

PSYCHOLOGICAL COUNSELLING CELL
MARANGI MAHAVIDYALYA

Psychological Counselling Cell:

About The Cell:

Counselling is a talking therapy that allows people to discuss their problems with trained professionals in a peaceful and safe ambiance. The exact meaning of counselling might vary among individuals. But in general, it is the process where we talk about ones issues in detail either intending to overcome the same or to explore ones thoughts comprehensively.

Counselling is a process of talking about and working through ones personal problems with a counsellor. The counsellor helps to address ones problems in a positive way by helping to clarify the issues, explore options, develop strategies and increase self- awareness. Counselling is a part of guidance, so it has also the same dimensions of scope as guidance. Beside these, counselling as a specialized programme has some special needs also problems and need in society are not new. But today they seem to be proliferating at an unprecedented rate. Counselling is required to solve a variety of social problems. Counselling is necessary in different areas like Juvenile Delinquency, Marriage, weaker sections, disadvantaged groups, drug addiction etc. Scope of counselling is very vast . it is concerned with various problems and progress of an individual .

According to Arbuckle, "Counselling is helping a person to come to see who he really is, what he has and does not have, what he can do easily, what he can do with difficulty and what he cannot do at all. It is a close sharing of a human relationship with one who has for him a high regard; one who can offer him unconditional acceptance, but one who has no guarantees, no answers."

Need and importance of counselling:

Counselling is needed due to the following reasons:

1. It is required to solve the psychological problems of the clients.
2. It is needed to make proper adjustment in life.
3. It is helpful in the educational adjustment.
4. It saves people from frustration and depression.
5. It helps in solving various behavioural problems.


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6. It helps people to become conscious of their problems.
7. It creates a sense of responsibility in the mind of the people.
8. It can stop problems of wastage and stagnation in the field of education.
9. It can solve the problems related to indiscipline and unrest.
10. It helps students in taking appropriate decision regarding education and profession.

Aim and objective of the Cell:

The psychological Cell of Marangi Mahavidyalaya (Degree) was established in 27th January 2020 with the aim to resolve mental health issues and promote well-being for all students and teachers. The goal of the Cell is to address and help resolve emotional and psychological issues of the students and employees of the College. The main aim of the counselling is to facilitate positive behaviour changes, improving the student's ability to establish and maintain relationships socially, promoting their decision making process, helping the student to understand their own potential and cope effectively with the problems they face.

The College has initiated the cell in the college premises with the help of a trained team of faculty members as counsellors. No doubt it is a student support service intended to help students adapt and make the best of their learning environment. It is common knowledge that when student have problems that are unresolved, it reflects in their attendance, academic performance and ultimately their personality development. The Centre therefore attempts to provide a nurturing environment wherein each student is empowered to face life challenges and move ahead to achieve their academic performance and ultimately their personality development. The Centre therefore attempts to provide a nurturing environment wherein each student is empowered to face life challenges and move ahead to achieve their academic goals.

Role of the cell: The prime role of the counselling cell is to bring about positive behavioural changes in the students and further improve their ability to make their own decisions understand their true potential and cope effectively with everyday problems they face. The role of the counsellor is to offer support through listening and responding in a


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confidential, non judgemental and timely way, ensuring that the students become productive, well adjusted adults of tomorrow. They are trained to assess, diagnose and treat students struggling with academic stress, anxiety, depression, social addictions and other problems the face.

Member of the psychological counselling Cell:

Serial no	Name of the person	Designation
1	Mr. Mohon Boruah	Chairperson
2	Mrs. Gitanjali Bharali	Convenor
3	Dr. Daisyrani Chutia	Member
4	Mr. Monalisha Tamuly	Member


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