

Dear Students,

Hope you are fine with all the family members.

You are welcome to avail of the following facilities **free of cost** during lockdown period:

1. Medical counselling facility 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. If in need of food, grocery, medicines, essential items etc, contact **Dr. Puneet, Nodal Officer, NSS; mob: 9818807327.**
5. For joining online Yoga classes by certified Yoga instructors from Monday to Friday at 08.00 am -09.00 am, contact **Dr. Shruti VIP, convenor, Yoga Club at vipshruti@gmail.com, Gulshan, Yoga Club (mob: 8920726681), Nitin, Yoga Club, (mob: 9315531152), Pushp, trainer (Mob: 9953849720).**
6. For guidance on "Physical Exercises at Home", **contact Dr. P. K. Sethi; Mob: 9818211482.**
7. For fitness related guidance, **contact Ms. Sangeeta Sharma at pgdave.stayfit@gmail.com.**
8. For diet related counselling, **contact Mrs Priti, Dietician at 27priti@jain@gmail.com.**
9. 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.

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).

In addition, a RT-PCR and Blood Test Booth is also functional in the college premises on all seven days from 2.00 pm to 7.00 pm **at concessional rates**. It is open to all including general public.

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

Best wishes

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