



CHITKARA UNIVERSITY
STUDENT COUNSELLING
CELL

“Emotional Wellbeing is as important to us as Breathing Is”

“Strength of your Mind Determines the Quality of your Life”

Report Period: June 2024 – July 2025

This report outlines the counselling services provided to the faculty, staff, and students of Chitkara University. Our services are designed to enhance emotional well-being and mental health by adopting both **Proactive** and **Responsive** approaches. We aim to foster comprehensive mental well-being, promote work-life balance, and support personal and professional growth.

Areas we address include:

- Personal and relationship concerns
- Emotional conflicts and anxiety management
- Social and adjustment challenges
- Family and friendship-related issues
- Academic and career-related concerns
- Conflict resolution
- Personality development and self-growth

“At the Chitkara University Counselling Cell, we support students, faculty, and staff through counselling that fosters emotional well-being, work-life balance, and the confidence to embrace life’s transitions as steps toward a brighter future.”

The Goals of Counselling are to facilitate:

- Stress management, conflict resolution, and effective communication skills
- Flexibility, wellness activities, and work-life balance
- Team-building and a supportive environment
- Positive and constructive behavior changes
- Building and sustaining healthy social relationships
- Informed decision-making and self-awareness of one's potential
- Effective coping and management of personal and professional challenges

Individual Sessions

- Approximately **915 one-on-one counselling sessions** were conducted annually, each assigned a unique ID.
- Concerns addressed included **anxiety, depression, relationships, adjustment issues, academic, and professional challenges**.
- Around **20% of student cases** were classified as sensitive, requiring special attention, follow-ups, and dedicated FS file indexing for tracking.
- **General student cases** are documented in departmental files (20 files labelled FA...), while **faculty and staff case records** are maintained in FQ files.
- **Evidence-based therapeutic approaches** such as CBT, REBT, MBT, MET, RPT and solution- focused therapy were used across sessions to meet mental health needs.
- Our **Humanistic Principles** ensured empathetic and supportive interactions with students, while a **Psycho-Spiritual approach** was predominantly applied in faculty counselling.

Group Sessions

- A total of **57 group sessions** were conducted, engaging **students, faculty, and staff**.
- Key themes included **stress management, mindfulness, emotional regulation, self-awareness, resilience in adversity, frustration tolerance, and work-life balance**.
- **Interactive and inclusive methods** were employed to cultivate a supportive community, strengthen social connections, and promote overall mental well-being.

Proactive Initiatives

- Conducted **faculty-focused sessions** across various departments and **classroom sessions for new students** at the beginning of their first semester to introduce them to counselling services.
- Partnered with faculty and staff to **develop mental health resources** and organize **workshops** tailored for both students and faculty.
- Hosted **awareness events and campaigns** aimed at reducing stigma around mental health and promoting help-seeking behaviors.
- Ensured outreach through a **digital counselling handbook** and **standard operating procedures (SOPs)**, providing every student and faculty member with prompt access to counselling support in emergencies.
- Conducted targeted **De-addiction awareness** and **Sensitization sessions** in adopted villages.

Responsive Services

- Provided **confidential individual counselling sessions** tailored to individual needs and crisis intervention for students in distress.
- Arranged **referrals and connections to external resources** for continued support in cases requiring specialized care, particularly psychosis.
- Compiled **daily and consolidated case data** for effective tracking and evaluation.
- Coordinated with **faculty, mentors, deans, and directors** to address student concerns.

Counselling Process

1. **Identifying Concerns** – Counselling begins with recognizing the individual's challenges, forming the basis for support.
2. **Empathetic Response** – A safe, non-judgmental space is created where individuals can openly share their thoughts and emotions.
3. **Guiding Transition** – Counsellors assist in navigating difficulties, building understanding, coping strategies, and resilience.
4. **Enhancing Well-Being** – The ultimate goal is improved emotional health, self-awareness, and overall personal growth.

Outcomes

- Students and faculty demonstrated improved **mental well-being, self-awareness, and coping skills**, highlighting the importance of a safe and supportive environment.
- Counselling fostered positive change, empowering individuals to move toward a more fulfilling life.

Confidentiality

- All counselling sessions and case records are kept **strictly private and secure**, adhering to ethical standards.
- When necessary, referrals are made to psychiatrists, with involvement of higher authorities or faculty, while ensuring sensitive handling of information.

Key Achievements

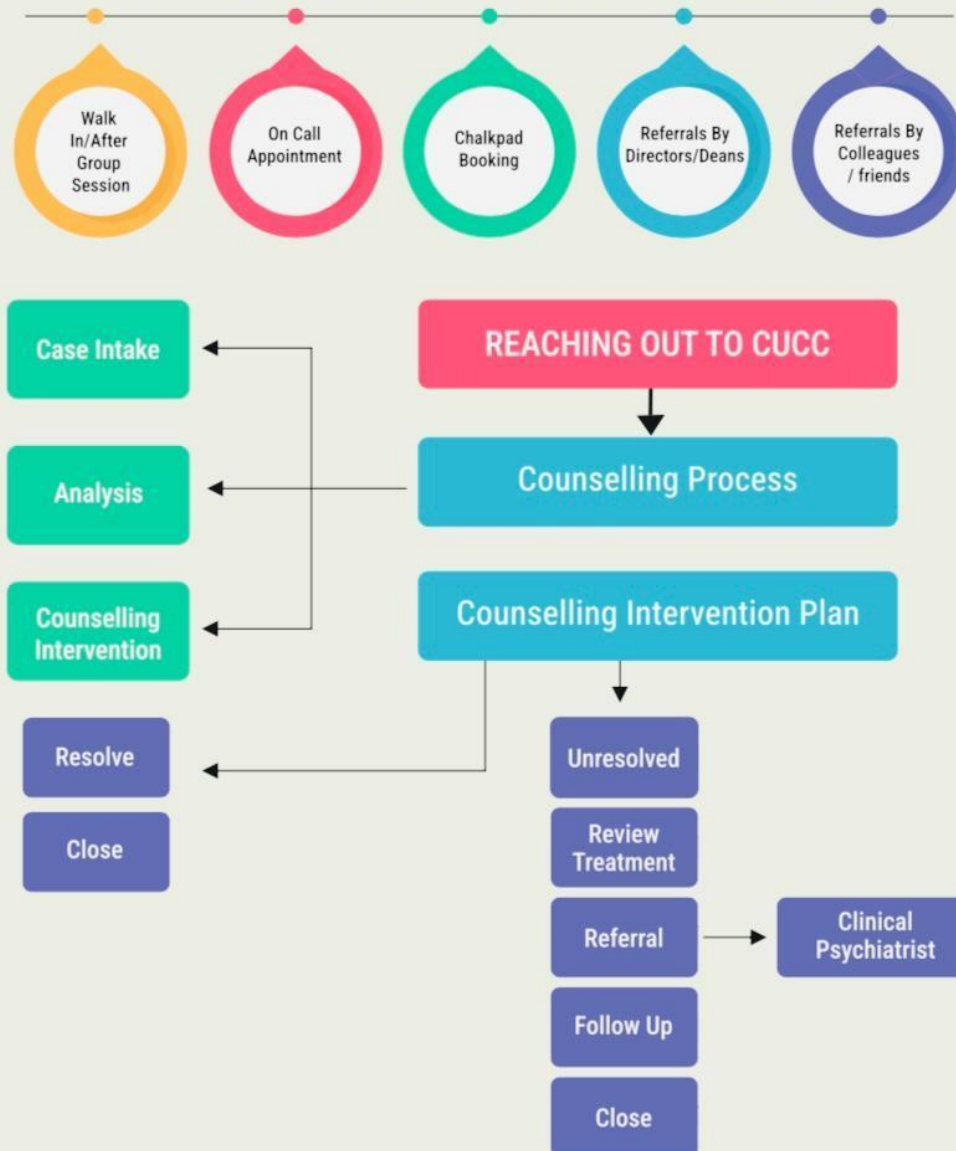
- **Increased Awareness** – Reached over **almost all students and faculty/staff** through individual and group sessions, and the Counselling Handbook.
- **Early Intervention** – Delivered timely support through proactive and responsive approaches, reducing the risk of mental health concerns.
- **Capacity Building** – Trained faculty and wardens to identify and support students facing emotional difficulties.
- **Faculty Support** – Assisted faculty with self-care, communication skills, professional boundaries, and mindful leadership.
- **Collaborative Approach** – Strengthened a supportive culture through partnerships among faculty, wardens, and students.

WAYS & MEANS TO REACH US





PROCESS OF COUNSELLING



PROACTIVE APPROACH:

Group Session Index / June 2024 to July 2025

S. NO	Day	Date	Department	For	Venue	Coordinated by	No. of Students	Topic/ Theme	Conducted by
1	Thu	22 Aug 2024	Health Sciences/BPT/1 year	Students	Ramanujan Block	Dr Sonika Bakshi	90	Powere of Resilience	CHARANJEET KAUR
2	Fri	23 Aug 2024	Health Sciences/BMLS/OTT/Bopt	Students	GB Galileo Block	Dr Sonika Bakshi	120	Powere of Resilience	CHARANJEET KAUR
3	Tue	27 Aug 2024	Bcom /1st year	Students	Rockefeller Block	Dr Rashmi Aggarwal	90	Mental Wellness for Academic Success	CHARANJEET KAUR
4	Wed	28 Aug 2024	Hotel Management/1st year/Global	Students	Escoffier Block	Dr Ajay Krishna	5	Cultivating Resilience	CHARANJEET KAUR
5	Thu	29 Aug 2024	Psychology /1st year	Students	FaraDay Hall	Dr Jyoti Sharma	60	Cultivating Gratitude	CHARANJEET KAUR
6	Fri	30 Aug 2024	Psychology /1st year	Students	Galileo Block	Dr Nidhi Barthwal	70	Cultivating Gratitude	CHARANJEET KAUR
7	Mon	02 Sep 2024	Maritime /1st year	Students	Tesla / Classroom	Ms Gulshan	50	Emotional Adjustment in College	CHARANJEET KAUR
8	Mon	09 Sep 2024	BCA /MCA /1st year	Students	D Morgan	MS Vandana	70	Let's Connect /Counseling Drive & talk	CHARANJEET KAUR
9	Tue	10 Sep 2024	BCA/MCA /1st year	Students	D Morgan	MS Vandana	80	Let's Connect /Counseling Drive & talk	MANPREET KAUR
10	Fri	13 Sep 2024	Bdes/Mdes (Interior Design)/1st year	Students	Classroom/ Arch	Mr Jagwinder	80	Mental Health & Well Being	CHARANJEET KAUR
11	Thu	19 Sep 2024	CSE AI/AIT /1st year	Students	Classrooms/Newton	Wng. Comm Kumar	280	Let's Connect /Counseling Drive & talk	CHARANJEET & MANPREET
12	Wed	25 Sep 2024	CSE/G1/2/3/4/5 /1st year	Students	Classrooms/Turing	Wng. Comm Kumar	350	Let's Connect /Counseling Drive & talk	CHARANJEET & MANPREET
13	Thu	26 Sep 2024	CSE/G6/7/8/9 /1st year	Students	Classroom / Pythagorous	Wng. Comm Kumar	320	Let's Connect /Counseling Drive & talk	CHARANJEET & MANPREET
14	Thu	10 Oct 2024	Pharmacy /1st year	Students	Fleming Block	Dr. Rajwinder	90	World Mental Health Day / Mindfulness	CHARANJEET KAUR
15	Thu	10 Oct 2024	Radio Talk	Students	Studio	Dr Ashutosh Mishra	NA	Mental Health at work Place	CHARANJEET KAUR & NIDHI BARTHWAL
16	Fri	11 Oct 2024	BSC Nursing /1st year	Students	Galileo Block	Dr Kanika	60	Memory & Forgetting in Exams	MANPREET KAUR
17	Tue	22 Oct 2024	Architecture/ 1st year Arch	Students	Classroom /Arch Block	Tarun Gupta	100	Procastination & Counseling Awareness	MANPREET KAUR
18	Tue	22 Oct 2024	CSE/G11/14/15/18/19/20	Students	Pythagorous/ Classroom	Wng. Comm Kumar	460	Counseling Awareness Drive	CHARANJEET KAUR
19	Fri	25 Oct 2024	CSE/G16/17/34	Students	Pythagorous/ Classroom	Wng. Comm Kumar	480	Counseling Awareness Drive	MANPREET KAUR
20	Wed	13 Nov 2024	Law School /BALLB /1st year	Students	Fleming Extension	Dr Ajay Ranga	45	Self Awareness & Efficacy	CHARANJEET KAUR & MANPREET KAUR
21	Wed	13 Nov 2024	ECE /1st year	Students	Edisson Block	Ishaa Gupta	80	Counseling Awareness Drive	MANPREET KAUR
22	Tue	19 Nov 2024	Desgin / 1st year	Students	Picasso / Classroom	Sanjay Jangid	200	Counseling Awareness Drive	MANPREET KAUR
23	Thur	20 Feb 2025	NSS	Students	Pulitzer Block	Mr. Neeraj Ahuja	200	Sensitization Session	CHARANJEET KAUR
24	Fri	28 Mar 2025	Health Science	Students	Edison Block	Gurpreet kaur	200	Emotional And Mental Health Aspects Of Infertility	CHARANJEET KAUR & MANPREET KAUR
25	Wed	16 Apr 2025	Sensitization/De-addiction	Govt. Students	Sr. Sc school, Jhansla	Dr. Neelam	50	Sensitization Session / De Drug Addiction	CHARANJEET KAUR & MANPREET KAUR
26	Wed	16 Apr 2025	Sensitization/De-addiction	Govt. Students	Sr. Sc school, Jhansla	Dr. Neelam	52	Sensitization Session / De Drug Addiction	CHARANJEET KAUR & MANPREET KAUR
27	Wed	16 Apr 2025	Sensitization/De-addiction	Govt. Students	Sr. Sc school, Jhansla	Dr. Neelam	50	Sensitization Session / De Drug Addiction	CHARANJEET KAUR & MANPREET KAUR
28	Wed	16 Apr 2025	Sensitization/De-addiction	Govt. Students	Sr. Sc school, Jhansla	Dr. Neelam	56	Sensitization Session / De Drug Addiction	CHARANJEET KAUR & MANPREET KAUR

29	Thu	17 Apr 2025	Sensitization/De-addiction	Govt. Students	Govt. High Smart School Thua	Dr. Neelam	52	Sensitization Session / De Drug Addiction	CHARANJEET KAUR & MANPREET KAUR
30	Thu	17 Apr 2025	Sensitization/De-addiction	Govt. Students	Govt. High Smart School Thua	Dr. Neelam	55	Sensitization Session / De Drug Addiction	CHARANJEET KAUR & MANPREET KAUR
31	Thu	17 Apr 2025	Sensitization/De-addiction	Faculty	Govt. High Smart School Thua	Dr. Neelam	50	Sensitization Session / De Drug Addiction	CHARANJEET KAUR & MANPREET KAUR
32	Sat	19 Apr 2025	Support Staff	Staff	Nightangle	Sanjay Sir	100	Sensitization Session / De Drug Addiction	CHARANJEET KAUR & MANPREET KAUR
33	Sat	19 Apr 2025	Support Staff	Staff	Archimediads	Sanjay Sir	100	Sensitization Session / Stress Management	CHARANJEET KAUR & MANPREET KAUR
34	Wed	25 June 2025	Office Of Administration	Supervisors	Pierre Hall	Capt Pawan	30	Key To Happiness Samu kee	Charanjeet kaur
35	Thu	26 June 2025	Office Of Administration	Support Staff	Explortorium	Capt Pawan	200	Sanjyaan Galaan / Self Confidence /Gratitude	Charanjeet kaur







Emotional Adjustment in College
02 September 2024
MARITIME



Let's Connect
9 & 10 September 2024
Department of Computer Application





Mental Health and Well Being
13 September 2024
Department of Design (B. Design & M. Design)





Let's Connect
19 September 2024
CSE (AIFT 1, 2, 3, 4)



Let's Connect
25 September 2024
CSE (G1, G2, G3, G4, G5 ,G14 , G15, G20, G11, G19, G18)



Let's Connect
26 September 2024
CSE (G6, G7, G8, G9 , G16, G17, G34)



Student Group Session
World Mental Health Day (Mindfulness Session) 10 October 2024
Department of Pharmacy/By Ms. Charanjeet kaur (Sr. Student Counsellor)



Radio Talk # 4
Mental health at Work Place
10 October 2024
By Ms. Charanjeet Kaur (- Student Counsellor) & Dr. Nidhi Bhartwal



Students Group Session

World Mental Health Day (Recall and Relax) 11 October 2024
B.Sc. Nursing/ By Ms. Manpreet kaur (Student Counsellor)



Counselling Awareness Drive
22 October 2024
Department of Architecture





Self-Awareness and Empowerment via Story Telling
13 November 2024
Chitkara law school





Students Group Session

Sensitization Session / Drug De-Addiction (20 February 2025)

NSS/ By Ms. Charanjeet Kaur



Students Group Session

Emotional and Mental Health Aspects of Infertility (28 March 2025)

By Ms. Charanjeet Kaur

Health Sciences Department







Sensitization session / Stress Management
Sr. Sc School Jhansla (Wed 16 Apr 2025)
By Ms. Charanjeet Kaur
Students (Class 12th)





Sensitization session / Drug De Addiction
Govt. High Smart School Thua (Thurs 17 Apr 2025)
By Ms. Charanjeet Kaur
Students (Class 10th)





Sensitization session / Stress Management Techniques
Govt. High Smart School Thua (Thurs 17 Apr 2025)
By Ms. Charanjeet Kaur
Faculty (Staff Room)

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Support Staff Female
Sensitization Session / Drug- De Addiction (Sat 19 April 2025)
Ms. Charanjeet Kaur & Ms. Manpreet Kaur

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Wed 25 June 2025/ Mental Health Session
Key to Happiness Sanu Kee
Supervisors/Pierre Hall



Thu 26 June 2025/ Mental Health Session
Sanjiyaan Galaan/Self Confidence/Gratitude
Support Staff/Explortorim

