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Permanent Socio-Psyche counselling centre opened at EWU

The centre will remain open everyday from 10am to 4pm except on holidays



East West University (EWU) on Sunday inaugurated a permanent socio-psyche counselling centre under the Department of Students Welfare.

Professor Dr M M Shahidul Hassan, vice-chancellor of EWU, inaugurated the centre along with Professor Dr Muhammad Ziaulhaq Mamun, pro-vice-chancellor of EWU, and other dignitaries, according to a press release issued on Sunday.

The centre will remain open everyday from 10am to 4pm except on holidays.

The university authorities established the centre as nowadays, students are facing a lot of negative thoughts, maladaptive behavior, financial crisis, low self-esteem, etc. There are few other psychosocial contexts like academic or educational pressures, lack of support for mental wellbeing, poor communication skills, relationship crisis, breakups, discrimination and stigma in studying at private universities.

The socio-psyche counselling centre will help to eliminate their negative thoughts and adapt new strategies to lead a balanced life.

It will also help to manage anxiety, depression, anger, stress, and other mental health conditions as well as enhance their self-confidence and eliminate their social phobia.

In the end, it will help them in making functional decisions both in personal and academic contexts.