



**Shobhit
University**

EDUCATION EMPOWERS

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Psychological Counselor's Profile

Section A: Counselor Profile

1. Name of the Counselor: Dr. Manpreet Kaur
2. Qualification (Degree & Specialization): MS – Prasutitantra & Striroga
3. Years of Experience in Counseling: 3 years
4. Affiliation/Employment Type (Full-time/Part-time/Visiting): Full-time
5. Availability (Days and Timings): 9am to 5pm
6. Location of Counseling Services on Campus: Counselling Room
7. Contact Email/Phone (optional): 9997434829

Section B: Roles and Responsibilities

- Providing one-on-one psychological counseling to students and staff.
- Identifying and supporting individuals with mental health challenges.
- Conducting awareness programs on mental health, stress management, etc.
- Coordinating with the Gender Sensitization Committee and ICC when required.
- Maintaining session records (anonymized) and submitting semester reports.

Section C: Impact

1. Common issues addressed during sessions: Academic stress, anxiety, gender identity confusion, low self-esteem, and family pressure.
2. Overall student response / Impact noted: Positive response with increased awareness about mental health, cyber security, visible improvement in confidence and help-seeking behavior among students.

Signature of Counselor: Dr. Manpreet Kaur

Date: 30th November 2024