



Centurion University of Technology & Management

2. Counseling

The University emphasizes on help and counselling for women and counselors are made available as a service in all campuses.

At the time of admission, for students including girl students, general counselling is provided to highlight the importance of the course and provide a guideline to the initiation of a course.

Reorientation programmes are arranged for freshers to make the subject easy. Mentors are allotted for each 20 students for student welfare and to guide them properly. A student's counselling for every 20 students one faculty counselor is appointed who help the students in academics, co- and extracurricular activities. The Counselling Cell works on the objectives:

1. To crystallize the problems of the students (academic and non-academic) and reaching an optimal solution.
2. To help the student to make his/her decisions, to work out a plan for solving his /her difficulties and to take action on the plan developed.
3. To help the student know himself/herself, better his/her interests, abilities, attitudes, opportunities and resources..

Identification of students who desires offerings from the committee through self-reports by using students. Counselling classes are provided for students, on a periodic basis. Weekly class with teachers and students are conducted. If a student is irregular, the root purpose of the problem is deciphered. Female students are free to talk about any of their personal issues with the counsellor and Women grievance Cell functioning in the school.



The campus has appointed a lady expert counselor additionally to information lady college students in dealing with personal issues, intellectual stress, depression, generic disinterestedness in research and student-faculty relationships, failing in examinations, losses etc. The counsellor in cost of a unique batch of college students will be keeping a file, which might also comprise the certain things to do and reviews of counseling periods which will be saved confidential. Professional counseling is additionally executed via psychologists, and if needed, psychiatrists for intellectual stress, depression, nervousness etc. and a number invited talks are completed to enhance the intellectual and religious well-being of college students and staff.

The Women grievances cell which appears after the issues pertaining to women. Women Grievances cell can deal the instances (if any) very confidently with its group of functional head of the cell and senior women faculty members. The cell additionally conducts one of a kind things to do to motivate women to battle towards any form of injustice ensuing from gender bias. The college organizes a range of workshops and seminars on stress and time management, through eminent useful resource persons. Integrated Centurion Meditation programmes for college students will increase their self-awareness and concentration. The University organizes quite a number workshops and seminars on stress and time management, through eminent aid persons.

Anita Patra

Registrar, CUTM

REGISTRAR
Centurion University of
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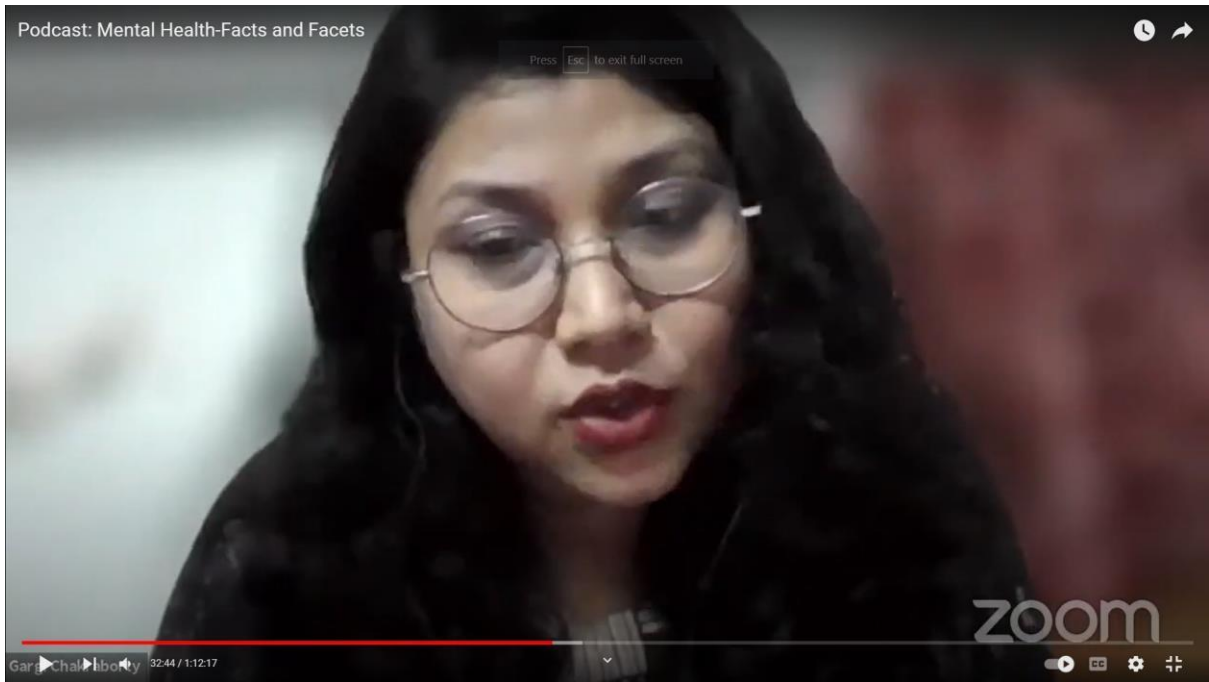
Centurion
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*Shaping Lives...
Empowering Communities...*

World Mental Health Day: Podcast on Mental Health-Facts and Facets

Date: 10th October, 2021

World Mental Health Day is observed on 10th October every year, with the objectives of raising awareness of mental health issues and mobilizing efforts in support of better mental health. The overall 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 theme of 2021 was “Mental Health Promotion and Suicide Prevention”. Because of pandemic situation, CUTM organized the event online. It was a live podcast where students asked questions to *Dr. Gargi* who was invited as the resource person. During discussion, she answered the questions asked by the students. Along with this, she narrated various facets of mental health (viz- importance, detection, awareness). *Dr. Anita Patra*, Registrar of the University, addressed the session. The podcast was compared by Dr. Atanu Deb, Dean Students’ Affairs.

The podcast is available here: <https://www.youtube.com/watch?v=2MJxhINs32o&t=1959s>



Dr. Gargi: Narrating various facts and facets of Mental Health

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