

COUNSELLING CELL(CC)



INTRODUCTION

Counselling is a process that aims to facilitate the personal well-being of the students through the support and guidance of trained counsellors, for a healthy mind and body. The Counselling Cell of R.K.D. College, Patna recognizes that a student's college experience entails more than simply academics; it also includes personal development, self-discovery, and overcoming obstacles. We have set up a specialized Counselling Cell (CC) since January, 2023 to assist the students at every stage of their journey. The purpose is to offer advice, support, and a secure environment for the students to address any personal, emotional, or psychological issues that could surface during their time in college.

VISION

The provision of professional assistance and guidance in resolving psychological problems.

MISSION

The mission of the counseling cell of our college is to facilitate wise choices, decisions and to promote adjustments and mental health.

OBJECTIVES OF COUNSELLING CELL

- To facilitate psychological well-being of the students through continuous support and guidance based on their needs.
- To empower the students in recognizing their unique potentials and skills to achieve their academic goals, social and personality development, adjustment issues, career goals,
- To help the students solve their personal, educational, social as well as psychological problems.
- To create awareness about issues and problems related to mental health of student

- To motivate faculty in counselling activities.

Motto of the Counselling Cell: “Time is the wisest counselor for all” – Pericles

FUNCTIONS OF COUNSELING CELL

- To promote the student’s development in all aspects of personal (mental, emotional, social, physical) well-being and academic growth.
- To enable the students to gain the maximum benefit from the facilities.
- To enhance self-esteem of weaker /slow learners / physically challenged students
- To help students from various social, economic, lingual backgrounds adapt to the requirements of college life in a cosmopolitan mega city.
- To ascertain students continuous progress on the path of self –awareness and discover new ways to develop their potential and talents to the fullest.
- To help the students in solving their personal, educational, social as well as psychological problems.
- To create awareness, prepare and motivate to create success stories and decipher plans to overcome life challenges
- o recommend and refer to Clinical Psychologist/ Professional Psychiatrist in case of any advance support required considering the severity.
- To organize workshops in the area of:-
 - a. Stress Management
 - b. Emotional Intelligence
 - c. Relaxation Techniques

ROLES AND RESPONSIBILITIES OF THE COORDINATORS AND MEMBERS

- Solve personal problems of students by conducting an individual counselling session
- Boost the self-esteem of weaker /physically challenged students.
- Diagnose the learning difficulties of students and help them to overcome the same.
- Help the students to overcome examination stress or fear.
- Conduct training program on counselling skills for faculty & staff.

- Conduct seminars for students on mental health and addiction issues.
- Refer the students to professional psychiatrists or counsellors in severe cases.
- Inform the parents about the psychological misbehaviour of the student.

FUNCTIONING OF THE COUNSELLING CELL

- **Professional Counselling Services:** Our CCC is made up of a group of seasoned experts who are prepared to listen, comprehend, and help students manage a variety of challenges, such as stress, anxiety, depression, relationship issues, academic pressure, and more. To protect the students' privacy and comfort, the sessions will always stay confidential.
- **Individualized Support:** We understand that every student has different needs and challenges. Our counsellors collaborate with you to create specialized plans and responses that cater to your unique needs. We are available to assist you whether you need a one-time talk or regular support.
- **Crisis Intervention:** Our CCC provides prompt assistance in times of crisis or pressing need.
- **Peer Support:** We promote a culture of connection and support among peers. Students can share their experiences, give advice, and foster a strong feeling of community through peer-led support groups that are facilitated by our CCC.
- **Addressing Diverse Issues:** Counselling cell address a wide range of issues, including academic stress, anxiety, depression, social problems, family issues, and career concerns.
- **Promoting Well-being:** They aim to promote students' overall well-being by fostering positive behavioral changes, improving interpersonal skills, and enhancing self-awareness.
- **Facilitating Positive Change:** Counsellors use various techniques, including individual and group counselling, to help students understand themselves, develop coping mechanisms, and make informed decisions.
- **Confidential and Non-Judgmental:** Counselling sessions are typically confidential and non-judgmental, creating a safe space for students to express their concerns.
- **Career Guidance:** Some counselling cells also offer career guidance and support, helping students explore different career paths and make informed decisions about their future.

ACTIVITIES AND SERVICES:

- **Individual and Group Counselling:** Providing one-on-one or group counseling sessions to address specific needs.
- **Awareness Programs:** Organizing workshops, seminars, and guest lectures to raise awareness about mental health issues and promote well-being.
- **Resource Information:** Providing information and resources related to academic, career, and personal development.
- **Referral Services:** Connecting students with external resources and professionals when necessary.
- **Collaboration with Other Departments:** Working in coordination with other departments, such as placement cells and academic departments, to provide comprehensive support.

OUTCOMES

Counselling cell helps students to work constructively towards life/career planning and helps them to plan and change their thinking behavior. Student counselling cell is more than just individual success; it also has a ripple effect on the entire educational system. For instance, when students receive effective counselling, they become more motivated and successful in their studies. This can lead to better grades, resulting in higher graduation rates and increased job opportunities for those individuals. Furthermore, this can help create an overall positive atmosphere within the college which can have far-reaching effects on student well-being and engagement in other activities such as extra-curricular or community service.

The Counselling Cell encourages the students to understand themselves and the issues that trouble them and guides them to resolve their problems. These problems can be personal, emotional, social, family, peer, academic, sexual, etc. This is done through individual or group counselling to help them with academic goals, social and personality development, career goals, enhancing listening skills, empathy and interpersonal skills to have healthy relationships and a healthy lifestyle.

Counselling cell provides an opportunity for any student to discuss in private any concerns which may be impacting on academic performance or personal health and well-being. In the course of the counseling process, student's strengths are highlighted and maximized with a focus on his self-growth, self-awareness and self-acceptance. Counselling may provide a chance to find a new perspective on the problem and often to become more accepting oneself. Counselling is generally offered on a one-to-one basis and is strictly confidential. The counselling cell of R.K.D. College, Patna **provides confidential support and guidance to students**

facing personal, academic, or career challenges, aiming to help them develop coping skills and achieve their potential.

Students having issues can reach out to the counselling team telephonically or personally. Their contact details are as follows

S.No	Name of the Member	Designation	Contact Details
01	Mrs. Smita Vaidehi	Coordinator	9716739339
02	Dr. Umesh Kumar Singh	Member	7903385352
03	Dr. Ashish Kumar	Member	9934464646
04	Mr. Subodh Choudhary	Member	9262687125
05	Dr. Jaya Dixit	Member	9899349677
06	Dr. Avinash Ranjan	Member	8507989826
07	Dr. Mayurakshi Rani	Member	9065736136

Dr. Ranjan Kumar (Mob No:9085270214)is our expert Psychologist for advices regarding mental health, stress and anxiety related issues .