



O.P. JINDAL GLOBAL
INSTITUTION OF EMINENCE DEEMED TO BE
UNIVERSITY
A Private University Promoting Public Service



Counselling Support at JGU: Centre for Wellness and Counselling Services (CWCS)

O.P. Jindal Global University started Psychological Counselling services for its students, faculty, and staff members in May 2012. The Counselling Centre was initially a part of the University Health Services. In September 2018, the Centre for Wellness and Counselling Services (CWCS) was set-up as a separate department under the supervision of the Chief-Proctor, OP Jindal Global University.

Counselling is a journey of the client and therapist. It is a process of sharing, listening, talking, and guiding in an environment of mutual trust and respect. CWCS offers a strictly confidential environment wherein an individual can share his/her thoughts, emotions, and concerns with the hope of coping with what has been challenging to them. It provides everyone with a space free of judgement and labeling. CWCS provides both individual and group counselling services to the students, faculty, and staff members of JGU. Our Counsellors provide crisis intervention, psychometric assessments, short-term psychotherapy, group therapy, meditation & relaxation, and referral services.

We also offer consultation to students, faculty, and staff who are concerned about the well-being of other students. In addition to its counselling services, CWCS establishes continuous engagement with the JGU community through its awareness and outreach activities.

- The members of JGU can place the request for an appointment with a Counsellor by either calling on our 24X7 helpline number or writing an email to us.
- During an initial consultation, the Counsellor will explain the process of counselling, the confidentiality of the entire process, and the exceptions to confidentiality.
- The Counsellor will gather information about the nature and severity of the concerns and the psychiatric history if there is any.
- With a clearer picture of the client's needs, a customized care plan will be developed. Individual counselling sessions usually will range from 45-60 minutes.
- The length and frequency of sessions are planned collaboratively by the Counsellor and the Client, with consideration for the client's level of functioning, progress, available support, and overall demand for services.

In September 2019, CWCS, JGU collaborated with YourDOST, India's first and the largest online mental health and emotional wellness Platform. By adding online mental health support to the existing on-campus support, we advanced our pursuit to ensure the emotional wellness of everyone on campus. JGU members have access to both on-campus and online mental health support.



CWCS Services Specific to COVID-19 Pandemic.

24/7 Emotional and Psychological Support: In the wake of the COVID-19 pandemic, ensuring continuity of counselling and well-being services, CWCS quickly transitioned to provide its services from the traditional face-to-face counselling to online and tele-counselling. For the same, we have created a Skype ID and shared it with the entire JGU community for immediate assistance, if anyone wishes to consult the Counsellor online. A new initiative from YourDOST called “A Better You Project,” which gives access to a plethora of online resources for self-care to help us get through and develop resilience during the COVID-19 crisis, was made available for the JGU community.

Webinars and Periodic Emails: CWCS, in collaboration with the Jindal Institute of Behavioural Sciences (JIBS) and YourDOST, has organized multiple webinars in its weekly webinar series on “Mental Health and Wellness during COVID-19.” These webinars were conducted by well-renowned Psychiatrists and mental health experts in India.

CWCS with YourDOST believed that relevant mental health communications stand critical during the challenging times of COVID-19. It has maintained constant communication with the JGU community through its periodic video emailers containing useful tips and resources on Mental Health and Well-being.

In Office Consultation Hours: Monday – Saturday: 9 am to 10 pm.

During the semester break: Monday – Friday: 10 am to 6 pm.

Access Student Counsellor over 24x7 Helpline: 8396907312

Other Contact Details: cwcs@jgu.edu.in

YourDOST: counseling@yourdost.com