



**DEPARTMENT OF PSYCHOLOGY**  
**MAHARSHI DAYANAND UNIVERSITY, ROHTAK-124001**  
**(A State University established under Haryana Act no XXV of 1975)**  
**'A+' Grade University Accredited by NAAC**

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COVID-19, a communicable disease, has instilled fears in the minds of the community because of severe morbidity, mortality and efficacy of high transmission. Therefore, anxiety to self-infection and passing the infection to friends, families and co-workers emerges as an emergency. The constant fears of getting the infection also lead to the development of mental stress. People with an already existing mental health condition may feel even more distressed, and there can be an increase in their problems. Counseling aims to enhance the client's coping skills by bringing change in the decision making and behavioural changes specific to the crisis like the prevailing situation. The counseling will help the masses in reducing immediate distress, encouraging safety, health, hygiene and taking constructive steps towards solving life problems. With the help of tele-counseling we can increase effective communication and help individuals cope better with their life challenges thus generating a sense of realistic hope in them.

The Department of Psychology, M.D. University, Rohtak is committed to bring positive change in the mental health of masses in the prevailing scenario of COVID-19 with its resolute and dedicated team of teachers under the able stewardship of worthy Vice Chancellor Sir and Dean Academic Affairs. The Department of Psychology has launched PsyCare Wellness Center to provide counseling services for the overall health benefit of the masses so that they can face adverse situations which has touched their social, economic and educational life.

The schedule of the counseling services is attached herewith.

*Soniya K*  
HOD (Psychology) 21/01/2022  
Head  
Department of Psychology  
M.D. University, Rohtak (Haryana)

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**PsyCare Wellness Center**  
Counseling and Wellness Team

Days	6 am -8 am	8 am -10 am	10 am -11 am	11 am -12 pm	12 pm -2 pm	2 pm -4 pm	4 pm -6 pm	6 pm -8 pm	8 pm -10 pm
Monday	Prof. Deepti Hooda 9416740136	Prof. Sarvdeep Kohli 9416267960	Dr. Bijender Singh 8199066649	Prof. Punam Midha 9416528257	Prof. Shalini Singh 9728253541	Prof. Sonia Malik 9416241293	Dr. Shashi Rashmi 8901029699	Prof. Nov Rattan Sharma 9355612805	Prof. Anjali Malik 9253199000
Tuesday	Prof. Deepti Hooda 9416740136	Prof. Sarvdeep Kohli 9416267960	Dr. Bijender Singh 8199066649	Prof. Punam Midha 9416528257	Prof. Shalini Singh 9728253541	Prof. Sonia Malik 9416241293	Dr. Shashi Rashmi 8901029699	Prof. Nov Rattan Sharma 9355612805	Prof. Anjali Malik 9253199000
Wednesday	Prof. Deepti Hooda 9416740136	Prof. Sarvdeep Kohli 9416267960	Dr. Bijender Singh 8199066649	Prof. Punam Midha 9416528257	Prof. Shalini Singh 9728253541	Prof. Sonia Malik 9416241293	Dr. Shashi Rashmi 8901029699	Prof. Nov Rattan Sharma 9355612805	Prof. Anjali Malik 9253199000
Thursday	Prof. Deepti Hooda 9416740136	Prof. Sarvdeep Kohli 9416267960	Dr. Bijender Singh 8199066649	Prof. Punam Midha 9416528257	Prof. Shalini Singh 9728253541	Prof. Sonia Malik 9416241293	Dr. Shashi Rashmi 8901029699	Prof. Nov Rattan Sharma 9355612805	Prof. Anjali Malik 9253199000
Friday	Prof. Deepti Hooda 9416740136	Prof. Sarvdeep Kohli 9416267960	Dr. Bijender Singh 8199066649	Prof. Punam Midha 9416528257	Prof. Shalini Singh 9728253541	Prof. Sonia Malik 9416241293	Dr. Shashi Rashmi 8901029699	Prof. Nov Rattan Sharma 9355612805	Prof. Anjali Malik 9253199000
Saturday	Prof. Deepti Hooda 9416740136	Prof. Sarvdeep Kohli 9416267960	Dr. Bijender Singh 8199066649	Prof. Punam Midha 9416528257	Prof. Shalini Singh 9728253541	Prof. Sonia Malik 9416241293	Dr. Shashi Rashmi 8901029699	Prof. Nov Rattan Sharma 9355612805	Prof. Anjali Malik 9253199000
Sunday	Prof. Deepti Hooda 9416740136	Prof. Sarvdeep Kohli 9416267960	Dr. Bijender Singh 8199066649	Prof. Punam Midha 9416528257	Prof. Shalini Singh 9728253541	Prof. Sonia Malik 9416241293	Dr. Shashi Rashmi 8901029699	Prof. Nov Rattan Sharma 9355612805	Prof. Anjali Malik 9253199000