

Usha Gopalkrishnan Menon
M. Sc. (N) Pead; PGDC
Vice Principal
COUNSELOR



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Counsellor:

Mentoring, counselling, guidance to the nursing students in various areas like:

1. Admission process
2. Students study habits
3. Relieve Stress related to their college education
4. Reduce Stress and anxiety related to the new environment away from their home
5. Helping to cope with Home sickness
6. Providing various therapy like relaxation techniques, cognitive behaviour therapy, etc, to relieve their pain, anxiety and stress.
7. Assisting the nursing students to cope with their assignments and study time
8. Helping to create Mind mapping and 24 x 7 (full day) timetable.
9. Advising related to use of idle time.
10. Always being approachable and creating a student friendly environment.
11. Guidance to connect with the Supreme Soul and Supreme Father to realize Self.