ज़ाकिर हुसैन दिल्ली कॉलेज (सांध्य)
Zakir Husain Delhi College (Evening)
दिल्ली विश्वविद्यालय (University of Delhi)
जवाहरलाल नेहरू मार्ग, नई दिल्ली - ११०००२ Jawaharlal Nehru Marg, New Delhi – 110002
Phone: **011-23231899** Website: **https://zhdce.ac.in/** E-mail: zhpge.college@gmail.com, principal@zhe.du.ac.in

'NAAC ACCREDITED'

Ref No. ZHDC(E)/2026/Notice/ 1991 November 18, 2026

NOTICE

Mental Health Counselling for Students

Teaching Learning process specifically examinations can sometimes cause stress, anxiety and emotional pressure. Students are advised not to worry or hesitate to seek help if they are feeling stressed, anxious or facing any personal or emotional difficulties.

The College has a **Mental Health Counsellor**, **Ms. Pranjal Mishra**, available for counselling and support as per the following schedule:

Tuesday: 05:00 pm to 07:00 pm
Friday: 04:00 pm to 06:00 pm
Venue: Medical/Counselling Room

Students are encouraged to freely approach the counsellor and discuss any concerns or difficulties they may be facing. They can seek guidance and support in a comfortable and supportive environment.

Remember, seeking help is perfectly okay. You are not alone, and your mental well-being matters.

18/11/26

Prof. Bharat Singh
Principal/OSD

Copy to:

1. Ms. Pranjal Mishra, Mental Health Counsellor
2. College Website
3. Students Notice Board