



SINDHI COLLEGE

(Sponsors: Sindhi Seva Samithi)

#33/2B, Kempapura, Hebbal, Bangalore- 560024

Permanently affiliated to Bengaluru City University Recognized by UGC under 2 (f) & 12 (b)

An ISO 9001:2005 certified institution



COUNSELLING CELL

Members
Prof. Sindhu Herur
Prof. Sindhu S

The Counselling Cell of Sindhi College is established to support the psychological, emotional, and academic well-being of students. The Cell provides a structured and confidential support system to help students effectively manage academic stress, personal concerns, emotional challenges, and adjustment issues related to college life. Through individual counselling, group interventions, and awareness programmes, the Counselling Cell aims to promote mental health, emotional stability, self-awareness, and positive coping skills. The Cell also works towards early identification of at-risk students and facilitates timely intervention and referral, thereby contributing to students' holistic development and academic success.

The aim of the Cell is to promote students' mental health and overall well-being by providing professional counselling support and fostering a supportive and inclusive institutional environment. It strives to provide professional counselling services addressing academic, personal, and emotional concerns and promotes mental health awareness and preventive interventions among students.



SINDHI COLLEGE

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

NAAC Re-accredited
ISO9001:2015 Certified Institution

Ref:

Date:

To,
Ms. Sindhu Herur
167, 6th Cross, 1st N Block,
Rajajinagar, Bengaluru – 560 010

26.04.2025

Subject: Appointment as Student Counselor

Dear Prof. Sindhu Herur

We are pleased to formally appoint you as a student Counselor at Sindhi College effective from 26.4.2025. 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.

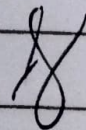
Yours sincerely

PRINCIPAL

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

APRIL 2024 - MARCH 2025

Sl.No	Date	Initials of student	class	Concern	Remarks
1	13/05/2024	CL	I Sem BA	Intense emotion reactions	progress Seen over
2	13/09/2024	KK	V Sem B.Com	Anger management issues	progress Seen over 5 sessions
3	06/11/2024	BS	III BBA	Academic stress	Relaxation techniques and timetable
4	13/02/2025	RA	V B.Sc	Time management issues	Timetable and healthy coping ways
5	19/03/2025	KM	V B.Com	Career concern	Cost-benefit analysis



1] Student : CL

Class : I Sem BA

Concern : Intense emotion reactions

1st Session - 13/05/2024

2nd Session - 20/05/2024

3rd Session - 27/05/2024

4th Session - 03/06/2024

5th Session - 10/06/2024

Overall Summary - weekly sessions were conducted for the student to explore the nature of emotions and was taught healthy ways of emotion expression.

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Dept. of Psychology, SINDHI COLLEGE
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Bengaluru - 560 024.

5] Student : KK

Class : V Sem B.Com

Concern : Anger management issues

1st Session - 13/09/2024

2nd Session - 20/09/2024

3rd Session - 27/09/2024

4th Session - 04/10/2024

5th Session - 14/10/2024

Overall summary : weekly sessions were conducted for the student to identify the triggers and was taught relaxation techniques and effective communication.

8

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APRIL 2025 - MARCH 2026

Sl. No.	Date	Initials of the Student	Class	Concern	Remarks
				Time	Timetable
1	21/05/2025	LM	IV Sem BA	Management Issues	and healthy coping ways
				Interpersonal Relationships	Progress seen
2	08/08/2025	RT	III Sem Bcom	Issues	over 3 sessions

1. Student: RT

Class: III sem Bcom

Concern: Interpersonal relationship issues

1st session: 08/08/2025

2nd session: 14/08/2025

3rd session: 22/08/2025

Overall summary: Weekly sessions were conducted for the student and was taught effective communication skills to communicate better with family and peers.

Gopi Gopal

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