

COUNSELLING

The adverse COVID – 19 lockdown situation has created a lot of fear and anxiety in the minds of many people. It is mentally taxing to many who are gripped by these negative thoughts and can be overwhelming, these thoughts are detrimental to leading a normal and healthy life. It is advisable to seek help when necessary. Presidency College has an in house counsellor **Ms. Bhama Suresh (Ph No: - 9880042229)** to assist students who need her support.

Presidency College cares about the mental and emotional health of its stakeholders.