

ACTIVITY	PERIOD	RESPONSIBILITY
1. HIGHLIGHTING HELPLINE NUMBERS ON THE UNIVERSITY PAGE	BY APRIL 9, 2020	WEBSITE IN CHARGE
<p>2. SMS/ WHATSAPP MESSAGES:</p> <p>DEAR STUDENT, WE HOPE YOU ARE WELL IN YOUR HOME AND FOLLOWING THE SOCIAL DISTANCING PRINCIPLES NEEDED TO FIGHT WITH COVID-19. WE ASSURE YOU THAT THERE IS NOTHING TO WORRY IF YOU ARE PRACTISING SAFETY MEASURES AS GIVEN BY GOI. TRY TO STRENGTHEN YOUR IMMUNE SYSTEM.</p> <p>APART FROM A STRONG IMMUNE SYSTEM, YOU WOULD ALSO NEED A STRONG AND HEALTHY MIND. STAY CALM AND ALSO KEEP YOUR ELDERS STRESS FREE.</p> <p>WE ARE ALWAYS THERE WITH YOU. FEEL FREE TO TALK WITH US IN THE GIVEN HELPLINE NUMBERS, IF YOU FEEL LIKE.</p> <p>IN CASE OF ANY QUERY OR DOUBTS, VISIT THE HOME PAGE OF MINISTRY OF HEALTH & FAMILY AFFAIRS https://www.mohfw.gov.in/ AS WELL AS THE FOLLOWING LINKS FOR SUGGESTED WAYS TO TAKE CARE OF YOUR HEALTH & MIND.</p> <p>1. Minding our minds during the COVID: https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf</p> <p>2. Video on Practical tips to take care of your Mental Health during the Stay In: https://youtu.be/uHB3WJsLJ8s</p> <p>3. Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak : https://youtu.be/iuKhtSehp24</p> <p>4. Behavioural Health : Psycho-Social toll free helpline-08046110007</p> <p>TOGETHER, WE SHALL OVERCOME IT SOON. STAY SAFE, STAY HAPPY.</p> <p>PSYCHOLOGICAL COUNSELLING CELL, GGV</p>	BY APRIL 12, 2020	HEADS/ TEACHER COORDINATORS / HOSTEL IN- CHARGES
3. SHALL BE DONE AS SOON AS THE STUDENTS REJOIN THE HOSTELS		

<p>4. UPLOADING OF THE FOLLOWING LINKS TO THE UNIVERSITY WEBSITE OF THE MINISTRY OF HEALTH & FAMILY AFFAIRS (https://www.mohfw.gov.in/)</p> <p>1. Minding our minds during the COVID: https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf</p> <p>2. Video on Practical tips to take care of your Mental Health during the Stay In: https://youtu.be/uHB3WJsLJ8s</p> <p>3. Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak : https://youtu.be/iuKhtSehp24</p> <p>4. Behavioural Health : Psycho-Social toll free helpline-08046110007</p>	<p>BY APRIL 9, 2020</p>	<p>WEBSITE IN CHARGE</p>
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