



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

COUNSELLOR'S NOTE - AUGUST 2026



New Beginnings, *New Rhythms:* Finding Your Place

August brings with it a sense of renewal. As classrooms fill once again, familiar faces return, and many new students begin their journey at the university, the campus comes alive with fresh energy, aspirations, and possibilities. Whether you are stepping onto campus for the very first time or returning after the semester break, this month is about adjusting, reconnecting, and embracing new beginnings.

Transitions, even positive ones, can be challenging. Returning students may find themselves adapting to new academic demands, balancing internships or placements, taking on leadership roles, or simply finding their rhythm again after the break. For those joining the university for the first time, everything may feel unfamiliar—from navigating the campus and making new friends to adjusting to different teaching methods and greater independence. It is important to remember that feeling excited, uncertain, overwhelmed, or even homesick during this period is completely normal.

As you settle into the new semester, give yourself permission to adjust at your own pace. Building meaningful friendships, understanding academic expectations, and developing confidence do not happen overnight. Every student

has a unique journey, and comparing your progress with others often creates unnecessary pressure. Instead, focus on taking small, intentional steps each day that help you feel more comfortable and connected.

The beginning of a semester is also the perfect time to establish healthy routines. Prioritise regular sleep, balanced meals, physical activity, and moments of rest alongside your academic commitments. Creating realistic schedules, staying organised, and taking breaks when needed can improve both your productivity and your emotional well-being. Remember that success is not about being busy all the time—it is about maintaining balance and consistency.

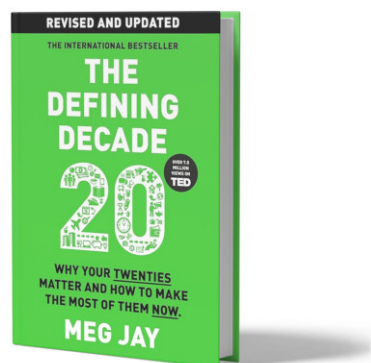
Equally important is building your support system. University life becomes more meaningful when you engage with the people and opportunities around you. Participate in classes, clubs, student activities, and campus events. Introduce yourself to classmates, speak with your faculty members, and do not hesitate to reach out to mentors or counsellors whenever you need guidance. Asking for help is a sign of self-awareness and strength, not weakness.

This month, challenge yourself to do something outside your comfort zone. Start a conversation with someone new, attend an event, ask a question in class, or explore a new interest. These seemingly small experiences often become the foundation for personal growth, lasting friendships, and memorable college experiences.

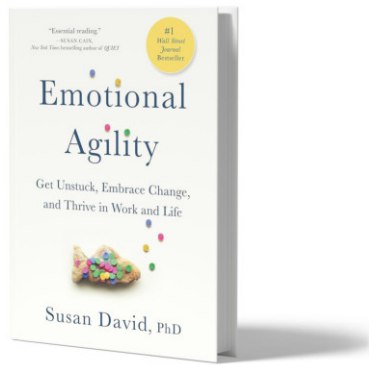
As the semester begins, remind yourself that you do not need to have everything figured out from day one. Growth happens through curiosity, patience, and consistent effort. Every lecture attended, every conversation shared, every challenge faced, and every lesson learned contributes to the person you are becoming.

Let August be a month of openness, courage, and connection. Embrace the opportunities that come your way, trust your ability to adapt, and remember that every new beginning holds the potential for meaningful growth.

Book Recommendation

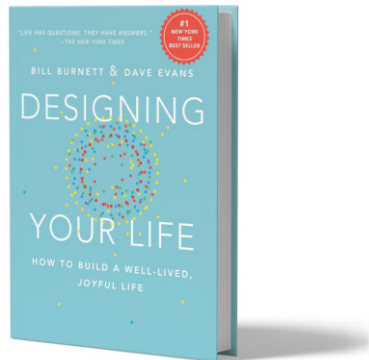


The Defining Decade
by Meg Jay



Emotional Agility

by Susan David



Designing Your Life

by Bill Burnett & Dave Evans

Video Suggestions

How to Gain Control of Your Free Time

by Laura Vanderkam

Why Comfort Will Ruin Your Life

by Bill Eckstrom

[Watch Video](#)

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Get in touch with your counsellor for additional and help resources

- Dr Alphonsa George, Sr Counsellor CCHS - alphonsa.george@christuniversity.in
- Kajal Dass, Counsellor, LAW - kajal.dass@christuniversity.in
- Victoria Abhilasha, Counsellor, COMMERCE, MBA, MAEDH - victoria.abhilasha@christuniversity.in
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