**Consilium**

Counseling **helps you deal with issues like depression, anxiety, stress, and many more**. Some online counselors can help you deal with these issues and overcome them. Anxiety and stress are common issues, but when they are persistent, seeking the help of a counselor is not uncommon.

Counsilium is a project that can be implemented in our college in which it include various modules such as Teacher, Counselor and Students.

 According to university counsellors, university students undergo tremendous stress from personal issues, academic pressure, career emphasis and social problems. Counselling is meant to provide linear paths for students to address their problems. However, some students are reluctant to seek help from counsellors.  They may feel embarrass to meet the counsellors inside the University campus. So it is better for the students to approach the counsellors online.