



# RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE and Affiliated to Pondicherry University)

(Accredited with 'A' Grade by NAAC)

(Sponsored by Sri Balaji Educational and Charitable Public Trust)

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## Dr. Vijayakrishna Rapaka

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### PRINCIPAL

### Establishment of platform or hiring counsellors for seeking help and guidance w.r.t psychological counselling related to Mental Health for Students, faculty and non-teaching faculty.

Recognizing the importance of mental health and well-being among its students, faculty, and non-teaching staff, Rajiv Gandhi College of Engineering and Technology (RG CET) has established a platform for hiring counselors to provide assistance, guidance, and psychological counseling services. Here's a detailed overview of this initiative:

#### 1. Establishment of Counseling Services Platform:

RG CET has set up a dedicated platform for hiring counselors, either through internal recruitment or external agencies, to offer psychological counseling services to students, faculty, and non-teaching staff. This platform serves as a centralized resource for accessing mental health support and guidance within the college community.

#### 2. Access to Professional Counselors:

The counseling services platform provides access to qualified and experienced counselors who specialize in addressing various mental health concerns, including stress, anxiety, depression, academic pressures, interpersonal conflicts, and other psychological challenges commonly faced by individuals in academic environments.

These counselors may include clinical psychologists, counseling psychologists, psychotherapists, or licensed mental health professionals who are trained to provide confidential and non-judgmental support to individuals seeking assistance.

#### 3. Availability of Counseling Sessions:

Counseling sessions are made available to students, faculty, and non-teaching staff on a scheduled basis, either through in-person consultations or virtual appointments. The counseling platform ensures flexibility in scheduling sessions to accommodate the diverse needs and preferences of individuals seeking support.

#### 4. Confidentiality and Privacy:

RG CET prioritizes confidentiality and privacy in its counseling services, ensuring that all interactions between counselors and individuals seeking assistance are kept confidential and conducted in a safe and supportive environment. Counselors adhere to professional ethics and confidentiality standards to protect the privacy and confidentiality of clients' personal information and discussions.

### **5. Support for Mental Health Issues:**

The counselors deployed through the counseling services platform offer support and guidance for a wide range of mental health issues and concerns. This includes providing coping strategies, stress management techniques, relaxation exercises, and psychoeducation on mental health topics to help individuals better understand and manage their mental health and well-being.

Counselors may also facilitate referrals to external mental health professionals or specialized services for individuals requiring more intensive or specialized treatment for mental health conditions.

### **6. Promotion of Mental Health Awareness:**

RG CET actively promotes mental health awareness and destigmatization through its counseling services platform. The institution organizes awareness campaigns, workshops, seminars, and guest lectures on mental health topics to educate the college community about the importance of mental health, self-care practices, and available support resources.

These initiatives aim to foster a culture of openness, empathy, and support for mental health issues within the college community, encouraging individuals to seek help when needed and reducing barriers to accessing mental health services.

### **7. Collaboration with External Agencies:**

RG CET collaborates with external mental health organizations, counseling centers, hospitals, or community-based organizations to enhance the scope and effectiveness of its counseling services platform. Partnerships with external agencies may facilitate access to specialized expertise, resources, and referral networks for individuals requiring additional support or intervention.

### **8. Continuous Monitoring and Evaluation:**

The effectiveness of RG CET's counseling services platform is continuously monitored and evaluated to assess its impact on the mental health and well-being of students, faculty, and staff. Feedback mechanisms, satisfaction surveys, and outcome evaluations are utilized to gauge the quality of counseling services, identify areas for improvement, and enhance service delivery.

In summary, RG CET's establishment of a counseling services platform for hiring counselors underscores its commitment to promoting mental health and well-being within the college community. By providing access to professional counseling support, the institution empowers individuals to address mental health challenges, build resilience, and thrive academically and personally in a supportive and inclusive environment.

  
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Yoga club of RGCET and Conducted by ISCM of MGMCRI  
B.Tech CSE - II year Students.

