



Awasthi College of Education

Dari, Dharamshala (H.P) – 176215

Under Awasthi Education Society- Shayamnagar, Dharamshala
Recognized by NCTE New Delhi, Affiliated to HP University Shimla
www.acedharamshala.edu.in | awasthicollege03@gmail.com

9418112190

AISHE CODE: C-11469

Since 2009

Guidance and Counselling Cell (2025-26)

Counselling is a process that aims to facilitate personal well being of the students through support and guidance of trained counselors for a healthy mind and body.

With the intent to address and help resolve emotional and psychological issues of the student community of Awasthi College of Education, the college has initiated the "Guidance and Counselling Cell" in the college premises with the help of a trained team of faculty members as counselors.

The Guidance and Counselling Cell encourages the students to understand themselves and the issues that trouble them and guides them to resolve their problems. These problems can be personal, emotional, social, family, peer, academic, sexual etc. This is done through individual or group counselling to help them with academic goals, social and personality development, career goals, enhancing listening skills, empathy and interpersonal skills to have healthy relationships and healthy lifestyle.

The role of the Counselor is to offer support through listening and responding in a confidential, non-judgmental and timely way, ensuring that the students become productive, well adjusted adults of tomorrow. They are trained to assess, diagnose and treat students struggling with academic stress, anxiety, depression, social addictions and other problems they face.

The goal of Counselling is to facilitate positive behavior changes, improving the student's ability to establish and maintain relationships socially, promoting their decision making process, helping the student to understand their own potential and cope effectively with the problems the face.

Objective:

- To help the students in solving their personal, educational, social as well as psychological problems.
- To create awareness about issues and problems related to mental health of student.
- To motivate faculty in counselling activities.



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Role and Responsibility:

- Solve personal problems of student by conducting individual counselling session.
- Boost self esteem of weaker/physically challenged students.
- Diagnose the learning difficulties of students and help them to overcome the same.
- Help the students to overcome examination stress or fear.
- Conduct training program on counselling skills for faculty and staff.
- Conduct seminars for students on mental health and addiction issues.
- Refer the students to professional psychiatrics or counselors in severe cases.
- Inform the parents about psychological misbehavior of the student.

Cell Members

Coordinator	Ms. Megha Sharma, Asstt. Professor
Members	Ms. Monika Dixit, Asstt. Professor
	Mr. Pankaj Kumar, Asstt. Professor

Sr. No.	Activity Description	Tentative Month	Resource Person	Target Audience
01	Motivational Talk	November 2025	Ms. Megha Sharma	Students
02	Motivational Program	December 2025	Faculty Members	Slow learning/ Physically Challenged Students
03	Training Program on Counselling Skill	January 2026	Ms. Megha Sharma	Interested Faculties
04	Seminar	February 2026	Ms. Monika Dixit	Students & Parents
05	Various Problems	Any time	Coordinator and Members	Students