

Counselling Services at Dyal Singh College

By Psychologists from Manas Foundation

An initiative towards Positive Mental Health and Well-Being for College Students

This is to inform the students of Dyal Singh College regarding the availability of weekly **Counselling Services** by psychologists from Manas Foundation on college premises on **Tuesdays**.

Counselling is a person-centered process aimed at co-creating solutions for emotional or psychological difficulties faced by individuals at critical stages of life. Some reasons for which counselling is sought are listed below:

- Stress and Examination Anxiety
- Family/Relationship Issues
- Future Orientation and Career Direction
- Personality Development
- Enhancing Self Esteem
- Mood and Sleep Disturbances
- Body Image
- Anger Management
- Problems with Adjustment

The counselling services at Dyal Singh College are as per the following schedule:

Timings:	Tuesdays, 10.00am to 3.30pm
Venue:	Evaluation Center, Basement (opposite the Canteen)

All discussions conducted in the counselling setting are confidential. For more information, or to schedule an individual counselling session, contact Manas Foundation +918802023901. Walk-in sessions may be entertained on a first come, first serve basis.

- Student N/B
 - All Dept N/B
 - College website
- JSingh
12-8-17