

# PARTICIPANTS

are encouraged to engage actively involvement in workshops and groups. Active involvement is essential to getting the most out of the workshop/group experience. However, for some groups, its encouraged to take your own pace in opening up and sharing.

## QUESTIONS

about any of these groups?

Contact TICC at [ticc@thapar.edu](mailto:ticc@thapar.edu) or drop in Room No. 105, G-Block, TIET Patiala Campus.

## MESSAGE FROM THE DOSA

Getting recovery through a solution to a problem is possible with the help of group counseling or therapy. It is even more effective if done in a community, that helps a person to achieve success in their life. A little support, feedback, and inspiration will help a person to solve the problems which he/she will be facing in life. We, here at TICC encourage you to book a counseling session today.

Dr. Inderveer Chana  
Dean of Student Affairs  
Professor and Associate Head of Computer Science and Engineering Department  
TIET, Patiala

# CONTACT TICC

CALL OR STOP BY TO HAVE AN INITIAL CONSULTATION

MON – FRI | 9AM – 5:30PM  
G-BLOCK, ROOM NO. 105, THAPAR  
INSTITUTE OF ENGINEERING &  
TECHNOLOGY

+91-8872739998 / +91-9781700762  
(including outside office hours to reach TICC counselor on call)

OR VISIT US AT  
[ticc.thapar.edu](http://ticc.thapar.edu)

### OUR COUNSELORS

Dr. Sonam Dullat  
Professional Student Counselor  
+91-8872739998

Ms. Garima Garg  
Assistant Student Counselor  
+91-9781700762

## What can I gain?

- Develop new skills to improve your everyday living
- Feel more connected and understood
- Receive support and feedback

## GROUP GUIDELINES

- TICC groups and workshops are CONFIDENTIAL. Leaders and members agree not to disclose information about other participants.
- Some workshops are one session or meet for four consecutive weeks, while many groups meet for most of the semester. To get the most out of your experience, it is important to adhere to the agreed-upon length of time and to attend regularly.

# GROUPS AND WORKSHOPS

