



Kalinga Institute of Social Sciences (KISS) Deemed to be University.

KISS Wellness Center

Students need counseling to deal effectively with their problems in day-to-day life situations. **Counseling is an “Emotional First Aid”** and the professional Counsellors provide unconditional positive regard and support to the students and others stuck up in the journey of life. It helps them to overcome the difficulties and become productive in contributing to the development of a society. Some of the students find it extremely difficult to take decisions on certain issues that are stressful for them, and these issues often relate to their social, emotional, academic, career, family, relationship, physical health as well mental health. They feel inhibited, defeated, frustrated, shy and there is hesitancy in expressing out their feelings before the trained professional counsellors, who are readily available in the university campus to extend a helping hand. Reluctance and resistance to seek professional help like Counselling, often aggravate the problems of the students and these are manifested in their unhealthy thinking, feeling and behavior. Prolonged stress and conflict lead to their academic decline, loss of interest and energy, lack of peer acceptance, feeling of diffidence, low self-esteem, feelings of isolation and loneliness, mood swings, indecisiveness in choosing a stream to pursue higher studies, career choice, anxiety, depression etc. Trained Counsellors and experienced teachers in the field of mentoring having compassion and empathy can help students to redefine the problems, opting for a different perspective, identifying the goals to achieve, reducing the severity of the problems and overcoming them gradually through various Counselling techniques. This in turn helps them to lead a better, more meaningful and productive life.

Vision

To promote holistic development and happiness among students through Guidance and Counseling

Mission

- To ensure students’ right to live with dignity, social justice, equality, freedom, hands on experience and academic excellence through intellectual and spiritual discourses
- Identifying and strengthening the strengths of students in cognitive, social and emotional domains and utilizing their potentialities for self-growth and welfare of the society at large



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- Learning to love, accept and respect themselves as they are through appropriate curriculum and pedagogy as well as having regular meaningful interactions with teachers, parents, peers and respectable members from the community
- Igniting the minds of the young students through debates and discussions with eminent personalities for acquiring skills in problem solving, decision making, career planning and community services as an outreach programme
- Inculcating an attitude of gratitude, empathy, compassion and forgiveness in the students to overcome the critical life situations, adapting to the emerging challenges and enjoy a peaceful as well as productive life

Objectives

1. Facilitate students in taking decisions to deal with problems that makes their life and living difficult.
2. Professional Counsellors through patient and deep listening, and “Talk therapy” help students to mitigate their problems.
3. Face to face Individual Counselling as well as Group counselling are offered to students to make them learn effective coping skills.
4. Depending on the nature of problems like students struggling with academics are recommended for remedial classes, extra coaching hours and those with health problems are sent for consultation with medical specialists for care and treatment.

KISS Wellness Centre for the students has been set up for promoting their overall well-being. The following activities are carried out by the Centre:

Spreading awareness

As KISS DU is a fully residential university and all students stay in the hostels. At the beginning of the every academic session, the members of the Counselling Centre after getting the permission of the authorities of the University, meet the warden and hostel superintendents. They arrange for an orientation programme regarding the Counselling Centers and the availability of the services for the benefits of the students like holistic health and integrated personality



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development. Students are encouraged to attend and take part in various programmes conducted by the Centre like Health and well-being, Personality Development, Stress management, Time management, Communication skill, Gender sensitization, Health and Hygiene, Self-defence, First Aid training, Public speaking, Empowerment, Career opportunities, Social work, Volunteerism, Art of giving, observing World Mental Health Day, Suicide Prevention Day etc.

Settings

There are two Counselling Centers located in the campus 3, one for the girls and the other one for the boys. Centers are functioning in their respective hostels for easy accessibility of the boys and girls students. Rooms are spacious, well-ventilated, comfortable sitting arrangement with a soothing ambience and total privacy.

Maintaining Confidentiality

Maintaining confidentiality about the client or the counselee comes under one of the most important ethical considerations in Counselling. Everything pertaining to the client like name, background, problems, counseling and outcomes are kept strictly confidential. No one else has an access to the information excepting the counsellor. However, under certain exceptional cases/emergencies like the referred cases, the safety, security and medical issues for the welfare of the client discussions are held with the Counsellors.

Taking appointments

There is a display board in front of the Counseling Centre with the names and contact numbers of the Counsellors along with the days and timing for Counselling.

Students can take prior appointments with the counsellors by

- (a) Personally meeting them or
- (b) Dropping a slip in the Drop box mentioning their name, contact address, mobile number etc.

There is be a Drop Box under lock and key inside the Counselling Centre and a caretaker is in charge in charge of the Centre for its opening and closing.



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- (c) Convenor of the Wellness Centre along with another member are involved in sorting out the cases and recommend the clients to the respective Counsellors for the area-specific Counselling.
- (d) Area-specific Counsellors contact the clients and give them time slots for ensuing counselling sessions.

Counselling sessions

- (a) Number of Counselling sessions of the clients vary depending upon the nature of the problems and the extent of progress made in these sessions.
- (b) Each session lasts for 45 to 50 minutes.
- (c) Appointment for the next session is given at the end of the session.

Techniques Used

Non-Directive Rogerian Counselling/Client-Centered counseling, Rational Emotive Therapy (RET), Cognitive Behaviour Therapy (CBT), Desensitization technique are used depending upon the cases that are handled.

Psychological Testing

On the basis of requirement of the clients tests like Intelligence, Emotional Intelligence, Reading, Comprehension, Personality Type, Aptitude, Anxiety, Depression are administered for assessment and drawing a profile of the client.

Maintenance of records

Maintaining records of the clients is of paramount importance for future reference. It includes:

- (a) Consent Form
- (b) Client' Profile Sheet
- (c) A brief report on Counselling sessions is prepared on exploration of problems, identification of goals, interventions, progress, hurdles, recommendations etc.

Termination



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Termination refers to the end of Counselling sessions after the identified goals are achieved. In other words, when the problems that were disturbing and tormenting the client are solved; the process of termination starts. The client feels confident to function independently. Normal functioning is restored. However, the Counsellor assures the client that in case he/she needs counseling in future, the doors will always remain open for him.

Making Referrals

Sometimes there is a premature termination for different reasons. One of the reasons is the non-cooperation of the client to go for changes. Hence there is no perceptible progress. In such situations usually the Counsellor refers the cases to other Counsellors if he/she feels that the client can be handled in a better way. Cases can also be referred to doctors/physicians, psychiatrists and clinical psychologists if there is a need to do so.

Follow-up

Follow-up cases often provide feedback to the Counsellors regarding effect of Counselling especially the sustainability of the intervention and it also ignites ideas for the future course of action.