



SINDHI COLLEGE

SINDHI COLLEGE

#33/2B, Kempapura, Hebbal, Bengaluru - 560024
Permanently Affiliated to Bengaluru City University
Approved by AICTE, NAAC Re-accredited

Ph.no: 080-23637544 E-mail: mail@sindhicollege.com

Report on establishment of platform for seeking help and guidance

Sindhi College has made significant strides in prioritizing mental health and well-being through the establishment of professional counseling services. Recognizing the importance of mental health in academic and professional success, the college provides a dedicated and confidential platform where students, faculty, and non-teaching staff can seek guidance for personal, academic, and emotional challenges.

At the heart of this initiative there is a dedicated and experienced counselor, who offers personalized support to address a variety of concerns, including academic stress, interpersonal conflicts, and emotional well-being. Through one-on-one sessions, the counseling service aims to help individuals navigate their challenges while building resilience and fostering mental well-being.

In addition to counseling, the institution promotes mental health awareness through workshops, seminars, and other initiatives designed to reduce stigma and encourage open conversations about mental health. These efforts create a supportive and inclusive environment that ensures the well-being of the entire campus community, contributing to a healthier and more productive atmosphere at Sindhi College.



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SINDHI COLLEGE

(Permanently Affiliated to Bengaluru City University)
Recognised by UGC under 2(f) &12(B)

NAAC Re-accredited
ISO9001:2015 Certified Institution

Ref:

Date:

30/07/2024

TO,

Prof. Sandesh Zephaniah,
P11, Century Linea,
Jakkur Layout,
Bangalore-560064

Subject: Appointment as Student Counselor

Dear Prof. Sandesh Zephaniah

We are pleased to formally appoint you as a **Student Counselor** at **Sindhi College** effective from **30/07/2024**, Your role is integral to our commitment to providing a supportive and nurturing environment for our students.

Your remuneration and other services are as discussed. We are confident that your expertise to the holistic development of our students.

Yours sincerely,


Dr. Asha N

Principal
PRINCIPAL
SINDHI COLLEGE
#33/2B Kempapura, Hebbal,
Bangaluru - 560 024