Mussoorie – Diversion Road, Dehradun – 248009 Uttarakhand INDIA

OFFICE OF THE REGISTRAR

Phones: +91.135.714.4000, 4001 FAX: +91.135.714.4030 E-mail: dit@dituniversity.edu.in UNIVERSITY IMAGINE ASPIRE ACHIEVE

03/05/2021

Ref.REG/14/053/05/2021/036

NOTICE

Subject: Rendering Emotional Support & Guidance to the Students

The Second Wave of COVID-19 pandemic has hit the Nation, the hardest, engulfing inhabitants with despair, helplessness and negativity. Losing our loved ones, experiencing despair and hopelessness has made difficult for all of us to maintain sanity & mental peace.

This deadly, virulent & infectious disease has caused anxiety amongst the student population. The situation is complex, any assistance to overcome the impact of the deadly second wave of COVID – 19, should be explored so as to maintain good mental health and wellbeing. Coping up with the loss of a dear one & fear of uncertainty, experiencing high levels of stress, anxiety and gloominess under these circumstances is unavoidable. However, "You Are Not Alone" to combat these effects, we will help you maintain your composure. DIT University has taken the initiative to provide for its students round the clock psychological support.

"You Are Not Alone" in this, you have our support, feel free to share your feelings ,if you need help and do wish to discuss your personal concerns, please fill up the form by clicking the link provided below and get connected to the student counselor or get in touch with her through mobile and email as under:

https://forms.office.com/r/ZFbAXgcC1W

Ms. Zainab Faruqui Student Counselor, DIT University Contact No.: +91-7500240163 Email ID – <u>student.counselor@dituniversity.edu.in</u>

Souldw

Registrar (Officiating)

To:

• All Directors / Deans / HoDs – to disseminate among students

Copy to:

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- Hon'ble Chairman
- Hon'ble Chancellor
- Hon'ble Vice Chancellor
 - Hon'ble Pro Vice Chancellor
- ICT Manager To upload on SAP Student Portal & website

Established vide Uttarakhand Act No. 10 of 2013 Recognized by UGC under Section 2(f) of the UGC Act, 1956

For information please