



KANORIA PG MAHILA MAHAVIDYALAYA, JAIPUR



# Centre For Counselling and Guidance

*Shaping values and emotions...*



## College Counselling Service: The Need Of the Day

Counselling is a support or helping process in which a counsellor holds face to face talks with another person to help him or her solve a personal problem, or help improve that person's attitude, behaviour, or character.

College students may experience a significant degree of stress as the result of these developmental opportunities, so a strong support system. Some of the areas where counselling is quite needed for the students are

- (a) Nurturing and Healing
- (b) Problem management
- (c) Decision Making
- (d) Crisis management
- (e) Support and life skills training

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## Objectives

- Provide counselling services to the students.
- Provide a safe and prejudice free space for students to communicate expectations, thoughts, emotions and, personal difficulties.
- Provide a positive and confidential environment for the students to interact freely with the counselor without any inhibitions.
- Spread mental health awareness in the campus.

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## When to approach a Counsellor?

- Uneasy or fearful in facing your parents because of your academic performance.
- Some awkward incidents happened in the campus, in the hostel, related to you or with others which is bothering you.
- Some strange behavior of your friends which may be alarming or unusual.
- Sometime you are not feeling well but don't know the actual reason.
- Confusion with career related decision.
- Facing any issue at home that is affecting academic life.

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## Students visit to family counseling cell, RUWA







## Lecture on Suicide Prevention and early signs of Suicide Ideation





## Committee Members



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