



CHRIST
(DEEMED TO BE UNIVERSITY)
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COUNSELLOR'S NOTE - JULY 2026

Halfway *There:*

Keep Growing,
Keep Going



July marks the halfway point of the year. It is a natural pause that invites us to reflect before we move forward. The excitement and energy that often accompany the beginning of a new year may have faded by now, and that is completely normal. What matters most at this stage is not whether we have been perfect, but whether we are willing to keep showing up for ourselves.

This month offers a valuable opportunity to look back on the goals we set for ourselves. Have we moved closer to them? Have our priorities changed? Reflection is not about judging ourselves for what we have not accomplished. It is about understanding where we are and deciding where we want to go next. Growth begins with honest self-awareness.

Many of you are spending this month on your monsoon break or internships. These experiences may look different from the routines of college, but they are equally important opportunities for learning. Every interaction, every responsibility you take on, every challenge you navigate, and every new skill you develop adds to your personal and professional growth. Even moments of uncertainty can teach us resilience, adaptability, and confidence.

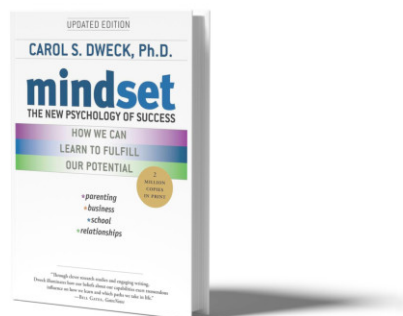
Success is rarely the result of occasional bursts of motivation. It is built through small, consistent actions repeated over time. Whether it is learning a new skill, taking care of your physical and mental well-being, maintaining meaningful relationships, or making time for self-reflection, the habits you build today shape the person you become tomorrow.

July is also a reminder to practice gratitude. Take a moment to appreciate the people who have supported you. Your family, friends, mentors, supervisors, teachers, and colleagues all play a role in your journey. Gratitude helps us recognise the strengths and opportunities we already have, allowing us to approach challenges with greater optimism and resilience.

As you move through the rest of this month, challenge yourself to learn something new each day, support someone who may need encouragement, and take one small step toward your goals. Progress does not always happen in dramatic leaps. More often, it comes from quiet, consistent effort.

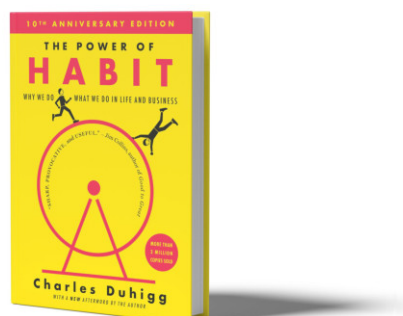
Remember, you do not have to have everything figured out. You simply have to keep moving forward. Let July be a month of reflection, renewed purpose, and meaningful growth. One that prepares you for the opportunities and challenges that lie ahead.

Book Recommendation



Mindset: The New Psychology of Success

by Carol S. Dweck



The Power of Habit: Why We Do What We Do in Life and Business

by Charles Duhigg



The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work

by Shawn Achor

Video Suggestions

The happy secret to better work

by Shawn Achor

Inside the Mind of a Master Procrastinator

by Tim Urban

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Get in touch with your counsellor for additional resources and help

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