



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337

Fax: 011-2323 8858

E-mail: secy.ugc@nic.in

F. No 1-1/2020(Secy)

5th April, 2020

Subject: Mental Health & Well-Being of Students during and after COVID-19 outbreak

Ref: D.O. No Secy(HE)/MHRD/2020 dated 4th April, 2020

Dear Madam/Sir,

The University Grants Commission has been issuing regular advisories requesting HEIs to take all possible preventive and precautionary measures to ensure the safety and security of students, whether on campus in hostels or outside, as we confront the COVID-19 outbreak. During the period of national lockdown, it is equally important to address any kind of mental health and psychosocial concerns of the student community during and after COVID-19.

Therefore, in order to reassure the student community to avoid any kind of stress or panic in the prevailing situation vis-a-vis their studies, health and related issues, Universities and Colleges are requested to take the following measures for the mental health, psychosocial aspects and well-being of the students:

1. Set up help lines for mental health, psychosocial concerns and well-being of students in Universities / Colleges. To be regularly monitored and managed by Counsellors and other identified faculty members.
2. Regular mentoring of students through interactions, and appeals/letters by the Universities/Colleges to remain calm and stress free. This can be achieved through telephones, e-mails, digital and social media platforms.
3. Form COVID-19 help groups of students, headed by hostel wardens / senior faculty who can identify friends/classmates in need of help and provide immediate necessary help.

4. Share the following video links of Ministry of Health & Family Welfare <https://www.mohfw.gov.in/> on your University/College website, and with students and faculty via e-mail, through social media like Facebook, WhatsApp and twitter etc.:

- Practical tips to take care of your Mental Health during the Stay In <https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- Minding our minds during the COVID-19 <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- 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>
- Behavioural Health: Pschy-Social toll free helpline - 0804611007

The implementation of the above measures may be regularly monitored and actions taken in this regard may be submitted on the University Activity Monitoring Portal of UGC at ugc.ac.in/uamp.

Stay Indoors. Stay Healthy. Stay Safe.

With kind regards,

Yours sincerely,



(Rajnish Jain)

To

The Vice Chancellors of all the Universities

The Principals of all the Colleges



ASSOCIATION OF REHABILITATION PROFESSIONALS AND PARENTS

(Registered Under Society Registration Act XXI of 1860)

ARPP wishes for good health to all

"Seeking help for Mental health is probably the bravest thing to do".

To fight the challenges of COVID 19, as mental health practitioners, we have joined hands to provide help to anyone who is going through any distress and needs safe space to share. Following is the list of experienced counsellors/psychologists. Kindly adhere to the given time slots. This service is available from 26th March till 15 April, 2020

Monday/Wednesday /Friday	Time Slot	Tuesday/Thursday /Saturday	Time Slot
7011048307	11 to 12 pm	7755839294	11 to 2 pm
9818127670	12 to 1 pm	9650063772	11 to 12 pm
9599795714	12 to 1 pm	9999164283	12 to 1 pm
9999669768	1 to 2 pm	9868096275	12 to 1 pm
9910173330	2 to 3 pm	9555782523	1 to 2 pm
9581978311	3 to 6 pm	9810710047	2 to 3 pm
9997867008	3 to 4 pm	9711076846	3 to 4 pm
9899526656	3 to 5 pm	9999982502	3 to 4 pm
9212718810	4 to 5 pm	9891150393	3 to 4 pm
9717440770	4 to 6 pm	9999499682	3 to 5 pm
8800712651	4 to 5 pm	9899622776	4 to 5 pm
9999343418	4 to 5 pm	9811195335	4 to 5 pm
9999927245	4 to 5 pm	9911304966	5 to 6 pm
9560820685	5 to 6 pm	9650746222	5 to 6 pm
9654225332	5 to 6 pm	8447354083	5 to 6 pm
9999962585	5 to 7 pm	9999448826	6 to 7 pm
Sunday(11-1pm)	9212718810	9999669768	9811195335

**This is volunteer and free service.
For other support can contact:
8178032310**

STAY HOME

When you can't go OUTSIDE, go INSIDE.



Don't let your mental health suffer
in times of crisis!

Explore your own hobbies, interests and passion.

We are here for you!
Speak to us!

Drop in your concerns
and queries at: team.adhyayan123@gmail.com
Adhyayan Inclusive Learning Centre