

INDIAN INSTITUTE OF TECHNOLOGY ROPAR

This institute has a lot to offer for its students, in terms of academics, co-curricular and extracurricular opportunities. With the increased opportunities, often come related problems like stress, anxiety or depression. On face value, these problems might seem trivial, but they end up affecting us in a negative manner. Hence, we should reach out for help. There is nothing to lose.

Counseling Cell

Our counselors, Ms. Bhawna Suri and Mr. Deepak Kumar Phogat, with their vast knowledge and experience has helped numerous students overcome such problems and succeed in life. One must remember, however, that counseling and its services can do much more good, if people approach the service freely without any kind of hesitation. It is completely fine to ask for help and we are always there to help you.

Advice is like snow; the softer it falls, the longer it dwells upon, and the deeper it sinks into the mind.

- **Samuel Taylor Coleridge**

Sounds beautiful statement! Isn't it? But

Well folks!

The job of the counselor **is not to give you advice**. It is a two way conversation aimed on ultimate goal of better **self understanding** and finding out what disturbs in **independent thinking and decision making**.

Period of Youth happens to be a period of doubts. Counselors make sure not let these doubts turn into tragedy.

So we are providing you with some information to intellectually stimulate you right now:

- **I find myself confused most of the times.**

If you are feeling confused, it is probably because you are thinking about five different things at once, you can write a to- do list putting things you have to tackle in order of priority. This way you won't have to think about them until you come against them on your list. Keep YOUR goal of life clear in your mind. Strongest is the person who knows what he has to do in life or wants from life.

To succeed in your mission, you must have single minded devotion to your goal.

- **A. P. J. Abdul Kalam**

- **I am feeling boredom.**

Have you ever eaten an energy bar? **Change is everybody's business** is meant to be an energy bar for you in working with change. Engaging yourself at least one time in a day in leisure activities like sports, talking to friends, music or dance or humour is must for everyday even in examination period. It helps you bring your own power and resources to the surface. If it does not work, it simply indicates that you need to be serious over this matter and do not avoid this. Continuous feeling of boredom may push you towards

Depression.

You will feel boredom where there is absence of good idea.

-Earl Nightingale

- **A girlfriend/boyfriend or academic achievement – What do I need more?**

Biologically and instinctually we are habitual to code **pleasure principle** with intimate relationships only. Sexual and intellectual stimulations both are equally important sources of pleasure principle. **Psychologically** if a couple is intellectually together, they are more likely to relish personal relations. Intellect is something which is going to give justice both the fields e.g. relationships as well as academics. More rational choices you make, the more intellectual you will be.

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that you are in control of your life. If you don't, life controls you.

- **Tonny Robbins**

- **Most of the things we know but still get addicted.**

People get addicted generally to compensate for mental health problems like anxiety, hyper competitiveness, loneliness, stress, depression, guilt, continuous failure. The most relaxing recreating force is cracking and attending jokes for the sake of **laughter** as laughter restores your energy to beat indicators of addiction. There is always a standard line to explore something and take risks; one can't staple his own tongue just to know how it feels. Don't make your mind aloof; **Give five minutes** every day by talking to yourself like counting your activities throughout the day to have an eye on yourself.

We make our habits then habits make us.

- **John Dryden**

- **Every time I plan before starting a project and I leave in between.**

When we are in wavering state of mind, we are most likely to quit. When you have to decide to initiate an assignment or any work, **ask yourself three questions:** Do I really have to do this job? Should I get it completed so that it will stop playing in my mind? Will the job be easier if I leave it to do later? When you ask yourself those simple questions, it will make you think about the task and make your realize that it will not go away by screwing the problem again and again.

The power of concentration is the only key to the treasure house of knowledge.

- **Swami Vivekananda**

- **I know everything but even then having difficulty to fight with kid of stress.**

Kick of **comparison syndrome** right now. It could be very stressful if you are always on the lookout for who is better than you, as that act breeds negative feelings on your part. one

thing that should be pretty clear in your mind that wherever you are or go in life, there will always be that person who does one thing better than you. Does that mean every time you come across such people you start feeling sorry for yourself or feel like life has not given you enough?

Do not anticipate trouble or worry about what may never happen. Keep in the sunlight.

- Benjamin Franklin

How to approach counselor

Appointments can be made on working hours, 10 am to 8 pm (Monday to Friday) and 9 am to 6 pm on Saturdays through email or direct contact.

Professional Synopses

- I joined IIT Ropar in January 2016. I would like to consider myself a self starter. I walked in to the counselling profession since July 2011.
- For 5 years 11 months, I have been engaging myself working for and with student population like adolescents, adults and couples or families too.
- Focus on killing identity diffusion among students which is one of the strongest predictor of lack of self confidence and dissatisfaction causing psychological problems.
- Conducting workshops independently on Life skills like emotional quotient and attitude, Personality development like cultivating leadership skills and intrapersonal and interpersonal skills, Therapeutic sessions on Preventive measure of mental health issues like anxiety, stress, and depression and encouraging enriching better relationships, understanding among all age groups to enhance well being.
- Efforts on prevention & treatment of addiction of all sorts like internet, pornography, masturbation, smoking and drinking.

- With best wishes

- Bhawna