



B. N. C. E. T.

B.N. College of Engineering & Technology

(Approved by A.I.C.T.E (Ministry of H.R.D., Govt. of India & Affiliated to A.K.T.U, B.T.E., Lucknow (UP))

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Psychological Counselling Cell for Students, Faculty & Non-Teaching Staff

With the intent to address and help resolve emotional and psychological issues of the student community, the college has initiated the "Psychological Counselling Cell" under Manodarpan -MHRD initiative of GOI. Children and adolescents are more vulnerable and may experience a heightened level of stress, anxiety and fearfulness, along with a range of other emotional and behavioural issues. It is a student support service intended to help students adapt and make the best of their learning environment and provides a platform for all to seek psychosocial support from experts in the field of mental health, counsellors, psychologists and educationists. The main focus of Counselling Cell is to provide a nurturing environment wherein each student is empowered to face life challenges and move ahead to achieve their academic goals. The Counselling Cell encourages the students to understand themselves and the issues that trouble them and guides them to resolve their problems and side by side it provides a happy and comfortable environment to students to discuss their problems regarding their academic and social life too. The cell also provides motivational, psychiatry and therapy sessions.

Objectives

- To provide psycho- social support and counselling to students, faculty & non-teaching staff for their mental health and well- being.
- To facilitate positive behaviour changes.
- To improve student's ability to establish and maintain relationships socially, promoting their decision making process.
- To help students to understand their own potential and cope effectively with the problems they face.
- To support the students in their academic and social pressures.


Roles and Responsibility

The role of the counselling cell is to bring about positive behavioural changes in the students, faculty & non-teaching staff and improve their ability to make their own decisions, understand their true potential and cope effectively with everyday problems they face. The Psychological Counselling Committee comprise of teaching faculty of the college. The committee identifies students who require services on priority along with their areas of deficiency and suggests the improvement required. The students once identified, are given academic as well as personal counselling. The counsellors of the cell are trained to assess, diagnose and treat students dealing with their day to day problems that 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. The counsellors motivate and support the students regularly in every kind of behavioural issues by offering support through listening and responding in a non-judgemental and confidential way, thereby, ensuring the students become well-adjusted and productive while dealing with anxiety and stress.

Psychological Counselling Cell Members

S. No.	Name of the Member	Designation	Phone Number
1	Dr. Nandini Johri	Advisor	9984805777
2	Dr. Shikha Shukla	Convener	9450447867
3	Dr. Ruchi Singh	Member	9794302776
4	Mr. Aditya Mishra	Member	8879011771
5	Mr. Vivek Rai	Member	8299839926


Prof. (Dr.) Upama Misra
Director General

CC to:

1. Hon'ble Chairman Sir: for his kind information
2. Hon'ble Vice Chairman Sir: for his kind information
3. Director BNCET: for his information
4. Principal Polytechnic: for information
5. Registrar: for information
6. All HODs: for information
7. Concerned Members: for information & necessary action
8. Website Coordinator: for uploading on the Institute Website
9. ERP System Coordinator: for uploading on the Institute ERP
10. All Notice Boards
11. Office file