

# **IITGN Counseling Services**

## **What is meant by counseling?**

There are times in life when one needs a helping hand to overcome any obstacles. Counseling services are that helping hand on campus to support you in emotionally demanding phases of your journey at IITGN. Further, counseling is not just about helping one overcome emotionally tough situations, it is also about sharing one's thoughts with an empathetic, nonjudgmental, and professionally qualified person about issues that might be bothering, puzzling, or preventing one from leading a happy and productive life. For example, a student may want to talk to a counselor about how to manage time, what to read, how to understand oneself better, or just have a cup of tea together.

## **What kind of concerns can I bring to a counselor?**

ANYTHING which is bothering you - it could be homesickness, relationship, family issues, academic, peer or parental pressure, lack of motivation, lack of clarity in thoughts, sudden mood swings, or feeling of loneliness. These are just few examples, but anything which might be bothering you can be shared with a counselor.

## **I do not have any problem; can I still approach counseling services?**

Surely, you can. Counseling sessions provide the students a platform for self exploration and personal awareness through mutual discussion, suggested reading, and sometimes psychometric testing. You can approach counseling services to discuss general issues, better understand yourself, and seek guidance.

## **What do the counselors do? Do they solve our problems?**

The counselors provide a non judgmental and unconditional space in which a student can share their thoughts. A counselor also asks right questions to help the student make healthier life choices. Once in a while, we need someone to be with us while we are walking on a tough path; a counslor walks with you when you are taking up that tough phase of your life.

We strongly believe that everybody is courageous enough to face and fight their life battles, and they all know what is the right thing to do. As counselors, we will help you in making your own choices and assist you in being prepared for the outcomes of the same.

## **Who has access to the information shared?**

Kindly rest assured that any information you share with Counseling Services is kept confidential. No information will be shared without prior consent of the concerned student.

**How much information do I need to share?**

A counselor may pose questions to better understand your concerns and to help you resolve the same. We understand that it is not an easy to talk about internal issues to someone. Counseling Service deeply respects this aspect and it is entirely up to you, what and how much you want to share.

**Whom should I approach for concerns which are bothering me but are not psychological, and I am not sure whom should I talk to?**

You may approach Counseling Services for such concerns, and you will be directed to the right resource person on campus to address that issue.

**How much will the sessions with the Counseling Services cost?**

It is an institute based facility and it is free of cost.

**Where should I contact to fix an appointment?**

You can email, message, or call us on any of the contact details provided as follows :

**Dr. Namrata Saxena**

Counselor

Email: [namrata.saxena@iitgn.ac.in](mailto:namrata.saxena@iitgn.ac.in)**Ms. Palak Delouri**

Counselor Intern

Email: [palak.delouri@iitgn.ac.in](mailto:palak.delouri@iitgn.ac.in)**Bhaskar Datta**

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