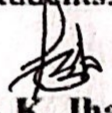


NOTIFICATION

As per directives of the MHRD/UGC, the Hon'ble Vice Chancellor is pleased to constitute a committee with the following members to facilitate and monitor the mental health and well being of the students during and after the lock down period of COVID – 19.

- | | | |
|--|---|-------------------------|
| 1. Prof. Manju Pandey
Head, Deptt. of Psychology | - | Nodal Officer |
| 2. Prof. Mohan Singh Panwar
Chief Hostel warden | - | Assistant Nodal Officer |
| 3. Dr. Chintaharan Betal
Deptt. of Naturopathy & Yoga | - | Member |
| 4. Dr. Hiralal Yadav
Deptt. of Physical Education | - | Member |
| 5. Dr. Rajni Nautiyal
Deptt. of Naturopathy & Yoga | - | Member |
| 6. Dr. Rajesh Bhatt
Deptt. of Psychology | - | Member |

The committee will also work as a task force for COVID – 19 for the students.


Dr. (A.K. Jha)
Registrar


H.N.B. GARHWAL UNIVERSITY, SRINAGAR (GARHWAL) UTTARAKHAND
(A Central University)

Ref. No.: HNBGU/RO/2020/30

Dated : 07 / 04 /2020

Copy for information and necessary action to:-

1. All above concerned.
2. All Deans/HODs, HNBGU
3. Campus Directors (Tehri/Pauri)/Director, IQAC/FDC
4. DSW/Proctor/Librarian/Finance Officer/Controller of Examination
5. Joint Registrar/All Deputy Registrar/Assistant Registrar
6. System Manager for uploading in the University website
7. PS to VC – for kind information of Hon'ble Vice Chancellor
8. Guard File


Dr. (A.K. Jha)
Registrar

STATUS OF ACTION TAKEN BY THE H.N.B. Garhwal University ON MENTAL HEALTH STATUS

Sl :. N o	Name of CU	Name of the Incharge with his contact details to monitor and maintain good Mental health of students and faculty in the CUs	Facilities set up to monitor and maintain good mental health of students/ Faculties	Steps taken to create awareness among students/ Faculties about facility	Number of students/ Faculties benefited from this facility	Any issue
			<p>1. Counselling Teams : have been constituted with the faculty members from Psychology ,Yoga, Physical Education departments and Wardens to cater to mental health and well-being of all students and teaching and non teaching staff. The names and numbers of team members have been communicated on University</p>	<p>A. Hostel Resident's care: 1. All wardens including Chief warden keep in touch with the residents almost every day. 2. Some time Wardens also talk to parents and ensure that their wards are safe and healthy. 3. Through videoconference also wardens take a stock of their health issues.</p>		<p>The network related issues are obstacles in providing online support. The poor connectivity and poor phone signals are major issues in giving online or on call support. The work is going on increasing the</p>

<p>HNB Garhwal University</p>	<p>Prof. Mohan Singh Panwar (Chef Hostel warden) with Warden team (17) mohanpanwar310@yahoo.in</p> <p>Prof. Manju Pandey (Head Psychology) 9410127589 manjukpppsychology@gmail.com</p> <p>Dr. Rajesh Bhatt Rajesh23_bhatt@yahoo.com 7417468880</p> <p>Dr. Chintaharan Betal (Yoga) drbetal@rediffmail.com 8006687334</p> <p>Dr. Rajni Nautiyal (Yoga) 9760296588</p> <p>Dr. Hiralal Yadav (B.P.Ed) Hiralal08@gmail.com 8171384451</p>	<p>whatsapp group and facebook group. The services of the team are available round the clock to assist students and staff of the university.</p> <p>2. Hostel students' care:</p> <ol style="list-style-type: none"> 1.Mess facilities available in every hostel. 2.Most of the warden's residences are inside Hostel premises and they are regularly interacting with students. 3. Formation of Whatsapp groups by wardens and counselling services is taken up for hostel residents every day. 5. Indoor sports like Carom boards are also available in the hostels. 6. Hostels have T.V. facility 7. University Authorities distribute Sanitizers among the residents. 8. Cleaning facilities are also available in each hostel. 9.Internet facilities are available in the hostels. 10. All the hostel are in touch with wardens for their any health issues. <p>2. The support from NCC and NSS is also being taken for this purpose.</p> <p>3. Medical Care available: University medical staff is available round the clock for students and faculty.</p>	<p>B. Psychology Department's Counselling service: by phone for students for reducing stress and anxiety and mental well being is available from 10 AM to 5 PM. However round the clock counselling help is also available on call and the phone numbers have been displayed through all the mediums including local newspapers.</p> <p>C. Yoga and Physical Education Department's Initiatives: Yoga department has also taken steps to provide measures for mental well being by demonstrating Yoga postures and uploading videos through social media. Dr Chinta Haran Betal, Dr. Rajni Nautiyal and Dr Vinod Nautiyal from Yoga department and Dr Rajesh Bhatt of psychology department are taking care of these aspects.</p> <p>D. Direct interaction by individual deptt: The students are being approached by every department for their mental health issues.</p> <p>E. Dissemination of facilities through social and print media: information about these facilities is being disseminated by various social media platform and whatsapp group of students and faculty. The related news is also being published in print media.</p>	<p>50</p>	<p>reach of these initiatives.</p>
-------------------------------	---	--	--	-----------	------------------------------------