



SALAFIYYA TRAINING COLLEGE, KARINGANAD

VILAYUR (PO), PIN: 679309, PALAKKAD (DT.), KERALA, INDIA

Run by: Jam-iiyathussalafiyyeen Charitable Society (Regd No. 47/81)

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COUNSELLING CELL

The Counselling Cell at our college provides a confidential, non-judgmental, and supportive environment where students, faculty, and staff can discuss their concerns, emotions, and challenges. Our goal is to promote mental wellness, foster personal growth, and enhance overall quality of life.

Objectives

1. Provide accessible and confidential counselling services
2. Promote mental health awareness and reduce stigma
3. Support academic success and personal growth
4. Foster a positive and inclusive campus environment

Areas

1. Academic stress and performance
2. Mental health (anxiety, depression, etc.)
3. Relationships and social skills
4. Self-esteem and confidence
5. Career exploration and transition

Team

1. Licensed counsellors/therapists
2. Trained peer counsellors
3. Mental health professionals

Coordinator - Poornima A R

Members - Kunjumoideen P, Aswathy P R

Student Representatives - Shafna, Irshad, Nafil, Shefina shihana