



आत्मा राम सनातन धर्म महाविद्यालय
ATMA RAM SANATAN DHARMA COLLEGE

ACCREDITED GRADE 'A++' BY NAAC

All India 7th Rank By NIRF (MHRD)

(दिल्ली विश्वविद्यालय) (University of Delhi)

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Ref. No. 95

Dated : 08/5/2026

NOTICE

Sub: Online Mental Health Support/Counselling facility during examinations.

All students are hereby informed that the College will continue to provide "**Mental Health Support/Counselling Facility**" to help students in managing stress and anxiety during the forthcoming examinations. This facility will, however, be in online mode.

The Online Counselling Sessions will be conducted by **Ms Meena Kumari, Student Counsellor in the college**. Students willing to avail of this facility are required to follow the steps given below:

- 1 Interested student will contact the Counsellor through Whatsapp message on her mobile number (M-7678687819).
- 2 Upon receiving the request, the Counsellor will share a link on the Whatsapp to interact with the student regarding the problem.
- 3 The online Counselling Sessions will be held on Mondays, Wednesdays, and Fridays between 12:30 pm and 2:30 pm.
- 4 This online Counselling services will be provided free of cost and will be available only during the examination period.

Students are advised to avail themselves of the Counselling facility to address their urgent problems or examination-related stress.

Vinita Tuli

(Prof Vinita Tuli)

Acting Principal

Copy to:

College website

Ms Meena Kumari, Student Counsellor

Students Notice Board

