



GOA UNIVERSITY
Taleigao, Plateau Goa.

Established by State Legislature by Notification No. LD/1/7/84(D of year 1984

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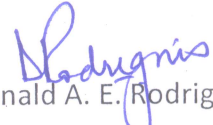
C I R C U L A R

All the Heads of the University Teaching Departments/Divisional/Sectional Heads are hereby informed that Mrs. Snehalata Bhatikar, Counsellor will be available for counseling sessions for all University Campus Students.

The details of Counseling Services are as follows:

- | | |
|------------------------|-------------------------------------------------------------------|
| i. Counseling Sessions | : Every Wednesday (excluding public holidays and during vacation) |
| ii. Time | : 2:30 p.m. to 5:30 p.m. (afternoon session) |
| iii. Venue | : Students Counseling Cell, AG-23 (GR 25) Faculty Block-A |
| iv. Contact details | : 2465080, 2465127, 8975765212 |

All the Heads of the Teaching Departments are requested to display the Circular and Message from Counsellor (copy enclosed) on the Notice Board for information of the Students.


(Donald A. E. Rodrigues)
Deputy Registrar-Academic

To,

1. All the Heads of the University Teaching Departments.
2. All the Divisional/ Sectional Heads
3. Director of Students Welfare
4. P.S. to V.C.
5. P.A. to R.

Date: _____

Message from your Counsellor

Dear young friend,

I am Snehalata Bhatikar, your Counselor. I am happy to tell you that I have completed six years with your University. I had a good response from the students past six years. I wish you well and hope to get a better response this year too.

I will be available on every Wednesday from 2.30 p.m. to 5.30 p.m. in AG-23 (GR 25) Faculty Block-A, with prior appointment for those who need my Counseling services. I can be contacted on telephone numbers 2465080, 2465127, 8975765212, on all working days between 10 a.m. to 2.00 p.m. and 5.00 p.m. to 10.00 p.m.

Friends, you may like to know a few things about Counseling and how it can benefit you.

What is Counseling?

Counseling is a process that facilitates better personal and interpersonal understanding and functioning. It relates to issues of life from childhood to old age focusing on emotional, intellectual, social, vocational and health related development.

It has following major components:

- a) Better understanding of self and world around.
- b) Less distress and better adjustment through more effective functioning.

Counseling is totally confidential. Information revealed by a Counselee is never discussed or shared with anyone by the Counselor.

How can Counseling benefit you?

A Counselor helps one to analyze ones feelings and emotions like disappointment, frustration, anger, fear, anxiety and all other feelings in order to be able to manage these and lead a constructive and fuller life.

It may specially be useful to young adults to manage their tensions arising out of their relationships with family members, friends, colleagues, peers, etc. Sorting out such tensions generally helps one to increase ones self confidence and energy levels and power of concentration.

With love,

Mrs. Snehalata Bhatikar