



NOT FEELING OKAY?

It is okay to feel stressed. Sometimes, it is natural to think that it is the end of the world. That there is no point in carrying on. Or that the shame / guilt / agony is too great to overcome. But do you know, many go through the same self-doubt, the same feelings? There is something that can help.

TALKING TO AN EXPERT.

At Rammohan College we have an experienced in-house counsellor to listen to you, give you advice, and help you through your tough period.

TALK. YOU WILL FEEL BETTER.

STUDENTS' COUNSELLOR



7407784369



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Accredited B⁺⁺ Grade by NAAC

Ref.

Date

Psychological Counseling Cell

Weekly session conducted by **Dr. Chayanika Ghose, Clinical Psychologist (Retired),**
Govt. of West Bengal,

Composition

Convener:

1. Prof. Mahfuz Alam (contact person, Ph-7719155779, 7407784369)

Members:

1. Prof. Jayanti Sen
2. Prof. Uttama Ray
3. Prof. Debjanee Ganguly



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