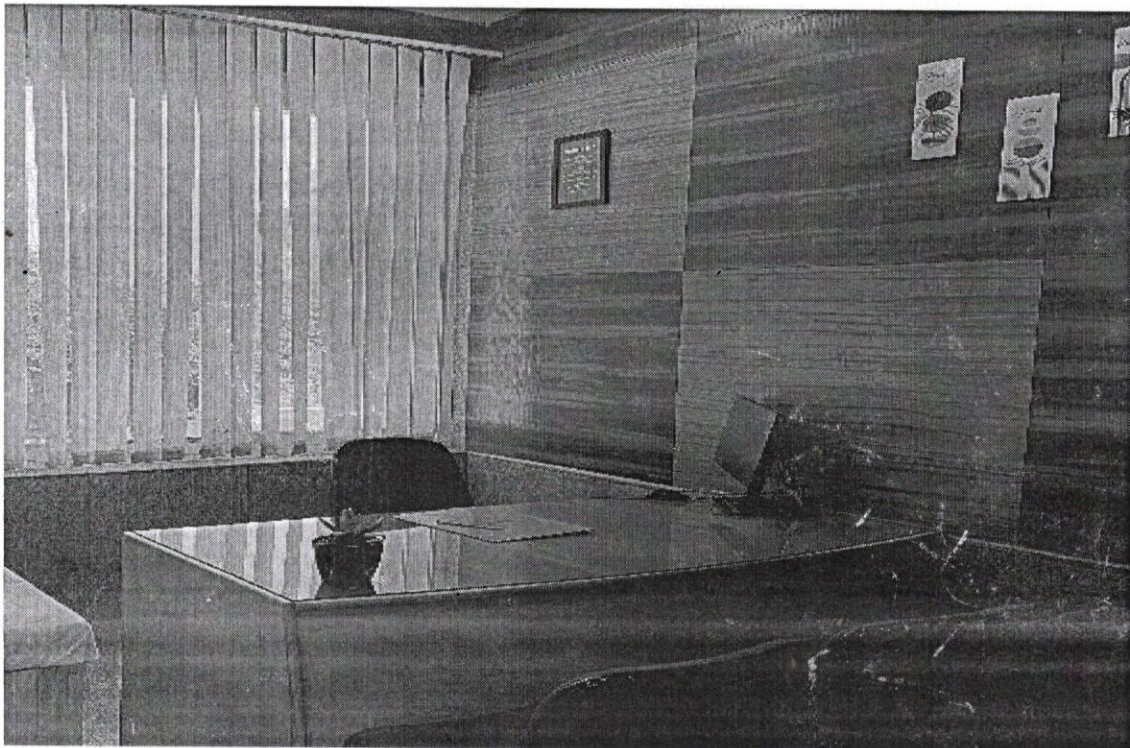




K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

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



Individuals are increasingly confronted with a wide range of challenges that impact their personal, academic, and professional lives. These issues can arise at various stages and may affect one's emotional, social, and psychological well-being. Acknowledging the growing need for mental health support and holistic care, K.R. Mangalam University took a proactive step by establishing the *Counselling and Mental Wellbeing Centre (We Dost)* through office order no. KRMU/Admin./O.O./2023-24/3591, dated 23.09.2023.

The Centre serves as a dedicated space where students and staff can seek guidance and support to navigate emotional difficulties, social concerns, and behavioral challenges. It is committed to fostering a nurturing and empathetic environment that promotes mental resilience, personal growth, and overall well-being.

The primary objectives of the Counselling and Mental Wellbeing Centre are as follows:

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.

Services

The centre provided a variety of services to students and staff, including individual counseling, group counseling, crisis intervention, and workshops and training. The services were delivered in-person at the centre.

ANNUAL REPORT 2024-25

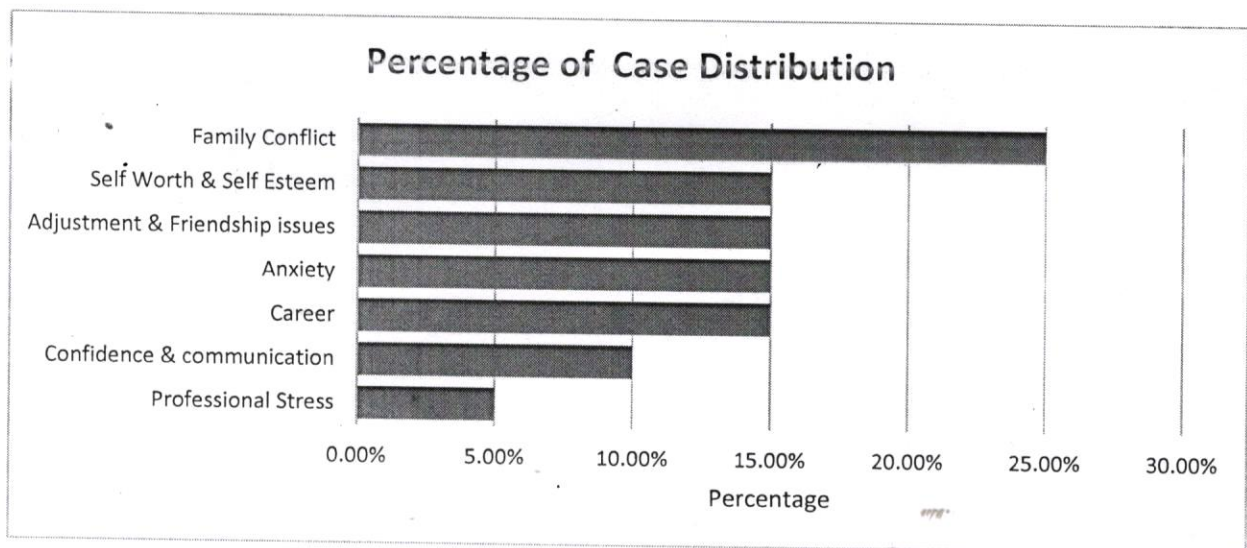
Case Profile in the Centre

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

Gender	Gender and Case Distribution (2024-25), N=20						
	Adjustment & Friendship issues	Anxiety	Professional Stress	Self-Worth & Self Esteem	Family Conflict	Career	Confidence & communication
Female	2	1	0	1	3	1	0
Male	1	2	1	2	2	2	2
Total	3	3	1	3	5	3	2

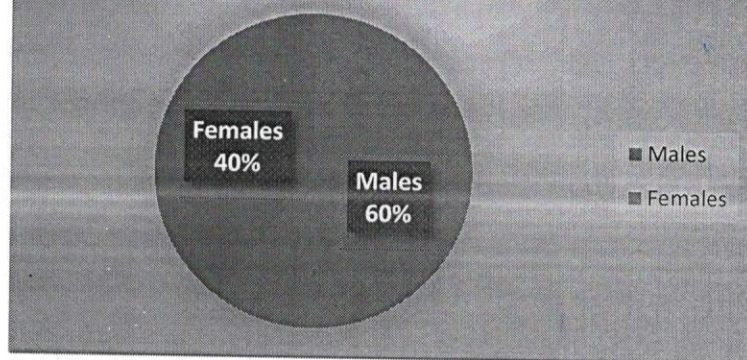
Staff	3
Students	17

Males	12
Females	8

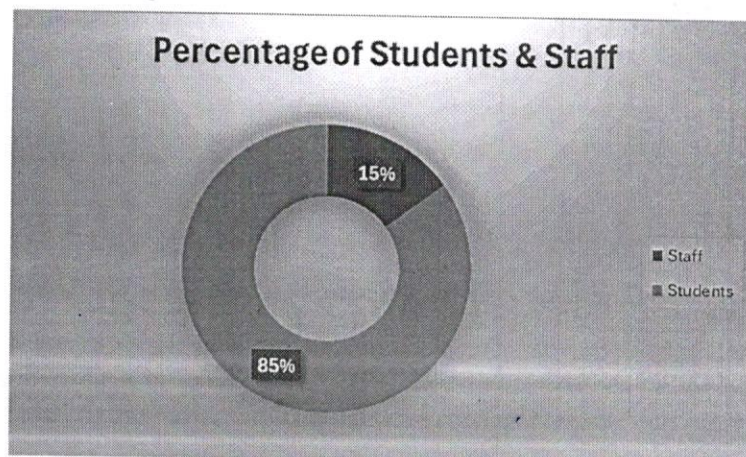


Case Distribution	Percentage
Family Conflict	25.00%
Self Worth & Self Esteem	15.00%
Adjustment & Friendship issues	15.00%
Anxiety	15.00%
Career	15.00%
Confidence & communication	10.00%
Professional Stress	5.00%
Grand Total	100.00%

Percentage of Males & Females



Percentage of Students & Staff



Team of Counsellors and Leadership


- Dr. Anjana Singh, Dean Student Welfare
- Dr. Anshul Saluja, Assistant Dean Student Welfare
- Ms. Jaasindah Rafiq, Counselling Psychologist


Events (Workshop/ Training/ Awareness Program)

In an effort to promote mental well-being among the students and staff of K R Mangalam University, the center organized a series of thoughtfully designed programs. The programs aimed to create a positive and nurturing environment that encourages personal growth, emotional balance, and overall psychological well-being within the university community.

The list of events is as follows:

Sr. No.	Event Title	Date	Venue	Resource Person	Coordinator
1.	Awareness about Mental Health Services at WE DOST	23.01.2025	A-213, A Block	Ms. Preeti Yadav	Ms. Preeti Yadav
2.	Awareness about Mental Health Services at WE DOST	27.01.2025	A-213, A Block	Ms. Preeti Yadav	Ms. Preeti Yadav
3.	Awareness about Mental Health Services at WE DOST	03.02.2025	A-213, A Block	Ms. Preeti Yadav	Ms. Preeti Yadav
4.	Awareness about Mental Health Services at WE DOST	04.02.2025	A-213, A Block	Ms. Preeti Yadav	Ms. Preeti Yadav
5.	Awareness about Mental Health Services at WE DOST	11.02.2025	A-213, A Block	Ms. Preeti Yadav	Ms. Preeti Yadav
6.	Managing Rage: Triggers and Anger Management Strategies	18.02.2025	Multipurpose Hall, A Block	Ms. Kanchan Gaur (Psychologist ; Founder SAMSARA Foundation)	Ms. Preeti Yadav


K.R. MANGALAM UNIVERSITY
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Counselling and Mental Wellbeing Centre We Dost
Under the aegis of Students Welfare

Organizes

AN EXPERT SESSION ON

AWARENESS ABOUT MENTAL HEALTH SERVICES AT WE DOST


 **January 2025**

 **A213**

The students of KRMU are invited to attend the session

Conveners
Prof. (Dr.) Anjana Singh
DSW

Coordinator
Ms. Preeti Yadav
(Psychology Counsellor, We Dost)

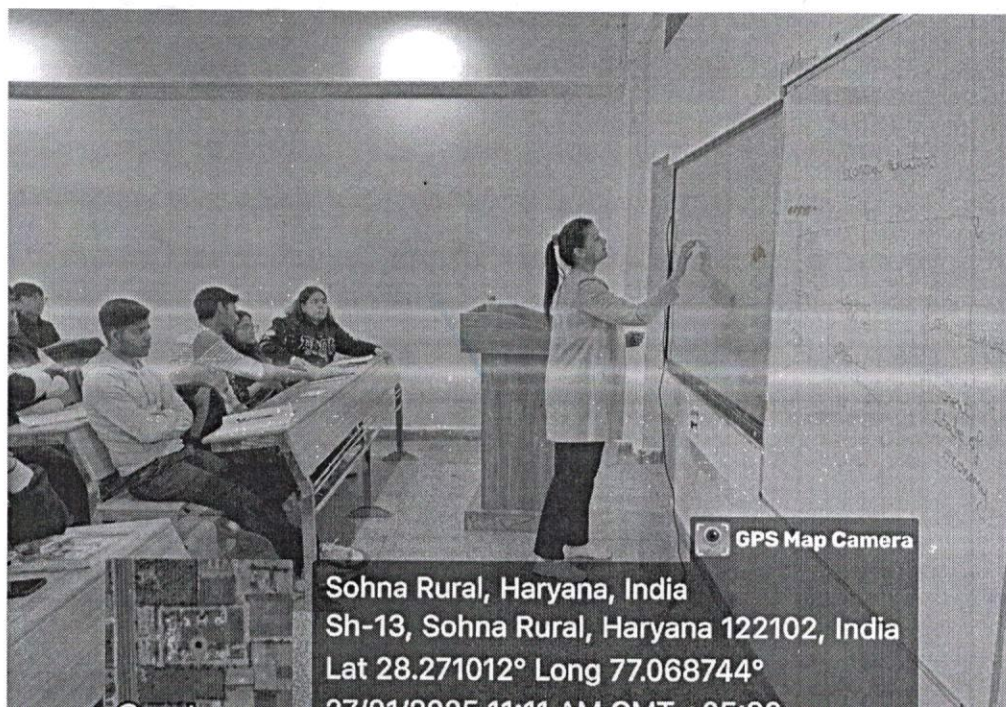


Resource Person
Ms. Preeti Yadav
(Psychology Counsellor)

University Gurugram Campus: T 011-46664888 / 8800697010-15 • 8800697012 • www.krmangalam.edu.in • welcome@krmangalam.edu.in

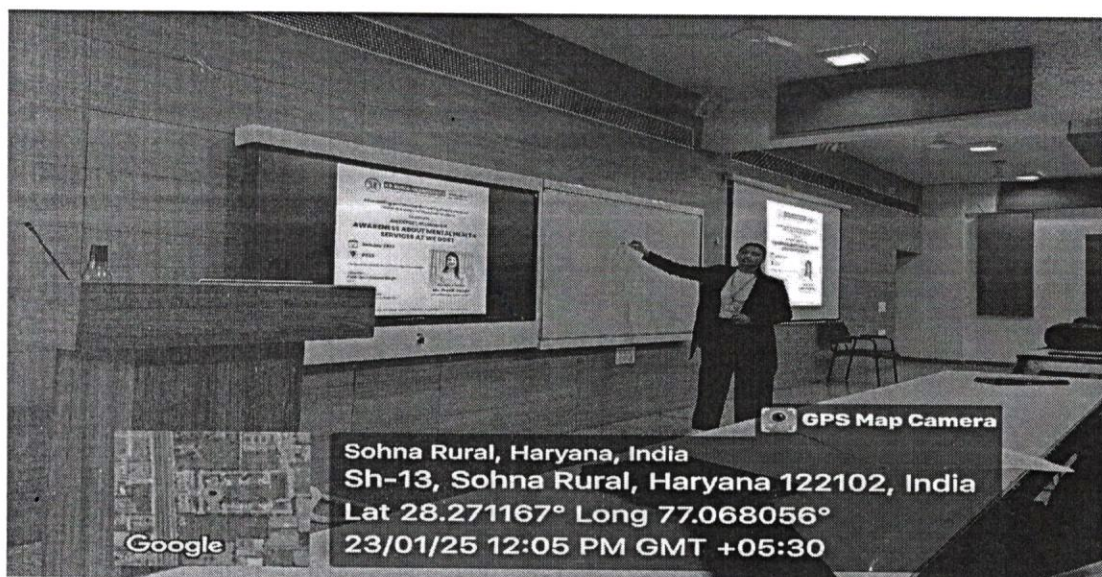
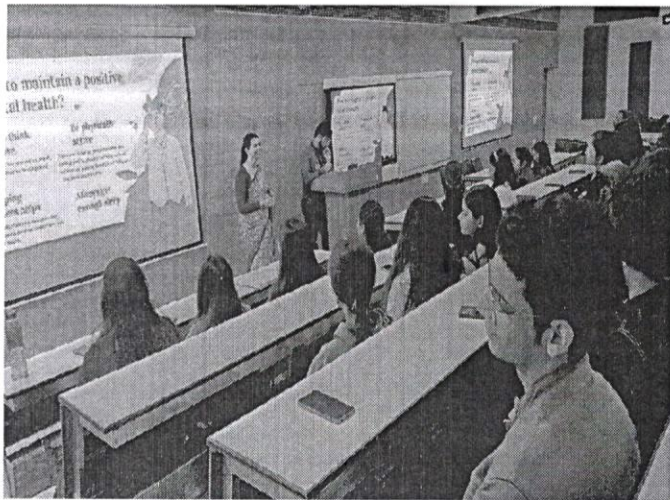
Awareness about Mental Health Services at WE DOST

The sessions covered essential topics related to mental health, including an overview of common mental health issues and the role of psychologists. It also highlighted the difference between guidance and counselling, offered strategies for maintaining a positive mindset, and discussed key factors contributing to successful recovery. Additionally, the session addressed how to recognize early warning signs of mental health concerns and provide contact information for WE DOST support services. This session aimed to equip participants with valuable insights and resources for promoting mental well-being.



GPS Map Camera

Sohna Rural, Haryana, India
 Sh-13, Sohna Rural, Haryana 122102, India
 Lat 28.271012° Long 77.068744°
 27/01/2025 11:11 AM GMT +05:30





K.R. MANGALAM UNIVERSITY
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Counselling & Mental Wellbeing Centre under the aegis of Student Welfare
Organizes

**Expert Session
On
Managing Rage: Triggers & Anger Management Strategies**

Date: 18.02.2025

Time: 1:30 PM

Venue: Multipurpose Hall, A Block, 4th Floor

Expert: Ms. Kanchan Gaur (Psychologist & Therapist,
Founder of SAMRASA Foundation)



Convener
Prof. (Dr.) Anjana Singh
Dean - Student Welfare

Co-Convener
Dr. Anshul Saluja
Asst. Dean - Student
Welfare

Event Coordinator
Ms. Preeti Yadav
Psychology Counsellor

Student Coordinator
Anushri Sharma
Bhavya Rattan

Note: Please scan QR Code for registration.

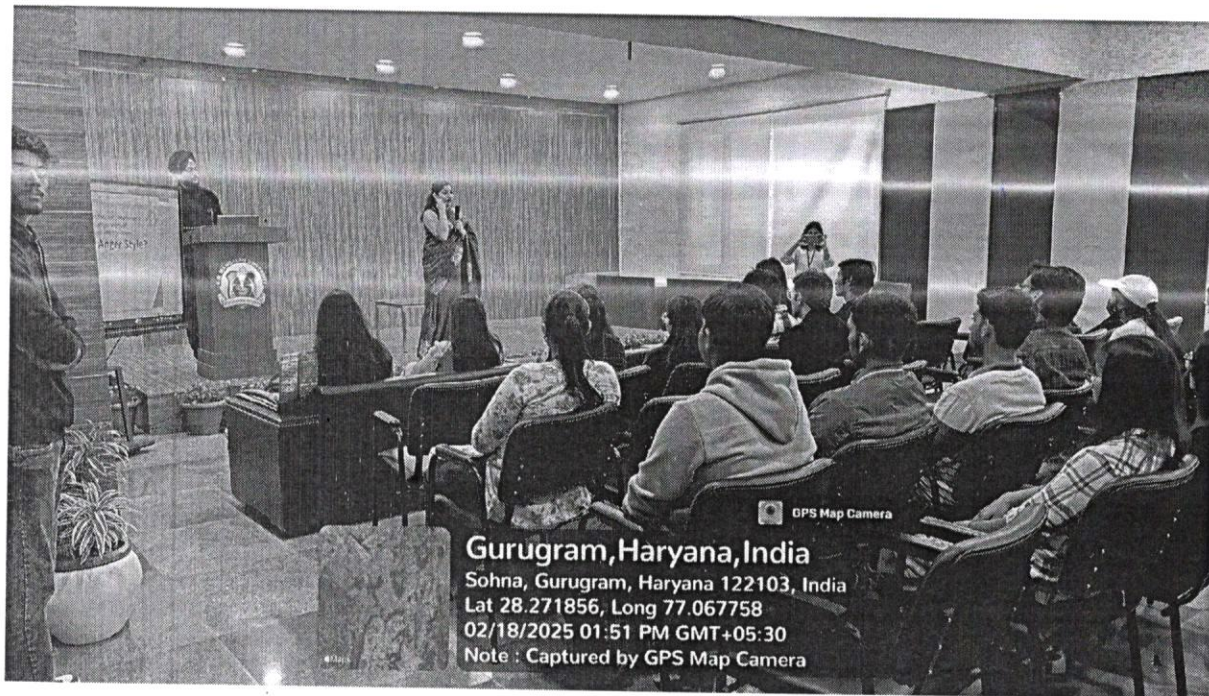


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Managing Rage: Triggers and Anger Management Strategies

The workshop conducted by Ms. Kanchan Gaur addressed several key aspects of anger management. Topics included an understanding of anger, different anger styles, and the completion of a related questionnaire. Ms. Gaur discussed unhelpful beliefs about anger and its potential impact on health. The session also provided situation-based examples and guidance on how to express anger appropriately at different stages. Techniques for controlling the physical sensations of anger were shared, along with relaxation strategies and therapy methods for effective anger management.





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