

Appeal

Dear students, although it is needless to re iterate the importance of social distancing during this Novel Corona Virus Outbreak, considering the rate at which the pandemic is spreading, it is our earnest appeal to all of you to please stay indoor at least as long as the Government directives are in force. It is a crucial step to slow down the rate of transmission of Covid-19 & save lives of fellow citizens.

We understand that a lockdown position continuing for weeks together can be stressful and therefore, to help you overcome any stress or mental health issue that may emerge during the said period, the University is coming up with the Helpline nos.-8879506359 & 9773494369 where you can discuss your issues with our in-house psychologists Ms. Bharti Purswani & Ms. Ketoki Mazumdar. The facility would be available from 6pm to 7pm on daily basis.

We are exploring the possibility of arranging your interactive session with Dr. Shetty a leading Psychiatrist, through a video conferencing medium soon. In the mean while, you may visit the following web links provided by the Ministry of Health & Family Welfare, Govt. of India:

- 1) Practical tips to take care of your mental health during the stayin
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- 2) Minding our minds during the covid-19
<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- 3) Various Health Experts on How to manage Mental Health & Well Being during COVID-19 outbreak
<https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
- 4) Behavioural Health: Psycho-Social toll free helpline-0804611007

Please take care of yourself.

Dt.-7/04/2020



Registrar