

## 6.6 Mentoring and Counseling

### GMRIT Student Mentoring & Counseling Support System

GMRIT is committed to the holistic development of every student through a structured, multi-tiered support system that addresses both academic challenges and personal well-being. GMRIT provides a two-tiered support system for student well-being and professional growth:

1. **Faculty Mentoring: Continuous Support:** 20 students are allocated to 1 faculty mentor (follows 20:1) to focus Continuous monitoring and support across both Academic and Personal/Professional aspects of the student's life. The faculty mentor acts as the first-line resource, providing advice on academics, career planning, goal setting, motivation, and offering emotional support. They also facilitate referrals to professional counseling when specialized help is needed. Mentors maintain regular, mandatory one-on-one meetings with their allocated students. This faculty mentor system is the **front line** of support, ensuring that no student is overlooked and that those requiring expert care are promptly connected to the appropriate resources.
2. **Professional Personal Counseling: Expert & Hybrid Care:** GMRIT supplements faculty mentorship with expert, confidential counseling services delivered by **Dr. N. Vijayalakshmi**. She is a Professional Counselor. She is Available **twice a week** via a secure online platform (by pre-booked appointment) for confidential one-on-one sessions. Dr. Vijayalakshmi visits the campus **4 times per academic year** to provide enhanced engagement through:
  - **Group Workshops/Seminars** on critical topics (e.g., stress resilience).
  - **In-Person Consultations** for specialized or follow-up care.

These Sessions are strictly confidential, creating a safe space for addressing complex personal, emotional, or psychological concerns. This integrated approach ensures every GMRIT student receives both continuous oversight from a faculty member and access to expert, professional care for holistic development and success.

Career Counselling for students – Regular counselling for students & parents by professionals to reduce pressure and encourage.

