

Counseling Facility -

Professional Psychological Counseling

College students are the cream of young adult population. Many a times it is observed that they are under tremendous pressure that stems from various aspects like expectations about excelling academically, adjusting with the change in environment, family pressure, family problems, striking a balance between academics, extra-curricular activities, relationship issues, conflict in the values of the society at large and sometimes, psychological dysfunctioning. After having recognized the need of the time for providing support and guidance to these students, the Applied Science Department initialized professional counseling services. This initiative began in the year 2011 and has slowly gained momentum where the trend has gradually shifted in both approach and issues addressed.

The range of problems addressed include academic (exam stress, nervousness, lack of interest, perceived stress, year-down and backlogs, study habits, time management, and sometimes depressive symptoms), adjustment issues (lack of confidence, perceived insults, clashes with people, and inability to adjust with change in environment especially for First Year students), relationships (family, clashes with family members, pressure about achievements & responsibilities, trouble with friends and intimate relationships or tumultuous personal relationships) and personal issues (depressive thoughts & ideas, negative or ambiguous self-image, inferiority complex, unhealthy habits (smoking, drinking, drugs, etc.), fear, and sometimes psychological issues like suicidal ideation, obsessive and/or compulsive tendencies, depression, anxiety, etc.).

All these issues have been and are being dealt with professional psychological counseling wherein the students' record is maintained and a follow up is done. The number of session vary as per requirement. If need be, family members can be called for and also, group counseling takes place as per requirement. All cases are handled in the most confidential and empathetic manner. The general success rate is quite satisfactory, considering that students have largely reported of becoming better and self-reliant at handling problems.

The services are totally free of charge for students of CoEP. Our team includes:

- **Mrs. Tanuja J Kher** (M.A. Clinical Psychology, M.Phil. Educational Interdisciplinary, pursuing Ph.D.)
- **Dr. Kshipra V Moghe** (M.A. Clinical Psychology , Ph.D., Certified in CBT)
- **Mrs. Poorva S Kulkarni** (M.A. Clinical Psychology, pursuing Ph.D.)



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