

Greetings from All India Council for Technical Education...!

We are happy to inform you that on the occasion of World Mental Health Day on 10th October, one of India's largest emotional wellness platforms, YourDOST has shared something that they have created especially for you in pursuance of their mission to start the dialogue on Mental Health in the organizations.

For better or for worse, the COVID-19 pandemic has been an unprecedented experience for all of us. With a new way of working and uncertainty all around, employee emotional wellness has become more important than ever. We believe it's our responsibility to lead from the front and create more awareness about this in Indian organizations.

With this in mind, YourDOST is extending a FREE mental health toolkit for you to access exclusively. The toolkit consists of resources to help us create an open culture and start a dialogue on Mental Health in your organizations. They have put together a set of resources consisting of awareness posters, self-help techniques, training videos and best practices documents for employee emotional wellness.

All you need to do is click the button below and download this toolkit.

Link: https://yourdost.com/employee-wellness/resources?yd_source=YD_NL&yd_campaign=MentalHealthToolkit

In the case you have any issues while downloading the toolkit, please email corporate@yourdost.com

In view of the above, AICTE requests that your institute kindly disseminate this information among your students, faculty members & other at maximum public so they can take the benefit from this Mental Health ToolKit.

With Regards,

AICTE