

## **Notice**

The EFL University, through its Counselling Centre, is offering E-Therapy sessions free of cost to the students, members of the teaching- and non-teaching staff and their spouses and wards through digital counselling sessions. These sessions are aimed at dealing with any psychological issues that may be caused by the COVID-19 pandemic. To this end, The Centre is offering its services to the members of The EFL University Headquartered at Hyderabad, and its Regional Campuses at Shillong and Lucknow, through digital modes on platforms such as Google Hangouts (for chat and video conferencing), and email and other digital modes, if necessary.

The services are initially provided during fixed timings i.e. from 12:00 PM- 03:00 PM and from 08:00 PM-10:00 PM from Monday to Friday. These hours will be increased based on the needs of the University members and the availability of resources.

### **Guidelines for users**

1. Individuals interested in availing the services are requested to share their consent and make an appointment using the following link. <https://forms.gle/76SXA9UKHdfWgfXv6>. Students and members of the teaching- and non-teaching staff should upload a scanned copy of the identity card issued by the University. For spouses and wards of the members of the teaching- and non-teaching staff, authentication by the employee is compulsory.
2. Individuals opting for Video conference mode are requested to ensure LAN connection with adequate bandwidth.
3. For further details please contact  
Niranjan Reddy Challa  
Consultant Counsellor  
Counselling Centre  
The EFL University  
on  
[Counselling\\_psychologist@efluniversity.ac.in](mailto:Counselling_psychologist@efluniversity.ac.in)