



Nirmala Memorial Foundation College of Commerce and Science

(Permanently Affiliated to University of Mumbai)

Re-accredited by NAAC with B++ and ISO 9001 : 2015 Certified

D.S. Road, Asha Nagar, Thakur Complex, Kandivali (East), Mumbai - 400 101. • Tel.: 022-69436400

Notice

19/09/2024

Hey Students,

We are excited to introduce a new initiative to support your mental and emotional well-being: the **"The Support Corner."** We know college life can be challenging, and sometimes you might feel uncomfortable discussing your concerns openly. To help, we are providing a safe space for you to seek guidance anonymously.

Here's how it works:

1. The support box is placed on the 3rd floor and 8th floor staircase landing.
2. You can write down any questions, worries, or thoughts and drop them into the box **without including your name.**
3. Our counselor will review the submissions and provide thoughtful responses, which will be posted on the board near the box for everyone to see and reflect upon.

This initiative aims to create a safe space where you can seek help without fear of judgment, build community support by sharing common concerns, and provide access to professional guidance beyond formal therapy sessions.

We are committed to your well-being and believe the **"The Support Corner"** will be a valuable resource. Remember, your mental health is important, and we are here to support you.

Mrs. Riddhi Doshi Patel

Counselor

Dr. Swiddle D'Cunha

I/C Principal