

Dear Students,

The college is issuing regular advisories to take all possible preventive and precautionary measures to ensure the safety and security of students, as we confront the COVID-19 outbreak.

Therefore, to reassure the student community to avoid any kind of stress or panic in the prevailing situation vis-à-vis their studies, mental health, psychosocial aspects, and well-being of the students, the following measures should be followed.

Ministry of Health & Family Welfare

<https://www.mohfw.gov.in/>

Practical tips to take care of your Mental Health during the Stay in

<https://www.youtube.com/watch?v=uHB3WJsLJ8s>

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>

Behavioural Health: Psycho-Social Toll-free helpline - 0804611007

Be in touch with your class sponsors for further information.

Sd/-

Principal