

Maulana Azad National Institute of Technology Bhopal (MP)

मौलाना आज़ाद राष्ट्रीय प्रौद्योगिकी संस्थान, भोपाल (म. प्र.)

Office of the Dean (Students Welfare)

Dean(SW)/26/11331

Subject: Introducing FREE & Confidential Counselling Platform For Students, Faculty & Staff- "YourDOST"

According to the WHO, one in every four Indians is experiencing stress. The levels of stress among the student, faculty, and staff community have also been increasing in recent times. In the midst of all this, it's important to remember that "Some people are great athletes, while others are awkward. Some people are gifted bakers, while others tend to burn everything they touch in the kitchen". No person has it all together. However, we can all achieve much more by channelizing our thoughts and emotions and, reminding ourselves that it's perfectly okay to seek support when you're going through a rough patch.

Where to seek support? I am happy to announce MANIT collaboration with "YourDOST", India's first and largest online mental health and emotional wellness coach, to be your confidant. This initiative brings you expert advice from 1000+ Experts, with complete privacy, confidentiality and anonymity on a range of subjects including-

- Stress
- Time Management
- Confidence Building
- Career Coaching
- Relationships
- Sexual Wellness and much more..

None of the sessions you take on the platform are shared with anyone, including the Institute. With this, we also want to reaffirm that apart from your academic and professional success, we at MANIT Bhopal also care tremendously about your complete well-being.

To use this service, all you need to do is visit YourDOST at [YourDOSTatMANIT](#), Make sure you signup using your official MANIT email id (ending with [@manit.ac.in](#)). This will ensure you get unlimited, free access to all their services. You can also download YourDOST app on your mobile phone. A brief outline of the steps to access and use this service is given here.


Dr. R. N. Yadav
DEAN (SW)

Copy to:

1. All Deans & All HoDs, with a request to circulate the notice among the students.
2. Ch. CoW/Chief Wardens (Boys & Girls), with a request to circulate the notice among the hostellers.
3. RTI Cell.
4. PIC, Website, with a request to upload the notice on the Institute website.
5. PA to the Director, for kind information.



Don't let your Mental Health take a backseat!

Utilize YourDOST's services for free.



Visit www.yourdost.com



Login to seek professional guidance in no time. You must register **using your official email @manit.ac.in** to ensure you can use the services **for free**.



Through our website/app, individuals get 24x7 instant professional guidance from psychologists and coaches, **assessment tools** to help them understand **themselves better**, and **self-help modules and training**.



Click "**Book An Appointment**" to book an chat, audio & video appointment with a YourDOST Expert.

You can also **download our app** by simply scanning the QR code with your Android/iOS device on Play Store & App Store.



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Or visit www.yourdost.com

900+ Experts | Private & Confidential | Anonymous | 24/7 Support