

Dear Students,

Hope you are fine with all the family members.

The following is the updated list of facilities during lockdown period:

1. Medical counselling facility is available between 3.00 pm to 7.00 pm on all days. **(Contact person : Ms. Preethi 8700355947).**
2. For stress, anxiety, depression related issues, contact **Dr. Jaya, Psychologist; Mob: 9560742515** between 5.00 pm to 7.00 pm on Tuesdays, in case of urgency, other days also.
3. Special counselling facility for Divyaang students, if required, is available round the clock **(Contact person : Dr. Vipin Pratap Singh, Nodal Officer, PwD; Mob: 999924474).**
4. A specially dedicated link for **the visually impaired students** to access as many as 3,46,013 books. The link can be accessed through the college website.
5. If in need of e-newspapers, contact **Mr. Maithani, Librarian; Mob:9868838043.**
6. If in need of food, grocery, medicines, essential items etc, contact **Dr. Isha, Nodal Officer, NSS; mob: 9810989930, Dr. Krishna Shukla, Convenor, Commerce Association; mob: 9810156702.**
7. For joining online Yoga classes from Monday to Friday at 11.00 am -12.00 noon, contact **Dr. Shruti VIP, convenor, Yoga Club at vipshruti@gmail.com, Anuj Kumar, President, Yoga Club (mob: 9811318071), Ajay Dubey, trainer (Mob: 9990290817).**
8. For guidance on "Physical Exercises at Home", **contact Dr. P. K. Sethi; Mob: 9818211482.**
9. For fitness related guidance, **contact Ms. Sangeeta Sharma at pgdave.stayfit@gmail.com.**
10. For diet related counselling, **contact Mrs Priti, Dietician at 27priti@priti@gmail.com.**

11. For meditation and mind management, **contact Mr. B K Anuj, Mind Management Trainer and Motivational Expert; mob 9654031596** at 8 am-12noon and 4 pm- 6 pm on all days.
12. Join free add-on course on “**Non-Violent Communication**” offered in collaboration with “Gandhi Smriti and Darshan Samiti, New Delhi” by clicking link <https://forms.gle/ZmQ9RSTj7ctnMZu67>
13. Free add-on courses on “AI, Cyber Security, Digital Marketing and Big Data” offered in collaboration with “Amity Future Academy” may be joined by clicking link <https://forms.gle/6xipVWFndQaMasXt5>
14. Awareness drive by NSS students through creative posters, short films etc.

Still, if you have any issue or if you feel need some counselling / consultation, contact your **mentor teacher** (locate from the list available on college website).

Note: For authentic updates and guidance related to COVID-19, visit college website and click “**Fight against COVID-19 (coronavirus)**” under NOTICE or alternatively directly visit site of **Ministry of AYUSH** at <http://ayush.gov.in>.

Best wishes

Dr. R. K. Gupta
Principal
P.G.D.A.V. College (Eve.)
University of Delhi