

PERSONAL COUNSELLING CELL

1. Preamble or Introduction of the Cell/ Centres :

Adolescence is a period while character is overwhelmed through some of simultaneous developments; therefore, to meet this example right steering is wanted in this era. The teacher and the institute can encourage the improvement of effective adulthood in students by using imparting the counseling guidance, on this connection, as consistent with UGC recommendations, DSU set up a Counseling cell inside the campus to support our body of our staff and students for their mental well-being and to hold moral values inside the society. The Counseling cell is performing at Health Sciences, DSU. The cell is intently related to college of Nursing for conducting Orientation and awareness programmes for the staff and students counselors within the University.

Counseling cell gives sound counseling and enables students to fulfill emotional, personal mental, social and professional demanding situations. The seasoned and mature participants of the personal and psycho-social Counseling cell manage the troubles and issues of the scholars empathetically and sensitively. University students particularly women and girls from rural historical past are presented patient hearing and sound counseling. The cell will also organize

lectures/workshops counseling periods by eminent clinical psychologists, counselors. Private Counselling session are to be had for personal troubles like self-assurance low vanity and issues like stress management, pressure management, exam anxiety etc. students in stress or distress or tension can contact the cell of the mobile quietly, as complete secrecy is ensured. Non-public counseling is likewise available for the students to help them alter higher inside the university.

2. Objectives and functioning of the cell:

1. To offer skills so as to permit the scholars to deal successfully with elements of environment.
2. To offer ambiance in class / college that lets in the students to admit the feeling he / she is experiencing.
3. To offer identification of proper model and positive base of expressing feeling.
4. To train students in strength of will of emotions.
5. To offer with the style of opportunities to participate in Dept./university sports main closer to the acceptances of obligations.
6. To prepare camps, picnics, excursion and excursions to provide them opportunities to recognize each other and come nearer.
7. To organize orientation programmes for the fresher's.
8. To organize awareness programmes for the recognized group of staff and student counselors.

9. The Counselling sessions for the needy students through staff/students /external professional counselors.

3. Composition – Members of the Cell/centre :

Sl. No.	Name of the Faculty	Position
1	Dr.Sharmila J	Co-ordinator

4. Activities of the cell :

The counseling cell will look into common problems among the college students are as follows;

1. Academic Problems

- Poor study skills/Time management.
- Difficulty in adjusting to college
- Examination stress
- Low attendance
- Choice of specialization
- Poor listening/Communication ability
- Difficulty in following class lectures
- Career Related Problems
- Confusion regarding choice of career
- Higher studies
- Jobs/Professional courses

2. Personal Problems

- Loneliness/Depression
- Stress/Anxiety /Handling Anger
- Thoughts of suicide
- Relationship problems within or outside family
- Addiction (of any kind)
- Negative thinking or low self esteem/self confidence
- Conflict with friend /Handling peer pressure.
- Adjustment Problem

5. Contact/correspondence person with a email ID :

Dr.Sharmila J

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