



Hi There,

Hope you're doing well!

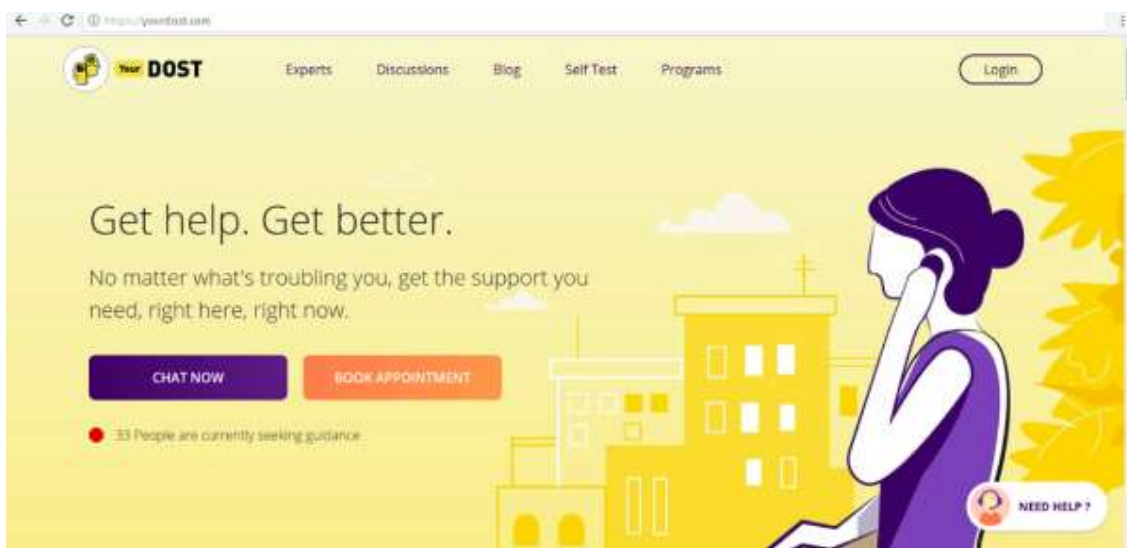
Our journey through life is often riddled with so many questions. Questions about career, relationships, work-life balance, and even ourselves. With the COVID-19 pandemic having disrupted all our lives, the past few months have only raised more questions, maybe even overwhelmingly so.

In these challenging times, and with so many unsettling questions in mind, would you say that you may be in need of a friend who could give anonymous, unbiased, round the clock help? We would like to be that friend and extend our hand of support to you.

Delhi Technological University is pleased to join hands with **YourDOST**, one of India's leading online and emotional wellness platforms, to ensure that you're at your happiest and brightest self all the time!

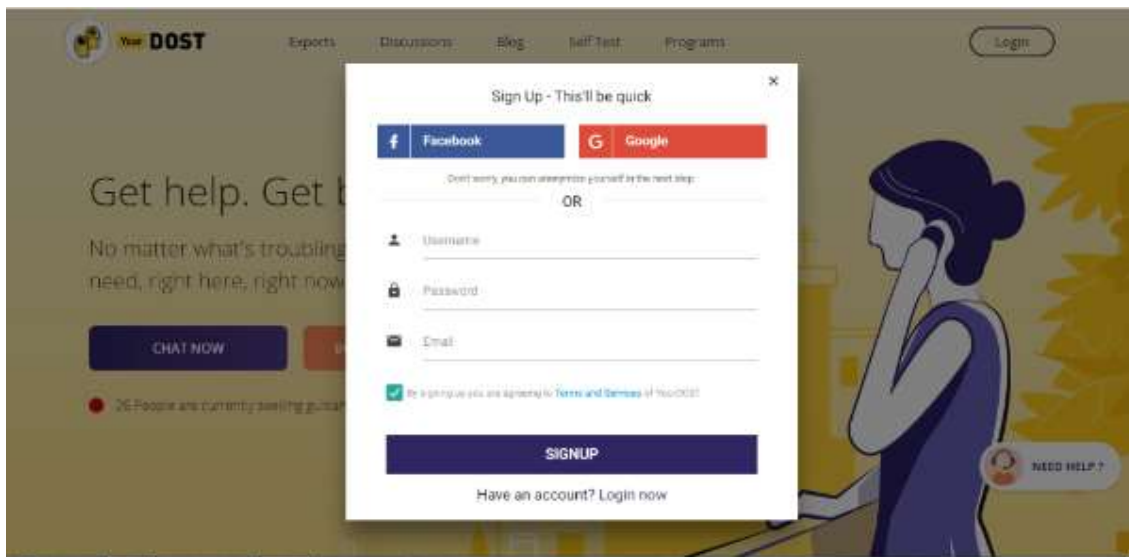
So how can you go about utilizing YourDOST's services for free as a student of Delhi Technological University? Here's how:

1. Visit www.yourdost.com



2. Sign up in a jiffy and be on your way to seeking professional guidance in no time.

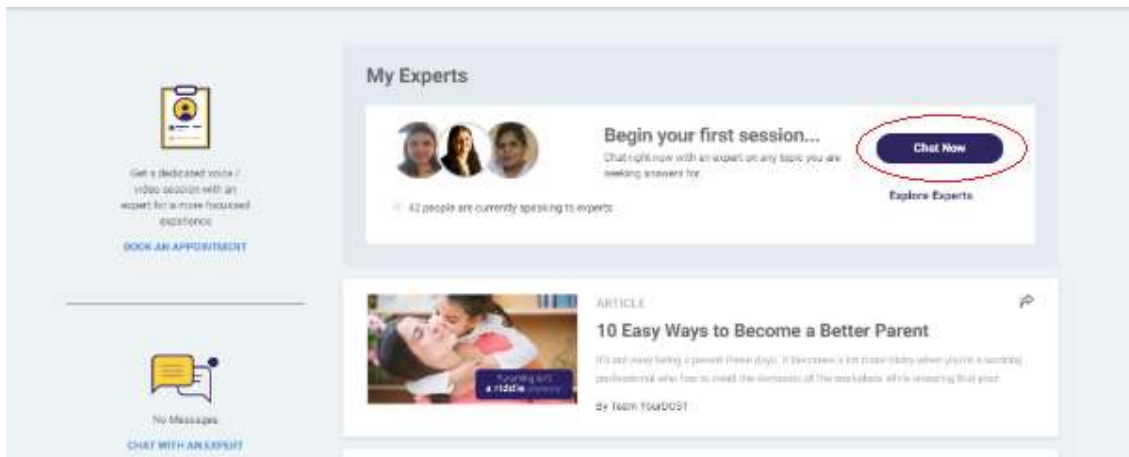
Important! - You must sign up using your official DTU email id (ending with @dtu.ac.in). This will whitelist your account and make sure that you receive our services for free.



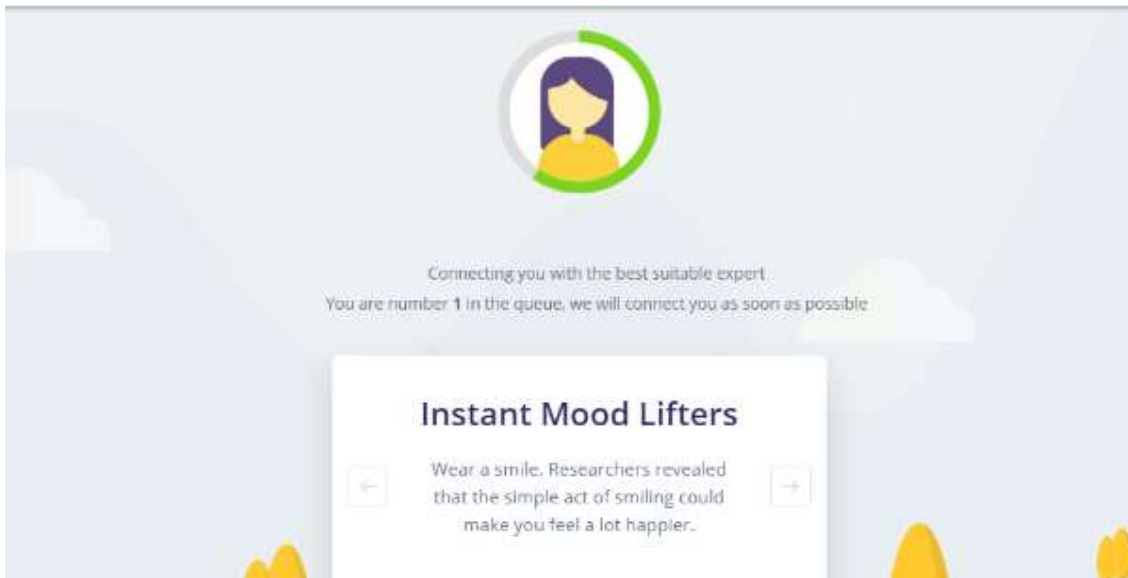
3. Alternatively, you can sign up with your personal email id

Important! - In this case, you must sign up using your college's/hostel's network. Once that's done you can use YourDOST from any network.

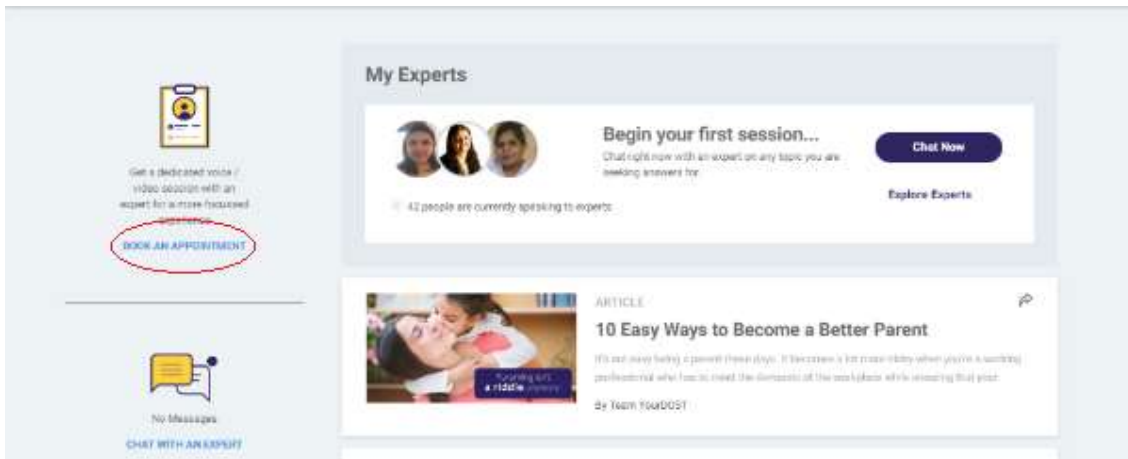
4. After verifying your email address, click "[Chat Now](#)" to start chatting with a YourDOST Expert.



5. That's all! You can now start chatting with a YourDOST Expert anytime you want.



6. Alternatively, click "[Book An Appointment](#)" to book an audio/video appointment with a YourDOST Expert.



Should you ever feel the need to open up to someone about your concerns, remember help is always just a click away. Here's wishing a happier and healthier future for you.

CONNECT TO AN EXPERT NOW

PS. Please write to campus@yourdost.com if you face any issues

**Standing with you,
Team YourDOST**
