

Government College, Hansi

Report on the Psychological Counselling Cell

1. Introduction

The Counselling Cell of Government College, Hansi, functions as a vital support system for students, providing guidance and assistance in personal, emotional, academic, and career-related matters. The cell strives to create a positive and inclusive environment that promotes students' mental well-being and holistic development. The Counselling Cell undertook several initiatives to raise awareness about mental health, conduct interactive sessions, and provide individual counselling to students in need.

2. Objectives of the Counselling Cell

- To provide psychological and emotional support to students.
- To create awareness about mental health and well-being.
- To help students manage stress, anxiety, and academic pressure effectively.
- To offer guidance in personal and interpersonal issues.
- To provide career counselling and motivate students toward goal-oriented growth.
- To organize workshops, lectures, and seminars on personality development, motivation, and mental health.

4. Activities and Initiatives

1. Orientation and Awareness

- The session began with an Orientation Programme for first-year students, introducing them to the objectives and functioning of the Counselling Cell.
- Awareness talks were organized to sensitize students on mental health, stress management, and emotional resilience.

2. Individual Counselling Sessions

- Regular counselling sessions were conducted throughout the year for students dealing with personal, academic, and emotional challenges.
- Confidentiality and empathy were maintained in all cases.

3. Workshops and Expert Talks

- Workshop on Mental Health and Suicide Prevention –Govt College Hansi hosted a crucial workshop on “**Mental Health and Suicide Prevention**” on 11th September 2025, led by the esteemed Dr. Suman, Family and Relationship Counsellor, District Court, Hisar.

5. Achievements and Impact

- Increased student participation in mental health programs and workshops.
- Greater awareness and openness among students to discuss emotional and psychological concerns.
- Timely intervention helped several students manage stress and improve academic performance.
- Positive feedback received from both students and faculty regarding counselling initiatives.

6. Future Plans

- To introduce peer counselling programmes and student wellness clubs.
- To organize career counselling sessions for final-year students in collaboration with the placement cell.
- To establish a dedicated counselling room equipped with mental wellness resources.
- To conduct periodic feedback surveys for improving the effectiveness of counselling services.

7. Conclusion

The Counselling Cell of Government College, Hansi, continues to work with dedication and compassion to ensure the mental, emotional, and academic well-being of students. The initiatives taken have contributed significantly to fostering a supportive and positive campus atmosphere. The Cell reaffirms its commitment to nurturing confident, resilient, and well-balanced individuals.



Convener, Counselling Cell

Government College, Hansi



Principal

Government College, Hansi