



CENTRE FOR CAPACITY BUILDING AND HUMAN RESOURCE DEVELOPMENT (CCHRD)

Mental Well-being & Counselling Services

At ARKA JAIN University, we value the mental health and emotional well-being of our students, faculty, and staff.

CCHRD provides free, confidential, and professional counselling services in a safe and supportive space.

“Caring for your mind is a sign of strength.”

Our Focus

We aim to provide timely psychological support to help you:

- Understand and cope with life's challenges
- Build emotional resilience
- Enhance academic and personal growth
- Achieve a balanced and fulfilling life

Our Counselling Services

- Individual Counselling – One-on-one confidential support
- Group Counselling – Sharing, learning, and healing together
- Psychological Support & Guidance – For academic stress, emotional issues, interpersonal conflicts, and more
- Workshops & Seminars- Ice breaking sessions, Workshops and Seminars etc are organized from time to time for various departments

All services are conducted in a non-judgmental, empathetic, and confidential environment.

Counsellor Contact: Ms. Preeti Saini, 9933792096

For Counselling services, please contact:

Dr. Charu Wadhwa

Assistant Director

Centre for Capacity Building and Human Resource Development

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Remember

You are not alone.

Help is always available.

Reach out. Talk. Heal. Grow.