



महाराष्ट्र शासन  
शिक्षण संचालनालय, (उच्च शिक्षण) महाराष्ट्र राज्य,  
मध्यवर्ती इमारत, पुणे ४११ ००१

web:www.dhepune.gov.in.

E-Mail prash.dhepune@gov.in

फोन नं.०२०/२६१२२११९, २६०५१५१२/२६१३०६२७/२६१२४६३९

फॅक्स नं.०२०/२६१११५३

क्र.उशिसं/कोरोना/मवि-१/२०२० / 4088

दिनांक ०६/०४/२०२०.

प्रति,

- 6 APR 2020

१. मा.कुलगुरु,  
सर्व अकृषि/अभिमत/स्वयं अर्थसहाय्यित विद्यापीठे.
२. सर्व विभागीय सहसंचालक, उच्च शिक्षण, महाराष्ट्र राज्य.

**विषय : कोविड-१९ च्या उद्रेक दरम्यान आणि नंतर विद्यार्थ्यांच्या मानसिक आरोग्य आणि कल्याणाबाबत.**

संदर्भ : विश्वविद्यालय अनुदान आयोग, नवी दिल्ली यांचेकडील क्र.F.No १-१/२०२० (Secy), दि.०५/०४/२०२०.

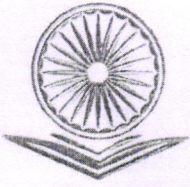
विश्वविद्यालय अनुदान आयोग, नवी दिल्ली यांचे संदर्भीय पत्राची छायांकित प्रत सोबत जोडली आहे. तरी सदर पत्रामध्ये दिलेल्या सूचनांच्या अनुषंगाने आवश्यक ती कार्यवाही करण्यात यावी.

तसेच सर्व विभागीय सहसंचालक यांनी सदर पत्रामध्ये दिलेल्या सूचनांच्या अनुषंगाने सर्व अकृषि/अभिमत/स्वयं अर्थसहाय्यित विद्यापीठे तसेच शासकीय/अशासकीय अनुदानित/विनाअनुदानित/कायमविनाअनुदानित/मॉडेल डिग्री महाविद्यालये/वसतिगृहे व परिसंस्था यांना सूचना देण्यात याव्यात व त्याबाबत अनुपालन अहवाल संचालनालयास सादर करण्यात यावा.

(डॉ. धनराज माने)

शिक्षण संचालक, उच्च शिक्षण,  
महाराष्ट्र राज्य, पुणे-०१.

प्रत : मा.सचिव, उच्च व तंत्रशिक्षण विभाग, मंत्रालय विस्तार भवन, मुंबई-३२ यांना माहितीस्तव सादर.



ज्ञान-विज्ञान 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 जफर मार्ग, नई दिल्ली-110002  
Bahadur Shah Zafar Marg, New Delhi-110002

Ph : 011-23236288/23239337

Fax : 011-2323 8858

E-mail : secy.ugc@nic.in

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.:

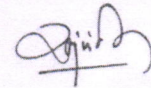
- Practical tips to take care of your Mental Health during the Stay In <https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- Minding our minds during the COVID-19 <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak <https://www.youtube.com/watch?v=iuKhtSchp24&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](http://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