

LETTER OF INTENT FOR PROVIDING COUNSELLING AND EMOTIONAL SUPPORT

Between

SRI SIDDHARTHA ACADEMY OF HIGHER EDUCATION
BH Road, Tumakuru, Bangalore, India 574152

And

YourDOST Health Solutions Pvt Ltd
Sector 6, HSR Layout, Bangalore-560102

Sri Siddhartha Academy of Higher Education is a National A grade University, situated in rural area, near Bangalore, India. It was established in the year 1988 with the vision to reach the unreached through Education, Health Care and Social projects. It is the only Indian University, member of the Consortium of Universities for Global Health (CUGH, Washington DC).

YourDOST is located at Bangalore which is represented by Richa Singh(Director and Co-Founder YourDOST) and registered under the Indian Companies Act 2013 (CIN:U85100MP2015PTC034410). YourDOST is a counseling and emotional support, technology platform, designed to foster mental health. It anonymously connects individuals with the right experts, consisting of psychologists, psychotherapists, counselors, life coaches, career counselors who understand and can guide individuals through completely confidential one on one session.

SRI SIDDHARTHA ACADEMY OF HIGHER EDUCATION

And

YourDOST Health Solutions Pvt Ltd

Join with this letter of intent. The first party agree to exercise their best efforts to develop the following forms of cooperation for their students, faculty and staff members. Through personalized and professional guidance, Experts at YourDOST will help individuals develop:

- a. Healthy personal relationships
- b. A productive and satisfying work-life balance
- c. A more focused approach towards achieving goals
- d. A more confident self
- e. The ability to deal with stress, anxiety, depression and pressures of all kinds and from many sources such as - personal, societal, peer, etc.

Both organizations are committed to working together to develop specific agreements on the points mentioned above in a friendly and cooperative manner via details mentioned in

proposal (attached). This letter is a formal expression of intent to start a partnership with SSAHE to provide counselling and emotional support for their students, staff and faculty members. This general letter of intent will be the first step in our future endeavors.

Balakrishna Shetty

Vice Chancellor, Sri Siddhartha Academy
vcdrshetty@gmail.com

VICE-CHANCELLOR

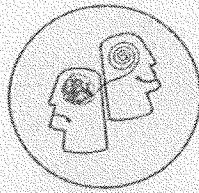
Sri Siddhartha Academy of Higher Education
TUMKUR - 572 107, KARNATAKA



Signatories

Richa Singh
Director, YouDOST





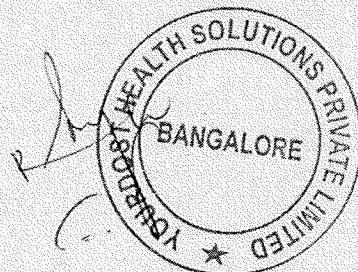
YourDOST

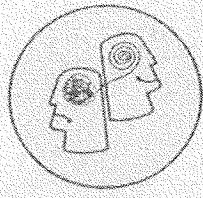
Ensuring 24x7 Emotional Wellness Support for Sri Siddhartha Academy of Higher Education, Students

YD Confidential

Business Proposal

Date: 24th July 2019

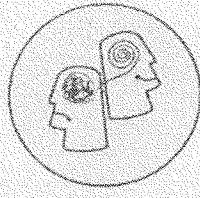




YourDOST

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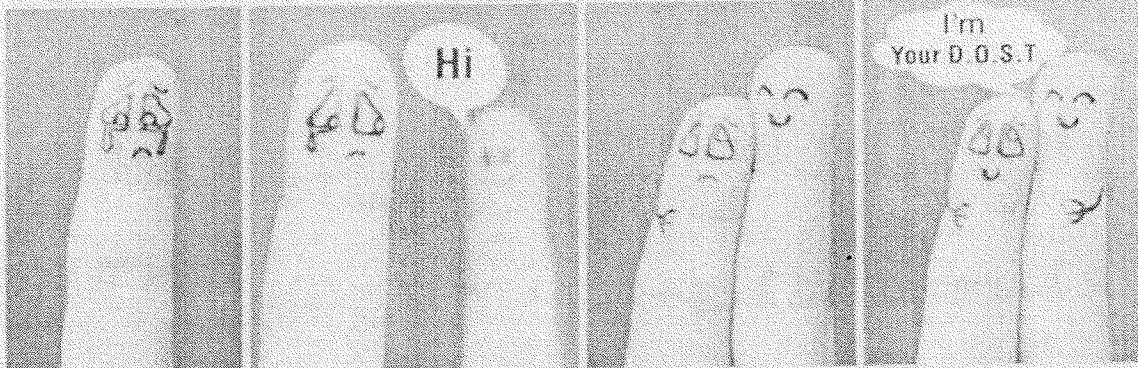
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YourDOST

Key Summary

Founded in 2014, YourDOST is an award-winning online counselling and emotional support platform designed to foster mental wellness. It anonymously connects users with the right expert from a pool of psychologists, psychotherapists, counsellors, life coaches, career guides and people with rich and deep life experience, who understand and guide the users through completely confidential individual sessions.

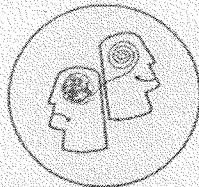


www.yourdost.com

Scope of Partnership

Context

SSAHE is committed to providing different forms of enablements to students for effectively nurturing their full-rounded personality development. Thereby, SSAHE is interested in initiatives in the field of psychological support and mentorship to its students.



YourDOST

Proposed Solution

This document proposes that the honorable administration of SSAHE enter into a partnership with India's largest mental health wellness platform - YourDOST to pro-actively mitigate the problems outlined by the administration vis-a-vis mental wellness.

YourDOST, being a 24 x 7 x 365 platform, is equipped with the technology to immediately connect the users to one of the 900+ certified experts available on the platform. Through a completely anonymous method of interaction, the user's personal identity is protected. It also provides a counselor at campus as well to provide a robust support.

Additionally YourDOST also conducts workshops and programs to provide tools and techniques to students, which may help them stay joyful and positive, so that they lead a complete and balanced life. It will empower one to be a better version of themselves.

YourDOST currently works with India's premier institutions like IIT Madras, IIT Delhi, Vellore Institute of Technology, SRM University, Sharda University, Krishna Group of Institutions, Parul University, Ahmedabad etc and is very keen to join hands with SSAHE in taking care of emotional well-being of students.

Get help. Get better.

No matter what's troubling you, get the support you need, right here, right now.



• [TERMS AND CONDITIONS](#)



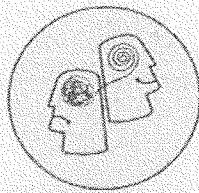
YourDOST Health Solutions Pvt Ltd

CIN :U85100MP2015PTC034410

Contact us- customersupport@yourdost.com Website: www.yourdost.com

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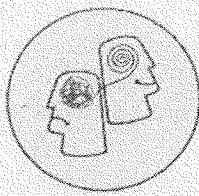
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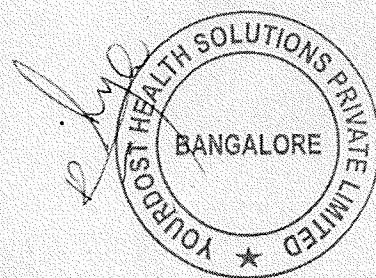
Benefits of subscribing to YourDOST

1. Access to 24 x 7 x 365 unlimited one-to-one chat based **counseling** through pre-vetted experts (psychologists, counselors, career coaches) for instant help
2. Unlimited **Audio/Video Sessions** available for users who would like to avail **escalated support**
3. Face to face counseling at campus (if required, charged separately)
4. Access to the discussion forums and 2000+ **articles** dealing with relevant issues
5. Sessions (Seminar/webinar/workshop) to create awareness on important issues will be conducted for ALL students in the campus
 - a. **Academics** (Developing Study Skills, Critical Thinking, Time Management, How to be more Organized, Dealing with Exam Stress)
 - b. **Career** (Goal Setting, Career confusion, Dealing with abstract nature of profession)
 - c. **Relationships** (Develop communications skills, how to handle a breakup, raising sensitivity towards opposite gender and LGBT issues)
 - d. **De-addiction** (Understanding substance use, abuse, addiction and dependence, possible dangers of substance abuse and addiction, effects on physical, mental and emotional health, preventive strategies, control measures)
 - e. **Personality** (Confidence Building, Overcoming social anxiety, Cultivating gratitude & Kindness, Mindfulness, Social Connection & Empathy etc)
6. Other **communication interventions** to promote engagement of students on the platform will also be taken care of. Some channels include
 - a. Social Media of SSAHE
 - b. Newsletters
 - c. Posters
 - d. Assessment tests
 - e. Awareness videos



YourDOST

7. An orientation session for students on campus would be complimentary as part of the pilot. This could be done in accordance to the new batch orientation or in a separate group.
8. Aggregate Reports for Administration - on anonymized data to resolve thematic issues
9. 24x7 telephonic helpline support (On Demand - charged separately)
10. Barefoot counseling - training session held for student mentors, teachers etc by experts of YourDOST team. This is specifically designed program to sensitise student mentors / teachers / wardens to common psychological issues/disorders among their peers and to equip them with basic skills to respond to those (On Demand - charged separately)



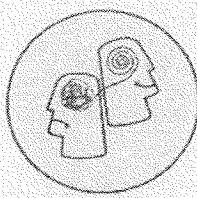
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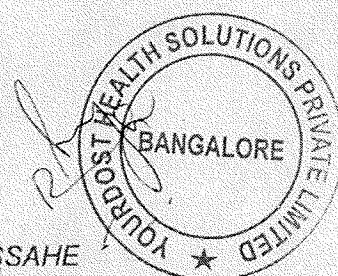


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Commercial Details

Starting with August 2019, YourDOST is eager to deploy a framework for ensuring high-standard psychological support for SSAHE students round the clock

Description	Qty
24 x 7 Text based counseling Sessions	Unlimited
Audio and Video Sessions on appointment* (45 min per session)	Unlimited
Workshops / Webinars / Sessions <i>**Additional workshops to be charged separately</i>	2 workshop in 12 months
Aggregate Analytics of Usage	• End of each month
Orientation session for students on campus	On Launch date
Communication Interventions to promote engagement	Complementary
TOTAL	INR 50,000 / month + taxes



***The travel & acco. for all training/visits of YourDOST team to be borne by SSAHE*

****Additional workshops will cost INR 25,000/- each*

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