



SANKETIKA VIDYA PARISHAD ENGINEERING COLLEGE

(Approved by AICTE, New Delhi & Affiliated to Andhra University, Visakhapatnam)

P M Palem, VISAKHAPATNAM – 530 041

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Dr. N. C. Anil
Principal

DATE:20/01/2024

Re No: Svpec/2023-24/80

**ESTABLISHMENT OF PLATFORM OR HIRING COUNSELLORS FOR
SEEKING HELP AND GUIDANCE W.R.T PSYCHOLOGICAL COUNSELLING
RELATED TO MENTAL HEALTH FOR STUDENTS, FACULTY AND NON-
TEACHING FACULTY**

The role of the counseling cell is to bring about positive behavioral changes in the student and improve their ability to make their own decisions, understand their true potential and cope effectively with everyday problems they face. The Psychological Counseling Committee comprise of teaching faculty of the college. The committee identifies students who require services on priority along with their areas of deficiency and suggests the improvement required.

Objectives

- To provide psycho- social support and counseling to students for their mental health and well- being.
- To facilitate positive behavior changes.
- To improve student's ability to establish and maintain relationships socially, promoting their decision making process.

S.NO	NAME	DESIGNATION
1	Dr. K.Sai Lashmi	Advisor
2	Dr. K.AKSHITHA ,M.B.B.S	Convener
3	Dr. K.Madhuri	Member
4	Dr.K.Usha Madhuri	Member

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20/01/24

PRINCIPAL

Sanketika Vidya Parishad Engineering College



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Engineering College
P.M Palem, Visakhapatnam-41

WORRIED ABOUT YOUR/SOMEONE'S MENTAL HEALTH ?

- Come and join our Support Hub '**NEVER ALONE**' as volunteers and seek support for yourself or for someone who is struggling with Mental Illness
- Your privacy is our utmost responsibility so you can share what's on your mind @



Whatsapp
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Messaging
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Warning signs of mental Illness

- Poor concentration
- Being easily Distracted
- Low decision making
- Short temper and Aggression
- Tiredness and lack of Energy
- Worry or Anxiety
- Long lasting Sadness or Irritability
- Mood Swings
- Social withdrawal
- Change in Eating /Sleeping Pattern
- Feeling teary
- Becoming Suspicious or Paranoid

What Can I Do to Help Myself?

- Learn ways to Relax
- Keep physically Healthy
- Practice Meditation
- Eat healthy and drink healthy
- Have healthy Relations
- Have enough Sleep
- Avoiding alcohol/Smoking
- Keep a Mood diary

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**Psychological cell under Manodarpan
initiative of MHRD of Govt.of India**

Convener - Dr. K.AKSHITHA ,M.B.B.}