



**Vananchal Dental College & Hospital**  
(Run Under-Vananchal Educational & Welfare Trust)  
Approved by Dental Council of India, New Delhi  
Recognized by Ministry of Health & Family Welfare, Govt. of India  
N.O.C by Govt. of Jharkhand  
Affiliated to Nilamber Pitamber University, Medininagar  
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Letter No - VDC/H/03/20

Date- April 7th, 2020

From  
Principal  
Vananchal Dental College and Hospital, Garhwa

To  
The Secretary  
University Grants Commission  
Ministry of Human Resource Development, Govt. of India

Dear Sir,

**Subject: In relation to Letter No.F.No.1-1/2020 (Secy) dated 5th April, 2020**

This is for your kind information that we have given the necessary information to the students and Faculty members of the Institute and have provided the necessary links for further information as per your guidelines in relation to your Letter No.F.No.1-1/2020 (Secy) dated 5th April, 2020. The same has been put-up on college website for information as well as the necessary Help Cell created at Institutional level and Helpline No. provided as given in the abovementioned Letter.

Thanking you.

Yours sincerely,

  
Principal  
Vananchal Dental College and Hospital  
Farathiya, Garhwa-822114, Jharkhand



विश्वविद्यालय अमदान आयोग  
सचिव

Prof. Rajnish Jain  
Secretary



सत्यमेव जयते

विश्वविद्यालय अमदान आयोग  
University Grants Commission

(Ministry of Human Resource Development, Govt. of India)

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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=nHB3WJSLJ8s&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: Psycho-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