



18 Apr 2020

Jaypee Institute of Information Technology, NOIDA

Mental Health & Well-Being of Students during and after COVID-19

As we confront the COVID-19 pandemic, advisories have been issued to take all possible preventive and precautionary measures to ensure the safety and security of students. During this period of lock-down, JIIT has taken the under-mentioned measures to address the academic, health, well-being and psychosocial concerns of its student community.

1. **Counselors.** JIIT has nominated the following:-

- a) **Medical.**
 - i) Mrs Jyotsana Mittal, Psychology Counselor (Mob 9717009272)
 - ii) Surg Capt Mohan Malse, VSM (retd), Physician
 - iii) Dr Sharmila Siwach, Gynecologist

- b) **Academic.**
 - i) Prof Renu Luthra, Vice Provost JBS
 - ii) Prof SC Katyal, HoD PMSE
 - iii) Prof Alka Sarma, HoD HSS
 - iv) Prof Alka Tripathi, HoD Maths
 - v) Prof Pammi Gauba, HoD BT
 - vi) Prof Shweta Srivastava, HoD ECE
 - vii) Prof Vikas Saxena, HoD CSE & IT
 - viii) Associate Prof Vikram Karwal, Coord ECE Dept
 - ix) Associate Prof Charu, Coord CSE & IT Dept

2. **COVID-19 Help Groups.** The Group will identify students in need of help and provide immediate necessary assistance. The composition of COVID-19 Help Group at JIIT, is as given below :-

Staff Members

- a) Brig Sanjay Dawar (retd) - Dean Student Welfare
- b) Prof Prakash Kumar - Asst Dean Students Welfare
- c) Prof Neeraj Wadhwa -Warden
- d) Prof Rajnish Mishra
- e) Associate Prof Alok Joshi
- f) Assistant Prof Pankaj Yadav

Students

- g) 17103083 Manthan Joshi, manthan.joshi.jiit@gmail.com

- h) 17103116 Shivanshi Arora, shivanshi2412@gmail.com
 - i) 18102215 Jiya Mehta, jiyaamehtaa@gmail.com
 - j) 18801016 Shailesh Gupta, shaileshgupta2105@gmail.com
 - k) 19102131 Hritik Agarwal, hritikkansal@gmail.com
 - l) 19102155 Suhani Chaudhary, khushi.pmds2019@gmail.com
 - m) 19609043 Jatin Meghlan, jatinmeghlan@gmail.com
 - n) 19709022 Arjun Anand, arjunanand716@gmail.com
3. All teaching staff to regularly mentor students, through interactions, to remain calm, stress free and safe. This may be achieved during online classes or telephones, e-mails and social media platforms.
4. Following links of Ministry of Health & Family Welfare are forwarded for information:-
- a) Minding your minds during COVID-19 -
<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
 - b) Practical tips to take care of your mental health during stay in –
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
 - c) Safety measures against COVID 19 (English) –
<https://www.mohfw.gov.in/pdf/ProtectivemeasuresEng.pdf>
 - d) 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>
 - e) Behavioral Health : Psycho-Social toll free helpline- 0804611007

STAY HOME, STAY SAFE

Registrar

JIT
