

Report on Rehabilitation Clinic



**N.K.T. National College of Education for Women
(Autonomous)**

REHABILITATION CLINIC



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

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Research shows that high levels of mental health are associated with increased learning, creativity and productivity, more pro-social behaviour and positive social relationships, and with improved physical health and life expectancy.

Educational Institutions are reporting an increasing demand for student mental health services. More students are entering College with mental health diagnoses and psychotropic medication needs; more students are accessing mental health services on campus; and more students are presenting with serious psychological issues than in years past. However, in this time of reduced financial support for higher education, mental health services are sometimes seen as a luxury that campuses cannot afford. But student mental health services are not only needed to support the psychological well being of students, they are also an important part of academic success and retention.

Hence our College has a linkage with SDS Academy of Behavioral Sciences, Chennai to provide professional services such as Psychodiagnosis, Psychotherapy such as CBT, MBCT and Hypnotherapy as per the requirement of the individual student with neurological or developmental disorders.



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