

MOTILAL NEHRU COLLEGE (EVENING)

(UNIVERSITY OF DELHI)

Dated: - 06-04-2020

NOTICE

In order to reassure the student community to avoid any kind of stress or panic in the prevailing situation due to Coronavirus (Covid-19) vis-à-vis their study, health and related issues, the following measures have been taken for the mental health, psycho social aspects and well being of the students:-

1. In case of any health related issues, the students can ask/consult Dr. (Mrs.) Aneet Wadhwa, Medical Officer of the college. Her e-mail address is aneetwadhwa@gmail.com.
2. The students can contact the following members of the Stress Management Committee & College Counselling Committee:-

Stress Management Committee Members

1. Dr. Sushma Gupta [Convenor -9818216632]
2. Dr. (Mrs.) Prem Lata Sharma [Member- 9650223449]
3. Dr. Uma Chaudhary [Member-9990226331]
4. Dr. Vidya Shankar Singh [Member- 9891576939]
5. Mrs. Poonam Khanna [Member- 9811231842]
6. Mrs. Renu Govila [Member- 9891545002]
7. Ms. Alka [Member- 8130633352]

College Counselling Committee Members

1. Dr. Sushma Gupta [Convenor -9818216632]
2. Dr. Uma Chaudhary [Member-9990226331]
3. Mrs. Poonam Khanna [Member- 9811231842]
4. Mrs. Renu Govila [Member- 9891545002]

3. As all the teachers are in contact with the students regularly, the teachers are also requested to ask/advise the students to remain calm and stress free during this situation.

4. The following links of Ministry of Health & Family Welfare have been given for the students.

- Practical tips to take care of your Mental Health during he 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/MindingourmindsduringCoronaedit.dat.pdf>
- Various Health Experts on how to mange Mental health & Well Being during COVID-19 outbreak <https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
- Behavioral Health: Pschyo-Social toll free helpine-0804611007

Vichitra

(Dr. Vichitra)
Oftg. Principal

Copy to:-

1. College Website.
2. All the teachers