



AMITY UNIVERSITY

— R A J A S T H A N —

Amity Counseling Cell (Promoting Wellbeing, Emotional Health)

The **Amity Counseling Cell** has been established on campus, having professionally competent counseling psychologists to enhance the overall well-being of students by facilitating their emotional, interpersonal and intellectual development. The services designed to promote academic, personal, and social growth of students. The counseling psychologists listen carefully to the concerns of the students and provide them with emotional support. They impart life skills with a purpose of facilitating and empowering the students in order to help them navigate their way towards greater confidence and effectiveness. The role of a counselor is concerned with aiding people to achieve better adjustment skills which manifest themselves in increased maturity and responsibility. Counselors and comprehensive guidance and counseling programs help children and adolescent become better adjusted academically, developmentally and socially while feeling safer, having better relationships with teachers, believing their education is relevant and coping better with problems at college and outside.

Aim and Objectives of the Tele Counseling

The purpose of Helpline is to offer psychosocial support for the mental health and wellbeing of students, faculties and staff. Guidance and Counseling services offered through the Helpline are Free.

VISION

To provide a comprehensive, developmental counseling program that addresses the academic, personal, social and emotional needs of students to make them mentally strong as overall well-being of students is of utmost importance.

MISSION

Help support, guide and assist students to develop life skills to cope up with challenges and enhance their personality by making them not just excellent professionals but also good human beings with understanding and regard for human values.

OBJECTIVES

- To help students having an insight of the problem and a more empowered self that could help the person make future decisions.
- To help students attain personal and professional excellence by facilitating change and new perspectives towards the challenges of life.
- To help students become motivated and self-sufficient.
- To ensure their happiness, success, and well-being.



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COUNSELING PSYCHOLOGIST:

CONFIDENTIAL
NON – JUDGMENTAL
SUPPORTIVE
Meet Your Counseling Psychologist

DR. SHOBITA JAIN

COUNSELLING PSYCHOLOGIST

PhD (Adolescent Psychology), M.Phil (Applied Psychology), MA (Clinical Psychology) Diploma in Spiritual Counseling, Certified in Guidance and Counseling (IGNOU), Career Counseling (trained from Guidance City) Mental Health First Aid (Trained from NIMHANS, Bangalore)

BEST PRACTICES:

COUNSELLING SERVICES

Students can meet professional counseling psychologists to discuss their concerns. Dr. Shobita Jain, Counselor, Amity University Rajasthan is a full time counselor who renders her services for students and faculty members from 9:00 am 5:00 pm from Monday to Friday regularly and documents the clients' details. This information is widely circulated in the university through, posters, notices, word of mouth and mail etc.

CONTACT US:

Amity Counseling Cell

Address: Amphitheatre

M: 9829654005; Mail ID: sjain3@jpr.amity.edu



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RAJASTHAN

CONCERNS:

We offer counseling in following domains:

Anxiety	Anger Management	Personal Conflicts	Relationship Issues	Peer Pressure
Academic Performance	Examination Fear/Anxiety	Grief and Loss	Self-Esteem/Low Confidence	Procrastination
Social Conflicts	Loneliness	Isolation	Homesickness	Boredom/Procrastination
Stress	Career Counseling	Adjustment Concerns	Depression	Emotional Outbursts
Thinking Errors	Confusion and conflicts	Body Image Concerns	Identity Crisis	Bullying/Ragging/Abuse
Time Management	Life Management	Crisis Intervention	Gender crisis	Identity Crisis
Family Concerns	Anxiety	Overthinking	Personality issue	Confusion
Lack of Focus/Concentration	Enhance Memory	Deal with shortcomings	Identify and build skills/talent	Face competitive world
Decision making	Stay Motivated	Develop Mindfulness	Work on Self	Know yourself



UNIVERSITY COUNSELING CELL



AMITY UNIVERSITY JAIPUR

WORKSHOP ON

MENTAL HEALTH

10th – 14th October, 2022
11:00 A.M. – 12:00 Noon

ACTIVITIES

Lecture on Mental Health Awareness

Testing and assessment for Quality of Life (as per WHO Norms)

- Departmental Support Staff (Plumber, Electrician) : Monday, 10th October,
- Admin Support Staff (Driver, Gardner, Sweeper): Tuesday, 11th October
- Security Staff: Wednesday, 12th October
- Admin Managerial Staff (Accounts/Supervisors): Thursday, 13th October
- Hostel Staff : Friday, 14th October

EVENT COORDINATOR(S) | **Dr. Vismita Paliwal**, Coordinator and Associate Professor, AIBAS, AUR | **Dr. Shobita Jain**, Counselor, AUR



Psychometric Profiling

Amity institute of behavioural and allied science is organising a weekly camp on Psychometric profiling

BENEFITS

- Know yourself better.
- Assess your capabilities and abilities.
- Strive for satisfaction and excellence.
- Get to know your real strengths.
- How to have a satisfying career based on your personality.

Event Coordinator
Dr. Shobita Jain +91-9829654004
Dr. Vismita Paliwal +91-8058073000

DETAILS : Every monday
4 P.M - 5 P.M
Counselling Cell (Amphitheatre)



AMITY INSTITUTE OF BEHAVIOURAL & ALLIED SCIENCES

Caring for your Psychological Well-being

COUNSELING FOR ALL

संवाद 24X7

Counseling Helpline for Psychological Issues Related to Covid-19
9829654004

An Initiative by: Amity Institute of Behavioural & Allied Sciences (AIBAS)

