

## PANEL OF PROFESSIONAL COUNSELORS OF PONDICHERY UNIVERISTY

Sl. No.	Counselor, Qualification and Address	Contact Details	Expertise in Counseling Services	Timings to contact for appointment	Location of counseling & Mode
1	<b>Dr. V.Sunil Kumar,</b> M.A. Psy., M.Phil. (Clin. Psy.), FAGE, Ph.D.Clinical Psychologist, Mind Zone,No.4,(1sr Floor) 3 <sup>rd</sup> Cross Street, Mohan Nagar, Near Rajiv Gandhi Women and Children Hospital, Puducherry-605 005	<b>Clinical Psychologist</b>  Mobile No: 9444297058/9444020006  Email: mailmindzone@gmail.com	<ul style="list-style-type: none"> <li>• Substance Abuse,</li> <li>• Behavioural Addiction,</li> <li>• Career related issues( careeranxiety)</li> <li>• Stress and Anxiety (academic pressure, transition stress),</li> <li>• Depression ( Academic or social struggles, Homesickness),</li> <li>• Identity Exploration (Identitycrisis)</li> <li>• Social Pressure (peer pressure and social comparisons),</li> <li>• Time management and Procrastination,</li> <li>• Pressure to Succeed,</li> <li>• Relationship issues (Friendships and Roommate conflicts, conflicts in romantic relationship),</li> <li>• SelfDevelopment (Self awareness, goal setting, personality development, lifeskills),</li> <li>• Crisis Intervention,</li> <li>• Promotion of Well-being</li> </ul>	<b>Monday to Saturday</b>  <b>Online</b> from 10 am to 10 pm  <b>Offline :</b> By Appointment	Mind Zone Clinic or Students' Council Office (Students' Service Centre), PU  <b>Online/Offline</b>
2	<b>Dr. C. Saravanan</b> M.A.,MPhil.,Ph. D. (Clinical Psychology), HoD & Associate Professor Clinical Psychology Scholl of Rehabilitation & Behavioural Sciences Aarupadai VeeduMedical College Campus Vinayaka Mission's Research Foundation Pondicherry, India	<b>Clinical Psychologist</b>  H/P : 9789644521  Email: csaravelu@rediffmail.com	<ul style="list-style-type: none"> <li>• Mental health,</li> <li>• Psychoeducation</li> <li>• Cognitive behavior therapy</li> </ul>	<b>Monday to Saturday</b>  <b>Online</b> from 5.30 pm to 8.30 pm  <b>Offline:</b> Byappointment	Saravana Rehabilitation center, Plot no 4, 1 <sup>st</sup> cross Bharathi Nagar, K (nearShivaji Statue) Pondicherry-8 or Students' Council Office (Students' Service Centre), PU <b>Online/Offline</b>








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3	<b>Ms. Aruna Kumari G.,</b> M.Sc. (Applied Psy.), M.Phil. (Clinical Psy.), No.30, Car Street, Pillaichavady, Puducherry – 605014	<b>Clinical Psychologist</b>  <b>Mobile:</b> 9080556076  <b>Email:</b> abigailaruna02@gmail.com	<ul style="list-style-type: none"> <li>• Personality Disorder,</li> <li>• Psychometric Assessment</li> <li>• Behavior Modification Therapy</li> <li>• Cognitive Behavioural Therapy (CBT)</li> <li>• Dialectical Behavior Therapy (DBT),</li> <li>• Child Psychology</li> </ul>	<b>Monday to Friday</b> From 5 pm to 8 pm  <b>Saturday</b> 3 pm to 7 pm  <b>Online/Offline</b>	Clinic or Students' Council Office (Students' Service Centre), PU  <b>Online/Offline</b>
4	<b>Mr. D. Vijayaragavan</b> M.Sc.Psy,M.Phil. (Clin. Psy.), RCI CRR NO: A10867 Dept. of Psychiatry JIPMER, Puducherry	<b>Clinical Psychologist</b>    <b>Mobile No.</b> 9677774099  <b>E-mail.</b> vijayaragavan12@yahoo.co.in	<ul style="list-style-type: none"> <li>• Anxiety, Depression,</li> <li>• Severe and enduring mental illness (Psychosis), PTSD,</li> <li>• Psychological effects of medical conditions,</li> <li>• Sexual Disorders,</li> <li>• Substance Use Disorders,</li> <li>• Addictions (Internet, Mobile, Substance etc.,) Physical and sexual abuse,</li> <li>• Interpersonal relationship Issues,</li> <li>• Adjustment Problems,</li> <li>• Stress Management,</li> <li>• Sleep Hygiene,</li> <li>• Time Management,</li> <li>• Behavioural Problems,</li> <li>• Dementia, Acquired brain injury,</li> <li>• Childhood developmental disorders.</li> <li>• Learning difficulties</li> </ul>	<b>Monday to Saturday</b>  Psychiatry OPD with JIPMER case-sheet 8.30 am to 1.30 pm  <b>Offline :</b> By Appointment	OPD, JIPMER, Puducherry  <b>Offline :</b> By Appointment



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5	<b>Mrs. M.Yaazhini,</b> M.Sc (Psy), B.Ed (Spl. Edu), MBA, M.Phil (Clinical Psychology) Appa Mental Health Facility, Tiruvannamalai	<b>Clinical Psychologist</b>  <b>Mobile</b> No.No:8508355088  <b>Email:</b> yaazhinikanth@gmail.com	<ul style="list-style-type: none"> <li>• Stress, Anxiety, Low mood ,</li> <li>• Depression, Peer pressure,</li> <li>• low motivation,</li> <li>• Procrastination, Time management,</li> <li>• Substance abuse,</li> <li>• Behavioral issues,</li> <li>• Adjustment problems,</li> <li>• Interpersonal relationship</li> <li>• Conflicts, Poor frustration tolerance,</li> <li>• Crisis intervention,</li> <li>• Self-development.</li> </ul>	<b>Monday to Saturday</b>  <b>Online:</b> from 10 am to 08 pm  <b>Offline :</b> By Appointment	Appa Mental Health Facility, Tiruvannamalai  or Students 'Council Office (Students' Service Centre), PU  <b>Online/Offline</b>
6	<b>Dr. Parthiban,</b> MBBS, M.D. (Psychiatry), ACCMAD (Addiction Medicine), PDF (Psycho Sexual Medicine), Psychiatrist, Mind Care Clinic, Rani Hospital. No. 27, Vazhudavoor Road, Near Rajiv Gandhi Statue, Aruthra Nagar, Puducherry- 605009	<b>Psychiatrist</b>  <b>Mobile No:</b>  7406651840, 9500423778	<ul style="list-style-type: none"> <li>• Counselling for Depression, Anxiety, OCD, Schizophrenia etc.</li> <li>• De-Addiction counselling</li> <li>• Counselling for Gambling and Gaming disorder</li> <li>• Relaxation therapy for Insomnia</li> <li>• Psychological Assessment (IQ , Learning disability , Personality testing &amp; Neuropsychological Assessment)</li> <li>• Psychological Problems for adults</li> <li>• Cognitive behaviour therapy (CBT), Grief therapy</li> <li>• Pre-marital Counselling</li> <li>• Therapy for sexual dysfunction</li> <li>• Family Counselling</li> <li>• Stress management</li> <li>• Anger management technique</li> <li>• Occupational Therapy for with Attention deficit hyperactive disorder, Autism, Intellectual development delay.</li> </ul>	<b>Monday to Saturday</b>  <b>Online</b> from 10 am to 10 pm  <b>Offline :</b> By Appointment	Mind Zone Clinic or Students' Council Office (Students' Service Centre), PU  <b>Online/Offline</b>

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7	Mrs. Divya Bablani, M.A. Psy., PG Diploma in Guidance & Counseling, UGC – NET in Psy., Psychiatrist, Door Number 4, B-1 Second floor, Pattamal Illam, Kumaran Street, Near Lotus Hotel, Puducherry - 605001.	Mobile No: 9818761662.  Email: divya.bablani@gmail.com	Guidance and Counseling of students, teachers and parents, Motivational Issues, Social-emotional Challenges, Academic Issues, Indian Psychology and Integral Development	Tuesday to Saturday  From 12 noon to 8 pm	Clinic or Students' Council Office, PU  Online/Offline

**Office of the Dean – Students' Welfare**