



**Prahladrai Dalmia Lions College of Commerce & Economics**  
**(Government Aided & Affiliated to University of Mumbai & AICTE, New Delhi)**  
**NAAC Re-accredited with 'A' Grade (III Cycle)**

**ISO 21001:2018 Certified**

**University of Mumbai Recognized Research Centre in Accountancy, Commerce & Business**  
**Economics**

**A Government Approved Hindi Linguistic Minority Institute**  
**53 Years of Sterling Performance in Education**

### **NOTICE**

#### **Health and Counselling Cell (SFC)**

All the SFC and Degree students of Prahladrai Dalmia Lions College of Commerce and Economics are hereby informed that the Health and Counselling Cell [SFC] is organizing an orientation session ***"A Safe place - Mental health Counselling"***

#### **Why to Attend the Session?**

- To understand the importance of mental health and emotional well-being.
- To learn how counselling can help manage stress, anxiety, academic pressure, and personal issues.
- To break common myths and stigma around seeking mental health support.
- **To get introduced to the free and confidential counselling services available on campus.**

#### **Who Should Attend?**

- Students feeling overwhelmed or stressed due to studies or personal challenges.
- Those curious about mental health and want to know how counselling works.
- Anyone who wants to take proactive steps for their overall well-being.
- **In short – every student can benefit from this session.**

**Registration Link:** <https://forms.gle/pxnvhCrzb5f4RXrZA>

**Date:** 20th August 2025

**Time:** 11:00 am onwards

**Venue:** Auditorium

Ms. Mansi Bafna  
Convenor

Ms. Subhashini Naikar  
Vice Principal SFC

Prof. (Dr.) Digambar N. Ganjewar  
Principa