

Discover Your Path to Personal Growth

We're excited to announce about our counselling cell, a safe and welcoming space dedicated to supporting your mental health and well-being journey. Our student counselling cell is designed to provide you with a confidential and supportive environment where you can explore your thoughts, feelings, and concerns with trained counsellors who are here to listen and help.

Here's what you can expect from our student counselling cell:

- 1. Confidential support:** your privacy is our top priority. Our counsellors provide confidential counselling sessions where you can discuss any challenges you may be facing, whether they're related to academic stress, personal relationships, mental health concerns, or anything else on your mind.
- 2. Empathetic Listening:** Our counsellors are trained to listen without judgement and offer empathetic support as you navigate life's ups and downs. Whether you need a compassionate ear, practical advice, or strategies for coping with stress, we're here to help you every step of the way.
- 3. Personalized Guidance:** We understand that each student's journey is unique. Our counsellor will work with you to develop personalized strategies and resources to help you overcome obstacles, build resilience, and achieve your goals, both academically and personally.
- 4. Self-Care Resources:** In addition to one-on-one counselling sessions, our student counselling room offers a variety of self-care resources, including relaxation techniques, mindfulness exercises, and information on campus wellness programs and support services.
- 5. Accessible support:** Our goal is to make counselling services accessible to all students. Whether you're a first-year student adjusting to college life, an international student navigating cultural differences, or a graduate student juggling multiple responsibilities, our counsellors are here to support you throughout your academic journey.

We invite you to take advantage of the resources and support available in our student counselling cell. Your well-being matters to us, and we're here to help thrive, both inside and outside the classroom.

We look forward to supporting you on your path to well-being