



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.

## Centre for Counselling and Well-Being



### **ADMINISTRATIVE STRUCTURE:**

#### **DIRECTOR:**

 <b>Prof. Sandeep Rana,</b> Deptt. of Psychology, GJUS&T, Hisar	Director	sandeephisar@gmail.com	01662-263704
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#### **ASSOCIATE DIRECTOR:**

 <b>Prof. Rakesh Kumar Behmani,</b> Deptt. of Psychology, GJUS&T, Hisar	Associate Director	rakeshgjust@gmail.com	01662-263704
 <b>Dr. Taruna,</b> Deptt. of Psychology, GJUS&T, Hisar	Associate Director	tarunagera@gjust.org	01662-263704

#### **STUDENT COUNSELLING GROUP (SCG) HAVING REPRESENTATION FROM ALL THE DEPARTMENTS AND HOSTELS.**

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

##### **1. DEPT. OF CHEMISTRY, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. T.S. Chundawat	99104-36314	<a href="mailto:tejpalsingh@gjust.org">tejpalsingh@gjust.org</a>
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Ms. Khushi Regn. No. 240050510027	79888-08477	<a href="mailto:khushichoudhary007@gmail.com">khushichoudhary007@gmail.com</a>
2	Ms. Khushi Regn. No. 210050520049	93504-55602	<a href="mailto:khushibura2003@gmail.com">khushibura2003@gmail.com</a>

##### **2. DEPT. OF CIVIL ENGINEERING, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Sahil Kaushik	99922-23555	<a href="mailto:sahilkaushik@gjust.org">sahilkaushik@gjust.org</a>
Sr. No.	Name of Two Students	Contact Number	E-mail ID

1	Lalita	70569-37472	dv7056102844@gmail.com
2	Akshay	89018-20217	akshaychahal220@gmail.com

### 3. DEPT. OF PHYSIOTHERAPY, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Alka Pawalia	94683-49944	alkapawalia@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Jatin(BPT 4 <sup>th</sup> year)	98965-07725	jduggal41@gmail.com
2	Muskan Kaushik (MPT 2 <sup>nd</sup> year-Neurology)	93060-55872	muskankaushik298@gmail.com

### 4. DEPT. OF PHYSICS, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Vandana Nagpal	83769-84679	vandanaganagpal@gjust.org
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Ms. Mahak	97291-98408	mahaksharma1608@gmail.com
2	Mr. Akhil	98171-04612	akhilkumar12003@gmail.com

### 5. DEPT. OF COMPUTER SCIENCE & ENGINEERING, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Prof. Jyoti	94167-80344	jyoti.vst@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Mr. Rahul	98133-93115	rahulcse93115@gmail.com
2	Mr. Manish Kumar	90508-98034	manishyadav30042004@gmail.com

### 6. DEPT. OF YOGA SCIENCE, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Mr. Parkash	98129-46213	parkash.29@gjust.org
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Sunaina Saharan	98101-31841	sunainasaharan08@gmail.com
2	Abhishek	99967-07175	raoabhishek319@gmail.com

### 7. NCC, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Kavita Bahmani	97290-42239	kavitabahmani@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Anu	82228-47870	annujangra0602@gmail.com
2	Abhijeet	97292-48322	abhijeetsinghshekhwat@gmail.com

### 8. DEPT. OF LAW, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Amit Kumar	89505-23582	amitpunia505@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Ankita	99911-11798	ankitasangwan260203@gmail.com
2	Abhimanyu	72061-59139	abhimanusagar00@gmail.com

### 9. DEPT. OF MATHEMATICS, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Prof. Kapil Kumar	94163-03875	kapilkalkal_gju@rediffmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID

1	Mr. Amit Panghal	95419-18500	amit250995@gmail.com
2	Mr. Vishal Kumar	95186-85620	vmunda359@gmail.com

**10. DEPT. OF MECHANICAL ENGINEERING, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Mr. Rajender Singh	99920-85355	<a href="mailto:rajenderme@gjust.org">rajenderme@gjust.org</a>
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Tussar Sharma	97295-61035	<a href="mailto:tsharma190904@gmail.com">tsharma190904@gmail.com</a>
2	Sonu	86078-93059	<a href="mailto:sinhmarsonu21@gmail.com">sinhmarsonu21@gmail.com</a>

**11. Boys Hostel No. 1, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Som Dutt	93177-24477	<a href="mailto:somdutt1947@gmail.com">somdutt1947@gmail.com</a>
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Anil Kumar Dogra	93177-01207	<a href="mailto:anilkumardogra95@gmail.com">anilkumardogra95@gmail.com</a>
2	Ashish Jangir	84260-23064	<a href="mailto:ashishjangir107@gmail.com">ashishjangir107@gmail.com</a>

**12. BOYS HOSTEL NO. 2, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Hemant Kalra	94645-85015	<a href="mailto:happykalra26@gmail.com">happykalra26@gmail.com</a>
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Neeraj Kumar	72064-38636	<a href="mailto:vans00731@gmail.com">vans00731@gmail.com</a>
2	Bhanu Partap	84502-17947	<a href="mailto:sahildigarwal62@gmail.com">sahildigarwal62@gmail.com</a>

**13. Boys Hostel No. 3, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Bijender Kaushik	99920-69060	<a href="mailto:bijenderkaushik@gjust.org">bijenderkaushik@gjust.org</a>
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Abhijeet Singh (B.Tech)	97292-48322	<a href="mailto:abhijeetsinghshekhwat8@gmail.com">abhijeetsinghshekhwat8@gmail.com</a>
2	Aman Chauhan	79838-62769	<a href="mailto:aman.chauhan3127@gmail.com">aman.chauhan3127@gmail.com</a>

**14. DEPT. OF GJJMIRS, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Ramswaroop, Asstt. Professor.	97820-05752	<a href="mailto:ramswaroopjhawar@gjust.org">ramswaroopjhawar@gjust.org</a>
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Preeti	82219-15844	<a href="mailto:preetiverma98961@gmail.com">preetiverma98961@gmail.com</a>
2	Banty	86077-66427	<a href="mailto:rajputbanty037@gmail.com">rajputbanty037@gmail.com</a>

**15. DEPT. OF PRINTING TECHNOLOGY, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Pankaj Kumar	93555-30669	<a href="mailto:pankajtewari@gjust.org">pankajtewari@gjust.org</a>
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Urvashi	70823-36705	<a href="mailto:urvashirunda@gmail.com">urvashirunda@gmail.com</a>
2	Sushil	70825-15305	<a href="mailto:sushilverma@gmail.com">sushilverma@gmail.com</a>

**16. DEPT. OF ENGLISH AND FOREIGN LANGUAGE, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Mandeep Kaur	89013-41787	<a href="mailto:mandeepkaur@gjust.org">mandeepkaur@gjust.org</a>
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Vishakha	92755-45209	<a href="mailto:sainivishakha949@gmail.com">sainivishakha949@gmail.com</a>

2	Chanchal	99920-03103	chanchalsainihsr123@gmail.com
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**17. DEPT. OF PHARMACIUTICAL SCIENCE, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Prof. D.C. Bhatt	98967-89938	db16205@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Mr. Udesh Sheoran	70272-60135	uppinsheoran58@gmail.com
2	Ms. Preeti	82875-83550	preetyprajapati9740@gmail.com

**18. DEPT. OF APPLIED PSYCHOLOGY, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Gaurav	82955-91707	
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Aditi Sehrawat	74041-06170	aditisherawat03@gmail.com
2	Kaushal	95885-28028	kaushalnagil@gmail.com

**19. DEPT. OF GEOGRAPHY, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Sh. Arvind	94161-01829	bishnoiarvind1994@hotmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Somya	79881-37546	somyabishnoi90@gmail.com
2	Ritik Sharma	82954-72826	ritiksharma115002@gmail.com

**20. HARYANA SCHOOL OF BUSINESS, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Suresh Kumar Bhaker	74041-22179	skbhaker123@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Mr. Kapil (MBA Fin.- 240101040006)	82954-96385	advkapilsingla@gmail.com
2	Mrs. Neetu (MBA Mkt.- 240101050024)	70153-76348	neetubishnoi5@gmail.com

**21. DEPT. OF ARTIFICIAL INTELLIGENCE AND DATA SCIENCE, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Amandeep	94674-48484	am.noliya@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Riteeka	94667-55346	riteekadudi74@gmail.com
2	Rahul	98120-12646	rsihagds@gmail.com

**22. NSS, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Vinita	94682-65456	vinita669@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Aniket	72060-89560	aniketharitosh01@gmail.com
2	Rina Kumari	87087-68487	reenapunia588@gmail.com

**23. YOUTH RED CROSS, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Mahadev Parshad	94164-89538	mparshad1980@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Ms. Ritu	70828-31131	degeitu4249@gmail.com

2	Mr. Aaditya	99964-73718	adityabagri1929@gmail.com
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**24. DEPT. OF COMMERCE, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Vijeta	94662-78444	vijeta.kukreja86@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Lakshita	82219-42449	lakshitasati11@gmail.com
2	Jahnavi	93503-38106	jahanvibishnoi2003@gmail.com

**25. DEPT. OF FOOD TECHNOLOGY, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Er. Neha Kumari	90170-26656	knehayadav@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Nachiketa	96805-04205	nachiketabhatt2003@gmail.com
2	Kumari Sanju	70829-62957	sanjusheoran0004@gmail.com

**26. DEPT. OF EEE, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Vinod	94984-62423	vinodspec@yahoo.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Govind (230151520042)	85700-63415	govindsaini00100@gmail.com
2	Aayush	93069-64356	mehraayush8@gmail.com

**27. DEPT. OF ECONOMICS, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Kiran Devi	97285-10479	kiraneconomics2@gjust.org
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Kashish	79883-98312	kashishmalik980@gmail.com
2	Deepti Maan	84939-75874	deeptimaan1010@gmail.com
3	Aarju	90502-73361	mirokaarju@gmail.com

**28. DEPT. OF ENV. SC. & ENGG., GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Pushpa Rani	70159-58317	ppvishnoi.in@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Mr. Rishi Mittal	83073-69337	rishimittal.cool@gmail.com
2	Ms. Anjali Yadav	79279-77738	anjaliy112@gmail.com

**29. DEPT. OF DEAN INTERNATIONAL AFFAIRS, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Prof. Archana Kapoor	79886-76825	archanakapoor@gjust.org
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Saloman	73558-05597	sol.zerfu@gmail.com

**30. Girl Hostel No. 1, GJUS&T, HISAR**

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Anita Rani Gill	94166-46870	shineanitagill2121@gmail.com
Sr. No.	Name of Two Students	Contact Number	E-mail ID
1	Mahak Yadav	98176-01064	yadavmahak2121@gmail.com
2	Kritika	82956-43089	kritikarao765@gmail.com

**31. Girl Hostel No. 2, GJUS&T, HISAR**

<b>Sr. No.</b>	<b>Name of Faculty member</b>	<b>Contact Number</b>	<b>E-mail ID</b>
1	Dr. Santosh Bhukal	95697-61057	<a href="mailto:santosh25@gjust.org">santosh25@gjust.org</a>
<b>Sr. No.</b>	<b>Name of Two Students</b>	<b>Contact Number</b>	<b>E-mail ID</b>
1	Payal	74042-27847	<a href="mailto:payalsisandiya116@gmail.com">payalsisandiya116@gmail.com</a>
2	Bharti	72068-38034	<a href="mailto:biwalharti4@gmail.com">biwalharti4@gmail.com</a>

**32. Girl Hostel No. 3, GJUS&T, HISAR**

<b>Sr. No.</b>	<b>Name of Faculty member</b>	<b>Contact Number</b>	<b>E-mail ID</b>
1	Dr. Vandana	83769-84679	<a href="mailto:vandanaganagal@gjust.org">vandanaganagal@gjust.org</a>
<b>Sr. No.</b>	<b>Name of Two Students</b>	<b>Contact Number</b>	<b>E-mail ID</b>
1	Yashika	99960-70199	<a href="mailto:yashikayadav0369@gmail.com">yashikayadav0369@gmail.com</a>
2	Tanisha	95885-22797	<a href="mailto:tanisha261023@gmail.com">tanisha261023@gmail.com</a>

**33. Girl Hostel No. 4, GJUS&T, HISAR**

<b>Sr. No.</b>	<b>Name of Faculty member</b>	<b>Contact Number</b>	<b>E-mail ID</b>
1	Dr. Vinita	94682-65456	<a href="mailto:vinita669@gmail.com">vinita669@gmail.com</a>
<b>Sr. No.</b>	<b>Name of Two Students</b>	<b>Contact Number</b>	<b>E-mail ID</b>
1	Deepika	99925-55009	<a href="mailto:deepikapannu80@gmail.com">deepikapannu80@gmail.com</a>
2	Neha Duhan	89010-80611	<a href="mailto:nehaduhan04@gmail.com">nehaduhan04@gmail.com</a>

**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)**

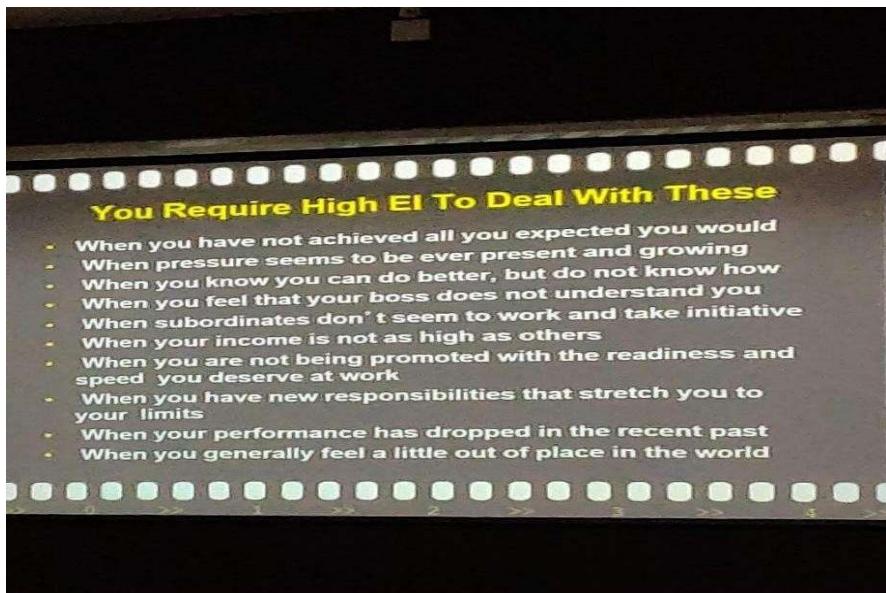
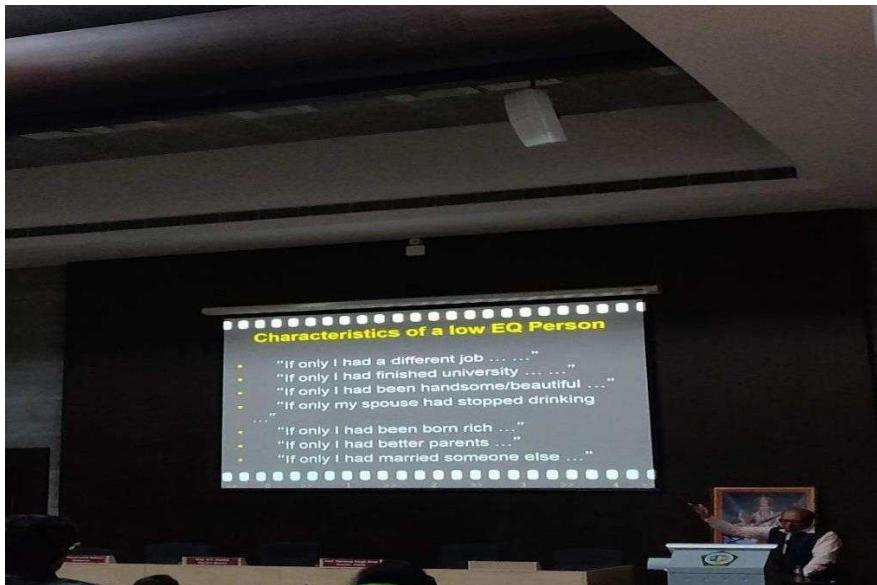
The workshop focussed on educating participants about the benefits of meditation and its effect on happiness. The students were made familiar about the techniques of stress management and concertation. It was also highlighted that meditation helps in academic success and overall well-being.



# **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.



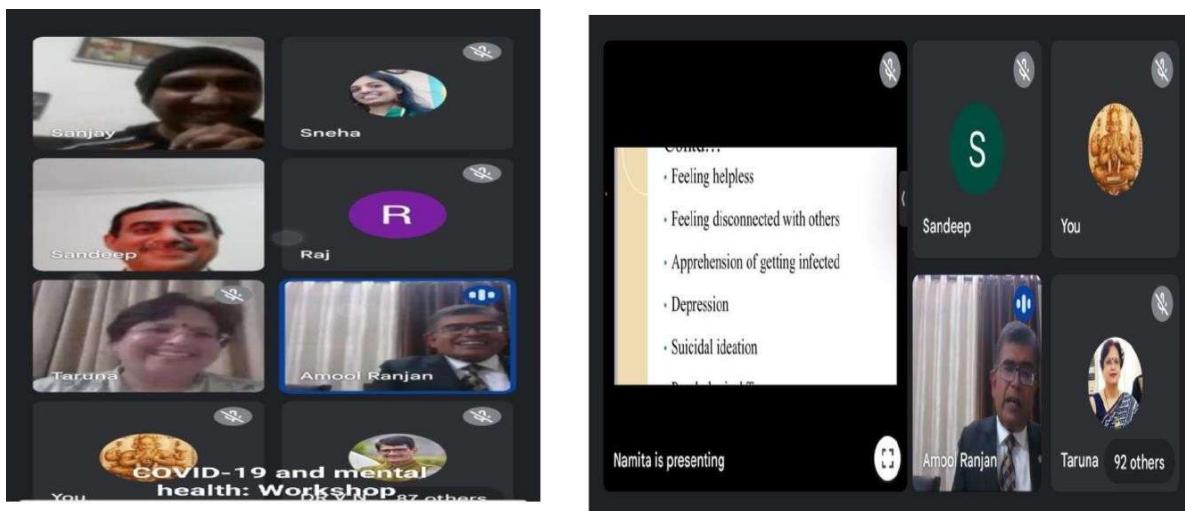
## “UMEED”–COVID-19 Helpline

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.



## 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.