

Criterion - 7

Institutional Values and Best Practices

NAAC- SSR (2nd Cycle)



ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101
HIMACHAL PRADESH

7.1.1(8)

Counselling room



ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101
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Counselling



Counselling

Therapy, also called psychotherapy or counseling, is the process of meeting with a therapist to resolve problematic behaviors, beliefs, feelings, relationship issues, and/or somatic responses (sensations in the body). Under such sessions, the therapist will ask **questions about your presenting concerns**, as well as your history and background. Most likely, you'll find yourself talking about your current symptoms or struggles, as well saying a bit about your relationships, your interests, your strengths, and your goals.

On Dec. 15, 2021, the Dept. of Psychology (ACA&SS) took a Group Counseling Session for the carrier scope for psychology students. On Dec. 22, 2021, individual one to one counseling session was taken for the university faculty members regarding their personal issues.



PROGRAMMES

1. Agricultural Sciences
2. Engineering and Technology
3. Basic Sciences
4. Health and Allied Sciences
5. Education
6. Economics, Commerce and Management
7. Arts & Social Sciences

ADDRESS

📍 **Eternal University**, Baru Sahib, Distt. Sirmour, Near Rajgarh, Himachal Pradesh-173101

☎ **Phone:** (91) 9805098724

🕒 **Monday - Saturday:**
09:00 - 17:00,
Sunday:Closed

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411

COUNSELLING
ROOM



 GPS Map Camera



Google

Baru Sahib, Himachal Pradesh, India

Q74X+FH4, Baru Sahib Road, Baru Sahib, Baru Sarera, Himachal Pradesh 173001,
India

Lat 30.756267°

Long 77.2992°

20/04/22 10:30 AM GMT +05:30