

SAGAR MIND CARE

(Psychological Counselling Centre)



122 Pataganga, Khajuriya Guru,
Before Dayasagar, Four lane
Sagar (MP)

7725051105; 9407252780

Run By : Ekta Jyoti Welfare Society

Email :

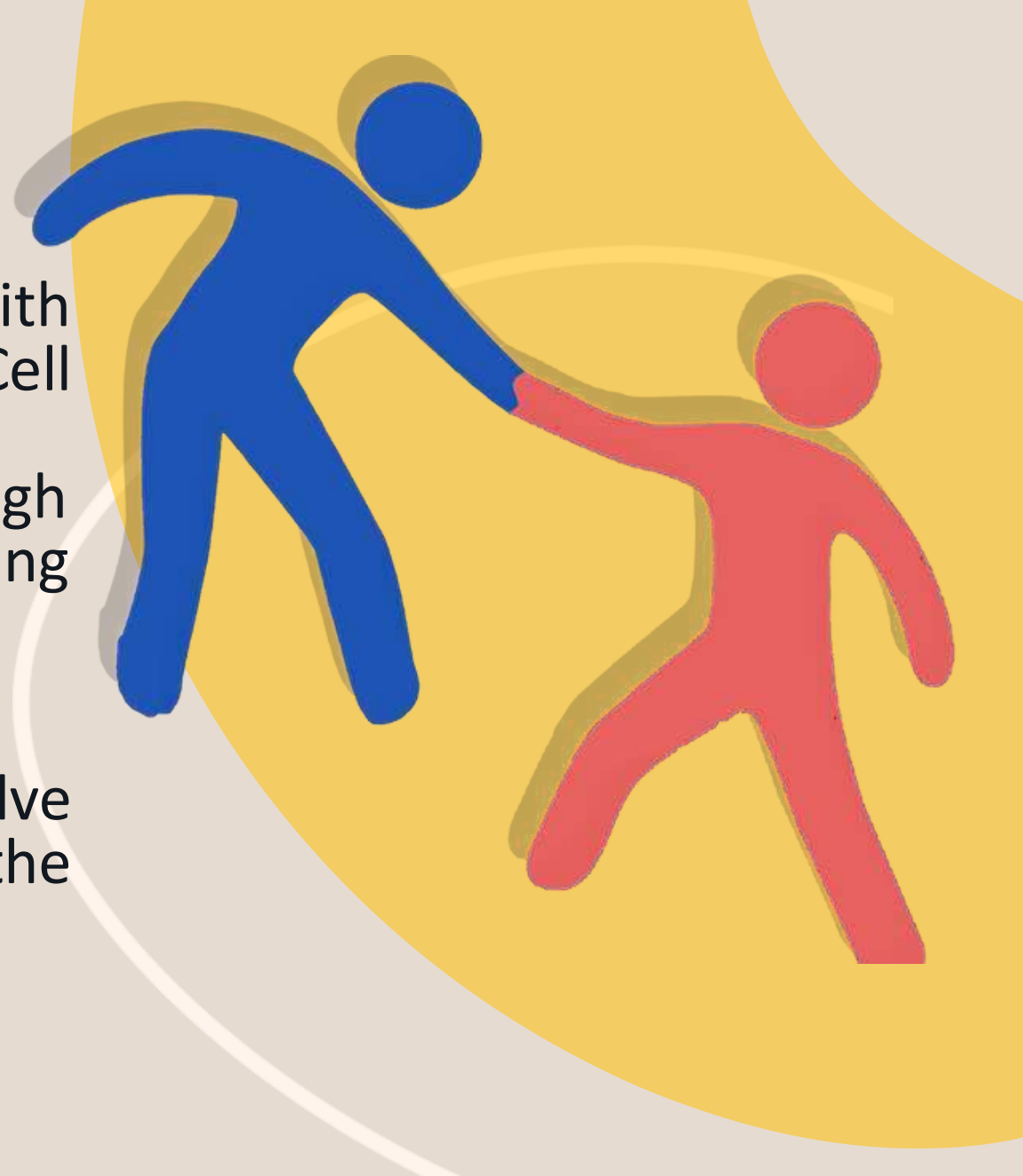
ektajyotiwelfaresociety@gmail.com

Website: ektajyotiwelfare.org

Introduction

Modern society is accompanied with perplexities and challenges. Counseling Cell intends to empower the students to face these challenges effectively through professional guidance and Counseling programs.

With the intent to address and help resolve emotional and psychological issues of the community



Introduction

Counselling is a process of talking about your personal problems with a counselor. The counselor help you to address your problem in a positive way by helping you to clarify the issues, explore options, develop strategies and increase self awareness.



Purpose

- This counselling centre encourages the person to understand their problems and the issues that trouble them and guide them to resolve ~~their problems~~ ~~can we~~ personal, emotional, social, academic educational.

COUNSELING PSYCHOLOGY

Psychological Services



We are here for you



- **If you feel lonely, restless**
- **If you feel insecure**
- **To help you**
- **To motivate you**
- **To improve your morale**
- **To make you feel worthwhile and happy**
- **To support your mental well- being**
- **To Guide and Counsel you**
- **You share and we care**

Common problems

- **Depression, Anxiety, Phobias**
- **Mood Swings, Bipolar disorder**
- **Difficult Sleeping, Panic disorder**
- **Obsessive-compulsive disorder**
- **Suicidal thoughts**
- **Relationship issues**
- **Emotional Disturbance**
- **Low Self-confidence**
- **Memory related Problem**
- **Learning Disability**
- **Goal Setting, Fear of Failure**
- **Difficulty in Understanding**



Key Counseling Areas of Sagar Mind Care

- To counsel through individual Counseling sessions based on their needs.
- To enhance self-esteem of weaker /slow learners/ physically challenged students.
- To help the client to overcome examination stress, anxiety or phobia.
- To refer client to Clinical Psychologist or Professional Psychiatrist in case of any serious psychological issue.
- To help the client in solving their personal, educational, social as well as psychological problems.

Patron



DR. S.K. GUPTA
Professor of Psychology

Members of Counseling



DR SHARDA VISHWAKARMA
Counselor



NISHTHA GABA
Clinical Psychologist



DR DAMYANTI JYOTISHI
Counselor



MAYURESH NAMDEO
Counsellor

Nishtha Gaba

- *Nishtha Gaba is a RCI licensed clinical psychologist with 10th year of experience in the area of Mental Health, currently working as freelance consultant.*
- *She has done her M. Phil in clinical psychology from PGIBAMS ,Raipur, Diploma in Guidance and Counseling from Regional Institute of Education, Bhopal and M.A. in psychology from Sagar University with Gold Medal.*
- *She is well trained in Psychological Assessment, Psychotherapy (CBT, REBT, Person-Centred, Group Therapy, Behaviour therapy and Supported psychotherapy) and Career Counselling. She has worked with all age group including children, adolescent, adult and elder having issues (anger, anxiety, career choices, self-confidence, emotional, abuse family problems, ADHD, Autism, OCD, Depression).*



Dr. Damyanti Jyotishi

- *Dr. Damyanti Jyotishi is a RCI registered Rehabilitation Psychologist with 15 year of experience in the area of Psychological Assessment.*
- *She has done her PhD in Social Psychology, PG Diploma in Guidance and Counseling from Regional Institute of Education, Bhopal*



Dr. Sharda Vishwakarma

- *Dr Sharda Vishwakarma is a psychologist who has worked as a teacher and Counselor for 14 years. She is employed at Dr. Harisingh Gour Central University in Sagar, M.P. She holds a PhD in psychology from the same University, as well as a certificate in guidance from IGNOU, an M.A. in psychology, and pursuing a postgraduate diploma in psychological counseling. She also has knowledge of working with adolescents and in career counseling.*



Mayuresh Namdeo

- *Mayuresh Namdeo holds a Bachelor degree in Psychology & Criminology and further specialized in Clinical Psychology with a Master degree.*
- *With a six-month internship at a Mental Hospital in Gwalior, he gained hands-on experience in the field. Additionally, he is certified in counseling and psychology from Shyama Prasad Mukherji College of Women, University of Delhi.*
- *Currently, He is pursuing Ph.D. in Psychology under the guidance of Dr. S.K. Gupta at MCBU.*

