

CENTRE FOR CAPACITY BUILDING & 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 & 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

SERVICES WE OFFER TO THE STUDENTS AND EMPLOYEES

- **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.
- * All the above mentioned services are offered Free of cost to the Students and Employees

COUNSELLOR CONTACT: MS. PREETI SAINI, 9933792096

FOR COUNSELLING SERVICES, PLEASE CONTACT :

DR. CHARU WADHWA, ASSISTANT DIRECTOR

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**You are not alone.
Help is always available.
Reach out. Talk. Heal. Grow.**