

R. E. Society's
R. P. Gogate College of Arts and Science, and
R. V. Jogalekar College of Commerce, Ratnagiri

Capability Enhancement and Development Schemes

2018-19

Personal Counseling

Methodology

- Understanding the problems
- Suggestions
- Counseling
- Use of Psychology - if needed
- Use of hypnotherapy

Types of personal problems tackled

- Stress
- Sleep disorders
- Study problems
- Anxiety
- Phobia
- Relationship problems

Contact Person
Ms. A. A. Gharpure
Department of Computer Science