



VIT[®]
Vellore Institute of Technology
(Deemed to be University under section 3 of UGC Act, 1956)



We, The Student Counsellors wish to reach out to our students.

What is counselling

A Process where the student feels that he or she has been heard, been understood, has been able to share all the feelings without being judged and feels that it is not the end of the world. **There is HOPE**

Benefits of Counselling for College Students – It Works!

Counselling, specifically helps students attain their goals by working to raise morale and uplift spirits. Counselling also helps students recognize the factors contributing to their problems, while at the same time helping them to look for solutions through behavioural and psychological changes.

EVERYTHING YOU SAY IN HERE , STAYS IN HERE.....



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Also, the online counselling services of Your DOST will be available 24/7
www.yourdost.com