

COUNSELLING UNIT

At St. Andrew's it is our constant endeavor to continue to help our students through counseling to achieve their academic goals and being well balanced individuals by managing emotions, feelings and thoughts thereby, evolving as the most sort after people in their respective fields.

The Counselling Unit first sensitizes the students to understand what counselling is. This is done through an orientation session from class to class- for both the degree as well as the junior College, to help students understand the various aspects that the St. Andrew's Counselling Unit could help them out.

The various issues counseled includes discord in parent-child relationship, academic issues, low self-esteem and confidence, behavioral issues, body image issues- via gender identity issues, bullying, domestic violence, depression, anxiety, fear, communication issues, unable to manage time, career confusion, negative thoughts, relationship issues, aggressive and impulsive behavior, inability to handle difficult emotions, substance abuse, insomnia, social phobia to list a few.

Students can approach our Counselor, Ms. Rovita D'Costa on the following email: rovitad@yahoo.com

Composition



A workshop on “**Developing Interview Skills.**”



A guest lecture by Dr. Rashna Sadri was organized on “**Exploring careers in Special Education**”



A talk on **“Pornography & You”**