



Goswami Ganesh Dutta
S.D. COLLEGE

A MULTI FACULTY POST GRADUATE CO-EDUCATIONAL INSTITUTION

A College with Potential for Excellence - U.G.C.

Selected under 'Star College Scheme' - D.B.T.

Awarded "A+" Grade - NAAC, Bengaluru

Selected under 'FIST Programme' - D.S.T.

Deen Dayal Upadhyay KAUSHAL Kendra Status-U.G.C.

SECTOR 32-C, CHANDIGARH - 160 030

PH.: 0172-4912400, 2662816, FAX : 0172-2661077,

E-mail : info@ggdsd.ac.in , Visit us at : www.ggdsd.ac.in



8th April, 2020

Dear students,

The medical emergency - COVID-19 has brought rapid changes in the way we live, work and interact as a society. This may provoke feelings of anxiety, depression and isolation as you all have been asked to socially distance from others and adapt an isolated way of life. It is more important to understand the impact of well-being on our psyche and prioritize wellness-inspired activities as a part of your day to day life.

GGDSD College, Chandigarh is working to reach out to you. We are utilizing social media to inspire you across and providing suggestions/advisory to help you. The online option of LX learning materials have been made accessible during this time as we have tried to make best of this time to make it more productive and less isolating for you.

The current situation is completely out of one's control at this time. It is important for us that you **'Stay healthy - Physically & Mentally, Happy & Safe'** during this period

- Remain calm & stress free
- Be optimistic
- Spend quality time with your family
- Keep connected
- Communicate
- Express yourself
- Eat healthy & stay fit
- Do not go for self-medication or step out without a facemask



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We suggest some tips for managing time at home

- Set aside some time each day for family activities
- Be in touch with your pals and mentors
- Stay alert & away from fake news
- Avoid sources of sensational news
- Get some fresh air, exercise, meditate

In case you are prone to anxiety try to think incrementally, speak out. For those of you who find it hard coping with this, please know you are not alone. Please check out the list of resources if you find yourself in a place where you may need some additional help getting through this time.

Stay indoors # Stay healthy # Stay safe

**Principal
GGDSD College,
Chandigarh**

Video link of Ministry of Health & Family welfare (<http://www.mohfw.gov.in/>)

1. <http://www.youtube.com/watch?Y=uHB3WJsLJ8s&feature=youtu.be>
2. <http://www.youtube.com/watch?Y=iuKhtSchp24&feature=youtube.be>

Reach out to us at counselling@ggdsd.ac.in

Helpline Number for students:

- Dr. Jasveen Dua 91-99157 31482
- Dr. Gagandeep Sharma 91-98729 98585
- Dr. Navneet Batra 91-94178 50678
- Dr. Tarundeep Kaur 91-98728 76818
- Mr. Varinder Kumar 91-98159 59778
- Ms. Gaganpreet Walia 91-78379 01767