

Students Welfare Related Activities in view of situation caused by Covid-19

Physical Health:

- To ensure safe travel back to home, all students were instructed to vacate the hostels by 21 March 2020, well before Lockdown.
- **Sanitizing Common areas:** Dining area both mess and canteen, Lifts, students get together areas - TV room, student activity centre, corridors, Hostel zone, guest house, sports area, faculty housing common area, Academic zone, supermarket area, hospital were cleaned and sanitized on a daily basis using Housing Keeping staff before the Lockdown. After Lockdown, as all the students have vacated the hostel, the academic zone, hospital, faculty housing zone, supermarket are periodically cleaned and sanitised.
- All the occupants of the institution are instructed to use masks.
- All the common facilities like Dining, canteen, Guest House, sports facility, swimming pool remain closed during the lockdown.
- Identified some vacant rooms (around 30) in the hostel zone as the isolation/quarantine place for emergency situations.
- To ensure Physical distancing, all faculty and staff have been instructed to work from home.
- In common areas like super market, token system is introduced and at any point of time only 5 people are permitted to ensure social distancing.
- Resuming evening Yoga sessions by PhD Student – Ms. Sandhya using online tools for the entire student community.
- EBSB club is planning to have online activities to the student like poetry, documentary, painting, photography.
- NSS has conducted online event on Poster making, essay writing, slogan writing on topics like Stay Home Stay Safe, COVID-19 Impact and Responses on 12 April 2020, i.e., during Lockdown period.

Mental Health:

- Mental Health Well Being Committee: **Sunshine** – constituting of Dean Students, 1 Faculty In-charge, 3 trained Counsellors, 1 Faculty representative from every department and 3 to 4 student mentors is functional.
- Contact numbers of all the respective team members have been shared in the Sunshine official website.
- 24x7 On-line Modes through Telecounselling, Video call sessions, Mail sessions, Chat sessions and building rapport through self-help mails are being practiced.
- Trainings were provided by Sunshine Counsellors on tackling various mental health issues to student mentors and being constantly in touch with them to know student community issues and resolving their mental health doubts.
- One of the counsellors is being trained online and certified by American Psychiatric Association on Telecounselling to handle Covid-19 Mental health courses.
- Counsellors are in touch and are following up with the students who are easily prone to anxiety and stress, have family issues and other academic issues. Counsellors have sent self-help mails and write ups on mental health and working on Self Screening Assessment to know anxiety by oneself and to take care of it during lockdown.
- As lockdown may affect the daily routine of students, leading to stress, irregular sleeping patterns or inability to carry out routine daily activities. Counsellors are planning to provide psychoeducation, health care action process mental health approach, Cognitive Behaviour Therapy to get back to their healthy behaviour and routines and will be taking group sessions regularly on mental health issues.
- Institute has shared mental health helpline provided by Aarogya Seva foundation to all the students and Counsellors are sharing self-help techniques and mental health related measures during quarantine time through mails, WhatsApp, social media accounts, etc.