



## COUNSELLING

As a part of nurturing the healthy environment among students, both physically and psychologically, the college is emphasizing regular counselling among students. Regular counselling is carried out by the faculties in the college and referral services to the clinical psychologist will be providing depends on the severity of the problem assessed. The counselling service benefits the students in two broad ways, personal and group counselling.

### 1. Personal counselling

Through personal counselling students gained the following developments:

- improved communication skills
- improved interpersonal skills
- increased confidence
- greater self-acceptance
- increased self-esteem
- better understand the self-defeating behaviours/habits and ability to change those behaviours
- better expression and management of emotions, including anger
- relief from depression, anxiety or other mental health conditions
- improved decision-making skills
- learned ability to manage stress effectively



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- improved problem-solving skills
- increased conflict resolution abilities

## 2. Group counselling

- Group counselling improved the belonging of the students who is suffering various problems especially students dealing with anger management issues, anxiety, depression or other life struggle. Their feelings of isolation likely become lessened as they begin to hear the stories of others and realize they struggle, as well.
- Improved the communication and interpersonal skills.
- After the session, the feedback, suggestions and support from other students made quite effective in motivating change and validating feelings.
- Better realization of situation and caused them to reconsider the ways in which they would normally react to a particular situation. This made it incredibly motivational.
- Changed the pattern of perceiving things through their own lens.



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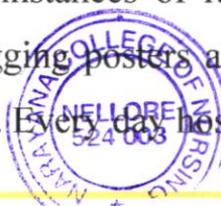


## SAFETY AND SECURITY

A reporting Committee has been constituted in the college and a complaint box also kept to address any complaints from the students and takes necessary action. College has a zero-tolerance policy towards any such transgression. The college is providing a safe and conducive work and academic environment to students and its employees and is extremely alert to matters pertaining to any kind of harassment and gender sensitivity.

High security system is implemented in the campus by allotting four shifts for the securities by the security agency. CCTV cameras are kept in all lecture halls, Labs and corridors in the college campus. Each floor of hostel is allotted for a warden in one-to-one basis and sick room also supervised by a special duty warden. Outing from the hostel is permitted only with the parents and hostel will be closed at 10 pm with attendance every day to make sure the safety of the students.

Anti-ragging Committee is formed as per the U.G.C. guidelines. Every year the students at the entry level sign an affidavit and submit to the AISHE about non-involvement in ragging activities. Following that counselling regarding ragging conduct for both students and parents. Anti-ragging Committee and Squads carry out rounds in the hostel as well as mess, where the students will group together. They make sure that there are no instances of ragging anywhere in the hostel or anywhere in the campus. Anti-ragging posters are prominently displayed at all prominent places within the Campus. Every day hostel rounds by the squad also



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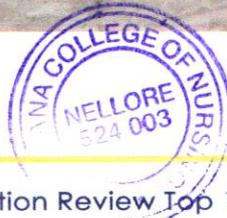
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makes sure the student's safety and comfort. Main gates are guarded and entry points are screened.

### PHOTO GALLERY



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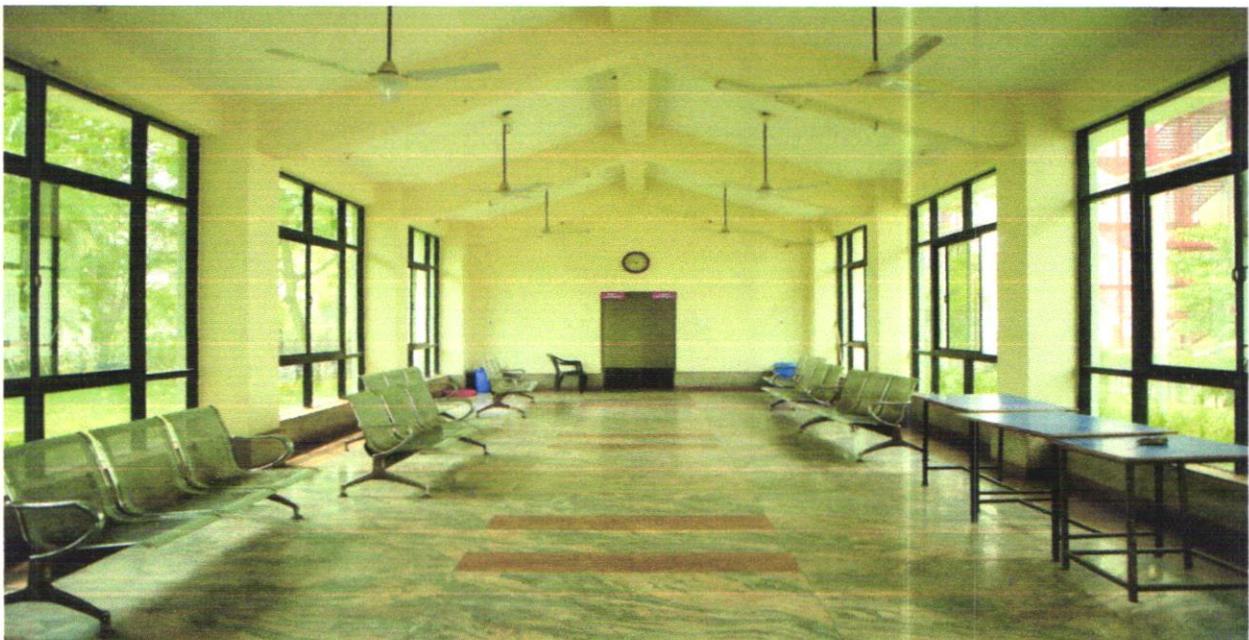
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## Common Room

A common room is meant for the day's collars of the college and a warden is allotted for this area. There is a spacious Common room in the hostel. The hostel provides all the students a safe and comfortable environment and is a Zero ragging zone. The common is available near to opposite the Narayana college of nursing for facilities to students and parents and visitors. It have facilities to access the room for daily routines.



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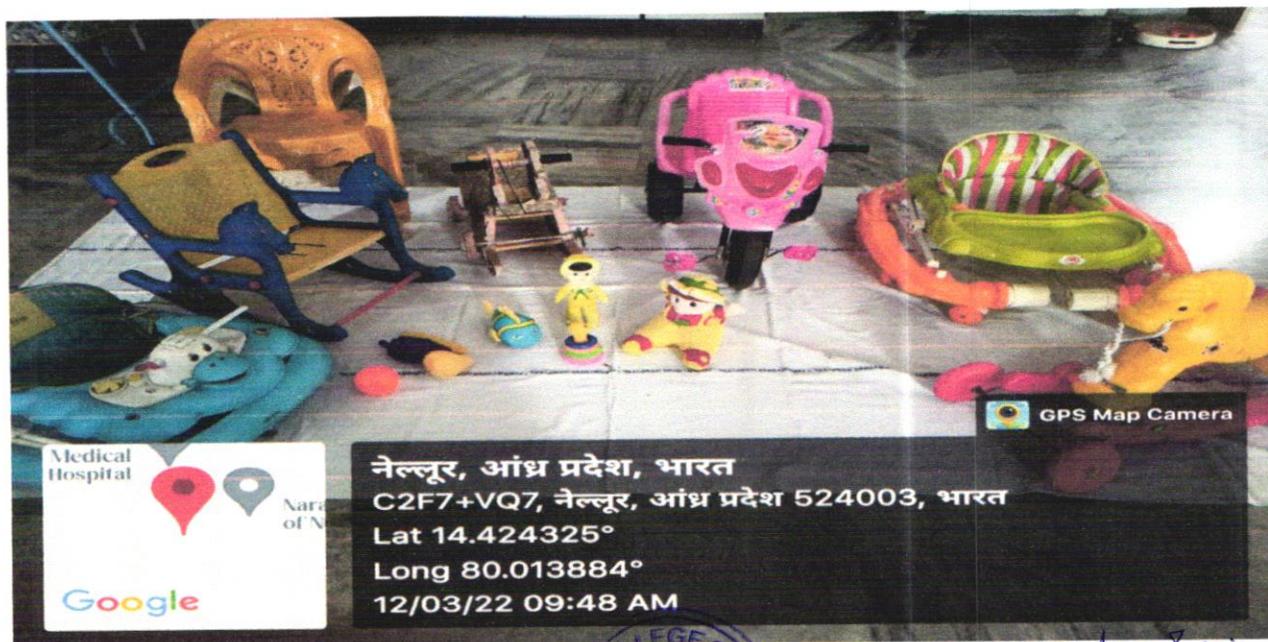
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## Day care centre for children

A day care centre provides supervision and care of infants and young children during the day time, so that their parents can hold jobs. In our college facilitated of day care centre with well equipped with play materials for the children and enhancement of the children's growth and development. The aim institution is day care centre is to prevent and minimisations the separation of the anxiety. The faculties and employees are benefited to consuming the resources and improving the child wealth to give breast feeding.



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