

# Shiv Nadar University Chennai

Rajiv Gandhi Salai (OMR), Kalavakkam – 603110

## SNU THRIVE Counselling and Well-being Centre

(Transformation Harmony Resilience Inclusion Vitality Empowerment)

### About Us

At **SNU THRIVE**, we believe that student well-being is the foundation of academic success and personal growth. The Counselling and Well-being Centre provides a safe, confidential, and supportive space where students can express themselves freely and receive professional guidance in times of need.

### Our Services

- **Individual Counselling** – One-on-one sessions to support emotional, personal, and academic challenges.
- **Group Workshops** – Interactive sessions on stress management, resilience, relationships, and mental health awareness.
- **Awareness Programs** – Regular campaigns to reduce stigma and normalize conversations on mental health.

### Preventive and Awareness Initiatives

- **Faculty Sensitisation** – Orientation programs on student mental health and available counselling services.
- **Parent Engagement** – A sensitisation framework to help parents support student well-being.
- **Student Ambassadors** – Peer leaders trained to promote help-seeking and provide first-level support.

### Appointments & Contact

Students can book appointments by sending an email to the counselling office.

The centre is open **Monday to Friday, from 9:00 AM to 5:00 PM.**

**Student Counsellor:** *Dr. Ilakkiya L*

**Email** : [ilakkiyal@snuhennai.edu.in](mailto:ilakkiyal@snuhennai.edu.in) or [Studentscousenllor@snuhennai.edu.in](mailto:Studentscousenllor@snuhennai.edu.in)