



# महिला अभियान्त्रिकी महाविद्यालय, अजमेर

(बीकानेर तकनीकी विविधविद्यालय, बीकानेर का संघटक महाविद्यालय)

## WOMEN ENGINEERING COLLEGE, AJMER

(A CONSTITUENT COLLEGE OF BIKANER TECHNICAL UNIVERSITY, BIKANER)

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WECA/SCC/2025-26/03

24.09.2025

### Student Counselling Committee NOTICE

All the students are hereby informed that a Student Counselling Committee has been constituted at the college level to counsel the students( All Years and All Branches) about their mental well-being. All the students are suggested to follow the guidelines given below:

- ✓ Maintain Privacy: Refrain from sharing your and your friend's personal information like your mobile number, photos, videos etc. and any other personal detail to anyone in social circle and on social media. And refrain from replying to any suspicious message or call and block such numbers immediately.
- ✓ Maintain Balance: Balance academics with hobbies, sports, and social activities. Avoid overloading yourself—quality matters more than quantity.
- ✓ Manage Time Wisely: Use planners or apps to organize tasks, deadlines, and exams. Break big goals into smaller steps to reduce stress.
- ✓ Practice Healthy Habits: Sleep at least 7–8 hours regularly. Eat balanced meals and stay hydrated. Exercise or walk daily to refresh body and mind.
- ✓ Develop Stress-Coping Strategies: Practice mindfulness, meditation, or deep-breathing. Take short breaks during study sessions. Engage in creative activities.
- ✓ Stay Connected: Talk to friends, family, or mentors when stressed. Join clubs or student communities for peer support. Don't isolate yourself.
- ✓ Limit Digital Overload: Reduce excessive social media scrolling, especially before bed. Focus on mindful screen usage for learning and recreation.
- ✓ Build Resilience & Positive Thinking: Accept failures as learning opportunities. Celebrate small achievements. Avoid unhealthy comparisons with peers.
- ✓ Seek Help When Needed: Reach out to faculty mentors or the counselling cell. Don't hesitate to consult a professional counsellor when needed.
- ✓ Practice Gratitude & Self-Care: Write down 2–3 things you are grateful for daily. Make time for things you enjoy—reading, music, nature walks.
- ✓ Stay Purpose-Oriented: Remind yourself of your long-term goals. Keep a growth mindset—skills improve with effort.

All students are informed to contact the Student Counselling Committee at the following mobile numbers or email them at [scc@gweca.ac.in](mailto:scc@gweca.ac.in) or meet them in person during the college hours between 9.00 a.m. and 4.00 p.m. :

1. Dr. Saroj Bala Gupta 8952076167
2. Dr. Neetu Rathore 8003202929

सरोज  
24-9-25

Neetu  
24/9/25

Student Counselling Committee