



Hi Everyone,

Hope you're safe and well.

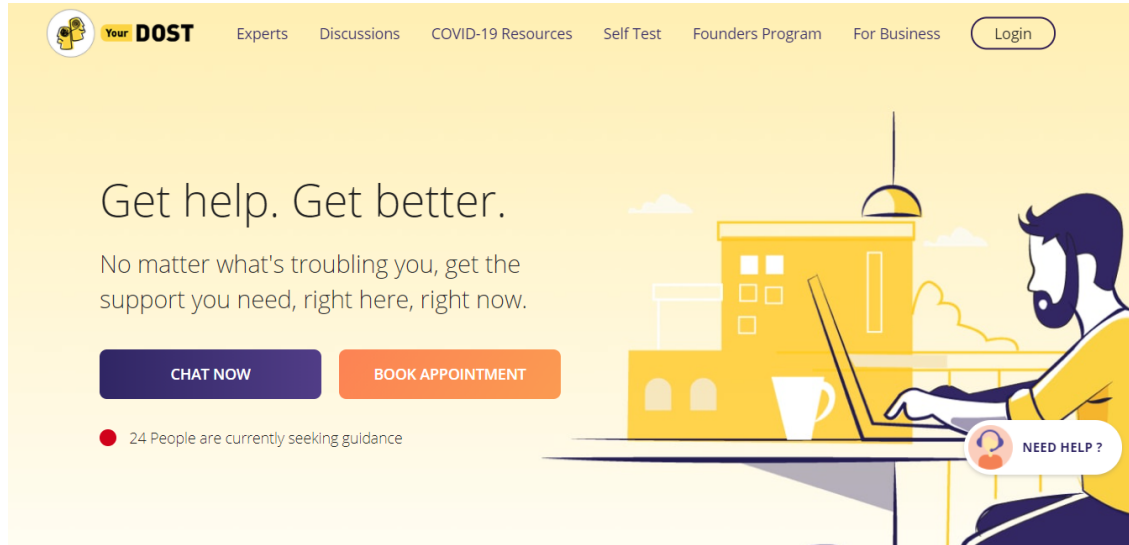
Our journey through life is often riddled with so many questions. Questions about career, relationships, work-life balance, and even ourselves.

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 private, confidential, unbiased & round-the-clock help?** We would like to be that friend and extend our hand of support to you.

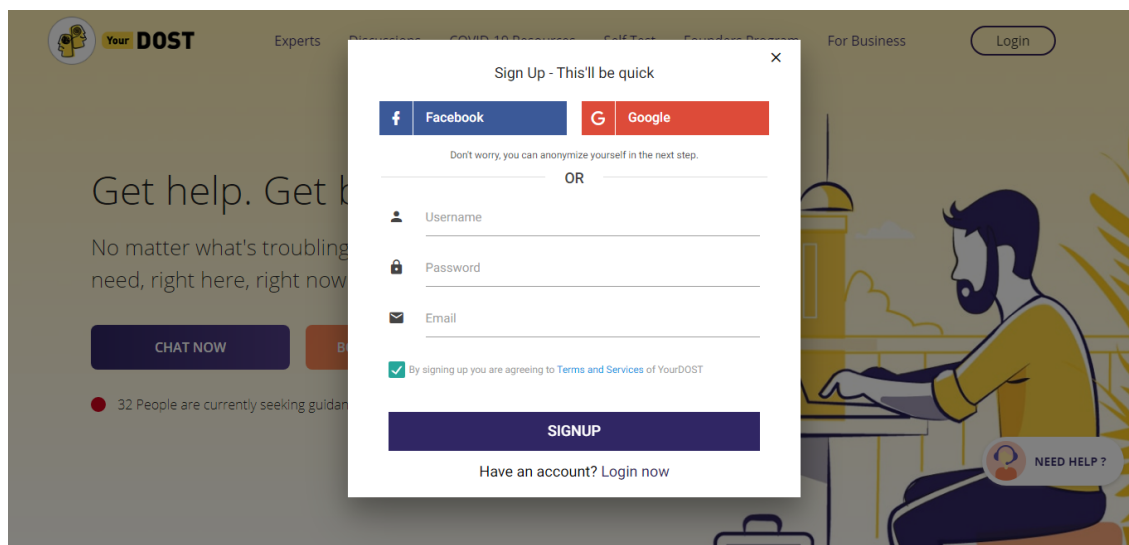
YourDOST, one of India's leading online and emotional wellness platforms, is pleased to join hands with **IIT Dharwad** to ensure that you're at your happiest and brightest self all the time!

So how can you go about utilizing YourDOST's services for free as a student & faculty member of IIT Dharwad? Here's how:

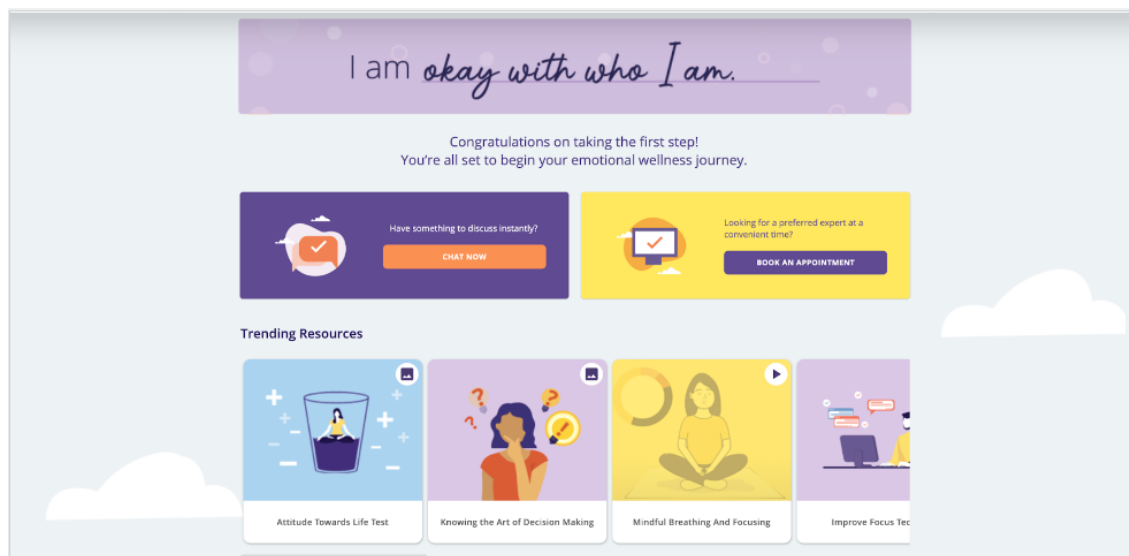
1. Visit www.yourdost.com



2. Sign up in a jiffy and be on your way to seeking professional guidance in no time. Important! - Use your official student email id ending with (@iitdh.ac.in). This will whitelist your account and make sure that you can avail of the services for free.



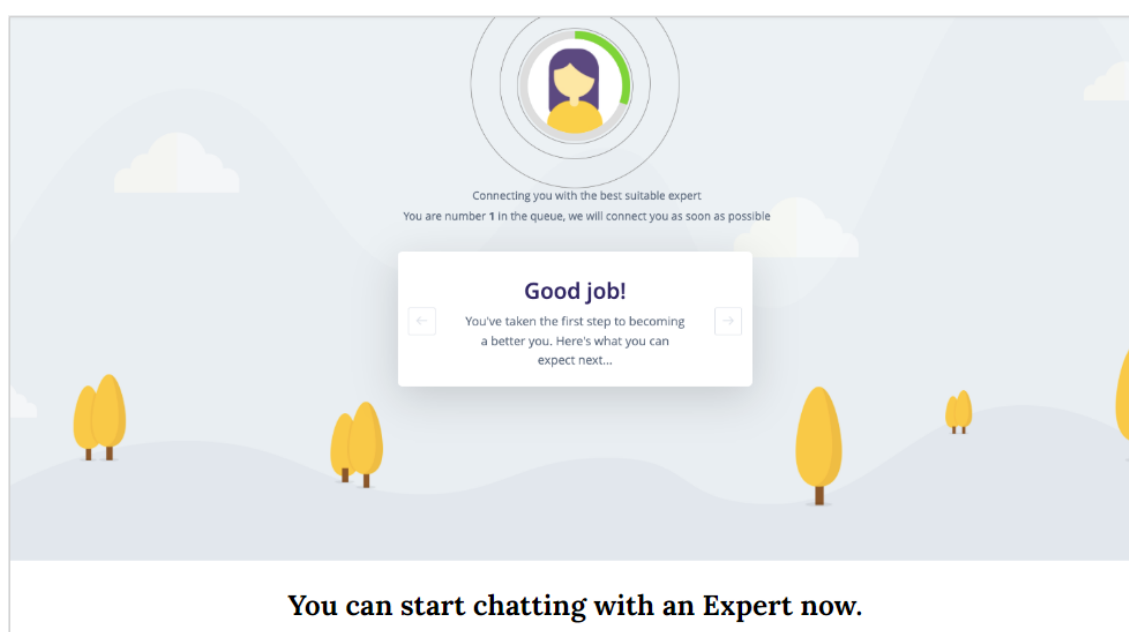
3. After verifying your email address, click "Chat Now" to start chatting with a YourDOST expert.



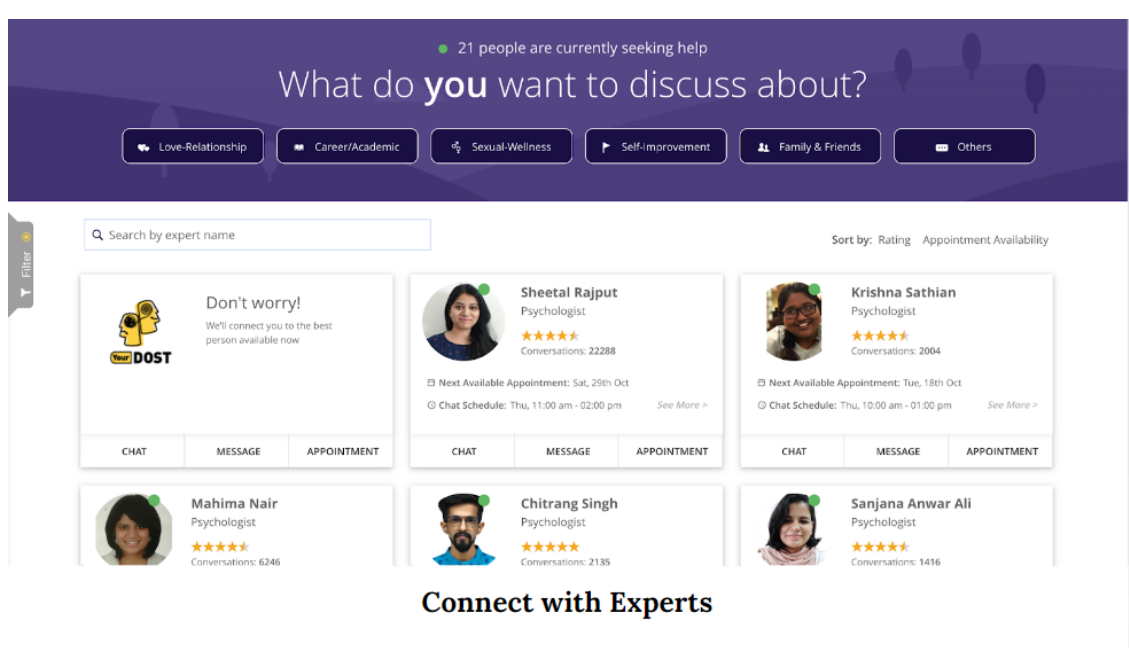
4. Alternatively, you can sign up with your personal email id

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.

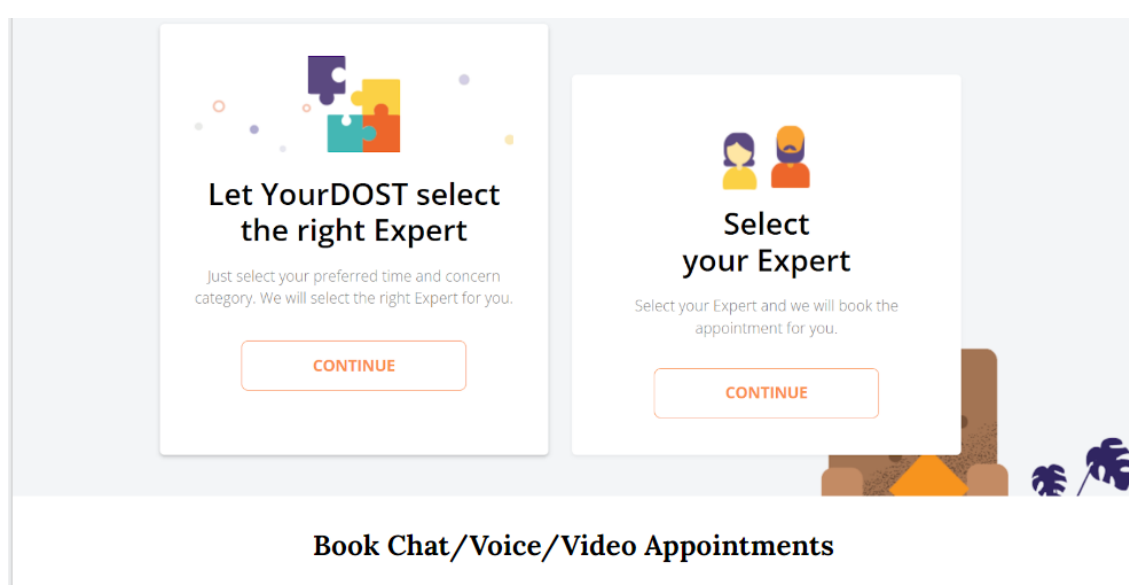
5. That's all! You can now start chatting with a YourDOST Expert anytime you want.



6. You are free to choose categories and select our experts from the sort/filter option available at the top of the screen.



7. Alternatively, click "Book An Appointment" to book an Audio or Video Counseling appointment with a YourDOST Expert of your choice or let us do it for you.



8. You can also download the app by simply scanning it with your Android/iOS device on play store and App Store.



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](#)

If you face any issues while registering, please write to us at campus@yourdost.com.

Standing with you,
Team YourDOST