



Ref. No.: KRMU/Admin./O.O./2023-24/ 359

Dated: 23.09.2023

OFFICE ORDER

Subject: Establishment of Counseling & Mental Wellbeing Centre at K.R. Mangalam University.

This is in reference to KRMU/SOHS/Note/2023-24/ 011 dated 16.09.2023 wherein Counseling & Mental Wellbeing Centre was recommended to establish to address the emotional, social and behavioral issues of the students/staff members and to create a seamless and friendly environment to help each one of them with different approaches. In today's fast-paced and competitive life, individual face various issues in their life at different levels. Considering this as biggest challenge Center provides counseling and guidance to the students and Staff members.

Objective of Counseling & Mental Wellbeing Centre:

- To provide quality mental health care to the students and staff.
- To help the students solve their personal, educational, social, and psychological problems.
- To help students and staff develop coping skills.
- To enhance the self-esteem of weaker /slow learners / physically challenged students and staff.
- To help the students and staff members to overcome examination stress, anxiety, or phobia.
- To assist the student in planning for educational and vocational choices.
- To help the students know themselves regarding their interests, abilities, aptitude, passion, and opportunities.
- To create awareness, prepare, and motivate to make success stories and decipher plans to overcome life challenges.
- To establish a feeling of mutual understanding between student and teacher.
- To provide Guidance and Counselling services to individual outside the campus with nominal charges.

Services Offered: The Counseling Cell will offer a range of services including, but not limited to:

1. **Individual Counseling:** Students and staff members can schedule private sessions with counselors to discuss personal, academic, or emotional concerns.
2. **Group Counseling:** Small group sessions will provide students and staff members with a platform to connect with peers facing similar challenges, fostering a sense of community and shared support.



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3. **Workshops and Seminars:** The Counseling Cell will organize workshops and seminars on topics such as stress management, time management, study skills, building resilience and etc.
4. **Crisis Intervention:** Trained counselors will be available to address urgent and critical situations that may arise.
5. **Online Resources:** A dedicated web portal will offer self-help resources, articles, and tools to assist students in managing their mental well-being.

The Counseling & Mental Wellbeing Centre shall consist of the following members:

S.No	Designation	Name
1.	Dr. Suruchi Singh (Assistant Professor)	Chairperson
2.	Mr. Amit Kumar (Assistant Professor)	Member
3.	Dr. Manju Rani (Assistant Professor)	Member
4.	Ms. Vartika Singh (Assistant Professor)	Member

The tenure of the Counseling & Mental Wellbeing Centre members will be of two years from the date of this notification.

This is issued with the approval of competent authorities.



Registrar

Copy to:

- Vice Chancellor: For kind information
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- Dean Students Welfare
- All Dean/s of school and School Coordinator
- Controller of Examinations
- All Faculty and Staff Members
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