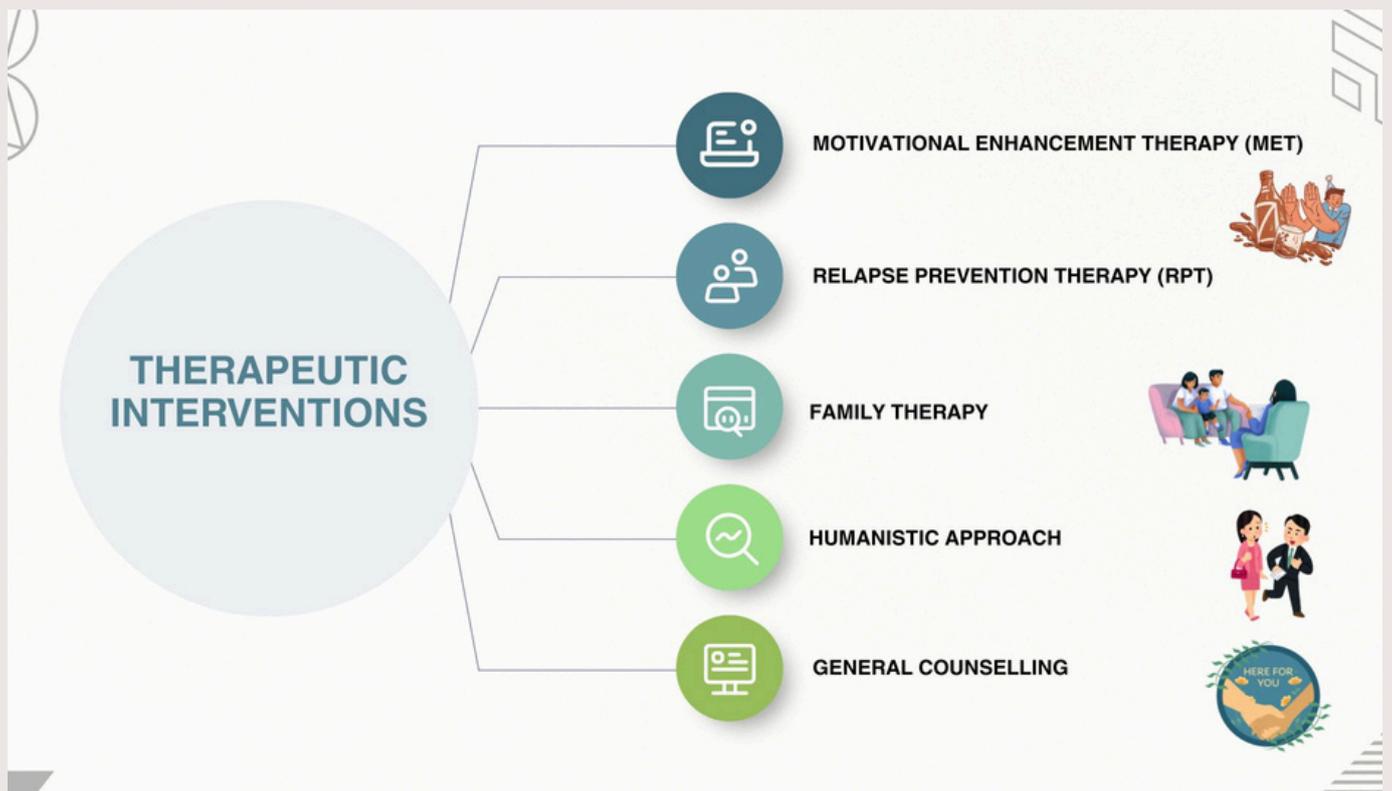
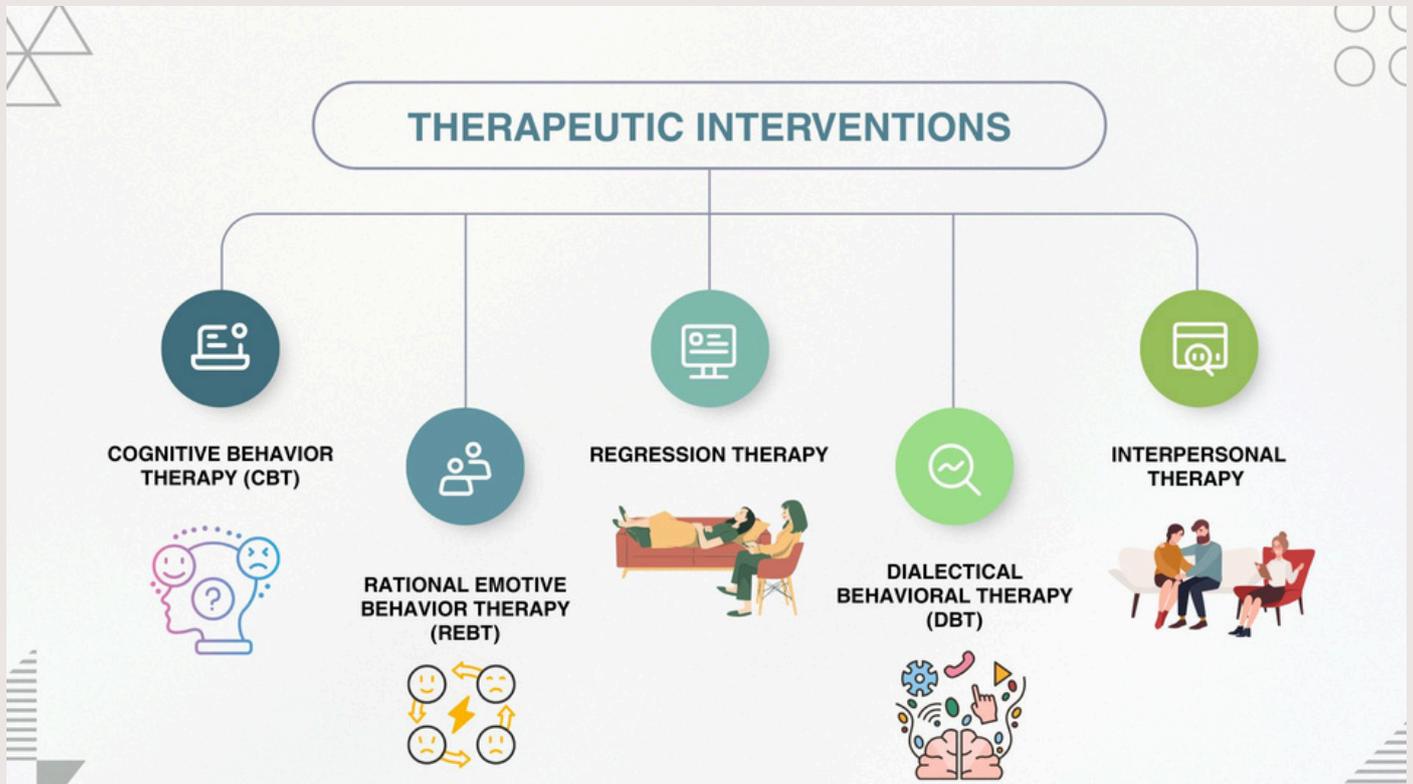
An **Adjustment Inventory** is a psychological assessment tool used to measure how well an individual adapts to the demands, challenges, and changes of their environment. It evaluates a person's ability to cope with stress, social situations, personal conflicts, and life transitions.

An **Anxiety-Depression Scale** is a psychological assessment tool designed to measure the presence and severity of symptoms related to anxiety and depression.

Personality Assessment is the process of evaluating an individual's consistent patterns of thinking, feeling, and behaving. Personality assessments aim to capture an individual's enduring characteristics, rather than temporary moods.



THERAPEUTIC INTERVENTIONS



Cognitive Behavioral Therapy (CBT) is a widely used, evidence-based form of psychotherapy that focuses on the connection between **thoughts, emotions, and behaviors**. It operates on the idea that our thoughts influence how we feel and act—so by **changing unhelpful** or distorted thought patterns, one can improve their emotional well-being and behavior.

Rational Emotive Behavior Therapy (REBT) is a type of cognitive-behavioral therapy developed by Albert Ellis in the 1950s. It focuses on identifying and changing irrational beliefs that lead to negative emotions and self-defeating behaviors.

Regression Therapy is a form of psychotherapy that helps individuals access and explore earlier experiences—sometimes from childhood or even previous life stages—to understand and resolve emotional conflicts that affect their current behavior and well-being.

Dialectic Behavior Therapy (DBT) focuses on finding a balance between acceptance and change — helping individuals accept themselves and their emotions while also working to change unhelpful behaviors.

Interpersonal Therapy (IPT) is based on the principle that our mental health is closely tied to our relationships. When relationship patterns are troubled—due to loss, conflict, or life changes—emotional distress can increase. By improving communication and resolving interpersonal issues, symptoms of depression or anxiety can lessen.

Motivational Enhancement Therapy (MET) is a counseling approach designed to help individuals find internal motivation to change unhealthy behaviors—especially those related to substance use and addiction.

Relapse Prevention Therapy (RPT) is a cognitive-behavioral approach designed to help individuals maintain behavioral change—especially in addiction recovery—by identifying and managing situations that might trigger a relapse (a return to old, unhealthy behaviors).

Family Therapy (also called Family Systems Therapy) is a form of psychotherapy that helps family members improve communication, resolve conflicts, and strengthen relationships. Rather than focusing on one individual, it views the family as a system—where each person's behavior affects and is affected by others.

The **Humanistic Approach** in psychology is a perspective that emphasizes the inherent goodness, free will, and potential for growth in every individual.

EMOTIONAL WELL-BEING This chakra governs intuition, insight, wisdom, and imagination.

IMBALANCE SYMPTOMS Blockages can manifest as poor judgement, confusion, mental fog, and overthinking. It can cause a disconnect from one's intuition.



HARMONY IN COLLABORATION & TRUST

FROM OUR PRO-VC'S



I would like to take this opportunity to acknowledge and appreciate the exemplary work being done by the Chitkara Nurture Nest - Student Counselling Cell, Chitkara University for their unwavering commitment to student well-being and personal growth on campus. Their consistent efforts in creating a safe, supportive, and non-judgmental space have made a significant difference in the lives of many students.

In today's fast-paced and often stressful academic environment, the mental and emotional well-being of students is more important than ever. The Counselling Cell has played a crucial role in addressing this need by offering timely support, guidance, and a safe space for students to express themselves without fear of judgment. They have played a vital role in helping students build resilience, develop coping strategies, and regain their confidence during difficult times.

Their efforts in conducting regular sessions, workshops, and awareness initiatives around mental health have not only helped students navigate personal and academic challenges but have also contributed significantly to fostering a culture of empathy and openness across campus.

We are proud to have such a proactive and caring team being led by **Ms. Charajeet Kaur**, as part of our University ecosystem. Their contributions are not just appreciated, they are essential to the holistic development and success of our students.

My experience with Chitkara Nurture Nest – Student Counselling Cell has been truly commendable. The team demonstrates a high level of empathy, professionalism, and dedication in supporting students' emotional and mental well-being. Their approachable nature and well-structured services create a safe and welcoming environment where students feel heard, understood, and empowered.

I extend my heartfelt gratitude to the Chitkara Counselling Cell for their continued commitment & impactful service and for being such a valuable pillar of support for the student community.

Wishing them well for all the future endeavours.

Prof. Harkiran Kaur
Pro Vice Chancellor
Chitkara Alumni Association Network

The Chitkara Nurture Nest Student Counselling Cell is an invaluable asset, fostering a genuinely supportive mental health atmosphere on campus. The team provides highly professional and confidential support, offering expert guidance to students navigating stress, anxiety, and depression. Crucially, they serve as a vital link, advising academic departments on how to approach vulnerable students with the utmost care and empathy. The Cell expertly coordinates students, faculty, and parents, ensuring a shared commitment to holistic well-being.

Best Regards,

Jaiteg Singh (PhD)
Pro-Vice Chancellor (Computer Applications)
CUIET, Chitkara University, Punjab
Phone: +91 9872029991
Campus: Chandigarh-Patiala National Highway (NH-64)
Tehsil Rajpura – 140401 | Distt - Patiala.
www.chitkara.edu.in



It is a pleasure to acknowledge the invaluable support extended by *Nurture Nest*, the student counselling centre at Chitkara University, under the leadership of **Ms. Charanjeet Kaur**.

The *Nurture Nest* team has played a pivotal role in conducting **psychometric screening** for our newly inducted cadets at the School of Maritime Studies, enabling a deeper understanding of their individual aptitudes and behavioural strengths. Their professional counselling support has further helped our young cadets in managing stress, building emotional resilience, and maintaining mental well-being.

This quiet yet impactful contribution has greatly complemented our academic and training efforts, ensuring the holistic development of our cadets. We deeply value this association and look forward to continued collaboration with *Nurture Nest* in nurturing confident and well-balanced maritime professionals.

Thanks & Warm regards

Capt. Prabhat Nigam

Pro Vice Chancellor (Marine Education)

Phone: +91 1762 507084-86 (ext. 144)

Mob: +91 9764146175 w / 7710948646



We all have different phases in life and different faces in life. Some faces we do not like to publicise; but they burn us internally. A go-to place where we can discuss our concerns and open up to someone who patiently listens to us, is a necessity in today's world.

Our Nurture Nest does wonders in this field. Not only for students but for staff too!! Their compassion and dedication truly changes many lives !! A huge thank you to the amazing team of Nurture Nest for just being thereit means a lot!!

Rina Angel

Vice President,

Office of Infrastructure Enhancement

Chairperson Centre of Excellence for Sustainability



Dear Madam,

Chitkara Nurture Nest, the Student Counselling Cell of Chitkara University has been doing remarkable work in supporting the emotional and psychological well-being of students. The cell provides a safe, confidential and empathetic space for students to express their concerns and challenges. The team of counsellors is fully dedicated and effectively identifies students' issues whether academic, emotional, interpersonal or stress related. They ensure appropriate guidance and timely referral when needed. The counsellors approach each case with professionalism and compassion and help students build resilience and improve their coping strategies, which is supporting the students to achieve a better sense of balance in their personal and academic lives.

Keep doing the good work team Chitkara Nurture Nest!!

Thanks & Regards,

Dr. Harmeet Kaur Kang

Principal & Director | Department of Nursing

Chitkara School of Health Sciences

CHITKARA UNIVERSITY, PUNJAB (NAAC A+)



FROM OUR DEAN'S

Dear mam,

Good evening!

I sincerely appreciate the dedicated efforts of the *Chitkara Nurture Nest – Student Counselling Cell* in supporting our students' emotional and mental well-being. The cell has been instrumental in guiding students through various challenges, and I personally know some of my students who have benefited immensely in areas such as stress management, motivation, and positive thinking. Mam you have have also provided valuable emotional support to our students during personal crises or family-related concerns.

Such initiatives truly reflect th university's commitment to nurturing not only academic excellence but also holistic personal growth.

I am sharing some cases I have seen regarding support provided by CNN to our students ,like

- Helping students manage academic stress and improve study habits.
- Guiding students in career choices aligned with their strengths and interests.
- Offering one-on-one sessions to help students deal with anxiety, homesickness, or low confidence.
- Supporting students struggling with time management or academic anxiety.

For the future, I believe that introducing regular interactive workshops and awareness sessions for both students and faculty also could further enhance the reach and impact of the counselling initiatives. Such proactive engagements can help in early identification of stress and encourage a culture of openness and well-being across the campus.

Please find attached my photograph for publication purposes.

--

Prof. (Dr.) Mohit Kumar Kakkar

(PhD, MPhil., MCA, MSc.(Gold Medalist))

Dean | Department of Applied Sciences

Chitkara University Institute of Engineering and Technology (CUIET),

Chitkara University (NAAC A+),Punjab



Dear Madam

CSPC expresses its sincere gratitude and appreciation for the outstanding and prompt services provided by Nurture's Nest-the University Counselling Cell. The speed and efficiency with which my recent request for assistance was handled made a significant positive impact on student well-being. It is incredibly reassuring for students to know that such reliable support is available when needed.

Thank you again for your professionalism and care. Your work is a vital resource for the university community.

Thanks & Regards

Dr. Monika Srivastava

Dean and Professor, Chitkara School of Psychology and Counselling

Chitkara University, Punjab Campus

Chandigarh National Highway (NH-64)

Rajpura, Punjab-140401

Email id- monika.srivastava@chitkara.edu.in



Chitkara Nurture Nest is playing a vital role in fostering student well-being and motivation within the University. The cell works with a very focused and compassionate approach to help students manage academic pressure and maintain emotional balance during crucial times.

Through effective counselling sessions and insightful guidance, Nurture Nest provides students with precise strategies for **time management, stress handling, and achieving a healthy work-life balance**. Its initiatives not only enhance students' confidence but also encourage them to convert challenges into opportunities for growth and success.

The dedication and proactive support of the team truly make Chitkara Nurture Nest a strong pillar in nurturing the emotional resilience and holistic development of our students.

Thanks, and Regards

Dr Vikas Solanki

Professor and Asso Dean (CSE-AI) | Department of Computer Science & Engineering



Chitkara University Institute of Engineering and Technology

Campus:
Chandigarh-Patiala National Highway (NH-7),

Distt. Patiala, Punjab - 140 401



I would like to extend my heartfelt appreciation to the Counselling Cell for their continued support and dedication towards the well-being of our students. Your consistent efforts in guiding, motivating, and assisting students through their academic and personal challenges have played a vital role in creating a positive and nurturing environment within our department.

Dr. Sonika Bakshi

Professor & Dean

Allied & Healthcare Professions

Chitkara School of Health Sciences



Through one-on-one counselling sessions, the Chitkara Nurture Nest team provides a confidential space for students to decompress and develop effective coping strategies. The Psychometric Assessments offered have been particularly invaluable, helping many of our students understand their unique stress triggers and learning styles, which has led to significant improvements in both personal and academic management. I have personally observed how their interventions are thoughtfully tailored to address critical issues such as academic stress, anxiety, and social adjustment.

In a discipline where the mind is the primary tool, its well-being is paramount. The Chitkara Nurture Nest plays a vital role in ensuring that the engineers we develop are not only technically proficient but also mentally agile, emotionally balanced, and resilient. They are a critical component in our mission to produce well-rounded, industry-ready graduates.

Dr. Raj Gaurang Tiwari

Professor and Dean

Department of Computer Science and Engineering,

Chitkara University Institute of Engineering & Technology.



FROM OUR FACULTY

I am happy to share my experience about the Chitkara Counselling cell (Nurture Nest). Such initiatives are the need of hour and I appreciate that we have the students' counselling facility in-house. As the concerns of mental health are increasing day-by-day, it is very much necessary to address the issues at the moment. This is a great help to the society. I witnessed commendable results of the counselling sessions conducted by Ms. Charanjeet Kaur and her team.

Regards

Dr. Rattan Deep Aneja

Associate Professor and Head Academic Operations

Beta Cluster, Department Of CSE,

CUIET, Chitkara University



My experience with Chitkara Nurture Nest has been truly inspiring. The counselling team has shown remarkable dedication in guiding students through academic and personal challenges with compassion and care. Their proactive sessions and one-on-one interactions have made a visible difference in students' confidence, well-being, and overall development.

Prof. Dr. Amandeep Kaur

Dept. Of Computer Science & Engineering



Dear Team,

The work being done by the team is truly commendable. It has created a positive space where both students and teachers feel comfortable to talk, seek help, and find support whenever needed.

As a teacher, I've seen a visible change in students after counselling sessions. They seem more confident, emotionally balanced, and better able to deal with their challenges. The counsellors are warm, patient, and genuinely care about helping each individual.

It's wonderful to have such a supportive initiative on campus that focuses not just on academics but also on emotional well-being. The Nurture Nest team is doing a great job in building a culture of care and understanding at the university.

Best wishes to the entire team for their continued good work!

Thanks & Regards

Dr. Chetna Sharma

Assistant Professor | Department of Computer Science and Engineering

Chitkara University Institute of Engineering and Technology

+91 9501508898

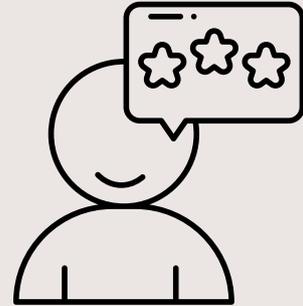


FEW GLIMPSES OF OUR STUDENT'S TESTIMONIALS

I was informed about the counselling session on a much random note. I at first hesitated to join it as I felt (Ki kya hi hoga), but then I thought to give it a try. I boom here I am enjoying it, felt a zero-barrier conversation, discussed stuffs, got solutions, felt rejuvenated. Because at times you know things but you have to hear it from someone, to get it going.

(This was something, I was looking for & always write in slips while I used to be only days of my engg. career)

Thank! 😊



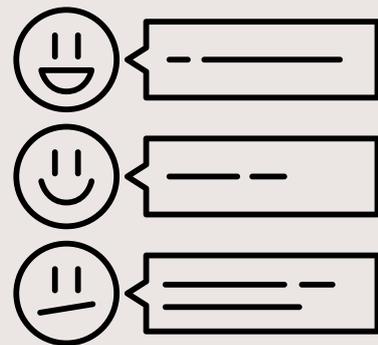
<u>Before</u>	<u>After</u>
I am very confused	Now I have no confusion
vision regarding career is not clear	Now clear.
I have so many issues of certain things happens in my daily life.	But now every thing is good.

Not able to focus on studies and my life. only focus was on relationship.

After,

Self love is most important

Only focus should be on our goal, rest everything will become good.



Before: - I was feeling depressed as I had never shared anything with anyone about my personal life and experiences and never had a talk about the things on the topic which I read but not all others.

After: - it was a great pleasure to attend the counselling as this was the first time I shared almost of the problems and the things, I got to know many more things about my interests and feeling much better now. I will try to follow the thing and analyse after that I only will get to know that there is any change in situation or not.



Before

Disturbed
Feeling Low
Question mark
No Direction
Failure
Lost
Will I can?

After

- Solved
- Feeling that I can
- Answer
- Got the GPS
- Tying
- More believe
- yes, with Grace of Allah.
- At last Thank you!
(Best session).



Before

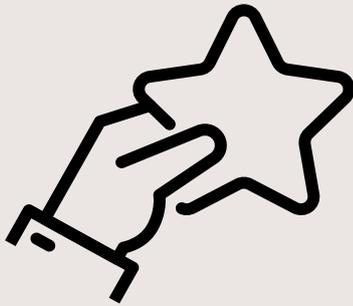
mind had. wisdom and knowledge but relativity and direction was missing

After

Now I have figured out not a least another way with which I make my mind healthier and my soul more exact more from life.

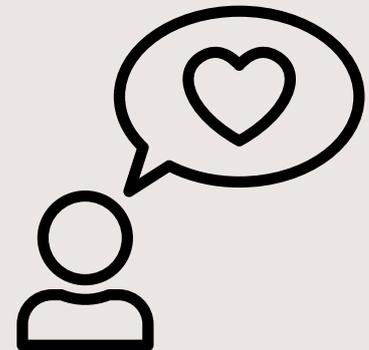


Previous	Present
1) I have no vision towards my career	2) I <u>would forward to do something productive</u>
2) I have lack of motivation	2) now I am motivated.
3) I have lot of question and dilemma.	3) But now I am <u>clear about many things.</u>



A sudden change or confidence or maybe a positive flow I am feeling since I talked about certain things that I was ignoring. Maybe even understood about the environment I need to maintain with everyone.
Thanks!!

Before coming here:
I was feeling sad and did not know what to do next.
After coming here
I now know how to start doing something. I have ~~to do~~



EMOTIONAL WELL-BEING This chakra represents our Spiritual connection, sense of purpose and influence our sense of peace.

IMBALANCE SYMPTOMS Blockages can lead to feelings of cynicism, apathy, Spiritual disconnection or melancholy.

OUR NEST'S SUPPORT TEAM

Supervisor



Sukhwinder Singh

Department: Office of Administration

**NO WORK IS TOO SMALL OR TOO BIG,
EVERYBODY'S TASK ENHANCES OUR
ABILITIES**



**Vishal Kumar
Support Staff**



**Raghu
Support Staff**

CHITKARA 
NURTURE NEST

NAMASTE

The light in me honors
the light in you.



Thank You
Wait for our next Edition.....