



## Counselling Cell

### Concept Note:

The growing pressure to excel everywhere often leads to emotional or psychological turmoil, thus Every individual wishes to lead a healthy and fruitful life. And, in order to achieve it an individual goes through lengths to ensure the peace and contentment he truly deserves. In such a scenario, knowing oneself becomes a need of utmost importance, as one can never commit to his duties and purpose of life without knowing his capabilities, thought process, emotions and behaviors. With today's highly competitive environment, it is not unusual for students of all age to experience social, personal, or academic problems in their day to day life. Counseling Cell, AURO University primarily aims to create awareness among students about themselves, create a road map of their growth, and equip oneself to handle challenges in life and thus attaining the inner peace.

disturbing one's peace of mind. According to APA (American Psychological Association) since 1990s, university and college counseling centers have been experiencing shift in the needs of students seeking counseling services from developmental and informational needs to psychological problems. A majority of respondents noted increases over the past 5 years of anxiety disorders, crises requiring immediate response, psychiatric medication and clinical depression. In a 2016, survey of students by the American Health Association, 52.7 % of students surveyed reported feeling that things were hopeless and 39.1 % reported feeling so depressed that it was difficult to function during the past 12 months.

The time has passed when such a thought was considered as just a pipe dream. With the advent of psychology, accurate psychometric assessments and awareness of healthy mental health wellbeing, it is considered as an optimum goal of AURO University Counseling Cell to promote and assist individual to realize their innermost potential and enhance essential skills to experience happiness. With proper psychological services, students are able develop and maintain healthy relationships with others in campus, faculty and staff. It also has a positive impact on academic success, retention and personal well-being.

**Vision:**

- AURO University Counselling Cell passionately strives to create a behavioral healthcare avenue that is capable of upholding, supporting and maintaining psychological wellbeing of the students.
- To develop human potential to its fullest extent so that intellectually capable and imaginative gifted leaders can emerge in a range of professions.

**Mission:**

- The mission of AURO University Counselling Cell is to aid in the emotional and psychological development of students in the university environment for the purpose of enhancing performance; handling social, educational, personal and professional challenges with positive attitude.
- To undertake collaborative projects in university and society which offers platform for individuals to develop their overall mental well-being

**Key Processes**

- Regular counseling sessions for students referred by Self/Faculties/Parents/ Management.
- Maintenance documents related to referrals/sessions and relevant assessment reports.
- Diagnosing various mental, emotional, and behavioral concerns through variety of psychotherapies.
- Constant follow ups with students for improvements and developments.
- Review of relevant literature, synthesize evidence-based materials and translate complex behavioral health concepts.
- Administration of psychometric assessments whenever required for students and faculties.
- Awareness workshops and campaigns.
- Conducting research through interviews, surveys and observations.
- Mental and Physical health enhancement workshops and seminars for underprivileged children of all the age groups.