



NARAJOLE RAJ COLLEGE

PERSONAL COUNSELLING



PERSONAL COUNSELLING FOR
STUDENTS AND STAFF

MISSION OF PERSONAL COUNSELLING

Narajole Raj College, true to its pledge never to leave her students alone in the hour of need, successfully arranges for Personal Counselling, ensuring individual attention and the psychological well-being of a student

NARAJOLE
RAJ COLLEGE
NARAJOLE
PASCHIM
MEDINIPUR
WEST
BENGAL



AIMS

- To help students become aware of their own potentials.
- To reach out to youngsters who feel left-out, depressed, or suffer from extreme anxiety, or any other psychological problems.
- Try to understand our students better.

Individual therapy (sometimes called “psychotherapy” or “counseling”) is a process through which clients work one-on-one with a trained therapist—in a safe, caring, and confidential environment—to explore their feelings, beliefs, or behaviors, work through challenging or influential memories, identify aspects of their lives that they would like to change, better understand themselves and others, set personal goals, and work toward desired change.

OBJECTIVES

Students emerge with an enhanced happiness quotient.

Our Counsellor

NABAMITA BHATTERCHARJEE

M.Sc Nursing (Psychiatric Mental Health Nursing)

MBA in Healthcare Administration

Diploma in Clinical counselling