MAHATMA GANDHI INSTITUTE OF TECHNOLOGY
Kokapet (Vill.), Gandipet (Mandal), Hyderabad – 500 075.
*****   *****   *****

Well-Being of Students during and after COVID-19 outbreak
As per Advisory from MHRD, UGC

Dear Students,

With reference to the above, in order to reassure the student community to avoid any kind of stress or panic in the prevailing situation, UGC has been issuing regular advisories requesting institutions to take all possible preventive and precautionary measures to ensure the safety and security of students.

Hope all of you are following the instructions circulated from time to time.

Effective practices to maintain psychological well-being during lockdown

1. Develop a routine daily schedule which includes a structured study time.
2. Stay away from distractions like Songs, Netflix etc. during study time.
3. Workout at home. This is a nice opportunity to start exercising which help to reduce levels of negative stress hormones like Adrenaline, Cortisol etc. and enhance positivity in mind.
4. Eat regular and healthy meals. Junk food reduces your immunity power and makes a person vulnerable for any diseases.

5. Stay socially connected (Virtually). Talking to old friends make us to feel good which helps to release positive hormones (endorphins) into blood.

6. Sleep at least 7-8 hours

7. Don't forget to crack jokes and smile :)

8. Speak with counsellor if you feel over whelmed.

To avoid stress or panic in the prevailing situation, you are requested to contact our Student Counsellor for any counselling related activity.

Mrs. RADHIKA NALLAM (9292857478)

Counselling days: Monday, Wednesday, Friday

Time: 9.00 AM to 4.30 PM

Also, you are requested to contact Prof. and Head of the department (or) overall coordinators appointed in the department (or) Mentor assigned to each one of the student to interact and seek assistance.

With regard to academic related clarifications, all the Students are requested to contact the concerned Class Teachers directly.

STAY HOME, STAY HEALTHY, STAY SAFE

Principal