

CHAPRA BANGALJHI MAHAVIDYALAYA

P.O. : BANGALJHI, DIST.-NADIA, PIN - 741123

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From - President / Principal

Memo No.....

Date..... 07/04/2020

NOTICE

With reference to the Memo No. F. No 1-1/2020(Secy), 5th April, 2020 issued by UGC regarding Mental Health & Well-Being of Students during and after COVID-19 outbreak the students of Chapra Bangalji Mahavidyalaya, Bangalji, Nadia are informed that to avoid any kind of stress or panic in the prevailing situation (COVID-19 outbreak) vis-à-vis their studies, health and related issues the college has taken the following measures for redressing the mental health, psychological aspects and well being of the students.

The students are asked to contact with the following personnel:

- | | | | |
|--------------------------|------------|--------------------------|------------|
| 1. GARGI SENGUPTA - | 7797598879 | 2. KAJAL GANGULI - | 9432959433 |
| 3. SURAVI BISWAS - | 9800794784 | 4. SHAKTI DUTRAJ - | 9679966292 |
| 5. BASUDEB GHOSH - | 9153049591 | 6. MOSLEM UDDIN MOLLAH - | 9153168028 |
| 7. AMAL KUMAR MONDAL - | 7001214364 | 8. AZAD ALI SHAIKH - | 9732928276 |
| 9. SAHANA KHATUN - | 9635562882 | 10. OINDRILA BISWAS - | 8900624740 |
| 11. INDRANI BISWAS - | 9476268548 | 12. JAHANDAR SHAIKH - | 9732972664 |
| 13. HOQUE SAHEB BISWAS - | 9153021919 | | |

Also the students are asked to follow the links along with the college website:

1. Ministry of Health & Family Welfare -- <https://www.mohfw.gov.in/>
2. Practical tips to take care of your Mental Health during the Stay In
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=voutu.be>
3. Minding our minds during the COVID-19
<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
4. 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>
5. Behavioural Health: Pschy-Social toll free helpline - 0804611007

Niranjana Gupta
Principal
Chapra Bangalji Mahavidyalaya
CHAPRA BANGALJHI MAHAVIDYALAYA
Chapra, Nadia.