



# PATEL INSTITUTE OF SCIENCE & MANAGEMENT

(A UNIT OF PATEL RAMAIAH EDUCATIONAL & CULTURAL TRUST\*)

Affiliated to Bengaluru North University, Approved by AICTE, Govt. of India, New Delhi

Ref No: PISM- Student Counsellors- 2025

Date : 8/4/2025

## Appointment Psychological Counsellor

As Educational settings can be stressful environments, with high expectations, academic pressures, and interpersonal challenges, counsellor provide mental health support to help individuals cope with stress, anxiety, depression, and other mental health issues. They can assist in resolving conflicts among faculty, students, and administrators, whether they are related to academic differences, interpersonal conflicts, or administrative issues. They can provide mediation and communication skills training to help improve relationships and create a more harmonious environment.

Mrs. Malini ChinnappaAdin is being appointed as Psychological Counsellor for Patel Institute of Science and Management. She has 18 years of experience in counselling.

No	Name of the Counsellor	Role	Designation	Address and Contact No
1.	Mrs. Malini ChinnappaAdin MA in Psychology	Member	Psychological Counsellor	Patel Institute of Science and Management

Director

Patel Institute of Science and Management, Bengaluru

**DIRECTOR**

Patel Institute of Science & Management  
K. Agrahar, Near Outer Ring Road,  
Bellandur Post, Bangalore - 103.



# PATEL RAMAIAH EDUCATIONAL AND CULTURAL TRUST

## PATEL INSTITUTE OF SCIENCE & MANAGEMENT

Kariyammana Agrahara, Bellandur PO, Marathahalli, Bengaluru-560103

### PROFILE

**Name:** Prof. Malini Adin

**Designation:** Counsellor

**Qualification:** M.A. Psychology

**University:** Karnataka University, Dharwad

I am Prof. Malini Adin, serving as the Counsellor of the institution. I have completed my Master's degree in Psychology from Karnataka University, Dharwad.

I have attended the ICMR–NIMHANS Training Programme on Student Mental Health, which has strengthened my knowledge and skills in student mental health assessment, early identification of concerns, and preventive intervention within the academic environment.

I provide individual and group counselling services to students, addressing academic stress, emotional issues, behavioural concerns, and personal challenges. I conduct mental health awareness programmes, life-skills training, and preventive counselling activities in accordance with institutional and regulatory guidelines.

I have also trained students in peer-support mechanisms, guiding them on how to identify early signs of distress among peers, offer basic support, and refer students to appropriate institutional support systems.

I work in coordination with faculty members and the administration to promote student welfare and a supportive campus environment. All counselling services are delivered in a confidential, ethical, and student-centric manner.

#### ROLES & RESPONSIBILITIES

1. I address academic stress, exam anxiety, emotional and behavioural concerns
2. I conduct student mental health awareness and life-skills programmes
3. I implement preventive mental health initiatives on campus
4. I train students in peer-support and help-seeking practices
5. I provide individual and group counselling services to students & Staff
6. I maintain confidentiality and ethical counselling practices
7. I maintain counselling records and activity documentation

#### CONCLUSION:

I am committed to promoting the mental, emotional, and academic well-being of students and staff through professional counselling, preventive mental health initiatives, and collaborative support with faculty and administration. All services are delivered ethically, confidentially, and supportive campus environment.

**DIRECTOR**

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