



PRESIDENCY UNIVERSITY



Presidency University Act, 2012 of the Karnataka Act No. 41 of 2012 (Established under Section 203 of AEC Act, 1986)
Approved by AICTE, New Delhi

Presidency University

Engagement Report

(1st September 2022 to 31st May 2023)



This report has been prepared by YourDOST Health
Solutions Pvt. Ltd.

**exclusively for Presidency
University.**

For any questions or comments,
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In the last 9 months, members of the Presidency University community have opened up to YourDOST.

Many of the clients preferred discussing their **most pressing concerns with Experts.**



103

User Signups

(308 signups till date)



245

Counseling Sessions

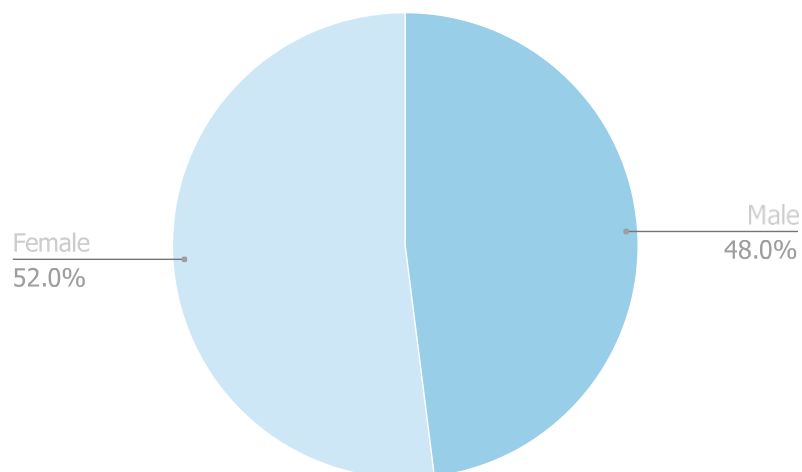
(598 session till date)



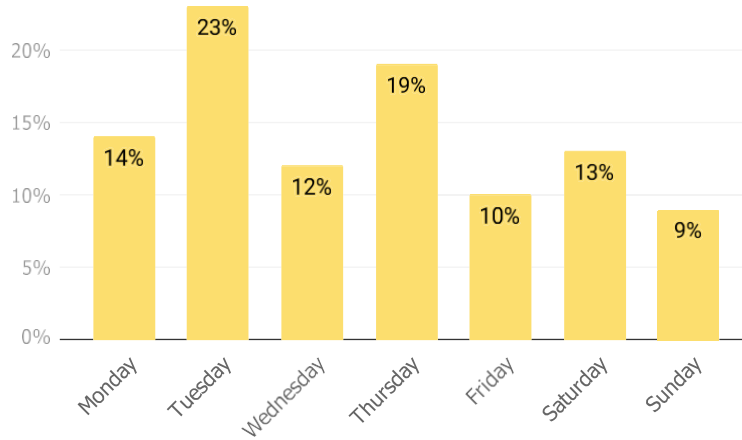
30 Minutes

Per Session

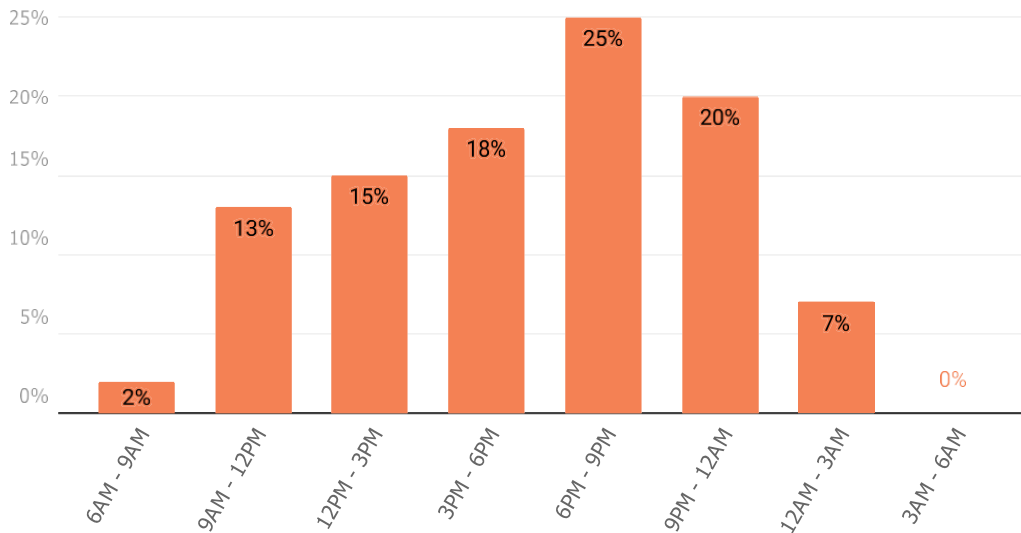
More female clients came forward to discuss their concerns.



The clients connected with our counselors through the week, but **Tuesday was the preferred day for their sessions.**

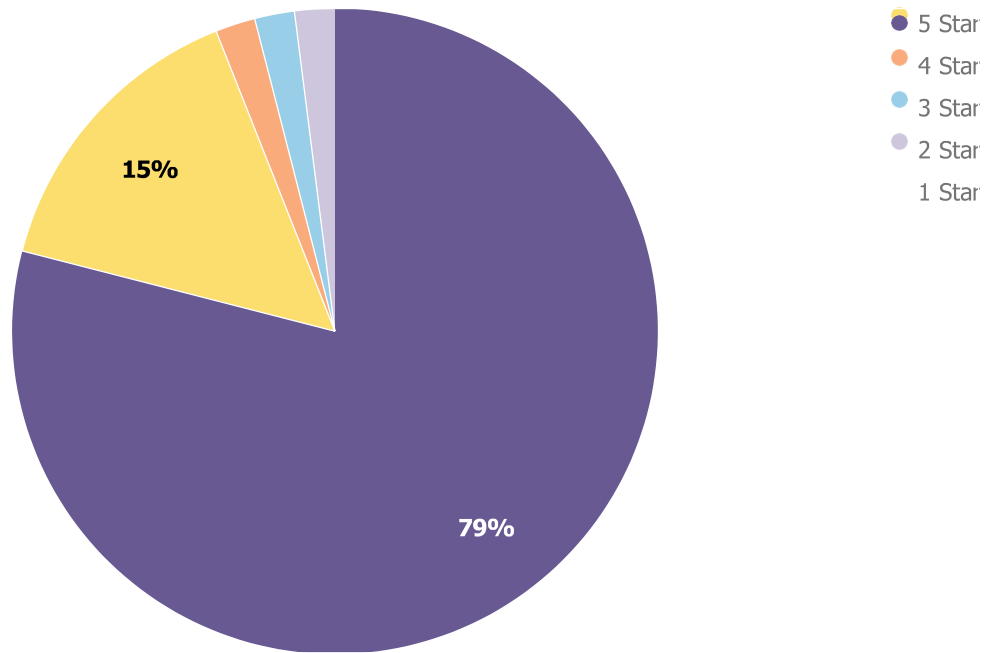


Most of the sessions were taken by clients during the **6PM - 9PM time slot.**



So, were these sessions **helpful** to the community?

Going by the ratings we received, we're pleased to reveal that clients at Presidency University found that discussing their concerns, helped them with their overall emotional well-being.



In fact, 30 % of the clients came back for 4 or more sessions.



Different issues that support is sought out for:



43%
Self-Improvement



32%
Career & Academics



18%
Love & Relationships



5%
Sexual Wellness



2%
Psychological Disorders



Self-Improvement

44% of the sessions were with clients looking to improve their self-esteem
17% of the sessions were with clients looking to boost their confidence



Career & Academics


38% of the sessions were with clients looking to achieve a better balance between their personal & academic life
22% of the sessions were with clients confused about their career streams



Love & Relationships

55% of the sessions were with clients anxious about their relationship
with their partner 16% of the sessions were with clients concerned
about their relationship with their parents.

Sanne
REGISTRAR

A circular blue seal for the Registrar of Presidency University, Bangalore. The seal contains the text "PRESIDENCY UNIVERSITY" at the top, "REGISTRAR" in the center, and "BANGALORE" at the bottom. There are small stars on either side of the word "REGISTRAR".



Sexual Wellness

28% of the sessions were with clients who had various sexual curiosities

15% of the sessions were with clients looking to overcome their habit of watching pornography frequently
13% of the sessions were with clients looking to overcome their habit of masturbating frequently



Psychological Disorders

53% of the students received therapy sessions for their mood disorders
10% of the students received therapy sessions for their eating disorders

Reviews



“

"I hardly open up to anyone but the expert was really good, I shared all my problems openly"



“

"The expert was very emphatic"



“

"The expert listened to all my problems and gave right solution. Thanks"



"It was a solution oriented session"



YourDOST Events

Webinar - Beyond What You See!

Date: October 2022

Conducted by: Ms. Sailee Bhadane

Results of a study conducted on student personality types show that personality characteristics are significantly related to academic achievements, and account for 48 percent of variance in the same. In order to help the student community understand their personality types, the areas they can improve in and their truest potential, we had organized a webinar on “Beyond What You See.” The webinar followed by a fun interactive live personality test was well received and saw a total of 200+ participants. Participants were taken through their personality types, their blind spots and adequate intervention strategies with examples to ultimately unlock a happier version of themselves.

Sailee
REGISTRAR
PRESIDENCY UNIVERSITY
MANGALURU
Registrar

YourDOST Events

Orientation Session : Introduction to YourDOST

Date: 21st November & 29th November 2022

Conducted by: Mr. Kamalalochan Patra & Ms. Rohini Nair

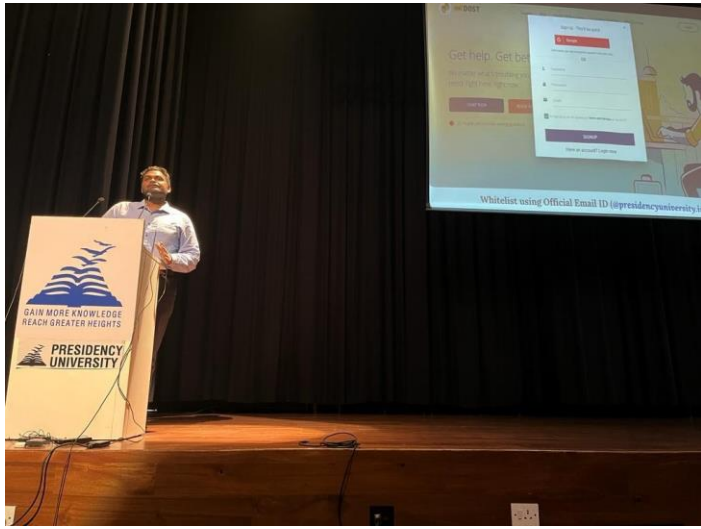
As a part of our awareness activities, an orientation session was organized for the Presidency community. This session emphasized the importance of emotional wellness in a person's life and how YourDOST's experts can support them in being emotionally well. Students were also introduced to YourDOST, its services, and how they can register themselves on the platform to get access to these services absolutely free. The session was very interactive and well received by the



community.

Please accept our heartfelt gratitude for providing us with this opportunity to interact with your community.

Sanne
REGISTRAR
PRESIDENCY UNIVERSITY
BANGALORE



Sanne
REGISTRAR



The seal is circular with "PRESIDENCY UNIVERSITY" around the top edge and "WYRAL" at the bottom. In the center, it says "Registrar".

YourDOST Events

Workshop - Mentoring For Success

Date & Time: 29th

April, 10:00 AM

Conducted by:

Dr.Bhooma Krishnan

This workshop was conducted to equip the faculty to be a effective mentor, and not to be overly reactive or overwhelmed by what's going on around him/her. The objective of this intervention was to provide tools and techniques to faculty, which may help them stay joyful and positive so that they lead a complete and balanced life. It also empowered one to be a better version of themselves. The session was attended by more than 40 faculty and was received quite well.

Sanne
REGISTRAR
PRESIDENCY UNIVERSITY
MANGALORE
Registrar

Timeline of Activities

■ Newsletter
 ■ Webinar/Workshop
 ■ Physical Branding
 ■ FB/Whatsapp
 ■ Video

Date	Type	Name
September 2022	■	Reasons Counselling Is For Everyone
September 2022	■	Self care Receipe With 5 Ingridients
September 2022	■	Expressing Emotion Through Journaling
September 2022	■	5 Keys To Unlock Effective Communication
October 2022		Common College Webinar Invite
October 2022	■	Overcoming Failure & Rejection Know Your Personality Test
October 2022	■	Signs Of Placement Anxiety
October 2022	■	Beyond What You See By Ms Sailee Bhadane
October 2022	■	Tips To Ace Different Experience At CollegeAnxiety
October 2022	■	Test Ways To Boost Confidence Resolve
November 2022		Conflicts With parents YourDOST Orientation Session By Mr. kamalalochan Patra & Ms. Rohini
November 2022		
November 2022		
November 2022		
November 2022		


 REGISTRAR


Timeline of Activities

 Newsletter  Webinar/Workshop  Physical Branding  FB/Whatsapp  Video

Date	Type	Name
March 2023		Building Habits
March 2023		Kindness 101
February 2023		Relationship With Self
February 2023		Complimentology
March 2023		Eat The Frog
March 2023		Anxiety Test
March 2023		Nano Habits To Build Confidence
April 2023		Find Out Four Time You Should Pat on Self
April 2023		Reasons Why Counseling Is Important
April 2023		Mentoring For Success
May 2023		Three Habits To Focus When Life Gets Stressed
May 2023		Power Of Praise


REGISTRAR 

Please find below a summary of YourDOST usage by **Presidency University** community for the month of June 2023.

Summary

- **352 users** have registered on the platform till date.
- **692 counseling sessions** happened one-on-one on the platform till date.
- The average session duration is: **26 Mins**

	June 2023	Total (Till Date)
# Registered Users	2	352
# Counseling Sessions	14	692
Average Duration (min)	36	26

Qualitative Analysis

The top issues that have been extensively discussed by the **Presidency University** community are Self Improvement and Relationship

Category	No. Of Sessions
Self Improvement	89.0%
Self Esteem	50.0%
Confidence	25.0%
Overthinking	25.0%
Relationship	11.0%
Grief/Bereavement	100%


 REGISTRAR 

COUNSELLING CASES DATA AUGUST 2022 TO MAY 2023

MS. MARRIAM JOHN & MS. LENIN THEJASHWINI

AUGUST 2022 - MAY 2023 - 90 DISCIPLINE CASES

AUGUST 2022 - MAY 2023 - 68 COUNSELLING CASES

ON AN AVERAGE EACH DISCIPLINE CASE TAKES 4-6 HOURS OF COUNSELLING TIME & COUNSELLING SESSION TAKE 1 HOUR PER SESSION

1 STUDENT TAKE MINIMUM OF 6-12 THERAPY SESSION ON AN AVERAGE

NO. OF CASES HANDLED FROM MARCH 2023 TO JUNE 2023

CATEGORIES OF THERAPY CASES THAT WE HAVE COME ACROSS & THEIR PERCENTAGE

