

TAU/CA/R/Esst/ASWBC/54/2023

8th March 2023

APOLLO'S WELL BEING CENTER (ASWBC)

In order to ensure the welfare of the staff and students of the University, the Apollo's well being center has been formed.

Constitution of the ASWBC ,TAU

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|--|----------------------|
| 1. Dr M. Mariappan ,Dean ,SoM | Chairman |
| 2. Dr S.S .Shani, Asst Prof,SoSS | Member |
| 3. Dr. G.B.Hima Bindu , Associate Prof , SoT | Member |
| 4. Dr.K. Mahendra , Asst Prof , SoSS | Member |
| 5. Ashok P.M Reddy , Lecturer, Dept of AHS | Member |
| 6. Dr. Vandana Kaja , Asst Prof , Dept of Psychology | Convenor/ Counsellor |

The ASWBC shall conduct meeting once in a month and submit the minutes of the meetings to the Registrar, TAU. The SoP for ASWBC is attached.



Prof. M. Potharaju

REGISTRAR
REGISTRAR

The Apollo University

Murukambattu, Chittoor-517127.A.P

Copy to:

The Chairman and members

Dean SoT/SoM/PD/HoD,sw/PC/COO/- with a request to circulate among the staff under your control

SM-HR/Faci/Maint/SE-Stores/SSO/Exec-IT/M-Acc/Librarian/PET

Dean AIMSRR/Principal-ACON/ACOPT

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STANDARD OPERATING PROCEDURE (SoP)

Preamble:

Counseling is a process that aims to facilitate personal well being of the students through support and guidance of trained counselors, for a healthy mind and body. In the changing scenario, the Students' Counseling Cell plays a vital role in an educational institution. Education stands for an overall development of a student and thus counseling cell, a facilitator.

The Counseling Cell **encourages the students to understand themselves and the issues that trouble them and guides them to resolve their problems.** These problems can be personal, emotional, social, family, peer, academic, sexual, psychological etc. Student Counseling Cell aims to help students become self-aware and reach their highest potential while dealing with anxiety and stress.

ABOUT THE APOLLO'S WELL BEING CENTRE (ASWBC)

The Apollo University (TAU) has thought it fit that, in order to overcome the challenges arising out of present student environment in coping up with personal, emotional, social, family, peer, academic, sexual, psychological etc., it is pertinent to form the ASWBC Cell to observe and be more vigilant in dealing students' problems to motivate the students to identify their inner strength which will enable them for their holistic development and to promote the well-being of our students and empower them with life skills needed to face the challenges of this dynamic world.

With the intent to address, help and to resolve emotional and psychological issues of the student community of TAU has initiated the "Apollo's Well Being Center (ASWBC) in the University campus with faculty members as Committee members and as Counselors. The counselling may done through individual or group counseling 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.

Objectives of the ASWBC

- To help the students in solving their personal, educational, social as well as psychological problems.
- To create awareness about issues and problems related to mental health of student
- To train faculty in counseling activities.
- To supervise the activities of mentor mentee system of different schools

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Key functions of ASWBC:

- To counsel students through individual counseling sessions based on their needs.
- To enhance self-esteem of weaker /slow learners / physically challenged students and the students with emotional issues.
- To help the students to overcome examination stress, anxiety or phobia.

Role and responsibilities of Apollo's Well Being Center

- Solve personal problems of student by conducting individual / group counseling sessions
- Boost self esteem of weaker /physically challenged students.
- Diagnose the learning difficulties of students and help them to overcome the same.
- Help the students to overcome examination stress or fear.
- Conduct Motivational Talks and Workshops
- Conduct of Training programs on counseling skills amongst the faculty
- Conduct seminars for students on mental health and addiction issues.
- Refer the students to professional psychiatrics or counselors in severe cases
- Keeping the parents informed about psychological misbehavior of their ward

Role of the Counselors

The role of the Counselor is to offer support through listening and responding in a confidential, non-judgmental and timely way, ensuring that the students become productive, well-adjusted adults of tomorrow. They are trained to assess, diagnose and treat students struggling with academic stress, anxiety, depression, social addictions and other problems they face.

The goal of Counseling is to facilitate positive behavior changes, improving the student's ability to establish and maintain relationships socially, promoting their decision-making process, helping the student to understand their own potential and cope effectively with the problems they face.

TENURE

The term of the committee is two years.

PERIODICITY

The ASWBC shall conduct meeting once in a month.
