

Mental Health Counseling Cell
Government College Sanjauli, Shimla

*मनएवमनुष्याणांकारणंबन्धमोक्षयोः।
बन्धायविषयासक्तंमुक्त्यैनिर्विषयंस्मृतम्॥*
— अमृतबिन्दुउपनिषद्, श्लोक२

*"The mind alone is the cause of bondage and liberation for human beings.
The mind attached to sense objects leads to bondage; the mind free from them leads to
liberation."*

— Amritabindu Upanishad, Verse 2

Long before the world built clinics and counseling rooms, Indian wisdom recognized the most profound truth of all — that the mind is both the source of our suffering and the seat of our healing. Today, modern mental health science walks the same path, hand in hand with that ancient understanding.

The **Mental Health Counseling Cell** of Government College Sanjauli is born from one simple but powerful belief:

Every mind deserves care. Every story deserves to be heard. Every student deserves to thrive.

 A Safe Space in the Mountains

College life is a journey of immense growth — but it is also one of pressure, uncertainty, self-doubt, and change. Academic stress, relationship challenges, identity questions, loneliness, and the weight of expectations can quietly erode a student's well-being long before anyone notices.

This Cell exists so that **no student walks that path alone.**

Nestled in the calm of Shimla's hills, our Counseling Cell offers a confidential, non-judgmental, and compassionate space where students can pause, breathe, and be heard — without fear, without stigma, and without judgment.

What We Offer

- **Individual Counseling** — One-on-one sessions to address personal, academic, and emotional concerns
- **Stress & Anxiety Management** — Evidence-based techniques including mindfulness, CBT tools, and relaxation strategies
- **Career & Academic Guidance** — Support for academic difficulties, motivation challenges, and future planning
- **Crisis Support** — Immediate, compassionate assistance during emotional distress
- **Workshops & Awareness Programs** — Regular sessions on mental health literacy, emotional intelligence, and self-care
- **Peer Support Network** — Building a community of empathy and mutual well-being among students

Rooted in Indian Wisdom, Guided by Modern Science

Indian psychology has always viewed mental health not as the absence of illness, but as the presence of *Swasthya* (स्वास्थ्य) — a state of complete inner balance across body, mind, and spirit. The concept of *Sattva* (सत्त्व) — clarity, harmony, and inner light — is what we strive to cultivate in every student we walk alongside.

Positive psychology echoes this beautifully. It reminds us that counseling is not only about healing wounds — it is about **discovering strengths, building resilience, and unlocking the extraordinary potential that already lives within you.**

You Are Not Alone

Mental health is not a weakness — it is a dimension of human life that deserves the same attention and care as physical health. Reaching out is not a sign of breaking down; it is a sign of **waking up** — to yourself, to your needs, and to your own courage.

स्वस्थस्यस्वास्थ्यरक्षणम्।

"Protect the health of the healthy."

— Charaka Samhita

True wellness begins not when something goes wrong, but when we choose — every day — to tend to our inner world with the same devotion we give to everything else.

Reach Us

Mental Health Counseling Cell

Department of Psychology

Government College Sanjauli, Shimla — 171006, Himachal Pradesh

 *Counseling Hours: Monday to Friday | 10:00 AM – 4:00 PM*

 *All sessions are strictly confidential*

"Healing begins where judgment ends."

Feel. Reflect. Heal. Flourish.