



MAHATMA GANDHI CENTRAL UNIVERSITY, BIHAR

[A Central University established by an Act of Parliament]

Dr Ambedkar Administrative Building, Motihari, District – East Champaran, Bihar

Email: osdadmin@mgcub.ac.in

F. No.: 2-1/MGCUB/GA/2016/4717

Dated: 6th April 2020

OFFICE ORDER

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

1. Pursuant to letter No.F.1-1/2020(Secy) dated 5th April 2020 [ANNEXURE - 1] of Secretary, University Grants Commission, New Delhi, the Competent Authority has been pleased to constitute a Committee comprising following members to facilitate and address any kind of mental health, psychosocial aspects and well-being of the students during and after COVID-19:

- | | | | |
|-------|--|-------|---------------------------------|
| i. | Prof. Anand Prakash , Dean Students Welfare
Email: anandprakash@mgcub.ac.in Mobile: 9628282357 | | Chairman |
| ii. | Dr Brijesh Pandey , Proctor
Email: brijeshpandey@mgcub.ac.in Mobile: 9415762707 | | Member |
| iii. | Prof. Rafique Ul Islam , Proctor
Email: rafique@mgcub.ac.in Email: 9006476761 | | Member |
| iv. | Dr Atul Bhargava , Associate Dean Students Welfare
Email: atulbhargava@mgcub.ac.in Mobile: 7388325759 | | Member |
| v. | Dr Narendra Kumar Arya , Associate Dean Students Welfare
Email: narendrakumararya@mgcub.ac.in Mobile: 8757129019 | | Member |
| vi. | Dr Vipin Kumar , Associate Dean Students Welfare
Email: vipinkumar@mgcub.ac.in Mobile: 9313485512 | | Member |
| vii. | Dr Alka Lalhalla , Associate Dean Students Welfare
Email: alkalalhalla@mgcub.ac.in Mobile: 9805111571 | | Member |
| viii. | Dr Preeti Bajpai , Senior Warden, Girls Hostel
Email: preetibajpai@mgcub.ac.in Mobile: 8887610502 | | Member |
| ix. | Dr Jwala Prasad , Deputy Registrar (Academics)
Email: jwalaprasad@mgcub.ac.in Mobile: 8010402626 | | Member-cum-
Convenor |

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Contd. from pre-page:

2. In order 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, the Committee as mentioned at Para 1 on pre-page shall take/implement all necessary measures as mentioned in the UGC letter dated 5th April 2020 [ANNEXURE - 1] for the mental health, psychosocial aspects and well-being of the students.
3. The students are encouraged to seek support when in need by contacting any of the members of the Committee as mentioned on pre-page.
4. The Chairman and Convenor of the aforesaid Committee shall also ensure proper regular monitoring of the measures as mentioned in the aforesaid UGC letter dated 5th April 2020, and submit action taken report thereof on the University Activity Monitoring Portal of UGC at ugc.ac.in/uamp.
5. This is issued with the approval of the Competent Authority.



[DR PADMAKAR MISHRA]

OSD (Administration)
MAHATMA GANDHI CENTRAL UNIVERSITY
Camp Office, Near GP Thana
Raghenathpur, Motihari - 845 401
District - East Champaran, Bihar (INDIA)

Encl: As stated above

Copy of the above forwarded to following for information and necessary action:

1. The Joint Secretary (CU), MHRD, Department of Higher Education, New Delhi
2. The Joint Secretary (CU), UGC, New Delhi
3. The District Magistrate at Motihari, District - East Champaran, Bihar
4. Notice Board / University Website - for information of all concerned
5. The OSD (Finance)/CoE/Campus Directors/Deans/DSW/Heads/Deputy Registrars/Proctor/Provost, MGCU
6. Warden, Girl's Hostel
7. System Analyst - *with the request to upload the same on University Website.*
8. Public Relations Officer, MGCU
9. PS to the Vice-Chancellor - *for kind information of the Hon'ble Vice-Chancellor please.*
10. Guard File



[DINESH HOODA]

Section Officer

MAHATMA GANDHI CENTRAL UNIVERSITY
Camp Office, Near GP Thana
Raghenathpur, Motihari - 845 401
District - East Champaran, Bihar (INDIA)



प्रान-वितान 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 जफ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph : 011-23236288/23239337

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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