



VIDYAVARDHAKA SANGHA®

# VIDYAVARDHAKA LAW COLLEGE

SHESHADRI IYER ROAD, MYSURU-1

**IQAC**

*Organizing*

**Special Lecture on  
“Integrating Career & Mental Health Counselling”  
By**



**Wg Cdr A. Chaturvedi**

Commanding Officer

4 Kar Air Sqn NCC

Mysuru-7

**Date:** 22<sup>nd</sup> September 2022

**Time:** 11am

**Venue:** Moot Court Hall, VVLC

***All are Welcome***

Dr. Deepu.P  
**Principal**

Prof K.B Vasudeva  
**Director of Legal Studies**

Dr. Sridevi Krishna  
**Coordinator**



**VIDYAVARDHAKA LAW COLLEGE  
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**REPORT ON SPECIAL LECTURE ON INTEGRATING CAREER & MENTAL  
HEALTH COUNSELLING**

On 22<sup>nd</sup> September 2022 special lecture on integrating career & mental health counselling was organized. Wg Cdr A. Chaturvedi addressed both 3 years & 5 years LL.B students. Addressing the gathering he said Individuals seeking career counselling often present with a complex array of issues, and thus it is often difficult for counsellors to separate career satisfaction and development from other mental health issues. Career, Work, and Mental Health examines this tightly woven connection between mental health issues and career development and offers practical ways for counsellors to blend career and personal counselling.

Students while choosing their career should be wise enough. There should not be any external pressure in choosing the profession. Parents support in choosing the profession is primary but as an individual one should develop thinking capacity and understand what is right and wrong for him. Joining NCC should be out of free will of a student. At this juncture they should develop capacity to take decisions independently. Giving an example of soldier at border he said a soldier has no second chance in war, likewise should be our decision. He motivated final year students to join air force and serve our nation. That is also one of the fundamental duties of citizen. One should utilise this opportunity whenever it's available. Further, he also motivated first year students for joining NCC which is a three years course. During the course he said that student will learn to be disciplined and understand the value of life together with serving our nation. He shared his experiences at war and his first flight.

The programme was presided over by Prof K.B Vasudeva, he appreciated the work of Wg Cdr A. Chaturvedi and said we are blessed to hear words of a soldier. He also motivated the students for joining NCC and choosing the right career. Addressing the students he said a student should develop strong mind in a strong body. Law students can also build a career in army, navy or air force. One can become a judge of court martial or take up AFCAT exams. Two seats are reserved for law graduate students in ground duty branches and they may get employed on legal duties of IAF.

The programme concluded with vote of thanks delivered by Dr Sridevi Krishna, Coordinator NCC wing, VVLC.

