

COUNSELLING CELL

Introduction:

A counselling cell is a service offered by businesses or institutions to help people who are going through emotional, psychological, or personal challenges. Typically, experienced counsellors who are able to offer confident support and advice to assist people manage with a range of obstacles, such as stress, anxiety, depression, interpersonal troubles, scholastic difficulties, and job worries, work in these cells.

Challenges and complexities are part of contemporary society. Through expert advice and counselling programmes, the Counselling Cell hopes to equip students with the tools they need to successfully navigate these issues. with the aim of addressing and assisting the student community's emotional and psychological problems. With assistance from a team of staff members, the principal, and a student counselor, government college Sanjauli will establish the "Counselling Cell" in the college grounds. Each student's individual potential, mental health issues, stress and anxiety, which is both inherent and hidden, is the main emphasis of this program.

Key functions of Counselling Cell include:

- To provide personalised counselling to students in accordance with their needs.
- To boost the self-esteem of pupils who are less capable, slower learners, or physically challenged.
- To assist pupils in getting over exam stress, anxiety, or phobia.

- To let the parents know about the student's psychological challenges.
- To assist kids in finding solutions to their psychological, educational, social, and personal issues.
- To aid students in developing a self-awareness of their interests, skills, aptitude, passion, and possibilities.
- To raise awareness, get ready, and inspire others to write success stories and figure out strategies for overcoming obstacles in life
- To create a sense of mutual understanding between the teacher and the learner.
- To undertake a Counselling Skills Training Programme for Professors and staff.

Objectives:

- To promote students' psychological well-being by ongoing assistance and advice tailored to their specific needs.
- To assist pupils in avoiding negative thinking and mending small emotional wounds.
- To assist students in understanding and accepting themselves "as they are" via individual and group therapy.
- To assist students in recognising their individual potentials and talents in order to attain academic goals, social and personality development, adjustment concerns, and professional ambitions.
- To enhance healthy relationships, increase listening skills, empathy development, and interpersonal abilities.
- Through psychoeducation programmes, to teach numerous psychological issues and good living practices.

- To keep counselling interventions secret unless the student is assessed to be in danger of personal injury or of causing harm to themselves or others. In such cases, the necessary individuals/agencies can be contacted.

Methodology:

