



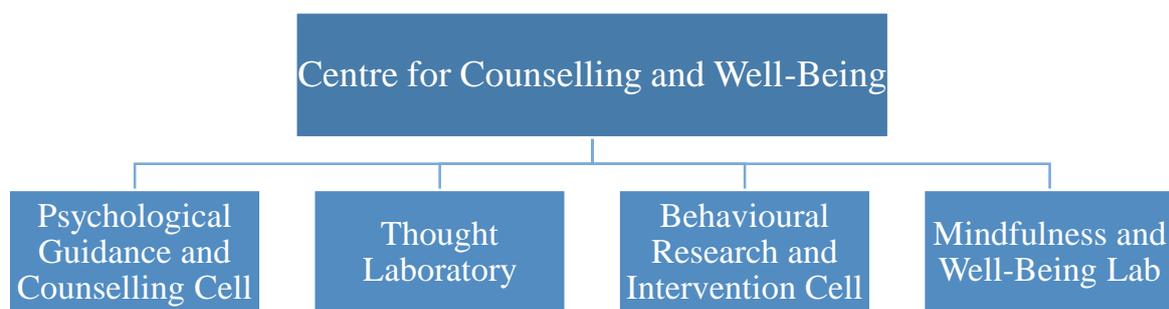
Considering the UGC mandate regarding mental health services in educational institutions and keeping in view the NEP 2020, Guru Jambheshwar University of Science & Technology, Hisar has established the centre for counselling and wellbeing to support the overall wellbeing of its students, staff and faculty 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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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 PHYSICS, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Hardev Saini	97289-15004	hardevft@gmail.com

2. DEPT. OF PHARMACEUTICAL SCIENCES, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Manoj Kumar	94660-44774	manojmedal05@gmail.com

3. DEPT. OF Bio & Nano Technology, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Prof. Anil Kumar Bhankar	94165-33004	bhankhar@gmail.com
2	Dr. Sapna Grewal	94165-97896	sapnagrewal29@gjust.org

4. DEPT. OF ECONOMICS, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Manoj Kumar, Asstt. Prof.	87088-96304	manojkumareconomics@gmail.com

5. DEPT. OF ELECTRICAL ENGINEERING, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Rajender	94165-95960	rejandera@gmail.com

6. DEPT. OF ENV. SCIENCE & ENGINEERING, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Anu Gupta	85700-98119	anu339@gmail.com
2	Dr. Anita Singh Kirrolia	90504-17740	anitakirrolia@gjust.org

7. DEPT. OF APPLIED PSYCHOLOGY, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Priyanka	96713-14603	priyanka02gju@gmail.com

8. DEPT. OF COMPUTER SCIENCE & ENGINEERING, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Prof. Jyoti Vashishta	87083-68689	jyoti.vst@gmail.com
2	Dr. Deepak Nandal	86850-00345	gju.dpknandal@gmail.com

9. DEPT. OF COMPUTER SCIENCE & ENGINEERING, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Kalpana (Dept. of Hindi)	97282-89099	ksnrw16@gmail.com

10. DEPT. OF FOOD & TECHNOLOGY, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1.	Prof. Manish Kumar	98961-64879	gjumaniksh@gmail.com
2.	Prof. Alka Sharma	98121-55510	alkasharma@gmail.com

11. DEPT. OF ELECTRONICS AND COMMUNICATION ENGINEERING, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Manisha Jangra	94669-04502	manisha.05.86@gmail.com
2	Mr. Sardul Singh Dhayal	70153-58934	sardulsingh@gmail.com

12. DEPT. OF MATHEMATICS, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Sandeep Singh	94660-37643	sandeep_gjtu@yahoo.co.in

13. DEPT. OF DATA SCIENCE, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Mr. Parul Raj	82950-47892	paruraj88@gmail.com

14. NCC(GIRLS), GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Prof. Meenakshi Bhatia	92552-36844	meenaxibhatia@gmail.com

15. NCC(GIRLS), GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Prof. Rajiv Kumar, Coordinator, NCC	98966-53588	rajivtamak@gmail.com

16. BOYA HOSTEL NO. I, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Vizender Singh	88820-00020	vsihag3@gmail.com

17. BOYA HOSTEL NO. II, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Vivek Gupta	94181-24480	vivekgupta.skg@gmail.com

18. BOYA HOSTEL NO. III, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Amandeep Noliya	94674-48484	am.noliya@gmail.com

19. BOYA HOSTEL NO. IV, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Manoj Yadav	94168-07410	manojkoslia91@gmail.com

20. GIRL HOSTEL NO. I, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Jyoti Kataria	94684-83427	ranij9280@gmail.com

21. GIRL HOSTEL NO. II, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Anu Gupta	01662-263191	anu339@gjust.org

22. GIRL HOSTEL NO. III, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Kalpana	97282-89099	ksnrw16@gmail.com

23. GIRL HOSTEL NO. IV, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Vinita	94682-65456	coordinatorgh4@gjust.org

24. WOMEN WORKING HOSTEL NO. IV, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Anju Gupta	88148-47999	coordinatorwwh@gjust.org

25. DEPTT. OF ENGLISH AND FOREIGN LANGUAGES, GJUS&T, HISAR

Sr. No.	Name of Faculty member	Contact Number	E-mail ID
1	Dr. Pallavi, Asstt. Prof.	92153-36123	pallavichahar6@gmail.com

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.



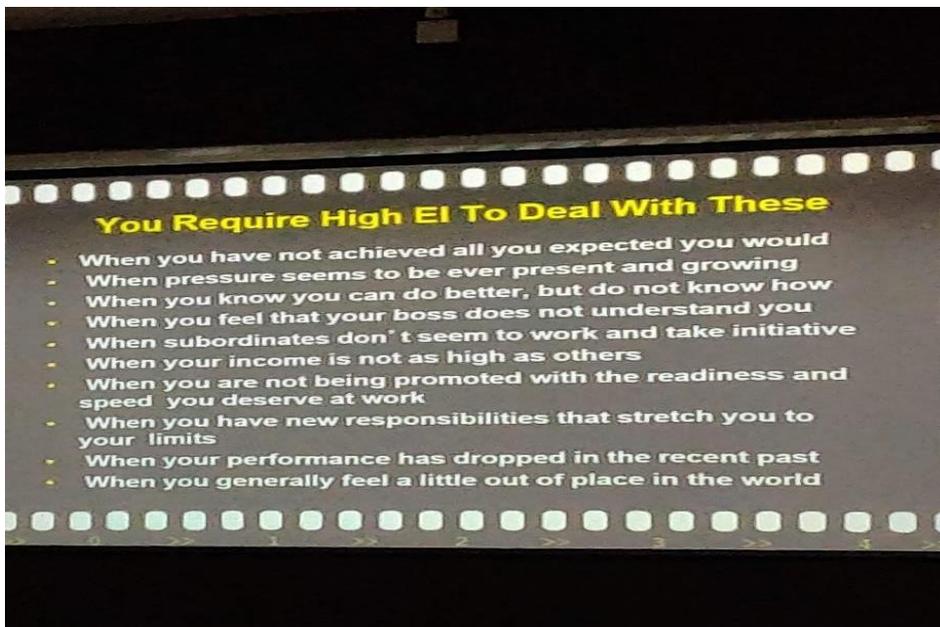
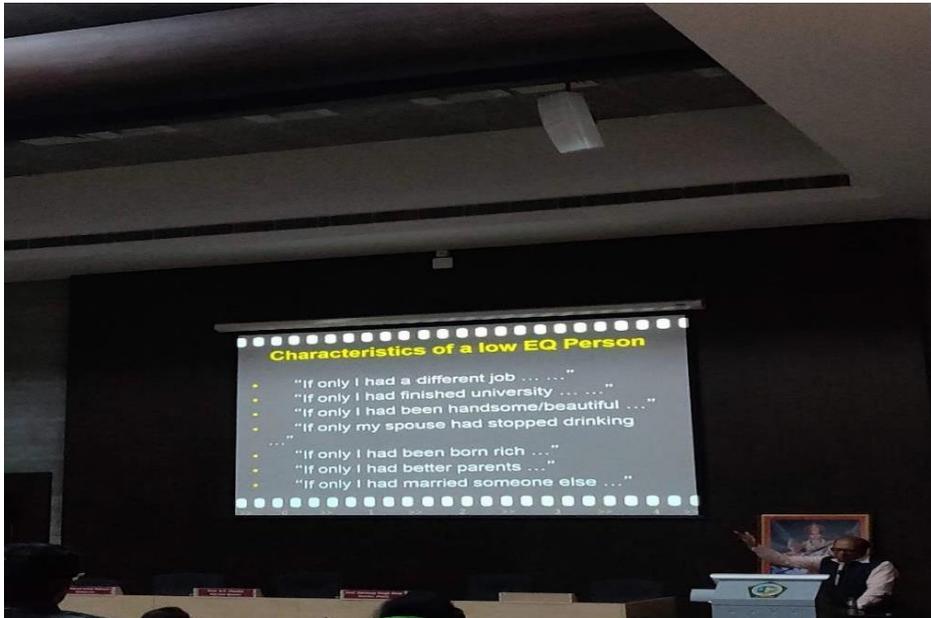
Meditation - The Secret to Lasting Happiness (18 September,2019)

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.

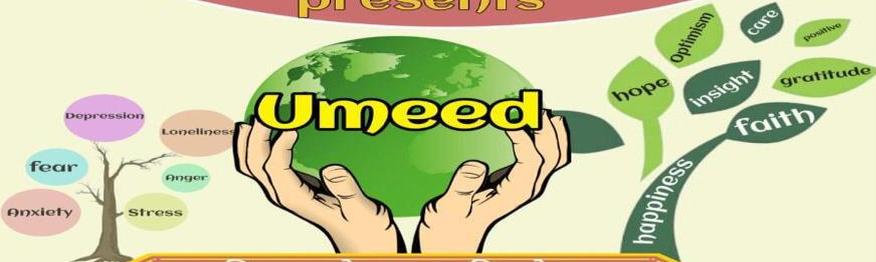


“UMEED”–COVID-19 Helpline

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



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COVID-19 Helpline

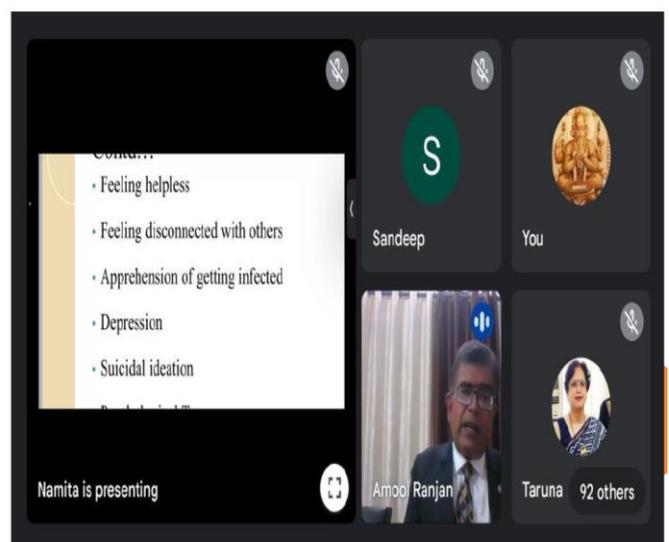
feel free to call

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

Psychological Counselling for students during pandemic of 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.