

***ehsaas* PSYCHOTHERAPY AND COUNSELLING CLINIC
CENTRE OF PSYCHOTHERAPY AND CLINICAL RESEARCH**

Notice

Psychological Support and Counselling for Students of AUD during the COVID-19
Pandemic

Dear Students,

***ehsaas* Psychotherapy and Counselling Clinic (AUD) is starting an initiative to offer psychological support and counselling to the students of AUD during the Covid-19 pandemic.** The present crisis has placed the entire world in a new unforeseen context. Over time we have understood that the virus can spread very fast and has a long incubation period. As a result the way forward requires that we physically isolate ourselves from people. It is in recognition of this that our government along with many others across the world have found social distancing as the best way of preventing the spread of the disease.

The combination of the anxiety created by the sudden isolation and change of routine can create feelings of loneliness, helplessness, depression and anxiety. The bombardment of tips, do's and don'ts, and moment to moment news from all across the world can be overwhelming for some of us. It is also true that our normal way of life has been disrupted.

As students, it is possible that some of you might have had to move back home suddenly. You may feel lonely and miss your usual routine. You might also feel anxious about the uncertainty surrounding academic and professional plans. Some of you might already be struggling with underlying health problems or be caregivers for those who are unwell. Like many other unfamiliar situations, this crisis can make some people feel very distressed. The team at *ehsaas* believes that the opportunity to share our difficulties with others can lead to considerable reduction in distress and we would like to offer some guidance and support to those in need. These are challenging times and one might benefit from having someone to talk to.

In order to do so, members from the *ehsaas* clinic will be available each day of the week starting Monday, 23rd March 2020. We will be functioning between 11 AM to 1 PM and 2 to 4 PM on Phone and Email. The details of these are given below. Please do feel free to call or email within these timings.

Availability Roster of *ehsaas* Psychologists

Day	Date	11 AM to 1 PM	Preferred Mode of Contact with Details	2 PM to 4 PM	Preferred Mode of Contact with Details
Monday	23 March	Indu	Any : 9711107220; induchauhan963@gmail.com	Nikita Jain	Phone, Email; 9891635626, nikitajain@aud.ac.in
Tuesday	24 March	Indu	Any : 9711107220; induchauhan963@gmail.com		
Wednesday	25 March	Aanchal	Any: 9910045348; aanchalbhatnagar2@gmail.com	Shefali Singh	Email: shefali@aud.ac.in
Thursday	26 March			Ashis Roy	Email: ashis@aud.ac.in
Friday	27 March	Aanchal	Any: 9910045348; aanchalbhatnagar2@gmail.com	Jayati Singh	Any; 9899595262; jayatisingh.psy@gmail.com
Saturday	28 March			Neetu Sarin	email: neetu@aud.ac.in
Sunday	29 March				
Monday	30 March	Neetu Sarin	neetu@aud.ac	Nikita Jain	Phone, Email; 9891635626, nikitajain@aud.ac.in
Tuesday	31 March	Gagan Ahluwalia	Any:9953927129, gagan03@hotmail.com	Indu	Any : 9711107220; induchauhan963@gmail.com
Wednesday	01 April	Indu	Any : 9711107220; induchauhan963@gmail.com	Ashis Roy	ashis@aud.ac.in
Thursday	02 April	Epsita	Any: 8197852283; epsitasandhu@gmail.com		
Friday	03 April	Gagan Ahluwalia	Any: 9953927129, gagan03@hotmail.com	Jayati Singh	Any; 9899595262; jayatisingh.psy@gmail.com
Saturday	04 April	Durgesh Ojha	any: 7678613412, durgeshojha92@gmail.com	Rohan Parashar	8766265257; rohan.psychology@gmail.com
Sunday	05 April	Durgesh Ojha	any: 7678613412, durgeshojha92@gmail.com	Rohan Parashar	8766265257; rohan.psychology@gmail.com
Monday	06 April	Aanchal	Any: 9910045348; aanchalbhatnagar2@gmail.com	Durgesh Ojha	any: 7678613412, durgeshojha92@gmail.com
Tuesday	07 April	Durgesh Ojha	any: 7678613412, durgeshojha92@gmail.com	Gagan Ahluwalia	Any: 9953927129, gagan03@hotmail.com
Wednesday	08 April	Shefali	Email: shefali@aud.ac.in	Gagan Ahluwalia	Any: 9953927129, gagan03@hotmail.com
Thursday	09 April	Durgesh Ojha	any: 7678613412, durgeshojha92@gmail.com	Rohan Parashar	8766265257; rohan.psychology@gmail.com
Friday	10 April	Durgesh Ojha	any :7678613412, durgeshojha92@gmail.com	Gagan Ahluwalia	Any: 9953927129, gagan03@hotmail.com
Saturday	11 April	Aanchal	Any: 9910045348; aanchalbhatnagar2@gmail.com	Ashis	ashis@aud.ac.in
Sunday	12 April	Indu	Any : 9711107220; induchauhan963@gmail.com	Rohan Parashar	8766265257; rohan.psychology@gmail.com
Monday	13 April	Durgesh Ojha	any :7678613412, durgeshojha92@gmail.com	Nikita Jain	Email: nikitajain@aud.ac.in
Tuesday	14 April	Aanchal	Any: 9910045348; aanchalbhatnagar2@gmail.com	Rohan Parashar	8766265257; rohan.psychology@gmail.com
Wednesday	15 April	Durgesh Ojha	any :7678613412, durgeshojha92@gmail.com	Shefali	Email: shefali@aud.ac.in
Thursday	16 April	Durgesh Ojha	any :7678613412, durgeshojha92@gmail.com	Ashis	ashis@aud.ac.in

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