

“You Are Not Alone” Ensures The Student Counselling Centre Of NIT Rourkela

Rourkela: Education is a process of learning and transformation of a student. National Institute of Technology, Rourkela is always dedicated to the holistic development of the learners. In July 2017 NIT, Rourkela has started a student Counselling centre which ensures that ‘you are not alone’.

Professor-in-charge of Student Counselling centre Professor Kishore Chandra Pati says, “The internal and external challenges of our younger generation are to be resolved in order to empower them properly. For this a close assessment and warm interaction with the individual students is mandatory. The counselling centre is functioning in the college under the guidance of professional Psychologists. The purpose of clinical counselling is that students can freely and confidentially express their academic, emotional and personal pressures and concerns to a professional who can help them effectively. We are planning to introduce an online counselling service. In most of the cases, students hesitate to open up so through online counselling they can discuss their problem over phone or text.” adds professor Pati.

”.

Other than students, parents and teachers are also getting the benefits from the counsellor in order to pave a path to the students inside the campus and in their homes. Evening sessions are mainly conducting for Hostel inmates who are away from their own homes. So Regular counselling activity which can be majorly divided into Academic and Emotional counselling. Academic queries are entertained by mentors and coordinators. For this counselling centre, there are 120 student mentors. The Coordinators visit first-year hostels to interact with the students and offer them solutions for their problems. They provide Exam tips to students. They also carry result analysis.

Senior student coordinator Amlan Das says, “ We visit hostels and talk to the students. Weak students are given emphasis and they are urged to come forward. Counsellor and psychiatrist take a major load of emotional counselling but we generally help in academic counsel ”.

One student says, “As a fresher, you are constantly reminded that this is supposed to be the ‘time of your life’. When it feels like the worst time of your life you feel both a sense of guilt and a pressure to keep these negative thought to yourself. I was going through this phase but students counselling centre helped me to get out of this situation”.

Aalisha Padhi, from Saudi Arabia, who is a student and a mentor to the foreign students says, “ I have taken care of 10 students. They often feel isolated as they think they are outsiders and it's harmful. There was a stigma. When I was a fresher I feel isolated and I don't have opportunities at all. Many foreign students only hang out with their nationalities. I decide to mentor these students and now I motivate them to socialize with other students too. I encourage them to open your mind up”, Says Aalisha.

Co-curricular Activities

The student counselling centre organizes English speaking classes to build self-confidence in collaboration with Clarion known as "Effortless English". Career counselling programme "LEAD" was conducted in collaboration with HOURGLASS which emphasized on internship and placement scenarios. Further LEAD is helping people to enhance their personality and skills. Through this programme, Weak students are offered additional academic help by meritorious students each semester. Even Foreign students are guided on basic subjects so that can embrace the Indian curriculum easily. Students are motivated by street plays.

Workshop

“Be Motivated Be Successful” Workshop was conducted in March 2018 in collaboration with TEQIP-III to help students understand their potential. Institute of Self Reliance, Bhubaneswar was invited to conduct the event. Interaction sessions were organised involving fun games.

The student counselling Programme is a noble initiative by Director of NIT, Rourkela professor Animesh Biswas . The objective of this counselling centre is to prepare the students to adopt a confident approach towards life and to bring about voluntary change in themselves . The goal of Counselling is to help individuals overcome their immediate problems and also to equip them to meet future problems . The programme has eight faculty members and 120 student coordinators . Each coordinator has been assigned a set number of mentors who in turn to take care of mantees. Experienced mentors interact with the newbies to bridge the junior-senior gap.