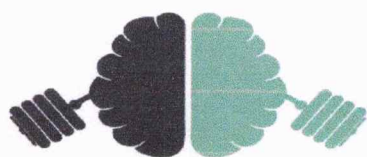




**Sant Dnyaneshwar Shikshan Sanstha's
ANNASAHEB DANGE COLLEGE OF ENGINEERING
AND TECHNOLOGY, ASHTA**

**MIND GYM EMOTIONAL WELLNESS
CENTRE**

COUNSELLING CELL MANUAL



Mind Gym
Emotional Wellness Centre



1. Introduction and Evolution

The Counselling Cell of ADCET was established in 2015 with the objective of providing professional psychological support to students. Since its inception, the centre has served as an integral component of the Institute's Student Support System. Initially, the facility functioned under the name 'ADCET Counselling Cell'. In 2025, recognizing the growing need for a holistic approach towards mental health promotion, emotional well-being, preventive care and psychological resilience, the centre was renamed as the 'Mind Gym Emotional Wellness Centre'. The new identity reflects the institute's commitment towards creating a mentally healthy campus where students can learn, grow and thrive.

2. Vision

To promote psychological well-being, emotional resilience and holistic development of every student through accessible, ethical and professional mental health services.

3. Mission

- Provide timely psychological counselling and emotional support.
- Promote mental health awareness through preventive programmes.
- Support academic success by addressing emotional and behavioural concerns.
- Work collaboratively with mentors, parents and departments while maintaining confidentiality.

4. Objectives

- Provide individual counselling.
- Develop coping skills and resilience.
- Identify students requiring early intervention.
- Coordinate with the mentoring system.
- Conduct workshops and awareness programmes.
- Refer students to psychiatrists or specialists whenever necessary.

5. Services Offered

- Individual Counselling
- Psychological Assessment (when required)
- Stress & Emotional Management
- Group Counselling
- Parent Consultation

6. Referral Mechanism

Students may receive counselling through any of the following channels:

- Self-referral by the student
- Referral by Parents
- Referral by Faculty Mentor
- Referral by Class Teacher/ Head of Department (HOD)/ Director/Institutional Authorities



7. Confidentiality Policy

All information disclosed during counselling sessions is treated with strict confidentiality. Counselling records are securely maintained and are accessible only to the Counsellor. Information is not disclosed to faculty, parents or any other individual without the student's informed consent, except in situations involving risk of harm to the student or others, or where disclosure is legally mandated. Where institutional coordination is necessary, only essential information relevant to student welfare is shared without revealing sensitive personal details.

8. Integration with Mentoring System

The Mind Gym Wellness Centre works closely with the Institute Mentoring System. Mentors identify students requiring additional psychological support and refer them to the Centre. After counselling, appropriate non-confidential feedback is provided whenever required to facilitate continued academic and emotional support.

The Mind Gym Wellness Centre strengthens the institute's Student Support System by promoting student well-being, improving retention, enhancing academic performance, fostering life skills and creating a positive learning environment. The documentation maintained by the Centre demonstrates systematic implementation, continuous improvement and commitment to holistic student development.



Prepared By

Counsellor

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Approved By

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