

## Steps for Mental Health and Well Being of Students during and after COVID -19 outbreak

- 1 Activity Plan Attached by the cell.
- 2 Helpline number is given in University website separately in **blinking way** Co-ordinator Prof. Pratibha J Mishra 7869422622 (24x7), may be contacted through whatsapp or telephonically.  
(All heads are informed to students of their Department)
- 3 Awareness material attached as well as uploaded in University website and facebook page for wider circulation also informed to Heads.( Dear All,Greetings  
We are passing through a critical phase of pandemic COVID-19.We have created a space on our website and facebook putting relevant material.Kindly circulate widely this information to all students)
- 4 All heads /Deans are ask students to download Arroyagya App from the website of Ayush .
5. All Students are advised to practice 20-30 minutes yoga and Meditation regularly.
- 6 After reopening Regular sessions and motivational talks will organise in Hostels (BOYS/GIRLS) separately with strict observations of all guidelines / Advisory issued by GOI time to time.
- 7 A study is proposed by the cell to get a feedback on the issue entitled "A PSYCHOLOGICAL WELL BEING OF STUDENTCOMMUNITY OF CORONA -19 IN GGV: AN EMPERICAL STUDY.
8. Administrative wardens of all girls and boys Hostels will work with the collaboration of the cell and keeping in watch /eye view that all are following the Advisory issued by GOI/ University from time to time.

Prof. Pratibha J Mishra.

Coordinator counselling cell