



BRILLIANT INSTITUTE OF ENGINEERING & TECHNOLOGY

(Sponsored by: Brilliant Grammar School Educational Society)

(Approved by AICTE, New Delhi, Affiliated to JNTU-Hyderabad)

Abdullapur(V), Abdullapurmet (M),R.R. Dist – 501505, Telangana, India

Website: www.b-iet.ac.in, e-mail: principal@b-iet.ac.in Contact No.: +919652929786

With the intent to address and help resolve emotional and psychological issues of the student community, the college has initiated the “Psychological Counselling Cell” under Manodarpan -MHRD initiative of GOI. Children and adolescents are more vulnerable and may experience a heightened level of stress, anxiety and fearfulness, along with a range of other emotional and behavioural issues. It is a student support service intended to help students adapt and make the best of their learning environment and provides a platform for all to seek psychosocial support from experts in the field of mental health, counsellors, psychologists and educationists. The main focus of Counselling Cell is to provide a nurturing environment wherein each student is empowered to face life challenges and move ahead to achieve their academic goals. The Counselling Cell encourages the students to understand themselves and the issues that trouble them and guides them to resolve their problems and side by side it provides a happy and comfortable environment to students to discuss their problems regarding their academic and social life too. The cell also provides motivational, psychiatry and therapy sessions.

Never Alone- Student Help Group:

Student Help Group ‘Never Alone’ has been created which comprise of group of students of all branches and years. They are the volunteers who work in order to create a cheerful atmosphere in the college by organising regular interactive activities and always ready to work for the welfare of other students.

Objectives:

- ❖ To provide psycho- social support and counselling to students for their mental health, and well-being.
- ❖ To facilitate positive behaviour changes.
- ❖ To improve student’s ability to establish and maintain relationships socially, promoting their decision making process.
- ❖ To help students to understand their own potential and cope effectively with the problems they face.
- ❖ To support the students in their academic and social pressures.

Roles and Responsibility :

The role of the counseling cell is to bring about positive behavioral changes in the students and improve their ability to make their own decisions, understand their true potential and cope effectively with everyday problems they face. The Psychological Counselling Committee comprise of teaching



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faculty of the college. The committee identifies students who require services on priority along with their areas of deficiency and suggests the improvement required. The students once identified, are given academic as well as personal counselling. The counsellors of the cell are trained to assess, diagnose and treat students dealing with their day to day problems that can be personal, emotional, social, family, peer, academic, sexual, etc. This is done through individual or group counselling to help them with academic goals, social and personality development, career goals, enhancing listening skills, empathy and interpersonal skills to have healthy relationships and a healthy lifestyle. The counsellors motivate and support the students regularly in every kind of behavioural issues by offering support through listening and responding in a non-judgemental and confidential way, thereby, ensuring the students become well-adjusted and productive while dealing with anxiety and stress.



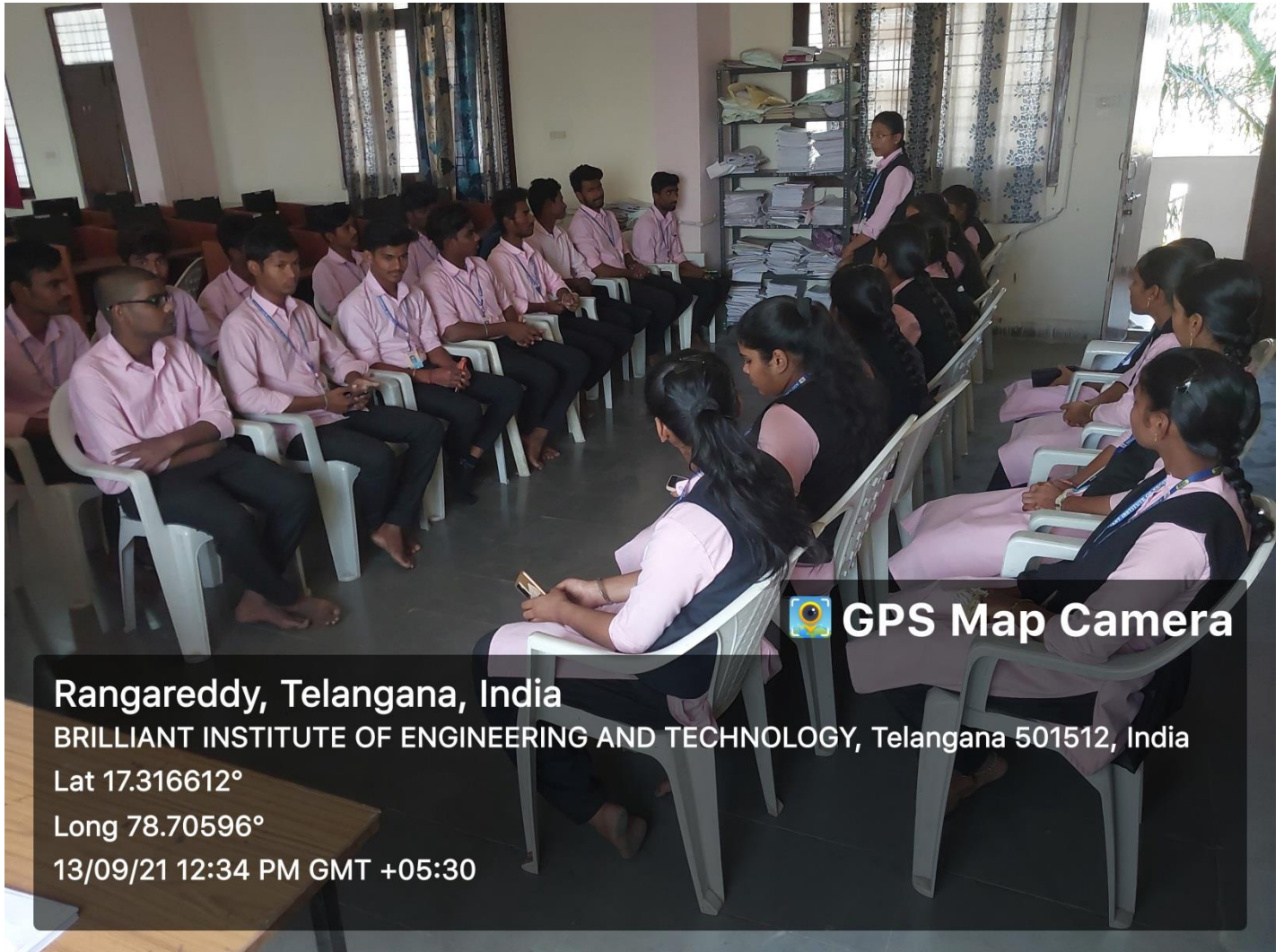
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DEBATE ON GENDER EQUITY (Gender equity is the process of being fair to women and men).



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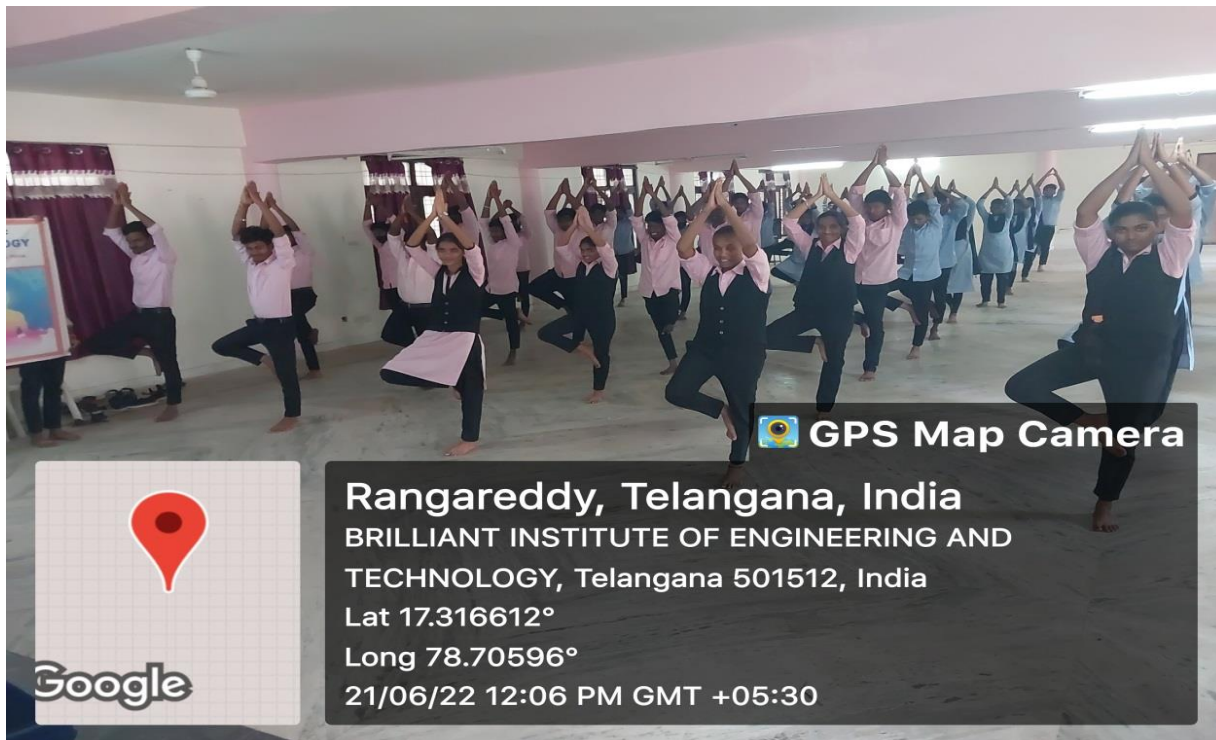
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Yoga:

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. Yoga offers flexibility to the body and relaxation to the mind. There are different asanas practiced by people, and each asana has its benefits on the mind and body. Yoga is designed to sharpen our minds and to improve our intelligence. Regular practice of yoga can help in controlling our emotions and promote well-being.



Psychological Counselling Cell Members:

Dr. SHAIK RUSTHUM – PRINCIPAL

Dr REDDAPA REDDY – HOD, CSE

K RAKESH – HOD, CIVIL

LOHITHA – Senior Faculty, ECE

SAMATHA – Senior Faculty, H&S

M ARUNA SRI - Senior Faculty, CSE