



Dated: April 6, 2020

NOTIFICATION

With reference to the University Grants Commission's letter No. F. No. 1-1/2020 (Secy) dated April 05th, 2020 on the subject of the Mental Health & Well-Being of Students during and after COVID-19 outbreak vide reference of D.O. No. Secy (HE)/MHRD/2020 dated 4th April, 2020, the University of Allahabad constitutes a HELPLINE for mental health, psychosocial concerns and well-being of students in the University with immediate effect.

The HELPLINE comprises of the following members:

Sr.No.	Faculty Name	Designation	Contact no.
1	Prof. K. P. Singh	DSW and In-Charge of the Helpline	9415309681
2	Prof. R. K. Upadhyay	Proctor, UoA	8957829816
3	Dr. S. K. Agrawal	CMO, University Health Centre	9839154911
4	Dr. Sadhana Pandey	Medical Officer, University Health Centre	8957523891
5	Prof. Neena Kohli	Head, Dept. of Psychology, UoA	7458877970
6	Prof. Komila Thapa	Dept. of Psychology, UoA	9415237476
7	Prof. Bhoomika Kar	Head, CBCS, UoA	9935974823
8	Prof. Shabnam Hamid	Senior Warden, Women Hostel Campus	9839055704
9	Prof. Archana Chahal	Head, Dept. of Physical Education, UoA	9453040047
10	Dr. Rajeev Giri	Superintendent, Tara Chand Hostel	9721563631
11	Shri Sudhir Pandey	DSW Office for secretarial assistance	9369142943
12	Prof. N. K. Shukla	Registrar, UoA & Liaisoning Officer with the District Administration	9415214363

This Helpline is dedicated to reassure the student community to avoid any kind of stress or panic in the prevailing situation vis-à-vis their studies, health and related issues and to take all precautionary measures to ensure the safety and security of students on the campus and in the hostels.

Further, this Helpline will regularly monitor the students through interaction over phones / emails, digital and social media platforms and facilitate formation of the COVID-19 Help Groups of students, headed by Hostel wardens/ Senior faculty members so as to provide immediate necessary help.

The Helpline would also facilitate sharing of the following videos links on the University Website:

1. Ministry of Health & Family Welfare <http://www.mohfw.gov.in> on the University Website
2. Practical tips to take care of Mental Health during the stay in <http://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
3. Minding our minds during the COVID-19- <http://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
4. Various health experts on how to manage Mental health & Well-Being during COVID-19 outbreak on <http://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
5. Behavioral Health: Pschy-Social Toll Free Helpline: 0804611007

This is notified with the approval of the Competent authority.

Please stay safe and follow all instructions of the Government during the Lockdown.

NK
6/4/2020
(Prof. N. K. Shukla)
Registrar

Copy to for further action and information:

1. All concerned persons of the Helpline
2. All Deans of all Faculties / All Directors of all Institutes / All Heads of all Departments of the University / All Coordinators of all Centres of the University
3. Proctor, University of Allahabad
4. DSW, University of Allahabad with a request to circulate to all hostel wardens / superintendents of the University of Allahabad
5. Chairman, ICT Cell, University of Allahabad with a request to immediately upload this notification on the University Website and link it with the UGC University Activity Monitoring Portal at ugc.ac.in/uamp
6. Dean, CD with a request to immediately constitute Helpline in the all Constituent Colleges of the University of Allahabad
7. PRO, University of Allahabad
8. SVC, University of Allahabad for kind information to Hon'ble vice Chancellor

NK
6/4/2020
(Prof. N. K. Shukla)
Registrar



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

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F. No 1-1/2020(Secy)

5th April, 2020

Subject: Mental Health & Well-Being of Students during and after COVID-19 outbreak

Ref : D.O. No Secy(HE)/MHRD/2020 dated 4th April, 2020

Dear Madam/Sir,

The University Grants Commission has been issuing regular advisories requesting HEIs to take all possible preventive and precautionary measures to ensure the safety and security of students, whether on campus in hostels or outside, as we confront the COVID-19 outbreak. During the period of national lockdown, it is equally important to address any kind of mental health and psychosocial concerns of the student community during and after COVID-19.

Therefore, in order to reassure the student community to avoid any kind of stress or panic in the prevailing situation vis-a-vis their studies, health and related issues, Universities and Colleges are requested to take the following measures for the mental health, psychosocial aspects and well-being of the students:

1. Set up help lines for mental health, psychosocial concerns and well-being of students in Universities / Colleges. To be regularly monitored and managed by Counsellors and other identified faculty members.
2. Regular mentoring of students through interactions, and appeals/letters by the Universities/Colleges to remain calm and stress free. This can be achieved through telephones, e-mails, digital and social media platforms.
3. Form COVID-19 help groups of students, headed by hostel wardens / senior faculty who can identify friends/classmates in need of help and provide immediate necessary help.

4. Share the following video links of Ministry of Health & Family Welfare <https://www.mohfw.gov.in/> on your University/College website, and with students and faculty via e-mail, through social media like Facebook, WhatsApp and twitter etc.:

- 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 & Well Being during COVID-19 outbreak <https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
- Behavioural Health: Pschy-Social toll free helpline - 0804611007

The implementation of the above measures may be regularly monitored and actions taken in this regard may be submitted on the University Activity Monitoring Portal of UGC at ugc.ac.in/uamp.

Stay Indoors. Stay Healthy. Stay Safe.

With kind regards,

Yours sincerely,



(Rajnish Jain)

To

The Vice Chancellors of all the Universities

The Principals of all the Colleges