

# **UNIVERSITY COUNSELLING CENTRE**

## **About the University Counselling Centre**

The University Counselling Centre is committed to promoting the emotional, psychological, and academic well-being of students and other stakeholders of this University. We strive to provide a safe, supportive, and confidential environment where they can explore their concerns, strengthen coping skills, and enhance personal development.

Our mission is to foster a mentally healthy campus environment that empowers students to achieve academic excellence and holistic growth. We believe that mental health is integral to academic success and overall well-being.

The Centre functions with a client-centered approach, guided by professional ethics, confidentiality, and evidence-based practices.

## **Our Vision**

To nurture a psychologically healthy and emotionally resilient university community where every person feels heard, supported and empowered.

## **Our Mission**

- To provide accessible and confidential counselling services.
- To promote mental health awareness in the campus.
- To support students and other stakeholders in overcoming personal, emotional, academic and social challenges.
- To collaborate with faculty and administration in building a supportive learning environment as well as to achieve holistic well-being.

## **Services Offered:**

### **1. Individual Counselling**

Confidential one-to-one sessions to address:

- Anxiety, stress, and depression
- Academic pressure and performance concerns
- Relationship and interpersonal issues
- Adjustment to university life
- Self-esteem and identity concerns
- Family-related issues
- Emotional regulation difficulties

## **2. Crisis Intervention & Immediate Support**

- Emotional support during acute distress
- Risk assessment and safety planning
- Referral to specialized services when required

## **3. Career Guidance and Counselling**

- Career exploration and planning
- Decision-making support
- Goal setting and personal development

## **4. Psychological Assessment**

- Screening for emotional and behavioural concerns
- Personality assessment
- Assessment for academic and adjustment difficulties (where applicable)
- Assessment for Learning and reading difficulties

## **5. Workshops and Outreach Programs**

The Centre regularly conducts:

- Mental Health Awareness Programs
- Stress Management Workshops
- Time Management and Study Skills Sessions
- Assertiveness and Communication Skills Training
- Suicide Prevention Awareness Sessions
- Emotional Well-Being Seminars

## **Special Initiatives**

- Peer Support Programs
- Mental health awareness sessions in every department across University
- Faculty Sensitization Workshops
- Group Counselling Sessions
- Tele Counselling

## **Confidentiality & Ethical Standard**

The University Counselling Centre adheres strictly to professional ethical guidelines.

- All counselling sessions are confidential.
- Records are securely maintained.

- Information is not disclosed without the person's written consent, except in situations involving risk of harm to self or others, or when required by law.
- The dignity, privacy, and autonomy of every student are respected at all times

### **Commitment to Campus Well-Being**

The University Counselling Centre collaborates with academic departments, administration, and student bodies to create a supportive, inclusive, and mentally healthy campus environment.

We aim to eradicate the stigma surrounding mental health and encouraging help-seeking behaviour among students and other stakeholders

### **Working Hours:**

The University Counselling Centre functions on all working days from 10:30 AM and 5:30 PM for in-person services. Tele-counselling service is available 24 x7.

### **Location:**

University Counselling Centre  
Department of Psychology, Utkal University  
Vani Vihar, Bhubaneswar- 751004, Odisha

### **How to Access Counselling Services**

People may access services through:

- Direct appointment via email/phone
- Referral by faculty or administration (with student's consent)
- Walk-in appointments

### **Counsellor Profile**

**Ms. Jasmeet Kaur**  
**Mental Health Counsellor**



### **Qualifications:**

- M.A in Psychology (Specialization: Counselling Psychology)
- Diploma in Guidance and Counselling from the Regional Institute of Education (RIE), Bhubaneswar, under NCERT, Government of India.

**Areas of Specialization:**

- Student mental health and adjustment concerns
- Anxiety and stress management
- Academic and performance-related concerns
- Relationship and interpersonal issues
- Crisis intervention
- Personal growth and emotional resilience

**Contact Details:**

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