

DYAL SINGH EVENING COLLEGE
(University of Delhi)

Date-30-04.2020

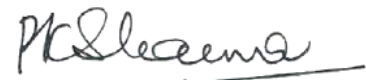
NOTICE

The college psychologist Dr. Jaya Mohan is available to help you resolve your stress and anxiety related issues on the telephone. She may be reached on her phone no. 9560742515 for the same between 12 and 2 in the afternoon as per schedule Monday and Wednesday in normal days. In case of emergency on other days also. There is also a Podcast by her on mental wellbeing. Students and faculty may ask questions about stress related issues like anxiety, depression, loneliness, which will be taken up in her weekly podcast 'Chasing Sunshine'. This weeks Podcast is on ways to deal with Uncertainty and also has insights from Dr. Bhawna Pandey (Dept. of Economics). Last week's episode was about sleep deprivation.

You can listen to the podcast episodes on Spotify or Anchor.

Spotify: https://open.spotify.com/episode/3c2w95XEbv8It86O8Zxb8B?si=NkG0w9S_Qxin78f9DavynA

Anchor: <https://anchor.fm/chasingsunshine>



(Dr. Pawan Kumar Sharma)
Principal