



Dear Friends,

As you are all set to embark on a new journey, we understand that you must be riddled with quite a few concerns amidst the current circumstance. With the COVID-19 pandemic, it is also possible for these thoughts to be accompanied with feelings of anxiety and fear.

In this situation, it is normal for anyone to have emotional concerns. In fact, according to WHO, 1 in every 4 Indians is battling stress. However, it's important to remember that no one person has it all together. Some people are gifted bakers, while others tend to burn everything they touch in the kitchen.

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? **Shri Ram College of Commerce** is pleased to join hands with **YourDOST**, India's first and the largest online mental health and emotional wellness coach, to be your confidant. This initiative, brings you expert advice from 900+ Experts, with complete privacy, confidentiality and anonymity on a range of subjects including

- Stress Management
- 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 institution. To help you understand more about YourDOST and how it may help you in your overall emotional well-being, we invite you to:

Online Launch of YourDOST

When: Friday, 22nd January | 6:00 PM - 7:00 PM

Where: [Zoom Video Conference](#) | **Meeting ID: 890 6008 3182**

[CLICK HERE TO REGISTER](#)

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com.

**Standing with you,
SRCC Counseling Services &
Team YourDOST**
