

National Institute of Technology, Kurukshetra

NOTICE

To make life better, to instill confidence, to provide shoulder for support in times of need, the institute has been providing counselling facility to students and staff. As per requirement any individual may contact the counsellor in the time of need after taking an appointment.

Counsellor is prepared to deal with problems and issues related to stress, anxiety due to low academic grades, placement issues, low self-confidence, difficulty in mixing with others, feeling of inferiority, family or parental problems, relationship issues, emotional issues, peer pressure resulting into addiction of any kind – alcohol, drug, mobile, gaming.

The individual will be given session(s) by the counsellor and if required may be referred to the Psychiatrist (Doctor). **Information shared by individual will remain confidential - No information will be shared with anyone.** Parents will, however, be informed in case of referral or an imminent life threatening situation.

- 1. Appointment can be made during working hours, 9.00 am - 5.00 pm (Monday to Saturday) by meeting personally or by taking an appointment by email.**
- 2. An individual is required to bring two photographs and Institute Identity Card for the first time.**
- 3. Counsellor is available in the Health Centre of the Institute.**

Students may also contact the office of Dean Students' Welfare in the Administrative Block for any other help (**Phone No.: 01744-233448, Email: deansw@nitkkr.ac.in**).

Counsellor Details:

Dr. Chhaya Tomar, Psychologist
Counsellor, Health Centre, NIT Kurukshetra
Phone No.: 01744-233243
Email: counsellor@nitkkr.ac.in