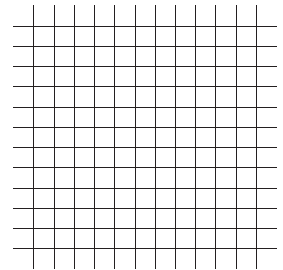




STUDENT COUNSELLING CELL



“Emotional Well-being is as important to us as Breathing Is”
“Strength of your Mind Determines the Quality of your Life”

July 2023- June 2024



Student Counselling Cell



Counselling services at Chitkara University are crucial for supporting students' mental well-being. They offer a safe and confidential space to address concerns such as stress, anxiety, and other mental health issues. By providing resources and support, the university helps students improve emotional resilience and achieve balance in their academic and personal lives. Access to these services aligns with the SDG3 goal of ensuring healthy lives and well-being for all, emphasizing the significance of mental health in sustainable development.

The report emphasizes the Counselling Services offered to students at Chitkara University. Our methodology centers on proactive and responsive strategies to enhance individuals' mental well-being. We cater to:

- Personal issues & relationships
- Emotional conflict & Anxiety
- Social & adjustment
- Family & friends
- Academics & careers
- Personality domains

“We at Student Counseling Cell assure to be with our students as a support by providing Guidance & Counseling services to accept the transitional phase of change as a progressive means towards a bright future.”

Guidance and counselling services play a crucial role in promoting human health and well-being by addressing issues such as disease, obesity, and stress.

- The goal of Counseling is to facilitate
- Fostering constructive and forward-looking changes in behavior.
- It enhances the student's ability to build and maintain social relationships.
- Supporting their decision-making process, enabling the student to recognize their potential. Effectively dealing with the challenges they encounter.
- Altogether, there are approximately 250 individual sessions with unique IDs addressing concerns such as anxiety, depression, relationships, adjustments, and academic
- About 20% of the total are sensitive profiles; special attention and follow-ups are provided to them. A separate FS file index is being done for them.
- Other cases are maintained in department files, viz., FA (20 files).
- Evidence-based techniques like RE-CBT, MBT, and solution-focused therapy are applied to support students' mental health needs.
- We follow a humanistic approach in our dealings with students.

Group sessions (Glimpse attached) # A

- Facilitated several group sessions on topics like stress management, mindfulness, emotional regulation, self-awareness, resilience in adversity, frustration tolerance, etc. that engaged mass students.
- Implemented interactive and inclusive approaches to foster a supportive community and promote social connections and mental well-being.

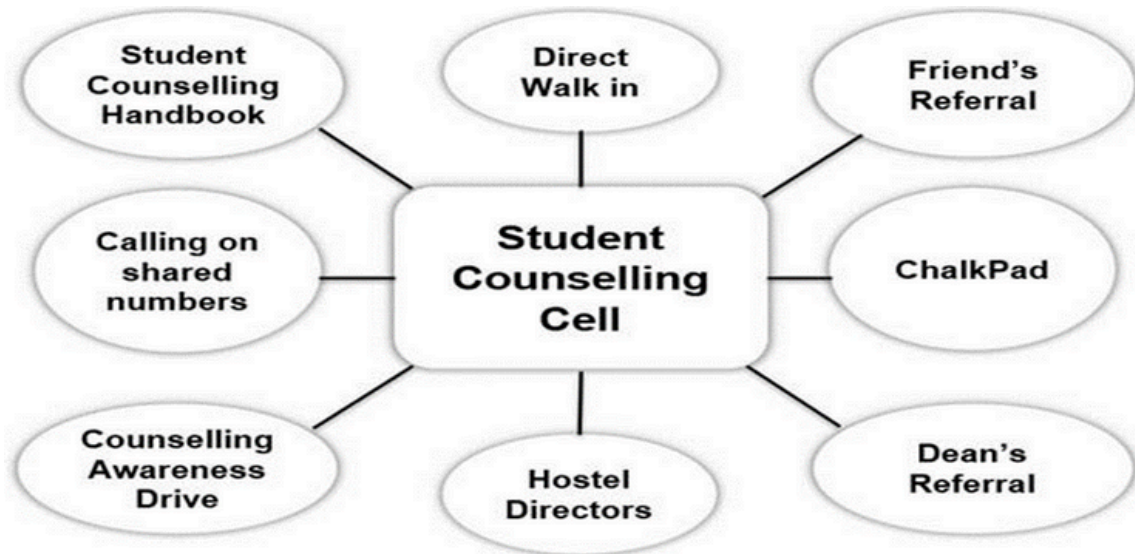
Proactive Initiatives (Glimpse Attached) # B

- At the onset of the first semester, we organize classroom interaction sessions for our new students to introduce them to the counselling services available at Chitkara University.
- Worked together with faculty and staff to create mental health resources and group sessions tailored for faculty and students.
- Organized awareness events and campaigns to reduce stigma and promote help-seeking behaviour.
- We ensure to outreach each student with a digital counselling handbook to reach us promptly in any contingency.

Responsive services

- Provided crisis intervention and support for students in distress via individual counselling.
- Offered referrals and connections to external resources for ongoing support in sensitive cases of psychosis. (if required)
- Compiling daily and consolidated data of cases.
- Collaborating with faculty and mentors, as well as deans and directors, to address student issues.
- Meeting parents when necessary for sensitive cases is the Process of counselling
- The first stage in counseling is to identify the specific issue or problem that an individual is facing since this lays the foundation for the treatment provided by a skilled counselor.
- The counselor exhibits empathy in response to the student's problem, establishing a supportive environment for them to voice their thoughts and emotions.
- Throughout this process, the counselor steers the individual through a transitional stage, assisting them in comprehending and managing their challenges.
- The purpose is to enhance the individual's mental and emotional condition, guiding them toward a more productive and enriching life.

Ways & Means to Reach Us



Outcome

- Students demonstrated improved mental wellness, self-awareness, and coping skills, underlining the importance of a supportive, non-judgmental emotional space.
- We remain committed to promoting mental well-being and empowering students to thrive.

Confidentiality

- We strictly protect the confidentiality of information shared during sessions.
- We are ethically committed to confidentiality.
- Cases that need level-ahead intervention by psychiatrists are further discussed with the Higher Authorities & concerned faculty to assist them appropriately.
- Otherwise, information regarding counselling & cases is kept confidential & in private records.

CONCLUSION

In conclusion, counselling sessions in universities play a crucial role in achieving SDG Goal 3 by promoting mental health and well-being among students. By providing a safe and supportive environment for students to address their psychological needs, counselling contributes to creating healthier and more resilient university communities. As we move forward, universities must prioritize the accessibility and effectiveness of counselling services, ensuring that every student can thrive academically and personally.

Some Glimpses

Proactive Approaches/Group Discussions



Proactive Approach Referrals/Radio & Other Sessions



Proactive Approach Referrals/Faculty & Wardens Session

