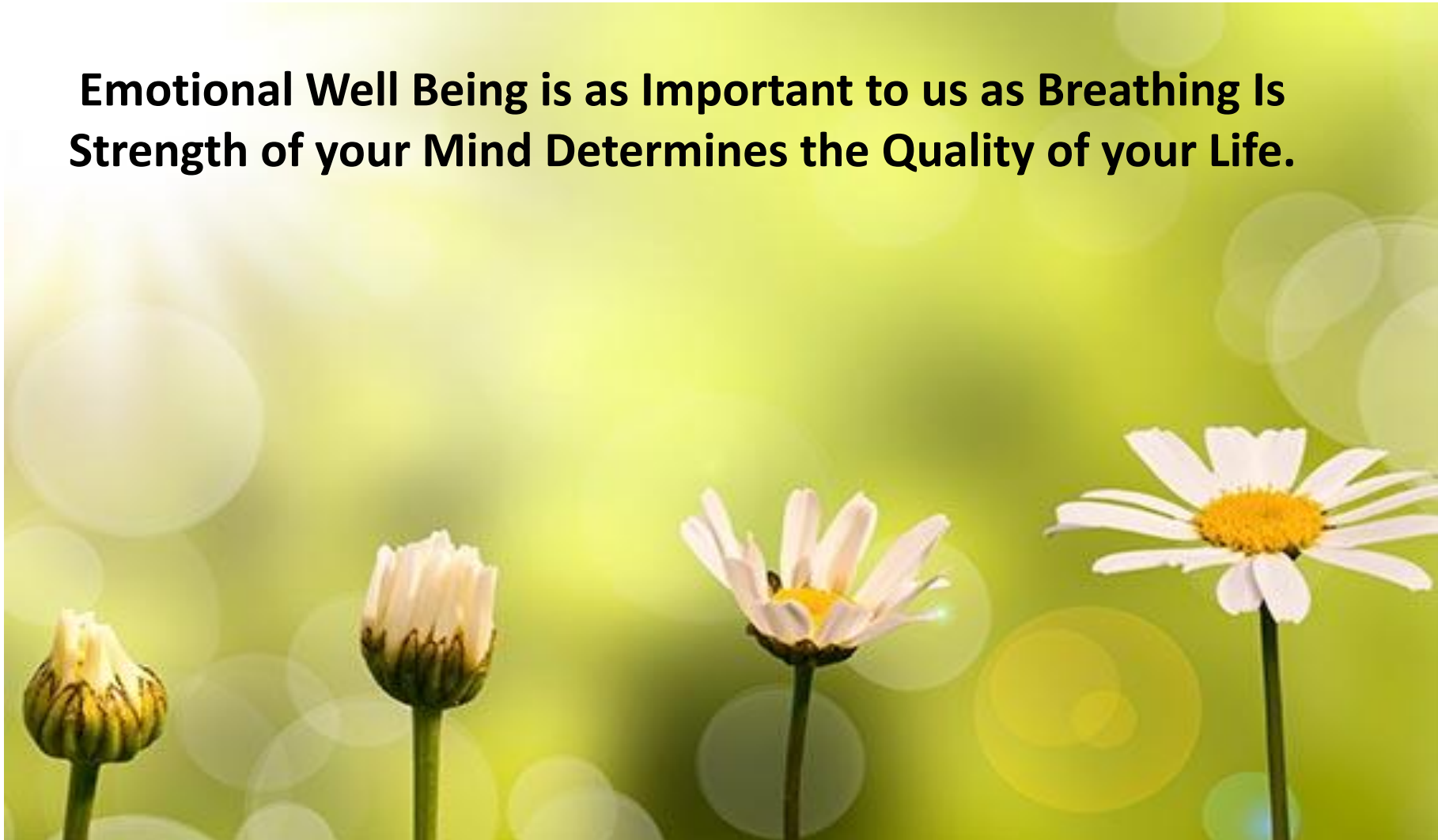


**Emotional Well Being is as Important to us as Breathing Is  
Strength of your Mind Determines the Quality of your Life.**



**“ The Measure of Intelligence is the ability to  
CHANGE “ \* Albert Einstein**

**CHITKARA**  
UNIVERSITY



### **Greetings from Student Counselling Cell**

As stepping into the next phase of your life ,definitely college life proves to be not just a milestone but a significant destination in itself. We are there to let you enter & accomplish this entire journey via graceful transition , which not only enrich you academically but also help you to be an empathetic human being & a good citizen of the country. Undergoing these transition phases also includes challenges in itself .

“We at **Student Counselling Cell** assure to be with you as a support by providing **Guidance & Counseling** services to accept this change as a progressive means towards a bright future.”

**Senior Student Counselor  
Ms Charanjeet kaur**

***RULE YOUR MIND OR IT WILL RULE YOU Buddha***



- 1 . **Counselling is a process that aims to facilitate personal well being of the students through support and guidance of trained counselors, for a healthy mind and body.**
2. **With the intent to address and help resolve emotional and psychological issues of the student faculty & staff of Chitkara University .**
3. **The Counselling Cell encourages the students to deal with the issues that trouble them and guides them to resolve their problems. These problems can be pertaining to**

- a) **Personal issues & Relationship**
- b) **Emotional Conflict issues**
- c) **Social & Adjustment**
- d) **Family & Friends**
- e) **Academic & Career**
- f) **Personality Issues**





**The goal of Counselling is to facilitate:**

- A) Positive & Progressive behavior changes.**
- B) Improving the student's ability to establish and maintain relationships socially.**
- C) Promoting their decision making process, helping the student to understand their own potential .**
- D) Cope effectively with the problems they face.**



**GREATER PURPOSE COUNSELING**



## **Let's Connect**

**We are Offering following services to cater for your Counselling support needs.**

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

**All students enrolled in the University are eligible for counselling services**

- 1. University life is exciting, but it requires students to learn how to adapt to various situations.**
- 2. From learning how to cope with new environment, meeting people from different walks of life to learn how to live on your own for the very first time. And all these changes have a significant impact on a student's overall well-being. This is why there are many common reasons for therapy, and it is something that should be embraced.**
- 3. Some of the most common counselling concerns students face range from depression, stress and anxiety to difficulties with family members, roommates and friends.**

**1. Counselling is well known for its problem-solving techniques & effectiveness at dealing with emotional issues , depression and anxiety. Counselling is also a way to establish your daily emotional awareness through**

- a) Clarifying a problem**
- b) Managing anxiety**
- c) Improving personal skills**
- d) Exploring opportunities for change**
- e) Developing increased confidence**
- f) Coping with depression**
- g) Getting expert guidance in conflict**
- h) Dealing Relationship concern**
- i) Dealing Academic concern**
- j) Adjusting to University life**

# DO I NEED COUNSELLING ?

- 1. The student doesn't have to go through trauma or a huge life event to benefit from counselling. Daily Life issues & conflicts can also be addressed through counselling.**
- 2. Through counselling, students can work with emotion, cognition and interpersonal relationships in ways that help them manage their emotions and see things from a different perspective.**
- 3. In other words, talking to a professional allows them to get a sense of how they appear to people, offers insights on how their emotions affect their daily lives and helps them to get feedback on whatever they're feeling.**



- **Who can seek help for counselling?**
  - ✓ All students and staff of Chitkara University.
  
- **Who can be contacted on Campus?**
  - ✓ The campus has Counsellors who will be responsible for coordinating all the services. The students / staff may contact the counsellors.
  - ✓ Ms Charanjeet Kaur 7000289980/ Ext 320
  - ✓ Ms Manpreet Kaur 6283578849 / Ext 429
  - ✓ In the beginning of each academic year an interaction will be conducted with all freshers. The telephone number of the counselling cell is provided to avail these services to contact.



- **How do one contact counselling cell ?**
- ✓ Students / staff can approach the counselling cell directly on the given numbers on the last page.
- ✓ Students can also be referred by Dean/ Directors / Mentor/ Peers.
- ✓ Students can also book session via Chalkpad.  
<https://paym.chitkara.edu.in/studentcounsellingPBcampus/>

# SPEAKING TO A COUNSELOR



1. In today's highly competitive and busy society, it's easy to feel like we have to do everything alone. However, research shows that we are better together.
2. One of the major huge benefit to a student of speaking to a professional counselor is that it helps them work towards a goal, which can bring peace of mind, confidence and ultimately, more meaning to life.
3. A counselor can help students to dissect their problems and help them figure out how to solve the problems on their own.
4. In many ways, counselling helps to align everything into a place and shape students into responsible and confident adults.

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

**<https://paym.chitkara.edu.in/studentcounsellingPBcampus/>**

**Student Counseling Cell / IHM Ground Floor**

**Sr. Student Counselor Ms. Charanjeet Kaur (7000289980)**

**Student Counselor Ms Manpreet Kaur (6283578849)**





**The goal of Counselling is to :**

- 1. Facilitate positive behavior changes.**
- 2. Improving the student's ability to establish and maintain relationships socially.**
- 3. Promoting their decision making process,**
- 4. Helping the student to understand their own potential and cope effectively with the problems they face.**



- 1. To help the student to accept actual or impending changes that are resulting from stress, it involves psychological, emotional, and intellectual.**
- 2. To encourage the student to examine the available alternatives and decide which choices are appropriate and useful for problem solving.**

- a) **IDENTIFY**                      **Concern issue**
- b) **SUPPORT**                    **By professional**
- c) **RESPOND**                    **To student's problem**
- d) **TRANSITION**                **Through counselling**
- e) **IMPROVE**                    **The condition**
- f) **LEAD**                        **Towards progressive life**
- g) **COLLABORATE & ENGAGE** **a person into task.**



**Persons are referred to Psychiatrist when the problem requires more intensive and specialized treatment & medical intervention to approachable Psychiatric clinics & usually to Neelam Hospital Psychiatric Department.**



- 1. In a way to approach our students at all ends, Proactive effort to support and guide university students of First-year, the University has Mentor association with them .**
- 2. The Programme enables selected faculty to serve as mentors and to remain in close and consistent contact with the students throughout their period of study on campus.**
- 3. This enables to identify & reach each & every student at the earliest for counseling & psychological assistance if any required.**





- 4. The Student Counselling cell along with Mentors & faculty emphasize in coordinating and providing support for academic success, identity development, emotional health, leadership development, belonging and community consciousness.**
- 5. Once the student reaches counselling cell after thorough counseling session they are in the process of regular follow ups in needed cases until they feel strong enough to deal & manage it.**



- 1. Excessive weight gains or loss.**
- 2. Expressed suicidal thoughts (i.e. referring to suicide as a current option) Behavior which regularly interferes with effective classroom management Frequent or high levels of irritable or aggressive behavior.**
- 3. Inability to make decisions despite your repeated efforts to clarify or encourage.**
- 4. Bizarre behavior that is obviously inappropriate for the situation (i.e. talking to someone or something that is not present).**
- 5. Students who appear overly nervous, tense , or tearful.**
- 6. Frequent crying /feeling very low / remaining alone.**

- 7. It is quite obvious that students first seek guidance from those most available to them (mentor / faculty /or staff members / wardens.)**
- 8. Student's previous work performance with present performance.**
- 9. Poor class attendance.**
- 10. Dependency (i.e. the student that hangs around or makes excessive appointments during college hours)**
- 11. Falling asleep in class and/or marked changes in energy level**
- 12. Poor personal hygiene or changes in personal hygiene Impaired speech or disjointed thoughts.**
- 13. Repeated requests for special considerations(i. e. deadline extensions) Threats to or about others.**

- 1. We strictly protect the confidentiality of information shared during sessions.**
- 2. We are ethically committed to confidentiality .**
- 3. Cases which needs level ahead intervention by psychiatrists are further discussed with the Higher Authorities & concerned faculty with the objective to assist them in an appropriate manner.**
- 4. Otherwise info regarding counseling & case is kept confidential & in private records.**

- 1. In today's highly competitive and busy society, it's easy to feel like we have to do everything alone. However, research shows that we are better together.**
- 2. Counselling for college students brings massive support when it comes to having someone to talk to and offer guidance. And there's scientific evidence to support the notion that social support can help build resilience against stress – a useful tool for students who are in college and facing various stressful challenges.**
- 3. Another huge benefit that a student can get by speaking to a professional counselor is that it helps them work towards a goal, which can bring peace of mind, confidence and ultimately, more meaning to life.**

# OUR LOCATION

## IHM Ground Floor



# STUDENT COUNSELLING cell



# Synergy at Counselling Cell



**Mrs. Charanjeet Kaur**  
Senior Student Counselor  
Mob 7000289980 /Ext 320



**Ms. Manpreet Kaur**  
Student Counselor  
Mob 6283578849 /Ext 429

**Student Counselling Cell**  
**IHM Ground Floor**  
**CHITKARA UNIVERSITY PUNJAB**

Let's Talk

**Location**

**Student Counselling Cell  
IHM /Ground floor**

**# STUDENT COUNSELORS**

**Ms Charanjeet Kaur**

Sr. Student Counselor

Mob / 7000289980 ,

University EXT # 320

[charanjeet.kaur@chitkara.edu.in](mailto:charanjeet.kaur@chitkara.edu.in)

**Ms Manpreet Kaur**

Student Counselor

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