

The formation of a *Guidance and Counsel Cell* at Bhagwan Aadinath College of Education in Lalitpur would typically involve a series of steps aimed at providing professional guidance and emotional support to the students and faculty. The purpose of such a cell is to assist students in managing academic, personal, and career-related challenges. Here is a potential framework for setting up the *Guidance and Counsel Cell*:

Overview

The aim of the guidance and counselling cell is to enable students to achieve optimally and adjust adequately in their lives by enhancing their coping skills, promoting effective decision making and improving their interpersonal relationships. It strives to boost students' academic, social, emotional, and personal development.

It also offers psychological counselling services on request and works in coordination with the placement cell to solve career related problems. It helps to match the vocations with the mental makeup of the students and makes them realize their latent potential. It encourages the students to know their worth and guides them to resolve their problems using a positive approach thereby making them emotionally strong to face life's challenges. Counsellors assess the problem areas that need to be addressed and suggest improvements by conducting individual counselling sessions. They offer support through active listening, empathetic understanding, and non-judgemental & timely responses to facilitate positive behavioural changes among the students.

1. Establish Objectives and Purpose

- **Objective:** To provide students with guidance in academic, personal, career, and emotional aspects, helping them achieve overall well-being and success.
- **Purpose:** To promote mental health, career development, and emotional support to improve the academic environment and ensure the students' holistic development.

2. Formation of Core Team

Sr. No.	Name of Faculty	Designation
01	Dr. Sunil Kumar Jain	Principal

02.	Rakesh Kumar	Coordinator
03.	Dr. Vineeta jain	Supporting Staff
04.	Dr. Rohit Kumar	Member

3. Development of Policies and Procedures

- **Counselling Services:** Clearly define the types of counselling offered—academic counselling, career guidance, personal counselling, stress management, etc.
- **Privacy and Confidentiality:** Establish policies to ensure confidentiality of student information.
- **Appointment Process:** Create a formal process for students to make appointments with counsellors. This could include online or in-person booking.

4. Training and Orientation

- Conduct orientation programs for students and faculty on the purpose and services provided by the Guidance and Counsel Cell.
- Provide regular training for counsellors to stay updated with the latest approaches in counselling and guidance.

5. Awareness Campaigns

- Organize seminars, workshops, and activities to create awareness among students about the importance of guidance and counselling.
- Invite guest speakers, such as psychologists or career experts, to conduct sessions for students and faculty.

6. Infrastructure and Resources

- Set up a designated space in the college with comfortable seating and private spaces for one-on-one counselling sessions.
- Ensure resources such as brochures, books, and online materials are available to students.

7. Collaborations and Partnerships

- Collaborate with mental health organizations, universities, or counselling canters for expert support and external resources.
- Form connections with alumni who can help provide career advice or share real-world insights.

8. Monitoring and Feedback

- Collect feedback from students and faculty on the effectiveness of the counselling services.
- Regularly assess the impact of the Guidance and Counsel Cell in terms of student success, mental health improvement, and academic achievements.

9. Programs and Services Offered

- **Career Counselling:** Helping students choose a suitable career path based on their skills and interests.
- **Stress Management:** Workshops and counselling to deal with exam stress, personal issues, and time management.
- **Peer Counselling Programs:** Train select students to offer peer-to-peer support, acting as a first point of contact.
- **Personal Counselling:** For students dealing with personal, family, or emotional issues.

10. Feedback Mechanism

- Introduce regular surveys and suggestion boxes to understand student needs and improve services continuously.

By establishing a *Guidance and Counsel Cell*, Bhagwan Aadinath College of Education will ensure that students are supported not only academically but also in their personal growth, career exploration, and emotional well-being.