

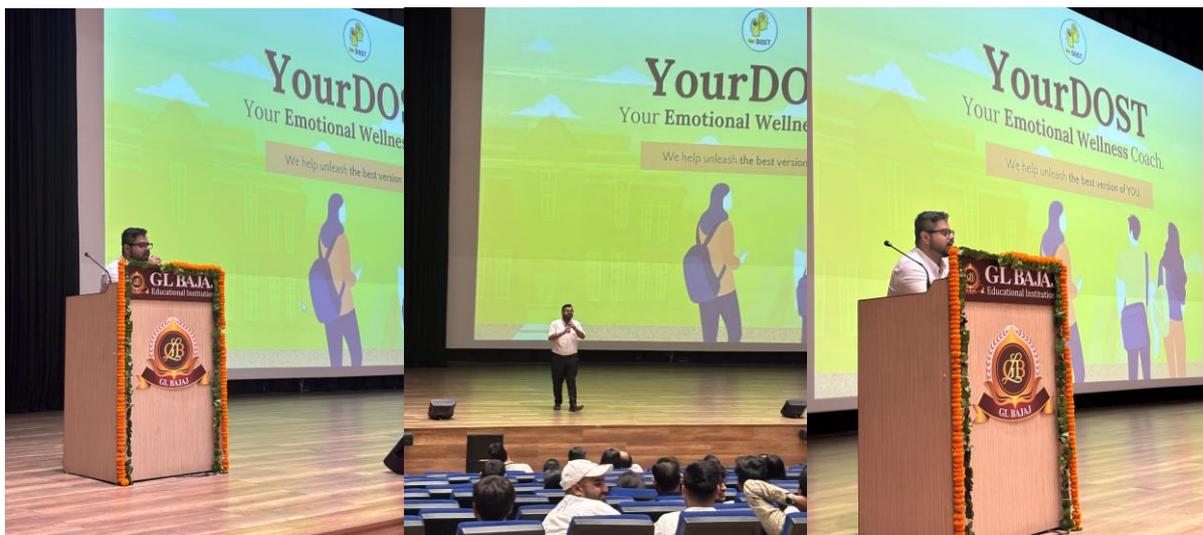
Orientation Session on “YourDOST – Your Emotional Wellness Coach” for New Batch 2025-26



Dates: 10th, 11th, 12th September & 24th September 2025

Participants: Newly joined students of First Year MBA/MCA and B.Tech Batch 2025-26

As a part of the induction program and awareness initiative, a series of orientation sessions on “YourDOST – Your Emotional Wellness Coach” were organized exclusively for the newly admitted students of the First Year MBA/MCA and B.Tech programs on 10th, 11th, 12th, and 24th September 2025.



The sessions aimed to familiarize students with the importance of **emotional wellness** in their academic journey and personal lives. Resource persons introduced students to *YourDOST*, highlighting the platform's services, features, and the simple registration process that enables them to connect with professional experts for counselling and wellness support. Students were assured that these services are available to them free of cost, encouraging them to make proactive use of the platform whenever needed.



The sessions were conducted in an **interactive and engaging manner**, where students actively participated and shared their perspectives. The initiative was well-received, with students expressing appreciation for the institution's efforts in prioritizing their mental and emotional well-being alongside academics. Through these sessions, the institution successfully conveyed its commitment to creating a **supportive and nurturing campus environment**, ensuring that students have the right resources for maintaining balance, resilience, and emotional strength throughout their academic journey.

