



# ಕೆ. ಎಚ್. ಕಬ್ಬೂರ ಕಾಂತ್ರಿಕ ಶಿಕ್ಷಣ ನಂಸ್ಥೆ

ಸರ್ಕಾರಿ ಅನುದಾನಿತ ಹಾಗೂ ಎಐಸಿಟಿಇ-ನವದೆಹಲಿಯಿಂದ ಮಾನ್ಯತೆ ಪಡೆದ ಪಾಲಿಟೆಕ್ನಿಕ್

## K. H. KABBUR INSTITUTE OF ENGINEERING 202

Govt. Aided and AICTE-New Delhi Approved Polytechnic

Vidyagiri, Dharwad-580 004. KARNATAKA

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Ref :

Date :

Current Application Number 1-43664796389 and Permanent Institution ID : 1-475384387  
Academic Year: 2024-25

KHKIE/DD/AICTE-Essential/2024/34

Dated: 03-04-2024

### Psychological Counselling Cell

**WORRIED ABOUT YOUR/SOMEONE'S MENTAL HEALTH ?**

• Come and join our Support Hub 'NEVER ALONE' as volunteers and seek support for yourself or for someone who is struggling with Mental Illness  
• Your privacy is our utmost responsibility so you can share what's on your mind @

 **Whatsapp** 9886914751   
  **Messaging** 9886914751   
  **Gmail** lyothlodmani@gmail.com

**Warning signs of mental Illness**

- Poor concentration
- Being easily Distracted
- Low decision making
- Short temper and Aggression
- Tiredness and lack of Energy
- Worry or Anxiety
- Long lasting Sadness or Irritability
- Mood Swings
- Social withdrawal
- Change in Eating /Sleeping Pattern
- Feeling teary
- Becoming Suspicious or Paranoid

**What Can I Do to Help Myself?**

- Learn ways to Relax
- Keep physically Healthy
- Practice Meditation
- Eat healthy and drink healthy
- Have healthy Relations
- Have enough Sleep
- Avoiding alcohol/Smoking
- Keep a Mood diary

**K H KABBUR Institute of Engineering Psychological cell under Manodarpan initiative of MHRD of Govt. of India**

With the intent to address and help resolve emotional and psychological issues of the student community, the college has initiated the "Psychological Counselling Cell" under Manodarpan-MHRD initiative of GOI. Children and adolescents are more vulnerable and may experience a heightened level of stress, anxiety and fearfulness, along with a range of other emotional and behavioural issues. It is a student support service intended to help students adapt and make the best of their learning environment and provides a platform for all to seek psychosocial support from experts in the field of mental health, counselors , psychologists and educationists .

The main focus of Counselling Cell is to provide a nurturing environment wherein each student is empowered to face life challenges and move ahead to achieve their academic goals. The Counselling Cell encourages the students to understand themselves and the issues that trouble them and guides them to resolve their problems and side by side it provides a happy and comfortable environment to students to discuss their problems regarding their academic and social life too. The cell also provides motivational, psychiatry and therapy sessions.

### Never Alone- Student Help Group

Student Help Group 'Never Alone' has been created which comprise of group of students of all branches and years .They are the volunteers who work in order to create a cheerful atmosphere in the college by organising regular interactive activities and always ready to work for the welfare of other students.

## Objectives

- To provide psycho- social support and counseling to students for their mental health and well- being.
- To facilitate positive behaviour changes.
- To improve student's ability to establish and maintain relationships socially, promoting their decision making process.
- To help students to understand their own potential and cope effectively with the problems they face.
- To support the students in their academic and social pressures.

## Roles And Responsibility

The role of the counselling cell is to bring about positive behavioural changes in the students and improve their ability to make their own decisions, understand their true potential and cope effectively with everyday problems they face. The Psychological Counselling Committee comprise of teaching faculty of the college. The committee identifies students who require services on priority along with their areas of deficiency and suggests the improvement required.

The students once identified, are given academic as well as personal counselling. The counsellors of the cell are trained to assess, diagnose and treat students dealing with their day to day problems that can be personal, emotional, social, family, peer, academic, sexual, etc. This is done through individual or group counselling to help them with academic goals, social and personality development, career goals, enhancing listening skills, empathy and interpersonal skills to have healthy relationships and a healthy lifestyle. The counsellors motivate and support the students regularly in every kind of behavioural issues by offering support through listening and responding in a non-judgemental and confidential way, thereby, ensuring the students become well-adjusted and productive while dealing with anxiety and stress.

## Psychological Counselling Cell Members

S.No	Name	Designation	Cell No
1	Archana Kurupi	HOS Science and Chair Person	8867067499
2	Smt. Jyothi Katagi	Warden and member	9886914751

## Psychological Counselling Helpline of the Institute :

For Call/SMS/WhatsApp  
For Email ID

9886914751  
[jyothidodmani@gmail.com](mailto:jyothidodmani@gmail.com)

**National Toll-free Helpline - 8448440632** for a country wide outreach to students from school, universities and colleges.

**MHRD Govt. of India Manodarpan Weblink: <https://manodarpan.education.gov.in/>**

The above document is available on the institution website hyperlink:  
<http://www.khkie.co.in/Desirable.html>

Date: 03-04-2024

*Miwadi*  
**PRINCIPAL**  
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