



**AMITY UNIVERSITY**  
UTTAR PRADESH

## **Activities conducted by Amity Centre for Guidance and Counselling (ACGC)**

( <https://auup.amity.edu/Centre-for-Counselling-and-Guidance.aspx> )

Index

<b>S.No.</b>	<b>Date</b>	<b>Event</b>
<b>1</b>	<b>09.02.2023</b>	<b>Faculty Sensitization Program on Managing Behavioural issues of Students</b>
<b>2</b>	<b>23.02.2023</b>	<b>Workshop on Managing Campus Life.</b>
<b>3</b>	<b>16.03.2023</b>	<b>Workshop on Managing Campus Life</b>
<b>4</b>	<b>26.04.2023</b>	<b>One Day workshop on Mental Health and Well-Being</b>
<b>5</b>	<b>27.07.2023</b>	<b>De-stress fest</b>
<b>6</b>	<b>24.08.2023</b>	<b>Workshop on Managing Campus Life.</b>
<b>7</b>	<b>15.09.2023</b>	<b>Workshop on Managing Campus Life.</b>
<b>8</b>	<b>10.10.2023</b>	<b>World Mental Health Day</b>
<b>9</b>	<b>12.10.2023</b>	<b>Mental Health Awareness session</b>
<b>10</b>	<b>19.10.2023</b>	<b>Mental Health Awareness session</b>

11	27.10.2023	Mental Health Awareness session
12	30.10.2023	Mental Health Awareness Month
13	23.11.2023	Workshop on <i>Tips to manage Exam Anxiety</i>

## Amity Centre for Guidance and Counselling (ACGC)

The happiness and wellbeing of students is of utmost importance to Amity University. Today's competitive world can be a challenging environment for many students. The Amity Centre for Guidance and Counselling (ACGC) has been established on campus, having professionally competent counselling psychologists to enhance the wellbeing of students by facilitating their emotional, interpersonal, and intellectual development. ACGC provides services designed to promote the academic, personal, and social growth of students. ACGC has a 24X7 toll-free number where students can call and speak with counselling psychologists. ACGC conducts many sessions/activities for the mental wellbeing of all stakeholders of Amity University.

### Evidence No.1 - 09.02.2023

#### Faculty Sensitization Program on Managing Behavioral issues of Students.

An Interactive workshop on the theme "Managing Behavioral issues of Students" was organized for faculty members by ACGC. The Apex Management of Amity University places a high priority on the general welfare of the students. The ACGC team is firmly committed to promoting students' wellbeing. Considering this, on February 2, 2023, ACGC hosted an interactive session for SGT members, hostel wardens, and coordinators on the topic of "Managing Behavioral Issues of Students. **“During the session, SGT members, hostel wardens and students were present at ACGC for the discussion.** The goal of the session was to establish a rapport with the students and gain an understanding of the numerous behavioral issues they encounter daily. The students took part in the session as well, making it simple to identify issues and potential solutions.



## **Evidence No.2 - 23.02.2023**

### **Workshop on Managing Campus Life.**

Workshop on managing campus life was organized by ACGC psychologists - Dr. Alka Sharma and Ms. Nikita Prabhakar for post graduate students. It was an interactive session with full of activities and discussion on various issues like time management, handling Interpersonal relationships, work life balance, open communication and many more. The workshop was very useful for the students at Amity University.



## **Evidence No. 3- 16.03.2023**

### **Workshop on Managing Campus Life**

Workshop on managing campus life was organized by ACGC psychologist Dr Aruna Maheshwari” at Amity School of Fashion Technology on 16<sup>th</sup> March 2023. Management of campus life is crucial for students' mental and physical development, and it affects the mental and physical health of the students.



## **Evidence No. 4 - 26.04.2023**

### **One Day workshop on Mental Health and Well- Being**

ACGC organized one day workshop on “Mental Health and Well- Being” via offline mode on April 26, 2023, from 10:30 AM-5:30 PM. The workshop was organized to connect with the students and teachers to help them develop deep understanding about the various Mental Health Issues. The workshop was



attended by Students and Faculty of Amity University.



#### **Evidence No. 5 - 27.07.2023**

##### **De-stress fest**

De-stress fest is an initiative of ACGC to connect to the students directly and to spread the word about the services provided by it. During De-stress fest, students are briefed about the counselling services provided by the ACGC with its special features like confidentiality and non-judgmental attitude and are also encouraged to enroll themselves for free of charge counselling services provided by the center.



#### **Evidence No. 6 - 24.08.2023**

##### **Workshop on Managing Campus Life.**

An interactive session was organized on 24<sup>th</sup> August 2023 by Dr Alka Sharma and Ms. Nikita Prabhakar on managing campus life. During the session the importance of time management and the art of healthy eating habits were discussed with the students for managing their campus life. As campus life is all about management of one's own self and environment, thus it is essential to sensitize the students on learning various skills for smooth functions of day-to-day activities. It was also discussed with the students to maintain healthy interpersonal relationships with assertiveness and understanding and acknowledging the invisible scars affecting their well-being.



**Evidence No. 7 - 15.09.2023**

### **Workshop on Managing Campus Life**

An interactive session was organized on 15<sup>th</sup> September 2023 by Dr. Aruna and Ms Nikita Prabhakar. During the session the importance of time management and the art of healthy eating habits were discussed with the students for managing their campus life.

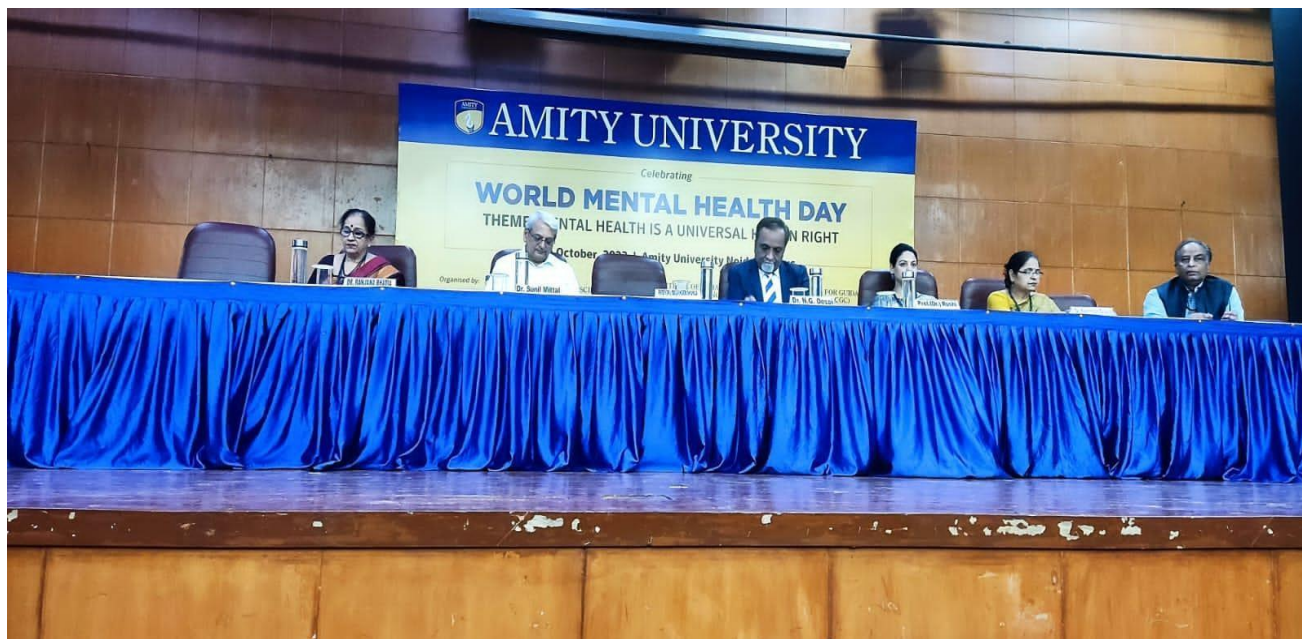




## **Evidence No. 8 – 10.10.2023**

### **World Mental Health Day - 10<sup>th</sup> October 2023**

World Mental Health Day is an important health awareness event celebrated on 10<sup>th</sup> October every year. The objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity to all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. The theme of this year is '**Mental health is a universal human right**'.



### **Mental Health Awareness Month Oct 2023**

Mental health awareness month was organized by conducting sessions in different departments of the university to connect with the students and faculty to spread awareness for mental health and to help them develop deep understanding about the various ways to manage mental health conditions. The sessions were attended by Students and Faculty of Amity University wherein team ACGC (Amity Centre of guidance and counselling) succeeded in spreading awareness across AUUP.

**Evidence No. 9 - 12.10.2023**

**Mental Health Awareness Month**



**Evidence No. 10 - 19.10.2023**

**Mental Health Awareness Month.**



**Evidence No. 11 - 27.10.2023**

**Mental Health Awareness Month.**





**Evidence No 12 - 30.10.2023**

**Mental Health Awareness Month.**



**Evidence No-13 23.11.2023**

**Workshop on Tips to manage Exam Anxiety**

ACGC organized Exam Anxiety workshop for the students at Amity University Noida on 23.11.23. The workshop was organized by Dr. Alka Sharma and Ms Nikita Prabhakar to connect with the students and to help them develop deep understanding about the various ways to “Manage Exam Anxiety” in AIP Under the guidance of Dr. Harminder Kaur Gujral and Dr. Jaideep Kaur, session was organized for the wellbeing of the students.



[Evidence of activities - ACGC Jan 2023 - Dec 23 final.docx](#)