



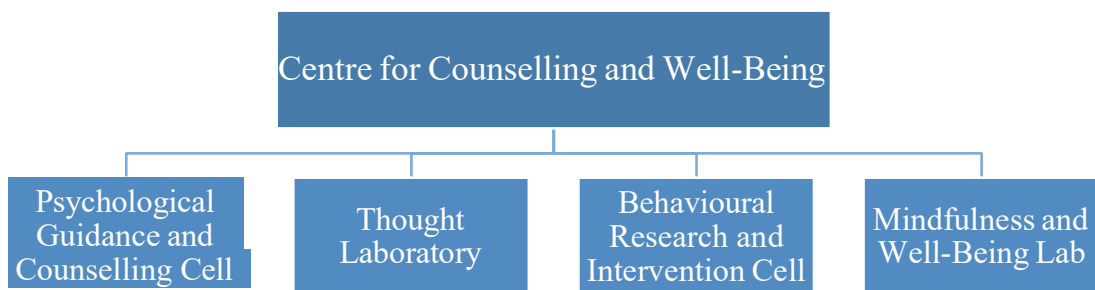
Considering the UGC mandate regarding mental health services in educational institutions and keeping in view the NEP 2020, Guru Jambheshwar University of Science & Technology, Hisar has established the centre for counselling and wellbeing to support the overall wellbeing of its students, staff and faculty as well as the local community. The Centre for Counselling and Well-Being aspires to work in the direction of promotive and preventive aspect of mental health and well-being so as to achieve personal and professional excellence. The centre aims to conduct studies and policy researches on happiness and well-being, promote positive mental health, positive youth development, conflict resolution and to address the issues related to stress, anxiety and other mental health concerns. The centre for Counselling and Well-Being, GJUS&T envisions to work for holistic wellness of students and employees of the university and to equally serve the community at a large.

VISION: To achieve the goal of sustainable mental health and well-being for all.

MISSION: To practice and promote the scientific research and training in the area of promotive and preventive aspects of mental health so as to achieve the goal of optimal functioning with enhanced well-being of students, professionals, organizations and community at large.


MECHANISM/PEDAGOGY: The objectives of the Centre for Counselling and Well-Being would be achieved through counselling services, by organizing workshops, training programmes, community outreach programmes, policy researches, psychotherapeutic sessions and certificate courses.

SUB-PARTS OF THE CENTRE: Psychological Guidance and Counselling Cell, Thought Laboratory, Behavioural Research and Intervention Cell and Mindfulness and Well-Being Lab are the sub parts of the centre and will work under the centre for counselling and wellbeing.





ADMINISTRATIVE STRUCTURE:

DIRECTOR:

	Prof. Sandeep Rana, Deptt. of Psychology, GJUS&T, Hisar	Director	sandeephisar@ gmail.com	01662-263704
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ASSOCIATE DIRECTOR:

	Prof. Rakesh Kumar Behmani, Deptt. of Psychology, GJUS&T, Hisar	Associate Director	rakeshgjust@gmail.com	01662-263704
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	Dr. Taruna, Deptt. of Psychology, GJUS&T, Hisar	Associate Director	tarunagera@gjust.org	01662-263704
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STUDENT COUNSELLING GROUP (SCG) HAVING REPRESENTATION FROM ALL THE DEPARTMENTS AND HOSTELS.

FACULTY CO-ORDINATOR FOR THE STUDENTS COUNSELLING AND WELL-BEING:

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NOTICE/CIRCULAR:

ACTIVITIES:

Empowering Educators for Counselling and Mentoring Skills (September 4,2019)

The workshop was helpful in understanding the importance of psychological health and made the educators aware of the basic counselling skills and their contribution to personal growth, academic success, and well-being of the university students. The workshop also focused on building interpersonal and communication skills among the students while keeping the environment positive and nurturing.



Meditation - The Secret to Lasting Happiness

(18 September,2019)

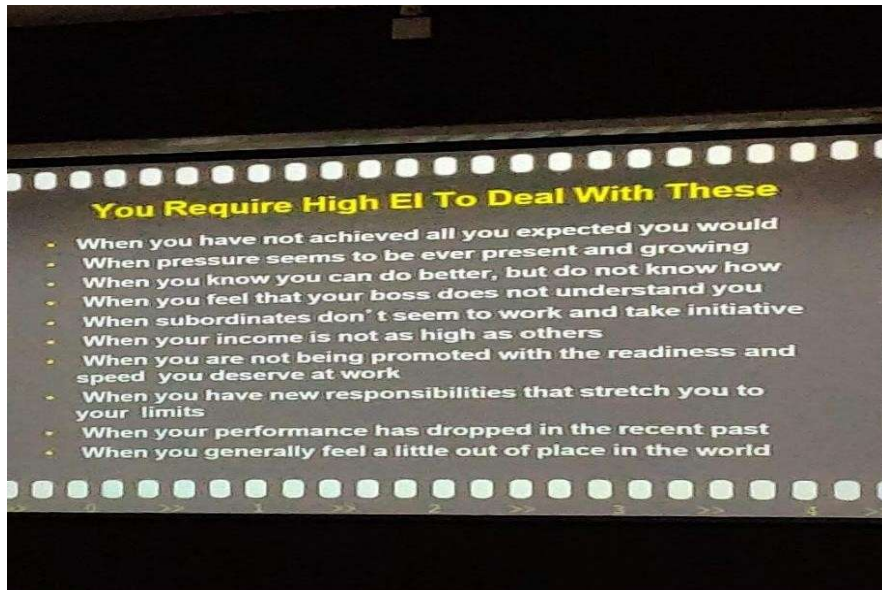
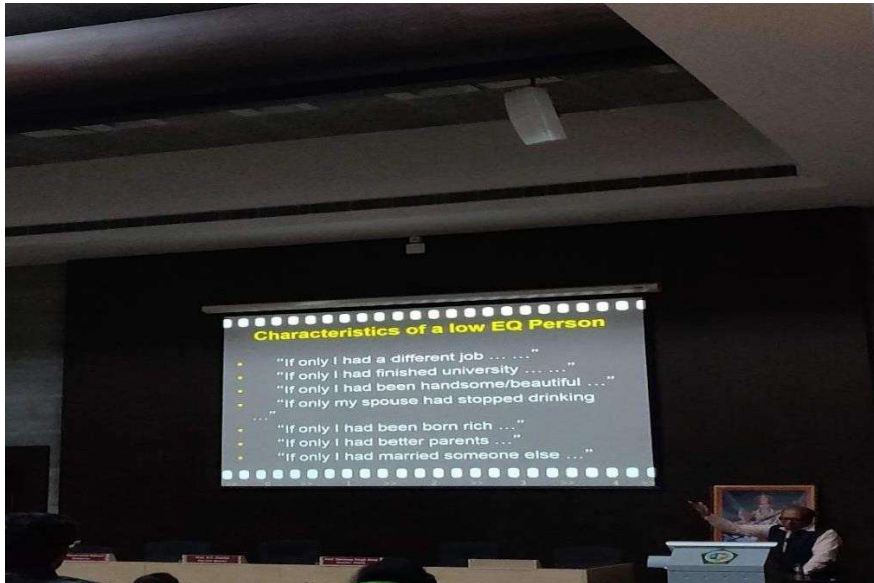
The workshop focussed on educating participants about the benefits of meditation and its effect on happiness. The students were made familiar about the techniques of stress management and concertation. It was also highlighted that meditation helps in academic success and overall well-being.



Work shop on Emotional Intelligence by Prof. N.K Chadha


(05 March,2020)

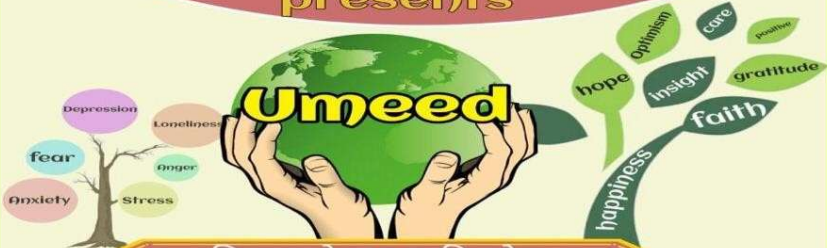
The workshop's main theme was how emotional intelligence is essential for success in various areas of life. The session also covered the value of emotional intelligence in developing self-awareness, self-regulation, and conflict resolution abilities.




“UMEED”–COVID-19 Helpline

This helpline was established to provide psychological counselling to the students and other stakeholders of the university. Psychological Guidance and Counselling Cell launched psychological helpline “UMEED” during COVID-19 to address the mental concern during COVID-19.


Psychological Guidance and Counselling Cell
Guru Jambheshwar University
of Science & Technology, Hisar
 presents



निराशा से आशा की ओर
COVID-19 Helpline

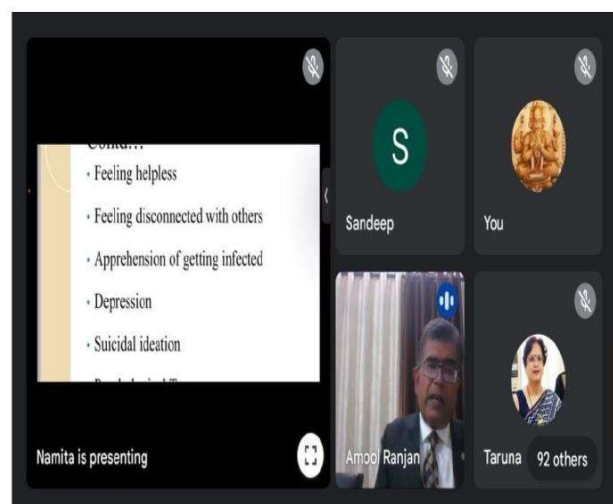
 feel free to call

Psychological Counselling for students during pandemic of COVID-19

Phone Number	Timing
9255110772	10:00 am - 12:00 noon
9671003264	12:00 noon - 02:00 pm
9053554692	02:00 pm - 03:00 pm
8607422333	03:00 pm - 04:00 pm
9896271775	04:00 pm - 05:00 pm

COVID-19 & Mental Health: Challenges and Solutions by Dr. Amool Ranjan (20th January, 2022)

Considering the unprecedented mental health scenario due to COVID-19 pandemic, the session addressed the current psychological needs of the students and staff members.



Holistic Wellness by Dr. Prem Masand (09 March,2022)

The objective of the workshop was developing life skills among students to deal challenges of everyday life. The workshop educated the participants about holistic wellness, stress reduction, mental health and meditation and spiritual practices for inner peace.



Workshop on “Meditation for Healthy Living” (26 July ,2023)

The workshop was organised to teach the participants simple meditation practices which they use regularly along with their academic and professional life. The keynote speaker talked in details about benefits of meditation and spirituality in one’s life.



Workshop on “Emotional Resilience for Happiness & Well-being” by Prof. Sandeep Singh Rana (24 August 2023)

The workshop was specially organised for research scholars pursuing their doctorate degree in different departments of the university. More than 250 PhD research scholars participated in the workshop. The workshop focussed on the importance of building resilience and to deal with the academic stress and other challenges in life. The workshop also emphasized the importance of expressing gratitude and positive self-talk. The simple mindfulness techniques were taught to the participants in order to make them self aware and focussed.