

Induction Program on “YourDOST – Your Emotional Wellness Coach” Jointly Organized by Yuktikula Club and YourDOST



Invited Speaker: Ms. Gunjan Parag Patel, YourDOST

Venue: G. L. Bajaj Institute of Technology and Management, Greater Noida

Date: 12 Sept 2025

Attendees: 2nd Year B.Tech Students

The Yuktikula Club of G. L. Bajaj Institute of Technology and Management, in collaboration with YourDOST – Your Emotional Wellness Coach, organized an **Induction Program** exclusively for the 2nd year B.Tech students on 12th Sept 2025. The session aimed to create awareness about mental health, emotional well-being, and the professional counseling support available to students through the YourDOST platform.

ACCREDITED WITH NAAC A+ IN 1st CYCLE

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YUKTIKULA CLUB
CSE (DS) DEPARTMENT OF G.L.BAJAJ

Your DOST

INDUCTION PROGRAM

2025 BATCH

Organised by

YUKTIKULA CLUB,
CSE (DS) DEPARTMENT, GLBITM

SPEAKER

GUNJAN PARAG PATEL
Bleeding Yellow at YourDOST

12th SEPT. 2025 FRIDAY 03:30 PM - 04:30 PM SHD GLBITM

The invited speaker, **Ms. Gunjan Parag Patel** from *YourDOST*, conducted an engaging and insightful session emphasizing the importance of maintaining emotional balance amidst academic and personal challenges. She introduced students to the wide range of resources offered by *YourDOST*, including one-on-one counselling, stress management techniques, and strategies for self-awareness and resilience.

Through real-life examples and interactive discussions, Ms. Patel helped students understand that seeking help for emotional concerns is a sign of strength, not weakness. The participants actively interacted, shared their thoughts, and expressed appreciation for the institute's initiative to promote mental wellness.



Through the interactive talk by *Ms. Gunjan Parag Patel* from *YourDOST*, participants developed a positive attitude towards maintaining mental health and learned about the various counselling and wellness resources available to them on the *YourDOST* platform.

The program successfully achieved its objective of **promoting emotional resilience, self-awareness, and a supportive campus culture**. Students expressed that the session helped them recognize practical ways to handle academic and personal pressures effectively. The session concluded with a note of gratitude extended to *YourDOST* for their continuous partnership and support, and to *Yuktikula Club* for their efforts in organizing this meaningful program. The event successfully reinforced the importance of emotional wellness as an integral part of overall student development at GL Bajaj.

Overall, the induction program contributed to creating a **healthier, more empathetic, and emotionally balanced learning environment** at GL Bajaj.