

"Building Skills for Youth Wellbeing & Effective Career Choices"



# National Consultations



on

## University & College Counseling Services in India

*Emerging Needs & Challenges of Good Practices*

### CORE THEMES

#### **ENRICHMENT WORKSHOPS**

- ◆ *Stress & Time Management*
- ◆ *Personality Development*
- ◆ *Dealing with a Crises*
- ◆ *Relationship Concerns (family, friends or romantic interests)*
- ◆ *Personal growth & Self Esteem*

#### **FACULTY & STUDENTS TRAINING**

- ◆ *Problem Solving & Career Decision Making*
- ◆ *Life Skills & Communication Skills*
- ◆ *Personality Orientation & Self Management*
- ◆ *Coping with academic problems & Enriching Study Skills*

#### **INDIVIDUAL COUNSELING & GUIDANCE ON CAMPUS**

- ◆ *Anxiety Spectrum & Depression*
- ◆ *Suicidal Tendency & Self Harm*
- ◆ *Psychosomatic Problems, Substance Abuse and Allied Areas*



Organized by

*Expressions India*

*The National Life Skills, Values Education & Community Wellness Program*

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