



An illustration of a young boy with blonde hair and glasses, wearing a blue t-shirt, sitting at a desk with his arms crossed. He is looking upwards with a thoughtful expression. On the desk in front of him is an open book, a yellow pencil, and a green pencil holder containing several pens. To his left is a white paper airplane. In the background, there is a bookshelf with books and a globe. Floating around the boy are various icons representing different interests: a video game controller, a smartphone, a beach ball, a red toy car, and several stars, all connected by faint dotted lines, suggesting a range of potential career paths or hobbies.

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A close-up photograph of a small black and white kitten curled up and sleeping on a white, textured fabric. The kitten's face is the central focus, with its eyes closed and a small pink nose visible. Its fur is dark with white patches, particularly around the mouth and chest. The background is a soft, out-of-focus white fabric.[illegible]

A stylized illustration of a man and a woman embracing in a garden. The woman is wearing a long orange dress and black boots, and the man is wearing a blue suit and orange shoes. They are surrounded by large pink flowers and green foliage. The background is a light pink circle on a white background.

*Hello one and all*

Are you not sure why you are in this college????

Do you really need to talk someone about your

**Toxic unbearable relationship???**

Do you want to

**get rid of your past**

but don't know how to????

Are you concerned about your body image????

Then it's a high time to talk about it with a professional



**Shama Sawant**

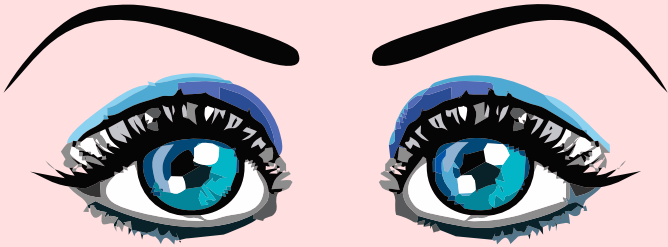
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*Techniques of mindfulness to handle depressive thoughts or feeling.  
To divert your attention focus of **5** things*

**5 Things you can SEE**



**5 Things you can TOUCH**



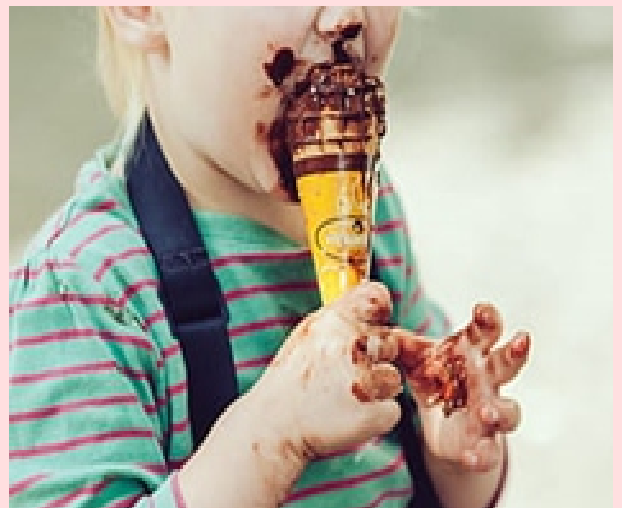
**5 Things you can HEAR**



**5 Things you can SMELL**

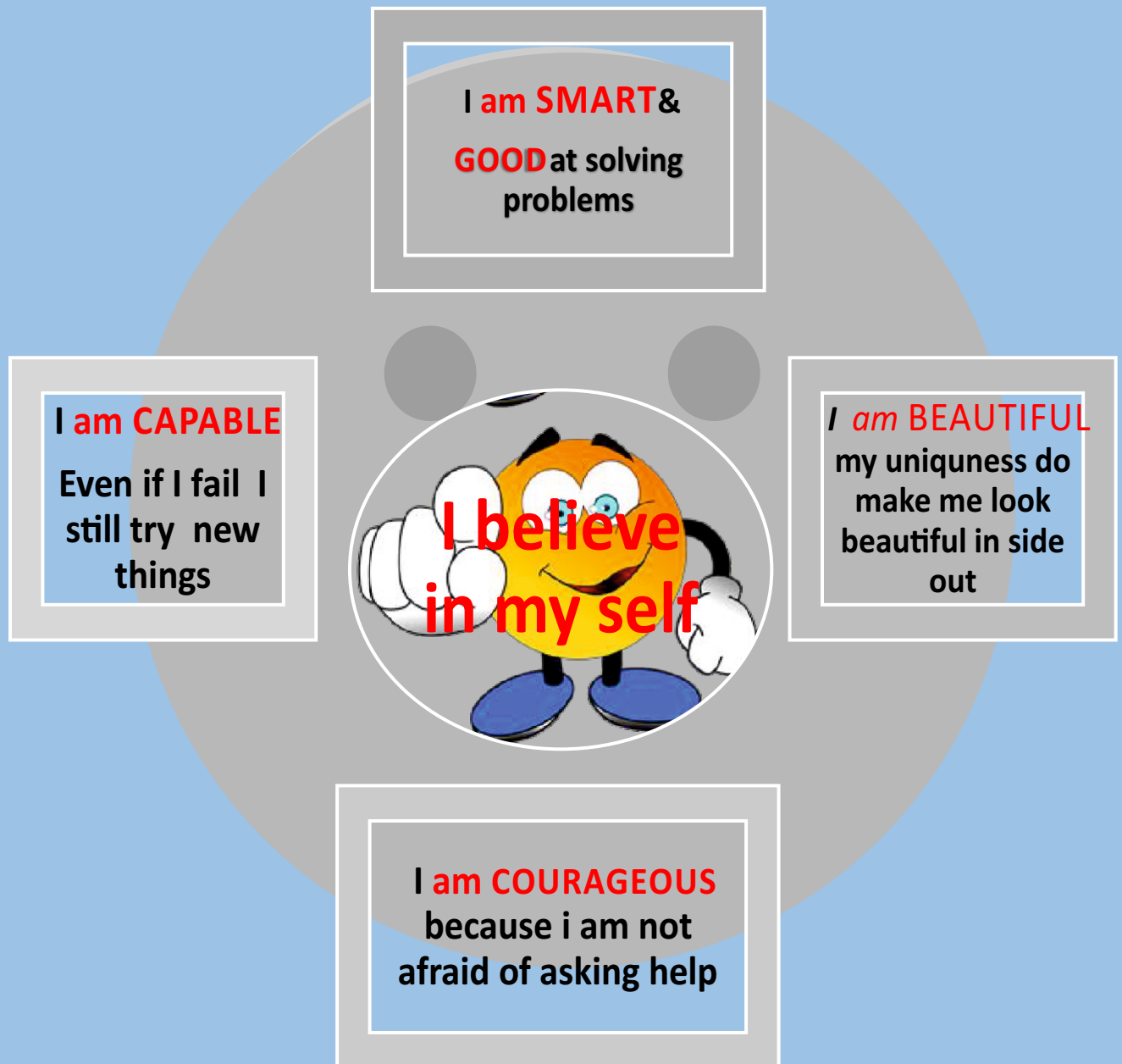


**5 Things you can TASTE**



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## 10 signs of toxic relationship



1.	<b>Obsessive behaviour</b>	<i>Need to be in contact with you all the time via phone, text or direct messages...</i>	<b>Where are you?? Once you reach text me. You should pick up my phone immediately????</b>
2	<b>Possessiveness</b>	<b>Accusing you of the things you didn't do like flirting and cheating.</b>	<b>Why you were laughing with him/her??? You should wear such dress when only you are with me</b>
3	<b>Manipulation</b>	<i>Swaying your emotions to make you feel or act in certain ways.</i>	<b>If you really care for me or love me you will not go for that party. ....</b>
4	<b>Making you feel guilty</b>	<b>Threatening to harm themselves if you don't do the things he/she desires</b>	<b>If you don't come with me now I will kill myself There is no one except you whom I can go for help</b>
5	<b>Belittling</b>	<i>Saying things that makes you uncomfortable especially in public in a joking way</i>	<b>Haaaa!!! She /He is like that only stupid/flirty idiotic/foolish/childish/</b>
6	<b>Sabotage</b>	<b>Spreading rumors about you to break your relations with other or your reputation</b>	<b>She/he is very manipulative/cheater. But I accept because I love him/her</b>
7	<b>Isolation</b>	<i>Intentionally trying to keep you away from your family, close friends, mentor etc.</i>	<b>Sweetheart, I love you the way nobody can love you not even your parents or best friends.</b>
8	<b>Controlling behaviour</b>	<b>Attempting to follow where ever you go or tracking your phone, emails social media without informing you.</b>	<b>Where???Why???What??? When?? With whom?? How??</b>
9	<b>Toxic Communication</b>	<i>Constant criticism, name calling, or verbal abuse.</i>	<b>Buddhu, Idiot, stupid, donkey, You are so Dark?? Don't wear that lipstick you look like a .....</b>
10	<b>Betrayal</b>	<b>Lying to other people about you, sharing sensitive information about you, cheating or being disloyal</b>	<b>He/she is cheating on me. Her/his parents are alcoholic. Her/his Family lives in..... She/ He is a failure</b>

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