

**Personal counseling:** College and university students face several challenges in the form of rapid change, ambiguity, uncertainty, and depleted support systems. Students also need to cope with many personal and psychological problems that range from basic adjustment and developmental, academic and learning, and career concerns to clinical-level mental illness. The objective of providing personal counseling is to contribute to student development, adjustment, and learning. The counseling is also provided to address dangerous and self-defeating behavior, thus enabling the individual to thrive in the college community. The college has a counseling centre which works to meet the above said requirements of the students. Qualified staffs of the college have been deputed for the purpose.

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