

**Manav Rachna International Institute
of Research and Studies**

(Deemed to be University under section 3 of the UGC Act, 1956)

मनोव्रति:
**Counselling and Wellness
Centre Report**

Academic Year 2022-23



HOD, Dept. of Applied Psychology

Priyanka Jivani

SBSS, MRIIRS




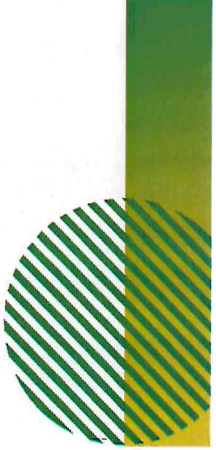
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1. Overview:

मनोवृत्ति Counselling and Wellness Centre by the Department of Applied Psychology is a hub that provides guidance and counselling support to MREI family. The centre works keeping in mind the realities of life and the challenges faced by students, faculty and staff. The centre is functional at BG-15, B-Block, Manav Rachna International Institute of Research and Studies (MRIIRS).

Message by the Chairperson of the Centre:

"I am not afraid of storms for I am learning how to sail my ship." – Louisa May Alcott In the pursuit of fostering a nurturing and supportive environment, we are pleased to introduce the मनोवृत्ति Counselling and Wellness Centre, an initiative by the Department of Applied Psychology at SBSS. This centre stands as a beacon of hope and guidance, dedicated to addressing the vital aspects of mental health and support for our cherished MREI family.

Acknowledging the intricacies of life's journey and the unique challenges faced by our students, faculty, and staff members, Manovriti has been meticulously crafted as a sanctuary for open conversations in a safe and non-judgmental space where individuals can freely delve into their challenges, seeking solace and solutions with the support of trained professionals. Our approach involves the integration of various dimensions of the mind and body to cater to mental and physical well-being.

Recognizing the immense significance of destigmatizing mental health concerns, we are dedicated to promoting awareness and sensitivity. Our goal is to cultivate a culture characterized by empathy, understanding, and open conversations. Furthermore, we are resolute in fostering self-care and community involvement within our university community, facilitating both personal growth and collective well-being.

In this journey towards holistic well-being, let us unite and embrace the invaluable resource that is Manovriti. Together, let us create a legacy of mental health awareness, support, and growth.



Dr. Priyanka Tiwari

Professor & Head

Chairperson, Manovriti Counselling and Wellness Centre

Department of Applied Psychology, SBSS

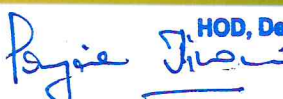
2. Administrative Set Up of the centre with Roles and Responsibilities:

The constitution of the counselling and wellness centre along with the roles and responsibilities of the member is as following

- Dr. Priyanka Tiwari (Chairperson)
- Dr. Anika Magan (Member)
- Dr. Azmat Jahan (Member)
- Dr. Divya Dhawan (Member)
- Ms. Divyani Khurana (Member Secretary)

Roles and Responsibilities:

- Provide individual and group counselling to students, faculties, staff and other clients
- Conduct psychological assessments and tests
- Conduct hypnotherapy sessions for various clients of the centre

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- Conduct bio-well diagnosis when required or indicated as per the issues of the client
- Develop and conduct mental health camps and other outreach programmes
- Provide training to students to conduct mental health camps
- Provide consultation services to faculty members, spouses and family, keeping in mind the ethics of confidentiality
- Supervise and train new counsellors, students and other faculty members
- Work in close collaboration with various departments and centres for the growth of students.

3. Vision & Mission of the centre:

Vision

To be recognized as a pioneer in the field of mental health and nurturing mind of individuals to achieve their highest potential.

Mission

- To provide safe and non-judgmental space to individuals so as to help them explore and overcome their challenges
- To instill practices of self care and community care in all members of the university
- To raise awareness and sensitization about mental health issue
- To provide holistic psychological support by integrating various aspects of mind and body

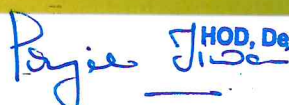
4. Services offered by the centre:

The centre provides various services to its clients to support and enhance their psychological well-being, some of the services are as below

- Individual and group Counselling
- Psychological Testing
- Career exploration and counselling
- Hypnotherapy
- Consultation services for family members and faculty with regard to particular students, within the boundary of confidentiality.
- Training for competent students and para-professionals under proper supervision

5. Details of awareness programme organized by the centre across the campus:

The centre from 20th January to 27th January, 2023 conducted various sessions across Manav Rachna International Institute of Research and Studies (MRIIRS) to sensitize and build awareness among students, faculty and staff members about wellness, common issues that can impact well-being and the services provided at the centre with respect to guidance and counselling. The sessions were attended by a total of 1000 students across 7 faculties of MRIIRS.

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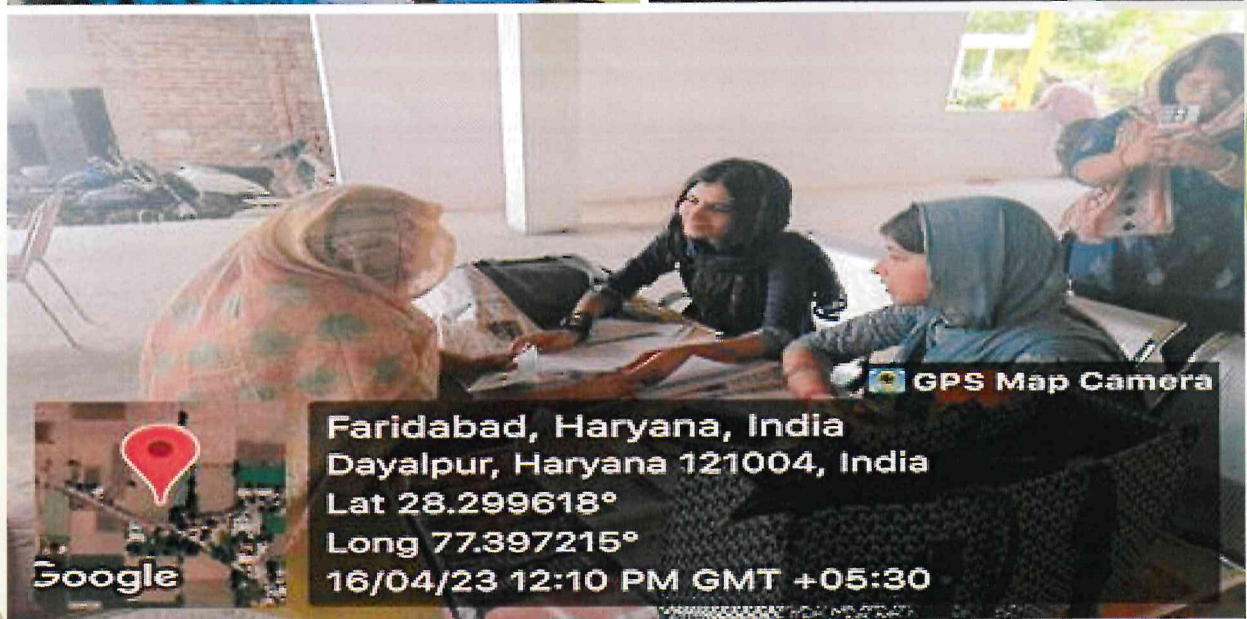
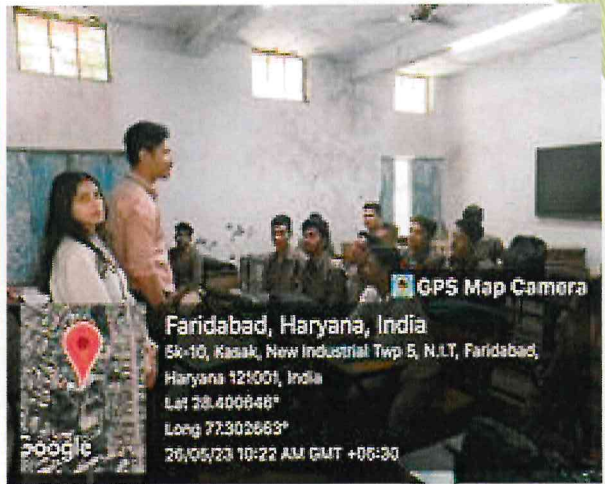
Manovriti Counselling and Wellness Centre					
Awareness Program					
S.No.	Date	Program	Faculty	Contact Person	Contact No.
1	20/1/2023	MCA, BCA, BSc (IT)	FCA	Dr Seema Sharma	9873553830
2	20/1/2023	B.A (H)	English	Dr. Jayashree Hazarika	9540895236
3	21/1/2023	Hostel	Hostel	Ms. Vandana	9599484399
4	23/1/2023	ECE+EEE	FET	Dr. Vimlesh Singh	
5	23/1/2023	Nutrition and Dietetics Physiotherapy	FAHS	Dr. Preeti Saini Dr. Priya Mishra	8527207143
6	23/1/2023	MBA	FMS-PG	Dr. Swati Punjani	9711220578
7	24/1/2023	BDS and MDS	FDS	Dr. Lipika Gopal	9717546141
8	25/1/2023	BDS	FDS	Dr. Lipika Gopal	9717546141
9	25/1/2023	CSE	FET	Dr. Krishan Kumar	9990060886
10	25/1/2023	Mechanical	FET	Dr. Jimmy Mehta	9818846413
11	25/1/2023	Civil	FET	Mr. Yaman Hooda	9560294704
12	25/1/2023	B.Sc.ID, B.Arch & B.Design	FAD	Ms. Smriti Saigal	9990300454
13	27/1/2023	CSE	FET	Dr. Krishan Kumar	9990060886



Rajee Jaiswal HOD, Dept. of Applied Psychology

6. Details of Health Camps organized:

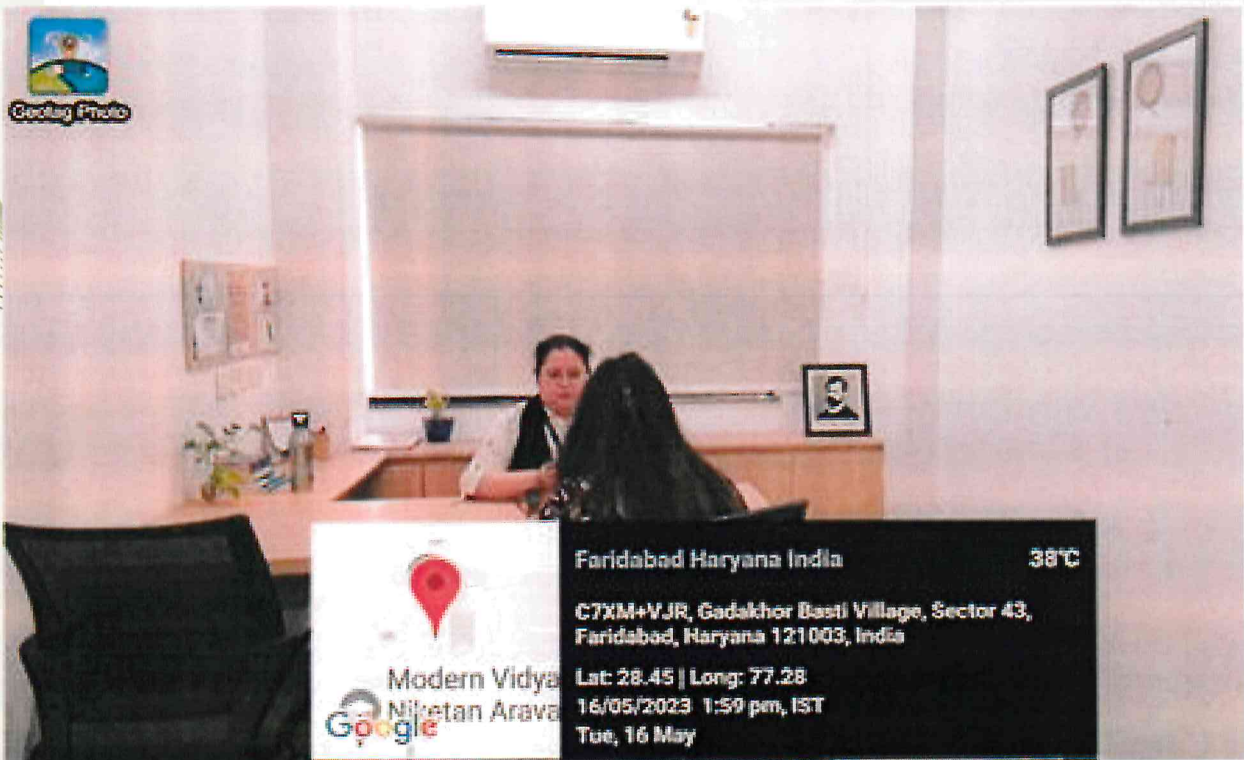
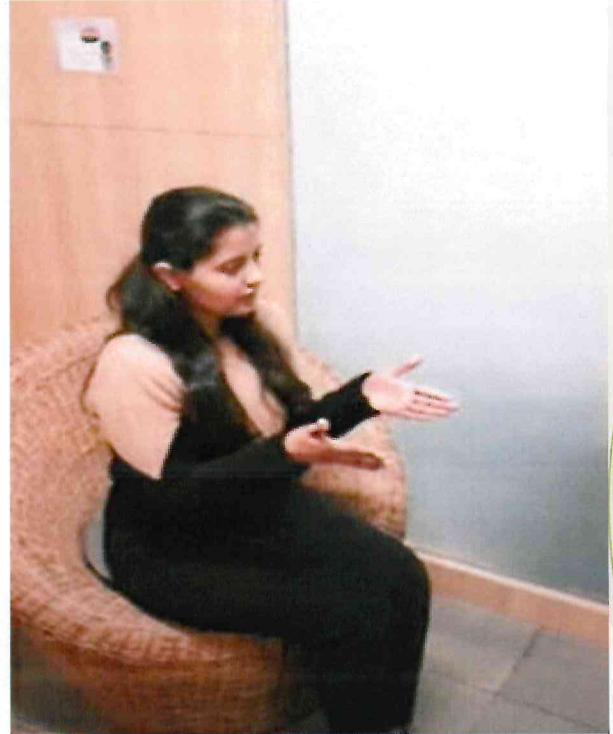
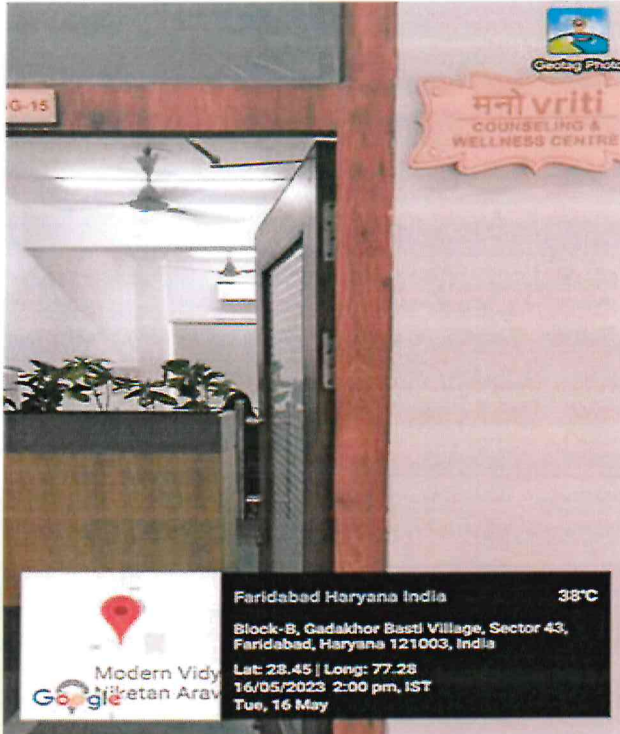
Manovriti has been a part of health camp series organized by Dr. O. P Bhalla Foundation from March 2023 to May 2023 and has provided psychological services and counselling to more than 1500 individuals.



Pragya Jais
HOD, Dept. of Applied Psychology

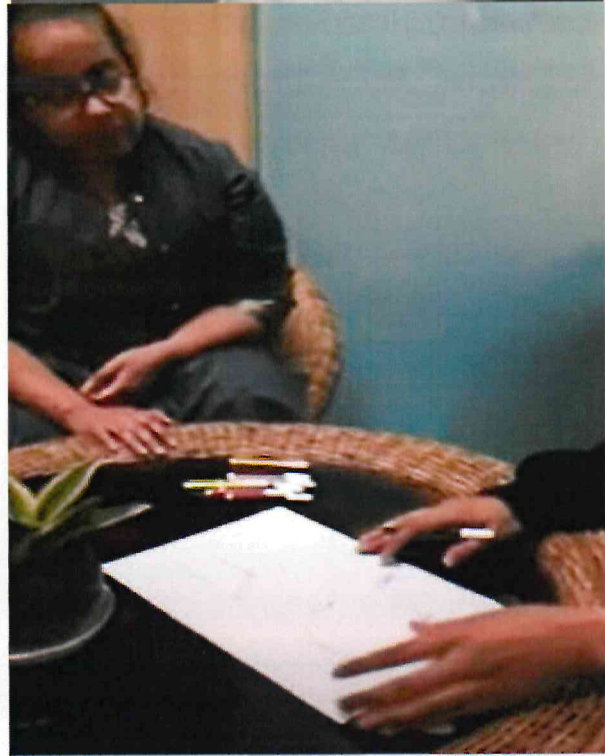
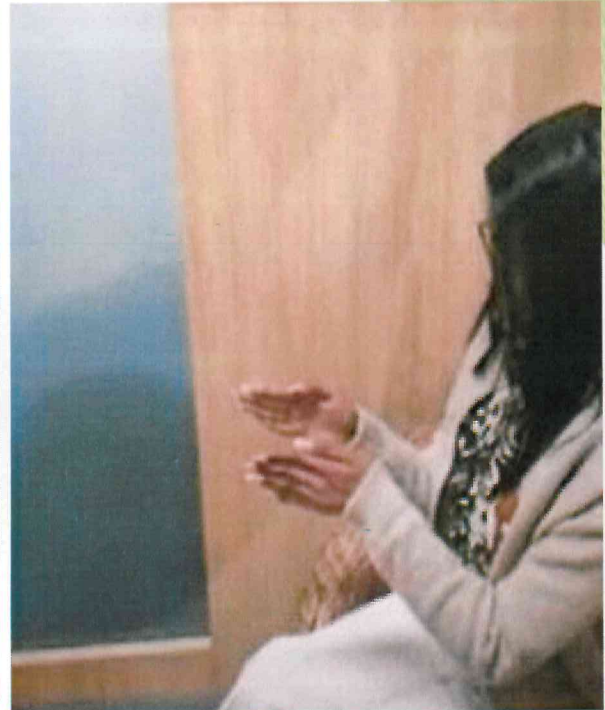
7. Summary Report on Counselling offered to Students, Faculty and Staff members:

A total of 26 students, faculty and staff members have been provided with counselling session at the centre during the academic year 2022-2023. The sessions were conducted for various issues faced by the clients such as academic difficulty, problem with interpersonal relationship, difficulty due to traumatic life experiences and psychiatric conditions (anxiety disorders, depression, etc). Few clients were also helped in approaching psychiatric services for medication through referrals from the centre.



Rajeev Jivani

HOD, Dept. of Applied Psychology



8. Summary Report on Counselling provided to outsiders or any other community/ sports persons:

Two outsiders (one individual from the community and one sports person) was provided counselling from the centre. Both were identified to have significant psychological distress thus were provided therapy and referral for psychiatric intervention accordingly.

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Payal Shrivastava

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