

**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, to help cope with the sudden disruption of way of life, due to the COVID-19 pandemic. There is a bombardment of tips, do's and don'ts, and moment to moment news from all across the world. It can be overwhelming for all of us. Social distancing in itself could lead to an experience of isolation and emotional disturbances.

As students, it is possible that some of you have had to leave the hostel and move back home suddenly. It could also bring an anxiety around the uncertainty of changes in academic structure and professional plans. Some of you might already be struggling with underlying health problems or be caregivers for those who are. In all, there are multiple challenges and anxieties that might surface and we would like to offer some guidance and support to those in need.

One to two members from the ehssaas clinic will be available each day of the week starting Monday, i.e., 23 March, from 11 AM to 1 PM or/and 2 to 4 PM, on Phone and Email, till 27 March. The details are shared below. We encourage you to please be mindful of the timings mentioned and preferred mode of contact.

← Psychological Support for AUD Students during Covid-19

	A	B	C	D	E	F	G
1		11 AM to 1 PM	<b>Preferred Mode of Contact with Details</b>	2 PM to 4 PM	<b>Preferred Mode of Contact with Details</b>		
2	23 March	Indu	Any : 9711107220; induchauhan963@gmail.com	Nikita Jain	Phone call, Email; 9891635626, nikitajain@aud.ac.in		
3	24 March	Indu	Any : 9711107220; induchauhan963@gmail.com				
4	25 March	Aanchal	Any: 9910045348; aanchalbhatnagar2@gmail.com	Shefali Singh	Email: shefali@aud.ac.in		
5	26 March			Ashis Roy	Email: ashis@aud.ac.in		
6	27 March			Jayati Singh	Any; 9899595262; jayatisingh.psy@gmail.com		
7							
8							
9							
10							

Warmly  
Team ehsaas  
Centre for Psychotherapy and Clinical Research  
Ambedkar university Delhi

Prof. Rachana Johari  
Director, CPR  
Ambedkar University Delhi  
21 March 2020