

## Message to the Students of First Year Engineering: Well Being

13, April 2020

Dear Students,

Today the world is facing an unprecedented time, and we greatly appreciate your understanding, patience and flexibility as the situation continually changes. We are aware of your academic and personal plans which have been altered and you have come with difficulty and unforeseen challenges.

Amidst the current outbreak of COVID-19, you may be developing feelings of fear, stress, worry, and isolation. These feelings are natural when facing threats and everyone may reacts differently to these feelings and they can be overwhelming for some of you. Hence, we want to take a moment to make sure that, in this extraordinarily demanding and stressful time, you are taking care of yourself, specifically as it relates to your emotional and academic well-being.

Regarding the conduct of examination and its schedule the Savitribai Phule Pune University will reassess the situation and communicate with the college. The college shall then immediately communicate with the students.

To help our students handle this uneasiness, the college has established a committee comprising of college faculty that will look into your academic concerns and council the students.

The committee consists of the following faculty:

• Y. R. Bhavsar	FE Coordinator	9922157688
• S. S. Suryawanshi	Class Coordinator, FE Div. A	9730508510
• Dr. P. P. Wani	Class Coordinator, FE Div. B	9422282522
• J. M. Sonawane	Class Coordinator, FE Div. C	9970875572
• Mrs. S. M. Gangurde	Class Coordinator, FE Div. D	9922414198

You may please contact any one of the aforesaid committee members between 10.00am and 12.00 noon. Also, in case of any help in coping with these feelings, below are resources that will guide you in managing your mental health.

### Sites:

- The following video link of Ministry of Health & Family Welfare\_  
<https://www.mohfw.gov.in/>
- Practical Tips to take care of your mental health during the Stay In\_  
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- Minding your minds during the Covid – 19\_  
<https://www.mohfw.gov.in/pdf/MindingyourmindsduringCoronaeditedat.pdf>
- Various health experts on how to manage mental health and well being during the Covid -19 outbreak\_  
<https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>

Yours Sincerely

**Dr. P. C. Kulkarni**  
Principal

### References:

- Circular of UGC: F.No 1-1/2020 dtd. 5, April 2020.
- Letter of Joint Director, Higher Education, Pune: No. 4088 dtd. 6, April 2020.