**Title: Resilience: Nurturing Mental Health among College Students**

In recent years, the stress on college students is increasing, and there are many factors behind this. One reason is the rate at which change is taking place in our lives across personal and professional fronts. Days when career paths were fixed and straightforward are over. Nowadays, students are expected to learn new things constantly, to meet the challenging demands of the job market. Days where there was a fixed syllabus for anything in life are no longer true. In such a scenario, stress and anxiety are normal reactions of the mind.

But thanks to the advancements in science, we know that resilience is also possible to achieve. That our minds can be trained with proper psychological tools to become stronger and more stress resilient than ever. That is where SGT University has an edge over other Universities because of its Faculty of Behavioral Sciences (FBT) which focuses on improving the mental and emotional health of students using scientific principles.

It takes proactive steps to ensure all students have access to counseling services, workshops on stress management, and educational programs that provides them with tools to achieve optimal mental health. This not only improves their overall well-being but also enhances their academic performance. SGT University believes in ensuring that every student's college experience is not just academically enriching but emotionally fulfilling as well.

Admissions are now open across all faculties.