



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



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

From

Dept of Student Welfare