Outward No.:SPACC/AICTE/ACAD/ESSENTAILS/34/2025-26 Date: 07/01/2026

Establishment of platform or hiring counsellors for seeking help and guidance w.r.t psychological counselling related to Mental Health for Students, faculty and non-teaching faculty.

Recognizing the importance of mental health and well-being among its students, faculty, and nonteaching staff, the college has established a platform for hiring counselors to provide assistance, guidance, and psychological counseling services. Here's a detailed overview of this initiative:

1. **Establishment of Counseling Services Platform:**

   The college has set up a dedicated platform for hiring counselors, either through internal recruitment or external agencies, to offer psychological counseling services to students, faculty, and non-teaching staff. This platform serves as a centralized resource for accessing mental health support and guidance within the college community.

2. **Access to Professional Counselors:**
   The counseling services platform provides access to qualified and experienced counselors who specialize in addressing various mental health concerns, including stress, anxiety, depression, academic pressures, interpersonal conflicts, and other psychological challenges commonly faced by individuals in academic environments. These counselors are trained to provide confidential and non-judgmental support to individuals seeking assistance.
3. **Availability of Counseling Sessions:**
   Counseling sessions are made available to students, faculty, and non-teaching staff on a scheduled basis, either through in-person consultations or virtual appointments. The counseling platform ensures flexibility in scheduling sessions to accommodate the diverse needs and preferences of individuals seeking support.

4. **Confidentiality and Privacy:**
   The College prioritizes confidentiality and privacy in its counseling services, ensuring that all interactions between counselors and individuals seeking assistance are kept confidential and conducted in a safe and supportive environment. Counselors adhere to professional ethics and confidentiality standards to protect the privacy and confidentiality of clients' personal information and discussions.
5. **Promotion of Mental Health Awareness:**
   The College actively promotes mental health awareness and destigmatization through its counseling services platform. The college organizes awareness campaigns, workshops, seminars, and guest lectures on mental health topics to educate the college community about the importance of mental health, self-care practices, and available support resources. These initiatives aim to foster a culture of openness, empathy, and support for mental health issues within the college community, encouraging individuals to seek help when needed and reducing barriers to accessing mental health services.
6. **Collaboration with External Agencies:**
   The College collaborates with external mental health organizations, counseling centers, hospitals, or community-based organizations to enhance the scope and effectiveness of its counseling services platform.

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