

## Counselling Ragging Victims

Extending a helping hand... Counselling: (Noun) Something that provides direction or advice as to a decision or course of action. CURE offers counselling to ragging victims and is in contact with noted psychiatrist Dr. Vikas Mohan Sharma (VIMHANS). Ragging victims can write to him for help.

CURE is also in touch with Patheya Counselling Services in Mumbai. They can be contacted at [patheya@rediffmail.com](mailto:patheya@rediffmail.com)

[help@noragging.com](mailto:help@noragging.com) Write to us if you want a friend to talk to.

Write to us if you are feeling depressed due to ragging.

Remember, asking for help is not weakness, it only means that you desperately want to get out of your negative emotions and concentrate on the beautiful things in life. Nothing can be more positive than getting rid of depressing energies...Life indeed is beautiful!!!