

Hi,

Greetings!

Hope you are doing well!!!

I am writing to you on the behalf of **IIIT-Delhi (Indraprastha Institute of Information Technology, Delhi)**, which is a State University established in 2008 by an act of Delhi Government to empower research & development and grant degrees.

IIIT-Delhi has always focused on the mental well-being of the students and staff, and now, during such a difficult time, the counsellors are extending their much needed support to the students. Towards this purpose, a **Wellbeing Cell** is there to help those who are feeling depressed, lonely, sad or anxious during this time of Coronavirus crisis and are finding it difficult to cope on their own. The cell provides emotional support and guidance to those who feel fragile because of the pandemic and lockdown situation. The platform is available freely for everyone and is run by psychologists and health coaches.

Initially, the project was exclusive to IIIT-Delhi's students, wherein face-to-face counselling was provided to students dealing with mental health problems throughout the week (except Sundays); whereas, online counselling was provided 24X7 to handle any urgent needs or emergencies.

But ever since the Coronavirus crisis struck, the initiative has opened up to the common populace, not just students and staff/faculty but also for their family members. Anyone who is struggling mentally (whether it's stress, panic, anxiety, fear, depression or any other mental issue) with the current scenario can get a counselling, free of cost.

It is not a one-time counselling either; depending upon the person's need, multiple counselling sessions can be arranged. The counsellors themselves are decorated therapists, who have years of experience in helping people with mental illnesses. They are:

Khushpinder P. Sharma

He has an experience of more than 14 years in counselling psychology. He's a registered Psychologist with Counsellor Council of India and also with National Career Service, Ministry of Labour Employment, and Government of India.

Dr. Amita Puri

She's a visiting counsellor, having an experience of 25 years. She possesses a unique blend of expertise in Clinical Psychology and energy-based psycho-spiritual healing. She's also a San International Affiliate of American Psychological Association, a Clinical Hypnotherapist (USA), and Past Life Regression and NLP expert.

Mental health is just as important as physical health for a good life, and we feel there's an urgent need, now more than ever, to spread this message. We hope you'll be willing to run a story to spread word about this noble initiative that has the potential to help a lot of people.

Best regards,
