



PRESIDENCY UNIVERSITY

Presidency University Act, 2013 of the Karnataka Act No. 41 of 2013 | Established under Section 2(f) of UGC Act, 1956
Approved by AICTE, New Delhi



Dear Sir, Madam and students

Greetings from All India Council for Technical Education...!

& Dept of Student Affairs, Presidency University

With a new way of working and uncertainty all around, due to COVID-19 pandemic, employee & Student emotional wellness has become more important than ever.

We the DSA is happy to inform you on behalf of AICTE, that on the occasion of World Mental Health Day on 10th October, **YourDOST** (one of India's largest emotional wellness platforms,) is extending a FREE mental health toolkit to access exclusively. It consists awareness posters, self-help techniques, training videos and best practices documents for employee/Student's emotional wellness.

All you need to do is click the button below and download this toolkit

Link: https://yourdost.com/employee-wellness/resources?yd_source=YD_NL&yd_campaign=MentalHealthToolkit

In the case you have any issues while downloading the toolkit, please email corporate@yourdost.com

With Regards,

DSA with AICTE



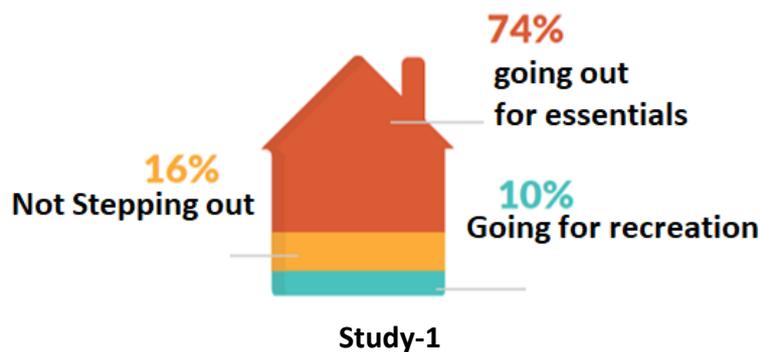
‘YourDOST’

on

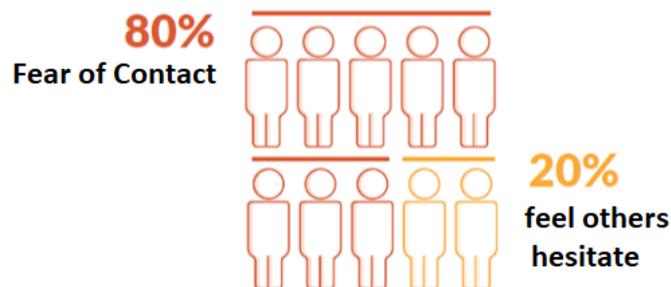
MENTAL HEALTH ESPECIALLY DURING THE PANDEMIC DUE TO COVID 19

On 24th March, 2020, the Indian government announced a nationwide lockdown, to “flatten the curve” in our battle against the COVID-19 pandemic. The impact of this pandemic on the economy, employment and our society in general, has been massive. Even more alarming is its impact on the nation’s mental health.

YourDOST, one of India’s largest emotional wellness platforms conducted a study and found that over 55% of Indians have experienced a rise in their stress levels during the lockdown. Additionally, feelings of anxiety, anger and loneliness have also increased immensely



Survey shows that many are still uncomfortable with venturing out, obeying the Covid protocol.(Study-1)





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The work/life balance is affected during this pandemic if not corrected in a timely manner, it leads to a constant release of the stress hormone cortisol which then suppresses the immune system. This makes us more vulnerable to the deadly consequences of COVID-19. Some ways to do this 1) connect regularly with loved ones virtually to stay connected and keep feelings of loneliness at bay. 2) set aside time every day to indulge in our hobbies to refresh the mind. Sleep is an extremely important aspect of maintaining our mental health. Study shows, lack of sleep substantially increases the risk of developing mood disorders, such as anxiety or depression. They are more likely to fall sick after being exposed to a virus. According to one study, mindfulness training is as effective as antidepressant medications in preventing a depression relapse (YourDOST suggests a guide to practice) Mindfulness is a psychological process in which the individual purposely brings their attention to experiences occurring in the present moment without judgment. Survivors of the illness, particularly severe cases, may experience a particular kind of trauma, with a tough process of recovery ahead of them. Many experience symptoms of post-traumatic stress disorder. Research shows that people who receive therapy experience significant relief in their symptoms of emotional distress and are able to function better in their lives.

According to YourDOST

“YourDOST’s 900+ Experts are available for you 24x7 to support you. When things get too overwhelming to handle alone, we’re here for you. Connect with our Experts today.

YourDOST is an Online Emotional Wellness Coach. Through YourDOST anyone can Sign Up and anonymously seek advice and guidance from Counsellors, Psychologists, Special Friends, Mentors and other experienced individuals.