

# **Student Counseling Cell**

The Student Counselor Cell at **Malla Reddy (MR) Deemed to be University**, (formerly Malla Reddy Engineering College) is established to provide psychological, emotional, academic, and career-related support to students. The Cell aims to ensure a nurturing environment that promotes mental health, personal growth, and academic success, in accordance with the guidelines set by the University Grants Commission (UGC).

## **1. Objectives:**

The objectives of the Student Counselor Cell are:

1. To address the mental health challenges faced by students through accessible counseling services.
2. To provide academic guidance and career counseling tailored to individual needs.
3. To foster resilience, confidence, and interpersonal skills among students.
4. To organize awareness programs on mental health and emotional well-being.
5. To maintain confidentiality and a non-judgmental approach in all interactions with students.

## **2. Scope of the Cell**

This policy applies to all students enrolled in [Institution Name]. The Cell is responsible for providing counseling services, addressing student grievances related to mental health, and promoting overall well-being.

## **3. Functions of the Cell**

1. **Mental Health Support:**

- Offer individual and group counseling sessions to help students cope with stress, anxiety, and other mental health concerns.
- Provide crisis intervention and support during emergencies.

**2. Academic Guidance:**

- Help students identify their strengths and weaknesses to improve academic performance.
- Offer remedial classes and coaching for competitive exams, if needed.

**3. Career Counseling:**

- Guide students in exploring career options and making informed decisions.
- Conduct workshops on resume writing, interview preparation, and skill development.

**4. Awareness Programs:**

- Organize seminars and workshops on topics like stress management, time management, and interpersonal skills.
- Promote awareness about mental health and the importance of seeking help.

**5. Confidential Support:**

- Ensure that all counseling sessions are conducted in a confidential and non-judgmental manner.

## **4. Composition of the Cell**

The Student Counselor Cell will consist of the following members:

- 1. Qualified Counselors:** Professionals with expertise in psychology, counseling, or mental health support.
- 2. Faculty Advisors:** Faculty members trained in student counseling and guidance.

3. **Student Mentors (optional):** Peer mentors trained to offer preliminary support and refer students to counselors when needed.
4. **Administrative Representative:** Responsible for providing logistical and operational support to the Cell.

## **5. Roles and Responsibilities**

The Student Counselor Cell will perform the following roles:

1. **Mental Health Support:**
  - Offer one-on-one and group counseling sessions to students.
  - Provide crisis intervention and support during emergencies.
2. **Academic Guidance:**
  - Help students identify academic challenges and provide solutions, including time management and study techniques.
  - Arrange remedial classes or mentorship programs for struggling students.
3. **Career Counseling:**
  - Guide students in exploring career options and preparing for the job market.
  - Conduct workshops on resume building, interview skills, and personal branding.
4. **Awareness and Outreach:**
  - Organize seminars and workshops on stress management, emotional intelligence, and positive thinking.
  - Create campaigns to reduce stigma around seeking counseling.
5. **Data and Reporting:**
  - Maintain confidential records of counseling sessions and prepare non-identifiable reports on trends or challenges faced by students.
  - Submit an annual report to the institution's administration outlining the Cell's activities and impact.

## **6. Code of Conduct**

1. All interactions with students must be conducted in a respectful and confidential manner.
2. Discrimination based on caste, gender, religion, disability, or socio-economic status will not be tolerated.
3. Counselors must adhere to professional ethics and maintain the dignity of the profession.

## **7. Infrastructure and Facilities**

The institution shall provide adequate infrastructure to the Cell, including:

- A designated counseling room that ensures privacy and confidentiality.
- Necessary resources such as computers, career guidance materials, and mental health toolkits.

## **8. Reporting and Accountability**

1. The Student Counselor Cell will submit quarterly activity reports to the institution's administration.
2. Feedback from students will be collected periodically to assess the effectiveness of the Cell's initiatives.