



# Visvesvaraya Technological University

(State University of Government of Karnataka Established as per the VTU Act, 1994)

“Jnana Sangama” Belagavi-590018, Karnataka, India

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## *A Report on: Awareness Workshop on Counseling held on 01<sup>st</sup> of October 2021*

Counseling has been important seemingly since the dawn of society. Counseling seems to have always been a natural part of the human experience. The word and need for **psychological** support sessions must spread far and wide. It has become the need of the hour since most individuals are failing to cope with the tedious work pressure at both the personal and professional levels. Unless one is treated from within or unless the root of the problem is cured, it becomes very difficult for the person to come to terms with the existing problem.

An Awareness Workshop conducted by Smt. Angeli Pandit, Counsellor, VTU, Belagavi on the topic “Awareness Workshop on Counseling” for CNC and PMC Section, VTU, Belagavi in association with Women Cell, on 01<sup>st</sup> of October 2021 at Senate Hall, VTU, Belagavi Smt. Angeli Pandit, Counsellor & Psychotherapist, has been rendering her services in the MENTAL HEALTH field for the last ten years.



Introduction by Saraswati D,



Smt. Angeli Pandit, Counsellor

“Awareness Workshop on Counseling”-



Activities held during the session



Speech by Mr. S.A Angadi, Special Officer,  
ITISMU, VTU, Belagavi,



Staff of CNC & PMC Section, VTU, Belagavi participated in the session



**ORGANIZED BY:  
Counseling Centre,  
in Association with Women Cell,  
VTU, Belagavi**