



“Simple Boosters”

THE RIGHT CARE AT THE RIGHT TIME

Can't I just talk to a friend instead of a counsellor?

You can do both-

Friends can be a great support in times of need. But friends cannot do what counsellors do.

Counsellors are skilled at helping people change the way they think, act, and feel.

relationship difficulties family issues
self-esteem career uncertainty
anxiety depression stress
study skills sexuality

What Simple Boosters do?

- The simple booster is here to help you gain understanding and insight into any difficulties you may be experiencing, to develop emotional strength and put into effect real change, enabling you to fulfil your academic and personal potential.
- In the areas of academic achievement, personal/social development and career development, ensuring today's students become the productive, well-adjusted adults of tomorrow.

**WHAT DO
WE OFFER?**



Individual Counselling

It is a one-on-one counselling between a client and a trained therapist, in a safe, caring, and confidential environment.

BENEFITS INCLUDE



PRIVACY



DEDICATED TIME
AND ATTENTION



TRANSPARENCY



ENHANCED
PARTICIPATION



Group Counselling

It is a counselling in a small group setting which helps you feel less alone. It connects you with other students who are going through similar struggles, creating an environment of social support and encouragement.

BENEFITS INCLUDE

INTERACTION



EMPATHY



SUPPORT



Parental Counseling



The Counselling Service may be contacted by parents who are aware that their child is struggling at university and are unsure how best to help them.

Benefits for Parents

Understand their children's progress

Select strategies to motivate their children

Develop realistic goals with their children

Become actively involved in their children's life

Parent education and discussion groups for child-related issues

To identify students with special
needs and abilities



Workshops

- A range of workshops are available to help you build skills to respond to the demands of life at university.

Benefits of workshops

- Raise awareness
- Create time for reflection
- Provide frameworks
- Create momentum
- Help sustain focus and motivation
- Opportunities for peer check and feedback
- Manage stress!
- Complementary to one-to-one coaching

Activities:



- Assessed students personality by using 16 PF test.
- Conducted one day training program on “Role of a Faculty as a Counsellor” in collaboration with ASC.
- Conducted various counselling awareness programs.
- Delivered guest lecture to Non-teaching staff about “Implications of Human Values in day to day life”.