



Recruitment Section

क्रमांक /No. IITBhillai/StaffRec./2025/1500

दिनांक/Date: 28.05.2025

सूचना/NOTICE

**Recruitment for the post of Assistant Student Counsellor** **Ref: Advertisement No.**  
**IIT Bhilai/Staff Rec.2024/02 Date: 17.09.2024**

With reference to the representation received from the applicants against the Notice bearing No. IITBhillai/StaffRec./2025/72 dated 22.04.2025, in connection with the list of shortlisted/not shortlisted applicants for the post of Assistant Student Counsellor (Post Code: 401), we have reviewed the provisional list of not shortlisted applicants. After careful consideration, we have found that no candidates from the list of not shortlisted applicants are eligible for the next stage of the selection process for the post of Assistant Student Counsellor (Pay Level 10, Group A).

टिप्पणी/Note:

1. Applicants who are shortlisted are purely based on the information provided by the candidates in the application form through the online portal.
2. Action taken on the representations is informed through personal email.
3. No further correspondence shall be entertained by the institute for the said post in the future.

Syllabus for the post of Assistant Student Counsellor

All the candidates are expected to study the following syllabus for the post of Assistant Student Counsellor and prepare accordingly. No separate email intimating the syllabus will be sent to individual candidates by the institute. The institute will not be responsible for non checking/ delay in checking the syllabus by the candidate and claiming for any relaxation in this regard in the future.

SYLLABUS

The following pattern for the written exam

**Mental Health and Wellbeing of Students**

Understanding Mental Health: Key concepts, importance, and challenges faced by students.

Promoting Mental Wellbeing: Strategies for promoting mental health, stress management, and self-care techniques.

Types of Therapies: Overview of therapies like CBT, mindfulness, and narrative therapy.

Self-Concept and Social Context: Understanding self-concept, self-image, self-perception, and their role in mental health.

Self-Regulation: Techniques for regulating emotions and behaviors to foster resilience and coping.

Resilience and Coping: Strategies to build resilience and the role of social support in mental health.

**Diagnostic Skills for Early Identification and Management of Mental Health Concerns**

Early Identification: Key signs and indicators of common mental health issues in students.

Crisis Management: Approaches to handling mental health crises and special cases.

Socio-Emotional Development: Understanding adolescent mental health and its impact.

Psychological Assessments: Tools and techniques for effective psychological assessments and intervention planning.



### Psychological Theories, Therapeutic Approaches and Treatments

Overview of major psychological theories: Psychodynamic, behavioral, cognitive, and humanistic models.

Application of these theories to clinical disorders like anxiety, depression, personality disorders, and psychosis.

Types of mental health disorders: Psychotic, neurotic, mood, anxiety, stress-related, and somatoform disorders.

Neurobiological perspectives on mental disorders and their management.

Overview of therapeutic modalities: Psychotherapy, cognitive-behavioral therapy (CBT), behavioral therapy, and psychodynamic therapy.

Approaches for managing specific conditions such as depression, substance use, personality disorders, and childhood behavioral disorders.

Role of medications, ECT, and psychosurgery in treating mental health conditions.

### Psychological Testing, Counseling, and Psychotherapy

Techniques in cognitive assessment: Intelligence tests, memory scales, and neuropsychological tests.

Personality and diagnostic assessments: Projective tests, personality inventories, and diagnostic clarification tools.

Specific assessments for children, disabilities, and special populations.

Types of therapy: Psychodynamic, cognitive-behavioral, humanistic, and systemic therapies.

Therapeutic techniques for emotional and behavioral disorders.

Special conditions: Therapy for children, trauma victims, individuals with chronic mental illness, and addiction.

Techniques: Cognitive restructuring, mindfulness, play therapy, family therapy, and group therapy.

Approaches to address special cases like suicide, bereavement, and post-traumatic stress.

### Diagnosis and Intervention of Mental Health Disorders

Mood Disorders: Identification and treatment of depression, bipolar disorder.

Anxiety Disorders: Identification and treatment

Sleep and Eating Disorders: Identification and treatment

Neurosis and Somatoform Disorders: Common presentations and management strategies.

Substance Use Disorders: Understanding and addressing substance use in students.

### Emotional and Behavioral Emergencies

Identification: Recognizing emotional and behavioral emergencies in students.

Response and Handling: Immediate intervention strategies and support mechanisms.





**Planning Sensitization & Collaboration with Stakeholders**

Stakeholder Engagement: Planning outreach programs and collaborations with parents, teachers, and community.

Sensitization: Raising awareness about mental health issues among stakeholders.

**Emerging Concerns for Children with Special Circumstances**

Mental Health of Special Circumstances: Addressing the mental health needs of children in unique situations (e.g., abuse, trauma).

Interventions and Perspectives: Holistic mental health approaches for these children.

**Outreach Activities and Psycho-Educational Prevention Programs**

Prevention Programs: Designing and implementing psycho-educational programs aimed at mental health prevention.

Student Outreach: Reaching students with information and resources to support their mental health.

**Expectations of Students and Structural Support**

Peer Support: The role of peer support in the mental health landscape.

Rehabilitation Processes: Approaches and interventions for supporting students in recovery.

Caregivers: Importance of caregivers in maintaining mental health and wellbeing.

Psycho-Social Support: Providing psychological and social support to students facing mental health challenges.

**Current Trends in Counseling and Psychotherapy**

Diversity Issues: Addressing cultural and social diversity in counseling.

Trauma Counseling: Specialized approaches for students affected by trauma.

Psychotherapy: Exploring contemporary psychotherapy practices and their application in educational settings

The institute would intimate the schedule of the written test and Interview shortly on the website to the candidates who have been provisionally shortlisted.

**Document Verification Requirement for Shortlisted Candidates**

The shortlisted candidates must produce all the documents in original for document verification to prove their claim about their eligibility, including Date of Birth, Education Qualification, PWD certificate, Service/Experience Certificate relevant to the post from their employer (past and current), Professional certification, etc. IIT Bhilai reserves the right to determine the relevance of any professional experience to the post applied.

If the candidate is not able to produce all the relevant documents in the original form for document verification, and/or if the information provided by the candidate is found to be incorrect, the candidature will stand automatically cancelled without any further notice.

*All concerned are hereby advised to keep visiting the institute website regularly for any further updates.*

