

Students Mental Wellness Centre

At Gauhati Commerce College, our belief is that students should flourish academically and personally. We take great pride in our Mission of educating students for 'Living life to the fullest'. This includes promoting positive mental health and wellbeing for all of our students and staff.

We are aware that the pressures of modern day life can take their toll on all of us at times and that being open and honest about our feelings can help. We encourage open discussion and our team and counsellor believe in listening and offering advice to students and each other. Taking a coordinated and evidence-informed approach to mental health and wellbeing leads to improved pupil and student emotional health and wellbeing which can help readiness to learn.

Students can book appointments through the Cell members or IQAC and meet a counsellor. The Counsellor is available in the college every Saturday and also on call

The Cell was established to identify and cater to the emotional and psychological needs of the student community that is multifaceted and confronted with diverse challenges of the current world. There is an increasing demand for the students to be emotionally and mentally well-balanced, and to achieve higher academic benchmarks and results. It is also seen that there is a high level of stigma attached to seeking help for counseling among students, staff and parents, since mental health issues are considered to be a taboo, often neglected and associated with some disease.

Objectives:

- The Centre envisions the high ideals of addressing and facilitating wholesome mental health and positive living. In order to overcome the intense taboo and the hesitancy that exists among students to approach counseling services, the centre is equipped with internal systems to make help more freely accessible, available, and convenient through a student-friendly approach. In addition, class-wise sessions are held from time to time with the involvement of different departments, students, staff, parent groups and associations.
- It shifts the focus from viewing mental health as a disease, to accepting it as a positive concept of wellbeing, self-potentialization and self-actualization.
- It improves visibility and approachability through programs such as commemoration of special days pertaining to mental health through inter-departmental collaborations.

Name of Counsellor- MRIDUSMITA BAGCHI

Counselling Psychologist,
Psycho-social Telecounselor in Project "Manojna" under Assam
State Disaster Management (Assam)
Guest Faculty (Psychology) in PEWS Group of Institutions and
Rahman Institute of Nursing

Qualifications-

1. 10th Board(1st Division) , passed in the year 2009 from CBSE
2. 12th Board (Humanities/Arts) (1st Division), passed in the year 2011 from CBSE
3. B.A in Psychology (1st class 1st Position) passed in the year 2014, from Gauhati University
4. M.A in Psychology, (1st class 7th Position), passed in the year 2016 from Gauhati University.
5. PG Diploma in Integrated Counselling Skills, passed in the year 2021 under ICPEM (NITI AYOOG Govt. of India)
6. Basic Certificate course on Youth Mental Health and Peer Counselling, passed in the year 2020 , under Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH) , Tezpur, Assam
7. Diploma in Child Psychology, passed in the year 2021, under International TEFL Canada.
8. Certificate Course in Colour therapy. passed in the year 2020, under ICPEM (NITIAYOG Govt. of India)
9. Certificate Course in School Psychology passed in the year 2020 from University of Madras,
10. P.G Diploma in Art Therapy passed in the year 2021, under ICPEM (NITI AYOOG Govt. of India)
11. Diploma in Family and Couple Therapy, passed in the year 2021, under ICPEM(NITI AYOOG Govt. of India)

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