



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

COUNSELLOR'S NOTE - SEPTEMBER 2026

The Gentle

R E S E T

Reconnecting With Ourselves in September

September often feels like a quiet turning point. The initial excitement of the academic year has begun to settle, routines are becoming familiar, and the demands of classes, assignments, relationships, and expectations can start to feel heavier. For many students, this is the time when the energy of a new beginning meets the reality of everyday responsibilities.

Psychologically, this makes September a meaningful month to pause and check in with ourselves. ***How am I really doing - not just academically, but physically, mentally, and emotionally?***

We often become so focused on keeping up that we forget to notice how we are keeping up. Stress may show up as constant tiredness, irritability, difficulty concentrating, overthinking, withdrawal, or simply feeling that everything is becoming "too much." These experiences are not signs of weakness; they can be signals that our mind needs attention and care.

A gentle reflection for this month could be:

"What do I need right now - not what is expected of me, but what would genuinely support me?"

For first-year students, September may be the second month of a completely new journey. The initial unfamiliarity may slowly be replaced by new friendships, academic expectations, homesickness, adjustment, and the process of

discovering one's place within university life. Remember that adjustment does not have to happen at the same pace for everyone.

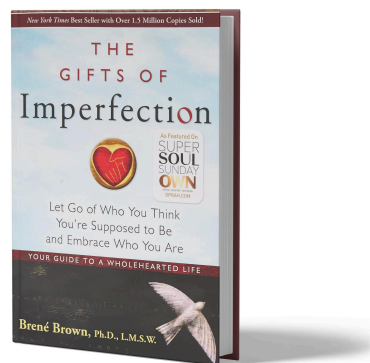
For returning students, September can be an opportunity to reassess the goals, habits, and expectations set earlier in the year. You are allowed to change your approach when something is no longer working.

This month, try choosing **progress over perfection, connection over isolation, and self-awareness over self-criticism**. Take small pauses between responsibilities. Speak to someone when things feel overwhelming. Make space for activities that restore you rather than only those that make you productive. You do not need to have everything figured out. Sometimes, growth simply means noticing where you are, accepting it without judgment, and taking the next small step.

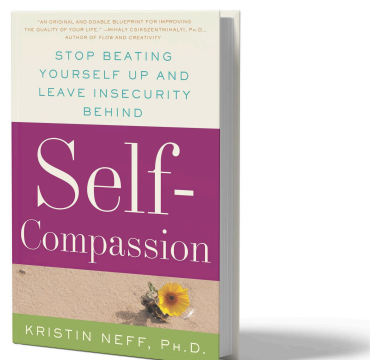
September can be your reminder: you are allowed to begin again, gently.

Wishing you a month of clarity, connection, resilience, and renewed energy.

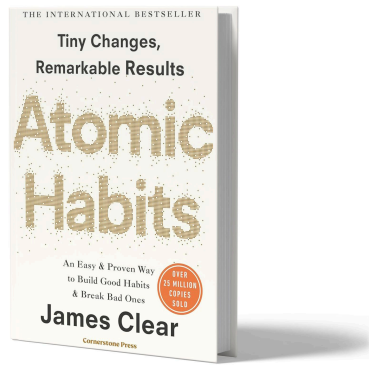
Book Recommendation



The Gifts of Imperfection
by Brené Brown



Self-Compassion
by Kristin Neff



Atomic Habits
by James Clear

Video Suggestions

The Power of Vulnerability
by Brené Brown

The Space Between Self-Esteem and Self Compassion
by Kristin Neff

How To Know Yourself
The School of Life

Watch Video

Watch Video

Watch Video

Get in touch with your counsellor for additional and help resources

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