

STUDENTS COUNSELLING CELL

SANT BABA BHAG SINGH UNIVERSITY

Professional guidance and counselling are increasingly needed to take care of complexities of daily living of our students. To cater these needs of our students and for the effective management of problems and challenges faced by them, a broad-based "Students Counselling System" has been put in place at Sant Baba Bhag Singh University following UGC guidelines for Governance in Higher Education. The purpose of establishing this system behind is not to comply with the UGC or NAAC instructions/guidelines only but to create an environment in the university where students can approach for both educational and personal assistance.

Apart from University counsellor, each institute of the university has a separate institute coordinator who acts as the guardian of students and remain in close touch with the students of the institute throughout the year catering to their emotional and intellectual needs. Teacher counsellors may coordinate with the wardens of hostels. Apart from counselling to students, cell is devoted to counsel teaching and non-teaching staff of the university, whoseever needs it.

Aims of Counselling Cell-

1. To help the students in solving their personal, educational, social as well as psychological problems.
2. To assist students` in learning difficulties, enhancing harmonious relationship, behavioral development and adjustment problems.

Objectives:

- To identify the problem areas or difficulties of individuals, their potentialities and limitations.
- Advice and support for improvement in academic performance.
- To help students develop their potentialities through a greater self-understanding.
- To bridge the gap between the students and the university at large.
- To create an environment in the university where students can approach for both educational and personal guidance.
- To help them in Personal areas (Stress, anxiety, lack of self- confidence, communication skills, Development of Positive attitude, Assertiveness Training etc).
- To help mitigate suffering, reach appropriate solutions, take responsible decisions, and enable students to become self-actualized individuals.
- To address Language barriers or communication issues etc.
- Awareness and support to students for Competitive Examinations.
- To motivate students for higher studies and entrepreneurship.



Registrar
Sant Baba Bhag Singh University
Vill-Khiala, Jalandhar-144030

COMPOSITION OF STUDENT' COUNSELLING CELL

Sr. No.	Designation	Role
1	University Counsellor	Chairperson
2	Dean Academics	Member
3	Dy. Director Student Welfare	Member
4	Training & Placement Officer	Member
5	Institute Counselling coordinators	Member
6	Chief Warden (Boys' Hostel)	Member
7	Chief Warden (Girls' Hostel)	Member

List of Activities (Students' Counselling Cell)

Activity	Date	Link
Online Webinar on the topic "Combating Negative Emotions During Pandemic."	04.05.2021	https://www.sbbsuniversity.ac.in/events/sbbsu-emotions-webinar.php
Online Webinar on the topic "Mastering Writing Skills"	04.06.2021	https://www.sbbsuniversity.ac.in/events/19-business-writing.php
Webinar on Career Perspectives in Life Sciences and Physical Sciences	08.06.2021	https://www.sbbsuniversity.ac.in/events/24-career-perspectives.php
Webinar on "Role of Yoga in Managing Stress"	12.05.2022	https://www.sbbsuniversity.ac.in/events/222-event.php
Webinar on "Examination Anxiety"	20.05.2022	https://www.sbbsuniversity.ac.in/events/223-event.php
Webinar on "Sample and Sampling Techniques"	21.05.2022	https://www.sbbsuniversity.ac.in/events/224-event.php
Webinar on "Fight Depression and Add Meaning to Your Life"	19.09.2022	https://www.sbbsuniversity.ac.in/events/272-student.php
Webinar on "Career Counselling"	21.09.2022	https://www.sbbsuniversity.ac.in/events/290-student.php
Webinar on "Anger Management"	30.09.2022	https://www.sbbsuniversity.ac.in/events/271-student.php

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