

Circular No. 89/2025

Subject: In-Person Counselling Sessions under “Manas Manthan – Empowering Mental Wellbeing” in collaboration with YourDOST

About

Ganpat University continues its commitment to promote mental health and emotional wellbeing among students, faculty, and staff through its flagship initiative “Manas Manthan – Empowering Mental Wellbeing”, in collaboration with **YourDOST**.

To strengthen campus-level access to professional help, *YourDOST* has introduced **in-person (one-to-one) counselling sessions** exclusively for the Ganpat University community. These sessions aim to provide confidential, judgment-free, and supportive conversations with a trained psychologist to address personal, emotional, and academic challenges.

Counsellor Visit Schedule

- **Expert:** Ms. Nidhi Kiran Shah (Psychologist – YourDOST)
- **Dates:** 14th & 17th November 2025
- **Time:** 10:00 AM to 1:00 PM
- **Mode:** In-person (Face-to-Face) Sessions

Mandatory Registration (In-Person, One-to-One Counselling)

Students, faculty, and staff members who wish to avail counselling may follow the below steps.

1. Click on the “**Book an Appointment Today**” button available in the mailer.
2. You will be redirected to **YourDOST platform**, log in using your **official Ganpat University email**.
3. Choose a suitable slot and confirm your appointment, or you may log in directly to the YourDOST platform using your Ganpat University email ID and book your preferred face-to-face session.

Please ensure bookings are made only for the above-mentioned dates when the counsellor will be present on campus.

For any concerns or technical issues, please contact campus@yourdost.com.

Important Note: An informative and visually engaging poster titled “*Manas Manthan – Empowering Mental Wellbeing*” is attached herewith.

All Principals/Heads are requested to ensure that this information is duly communicated to all concerned staff & students.

F. No. 56/GUNI/Circular/1461/2025

Date: 11/11/2025


(Dr. Girish Patel)
Executive Registrar

To,

1. All Principals/Heads of the Constituent Colleges/Institutions/Departments/Centers/Schools
2. Deputy Registrars/Assistant Registrars/Admin Heads of all Institutions/ Departments /Centers

Copy to:

1. Executive Deans/Associate Executive Deans/Deans
2. Sr. Director/Directors
3. All Section Heads/Office File

c.f.w.c. to:

1. The Group Pro-Chancellor, Ganpat University
2. The Sr. Pro Vice-Chancellor
3. The Pro Vice-Chancellors, Ganpat University