

Ref No.: HVC/2023-24/MH-001

Date: 1 July 2023

CIRCULAR

Subject: Establishment of Psychological Counseling Platform for Mental Health Support

With the aim of fostering a **healthy and supportive environment**, Harivandana College, Rajkot, is pleased to announce the **establishment of a platform for psychological counseling and mental health support** for students, faculty, and non-teaching staff.

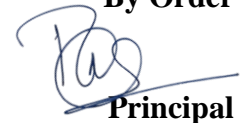
Recognizing the importance of mental well-being in academic and professional success, the institution has decided to **hire professional counselors** and establish a structured support system for psychological counseling and guidance.

Key Initiatives:

1. **Hiring of Qualified Counselors:** The institution will appoint professional psychologists and counselors for individual and group therapy sessions.
2. **Mental Health Awareness Workshops:** Regular sessions will be conducted to educate individuals on stress management, emotional resilience, and mental well-being.
3. **Anonymous Help Desk:** A confidential platform will be set up for students and staff to seek guidance without hesitation.
4. **Collaboration with Mental Health Experts:** The institution will collaborate with external mental health professionals and organizations to provide expert assistance.
5. **Regular Counseling Sessions:** Open hours for counseling will be scheduled to ensure accessibility for all.

All faculty members, students, and non-teaching staff are encouraged to utilize this initiative to ensure their well-being. For further details or to seek assistance, please contact the administrative office.



By Order

Principal

Harivandana College, Rajkot

Copy to

1. All Committee
2. Administration Cell