MANIT BHOPAL

Maulana Azad National Institute of Technology, Bhopal

Centre for Holistic Wellness
MANIT, Bhopal

Healthy Minds | Healthy Emotions | A Brighter Future

We are pleased to announce

MANIT's Collaboration with

YourDOST

India's first and largest online mental health and emotional wellness coach

Your Confidant. Always.

This initiative brings you expert advice from **1000+ 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 Institute.

Your Privacy Matters!

With this, we also want to reaffirm that apart from your academic and professional success, we at MANIT Bhopal also care tremendously about your complete well-being.

How to Access YourDOST

1. Visit **YourDOSTatMANIT** (or go to www.yourdost.com)
2. **Login** to seek professional guidance in no time. Register using your official MANIT email id (ending with @manit.ac.in) to get free access.
3. You can also download the **YourDOST app** on your mobile phone.
4. Click **"Book An Appointment"** to book a chat, audio & video appointment with a YourDOST Expert.

What You Get

- **24x7 Instant** professional guidance from psychologists and coaches
- **Assessment tools** to help you understand yourself better
- **Self-help modules** and training

Small steps towards a healthier, happier you!

Download the **YourDOST App**
Scan the QR code

GET IT ON Google Play

Download on the App Store

Don't let your *Mental Health* take a backseat!
Utilize YourDOST's services for free.

Your Well-being Our Priority

Stay Connected | Stay Supported | Stay You

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Because you matter...