

SHREE AGRASEN MAHAVIDYALAYA

Dalkhola, Uttar Dinajpur

Sub: Mental Health and Well-Being of Students during and after COVID 19 outbreak
[Vide UGC letter No. 1-1/2020(Secy.) dated 05.04.2020]

Dear Students,

In the event of COVID 19 outbreak, we are going through a tough time due to national lock down. You must remember and maintain the following dos and dont's to fight against COVID 19 outbreak:

- Use mask
- Wash your hands with soap frequently
- Don't touch your mouth, nose, ear and eyes
- Practice respiratory hygiene
- Avoid crowd
- Stay at home
- Maintain social distancing
- If you have fever, cough and difficulty in breathing, seek medical care early
- Stay informed and follow advice given by your healthcare provider
- Download "Aarogya Setu" App to fight against COVID 19

Further, we have taken the following measures to address any kind of mental health and psychological concerns of the students during and after COVID 19 outbreak:

- Help line numbers and mail ID to report any kind of disorder in mental health and psychological concerns of the students –
 - ✓ **Principal (Mobile No. with WhatsApp) - 7001104058**
 - ✓ **NSS Coordinator (Mobile No. with WhatsApp) – 8250233201**
 - ✓ **IQAC Coordinator (Mobile No. with WhatsApp) – 9635415898**
 - ✓ **E-mail ID – shreeagrasenmahavidyalaya@gmail.com**
- The following video links of Ministry of Health & Family Welfare (<https://www.mohfw.gov.in>) will be helpful for you to get rid of mental stress in this lock down period
 - ✓ 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 and Well-Being during COVID 19 outbreak <https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
 - ✓ Behavioural Health: Pschy-social toll free helpline – 0804611007

STAY INDOORS, STAY HEALTHY, STAY SAFE

Place: Dalkhola
Date: 09.04.2020

With thanks
Dr. Jayeeta Basu
Principal
Shree Agrasen Mahavidyalaya