



# **'COMFORT'**

**(An initiative of University to provide Counseling Services to  
students during COVID-19 Pandemic)**

As the coronavirus (COVID-19) pandemic sweeps across the world, it is causing widespread concern, fear and stress, all of which are natural and normal reactions to the changing and uncertain situation that everyone finds themselves in. In this situation, many of you may experience stress, anxiety and depression reactions. The University is highly concerned about the mental health and psychological resilience of students during the COVID-19 pandemic.

We know that students and their parents are worried about the career and future prospects in the current situation. To cope with COVID-19 related stress issues, the University under the guidance of Vice Chancellor Prof. Dinesh Kumar, and with the support of galaxy of intellectuals from your alma mater, have taken an initiative to start counseling service 'Comfort' for students.

Through this platform, the services of Psychologists, Counsellors, Psychiatrists and Medical Professionals have been provided to students. This conglomeration of experts would be functional slots to help you to be cheerful and relaxed by mitigating your doubts related to academic, familial as well as emotional.

We urge all students to take advantage of this safe and easy way to find out if stress, anxiety or depression may be affecting you.

## **Free and Voluntary Psychological Counselling**

### **Prof. C R Darolia**

Professor Department of Psychology  
K U Kurukshetra. Tel: +91 99911 40540  
Email: [crdarolia@kuk.ac.in](mailto:crdarolia@kuk.ac.in)  
Monday to Friday - 10:00am - 4:00pm

### **Dr Navrattan Sharma**

Professor of Psychology  
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Monday to Friday - 10:00am - 4:00pm

### **Dr Shashi Darolia**

Asso Professor of Psychology IIHS,  
K U Kurukshetra. Tel: +91 9813954416  
E-mail: [sdarolia@kuk.ac.in](mailto:sdarolia@kuk.ac.in)  
Monday to Friday - 10:00am - 4:00pm

### **Dr. Shalini Singh**

Professor - Department of Psychology  
MDU Rohtak. Tel: +91 99961 57498  
Email: [shalinisinghpsy@gmail.com](mailto:shalinisinghpsy@gmail.com)  
Monday to Friday - 10:00am - 4:00pm

### **Dr Anant Agarwal**

MBBS (MAMC), DNB PSYCHIATRY (SGRH)  
Consultant Psychiatrist &  
Drug De-addiction Specialist  
Monday - Saturday - 10:00 am- 8:00 pm  
Sunday - 12:00 pm - 4:00 pm

### **Dr Minny Jain**

MBBS (LHMC), MD PSYCHIATRY (IHBAS)  
Consultant Psychiatrist & Child &  
Adolescent Specialist  
Monday to Saturday,  
12:00pm - 2:00pm, 3:00pm - 7:00pm

People/Client seeking the services will contact on the **Mob. No. 9813823115** and **e-mail ID: [gauravgymca@gmail.com](mailto:gauravgymca@gmail.com)** from **04:00pm to 06:00pm** and then they will be allotted to the experts as per the availability of time slot. These Voluntary services will be provided free of cost by the experts and clients have not to pay anything for it.