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03 NOV, 2026

Sunbeam World School Launches “Helping Dost” on World Mental Health Day, Putting Mental Health at the Centre of Its Focus



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CONTENT & SENTIMENT

Sunbeam World School Launches “Helping Dost” on World Mental Health Day, Putting Mental Health at the Centre of Its Focus



Sunbeam World School launched **Helping Dost**, a mental health platform, on **10 October 2026, World Mental Health Day**. The platform connects people with counsellors, supports their understanding of mental well-being, and offers resources for those who wish to help themselves. The launch reflects the school’s focus on mental health as an important part of well-being.

A new platform brings counselling, psychoeducation and self-help resources together in a safe space to talk things out

Helping Dost is an initiative of Sunbeam World School and is affiliated with the school. It brings together counsellors with different specialisations and levels of experience, who work with and counsel the people who reach out to them.

AT A GLANCE

Initiative: Helping Dost

Launched by: Sunbeam World School

Launch Date: 10 October 2026 (World Mental Health Day)

What It Is: A mental health platform affiliated with Sunbeam World School.

Key Offerings:

- Counselling
- Psychoeducation
- Help-seeking support
- Self-help resources

Website: https://helpingdost.com/

A SAFE SPACE, NOT A LABEL

Helping Dost is built on the belief that seeking support should not feel intimidating or clinical. The platform encourages people to reach out, and it helps them understand that not every difficult feeling or experience needs to be diagnosed.

Instead, Helping Dost is, first and foremost, a safe space for talking things out. Through psychoeducation, it helps people understand mental health better, and it supports those who wish to seek help.

WHAT HELPING DOST OFFERS

- **Counselling:** Access to counsellors with varied specialisations and levels of experience, who work with and counsel the people who reach out.
- **Psychoeducation:** Information and encouragement that help people better understand mental health and well-being.
- **Help-seeking support:** Guidance for those who wish to seek help, in a space that does not treat every concern as something to be diagnosed.
- **Self-help resources:** Resources on the platform for people who prefer to help themselves on their own.

SUNBEAM WORLD SCHOOL'S FOCUS ON MENTAL HEALTH

For Sunbeam World School, Helping Dost is an expression of its focus on mental health. By launching a dedicated platform with counsellors and resources, the school has made support easier to find and easier to ask for.

The school's approach is built on understanding and conversation. Helping Dost encourages people to talk things out, learn about mental health, and seek help when they wish to, without feeling that they must first have a diagnosis.

Sunbeam World School conducts monthly mental health awareness workshops to promote emotional well-being, mindfulness, and a healthy lifestyle among students. The school also has in-house counsellors who provide immediate support to students over calls, addressing their concerns and emotional needs. Building on these existing initiatives, its association with Helping Dost further strengthens the school's commitment to student well-being by expanding access to professional mental health support and counselling.

"Mental health is an essential part of well-being, and it deserves to be talked about openly. Helping Dost is an initiative of Sunbeam World School, but it is open to all, and anyone can take counselling on the platform. Not every difficult feeling needs a diagnosis. Sometimes people simply need to talk things out, and sometimes they prefer to help themselves. Helping Dost offers both, with counsellors of different specialisations and experience alongside resources people can use on their own."

- Dr Alisha Madhok Walia, The Founder & CEO, Sunbeam World School

WHY WORLD MENTAL HEALTH DAY

World Mental Health Day is observed every year on 10 October to raise awareness of mental health. By launching Helping Dost on this day, Sunbeam World School placed the platform within a wider conversation about mental health and the importance of seeking support.

“When someone reaches out to Helping Dost, they do not need to have everything figured out, and they do not need a diagnosis. Not every difficult feeling is a disorder. Sometimes people just need a safe space to talk things out, and that is what we want Helping Dost to be. Our counsellors have different specialisations and levels of experience, and they work with each person who reaches out. For those who would rather start on their own, the platform offers resources they can use at their own pace. We launched it on World Mental Health Day to show that mental health is a priority at Sunbeam World School.”

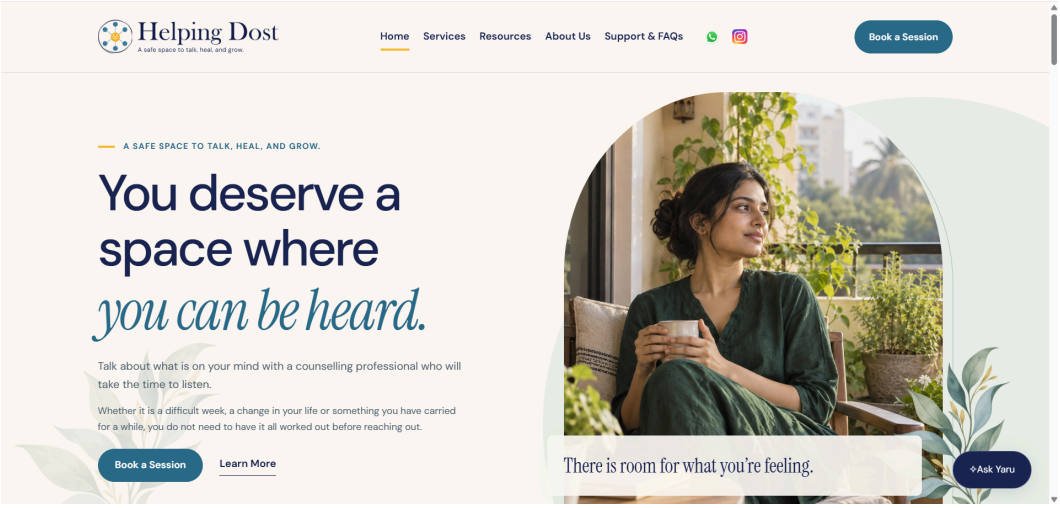
- Ms Rashi Vermani, Project Manager, Helping Dost

WHO CAN USE HELPING DOST

Helping Dost is available to everyone. While it is an initiative started by Sunbeam World School, the portal is not restricted to the school premises, and everyone can seek counselling irrespective of their association with the school. Individuals can seek counselling from counsellors with varying specialisations and experience without having to go through any diagnosis. Every distress requires a diagnosis, and Helping Dost is meant to be a place where individuals can express themselves and get heard. For individuals who prefer to start their journey on their own, Helping Dost also provides self-help material that individuals can benefit from. Apart from counselling and self-help, Helping Dost also provides Psycho-education, which is an important factor that will help individuals learn more about mental health and be motivated to seek help at any time they wish to.

HOW TO ACCESS HELPING DOST

Accessing mental health support through Helping Dost is simple and convenient. Individuals can visit the official website **https://helpingdost.com/** to explore the available services and connect with qualified mental health professionals. Through its accessible platform, Helping Dost aims to make professional emotional and psychological support easier to reach, offering individuals a safe and confidential space to seek guidance, discuss their concerns and take proactive steps towards better mental well-being.



ABOUT SUNBEAM WORLD SCHOOL

Sunbeam World School, founded on 3rd November 2020, is an online K-12 school with the legacy of 54 years. The school provides education from the Nursery level till Grade 12 and teaches children in more than 135 countries using innovative methods and different educational programmes. With the help of its motto “Learning without Limits,” the school aims to provide quality education to all learners around the world.

PUBLISHED LINKS

#	Logo	Media	DA	PA	Potential Audience	PR Links
1.	Google News	Google	95	89	369.5M	View Release
2.	yahoo!news	Yahoo	93	75	239.8M	View Release
3.	The Tribune	Tribune News And Media	87	57	13.6M	View Release
4.	ANI NEWS INDIA	ANI News And Media	79	58	2.2M	View Release
5.	लोकमत	Lokmat English News Portal	53	51	1.9M	View Release
6.	World News Network	World News Network News Portal	<25	38	150K	View Release
7.	WISCONSIN JOURNAL	Wisconsin Journal News Portal	<25	<25	144.4K	View Release
8.	INDIA GLOBAL LIVE	India Global Live News Portal	25	27	14.9K	View Release
9.	INDIAN PRESS WIRE	Indian Press Wire News Portal	30	26	14.8K	View Release
10.	BRIEF BUZZ	Brief Buzz News Portal	<25	<25	14.6K	View Release
11.	INSIGHTFUL NEWS	Insightful News News Portal	<25	30	14.6K	View Release
12.	Indian Economic Observer	Indian Economic Observer News Portal	30	34	14.6K	View Release
13.	INDIA TIMES ONLINE	India Times Online News Portal	29	28	14.5K	View Release
14.	THE INDIA WATCH	The India Watch News Portal	26	<25	14.4K	View Release
15.	VVN VILLAGE VOICE NEWS	Village Voice News News Portal	29	26	14.4K	View Release
16.	Karnataka NEWS NETWORK	Karnataka News Network News Portal	28	28	14.4K	View Release

#	Logo	Media	DA	PA	Potential Audience	PR Links
17.		Delhi News Daily News Portal	29	28	14.3K	View Release
18.		Gossip Today News Portal	<25	27	14.3K	View Release
19.		Standard Today News News Portal	<25	25	14.3K	View Release
20.		Traveller News India News Portal	<25	28	14.2K	View Release
21.		India Buzz News News Portal	25	27	14.1K	View Release
22.		Andhra News Digest News Portal	30	<25	14.1K	View Release
23.		Latest News Today News Portal	<25	28	13.9K	View Release
24.		India Latest News News Portal	27	<25	13.9K	View Release
25.		Latest News Himachal News Portal	27	28	13.8K	View Release
26.		India Live News Feed News Portal	27	28	13.8K	View Release
27.		Indian Press Coverage News Portal	26	28	13.7K	View Release
28.		India Tribune Times News Portal	28	<25	13.7K	View Release
29.		India Breaking Buzz News Portal	30	25	13.7K	View Release
30.		Newz Today 24 News Portal	<25	<25	13.6K	View Release
31.		News India Connectivity News Portal	27	25	13.5K	View Release
32.		District Daily News News Portal	28	28	13.3K	View Release
33.		Media Minds News Portal	29	27	13.3K	View Release
34.		News Indian Bulletin News Portal	26	30	13.2K	View Release

#	Logo	Media	DA	PA	Potential Audience	PR Links
35.		Odisha News Hour News Portal	30	30	13.2K	View Release
36.		Quick News Now News Portal	<25	30	13.2K	View Release
37.		India Brief Update News Portal	30	29	13.1K	View Release
38.		India Press Dispatch News Portal	28	<25	13.1K	View Release
39.		Uttarakhand News Wire News Portal	28	25	13.1K	View Release
40.		Sandwich News Portal	27	26	13K	View Release
41.		Goa New Time News Portal	26	25	12.9K	View Release
42.		India Bulletin News News Portal	26	26	12.9K	View Release
43.		India Today Times News Portal	28	30	12.9K	View Release
44.		India Wire News News Portal	30	30	12.7K	View Release
45.		News India News Portal	<25	26	12.6K	View Release
46.		Indian Pulse Media News Portal	28	29	12.5K	View Release
47.		India Mirror News News Portal	30	26	12.5K	View Release
48.		India Career Week News Portal	<25	30	12.4K	View Release
49.		France Network Times News Portal	<25	37	12.4K	View Release
50.		USA Report News Portal	<25	<25	12.4K	View Release
51.		India Bulletin Live News Portal	27	26	12.4K	View Release
52.		Maharashtra Portal News Portal	27	27	12.4K	View Release

#	Logo	Media	DA	PA	Potential Audience	PR Links
53.		daily Street Journal News Portal	25	26	12.3K	View Release
54.		Florida Breaking News News Portal	<25	37	12.3K	View Release
55.		UP Today News Portal	<25	30	12.3K	View Release
56.		Reach News News Portal	<25	29	12.3K	View Release
57.		Trend stellers News Portal	<25	29	12.3K	View Release
58.		UAE Times News Portal	<25	<25	12.2K	View Release
59.		Federald Espatch News Portal	<25	26	12.2K	View Release
60.		India Buzz Feednews News Portal	29	29	12.2K	View Release
61.		The Daily Glimpse News Portal	<25	29	12.2K	View Release
62.		Gujarat Watch News Portal	30	<25	12.2K	View Release
63.		Indian Headline Buzz News Portal	28	29	12.1K	View Release
64.		Jharkhand India News Agency News Portal	26	30	12.1K	View Release
65.		Rajasthan Headlines News Portal	27	26	12.1K	View Release
66.		India Latest News Feed News Portal	27	28	12.1K	View Release
67.		European Sun Times News Portal	<25	32	12.1K	View Release
68.		India Flash Bulletin News Portal	30	25	12K	View Release
69.		Express Times News News Portal	<25	28	12K	View Release
70.		The Indian Post News Portal	29	30	12K	View Release

#	Logo	Media	DA	PA	Potential Audience	PR Links
71.		Indian News Daily Update News Portal	30	29	11.9K	View Release
72.		The Quick Update News Portal	<25	29	11.8K	View Release
73.		Srilanka Island News News Portal	<25	37	11.8K	View Release
74.		England News Portal News Portal	<25	38	11.8K	View Release
75.		News India Network News Portal	25	27	11.7K	View Release
76.		South India News News Portal	<25	32	11.7K	View Release
77.		East Coast American News News Portal	<25	36	11.7K	View Release
78.		Eastasiall Newsportal News Portal	<25	27	11.7K	View Release
79.		Richmond Evening News News Portal	<25	37	11.7K	View Release
80.		Patrolling Wire News News Portal	<25	29	11.7K	View Release
81.		The Hindustan Express News Portal	27	26	11.6K	View Release
82.		Chronicle Today News News Portal	<25	<25	11.5K	View Release
83.		India Pulse Update News Portal	27	<25	11.5K	View Release
84.		Dubai City Reporter News Portal	<25	36	11.4K	View Release
85.		Rajasthan Ki Khabar News Portal	<25	37	11.4K	View Release
86.		Kashmir Newsline News Portal	<25	32	11.4K	View Release
87.		Birmingham All News Network News Portal	<25	37	11.4K	View Release
88.		Delhi Live News News Portal	<25	34	11.4K	View Release

#	Logo	Media	DA	PA	Potential Audience	PR Links
89.		Punjab Live News Portal	25	37	11.4K	View Release
90.		India press Coverage News Portal	25	27	11.4K	View Release
91.		Indian Former News Portal	26	28	11.3K	View Release
92.		News India Web News Portal	<25	25	11.3K	View Release
93.		News Today99 News Portal	<25	<25	11.2K	View Release
94.		Karnataka News Room News Portal	27	25	11.2K	View Release
95.		Indsider India Times News Portal	<25	26	11.1K	View Release
96.		Kashmir Breaking News News Portal	<25	30	11.1K	View Release
97.		North East Times News Portal	26	33	11.1K	View Release
98.		White House News Time News Portal	<25	36	11.1K	View Release
99.		Toronto Sun Times News Portal	<25	31	11.1K	View Release
100.		Chhattisgarh Today News Portal	<25	33	11.1K	View Release
101.		India Flash News News Portal	26	30	11K	View Release
102.		India Briefings News Portal	25	26	11K	View Release
103.		Top Icsarena News Portal	27	25	10.9K	View Release
104.		New York Despatch News Portal	<25	32	10.9K	View Release
105.		Karnataka Live News Portal	<25	32	10.9K	View Release
106.		Capitol Hill Reporter News Portal	<25	37	10.9K	View Release

#	Logo	Media	DA	PA	Potential Audience	PR Links
107.		West Minster Times News Portal	<25	<25	10.9K	View Release
108.		Mountain View Sentinel News Portal	<25	36	10.9K	View Release
109.		Telangana Journal News Portal	<25	30	10.9K	View Release
110.		Buffalo Despatch News Portal	<25	<25	10.9K	View Release
111.		Jharkhand Times News Portal	<25	26	10.9K	View Release
112.		West Bengal Khabar News Portal	26	25	10.9K	View Release
113.		News Wave India News Portal	28	27	10.8K	View Release
114.		India News Junction News Portal	29	26	10.8K	View Release
115.		British News Network News Portal	<25	38	10.7K	View Release
116.		Gujarat Samachar News Portal	25	37	10.7K	View Release
117.		Washington Dc Despatch News Portal	<25	36	10.7K	View Release
118.		Middle East Times News Portal	<25	<25	10.7K	View Release
119.		Indian Daily Press News Portal	30	28	10.6K	View Release
120.		India Current Affairs News Portal	25	<25	10.6K	View Release
121.		The News Net News Portal	<25	26	10.6K	View Release
122.		Miami News Herald News Portal	<25	36	10.5K	View Release
123.		Indian News Network News Portal	<25	33	10.5K	View Release
124.		Wall Street Sentinel News Portal	<25	<25	10.5K	View Release

#	Logo	Media	DA	PA	Potential Audience	PR Links
125.		British Columbia Times News Portal	<25	38	10.5K	View Release
126.		Tripura News Central News Portal	25	26	10.5K	View Release
127.		Report Today News Portal	<25	26	10.4K	View Release
128.		Story India News Portal	<25	25	10.4K	View Release
129.		India Today Updates News Portal	29	30	10.4K	View Release
130.		India News Break News Portal	27	<25	10.3K	View Release
131.		Indian News Channel News Portal	29	30	10.3K	View Release
132.		Times Of India Daily News Portal	25	<25	10.3K	View Release
133.		Bihar Times News Portal	<25	30	10.3K	View Release
134.		Vancouver Herald News Portal	<25	<25	10.3K	View Release
135.		Himachal Patrika News Portal	<25	30	10.3K	View Release
136.		Maldives Star Plus News Portal	<25	26	10.3K	View Release
137.		Daily India Updates News Portal	27	<25	10.3K	View Release
138.		Haryana Today News Portal	<25	34	10.2K	View Release
139.		VanakkamTamil Nadu News Portal	<25	38	10.2K	View Release
140.		Maharashtra Samachar News Portal	<25	29	10.2K	View Release
141.		Bihar 24x7 News Portal	<25	37	10.2K	View Release
142.		India Current Update News Portal	25	<25	10.2K	View Release

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144.		San Francis Costar News Portal	<25	<25	10.1K	View Release
145.		Gujarat Varta News Portal	<25	31	10.1K	View Release
146.		Us World Today News Portal	<25	36	10.1K	View Release
147.		Andhra Pradesh Mirror News Portal	<25	31	10.1K	View Release
148.		Madhya Pradesh Chronicle News Portal	<25	36	10.1K	View Release
149.		Los Angeles Evening Despatch News Portal	<25	36	10.1K	View Release
150.		Standard News Wire News Portal	25	27	10K	View Release
151.		London Channel News News Portal	<25	37	10K	View Release
152.		News Economic India News Portal	<25	26	10K	View Release
153.		India News Connect News Portal	26	25	9.9K	View Release
154.		Business Line Print News Portal	<25	28	9.9K	View Release
155.		Scroll India News News Portal	<25	28	9.9K	View Release
156.		Daily News India Online News Portal	<25	26	9.8K	View Release
157.		Madhya Pradesh News Tribune News Portal	26	<25	9.7K	View Release
158.		News India Live News Portal	28	25	9.7K	View Release
159.		India Live News News Portal	27	26	9.6K	View Release
160.		Odisha News Voice News Portal	30	29	9.6K	View Release

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162.		Nagaland News Watch News Portal	27	25	9.4K	View Release
163.		India News Wire News Portal	26	<25	9.3K	View Release
164.		Report News News Portal	<25	26	9.3K	View Release
165.		News India Point News Portal	30	26	9.2K	View Release
166.		Telangana News Spot News Portal	28	28	9.1K	View Release
167.		India News Nation News Portal	28	27	9.1K	View Release
168.		The India Talks News Portal	26	<25	9.1K	View Release
169.		India Flashnewsfeed News Portal	27	<25	9K	View Release
170.		Tech Times News News Portal	<25	26	9K	View Release
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172.		India Reporter Live News Portal	30	26	8.9K	View Release
173.		Punjab News Network News Portal	26	<25	8.7K	View Release
174.		Now Report News Portal	<25	25	8.7K	View Release
175.		News India Times News Portal	30	27	8.6K	View Release
176.		India Press Buzz News Portal	27	25	8.6K	View Release
177.		The Report Net News Portal	<25	28	8.6K	View Release
178.		India Times News News Portal	30	28	8.6K	View Release

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180.		Nagaland News 24x7 News Portal	27	25	8.4K	View Release
181.		News Indian Update News Portal	29	29	8.4K	View Release
182.		Bihar News Watch News Portal	28	29	8.4K	View Release
183.		Indian World News News Portal	<25	28	8.4K	View Release
184.		India Wire Channel News Portal	27	25	8.4K	View Release
185.		Himachal Pradesh News Flash News Portal	30	27	8.4K	View Release
186.		Tripura News Point News Portal	25	30	8.3K	View Release
187.		Punjab News Update News Portal	28	30	8.3K	View Release
188.		India Post Daily News Portal	26	29	8.3K	View Release
189.		The Report World News Portal	<25	27	8.3K	View Release
190.		Tamilnadu News Update News Portal	28	25	8.2K	View Release
191.		Mizoram News Pulse News Portal	26	25	8.2K	View Release
192.		Maharashtra NewsFlash News Portal	27	30	8.2K	View Release
193.		India Today Daily News Portal	26	26	8.2K	View Release
194.		Himachal News Report News Portal	28	27	8K	View Release
195.		Daily Indiane News Portal	29	26	8K	View Release
196.		India 24x7 News News Portal	27	26	7.9K	View Release

#	Logo	Media	DA	PA	Potential Audience	PR Links
197.		Post Times News News Portal	<25	30	7.9K	View Release
198.		Rabale News Portal	28	25	7.8K	View Release
199.		Mizoram News Voice News Portal	30	29	7.8K	View Release
200.		India Globe Today News Portal	30	25	7.8K	View Release
201.		India News Portal News Portal	27	30	7.7K	View Release
202.		India Watch Daily News Portal	25	<25	7.7K	View Release
203.		India Today Live Update News Portal	26	<25	7.6K	View Release
204.		News Indian Line News Portal	26	30	7.6K	View Release
205.		Indian Headline News News Portal	28	29	7.5K	View Release
206.		Goa News Online News Portal	27	29	7.5K	View Release
207.		Indian News Views News Portal	25	28	7.4K	View Release
208.		Indian News Update News Portal	30	<25	7.4K	View Release
209.		News Today Pro News Portal	<25	<25	7.4K	View Release
210.		Latest News Karnataka News Portal	29	25	7.4K	View Release
211.		Indian For Media News Portal	30	29	7.3K	View Release
212.		The News India Now News Portal	27	<25	7.3K	View Release
213.		Indian Express Newsfeed News Portal	28	30	7.3K	View Release

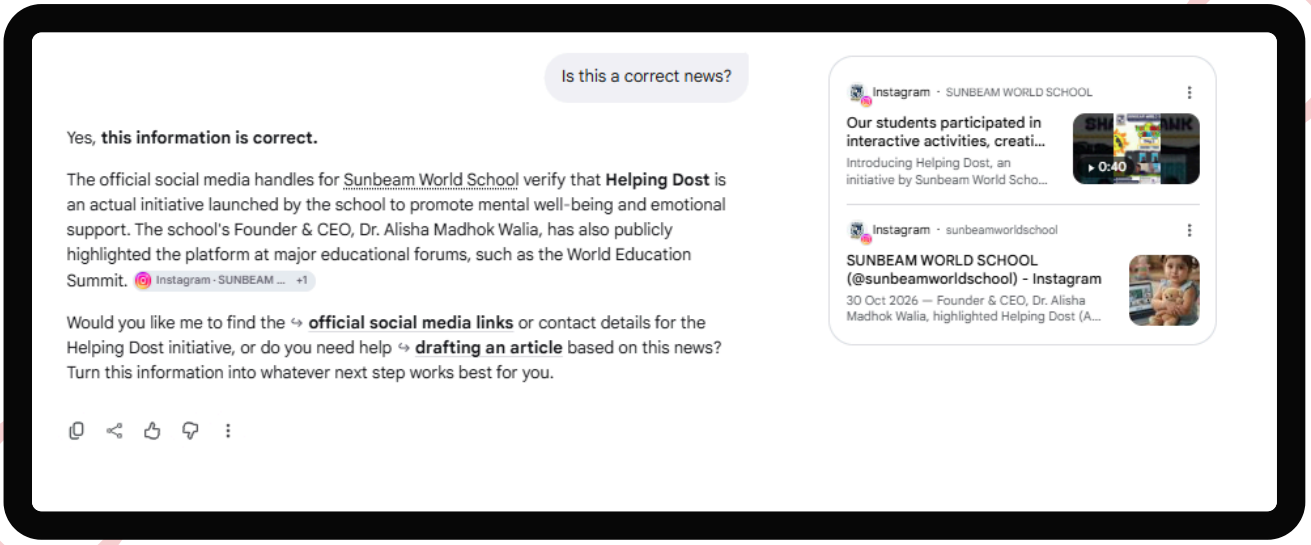
#	Logo	Media	DA	PA	Potential Audience	PR Links
214.		Jammu and Kashmir News Report News Portal	27	30	7.3K	View Release
215.		Indian News Beat News Portal	28	26	7.2K	View Release
216.		India Watch Live News Portal	30	27	7.2K	View Release
217.		News India Headline News Portal	27	28	7.2K	View Release
218.		Rajasthan News Time News Portal	28	26	7.1K	View Release
219.		India Live News Today News Portal	25	30	7K	View Release
220.		Jharkhand News Hub News Portal	28	27	7K	View Release
221.		Indian press Connect News Portal	30	30	6.9K	View Release
222.		The India Brief News Portal	27	<25	6.8K	View Release
223.		Indian Express News News Portal	30	30	6.8K	View Release
224.		India World News News Portal	<25	28	6.6K	View Release
225.		Chhattisgarh NewsLine News Portal	29	<25	6.6K	View Release
226.		News Indian Link News Portal	26	28	6.6K	View Release
227.		India Buzz Channel News Portal	28	28	6.6K	View Release
228.		News Pulse India News Portal	27	<25	6.5K	View Release
229.		News Eagle India News Portal	30	30	6.4K	View Release
230.		India latest News Update News Portal	29	<25	6.4K	View Release

#	Logo	Media	DA	PA	Potential Audience	PR Links
231.		India Press Journal News Portal	27	30	6.4K	View Release
232.		Mizoram News Buzz News Portal	27	26	6.4K	View Release
233.		News India Talks News Portal	30	29	6.4K	View Release
234.		Weekly News Report News Portal	<25	30	6.3K	View Release
235.		India Vibes Media News Portal	26	27	6.3K	View Release
236.		The India Times Online News Portal	30	<25	6.3K	View Release
237.		India Today Headline News Portal	27	30	6.2K	View Release
238.		Indian Express Daily News Portal	27	29	6.2K	View Release
239.		India Live New Update News Portal	26	<25	6.2K	View Release
240.		Indian Express Update News Portal	25	30	6.1K	View Release
241.		India Wire Media News Portal	28	27	6K	View Release
242.		Haryana News Line News Portal	29	28	6K	View Release
243.		India Today Newsflash News Portal	28	27	5.9K	View Release
244.		News Mirror News Portal	<25	27	5.9K	View Release
245.		India Global News News Portal	30	<25	5.8K	View Release
246.		Manipur News World News Portal	30	26	5.8K	View Release
247.		News Wires News Portal	27	29	5.8K	View Release
248.		The Indian Post Online News Portal	26	<25	5.8K	View Release

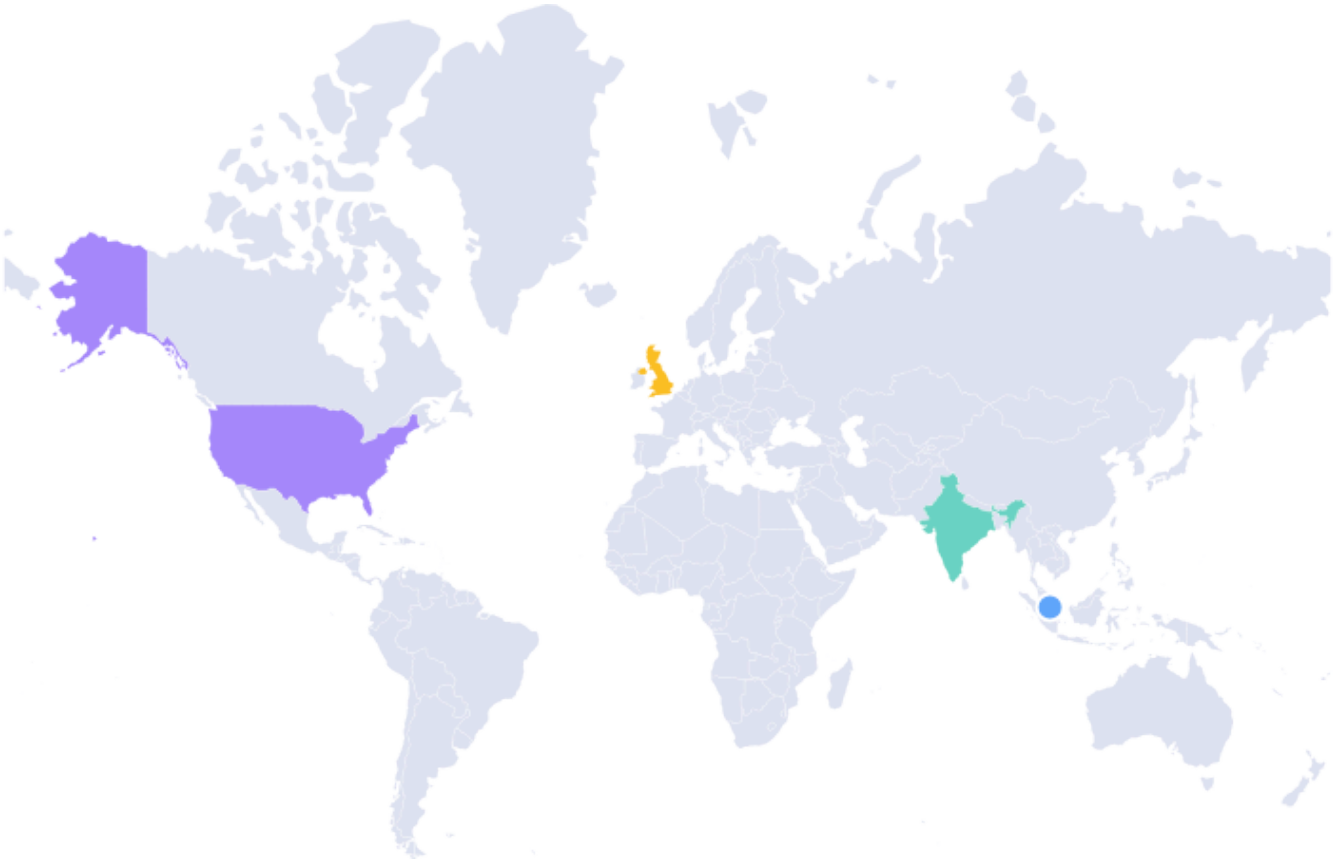
#	Logo	Media	DA	PA	Potential Audience	PR Links
249.		India Forbes News News Portal	<25	27	5.7K	View Release
250.		My News Today News Portal	28	25	5.7K	View Release
251.		State Newz News Portal	27	28	5.7K	View Release
252.		India state News News Portal	25	26	5.7K	View Release
253.		Indian Focus News News Portal	25	29	5.6K	View Release
254.		India Story Line News Portal	30	28	5.5K	View Release
255.		State News Today News Portal	<25	27	5.5K	View Release
256.		News Indian Pulse News Portal	28	29	5.5K	View Release
257.		Sikkim News Update News Portal	30	25	5.4K	View Release
258.		India Globalnews News Portal	<25	29	5.4K	View Release
259.		Report India News Portal	<25	30	5.3K	View Release
260.		Rapid Report News Portal	<25	25	5.3K	View Release
261.		India Breaking News Line News Portal	26	25	5.3K	View Release
262.		Meghalaya News Daily News Portal	28	<25	5.2K	View Release
263.		India Viral Newsnow News Portal	30	29	5.1K	View Release
264.		News India Connect News Portal	30	30	5.1K	View Release
265.		Nagpur Project News News Portal	<25	29	5.1K	View Release
266.		Kerala News Journal News Portal	27	30	5.1K	View Release

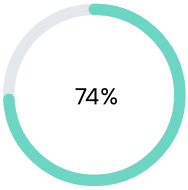
#	Logo	Media	DA	PA	Potential Audience	PR Links
267.		Haryana News Time News Portal	27	26	5K	View Release
268.		Odisha Post News Portal	25	38	1.1K	View Release

REFERENCE 1

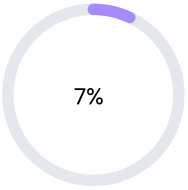

Is this a correct news?
Yes, this information is correct.
The official social media handles for Sunbeam World School verify that Helping Dost is an actual initiative launched by the school to promote mental well-being and emotional support. The school's Founder & CEO, Dr. Alisha Madhok Walia, has also publicly highlighted the platform at major educational forums, such as the World Education Summit. Instagram · SUNBEAM ... +1
Would you like me to find the official social media links or contact details for the Helping Dost initiative, or do you need help drafting an article based on this news? Turn this information into whatever next step works best for you.
Instagram · SUNBEAM WORLD SCHOOL
Our students participated in interactive activities, creati...
Introducing Helping Dost, an initiative by Sunbeam World Scho...
0:40
Instagram · sunbeamworldschool
SUNBEAM WORLD SCHOOL (@sunbeamworldschool) - Instagram
30 Oct 2026 — Founder & CEO, Dr. Alisha Madhok Walia, highlighted Helping Dost (A...

DISTRIBUTION DEMOGRAPHY

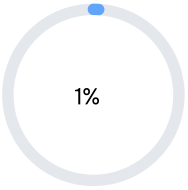




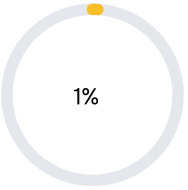
INDIA



UNITED STATES



SINGAPORE



UNITED KINGDOM

SENTIMENT ANALYSIS

Positive

Score **10 / 10**

Category: Education



SENTIMENT

The article announces Sunbeam World School's launch of the "Helping Dost" platform, a mental-health service aimed at students and the wider community. It highlights the school's commitment to wellbeing, detailing counselling, psycho-education and self-help resources. The tone is upbeat and supportive, emphasizing the positive impact of the initiative.

CAMPAIGN RATING

Fair

URL ANALYSED

10



62/100

CAMPAIGN SCORE

PERFORMANCE

62%

SCORE BREAKDOWN

SENTIMENT	SEO	AUTHORITY	TRAFFIC
10/10	17/20	18/20	3/20

SOURCE	COVERAGE	PLACEMENT
3/10	2/10	9/10

SEO Strength

SCORE 17/20

TARGET KEYWORD	USAGE
Helping Dost	24 Times

ASSESSMENT

Keyword usage is strong, with the exact phrase appearing in the title, H1, sub-headings and early in the copy, plus relevant LSI terms. The article is well-structured, featuring clear H2/H3 headings, short paragraphs and bullet lists, though it falls short of the 800-word threshold. Depth is excellent, covering multiple sub-topics, providing expert quotes, and maintaining a logical intro-body-conc...


thank
you