



ST XAVIER'S COLLEGE JAIPUR

Nevta - Mahapura Road, Jaipur - 302029, Rajasthan, India

Affiliated to the University of Rajasthan

Approved under Section 2(f) & 12(B) of the UGC Act, 1956

A Christian Minority Jesuit Institution

Ref: SXCJ/ACAD/2023-24/1768

15-12- 2023

Psychological Counseling at SXC Jaipur

This is to inform you all that **psychological counseling** is now available in our college for students, faculty members, office and maintenance staff. The sessions will be taken by Ms. Sanbrita Acharya, Counseling Psychologist and certified Art Therapist who is at present the counselor at St. Xavier's College Jaipur. The sessions will be conducted in the Counseling Room (room no. 111) on 1st Floor.

If you face any concern in the following areas you can reach out to the counselor.

- Childhood trauma
- Dysfunctional family dynamics
- Relationship concerns
- Manage depression and anxiety
- Stress management
- Decision-making and problem-solving
- Adjusting to major life transitions
- Career concerns and career counseling
- Grief counseling and many others.

To schedule a Counseling Session:

- You have to first fill up the intake form with your details and basic information. Your data and identity remains confidential and protected. This will help the counselor get a basic idea of your background and prepare for the session accordingly.
- **Sessions will not be taken if the Intake Form is not filled and submitted.**
- Once the intake form is filled and you have submitted, on the final page you will find a Calendly link prompt.
- Select the appropriate option for your concerns from the options provided (individual counseling, career counseling or art therapy session).
- Then you can block the date and time you want to schedule your session and it will automatically block the counselor's calendar.
- **All communications will be done via email so please check your email once the process is completed.**

Intake Form Link: <https://forms.gle/qnMdJNWHPJbRVPSo7>

Calendly link: <https://calendly.com/sanbritaacharya>

For any information kindly contact:

Ms. Sanbrita Acharya (sanbritaacharya@sxcjpr.edu.in) or

Visit the Counseling Room (room no. 111) on 1st Floor.

Principal
St. Xavier's College, Jaipur
Nevta-Mahapura Road, Jaipur

Ref: SXCJ/ACAD/2023-24/1769-1773

Copy forwarded to the following for information and necessary action:

1. Vice-principal, St Xavier's College Jaipur
2. Counselor, St Xavier's College Jaipur
3. Heads of all the Departments, St Xavier's College Jaipur
4. Coordinator, Website Committee, St Xavier's College Jaipur
5. Principal Office, St Xavier's College Jaipur