**Article 3:**

**A Guide to the 'Arogyam' Portal**

**Headline:** Your Wellness, One Click Away: A Quick Guide to MAMU's 'Arogyam' Portal

**Content:**

Welcome to 'Arogyam'—our university's comprehensive mental health and wellness portal, designed exclusively for you. Think of it as a digital safe space where you can find support and resources, anytime, anywhere.

Here's a quick tour of what you'll find:

1. **Meet the Team:** Learn about the professional counselors and faculty members who are part of the **MAMU Mental Health and Wellness Cell (MAMU-MWC)**. You can find their profiles, office hours, and contact details to schedule a confidential session.
2. **The 'Ask a Counselor' Feature:** Have a question but not ready for a full session? Use this anonymous feature to submit your queries. A professional counselor will respond with advice and resources within 24-48 hours.
3. **Resource Library:** This section is filled with articles and videos on a wide range of topics, including:
   * Stress and anxiety management
   * Coping with burnout
   * Mindfulness and meditation techniques
   * Building healthy sleep habits
   * Overcoming procrastination
4. **External Helplines:** If you need immediate assistance outside of our university's hours, we have a list of verified national helplines, including the **National Toll-free Helpline (8448440632)**. These numbers are available 24/7.
5. **Event Calendar:** Stay updated on all our wellness workshops, yoga sessions, and mental health awareness campaigns. You can register for events directly from the portal.

**Your mental health is a priority. 'Arogyam' is here to support your journey towards a healthier, happier you.**