

PERSONAL COUNSELLING

In the present day world, each and every individual is required to undergo a personal counselling session for the overall mental and physical wellbeing and it is recognized as paramount importance to students passing through the later adolescent period. In this matter, Maharaja's college offers such facilities for personal counselling to meet up to the requirements of the students according to the changing times and situations to help them cope with every sort of instance they are placed in. Personal counselling helps individuals to better understand the specific concern they are experiencing, identify their strengths and to determine the directions they need to take in order to address the concern. It facilitates greater understanding of difficult emotions, relationships and behaviours, and increased ability to manage and overcome these challenges. Providing personal counselling to students strengthen their capacity to live in this world adapting themselves to any kind of situation. It leads to solutions for specific problems, better relationships, and significant reductions in feelings of distress.

A full time counsellor is provided in the college under the Jeevani scheme of the Director of Collegiate Education, Govt. of Kerala. Students are free to avail the service of personal counselling at any time they wish and are encouraged to do so. This service is of great relief and solace to the large number of students who undergo psychological stress and traumatic conditions.