

*Challenges are what make life interesting; overcoming them is what makes life meaningful.*

## **Students Guidance Unit**

**OUR MISSION** is to provide professional mental health counselling and guidance to the students of health sciences that-

1. Addresses their immediate worries, anxieties and other mental health concerns.
2. Promotes a healthy lifestyle and helps in adjustments and coping.
3. Helps them take up challenges and build optimum professional competence.



### **Common Student Concerns**

Study Skills  
Exam anxiety  
Time Management  
Performance stress  
Peer pressure  
Adjustment  
Relationship conflict  
Anxiety and depression  
Interpersonal issues  
Crises in family  
Family relationship issues  
Financial difficulties  
Loss and grief  
Sexual identity issues  
Frustrations and conflicts  
Lack of motivation  
Poor concentration  
Communication issues  
Suicidal ideations  
Childhood sexual and emotional issues  
Career planning  
Personality development.



### **Our Counsellors**

Proficient, skilled and qualified professional who helps the student identify the root cause of their apprehensions and/ or complexities. Together they find counselling approaches to help deal with the problems faced. It focusses on wellness model to improve quality of life of the student.

### **Appointments**

**Can be made by calling the SGU at 9325067981, 8805101839 or visiting the office of Students Guidance Unit, DMMC, Ground Floor. Mail id - [sgudmmc@dmihher.edu.in](mailto:sgudmmc@dmihher.edu.in)**



*Every challenge, every adversity, contains within it the seeds of opportunity and growth.*



**Services Available to -**

The Students Guidance Clinic provides mental health counselling and guidance to all enrolled students of the University

**Services include:**

1. Personal Counselling
2. Academic Counselling
3. Group Counselling
4. Crises Intervention
5. Sessions on students' motivation and development
6. Parent Consultations
7. Community Resource Referrals
8. All the services at Students Guidance clinic are provided at no cost.

**CONFIDENTIAL**

What you say in here....

Stays in here.

**UNLESS**

Someone is hurting you,

You want to hurt someone

You want to hurt yourself

You give a written permission

All counselling is strictly confidential. Disclosures in this case will be only made to the appropriate authority and will be limited to the issue involved.

**Hours**

Monday to Friday

9 am to 5 pm

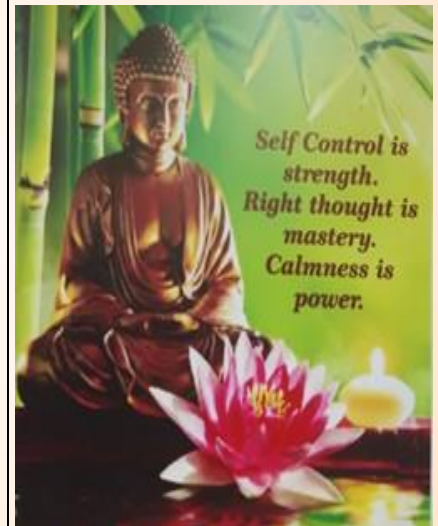
Saturday

9 am to 2 pm

**Emergency Contact**

If you want to speak after working hours please contact:

Student Guidance Unit  
9325067981, 8805101839.



## Our Team



**Dr Shaini Suraj:** Consultant Psychologist (Clinical Psychology), SGU In-charge. Assistant Professor, Adolescent Coach, Regression Therapist, Relationship Expert, PoSH certified.  
Email id: [Counselor.mgi@gmail.com](mailto:Counselor.mgi@gmail.com), [sgudmmc@dmihher.edu.in](mailto:sgudmmc@dmihher.edu.in)

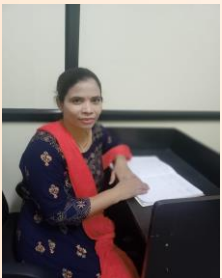


**Dr Deepa Sangolkar:** Co-convener, SGU. Psychiatrist, SMHRC. Asst Professor, Psychiatry, DMMC  
Email id: [sgudmmc@dmihher.edu.in](mailto:sgudmmc@dmihher.edu.in)



**Dr Amita Kamdi:** Consultant Psychologist (Clinical Psychology), Career Counsellor, Relaxation and Yoga trainer, Patient counselling.

Email id: [sgudmmc@dmihher.edu.in](mailto:sgudmmc@dmihher.edu.in)



**Dr Seeta Varma:** RCI Registered Clinical Psychologist, Rehabilitation Psychology, Psychological Testing, Counselling and Psychotherapy.

Email id: [sgudmmc@dmihher.edu.in](mailto:sgudmmc@dmihher.edu.in)

*Overall, counselling empowers students to lead healthy and fulfilling lives. It helps them to grow in new ways and thus can spark their development both personally and professionally. It works as a preventive measure against future challenges. After all it is these mentally healthy and robust individuals who contribute to the sustained growth of the nation.*

**Dr Deepa Sangolkar**  
Co-convener, SGU

**Dr Shaini Suraj**  
In-Charge SGU