

**COUNSELLING
AND
MENTAL WELLBEING CENTRE
(WE DOST)**



ANNUAL REPORT (2023-24)

K. R. Mangalam University- Gurugram.

In today's fast-paced and competitive life, individual face various issues in their life at different levels. Considering this as biggest challenge Counselling and Mental Wellbeing Centre (We Dost) established in K.R. Mangalam University with office order no. KRMU/admin./O.O./2023-24/3591 dated 23.09.2023. The centre addresses the emotional, social and behavioural issues of the students/staff members. The objective of Counseling & Mental Wellbeing Centre is as following:

Objective

- To provide quality mental health care to the students and staff.
- To help the students solve their personal, educational, social, and psychological problems.
- To help students and staff develop coping skills.
- To enhance the self-esteem of weaker /slow learners / physically challenged students and staff.
- To help the students and staff members to overcome examination stress, anxiety, or phobia.
- To assist the student in planning for educational and vocational choices.
- To help the students know themselves regarding their interests, abilities, aptitude, passion, and opportunities.
- To create awareness, prepare, and motivate to make success stories and decipher plans to overcome life challenges.
- To establish a feeling of mutual understanding between student and teacher.
- To provide Guidance and Counselling services to individual outside the campus with nominal charges.

Services

The centre provided a variety of services to students and staff, including individual counseling, group counseling, crisis intervention, and workshops and training. This year, most of the services were delivered in-person, with only two cases being handled through tele-counseling.

Case Profile in the Centre

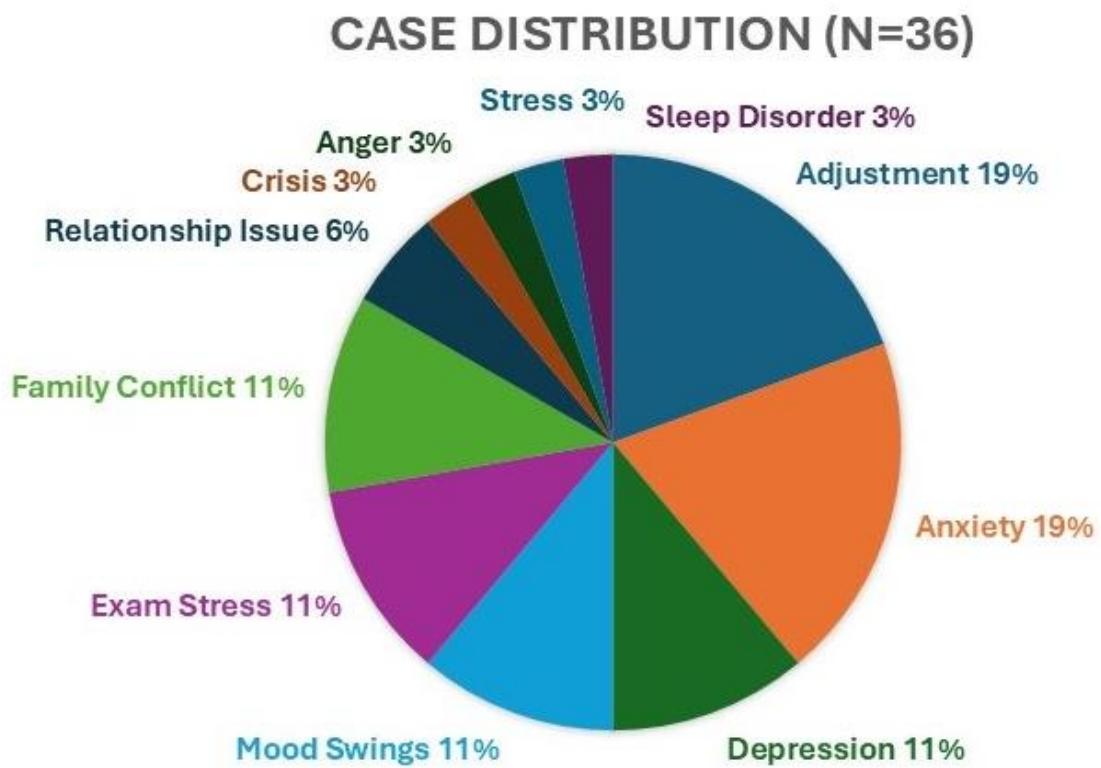
The centre addressed a wide range of issues, including adjustment difficulties, anxiety, mood regulation, anger, depression, and exam-related stress. Details of the cases are provided in the table below.

Gender	Gender and Case Distribution (2023-24), N=36										
	Adjustment	Anger	Anxiety	Crisis	Depression	Exam Stress	Family Conflict	Mood Swings	Relationship Issue	Sleep Disorder	Stress
Female (n=17)	04	00	04	01	03	02	02	00	00	01	00
Male	03	01	03	00	01	02	02	04	02	00	01

Gender Distribution:

Female= 47.22

Male= 52.78



Team of Counsellors and Leadership

- Dr. Suruchi Singh (Assistant Professor- Psychology)- Chairperson
- Dr. Manju Rani (Assistant Professor- Psychology)- Member Counsellor
- Ms. Vartika Singh (Assistant Professor- Psychology)- Member Counsellor
- Mr. Amit Kumar Yadav (Assistant Professor- Psychology)- Member Counsellor

Events (Workshop/ Training/ Awareness Program)

To promote mental well-being, the center organized programs focusing on key areas such as stress management, building resilience, and developing healthy relationships for the students and staff of K R Mangalam University. The list of events is as follows:

Sr. No.	Event Title	Date	Venue	Resource Person	Coordinator
1.	National Youth Day Expressing Your Inner Peace: Bonfire And Talent Hunt	12.01.2024	Hostel, KRMU	Not Applicable	Dr. Manju Rani
2.	Counseling Skills Training-Workshop	28.11.2023	Bosch lab	Dr. Nudrat Jahan (Assoc. Prof.)	Dr. Manju Rani
3.	Stretching and Let go Through Yoga	07.11.2023	Yoga Meditation Hall, KRMU	Rajiv Rangan (Yoga Teacher)	Vartika Singh
4.	Building Mental Toughness to Overcome Challenges in College Life- Expert Session	31.10.2023	Moot Court, KRMU	Balvinder Kumar (Retd. IAS)	Dr. Manju Rani
5.	Developing Healthy Relationships- Expert Session	31.10.2023	C414, KRMU	Lakshmi Kanan (Management Professional)	Dr. Manju Rani
6.	Mental Health Festival-Visit	03.10.2023	AIIMS, New Delhi	Not Applicable	Dr. Suruchi Singh



Figure 1 National Youth Day



Figure 2 Counseling Skills Training- Workshop

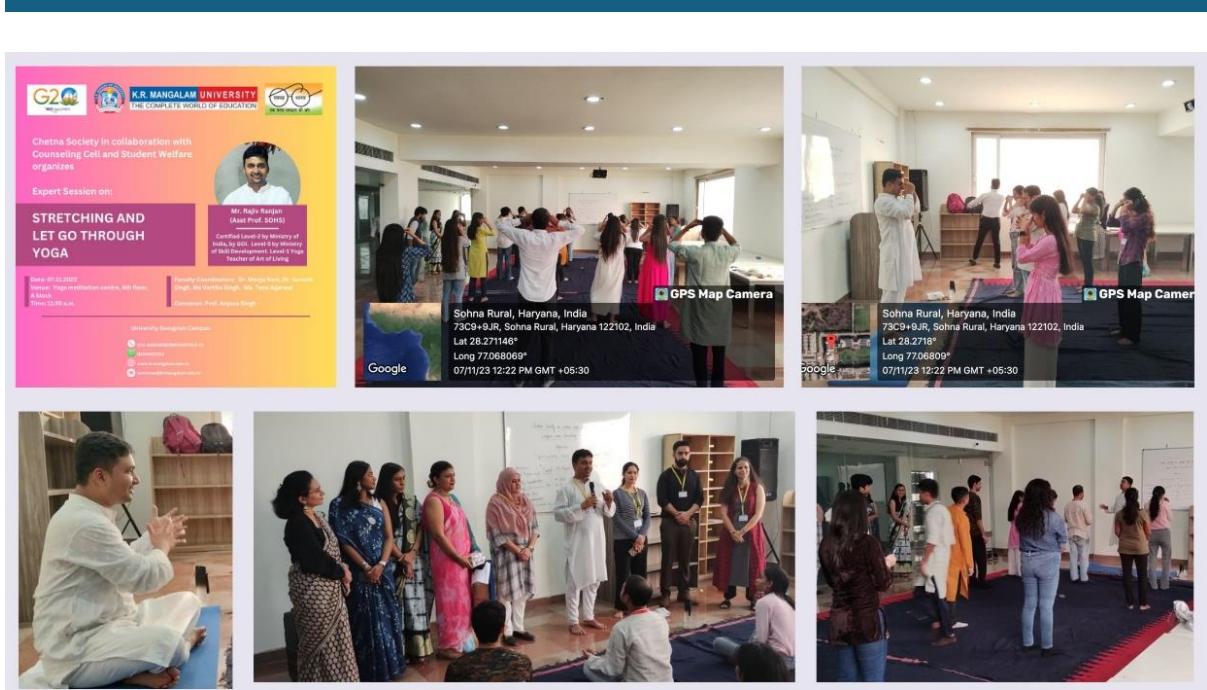


Figure 3 Stretching and Let go Through Yoga



Figure 4 AIIMS Mental Health Festival-Visit

Maintenance of Professional Standard

The Counseling and Mental Wellbeing Centre (We Dost) adheres to national and international guidelines to uphold professional ethics and standards. Some of these include:

- UGC GUIDELINES

TITLE- Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well Being at Higher Educational Institutions of India.

Web Link- https://www.ugc.gov.in/pdfnews/9666273_Guidelines-for-students-health.pdf

- AMERICAN PSYCHOLOGICAL ASSOCIATION PROFESSIONAL ETHICS

APA Ethical Principles of Psychologists and Code of Conduct (2017)

Web Link- <https://www.apa.org/ethics/code/ethics-code-2017.pdf>

- MENTAL HEALTH CARE ACT- 2017 GOVERNMENT OF INDIA

TITLE- The Mental Healthcare Act, 2017

Web Link- <https://www.indiacode.nic.in/bitstream/123456789/2249/1/A2017-10.pdf>

- NATIONAL MENTAL HEALTH POLICY OF INDIA, 2014

Web Link- https://nhm.gov.in/images/pdf/National_Health_Mental_Policy.pdf