

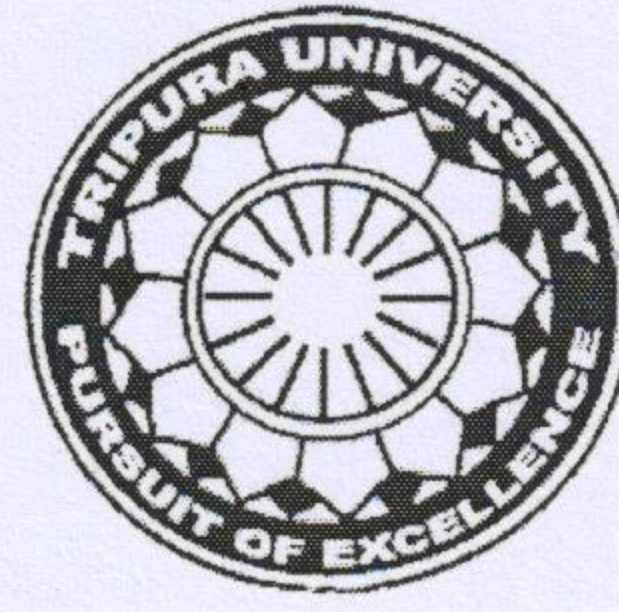
त्रिपुरा विश्वविद्यालय

TRIPURA UNIVERSITY

(केन्द्रीय विश्वविद्यालय / A Central University)

सूर्यमणिनगर, अगरतला / Suryamaninagar, Agartala

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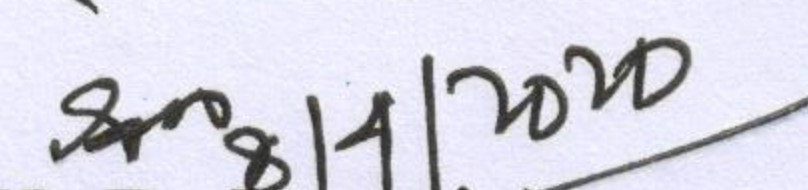
Date: 08/04/2020

NOTIFICATION

This is notified for information of all concerned that a committee has been constituted with the following members to take all possible preventive and precautionary measures to ensure the safety and security of students of Tripura University within campus - in hostels or outside during and after COVID-19:

- | | |
|--|------------|
| 1. Prof. Nutankumar S. Thingujam, Professor & HOD, Deptt. of Psychology- | Chairman |
| 2. Dr. Rajesh Ganesan, Asstt. Professor, Deptt. of Psychology | - Member |
| 3. Dr. Anjana Bhattacharjee, Asstt. Professor, Deptt. of Psychology | - Member |
| 4. Dr. Debarshi Mukherjee, Superintendent, R.S. Hostel (Gents) | - Member |
| 5. Smt. Sindhu Poudyal, Superintendent, P.G. & R.S. Hostel (Women's) | - Member |
| 6. Sri Pranesh Debnath, Asstt. Superintendent, P.G. Hostel (Gents) | - Member |
| 7. Dr. Sabyasachi Dasgupta, Dean of Students Welfare | - Convener |

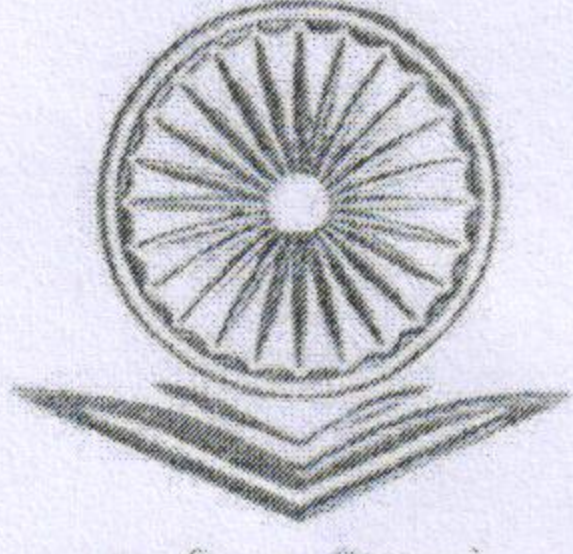
This is issued with the approval of the competent authority.


(Dr. K. B. Jamatia)
Registrar (I/C)

To
All members.....

Copy to:

1. The Dean, Faculty of Arts & Commerce, T.U.
2. The Dean, Faculty of Science, T.U.
3. The Dean of Students' Welfare, T.U.
4. The Head/Head (i/c), Department of _____, T.U. with a request to circulate the Notification among the faculty members/students.
5. Sri Suman Das, Sr. Technical Assistant, T.U. for uploading the Notification in T.U. website.
6. P.S. to the Vice-Chancellor, T.U. for kind information of Hon'ble Vice-Chancellor.



प्रान-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)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002
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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.:

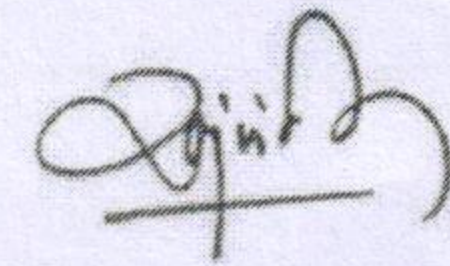
- Practical tips to take care of your Mental Health during the Stay In <https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- Minding our minds during the COVID-19 <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- Various Health Experts on how to manage Mental health & 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