



Be a Pal or Get a Pal

#PalUpNow!



PalUpNow! Collaborates With Ohio University

PalUpNow! connects anxious people, who need assistance in flights and for life's essentials, with pals. See [founder's note](#).

PalUpNow! has partnered with [Dr. Purba Das](#) from Ohio University for an in-depth analysis of how PalUpNow! helps in:

- a. Building social capital
- b. Building and empowering communities, and
- c. Increasing community capacity.

This analysis was done by students at Ohio University in the Fall of 2021 in Dr. Purba Das' class. The original papers with student names are available [upon request](#).

Dr. Purba Das, Ohio University



Dr. Purba Das, Ohio University



Ohio University, USA

[Read The Analysis](#)

Other papers authored by students in Dr. Purba Das' class are:

1. [PalUpNow! Scores On All Four Dimensions Of A Community](#)
2. [PalUpNow! Helps Nervous People Ask For Help In Private](#)
3. [PalUpNow! Increases Community Capacity With Pals](#)
4. [PalUpNow! Builds](#)

Social
Capital
Across
The
Globe

5. PalUpNow!
Builds
Communities
Via
The
Internet

PalUpNow! thanks Ohio University and [Dr. Purba Das](#) for this analysis, and hopes to continue this partnership to help create a better world.

#PalUpNow! #MentalHealthMatters #AccessibilityMatters

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