



SINCE

1928

Karnataka Shikshana Samithi
Nrupatunga Institute of Technology & Management

Establishment of Counselling Centre

(Establishment of platform or hiring counsellors for seeking help and guidance w.r.t. psychological counselling related to mental health of students, faculty, and non-teaching faculty)

NRUPATUNGA INSTITUTE OF TECHNOLOGY & MANAGEMENT has established a platform or hiring counsellors for seeking help and guidance w.r.t. psychological counselling related to mental health of students, faculty and non-teaching faculty. This is in compliance with the AICTE which, being statutory in nature, are binding on Technical Institutions. In this direction, the Institution has set up Counselling Centre with the vision to prepare the students for the challenges of the global world. Emotional Maturity is a major concern in the modern era. To mould our students into a holistic personality we have a well-established Counseling and Well Being Centre on the campus, handled by professionally trained Counselors. Through this service, the students are supported to deal with: Academic Challenges: lack of motivation to study, time management and exam preparation. Behavioral Challenges: Addictions, Peer Pressure. Emotional Challenges: Managing anger, stress, anxiety, and sadness. Social Challenges: Adjustments in the hostel, handling conflicts with peers and authorities and relationship challenges. Proactive sessions are conducted in groups. Regular interaction with the students by the Counselors is an additional support offered to the students. In addition to this the institution also have mentoring services rendered by the faculty members who along with the teaching are a part of the mentorship program. Each student is assigned a mentor, who would provide constant support to the student. A ratio of 1:20 is maintained in the mentorship program. To avail the services of the Counseling and Well Being center, contact us at kssnrim@gmail.com

Signature
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