



Army Institute of Education (AIE)

Affiliated to Guru Gobind Singh Indraprastha University, New Delhi
NAAC Accredited, NCTE Approved for B.Ed & ISO 9001:2015 Certified Institute
Plot M-1, Pocket P-5, Sector CHI-2, Greater NOIDA (UP) - 201306
Ph : 0120-2343741/42
Email : aiedelhi@gmail.com, Website : www.aie.ac.in

20504/Circular/AIE/2020/05

06 Apr 2020

CIRCULAR

MENTAL HEALTH AND WELL BEING OF STUDENTS DURING AND AFTER COVID-19 OUTBREAK

In pursuance of the directions of UGC, New Delhi vide letter F No. 1-1/2020 (Secy) dt 06 April 2020, the following measures are adopted with immediate effect for the mental health, psychosocial aspects and well-being of the students of Army Institute of Education, Greater NOIDA:

1. **Setting Up of Helpline Numbers** These would be regularly monitored and managed by the team nominated as under: -

- Ms Kavitha N Karun (Counselor, Asst Prof AIE)
- Dr Pratibha A Singh (Psychologist, Visiting Faculty AIE)
- Ms Kriti Guleria (Asst Prof AIE)
- Ms Kumkum Teotia (Asst Prof AIE)

Email: helpline_studentaie@gmail.com
Mobile Helpline Numbers: 8810618692, 9463793811, 8218412179

2. **Mentoring** All faculty mentors will interact with their respective mentees to guide and counsel them to remain calm and stress free during the national lockdown period. Mentor-mentee meeting to be conducted through telephone, e-mails, digital and social media platforms.

3. **Formation of COVID-19 Help Group** This group shall facilitate immediate help and support for mental health and wellbeing of students/friends/classmates whenever required. The Help Group will comprise of the following: -

.....2/-

Established in 2003 under aegis of

Army Welfare Education Society (AWES)
Adjutant General's Branch, Integrated HQ of MoD (Army)
Building No.202, Shankar Vihar, Delhi Cantt, New Delhi - 110010
Tel : (011) 26151564, Fax : (011) 26152642
Website : www.awesindia.com



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Name	Designation	Contact No	E-Mail ID
Ms Arti Mishra	Hostel Warden	8789273145	arti1581985@gmail.com
Ms Pratibha Garg	Asst Prof AIE, Offg Registrar AIE	9971199021	aiepratibha@gmail.com
Ms Nisha Singh	Asst Prof AIE, Offg Hostel Warden	9058489370	nishachaudharyg@gmail.com
Dr Jyoti Tiwari	Asst Prof AIE, Convener Hostel Committee AIE	7597352039	tiwari.jyoti123@googlemail.com
Dr Saloni Goel	Asst Prof AIE, Member Hostel Committee AIE	9971366122	saloni76.aseem@gmail.com
Ms Rekha Tyagi	Librarian AIE	7289809067	rekhatyagi224@gmail.com
Mr Vikram Singh	Student Teacher, B.Ed. Batch 2018-20	7011655249	vik.singhhrc@gmail.com
Ms Satinder Kaur	Student Teacher, B.Ed. Batch 2018-20	9463226420	satin_sa@yahoo.com
Mr Mukesh Kumar Dubey	Student Teacher, B.Ed. Batch 2019-21	9559349299	dubeymukeshans6@gmail.com
Ms Simran Thapa	Student Teacher, B.Ed. Batch 2019-21	8077929453	simranthapa4499@gmail.com

4. **Uploading Video Links** The following video links of the Ministry of Health & Family Welfare (<http://www.mohfw.gov.in/>) to be shared with all AIE students via e-mail and uploaded on the official website, social media groups like Facebook, Twitter, WhatsApp of the Institute.

- Practical tips to take care of your Mental Health during the Stay In
<http://www.youtube.com/watch?v=uHB3WJJsLJ8s&feature=youtu.be>
- Minding our minds during COVID-19
<http://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak
<http://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>

3/-

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In-charge: Mr Manoj Kumar (ICT Assistant AIE)

5. Students may also visit

Behavioural Health: Psycho-Social toll free helpline- 0804611007

6. Students can seek support and assistance by the undersigned at:

9818469283, taniagupta1976@yahoo.co.in

Tania Gupta
(Dr Tania Gupta)
Principal

Copy to:-

1. Hon'ble Secretary
University Grants Commission, New Delhi-110002
2. Hon'ble Vice Chancellor
Guru Gobind Singh Indraprastha University
Sec 16-C, Dwarka, New Delhi- 110016
3. Army Welfare Education Society (AWES) HQ
Building No 202, Shankar Vihar
Delhi Cantt, New Delhi-110010
4. HQ Western Command (AWES Cell)
Chandimandir-134107
5. Office of the Chairman AIE
HQ Delhi Area
Delhi Cantt, New Delhi-110010

- For info please.

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