



GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
S. KULA WOMEN'S COLLEGE
Kongkhampat, Nambol, Manipur– 795134
Affiliated to Manipur University

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A "College with Potential for Excellence"

awarded by the UGC

Accredited "A" Grade by NAAC

ORDERS

Nambol, the 8th April, 2020

No. SKW-34/1-2020/UGC/UAMP: I am directed to inform you that, following the instruction of the UGC and MHRD, and the same office order dated 7 April 2020, the Fitness Club of the College has taken up different strategy to ensure Mental Health and stress free for students in particular during and after COVID-19. In this regards following actions are being taken up as follows:

1. Set up a help line number and e-mail for the wellbeing of students for mental health and stress free - **+917005110868** (any student can call if require) mhcuskwc@gmail.com
2. **Mental Health and Counseling Unit**

1	S. Ibotombi Singh	Faculty of Political Science	Member
2	L. Bimola Devi	Faculty of Education	Member
3	Ch. Ritu Devi	Faculty of Home Science	Member
4	Dr. L. Amarjit Singh	Faculty of Zoology	Member
5	Dr. S. Bhogendra Singh	Faculty of Sociology	Coordinator

3. **COVID-19 Help Groups of Student**

1	M. Gangarani	4 th Sem (B, Sc.)	Member
2	Th. Geetasana	4 th Sem (B, Sc.)	Member
3	Ch. Babina	4 th Sem (B, Sc.)	Member
4	Th. Soniya	4 th Sem (B, Sc.)	Member
5	M. Birbala	4 th Sem (B, Sc.)	Member
6	S. Abethoi	4 th Sem (B, Sc.)	Member
7	Ch. Rameshwar	NSS. Prog. Off. U-II	Coordinator

Responsibility

- Members of the Mental Health and Counseling Unit are requested to take up their responsibility henceforth to insure stress free amongst the student.
- Regular monitor of mental status of students through mobile, whatsapp, email.
- Share the following links and toll free number
Ministry of Health and Family Welfare, <http://www.mohfw.gov.in>
Practical tips to take care of your Mental Health During the Stay In
<https://www.youtube.com/watch?v=uHB3WJ8s&feature=voutu.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=iuKhtSeph24&feature=youtu.be>
Behavioural Health: Psycho-Social toll free helpline – 0804611007
- Members of the COVID-19 Help Group of Students are also informed to help their classmates and provide immediate necessary arrangement to resolve the problems in relating to COVID-19.

(L. Muhindro)
Nodal Off. UGC-UAMP