

Mentoring and Counselling cell

Counselling and mentoring cell aims to facilitate personal and professional well-being of the students through adequate support and guidance. The cell encourages the students to understand themselves, their environments both at home and outside of home. It is committed in providing comprehensive support to students. One of the major purposes of this cell is to provide assistance so that students can deal effectively with their anxiety, stress and also to guide them in selecting appropriate coping strategies to handle these issues. The Cell also aims to help them to explore their inner potentials, interests and motivate them to fulfil their aspirations and goals

Members

Dr. Abha Saxena

Day- Wednesday

Time- 02:30 to 03:15

Ms. Sonal Verma

Day- Thursday

Time- 11:00 to 12:00