

NIAZI MEDICAL COLLEGE, SARGODHA

Students Counseling Cell

Students counseling cell is necessary part of the academics. The psychological support given to the students will be dealt/organized by the counseling cell.

Head of Counseling Cell:

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| 1. Prof. Dr. Ali Zulqarnain | Psychiatrist |
| 2. Maj (R) Dr. M. Amin (Assistant Professor) | Psychiatrist |

Secretary:

Ms. Nayab Rafique Psychologist

Objectives:

The objectives of counseling cell are;

- To uphold psychological well-being of the students through continuous support and guidance based on their needs.
- To encourage students in staying away from negative thoughts and healing their minor emotional discomforts.
- To assist the students through individual and group counselling in understanding and accepting themselves "as they are."
- To assist the students in recognizing their individual talents and abilities to attain their academic goals, social and personality development, adjustment concerns, and professional ambitions,
- To promote empathy-building, listening skills, and interpersonal abilities to bolster good relationships.
- To facilitate students in academic & career guidance.

SOPs of Counseling Cell:

Following SOPs will be followed for the conduct of Counseling Cell.

- a. The students requiring counseling or psychological support will be selected or filtered by faculty members who will already be sensitized about the counseling cell. These students will be sent to the counseling cell for further evaluation.
- b. The counseling cell will give any type of psychological/psychiatric support to the students. In case of any crisis or depth of problem, the administration i.e. Principal and in-charge students' affairs will be taken on board accordingly.
- c. The student/s undergoing counseling or psychological/psychiatric support will be given amicable environment regarding attending classes, ongoing tests, Mid-term or sendup exams. The relevant faculty members will be informed about the problem of the student and will be dealt through special circumstances.
- d. The office of Psychologist has been assigned to be used as counseling cell.