



# AVANTHI'S St. THERESSA INSTITUTE OF Engineering & Technology

Phone : 08952-281061  
Cell : 7893433345  
9704755549

(Approved by AICTE, Recognised by the Govt. of A.P., & Affiliated to JNTU-GV, Vizianagaram)

**Garividi (Cheepurupalli) Vizianagaram Dist - 535101**

website : [www.sttheressaengg.ac.in](http://www.sttheressaengg.ac.in)

email : [astiet@sttheressaengg.ac.in](mailto:astiet@sttheressaengg.ac.in)

Date: 09.06.2025

## Psychological Counselling for Students

In today's competitive academic environment, engineering students often face immense pressure related to academics, career choices, interpersonal relationships, and self-expectations. To address these challenges and promote overall well-being, **psychological counselling services** are provided at our institution.

### **Objectives of Psychological Counselling:**

1. To help students cope with academic stress, anxiety, and emotional issues.
2. To enhance self-confidence, motivation, and mental wellness.
3. To provide a safe, confidential, and supportive space for students to express themselves.
4. To promote positive mental health through regular awareness programs and counselling sessions.

### **Key Areas Addressed:**

1. Stress and time management
2. Exam and performance anxiety
3. Depression and mood-related issues
4. Interpersonal relationships and family problems
5. Self-esteem and personal growth
6. Addiction or substance abuse (if any)
7. Career confusion and life goals

### **Counselling Services Offered:**

1. **One-on-One Counselling:** Individual, confidential sessions by trained counsellors.
2. **Group Sessions & Workshops:** On topics like stress relief, emotional intelligence, communication skills, etc.



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3. **Emergency Support:** For students in immediate emotional distress.
4. **Referral Services:** To external mental health professionals, if needed.

## Counsellors Available:

We have appointed both **internal** and **external psychological counsellors** to ensure easy accessibility and professional guidance for all students. Students can book appointments or walk in during designated hours.

## Confidentiality Assured:

All counselling sessions are strictly confidential. No personal information is disclosed without the student's consent.

## Contact for Counselling:

1. **Internal Counsellor:** [Sri. B. Venkata Ramana, M. Tech (PhD), 9885774883]
2. **External Counsellor:** [B. Hemalatha, Brahamkumari's, 8639243979 / Every Saturday]

  
Principal 09/06/20