

SRI AUROBINDO COLLEGE (EVENING)

University of Delhi



The world is currently facing a great threat in the form of Covid-19 that has disrupted the life of everyone across the globe. This pandemic has forced us to be home bound and away from friends and loved ones. This restriction and social distancing has lead to a whole range of emotion and issues ranging from isolation, loneliness, anxiety, insecurity, helplessness to name a few.

In this difficult time, Sri Aurobindo college evening is committed to help you to address these psychological and emotional challenges. The SACE has re-orient its counselling infrastructure to reach out to students and faculty to help them. The dedicated Covid-19 Helpline Numbers will be happy to address your fears, anxieties and queries telephonically from 9am to 5pm daily. Confidentiality shall be maintained, so have no second thoughts. If needed , you may be guided further for expert help/counselling.

COVID-19 HELPLINE NUMBER

75328 71222- Mr.Chandan Mishra

87430 51993- Ms. Jyoti Singh

84477 78082- Mr. Abhishek Sharma

To begin with we could list down some basic things we could practice during these times:

- Stick to a routine. Will help us get back to our regular lives once all this is over Increase family communication, with everyone around
- Indulge as a family in activities, involving cleaning, cooking, games and other fun activities. Children learn household chores, learn life skills
- Spend some time to introspect on our lives and choices
- Start a new hobby, develop an existing one, build lasting habits
Connect with long lost friends and relatives
- Also practice some tech detox; both adults and children
Incorporate a healthy diet, with an occasional indulgence
- Set aside about 30 min for some indoor exercise
- Maintain a positive outlook. THIS TOO SHALL PASS

Let us together deal with this calamity!
Happy to help.

Dr. NAMITA RAJPUT

PRINCIPAL

SRI AUROBINDO COLLEGE EVENING

STAY INDOOR, STAY SAFE

MAINTAIN SOCIAL DISTANCING