

Psychology Cell

Psychological Counselling Helpline of the College:

For Call/SMS/WhatsApp: +919484548232

For Email ID: psychologycell@navjivansciencecollege.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/>

With the intent to address and help resolve emotional and psychological issues of the student community, the “Psychological Counselling Cell” has been initiated by the college under the Manodarpan - MHRD initiative of GOI. Recognizing that children and adolescents are often more vulnerable to heightened stress, anxiety, and fearfulness, this essential student support service helps students adapt and thrive in their learning environment. It provides a platform for everyone to seek psychosocial support from mental health experts, including counsellors, psychologists, and educationists.

The main purpose of the Counselling Cell is to empower every student within a nurturing environment, helping them face life's challenges and move forward toward their academic goals.

The Counselling Cell encourages students to achieve self-understanding and guides them in resolving their problems. It provides a comfortable and welcoming environment where they can openly discuss issues concerning their academic and social lives. The cell's services are comprehensive, including motivational, psychiatry, and therapy sessions.

Peer Bridge- Student Help Group

Peer Bridge is a Student Help Group built on volunteers from all branches and years who are passionate about student welfare. Their mission is to create a cheerful and supportive college atmosphere by consistently organizing engaging, interactive activities for the community.

Objectives

- Enhance student mental health and well-being through specialized psycho-social support and counselling.
- Cultivate positive behaviours and improve students' ability to establish and maintain strong social relationships.

- Empower students to understand their potential, make sound decisions, and effectively cope with problems.
- Assist students in navigating academic demands and social pressures.

Roles And Responsibility

The Counselling Cell aims to help students achieve positive behavioural change, improve their decision-making, realize their potential, and cope effectively with problems. The Psychological Counselling Committee (faculty members) prioritizes students requiring support, identifies their deficiencies, and recommends targeted improvements.

Once identified, students receive both academic and personal counselling.

The Cell's counsellors assess, diagnose, and treat students dealing with a wide range of day-to-day problems—including personal, emotional, social, family, peer, and academic issues. Utilizing individual or group counselling, their work focuses on holistic development: helping students meet academic and career goals, and enhancing their social skills, empathy, and interpersonal relationships for a healthy lifestyle. Counsellors offer regular motivation and support by listening and responding in a strictly non-judgemental and confidential manner, ensuring students effectively manage stress and anxiety to become well-adjusted and productive members of the college community.

Psychology Cell Members

No.	Designation	Name
1.	Chairperson	Dr. G. J. Kharadi
2.	Convener	Dr. R. R. Patel
3.	I.Q.A.C. Co-Ordinator	Dr. N. M. Vaghela
4.	Clinical Psychologist	Mrs. Dipika Palodara
5.	Member	Mr. S. S. Prajapati