



Counselling Cell



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Counselling Psychologist

Counselling is important for youngsters. Educational institutions have a huge role in moulding and shaping the lives of youngsters. Good conduct is coveted, but sometimes young minds need counselling to polish their personality. Counselling is a confidential process where counsellors work in a private or professional environment to resolve issues. Through counselling, students are given advice on how to manage and deal with emotional conflict, academic and personal problems. Proper counselling will help incorporate valuable lessons in their daily life. **Dr. Srabani Basu**, Counsellor, was appointed in counselling cell to offer counselling for students in the academic year 2017-18. **Dr. G. Krishna Rao** is currently extending counselling services to the students and staff.

The **Objectives** of Counselling are

- ✓ To establish a feeling of mutual understanding between learners and facilitators.
- ✓ To help mitigate distress, reach appropriate solutions, take responsible decisions, and enable students to become self-actualized individuals.
- ✓ To help the counselee know himself better-his interests, potentialities, limitations, aptitudes and opportunities.
- ✓ To encourage and develop special abilities and right attitudes to become a fully –functioning person.
- ✓ To assist the student in planning for career.

Functions:

- Identify students who require help
- Listen to the problems of the counselee and bring about a voluntary change
- Conduct counselling sessions
- Refer students to psychologist for guidance

Counselling Approaches

- Crisis Intervention Counselling
- Educational Counselling
- Grief Counselling
- Guidance & Career Counselling
- Mental Health Counselling

Counselling Issues

- Anger Management
- Anxiety
- Bereavement Grief
- Boundaries
- Codependency
- Communication & Conflict Resolution
- Depression
- Drug / Alcohol Addiction
- Emotional
- Family Conflict
- Intimacy
- Physical & Sexual Abuse
- Self-Esteem / Self Growth
- Stress Management
- Suicide & Crisis Intervention

The counselling cell hopes to assist all students of Andhra Loyola Institute of Engineering and Technology to become **self-sufficient, self-directed, and self-actualized** individuals who can make contributions to society at large. Our counsellor is committed to work in the best interest of the students while safeguarding their privacy.

Report 2018-19

- **Dr. G. Krishna Rao**, Counsellor, conducted Interactive Sessions with I & II B.Tech and MBA students. He opines that his role as a counsellor is to listen to the students with respect and compassion. Many students have taken appointment from the counsellor to seek guidance.
- **Yoga** practitioners are well-versed in the principles of counselling. Yoga was organized from 18th - 30th June 2018 for first year students as it has therapeutic value. Ms. Sirisha Tekumudi, Yoga Practitioner stated that yoga could prove effective in the treatment of chronic health problems such as depression, cancer, pain, psychiatric disorders, emotion and aging. She further counselled the students that clear understanding of the holistic effects of yoga practices adds quality and sheer joy in their life.
- A **One Day Orientation Programme** on *Towards Peace and Harmony for Technical Students* was conducted on 29th December, 2018 for Mechanical Engineering students of second year. **Dr. T.D.Vimala**, Psychologist, Acharya Nagarjuna University, Guntur, provided a unique opportunity

for students to gain insight into their thoughts, feelings, and behaviour, and to learn how to bring harmony into their relationships. The program was coordinated by **Dr. G. Krishna Rao**, Counsellor.

Report 2017-18

- **Dr. Srabani Basu**, Counsellor, handled Soft-Skill Sessions for B.Tech students. Her lecturers helped them make right choices and find new directions.
- **Dr. Kota Suresh Kumar**, HoD of Psychology, NRI Medical College, counselled the students to stay away from Drug Abuse on 28th July 2017. He stated that drug addiction causes physical and mental side effects like increased stress and feelings of depression, anxiety or loneliness.