

# **Report on the Psychological Counselling Cell**

The Psychological Counselling Cell of our institution has been established with the primary objective of promoting mental health, emotional well-being, and personal growth among students and staff. In today's academic and social environment, learners often face a wide range of pressures—academic stress, peer pressure, career-related uncertainty, relationship issues, and emotional challenges. Recognizing the importance of providing structured psychological support, our college created the Counselling Cell as a proactive initiative to nurture mental resilience, positive coping strategies, and holistic well-being. The Cell functions as a safe and confidential space where students can freely express their concerns and receive guidance.

## **Motives of the Psychological Counselling Cell**

The Counselling Cell operates with a clear vision and set of objectives, which can be summarized as follows:

- Promoting Mental Health and Well-being
- Providing Emotional Support
- Helping in Academic Adjustment
- Career Guidance and Personal Growth
- Building Coping Skills and Resilience
- Addressing Behavioral and Interpersonal Issues
- Raising Awareness and Reducing Stigma
- Fostering Holistic Development

## **Activities of the Counselling Cell**

To achieve the above objectives, the Psychological Counselling Cell has undertaken a number of initiatives:

1. **Individual Counselling Sessions:** One-on-one counselling sessions are conducted where students confidentially discuss their personal, academic, or emotional concerns.
2. **Group Counselling:** Interactive group sessions are organized on topics like stress management, time management, communication skills, self-esteem, anger management, and exam preparation.
3. **Awareness Programs:** The Cell regularly organizes lectures, and talks by experts to spread awareness about mental health issues, coping strategies, and the importance of emotional well-being.
4. **Peer Support and Mentoring:** Trained student volunteers act as peer supporters to create a friendly and approachable system of guidance.
5. **Collaboration with Professionals:** The Cell collaborates with psychologists, psychiatrists, and social workers when specialized intervention is required.

6. **Helpline and Online Support:** Considering the growing use of technology, efforts are being made to provide online support and helpline services for students who cannot visit the Cell physically.

## Achievements of the Counselling Cell

The functioning of the Cell has led to several positive outcomes:

- Many students have successfully overcome issues of exam anxiety, low confidence, and emotional distress.
- Several students have received career guidance and successfully chosen appropriate academic or vocational pathways.
- Awareness drives have improved openness towards mental health discussions, reducing hesitation in seeking help.
- Workshops on resilience and stress management have improved students' coping abilities and academic performance.
- The Cell has helped build a culture of empathy, inclusivity, and peer support within the campus.

## Future Plans

To strengthen the role of the Counselling Cell, the following initiatives are proposed:

- Expanding the team of trained counsellors and volunteers.
- Introducing regular stress management programs, especially before examinations.
- Creating collaborations with hospitals, NGOs, and mental health organizations.
- Incorporating mental health education into the curriculum.
- Organizing wellness festivals and mindfulness training sessions.
- Conducting periodic surveys to assess students' needs and the effectiveness of counselling programs.

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