

foreign universities. Similarly, organizing career development workshops, Job Fairs, On Campus Recruitment Sessions, Resume Writing and Mock Interview Training is a regular feature of the Placement Centre.

Students are encouraged to contact Student Counselor and Placement Officer for further information between 08:00 a.m. to 03:00 p.m. at Career Guidance and Placement Centre, First Floor Student Service Centre.

#### **University Health Service**

Medical facility is provided to the students. The Medical Officers and their staff are available daily except on Sundays. The clinic is located in the Student Service Centre. Special Ambulance Service is available round the clock.

#### **Student Counselling Service**

The service is based in the Student Service Centre and is led by a trained and full time clinical psychologist. The mode of counselling is focal, problem solving and short term, lasting about 6-8 sessions. Academic, social and personal skills development of the students are focused. The Campus Counsellor also carries out psychological assessments for those who may request psychometric evaluation. For Counseling Sessions the students may contact Ms. Ayesha Majeed the Campus Counsellor from 08:00 am to 03:00 pm.

#### **Clubs & Societies**

Over 40 societies and clubs are playing a pivotal role in grooming the students aesthetically and intellectually in GCUL. In order to join these Clubs/Societies, the teachers who are in charge should be contacted. A list of the Teachers In charge/Presidents of these Societies is published regularly in the University publication, The Gazette, at the beginning of every Academic Session. The various Societies hold meetings regularly and the timing/dates and other information about these Societies is provided to students in the Gazette.

#### **Physical Training/Sports**

The mental and physical health of a country can be judged from the standard of its sports and sportsmen. As a general rule, it is through sports that one develops a healthy body, which ultimately leads to a healthy mind. The importance of sports in the life of a nation cannot be over-emphasized. The importance given to sports by the developed countries is no less than education. They have planned systematically for the development of Sports, which has paid the dividends. Like-wise in the GCU, sports are considered as an integral part of physical fitness and mental training. These activities play an effective role in physical fitness and mental health of the students and inculcating a spirit of healthy competition.

