

MANISHA Counselling Center

Manisha Counselling Center is set up in January 2016 Under Joint auspices of Vikas Academy Kalaburgi and Zilla Kannada Vaidya sahitya Parishad Kalaburgi to Provide free Counselling and Guidance Service to the needy clients from different walks of life

Objectives

- To offer Counselling and Psychiatric Services free of Cost to individuals who are in distress
- To promote greater awareness among people on issues related to positive mental health and healthy lifestyle
- To sensitize Teachers in Schools and colleges and to motivate them to work for the Psychological wellbeing of the Students.
- To train lay counselors Who in turn could counsel and help individuals in distress
- To organize lectures , discussion , Seminars Etc. on different issues related to Counselling, guidance mental health etc. on the specific request of different agencies groups and institutions

Activities

1. Counselling Service

Free Counselling Services are available to the needy Clients, on all Saturdays and Sundays between 4pm to 6.30 pm, some of the typical Problems with which the clients came to the Counselling centers include the following

- Learning difficulties, poor Performance in school – colleges
- Behavior Problems in children and adolescents
- Marital discard
- Emotional problems (uncontrolled anxiety sadness, anger)
- Loneliness
- Low self –esteem and feeling of inferiority and inadequacy
- Inter personal problems in the family and work places
- Unemployment/ underemployment
- Mental disorders

2. Psychiatric services

Free psychiatric Consultation is available to the needy at the center on Saturdays and Sundays between 4pm to 6.30pm (by Appointment)

3. Child Guidance Centre

Children form special group of clients. They require Counselling assistance to cope with developmental, emotional, adustmental and behavioral problems. This free service is available to children/ parents on every Saturday between 4.00PM and 6.00PM.