

Counselling



ARMY COLLEGE OF DENTAL SCIENCES

Chennapur –CRPF Road , Jai Jawaharnagar Post, Secunderabad – 500 087, Telangana

Ph: +914029708384, 9347411942

Website: www.acds.co.in Email : army_c@rediffmail.com

NAAC Accredited 'A' & Certified ISO 9001 : 2015 & ISO 14001 : 2015

Counseling

Student life today throws up numerous challenges owing to a fast-paced tempo, changing family dynamics, being away from home, increased competitiveness and social media. ACDS recognizes that counseling is important for students to navigate these demands and achieve their academic potential. In keeping with its mission to provide for the all-around holistic development of students, ACDS offers formal in-house counseling. This Counseling is free and open to all students and staff and complete confidentiality is maintained. It has contributed greatly in promoting the psychological well-being of students, helping them achieve their academic, personal, and relational goals. Some of the recurring student concerns flagged by the College Counsellor for ACDS are: Time, Stress, and Relationship Management, Family Problems, Body Image, Self-Confidence, and Career Counselling

A trained Clinical Psychologist, Dr. Anitha Reddy is made available for students. Apart from the regular counseling sessions, attempts are made to offer talks in group settings to address common issues that are encountered by young adults. ACDS also has a strong Mentor-Ward Programme that complements the teaching-learning exercise. Every student is paired with a faculty mentor, thus giving them the opportunity to reach out for individual sessions for counsel. The mentor-mentee ratio is such a type that every individual can be given personal attention. The mentors sensitize themselves to the needs of students and recommend formal counseling if required. This plays a significant role in confidence-building and skill development.

Apart from formal counseling, various departments and societies of the college organize counseling seminars for students. Legal experts are invited to address the intricacies of sexual harassment by citing real-life cases. Talks on Gender Sensitization are organized from time to time. Career counseling workshops are organized by various departments to apprise the students about the career opportunities in their specific field.

The various initiatives launched by the college underline that it takes responsibility for disseminating information on counseling as well as dispelling the myths and stigma surrounding it very seriously. This has helped students understand the significance of counseling and work on their own fears and anxieties and achieve their best in both curricular and extra-curricular activities.



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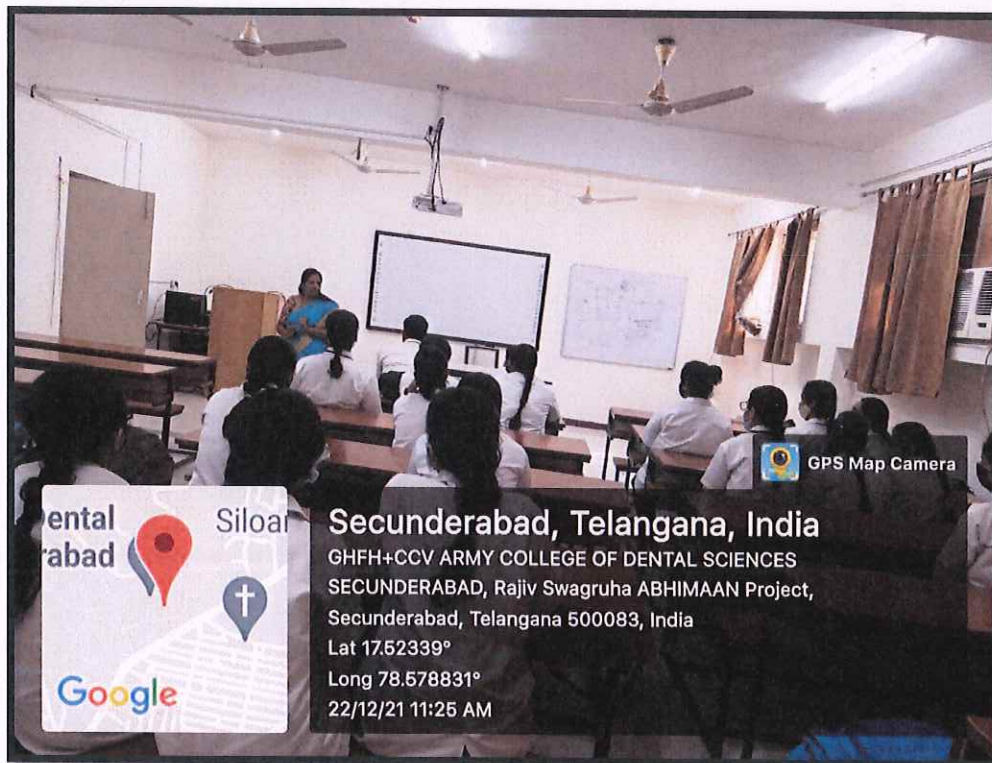
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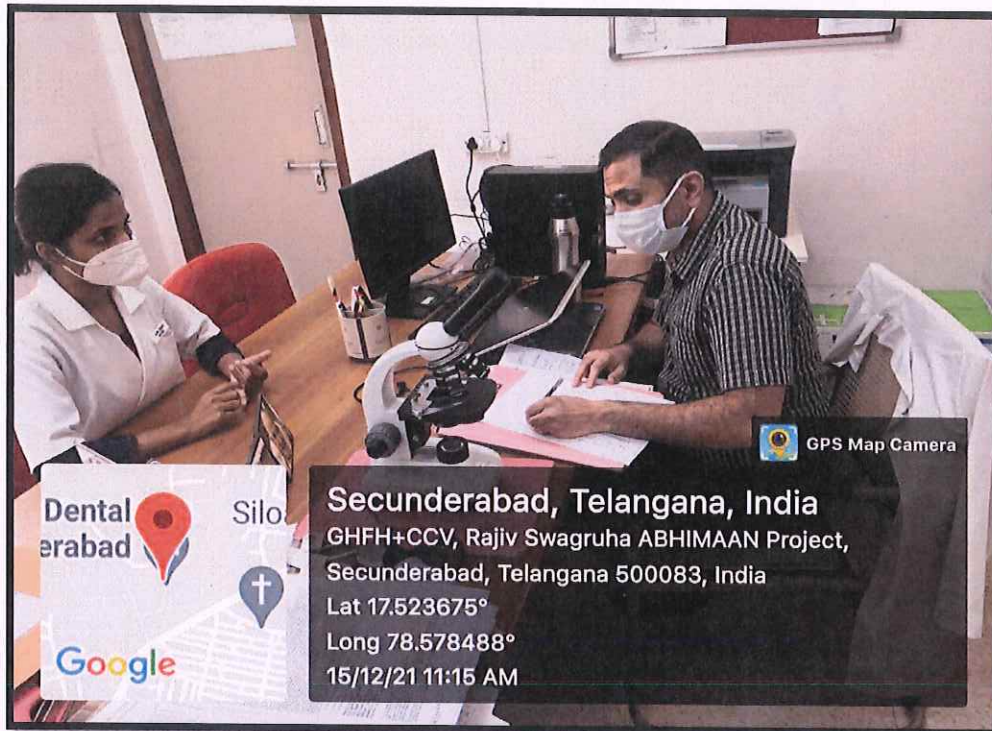
Counselling room



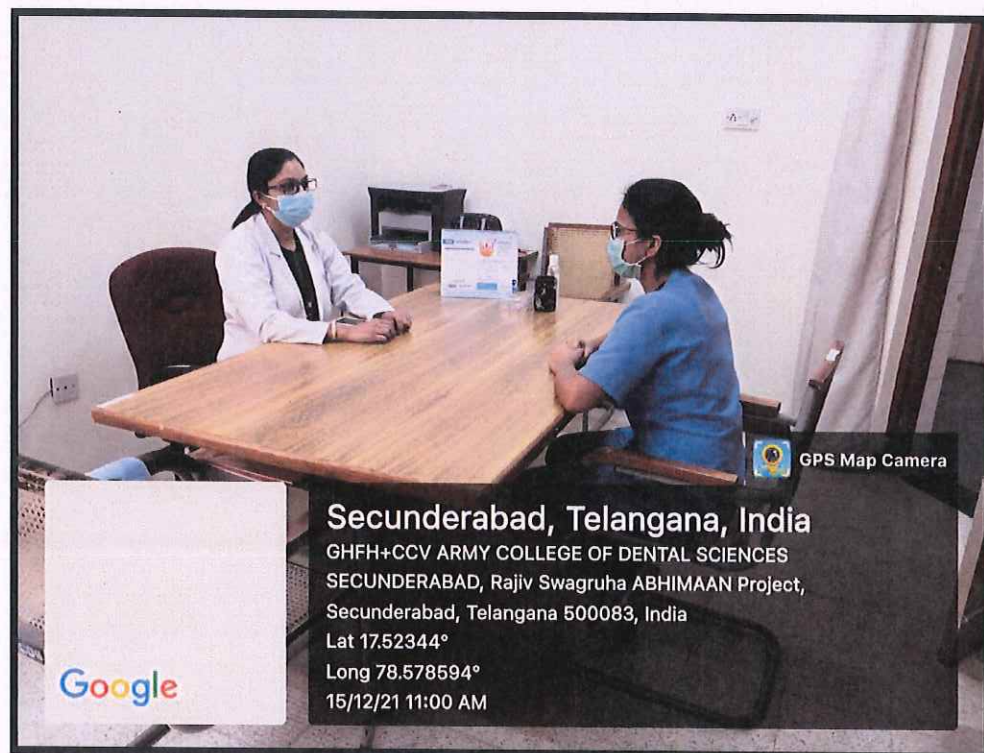
Dr. T. Anita Reddy, Psychologist counselling the students



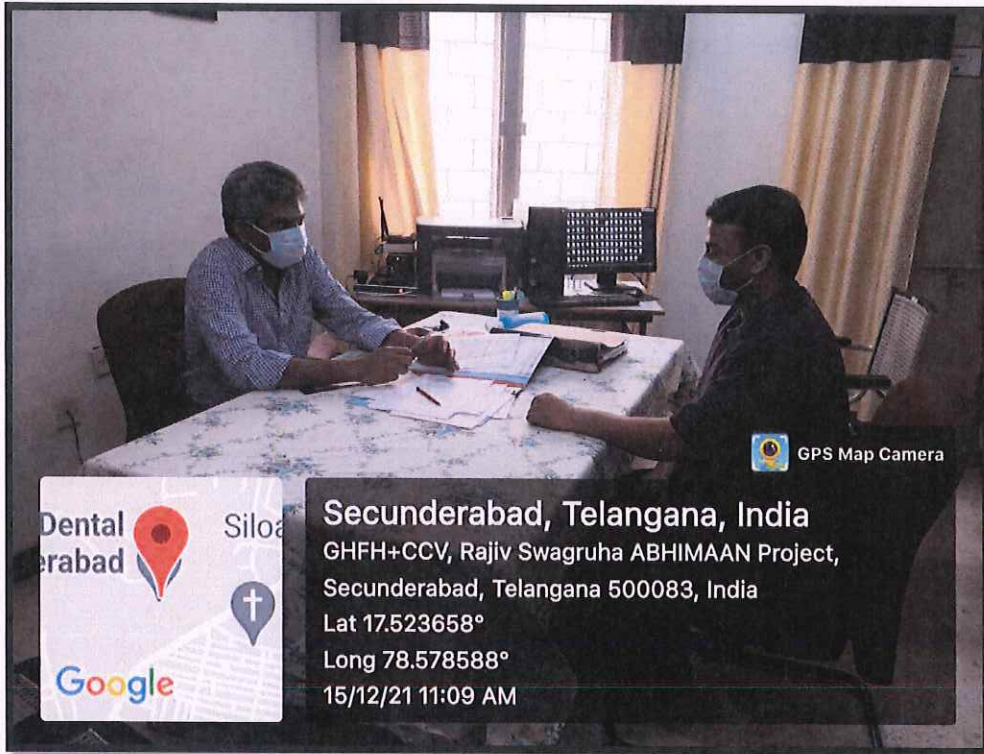
Counselling session for BDS students



Counselling the students by the Head of the Department



Counselling the students by the Head of the Department



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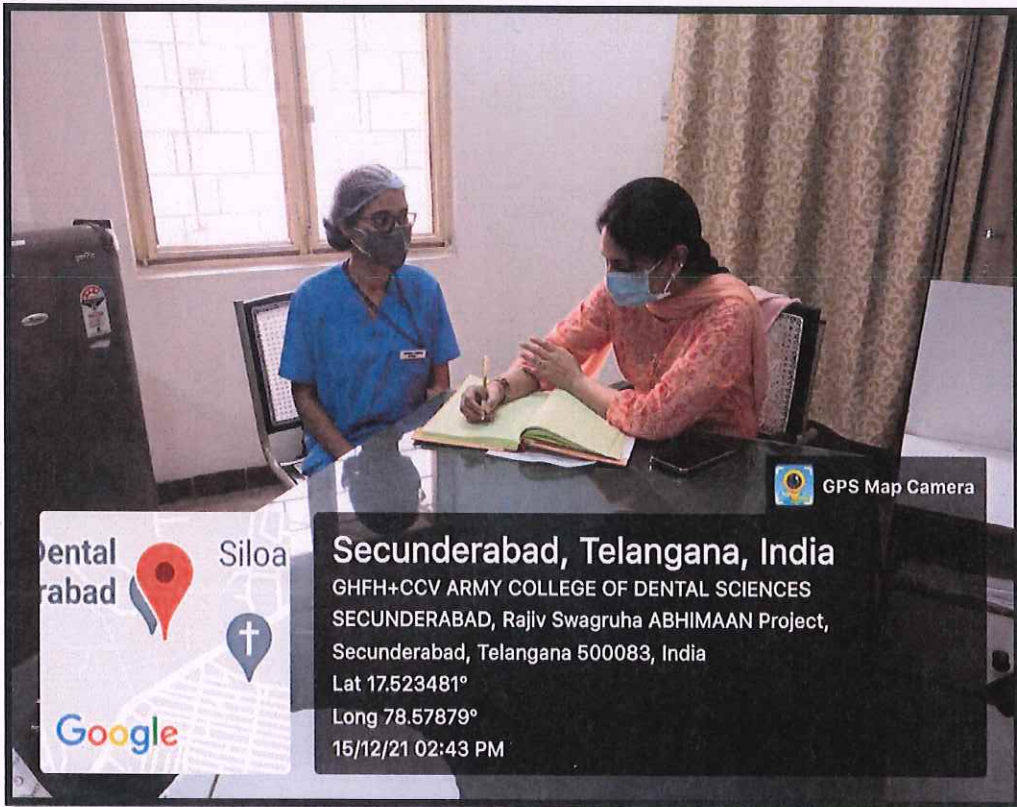
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Counselling the students by the Head of the Department



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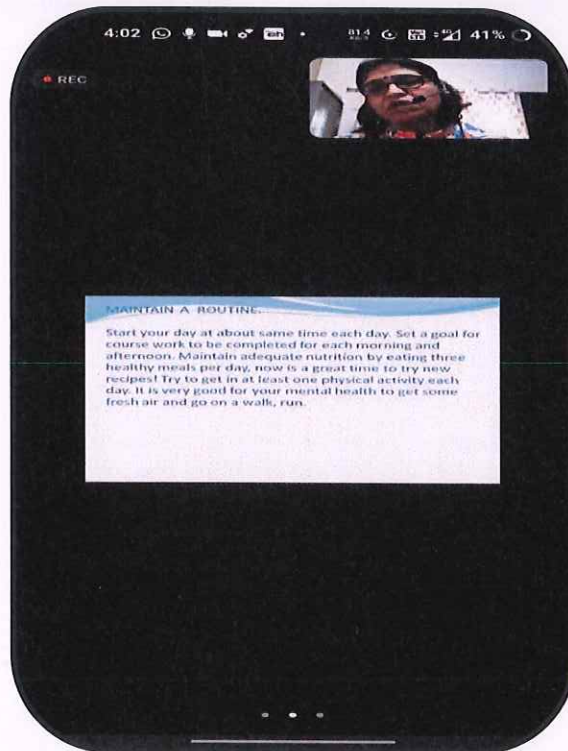
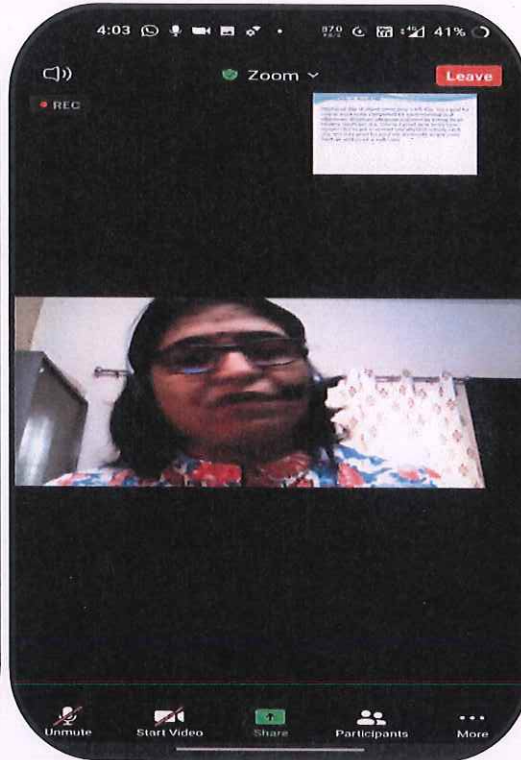
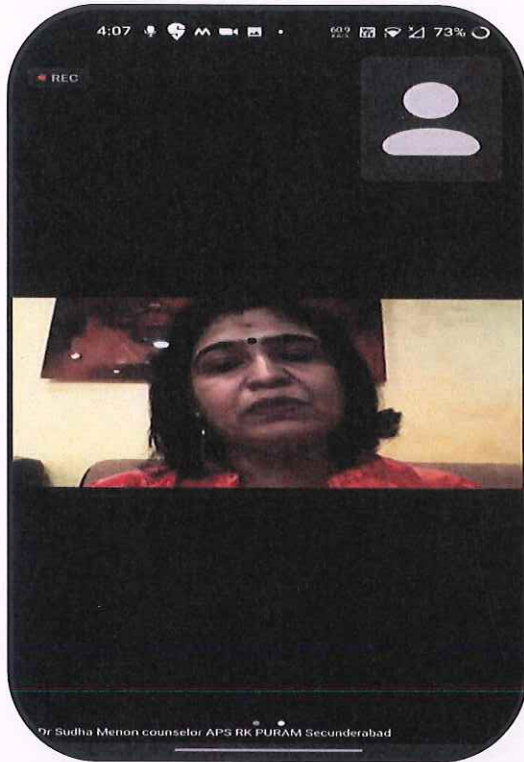
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Counselling the students by the staff



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PRINCIPAL
Army College of Dental Sciences
Secunderabad-500 087.

Online Counselling by Dr. Sudha Menon, Psychologist



**Circulars-Psychological
Counselling**



ARMY COLLEGE OF DENTAL SCIENCES
CHENNAIPUR – CRPF ROAD, JAI JAWAHARNAGAR POST,
SECUNDERABAD – 500087
NAAC "A" Grade, ISO 9001:2015, 14001:2015

12/ACDS/304/Est

Nov 2021

CIRCULAR
PSYCHOLOGICAL COUNSELLING

1. Dr T Anitha Reddy, Psychologist has been appointed as Psychological counselor wef 22 Dec 2021.
2. An Icebreaking sessions will be conducted by Dr T Anitha Reddy, Psychologist as per the following schedule for students in Lecture Hall No 1 :-

22 Dec 2021

- | | | |
|--------------------------|---|---------|
| (a) 1100 hrs to 1130 hrs | - | I BDS |
| (b) 1130 hrs to 1200 hrs | - | II BDS |
| (c) 1200 hrs to 1230 hrs | - | III BDS |
| (d) 1330 hrs to 1300 hrs | - | IV BDS |

23 Dec 2021

- | | | |
|----------------------|---|---------------------------------|
| 0900 hrs to 1100 hrs | - | Individual counseling year wise |
| 1100 hrs to 1230 hrs | - | Interns |
| 1230 hrs to 1300 hrs | - | 1 st Yr PG's |

24 Dec 2021

- | | | |
|----------------------|---|---------------------------------|
| 0900 hrs to 1100 hrs | - | Individual counseling year wise |
| 1200 hrs to 1230 hrs | - | 2 nd Yr PG's |
| 1230 hrs to 1300 hrs | - | 3 rd Yr PG's |

27 Dec 2021 onwards. Individual counseling session yr wise. Separate schedule to be given by Dr Anitha Reddy based on group interaction and Icebreaking session on 27 Dec 2021 to the office of Principal.

2. Students to attend the above Sessions and HOD's are requested to adjust their classes / clinics as per the above schedule and ensure all students attend (compulsorily).

(Signature)

(Col P G Krishna (Retd))
Registrar

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(Signature)
Dr S Subramanya Sharma
Principal

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312/ACDS/304/Est

Date 27 Dec 2021

CIRCULAR

PSYCHOLOGICAL COUNSELLING

1. Further to our circular No 312/ACDS/304/Est dt 18 Dec 2021.
2. The schedule of counseling of students by Psychologist is enclosed herewith. All depts are requested to allow the students from the class to attend for counseling in time.
3. **Warden Boys & Girls.** Wardens are requested to info students to attend the counseling as per schedule.

(Col PG Krishna (Retd))
Registrar

Distribution

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Secunderabad-500 087.




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MDS BATCH 2021

Ser No.	Name of the candidate	Specialty allotted	Page No allotted	Date & Time
01.	Dr TRIPTI RATHORE	Conservative Dentistry	72	28/12(12.30-12.45)
02.	Dr SIMRAN KAUR	Conservative Dentistry	74	29/12(12.30-12.45)
03.	Dr SADHANA MAJHI	Conservative Dentistry	76	30/12(12.30-12.45)
04.	Dr MALREDDY SURYA	Oral & Maxillofacial Surgery	78	31/12(12.30-12.45)
05.	Dr KRISHNA PRABHA D	Oral & Maxillofacial Surgery	80	03/01(12.30-12.45)
06.	Dr BERNISHA R.P	Orthodontics & Dentofacial Orthopaedics	82	04/01(12.30-12.45)
07.	Dr RAJAT KANTA SATAPATHY	Orthodontics & Dentofacial Orthopaedics	84	05/01(12.30-12.45)
08.	Dr GITIKA SINGH	Pedodontia & Preventive Dentistry	86	06/01(12.30-12.45)
09.	Dr KANCHAN KUMARI	Pedodontia & Preventive Dentistry	88	07/01(12.30-12.45)
10.	Dr SURABHI BHADAURIYA	Periodontology	90	10/01(12.30-12.45)
11.	Dr ANURADHA SINGH	Periodontology	92	11/01(12.30-12.45)
12.	Dr SHAGUN GUPTA	Prosthodontics and Crown & Bridge	94	12/01(12.30-12.45)
13.	Dr POOJA CHAUHAN	Prosthodontics and Crown & Bridge	96	13/01(12.30-12.45)
14.	Dr ABHISHEK SHARMA	Prosthodontics and Crown & Bridge	98	17/01(12.30-12.45)
15.	Dr KOMMU SAI SNIGDHA RAVINDER	Periodontology	100	18/01(12.30-12.45)


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MDS BATCH – 2020

Ser No	Name of the candidate	Specialty allotted	Page No allotted	Date & Time
01	Dr BHARAT POONIA	Orthodontics	42	28/12 (12.45-1PM)
02	Dr NEHA KUMARI	Periodontology	44	29/12 (12.45-1PM)
03	Dr Sneha Reddi	Periodontics	46	30/12 (12.45-1PM)
04	Dr ANOUSHKA MENON	Prosthodontics	48	31/12 (12.45-1PM)
05	Dr BALJINDER	Prosthodontics	50	03/01 (12.45-1PM)
06	Dr A.P Ravi	Prosthodontics	52	04/01(12.45-1PM)
07	Dr ANJANA S	Oral Surgery	54	05/01 (12.45-1PM)
08	Dr ASWANI SREENIVASAN	Oral Surgery	56	06/01 (12.45-1PM)
09	Dr PREM SHANKAR CHAUHAN	Pedodontics & Preventive	58	07/01 (12.45-1PM)
10	Dr AYESHA	Pedodontics & Preventive	60	10/01 (12.4-1PM)
11.	Dr VISHNU RAJ	Conservative	62	11/01 (12.45-1PM)
12	Dr AMIT KUMAR	Conservative	64	12/01 (12.45-1PM)
03	Dr NEHA CHAUHAN	Conservative	66	13/01 (12.45-1PM)
14	MOHD MUDASSIR	Periodontology	68	17/01 (12.45-1PM)

COUNSELLING SLOTS (INDIVIDUAL) YEARWISE MDS

MDS BATCH – 2019

S.No	Name of the student	Specialty	Page No allotted	Date and Time
01.	Dr Sunny Rajorla	Periodontics	10	28/12 (12.15-12.30)
02.	Dr Chamakura Niharika	Prosthodontics	12	29/12 (12.15-12.30)
03.	Dr Milan Singh Mali	Pedodontics	14	30/12 (12.15-12.30)
04.	Dr Rajesh Kumar Routray	Periodontics	16	31/12 (12.15-12.30)
05.	Dr Vaibhav Sharma	Prosthodontics	18	03/01 (12.15-12.30)
06.	Dr Kamiya Mahajan	Prosthodontics	20	04/01 (12.15-12.30)
07.	Dr Agrima Anand Thakur	Orthodontics	22	05/01 (12.15-12.30)
08.	Dr Meghna Mukhopadhyay	Orthodontics	24	06/01(12.15-12.30)
09.	Dr Amulya Manohar	Oral Surgery	26	07/01 (12.15-12.30)
10.	Dr Harsh Kumar Jha	Oral Surgery	28	10/01 (12.15-12.30)
11.	Divya Bhau	Pedodontics	30	11/01 (12.15-12.30)
12.	Dr Ambika Bana	Conservative Dentistry	32	12/12 (12.15-12.30)
13.	Dr Battula Sai Madhuri	Conservative Dentistry	34	13/01 (12.15-12.30)
14.	Dr Ankeeta	Conservative Dentistry	36	17/01 (12.15-12.30)
15.	Dr K Ravindhar	Periodontics	38	18/01 (12.15-12.30)