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| **5.1.5** | **The institution adopts the following for redressal of student grievances including sexual harassment and raggingcases** |

1. **IMPLEMENTATION OF GUIDELINES OF STATUTORY / REGULATORY BODIES**

**3) Samvad – Councelling Cell**

In our continually evolving modern society, individuals often grapple with a multitude of intricate challenges and uncertainties. To empower our students with the tools and resilience necessary to effectively navigate these challenges, Shri M. & N. Virani Science College has instituted a dedicated "Counselling Cell" on our campus. This transformative initiative, led by a team of committed professionals including the Principal and a Student Counsellor, is designed to provide comprehensive guidance and counselling programs

The primary mission of the Counselling Cell is to address and assist in resolving the emotional and psychological concerns of our esteemed student community. We are steadfastly committed to uncovering and nurturing the unique, often concealed, potentials within each student, fostering their holistic growth and well-being.

Our approach is firmly rooted in respecting the privacy of our students, ensuring they feel secure in exploring their thoughts, feelings, and behaviours.

**Key Functions of the Counselling Cell:**

1. Individual Counselling: Delivering tailored counselling sessions customized to meet the distinctive needs of each student.
2. Boosting Self-Esteem: Empowering students with varying learning paces and physical challenges to enhance their self-esteem.
3. Exam Stress Management: Assisting students in conquering stress, anxiety, or phobias associated with examinations.
4. Professional Referrals: Recommending and connecting students with clinical psychologists or professional psychiatrists when advanced support is deemed necessary.
5. Parental Involvement: Keeping parents informed regarding any psychological issues or behavioural concerns observed in their child.
6. Problem Solving: Guiding students in resolving personal, educational, social, and psychological challenges.
7. Educational and Vocational Guidance: Assisting students in crafting their educational and career paths by recognizing their interests, abilities, aptitudes, and passions.
8. Self-Discovery: Fostering self-awareness among students about their unique attributes, skills, and opportunities.
9. Success Stories: Encouraging students to aspire to success and equipping them with strategies to surmount life's trials.
10. Building Relationships: Cultivating mutual understanding between students and educators.
11. Faculty Training: Organizing training programs to enhance counseling skills among faculty and staff members.
12. Workshops: Conducting workshops on vital topics such as stress management, emotional intelligence, relaxation techniques, and emotional first aid.

**Objectives of Samvad - the Counselling Cell:**

The Counseling Cell is driven by the following objectives:

1. Supporting SDG 3: Contributing to the attainment of Sustainable Development Goal 3 - Ensuring health and well-being.
2. Psychological Well-being: Facilitating the psychological well-being of students through ongoing support and personalized guidance.
3. Emotional Healing: Assisting students in overcoming detrimental thoughts and healing minor emotional wounds.
4. Self-Acceptance: Supporting students in understanding and accepting themselves individually and collectively through group counseling.
5. Empowerment: Empowering students to recognize and harness their unique potentials and skills for academic success, personal growth, social adjustment, and career development.
6. Interpersonal Skills: Encouraging the development of listening skills, empathy, and strong interpersonal relationships.
7. Psycho-Education: Providing education on various psychological topics and promoting healthy lifestyle practices through psycho-educational programs.
8. Confidentiality: Ensuring the confidentiality of counseling interventions unless a student is deemed at risk of self-harm or harm to others, in which case appropriate individuals/agencies will be notified.
9. Collaboration: Offering support to other committees, cells, clubs, and activities whenever necessary.

To execute the functions and realize the goals of the Counselling Cell, a dedicated committee named "Counselling of Students and Extracurricular Activities" has been established.