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TO ALL THE STUDENTS OF CBIT

WE DRAW YOUR ATTENTION !!!

University Grants Commission (UGC), is concerned about your Studies, Psychosocial issues, Mental and Physical Health, as much as the Management and Staff of the Institute are, during this Lockdown Period.

Your Well Being is the essential focus of the State and the Central Governments and hence UGC has shared few important Video Links from Ministry of Health and Family Welfare for you to take certain guidelines and maintain your Fitness.

These links are available on the Website: <https://www.mohfw.gov.in/>, and you can access the following Video Links.

1. Practical tips to take care of your mental health during the stay in :

<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>

2. Minding our minds during the Covid-19 :

<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>

3. Various Helath Experts on how to manage Mental Health and Well Being during Covid-19 outbreak :

<https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>

4. Behavioural Health : Psycho-Social toll free hlepline - 0804611007

The Institute is also supporting you through a Committee constituted for You to contact and seek Personal interaction on any kind of assistance that may be required by you both Personal and Studies.

We will, from time to time, release interesting Articles on how to maintain Good Health, improve your Personality, Skills and other such by adopting which you are always encouraged and motivated.

This Global Disaster is a passing phase and every such phase has to go and and till then, we need to keep our Patience, Perseverance, Performance high to excel even in times of such Adversities.

Assuring you Good and Safe Health !!!

A handwritten signature in green ink, appearing to read 'P. A. Singh' with a stylized flourish at the end.

PRINCIPAL