

Report on activities undertaken under Positive Emotional Health (2020-2021)

Starting from June 2020, every month twice counseling sessions are taken online by providing personal zoom link to the students who needed counseling.

Every month a notice is shared on students groups and emails to make them aware of the dates on which the counseling sessions will be taken.

Dr Bharti Gidwani, Director & Consultant at Rejuvenate Stress Management & Health Care Center, has taken up counseling sessions for all the students who responded to the notices.

Sample Pictures of sessions:

