



Hi There,

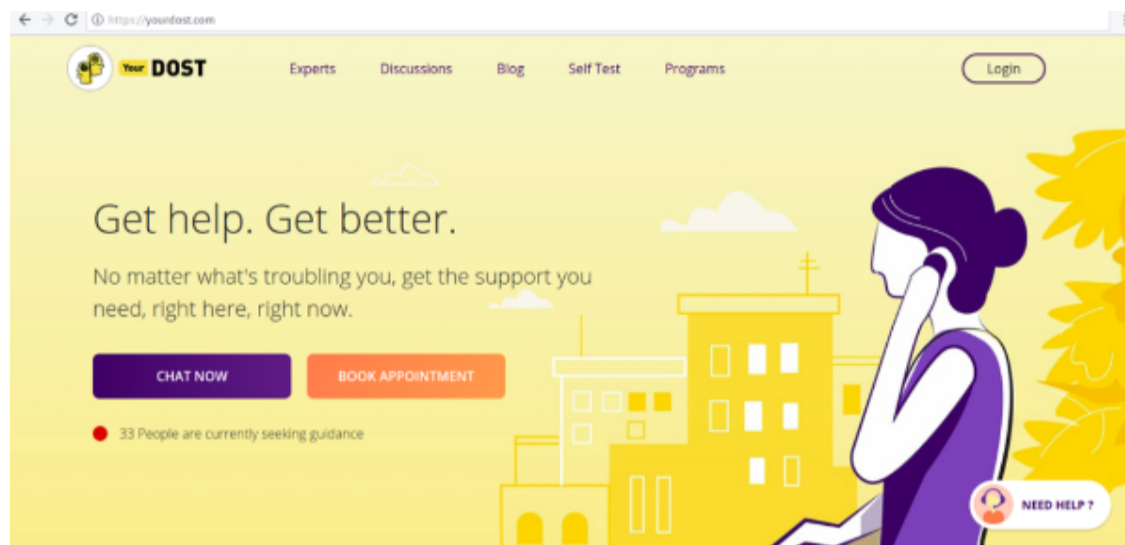
Hope you're doing well!

Your journey through college must be riddled with so many questions right? Questions about academics, career, relationships and even yourself. If only it were possible to get a friend who could give you anonymous, unbiased, round the clock help. Well, look no further, because we've got just the thing for you.

Rajiv Gandhi National University of Law is pleased to join hands with YourDOST, one of India's leading online and emotional wellness platforms, to ensure that your emotional well-being is always looked after.

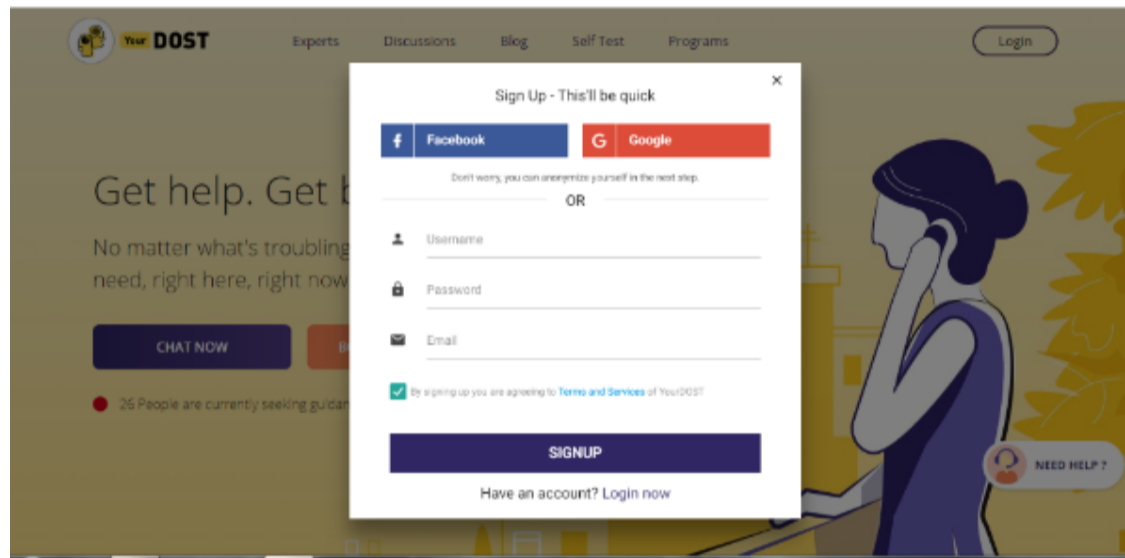
So how can you go about utilizing YourDOST's services for free as a student of RGNUL? Here's how:

1. Visit www.yourdost.com



2. Sign up in a jiffy and be on your way to seeking professional guidance in no time.

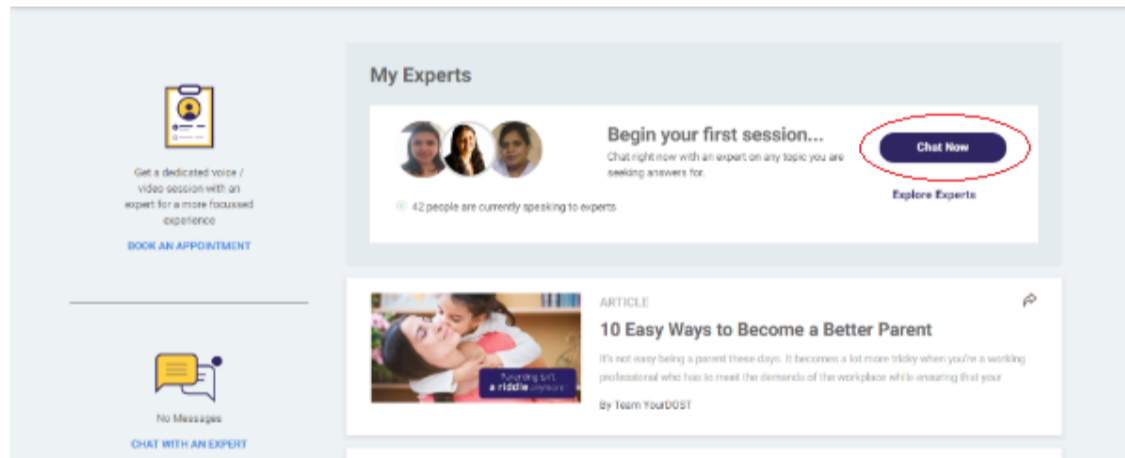
Important! - You must signup using your official RGNUL email id (ending with rgnul.ac.in). This will white-list your account and make sure that you receive our services for free.



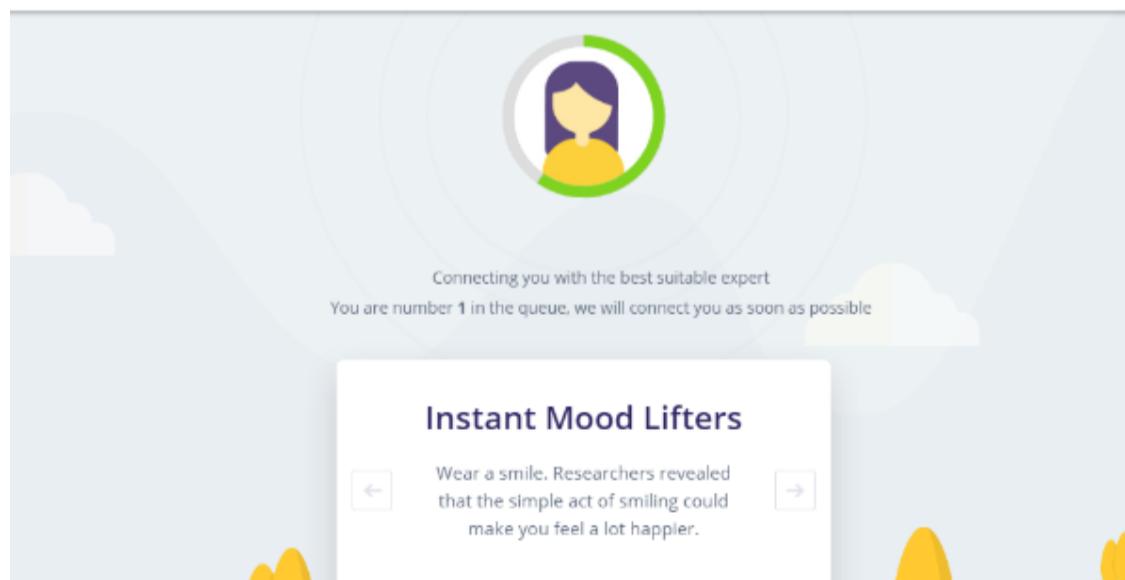
3. Alternatively, you can sign up with your personal email id

Important! - In this case, you must signup using your college's/hostel's network. Once that's done you can use YourDOST from any network.

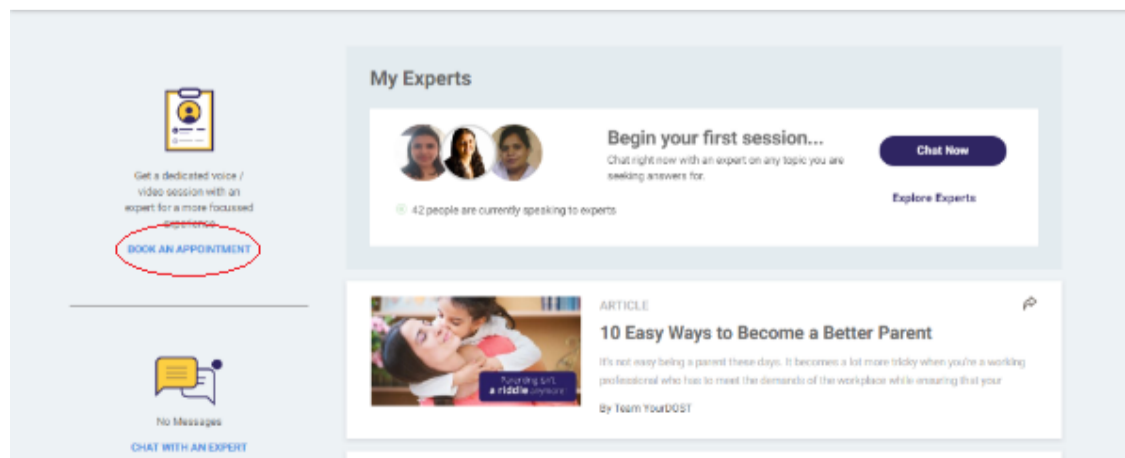
4. After verifying your email address, click "Chat Now" to start chatting with a YourDOST Expert.



5. That's all! You can now start chatting with a YourDOST Expert anytime you want.



6. Alternatively, click "Book An Appointment" to book an audio/video appointment with a YourDOST Expert.



Should you ever feel the need to open up to someone about your concerns, remember help is always just a click away. Here's wishing a happier and healthier future for you.

[CONNECT TO AN EXPERT NOW](#)

PS. Please write to campus@yourdost.com if you face any issues

**Standing with you,
Team YourDOST**