

ADVISORY To All Stakeholders

The Lockdown Due to COVID-19 - Mental Well-Being of Students

In the present times lockdown, isolation, social distancing or quarantine – are words that are increasingly familiar to the students today. These are difficult times for everyone, when staying away from other people is the most helpful yet sometimes the most challenging course of action. During the period of National lockdown, it is important to address the mental health and psychosocial concerns of the students.

Towards this end the Teacher Education Institutions (TEIs) are encouraged to actively engage with their students for ensuring their mental well-being. Thus in addition to any digital or distance learning academic engagement with the community of students, some faculty members may be identified to operate a helpline through which their students can reach out for counseling or any stress related issue.

To get help on concerns related to mental health in the present circumstances one can call (toll free) NIMHANS: **08046110007**
