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IQRA EDUCATION SOCIETY'S

## **H.J. THIM COLLEGE OF ARTS & SCIENCE**

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### **Personal Counselling Cell**

#### **What is counseling?**

- It is a process wherein the aim is to help students and solve his/her overall academic and emotional issues.
- The Counselling Cell of the college provides personal guidance to all students of the college.

#### **Role of the Teacher Counsellor.**

- Personal Counselling given by Teacher Counsellor to help students to resolve any kind of problems that they might face.
- Besides career-related problems, personal issues are also dealt with.
- The Teacher Counsellor provides a platform for students to pursue both their professional and personal goals with greater self-awareness, self-esteem and understanding.

#### **Some areas of counseling are:**

Problem Management, Decision Making, Crisis Management, Support and Life Skills Training, Individual Counseling, Communication Skills, Anxiety, Depression, Stress Management and Time Management, Fobia etc.

#### **Guidance and Counselling Cell**

The cell nurtures students through personal guidance and allows students to cross hurdles in the academic year thereby marching smoothly towards success. Apart from this, it helps the students to overcome class, social, and cultural barriers to complete their college education. All faculty members actively take up specific

roles in the activities conducted. Every year the cell allots specific numbers of students to each teacher Counsellor.

**Confidentiality:**

Protects the confidentiality and releases personal data only according to prescribed laws or institute polices. The information shared and records maintained are kept safe and confidential.

Counselling at College is completely confidential and free for all enrolled students. Total students who have given the personal counseling sessions during the last 3 years are given below.

<b>Year</b>	<b>No. of Students</b>
2015-16	796
2016-17	822
2017-18	785