

*Alumni will be pleased to learn that*

## DU launches helpline to offer counselling services to students



DU souvenir shop at DUWA  
**Professor Dinesh Singh** VC 2010 - 2015  
Neelanjana Singh President DUWA



**Neelanjana Singh**  
BSc Hons MSc Lady Irwin College

Delhi University has introduced a helpline September 2015 to offer free counselling sessions to students and faculty members of various colleges which will help them to cope up with the professional and personal stress.

The varsity's *Mind Body Centre* presently offers face-to-face counselling to female students and faculty members .

However, the newly - launched helpline (1800 3000 7303 bw 1500 – 1700h Monday , Wednesday and Friday ) will cater to queries and therapies for all sexes .

"We hold 5-6 counselling sessions daily. But we realised that at times the students are not so comfortable coming to the Centre to share their problems. They want to maintain their anonymity so we came up with this helpline," **Neelanjana Singh, Chairperson Delhi University Women's Association (DUWA)** told PTI.

"There shall be expert psychologists, therapists and counsellors who will be based at the 'Mind Body Centre' and will deal with the queries. If there is a need for further counselling, we will call the individuals to the centre," she added.

"Students can avail email-based counselling by sending their problems at [counselling@mbc.du.ac.in](mailto:counselling@mbc.du.ac.in). The responses shall be delivered within 48 hours. All counselling shall be treated as strictly confidential," she added.

The 'Mind Body Centre' ( one – time registration fee R 50/ year ) which was set up last year also has a Naturopathy and Homoeopathy wing besides the Counselling Clinic.

*Over the decades since this dream project of Vice Chancellor Dr C D Deshmukh's wife , Ms Durgabai Deshmukh, who also set up the school, subsequent Presidents have added value to DUWA service .*

*The present President DUWA Ms Neelanjana Singh's recent Hachette India book " Our Kid Eats Everything ! " has propounded a special 80/20 plan and developed a " nutrition – oriented prevention and cures " series for children of all ages to **Eat Well Live Better** .*

*Former DUWA volunteers, beneficiaries and visitors are welcome to send in their recollections of this very significant voluntary service rendered by the DU community.*

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