



Tele- Samwaad

Tele-Counselling & Mental Health Facility during COVID-19 for Students of SNDT Women's University

Project undertaken by Psychology Faculty, SNDTWU



Beat the COVID-19 Challenge!!

- A unique initiative!
- Confidentiality assured!
- Free counselling sessions!
- Promotes well-being among students!
- Emerge stronger from the unforeseen!

Tele-Counseling for Students of SNDT Women's University during Difficult Times

Concept Note

The world has never seen circumstances like the present. No country is spared, and an invisible virus has held us hostage, affecting human life, human emotion, finance, and well-being of nations.

The student is very vulnerable in times such as these. A lot of life decisions are still being made, and these young people are constantly thinking of what options they have before them.

In the present lockdown, and the difficult times we see looming ahead, students are concerned about when, and if, the future course of their lives.

The Psychology faculty of SNDT Women's University is proud and happy to offer these counselling services to any and all students of SNDT Women's University, across all the University and college campuses of this University.

A schedule is attached wherein the contact numbers of these counsellors, and timings during which they will be available to students, is listed.

We invite all students to avail of this facility which is being offered to them free of any charge, and with a promise of full confidentiality of their personal problems. If any of their problems appear to be serious and requiring further help or medication, we will also be glad to make a referral to similar free of cost help being offered.

Co-ordinators

Prof Anuradha Sovani

Dr Nilesh Thakre

University Department of Psychology,
SNDTWU, Churchgate, Mumbai

Please contact following trained faculty Counsellors for your concerns

Day/ Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11am- 1:30 pm	1. Amitabh Seth 9821105059 English & Hindi 2.Ms.Sonali Deshbhratar 9029444546 English, Hindi, Marathi	Amitabh Seth 9821105059 English & Hindi	Shweta Manghnani 9967771480 English/ Hindi	Ms Archana Patki 9920929532 Marathi/English/ Hindi	Ms Shruti Ranade 9820339304 Marathi/Hindi/ English/ Gujarati	Ms.Sonali Deshbhratar 9029444546 English, Hindi, Marathi	Dr Nilesh Thakre 885049915 English/Hindi/ Marathi
1:30 - 4:00 pm	Ms. Anita Sanu 9967602120 English & Hindi	Dr. Prajakta Bhadgaonakar 9860541253 English, Hindi, Marathi	Madhuri Vaidya 7977016199 English, marathi, Hindi	1. Dr Lata Chavan 7021471913 Marathi/Hindi 2. Kavita Nikam 9892625025 English/ Hindi	Juhi Saliya 7506271992 English,Gujarati, Kutchchi & Hindi	Anuja Deshpande 9820495667 English/ Hindi/Marathi/ Gujarati	Dr Lata Chavan 7021471913 Marathi/Hindi
4:00 - 6:30 pm	Neha Bhansali 9821317349 English/ Gujarati/ Hindi	1. Geeta Patil 9820833667 Marathi, Hindi, English 2.Dr Manasi Rajhans 9527717693 Marathi/ Hindi/ English	1.Amita K. 9920082051 English, Marathi, Hindi 2.Dr Manasi Rajhans 9527717693 Marathi/Hindi /English	Dr. Prajakta Bhadgaonakar 9860541253 English, Hindi, Marathi	Geeta Patil 9820833667 Marathi, Hindi, English	Geeta Patil 9820833667 Marathi, Hindi, English	Dr. Prajakta Bhadgaonakar 9860541253 English, Hindi, Marathi
6:30 - 9pm	Vaishnavi Kamat 9969738700 English, Hindi, Marathi	Reshma Murali 8879456951 English, Hindi , Marathi , Tamil	Dr Cicilia Chettiar 9820310848 English	Nitani Jain 9372700345 English, Hindi	Mr Meet Shinde 9022773491 Marathi/English/ Hindi	Mr Meet Shinde 9022773491 Marathi/English/ Hindi	Sandip Bhaise 9930230328 Marathi/ English