



**HEALTH CENTRE
UNIVERSITY OF JAMMU
CIRCULAR**

Subject: Availability of counselling services at University Health Centre

It is hereby informed to all students, research scholars, employees, and their dependents that, with a view to strengthening and upgrading the medical services at the University Health Centre, Counselling services for psychological and guidance has been established.

This initiative aims to provide professional support for mental well-being, stress management, emotional concerns, and other psychological issues.

Availability of Counsellor

- **Day: Every Friday except in case of Friday being holiday.**
- **Time: 10:30 AM to 2:00 PM**
- **Venue: Counselling Room, University Health Centre**

All students, Research scholars, and employees are encouraged to avail themselves of this facility.

Prior appointment is mandatory for counselling sessions. Appointments may be scheduled through WhatsApp at 9086092002.

Key Points

- **All counselling sessions shall be conducted with strict confidentiality.**
- **The service is provided free of cost to all University stakeholders.**

No/HC/JU/26/171-77
Dated: 01/06/2026

Copy to:

1. Sr. PA to Registrar for the information to Registrar
2. Convener, UHCAC
3. DIQA for information
4. ✓ Director, Centre for IT Enabled Services & Emerging Technologies, University of Jammu with a request to direct concern official for uploading on university Website
5. Media Officer, for sharing on university official WhatsApp group
6. Mr. Himanshu Mahajan, Pharmacist for information and necessary compliance
7. Office File

DDP
CMO (I/C)
Medical Officer
University of Jammu
Jammu

AR-I
For n/a.
Praveen Kumar
02/6/26

