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## Guidance and Counselling:

### Aim

To enhance psychological wellbeing among students.

### Objectives

1. To enhance the knowledge and clear the concept of Guidance & Counselling among the students & faculties.
2. To help students in solving their personal, educational, social as well as psychological problems.
3. To create awareness about issues and problems related to mental health of students.
4. To help resolve emotional and behavioural issues of the student impacting the normal functioning of an individual.

### Functions

- Assessment of mental health
- Organize training/workshops/seminars for students
- Personality Development
- Stress management
- Cope with Adjustment issues
- Communication skills
- Management of Interpersonal & intrapersonal relationship
- Management of adolescents problems
- Improve study habits
- Conflict management

*R. Deyadefe*

Principal

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