



Personal Counselling.

Problems, worries and concerns are part of everyone's life from time to time. Sometimes problems can be seen so overwhelming, that you have difficulty concentrating on studies and managing day to day obligations. Confidential personal counselling can help us to understand and confront the challenges that one encounters in daily life.

Personal counselling provides an opportunity to explore the concerns in a supportive and non-judgmental environment. Some of the reasons that students come to counselling are how to deal with stress, losses, difficult relationships, feeling isolated or depressed, concerns with Academic performance and many others. Sometimes students avoid seeking help when they are not motivated or have a vague sensation that something isn't right but aren't sure what it is. Whether you know what is troubling you or aren't sure, a counselling professional is available to meet with students and help them to define the problem and to work towards a possible solution.

Counselling at Don Bosco Institute of Technology is completely confidential and free for all our students. The counselling consists in the application of methods aimed at raising the awareness of the individual of his own worth and his/her own competence to seek solutions to the problems encountered at every time. During counselling an attempt is made to analyse the problem and to alert the student to solutions that are available to him or her. For cases involving chronic disorders, the Student Counselor offers referral to other experts.

Everything can be brought in front of the Pre-counselling Forum, and the content of all counselling sessions are confidential, with which we will not maintain any records of the Counselling. Under all normal circumstances, nothing will be revealed to anyone outside the service without your express permission.

Counselling Team at Don Bosco Institute of Technology consists of a group of 7 Senior Faculty members from various branches of Engineering and Science.

Counselling Team

Sl. No	Name of the Faculty	Department
1.	Dr. Ranjini. P. S	Mathematics
2.	Dr. Shivanna	Mechanical Engineering
3.	Prof. Y. Madhusudan	Chemistry
4.	Prof. Sulochana. I. Akkalkot	Electrical & Electronics Engineering
5.	Prof. Ranjeet kumar	Computer Science & Engineering
6.	Prof. Shubha G. N	Electronics & Communication Engineering
7.	Prof. Kumaraswamy	Physical Education & Sports


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