



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय
Central University of Himachal Pradesh
(Established under Central Universities Act 2009)
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CIRCULAR

Mental health includes out emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Our mental health is in constant flux and ebbs and flows on a daily basis. Many things can impact this including our physical health. The connection between our physical body and our mental health is important and may be something worth exploring when thinking about staying mentally healthy.

India ranks 1st in depression, 2nd in anxiety (WHO) and 37.7% students suffered from moderate depression in Indian Universities. 15.6% are going through extreme depression (Asian Journal of Psychiatry). The entire Nation is facing the hidden psychological cost of COVID-19. It has created a very complex situation, where students, teachers and other educationists are facing tough times. To counter various stresses due to pandemic, some organizations are working hard to provide counselling and conducting interactive sessions with students/faculty members. Students who face any kind of mental stress may consult “Yourdost”. The details are attached for further information.

Prof. Pardeep Kumar,
Dean Students' Welfare

Copy to:

1. The System Analyst, Central University of Himachal Pradesh, Dharamshala for uploading the same on the university website for the information of the UG/PG & Ph.D. Students, Teaching & Non-Teaching Staff Members of the University.
2. All Deans/ Heads/Directors of the various Schools/ Departments/Centres for circulating among UG/PG & Ph.D. Students, Teaching & Non-Teaching Staff Members of their respective Departments.
3. The Registrar, Central University of Himachal Pradesh, Camp Office Dharamshala for information.
4. PS to VC for kind information the Hon;ble Vice Chancellor, Central University of Himachal Pradesh, Camp Office Dharamshala.

Prof. Pardeep Kumar,
Dean Students' Welfare



YourDOST

Emotional Wellness. For everyone.



We help unleash the best version of YOU



What's in this deck?

A plan to create happy and productive universities

- **The Problem** - Student Stress
- **The Need** - Typical Causes; Current Problems
- **The Solution** - The YourDOST Student Wellness Offering
- **About YourDOST**



***1 in 4 people globally suffer from mental disorder
at least once in their lifetime***

- WHO (World Health Organisation)



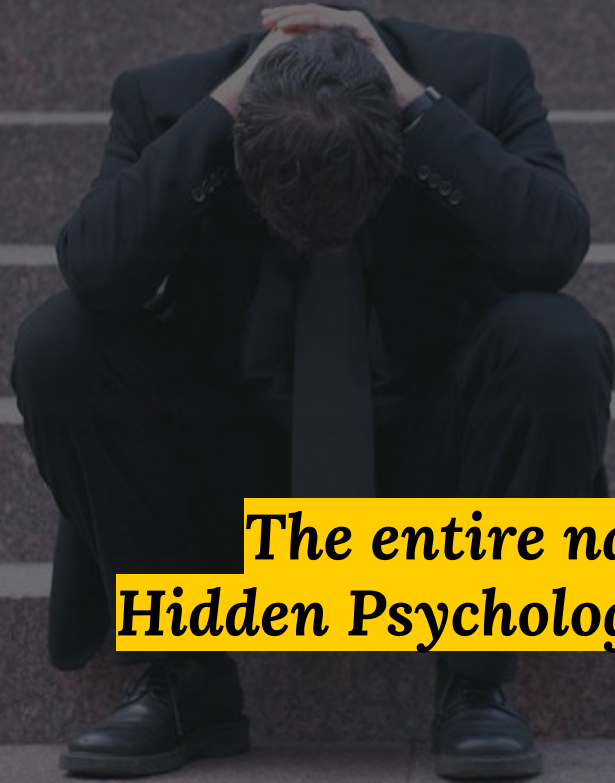
**India Ranks 1st in Depression,
2nd in Anxiety****

- **WHO

**37.7% of students suffered from moderate
depression in Indian Universities**

15.6% are going through extreme depression

* - Asian Journal of Psychiatry



***The entire nation is paying the
Hidden Psychological Cost of COVID-19***



Typical Causes

Personal Issues

- Relationship Issues
- Linguistic Barriers
- Parent and Peer Pressure
- Addiction Issues
- Loss of a loved one
- Social Awkwardness
- Overthinking

Academic Issues

- Placement and Career Anxiety
- Examination Failure
- Irregular Attendance
- Extra Semesters
- Disciplinary Issues/Action
- Research Stagnation
- Interview Preparation



Stigma + Silence = Stress



A person stands on the peak of a grassy cliff overlooking the ocean at sunset. The sun is low on the horizon, creating a bright glow and silhouetting the person. The sky is filled with soft, wispy clouds.

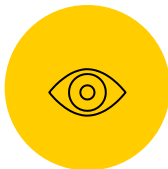
Should we let this continue?



Presenting YourDOST: A solution that is ...



Convenient



Private



Anonymous



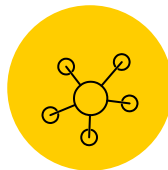
Non-Judgemental



Has expert advice



**Available on an
On-going basis**



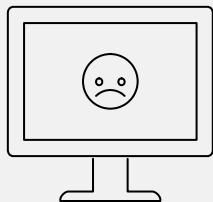
**Different modes
of engagement**



Secure



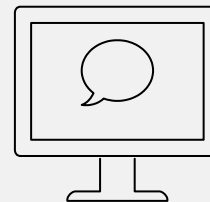
The YourDOST solution: How?



Student
Shares Problem



**Emotional Support
Technology Platform**



Experts
Provide clinically designed
therapeutic counseling



How is YourDOST different?



24/7 Support

Our experts are available around the clock, 24x7, 365 days to guide you



Technology

Offers security, scalability and different modes of interaction



Anonymous

Talk to experts confidentially without revealing your identity



900+ Experts

Choose from a vast pool of psychologists, psychotherapists, counselors, life coaches, career guides, and more



YD Wellness Offering: Multi-modal Support



24x7 Live
Text Counseling
[1-on-1]



Audio/Video
Sessions
[1-on-1]



Private Discussion
Forums



Self-Help
Content and Tools



Aggregate
Analytics



Workshops/ Modules &
Assessment Tests



Face to Face Counseling



What will your students get?

Self-Engaging Tools/Content

Discussion

1-to-1 Interaction



How will it help your people?



**Better relationships
with their team-mates**



Trust in inner Abilities



**Conflict Resolution
Abilities**



**Quality
Personal Relationships**



**Ability to calibrate
Parents' Expectations**



**De-addiction
Support**



Who are we?



Richa Singh

Founder
IIT Guwahati
Ex- DE Shaw
Forbes 30 under 30 Asia



Puneet Manuja

Founder
IIM Bangalore
Ex-Mckinsey
Forbes 30 under 30 India



Dr Jini Gopinath

Chief Psychology Officer
14+yrs - Private practice,
Ex - Optum,
Mumbai Indians Coach



Dr. Pradeep Yammiyavar

Advisor
30+ years Exp.
Psychotherapist
IIT Guwahati



Dr Archana Tyagi

Advisor
25+ Years Exp.
Psychologist, Life Coach
ACC-ICF



Multi-City Network of 900+ Experts - Thoroughly Screened, Speaking 20+ languages



Relationship



Career
Counseling



Conflict
Management



Productivity



Addiction



Trauma



Self-Improvement



Academic



Sexual Wellness/
Sexual Harassment



Sample Expert Profiles



**15+ Years
of experience**

Dr Jini K Gopinath is a Clinical Psychologist and specialises in Hypnotherapy, Yoga/ Meditation etc



**10+ Years
of experience**

Chandrashekhar is a Clinical Psychologist and specializes in Addiction, Mood disorders etc.



**15+ Years of
experience**

Shruti is a Psychotherapist specialising in behavioral disorders.



**30+ Years of
experience**

Dr Seema is a Clinical Psy from NIMHANS and Doctorate in Neuropsychology



**20+ Years of
experience**

Dr Vasuki is Psychologist and chairperson of CCS working with various institutional clients

...and hundreds more!



Impact so far

10 Lakh+ counseling sessions done

Featured Clients



IIT Delhi



IIM Indore



IIT Madras



NLU Odisha



OP Jindal Global University



Ahmedabad University



IIM Udaipur



Birla Global University



SVNIT Surat



KIET



BIMTECH



IISc



National Institute of Design



IIT Kharagpur



SRM University



SRCC



IIM Trichy



IIT BHU



IISER Kolkata



IIIT Bangalore



VIT University



GIM

+many more

Featured In





“ Success Stories: Client Testimonies



We are happy to have discovered YourDOST. The concept is amazing because it strikes a chord with the current generation through a 24 x 7 platform. YD ensures high engagement - which is what differentiates them from others in the sector.

- Prof Sivakumar, Dean of Students Affair - IIT Madras



We are glad to be working with YourDOST. With their support, we are able to effectively hand-hold the youth we train into their first-jobs.

- Prateek Hegde, McKinsey & Co.



We are already seeing acceptance from students who are reaching out for help... We see YourDost team to be committed and passionate in creating happier campuses, true to their mission and wish them the very best in all future endeavors

-Payal Pitliya , Professor IIM Udaipur



I believe smiling faces defines the success of an event. And I feel pleased to tell you that the fraction of students who left the workshop smiling was somewhere very close to 100 percent.

- Sourav Meena, Net Impact IIT Kharagpur



**We're waiting to
hear from you!**

Richa Singh

CEO & Co-Founder YourDOST

richa@yourdost.com

Visit

www.yourdost.com