

Faculty Awareness Drive on Mental Wellness: YourDOST



Date: 12th August 2025

Conducted by: Ms. Richa Singh

Participants: Faculty & Staff Members of GLBITM

As a part of the institute's ongoing awareness activities, an orientation session on “*YourDOST – Your Emotional Wellness Coach*” was organized exclusively for the faculty members. The session was conducted by Ms. Richa Singh, who emphasized the vital role of emotional wellness in a person's overall growth and quality of life.



During the session, the faculty community was introduced to *YourDOST*, its wide range of services, and the simple process of registering on the platform to avail expert guidance

and support. The platform offers these services absolutely free, making it an accessible tool for personal and professional well-being. During the event Dr Preeti Bajaj, Director, Dr Shashank Awasthi, Dean, Mr Sunil Dutt Registrar, Mr Aditya Saraswat, CAO and all HoD's were present.

The session was highly **engaging and interactive**, with participants actively involved in discussions and queries. The faculty members appreciated the initiative and acknowledged the importance of such platforms in today's fast-paced and demanding environment.

The organizers expressed their heartfelt gratitude to the institution for providing the opportunity to connect with the faculty and share valuable insights on emotional health.

