



Dr. Bhimrao Ambedkar University, Agra

A State University of Uttar Pradesh (Formerly: Agra University, Agra)

www.dbrau.ac.in

Counselling on Career, Mental Health, and Diet

Career, mental health, and diet counseling for students is crucial for their holistic well-being and success. It encompasses guiding students in exploring career options, managing academic stress, and developing healthy eating habits. Career counseling assists in setting educational goals and navigating job opportunities, while mental health support addresses anxiety, depression, and adjustment challenges. Additionally, diet counseling educates students on nutritious eating, empowering them to maintain physical health. Together, these counseling services equip students with the tools and support needed to thrive academically and personally.



Mental health counseling is given by Prof. Achla Gakkhar



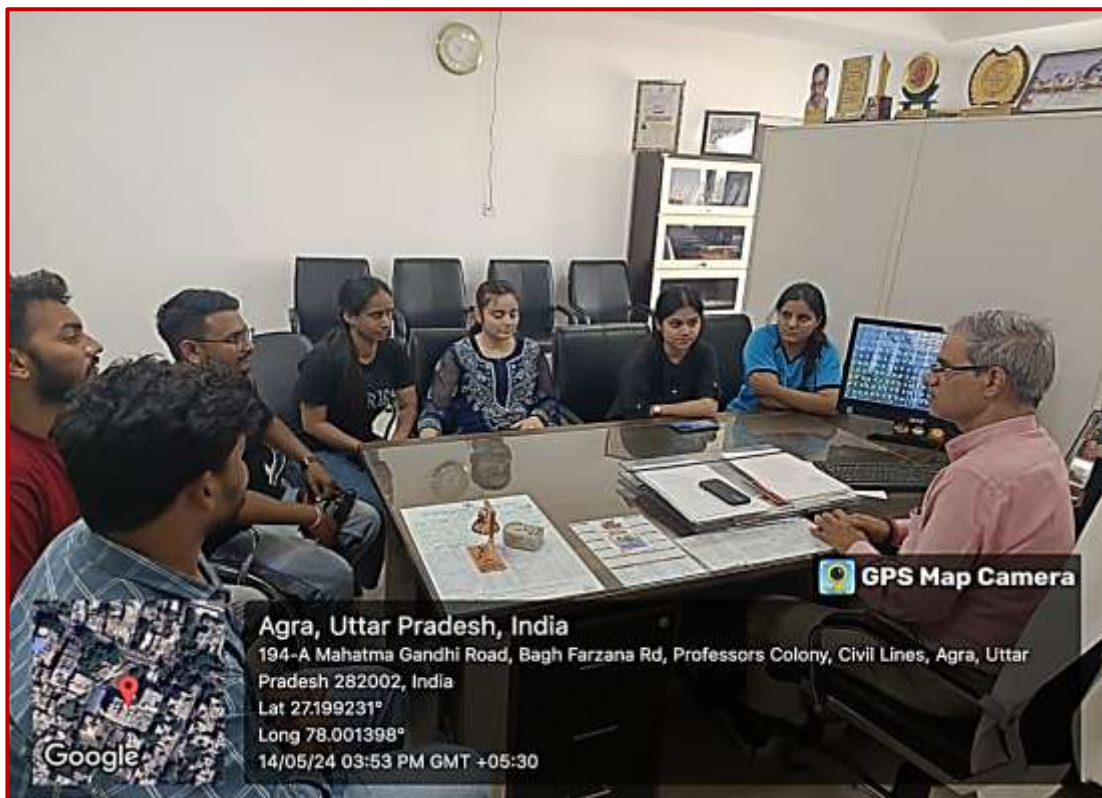
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Diet Counselling is given by Ms. Kirti Pandey (Dietitian, Rainbow Hospital)



Career counseling sessions led by Prof. B.D. Shukla