



**RAMAIAH**  
College of Arts, Science &  
Commerce

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**M S Ramaiah College of Arts, Science and Commerce**

Re-accredited 'A' by NAAC, Permanently Affiliated to Bengaluru City University,  
Approved by Government of Karnataka, Approved by AICTE, New Delhi,  
Recognized by UGC under 2f & 12B of UGC act 1956



(National Institutional Ranking Framework, Ministry of Education, Govt of India)  
Ranked 55<sup>th</sup> in NIRF India Ranking by MHRD, New Delhi  
DBT Star College Scheme

## **FOSTERING MENTAL WELL-BEING: PSYCHOLOGICAL COUNSELING BY PROCTORS**

Mental health and well-being are paramount for the holistic development of students in an academic institution. In alignment with the National Assessment and Accreditation Council (NAAC) guidelines, this report explores the provision of psychological counselling services by proctors within the Psychology Department at Ramaiah College of Arts, Science, and Commerce. We emphasize our commitment to nurturing the mental health of our students through professional counselling and support.

**Role of Proctors in Psychological Counselling:** The Psychology Department at our institution recognizes the significance of mental health in students' academic success and overall life satisfaction. Our proctors, who are trained psychologists, play a pivotal role in providing psychological counselling services:

1. **Accessible Support:** Proctors are readily accessible to students, offering a safe and confidential space for discussing personal and emotional concerns.
2. **Mental Health Awareness:** Proctors actively promote mental health awareness across the campus, reducing the stigma associated with seeking help.
3. **Emotional Support:** They provide emotional support to students dealing with academic stress, personal issues, anxiety, depression, and other psychological challenges.
4. **Crisis Intervention:** In cases of crisis or emergencies, proctors are equipped to provide immediate assistance and referrals to appropriate resources.

**Individual Counselling:** Proctors offer one-on-one counselling sessions to students, allowing them to address personal issues in a confidential and empathetic environment. These sessions are tailored to the unique needs of each student, helping them develop coping strategies and resilience.

**Group Counselling and Workshops:** In addition to individual counselling, proctors organize group counselling sessions and workshops on various topics related to mental health, stress management, and personal development. These sessions promote peer support and enhance students' emotional intelligence.

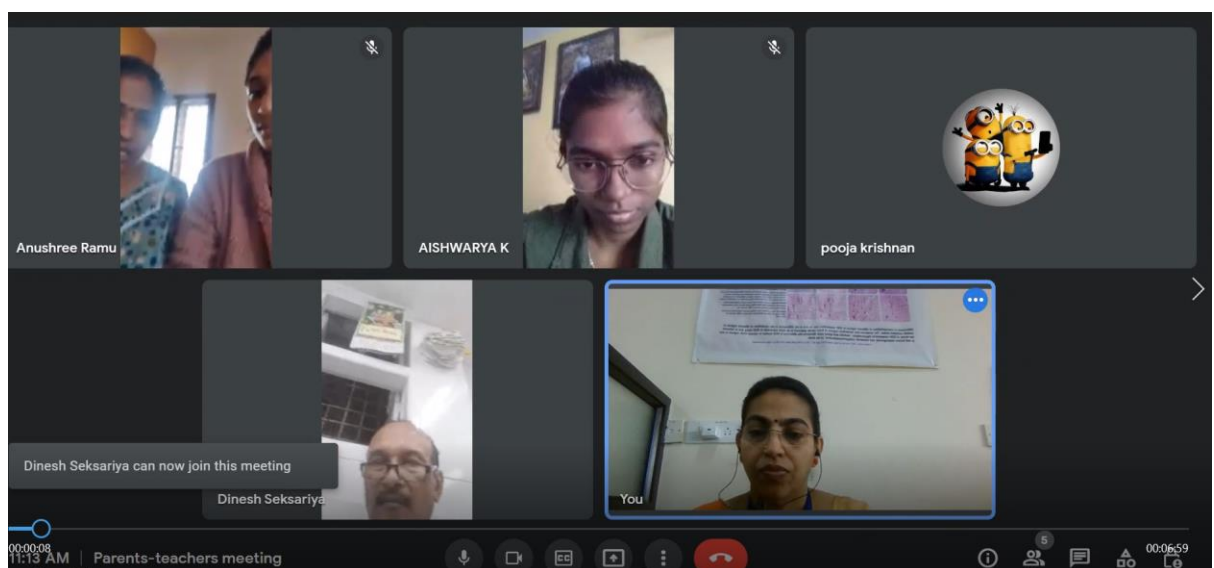
**Psychological Assessment and Evaluation:** Proctors conduct psychological assessments to better understand students' needs and challenges. These assessments aid in developing personalized counselling plans and interventions.

**Collaboration with Other Departments:** The Psychology Department collaborates with other academic departments to address mental health concerns specific to certain disciplines. This interdisciplinary approach ensures that students receive comprehensive support.

**Regular Training and Professional Development:** Proctors undergo regular training and professional development to stay updated on best practices in psychological counselling. This ensures the quality and effectiveness of the services they provide.

**Confidentiality and Ethical Standards:** All counselling sessions are conducted with the utmost confidentiality, adhering to ethical standards and professional codes of conduct. Students' privacy and trust are of paramount importance.

**Feedback and Continuous Improvement:** We actively seek feedback from students and periodically evaluate the effectiveness of our counselling services. This feedback loop allows us to make improvements and enhancements to better meet the evolving needs of our student community. Ramaiah College of Arts, Science, and Commerce is dedicated to nurturing the mental health and well-being of its students. The provision of psychological counselling services by proctors within the Psychology Department reflects our commitment to creating a supportive and empathetic campus environment. We acknowledge the importance of mental health in academic success and personal growth and remain steadfast in our pursuit of excellence in this aspect, in accordance with the NAAC guidelines.



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