



Visvesvaraya Technological University

"Jnana Sangama", Belagavi - 590 018.

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REGISTRAR

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CIRCULAR

Sub: Counselor at VTU Campus, Belagavi-reg..

Ref: VTU/BGM/DPAR(CR(1)/2020-21/279, Dtd: 8th July 2020.

It is to bring to notice that Smt. Angeli Pandit, is appointed as a counselor at VTU Campus, Belagavi , she will be available in the University for 3 days in a week i.e on Tuesday, Wednesday and Friday from 2:00pm to 5:00pm at the Placement Cell, VTU, Belagavi. It is informed to all VTU students and employees to make use of the facility.

All the heads of the Departments / Special Officers are requested to bring this circular to the notice of employees working under them.


REGISTRAR

To,

1. The Hon'ble Vice-Chancellor through the Secretary to VC, VTU, Belagavi
2. The Registrar (Evaluation), VTU, Belagavi
3. The Finance Officer, VTU, Belagavi.
4. All the Special Officers and Section Heads at Head Office, VTU, Belagavi.
5. The Members of the VTU ICC & WEC committee.
6. The Computer Network Centre, VTU, Belagavi, to upload the circular in the VTU Website.
7. All the Chairperson / Program Coordinators of all the departments to bring this to the notice of the students and guide them to use this facility to the best.

In short about Counseling

1) **Meaning of Counseling:**

Counseling is a talk therapy between the Counselor and the Counselee, wherein one can examine, explore and discuss any issue that you have been facing for an extended period of time. Counseling will provide you as safe, secure, non-biased and non-judgmental atmosphere, where you and your issues are of paramount importance.

2) **Benefits of Counseling:**

1. Helps both, Physical and Mental Health
2. Reduces Anxiety, stress and tension
3. Gives you a clearer view
4. Emotional stability
5. Creates greater self-confidence
6. Increases Motivation and a number of other benefits.

Note: The confidentiality of everything that is discussed during Counseling will be strictly maintained as per Counseling Ethical Protocol.