



# Vivekananda College of Polytechnic

Approved By AICTE, New Delhi & Affiliated to Board of Technical Education, Lucknow

Dated: 09<sup>th</sup> April 2020

Dear Students,

Pandemics are eventually transient & so is COVID - 19 pandemic. First thing to do as a responsible student and responsible Citizen of India is to keep the mind positive and not to panic at all. Our **Hon'ble Prime Minister has also said " No to Panic & Yes to precautions"** so please Stay at Home, Maintain Social Distancing & to follow the instructions of the Government and safety norms as you all have done till now.

Students as you know that faculties are constantly in touch with you all since 24<sup>th</sup> March 2020 onwards and continuously placing notes of the subjects on Whatsapp group classwise and solving your queries, problems & further taking online classes through 'Zoom App'. Here I & my faculty members are really appreciating the interest shown & hardwork done by you all. It is remarkable.

Now as per the directions issued by UGC vide letter No. F.No 1-1/2020 (Secy) dated 05<sup>th</sup> April 2020, we are sharing with you the video links of Ministry of Health & Family Welfare.

1. <https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
2. <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
3. <https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>

Please do watch them.

Further to assist you all and for counseling and solving problems regarding **Mental Health & Psychosocial concerns** a group of faculty members have been made and I am sharing the names & their mobiles numbers with you.

S.No.	Name of Faculty	Mobile Number
1.	Mr. Ankit Goyal	9650759588
2.	Mr. Arvind Kumar	8273294118
3.	Ms. Aliya Nazar	8755815470
4.	Mr. Fareed Sabri	9897336608
5.	Dr. Anil Gupta	9837366671
6.	Dr. Raj Kumar Saraswat	9412458259
7.	Dr. Syed Md. Abbas	9758146013
8.	Dr. Vikesh Chandra Gupta	8534076754
9.	Mr. Kanhiya Lal Mahur	7351886266
10.	Mr. Saurabh Upadhyay	9759997998
11.	Mr. Abdul Siraz	8279382667

**So, Stay Healthy, Stay at Home, Stay Safe.**

(Mr. Sanjeev Kumar Saraswat)  
Principal  
Mb. No. 8909117650

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