



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai

Policy Name: Student Counseling Services Version:1	Policy No: 34 Last reviewed: NA Issue: 1 Page: 1-4
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Policy	Student Counseling Services
Date effective from	01.06.2021
Date of next review	31.05.2024
Purpose	The policy describes the practices of student counseling in promoting mental health among students
Scope	To provide a transparent and credible process to all students at all stages resulting a sound mind and good mental health
Procedure	<p>STUDENT COUNSELING CELL</p> <p>The Student Counseling Cell aims to support the emotional health and holistic development of the students while empowering them to cope effectively with their issues.</p> <p>Student Counseling Service at Sri Ramachandra Institute of Higher Education and Research (Deemed to be University) is committed to promoting the mental health and well-being of undergraduate and graduate students by providing accessible, quality mental health services.</p> <p>COMPETENCE:</p> <p>All student counselors are trained and equipped to handle the student personal concerns in a professional manner and provide them with a safe environment to explore these issues.</p> <p>CONFIDENTIALITY:</p> <p>In order to ensure a safe environment for students, all counseling services are</p>

confidential. The counselors will not reveal the identity of students who seek services and will not divulge any details to parents or college staff about what has been discussed during the sessions without the student's consent. Information about participation in counseling will not appear in student's academic records.

No information will be given to anyone unless authorized by the concerned student, with the following exceptions:

- If the student is a danger to themselves or others;
- If current child or elder abuse is suspected.

If group counseling sessions take place, any issues discussed within the group during the session will not be discussed outside the group.

COUNSELING SESSIONS:

A student seeking counseling services from the student counselors can do so by fixing an appointment with the counselor and meet on a mutually agreed day and time.

Mode of Referral of Students:

- In general students suffer from mental health issues resulting in depression, anxiety, adjustment disorder, personality disorder, difficulty in handling relationships (with peers, family members) and substance abuse too.
- In such cases students are referred or directed to professional counselor who are available at the campus.
- Counselors help to resolve and avoid potential problems and also help students to make constructive changes.

SUMMARY OF SERVICES




- **Counseling Services:** The counseling service is regarded as an essential to deal effectively with students, career and academic concerns, and crisis situations. The counselor will provide useful and objective information and advice to students to assist them in overcoming difficulties in their personal and other areas of life.
- **Personal Counseling:** Counseling will be provided to deal key personal issues include self-esteem, depression, anxiety and stress, interpersonal relationships, sexuality, adaptation to a tertiary setting, alcohol and drugs, etc.
- **Academic Counseling:** Counseling services will be provided to deal key career and academic issues which include: job and study skills, time management, test anxiety, poor job and academic performance, communication with supervisors.
- **Crisis Intervention:** This service will be available to all students and parents who potentially experienced recent crisis. They can approach the counseling center. The office will respond as quickly as possible to personal crisis, traumatic situations, emergencies, etc.

Counseling will be provided face to face with the fullest confidentiality. There is no cost for students to access the services of the counselors.

Contact information and setting up appointments

Student counselors may be contacted directly on their numbers

	<p>below:</p> <table border="1"> <thead> <tr> <th>S. No.</th> <th>Name of the counselor</th> <th>Contact Number</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>Ms A. Rishikulya</td> <td>8825924892</td> </tr> <tr> <td>2.</td> <td>Mr Nandha Kumar.V</td> <td>8883980080</td> </tr> <tr> <td>3.</td> <td>Ms. Deborah Deepa David</td> <td>8754452040</td> </tr> </tbody> </table> <p>Students are encouraged to contact a counselor directly and set up the first appointment to discuss concerns with the counselor.</p>	S. No.	Name of the counselor	Contact Number	1.	Ms A. Rishikulya	8825924892	2.	Mr Nandha Kumar.V	8883980080	3.	Ms. Deborah Deepa David	8754452040
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1.	Ms A. Rishikulya	8825924892											
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3.	Ms. Deborah Deepa David	8754452040											
Frequency	Once in three years												
Related/Supportive Documents	Related documents (Confidential)												
Custodian	Dean of Students												

Prepared by	Verified by	Approved by
 Student Counselor	 Dean of Students	 Vice Chancellor

DEAN - STUDENTS
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