



CHITKARA NURTURE NEST



"At Nurture Nest, every conversation is a seed of hope, healing, and growth."



The Counselling Cell Caters to :

- Emotional and Psychological Concerns
- Relationship and Interpersonal Difficulties
- Family-Related Challenges
- Conflict Resolution and Emotional Regulation
- Social Adjustment and Integration
- Academic Performance and Career Guidance
- Personal Growth and Self-Development

CHITKARA NURTURE NEST
Mental Health & Well Being Centre
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<https://paym.chitkara.edu.in/studentcounsellingPBcampus/>

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SYNERGY AT WORK

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• “Stronger Together, Better Every Day” •



Mr. Sanjay Khurana

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Dr. Charanjeet Kaur

Head Counselling Cell
Chitkara Nurture Nest



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• OUR TEAM •



Ms. Shaina Teje

Student Counsellor



Ms. Gargi Sharma

Student Counsellor



Ms. Harmanpreet Kaur

Student Counsellor



Ms. Avneet Kaur

Office Executive



We're here to listen.
We're here to help.



Together we support,
Together we grow.



Your well-being
is our priority.

“ The Measure of Intelligence is the ability to CHANGE”

~ Albert Einstein

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Greetings from Mental Health & Well Being Centre

Welcome to a new chapter of growth, learning, and self-discovery. University life is an exciting journey filled with opportunities, experiences, and meaningful connections. Alongside these opportunities may come challenges, transitions, and moments of uncertainty that test your resilience and adaptability.

At **Nurture Nest – Mental Health & Well-Being Centre**, we believe that seeking support is a sign of strength. Our aim is to provide a safe, confidential, and supportive space where you can explore your thoughts, manage challenges, build emotional resilience, and enhance your overall well-being.

As you navigate your academic and personal journey, remember that you do not have to face difficulties alone. We are here to listen, guide, and support you in achieving a balanced, healthy, and fulfilling university experience.

Dr. Charanjeet Kaur
Head Counselling Cell

- 1. Counselling is a professional and collaborative process that promotes mental, emotional, and personal well-being by providing guidance, support, and a safe space for self-exploration.**

- 2. The Counselling Cell is committed to supporting students, faculty, and staff in addressing psychological, emotional, and behavioral concerns, fostering overall well-being, resilience and develop effective coping strategies for a balanced and fulfilling life. Areas of support include:**
 - a) Emotional and Psychological Concerns**
 - b) Relationship and Interpersonal Difficulties**
 - c) Family-Related Challenges**
 - d) Conflict Resolution and Emotional Regulation**
 - e) Social Adjustment and Integration**
 - f) Academic Performance and Career Guidance**
 - g) Personal Growth and Self-Development**

**At Nurture Nest, we strive to nurture the mind, strengthen resilience,
and support holistic well-being.**

Let's Connect

We are offering following services to cater for your counselling support needs:

- a) Individual Counselling**
- b) Group Counselling**
- c) Crisis Intervention**
- d) Psychometric Assessment**
- e) Life Coaching**
- f) Personality & Soft Skill Sessions**
- g) Faculty Awareness Sessions**
- h) Departmental Sessions**
- i) Happiness & Well being sessions**

**All students, faculty and staff enrolled in the University
are eligible for counselling services.**



➤ **Less Anxiety**

Counselling helps individuals understand their worries, manage stress effectively, and develop healthy coping mechanisms, leading to greater emotional calm and stability.



➤ **Greater Self-Confidence**

Through self-exploration and positive reinforcement, counselling enhances self-esteem, encourages self-acceptance, and builds confidence in one's abilities and decisions.



➤ **Better Relationships**

Counselling improves communication skills, emotional understanding, and conflict-resolution abilities, fostering healthier and more meaningful relationships.



➤ **Regaining Emotional Balance**

It provides support in managing overwhelming emotions, helping individuals achieve greater emotional regulation, resilience, and inner harmony.



➤ **Increased Assertiveness**

Counselling empowers individuals to express their thoughts, feelings, and needs confidently while maintaining respect for themselves and others.



➤ **Stress Relief**

By identifying stressors and learning practical coping strategies, counselling helps reduce mental and emotional strain, promoting overall well-being.



➤ **Ability to Set Healthy Boundaries**

Individuals learn to establish and maintain personal boundaries, protecting their emotional health and creating healthier interpersonal relationships.



➤ **Trauma Resolution**

Counselling offers a safe and supportive environment to process difficult experiences, facilitating healing, recovery, and personal growth.

GOALS OF COUNSELLING

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01



POSITIVE CHANGE

Foster positive attitude and encourage constructive, lasting behavioral changes.

02



HEALTHY RELATIONSHIPS

Develop the skills needed to build and maintain healthy interpersonal relationships.

03



SELF-AWARENESS & DECISION MAKING

Strengthen decision making abilities while enhancing self-awareness and recognizing their strengths and potential.

04



RESILIENCE & COPING

Build resilience and develop effective strategies to cope with personal, academic, and social challenges.

**COUNSELLING
EMPOWERS
SUPPORTS
STRENGTHENS
TRANSFORMS**



Restoring Minds 🌿 Nurturing Growth 🌿 Building Resilience 🌿 Empowering Lives

OBJECTIVES OF COUNSELLING

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01



FACILITATE HEALTHY ADJUSTMENT

Help students cope with and adapt to academic, personal, emotional, and social changes effectively.



02



ENHANCE DECISION-MAKING & PROBLEM-SOLVING SKILLS

Enable students to explore alternatives, make informed choices, and address challenges constructively.



03



PROMOTE PERSONAL GROWTH & WELL-BEING

Support self-awareness, emotional resilience, and the development of skills needed for overall success and well-being.



04



ENHANCES MENTAL & EMOTIONAL WELL-BEING

Helps students manage stress, anxiety, emotional challenges, and develop healthy coping strategies.



05



IMPROVES ACADEMIC & SOCIAL FUNCTIONING

Supports better concentration, communication, relationship management, and overall adjustment to university life.



Together, we **support** minds to **thrive** and futures to **shine**.



PROCESS OF COUNSELLING



AT A GLANCE

At **Nurture Nest**, we believe that every individual has the potential to grow and thrive. Through guidance, understanding, and support, counselling empowers you to navigate challenges, make informed decisions, and enhance your overall well-being through:



DO I NEED COUNSELLING??

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Q1 Is counselling only for major crises or traumatic experiences?

A **No. Counselling is not only for major crises or traumatic experiences.**

It can be beneficial for everyday challenges such as stress, relationship concerns, academic pressures, adjustment difficulties, or simply when you need someone to talk to.



Q2 How does counselling help?

A **Counselling helps you better understand yourself and your experiences.**

It provides a supportive space to explore your thoughts, emotions, and relationships, helping you gain clarity, perspective, and healthier ways of coping.



Q3 Why talk to a trained professional?

A **Talking to a trained professional can offer valuable insight and support.**

Counselling can help you recognize patterns, understand how your emotions influence your daily life, and develop strategies to navigate challenges more effectively.



You don't have to wait until things feel overwhelming.
Seeking support is a proactive step towards
self-care, personal growth, and emotional well-being.



FAQ



Q Who can seek counselling services?

A Counselling services are available to all students, faculty members, and staff of Chitkara University.



Q Are counselling services free of cost?

A Yes. Counselling services offered by the Mental Health & Well-Being Centre (Nurture Nest) are provided free of cost to all students, faculty members, and staff of Chitkara University.



Q Whom can I contact for counselling support on campus?

A Qualified counsellors are available on campus to provide guidance, support, and coordinate counselling services. Students, faculty, and staff may directly approach the counsellors whenever needed.



CONTACT DETAILS



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Remember: Reaching out for support is a sign of strength.
Help is always available when you need it. ❤️



HOW TO CONTACT CHITKARA NURTURE NEST (MHWBC)

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1



Students / staff can approach the **Mental Health & Well Being Centre** directly on the given number on the last page.

2



Students can also be referred by dean / directors / mentor / peers.

3



Students can also book session via Chalkpad.



Feel Free to connect / counselling can be booked by **Chalkpad**

Link:

<https://paym.chitkara.edu.in/studentcounsellingPBCampus/>



Dr. Charanjeet Kaur
(Head-Counselling Cell)



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Your well-being matters to us. WE ARE HERE TO SUPPORT YOU!



- Most concerns can be effectively addressed through counselling and psychological support provided by the Counselling Cell.
- In situations where an individual requires **specialized medical intervention, or intensive mental health care**, a referral may be recommended.
- Referrals are made to qualified psychiatrists and empanelled mental health professionals to ensure comprehensive and appropriate care.
- As per university protocol, referrals are generally facilitated through the **Department of Psychiatry, Neelam Hospital**, or other recognized mental health services, whenever clinically indicated.

➤ **Proactive Student Outreach**

To ensure timely support and guidance, the University has established a structured mentoring system, particularly for first-year students, to facilitate their academic, personal, and social adjustment.

➤ **Continuous Mentorship & Support**

The faculty members serve as mentors, maintaining regular and meaningful interactions with students throughout their academic journey, fostering a supportive and connected environment.

➤ **Early Identification & Intervention**

The PMHWB framework enables the early identification of students who may be experiencing difficulties, ensuring prompt access to counselling, psychological support, and other appropriate interventions when required.

➤ **Collaborative Student Support**

The **Mental Health & Well-Being Centre**, in collaboration with mentors, faculty members and Beacon volunteers of CNN works to promote students' academic success, emotional well-being, identity development, leadership skills, sense of belonging, and overall personal growth.

➤ **Continuous Follow-up & Care**

Students who access counselling services receive ongoing support and follow-up, whenever required. Regular monitoring helps ensure progress, strengthen coping abilities, and empower students to confidently manage challenges and maintain their well-being.

IDENTIFYING STUDENTS IN DISTRESS



1.



Significant changes in weight (noticeable weight loss or gain over a short period).

2.



Expressions of self-harm or suicidal thoughts, including statements suggesting suicide as a current option or solution.

3.



Persistent difficulty in making decisions, even after receiving support, guidance, or reassurance.

4.



Unusual or inappropriate behaviour that appears disconnected from reality (e.g., talking to unseen people or responding to things that are not present).

5.



Visible signs of emotional distress, such as appearing excessively anxious, tense, fearful, or tearful.

6.



Frequent crying, prolonged sadness, social withdrawal, or a tendency to isolate from peers and activities.



Let's **look out**, **reach out**, and **support** each other.



Your care can make a difference.

ADDITIONAL SIGNS OF STUDENTS IN DISTRESS

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1.



Seeking repeated support from readily available individuals (e.g., mentors, faculty members, staff, or wardens) for ongoing emotional concerns.

2.



Noticeable decline in academic performance compared to the student's previous level of functioning.

3.



Frequent absenteeism, irregular attendance, or disengagement from academic responsibilities.

4.



Excessive dependency on others, including frequent visits, repeated requests for reassurance, or difficulty functioning independently.

5.



Marked changes in energy levels, such as persistent fatigue, falling asleep in class, or significant restlessness.

6.



Neglect of personal hygiene or self-care, including a noticeable deterioration in appearance or grooming habits.

7.



Repeated requests for special accommodations (e.g., deadline extensions) accompanied by signs of emotional or psychological strain.

8.



Impaired communication or disorganized thinking, including confused speech, difficulty expressing thoughts, or illogical conversations.

9.



Threats of harm toward others, aggressive behavior, or statements indicating potential risk to others.



Let's *look out*, *reach out*, and *support* each other.



Your care can make a difference.

CONFIDENTIALITY



01



All information shared during counselling sessions is treated with the highest level of confidentiality, respect for privacy and are securely maintained in accordance with institutional and professional guidelines.

02



The Counselling Cell adheres to professional ethical standards and maintains strict confidentiality in all counselling interactions.

03



Confidentiality may be limited in situations involving significant risk to the student or others, including concerns related to self-harm, suicide, harm to others, or when specialized psychiatric intervention is required. In such cases, relevant authorities, parents/guardians may be informed to ensure the student's safety and well-being.

CONCLUSION



“

Seeking help is a sign of strength and an important step toward well-being and success.

”



“
When ‘I’
is replaced with ‘We’,
even *illness*
becomes
wellness.”



Because healing grows through
connection, support, and understanding.



Dr. Charanjeet Kaur

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[@chitkara_nurture_nest](https://www.instagram.com/chitkara_nurture_nest)



SCAN TO CONNECT



You Matter.



We Listen.



We Support.



We Care.

Let's nurture well-being,
together. ❤️