

COUNSELLING CELL, SAMAGURI COLLEGE

History:

Modern society is accompanied with all perplexities and challenges. Counselling cell intends to empower students to face these challenges effectively through professional guidance and counselling programs with the intent to address and help resolve emotional and psychological issues of the student community of Samaguri College. The college has initiated the “Counselling Cell” in the college premises with the help of a team of members along with Principal.

Counselling cell is a process that aims to facilitate personal well being of the students through support and guidance of trained counsellors, for a healthy mind and body. This counselling cell will function respecting the students’ privacy so that they are free to explore their concerns, feelings and behaviour. The cell will be indebted by law and ethics to report issues that indicate a students’ welfare may be in jeopardy.

Aim of the Counselling Cell

The aim of the counselling cell is to promote positive behavioural changes by helping them to improve their capability and cope effectively with the problems they confront.

Objectives of the Counselling Cell

Counselling cell is formed to accomplish the following goals:

1. To facilitate psychological well being of the students through continuous support and guidance based on their needs.
2. To abet students in staying away from detrimental thoughts and healing their minor emotional hurts.
3. To support the students to understand and accept themselves “as they are”, through individual and group counselling.

4. To educate on various psychological topics and healthy life-style practices through psycho- education programs.

Key functions of counselling cell

1. To counsel students through individual counselling sessions based on their needs.
2. To enhance self-esteem of weaker/slow learners/ physically challenged students.
3. To help the students to overcome examination stress, anxiety or phobia.
4. To recommend and refer to clinical psychologist or professional psychiatrists in case of any advance support required considering the severity.
5. To inform parents about psychological misbehaviour of the student.
6. To help the students in solving their personal, educational, social as well as psychological problems.

Counselling Committee of Samaguri College

Co-ordinator : Dr. Lakshmi Talukdar, contact no. 9365780433

Member : Mrs. Bithika Borah, contact no. 6000500282

: Md. Rofiqul Islam, contact no. 7002280727