

# **COVID-19**

## **Awareness and Support**



**HISLOP COLLEGE, Nagpur**  
Department of Psychology



# *Hislop Diaries*

.... taking care of your mental health during COVID-19



This booklet consists of:

- messages from your dear teachers (in alphabetical order)
- details of faculty and student task force for mental health
- mental health resources



**Dr. Prashant Shelke**  
(Officiating Principal)  
**Hislop College, Nagpur.**

Dear students,

With the rising number of COVID-19 cases in India, the government implemented a lockdown across the nation to contain the disease. COVID-19 is a virus that spreads from one infected person to another, so this step was taken to prevent community transmission of this deadly virus and break the chain of transmission.

As we are going through a very bad patch of our life time and find our self in a perplexing situation which will never be forgotten. I can understand staying 24x7 at home is very difficult but we all have to follow Government's guide lines and instructions which are made for our safety and betterment.

Friends, Think positively, identify your strengths, your weaknesses and your hobbies, reduce your screen time and spend more time on constructive things. Improve reading and don't be a part of any rumour on social media. Apart from your regular study the thing you should do is reading, as good books can transform you. So, read about new thing that you find exciting.

Yoga is also a big stress reliever, given the fact that we have to deal with a lot of stress in our daily life. Yoga is a form of exercise that includes slow movements and stretching to enhance your flexibility, strength and stamina. Practising yoga also calms the mind.

Learn a new language. Learning a new language has multiple benefits and is a fun experience. You can also use this time to take up online courses and enhance your knowledge

Build on your family relationships by helping your parents in their chores like cooking, gardening or cleaning. You can opt for games, these are not only fun and engaging, but they also offer an opportunity to strengthen your family bonding.

**Practise social distancing and stay at home, stay safe. May God bless you all.**



**Dr. Hariom Puniyani**  
Head, Department of Commerce

“

Dear Students, as we all are surrounded by the buzz words COVID19, Corona & Lockdown let's try to introspect ourselves. This era of a pandemic has brought a lot of pain & sufferings with it for sure. But has also provided the world a 'really needed break' to stop & look back. While looking back we realise that this period of lockdown has given us several opportunities to encash. Opportunity to Follow your passion, Opportunity to learn new skills, Opportunity to spend quality time with our families, Opportunity to reorganise our studies, Opportunity to DIY (for so many unexpected things), Opportunity to create good habits, Opportunity to help & support and most importantly an Opportunity to fight for a common cause.

These days will be remembered for long and you may share these memories with your children. It is something which no one living in this world today has ever experienced. So be optimistic about this tough time and plan your things better. Because after this India will be the new destination for prosperity & development. There will be a new dawn and it will be special for your generation.

May this change be a blessing in disguise for you all. Stay Home, Stay Safe, Keep Progressing.

”





**Dr. Jigisha Naidu**  
**Director, Department of CMC**

Dear Students

Today, when the entire world is going through a very difficult time due to Covid-19, it is our joint responsibility to stay home safely. I know it is difficult for Young, Dynamic and energetic students to be restricted to the four walls of your homes.

This is the time when 'Life' as a teacher is going to teach the importance of Freedom, Patience, Kindness, Love, Enthusiasm and Positive Attitude.

Don't feel low or depressed. This is our testing time, where we have to discover our Strengths to sail through this rough phase of life. Engross yourself to do something that you could not do due to lack of time. Self-introspect, eat healthy, exercise, meditate and come out with your hidden talents.

Come out with Innovative and Creative ideas to utilise this time in a fruitful way. Make use of technology to learn new things and ensure that this Social Distancing helps you to connect Emotionally with your family and friends. I am sure you will pass this exam with flying colours.





Dear students,

In the current scenario of lockdown and social distancing, I can understand your situation- a bit anxious about examinations and your future career and you may be bored at home. I wish to suggest all of you the following things:

- 1) Prepare a 'to do list' for every day in which the help in household work, games like Chase, Carrom, Playing cards with family in the afternoon, reading, watching good research articles on Corona, watching group discussions and interviews etc on TV should be a part of the to do list.
- 2) complete the assignments given by teachers.
- 3) Search on web for \*udemy\* online courses where 55000 online courses are available . Choose the ones that are supplementary and beneficial to you in future.
- 4) TCS has offered 15 days course free of cost to sharpen your skills.  
Refer the link: <https://learning.tcsionhub.in/courses/career-edge/>
- 5) Try to solve analytical puzzles. Some puzzles are circulated on what's app. Try to solve them even if the answer is already posted on the group.
- 6) Do regular exercises daily and sincerely for at least half an hour. You can find out your own creative exercises but they should keep you fit.
- 7) Most importantly behave like a matured person and good citizen of our country.

My best wishes are always with you. I am sure we will all meet soon.



**Dr. Jyoti Shiwalkar**  
Head, Department of Statistics





**Dr. Lizby Anu Mathews**  
Department of Zoology

## “ The Cocoon Days

Egg, larva, pupae and adult...thus goes the life cycle of an insect. The pupal stage spent in a tender, cozy cocoon is an inevitable phase preceding the emergence of a vibrant and beautiful adult butterfly. Life in a cocoon is not a mere resting period as we think, rather a phase of aggressive metabolism for in and out transformation. Yes, we all are in the cocoon days, an inevitable part for an impactful change. Young lives, you have much more to live and conquer. Make every effort to introspect about life within and ahead, recover your childhood passions, regain those time worn hobbies and retrieve your untouched talents. Gaze the nature around, count the butterflies, survey the birds, watch the constellations in the clear summer night sky, share a word of care to the neighbors across the road, set up a tiny little garden, pamper yourself mentally and physically, pray for the well being of our fellow beings and be grateful to the creator God. May your wings be adorned with the added colours of gratitude, new realizations, rejuvenated ambitions and unquenchable zeal as you fly out from this cocoon. This too will pass... these cocoon days, probably the first in life and prayerfully the last. Stay home, stay safe!! ”





## TOOLKIT TO CONQUER THE VIRUS

The Coronavirus sure has caught the world off guard but the question is, will we let it get the better of us? Nah! Here's a mental toolkit for us to "conquer the virus" and the blues it has brought in its wake.

- C**hoose your battles wisely and let go of the petty stuff.
  - O**bserve your thoughts and feelings with detachment.
  - N**avigate your way through life with confidence and courage.
  - Q**uieten your mind with the power of staying in the present.
  - U**nderstand the importance of self-acceptance.
  - E**xplore the possibilities by being open to experiences.
  - R**einvent, re-skill and rediscover yourself.
- 
- T**ake one day at a time and give it your best.
  - H**ave a goal and a plan to reach it.
  - E**nsure that other's opinions do not affect you.
- 
- V**erify before you jump to conclusions.
  - I**nvigorate yourself by cultivating hobbies.
  - R**emember to practice gratitude.
  - U**nlock your potential by getting out of your comfort zone.
  - S**avour the small joys of life.



**Dr. Malati Panga**  
Department of English







**Dr. Mashitha Pise**  
**Department of Biochemistry**

Dear Students,

The cells of our body reacts to everything that crosses our mind so keep your mind filled with positivity.....negativity will only bring down your immunity. At this moment of crisis, I am sure, each one of you will invest yourself in constructive things and demonstrate a powerful and responsible persona by staying safe at home !

.... संयम क्या है?

एक युद्ध, अपने विरुद्ध!....





**Dr. Mousumi Bhowal**  
Head Department of Botany

“ Dear students, The recent months have seen severe global turmoil leading to changes which have deeply affected our day to day life. This will inevitably reshape our future. In an age where the human race boasted of supremacy in the fields of knowledge and technology, the nCOVID-19 pandemic has thrown all our lives out of gear. We no longer enjoy the privileges of secured living as it used to be few months back. However, every cloud has a silver lining. This is the moment to rebuild and fortify ourselves through safe practices, innovation, creativity, collaboration, connectivity, continuous development and above all positive thinking. The present situation will soon be a thing of the past. Yet this experience will continue to motivate all of us and help us to emerge as winners. ”





## WE ARE NOT IN THE SAME BOAT ...

I heard that we are in the same boat.  
But it's not like that.

We are in the same storm, but not in the same boat.  
Your ship can be shipwrecked and mine might not be.  
Or vice versa.

For some, quarantine is optimal: moment of reflection, of re-connection. Easy, in flip flops, with a whiskey or tea.

For others, this is a desperate crisis.

For others it is facing loneliness.

For some, a peace, rest time, vacation.

Yet for others, Torture: How am I going to pay my bills?

Some were concerned about a brand of chocolate for Easter (this year there were no rich chocolates).

Others were concerned about the bread for the weekend, or if the noodles would last for a few more days.

Some were in their "home office" .

Others are looking through trash to survive.

Some want to go back to work because they are running out of money.

Others want to kill those who break the quarantine.

Some need to break the quarantine to stand in line at the banks.

Others to escape.

Others criticize the government for the lines.

Some have experienced the near death of the virus, some have already lost someone from it, some are not sure their loved ones are going to make it, and some don't even believe this is a big deal.



Some of us who are well now may end up experiencing it, and some believe they are infallible and will be blown away if or when this hits someone they know

Some have faith in God and expect miracles during this 2020.

Others say the worse is yet to come.

So, friends, we are not in the same boat.

We are going through a time when our perceptions and needs are completely different.

And each one will emerge, in his own way, from that storm.

Some with a tan from their pool. Others with scars on the soul (for invisible reasons).

It is very important to see beyond what is seen at first glance. Not just looking, more than looking, seeing.

See beyond the political party, beyond religion, beyond the nose on your face.

Do not underestimate the pain of others if you do not feel it.

Do not judge the good life of the other, do not condemn the bad life of the other.

Don't be a judge.

Let us not judge the one who lacks, as well as the one who exceeds him.

We are on different ships looking to survive.

Let everyone navigate their route with respect, empathy and responsibility.



# MENTAL HEALTH TASK FORCE FOR COVID-19

Feel free to contact the following faculty members for any kind of psychological guidance and counselling

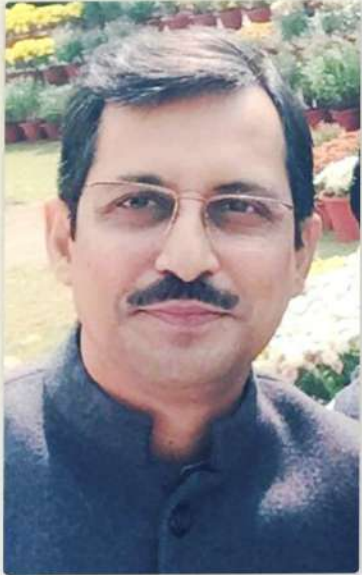


# Student task force for mental health

Please contact the following students for any kind of help

Name of the Student	Representative Dept.	Phone number
Snehal Shraddhanand Dube	Art and Humanities	7083074387
Rushikesh Rajendra Nandanwar	Biochemistry	7875699360
Apoorva Nayak	Biochemistry	8793518457
Siddhi Bangale	Biotechnology	9096115438
Yogita ahuja	Biotechnology	9130099956
Jayesh Paliwal	Botany	8805648645
Virginia TOPPO	Botany	9067569670
Sumit parchake	Chemistry	7420926113
Ajinkya Arvind Neware	Chemistry	7218759567
Simran	CMC	8329133611
Anmol	CMC	8928604892
Anjali Minj	CMC	8552990640
Naveen jha	CMC	9359648178
Harshil Satra	CMC	9689447934
Aurelia Minj	CMC	9860647693
Novel James	Commerce	7057551663
Jaspreet kaur Babrah	Commerce	8983022069
Bhushan suresh bhoyar	Commerce	9890413825
Shravan Chauhan	Commerce	9890221235
Deepti Singh	Commerce	9370848339
Rini Roy	Commerce	7008400903
Dhitaj Dnyaneshwar Bhoyar	Commerce	9763326809
Hrithik Bose	Commerce	9420143232
Rajveer Mehadia	Commerce	9326394002
Kalyani Balpande	Commerce	8007458416
Nidhi somaiya	Computer science	9309853176
Pranav Bakal	Computer Science	9359449186
Upneet Kaur	Economics	8530411339

Name of the Student	Representative Dept.	Phone number
Rutuja Hirulkar	Economics	8237733791
Siddhant Bhojraj Godghate	Economics	7249790705
Maria Lancelot	English	7447852547
Himanshu Lokhande	English	9765992673
Nashim Tapkir Alam	Hindi	8208820565
Amandeep kaur	Hindi	9545669217
Vidhi Khamele	History	9921462559
Anuja Dongre	Management	7470666113
Navdeep Arora	Mathematics	7887777416
Janhavi Thakur	Mathematics	9359596953
Prabhash Gupta	MCM	7000512377
Muskaan Yadav	Philosophy	9970595233
Srishti Vaidya	Political Science	7083390964
Tanushree Warhare	Psychology	9325222211
Dipesh sahu	Psychology	9923738420
Vanshikha Singh	Psychology	8411882236
Om Paradkar	Psychology	8600860399
Zidan Kachhi	Psychology	9325075229
Sam John Vellarathu	Psychology	9168102481
Leena Shadija	Psychology	9881060900
Milonee Indapwar	Psychology	9960649988
Varda Kari	Sanskrit	8408078621
Piyush mendhe	Science	9518362286
Shradha Chhajed	Statistics	7972516775
Gayatri Rajvaidya	Statistics	9890096739
Snehal R. Devikar	Supplementary English	9970616593
Shreyas Upasani	Zoology	7972308354



Dr. Prantik Banerjee  
Department of English



Dear friends,

Tough times don't last forever. This Covid crisis too shall pass. The days are what you make of them. Script Your own lock down stories, read and watch inspirational books and films, connect with your family, listen to their stories, learn a language or a skill ( help your mom in the kitchen or your dad in fixing a tap leak), and study regularly. Make the most of your time for while the world may change, the one thing that will not is the fact that you are the master of your fate and the captain of your soul.

**Stay safe for you shall be back in your favourite College soon.**

Love and best wishes.






Dr. Rishi Agrawal  
Head Department  
of Mathematics



मेरे प्यारे विद्यार्थियों,

सब से पहले दोनों हाथों को प्रणाम की मुद्रा में जोड़ते हुए  आप सभी के सकुशल स्वास्थ्य की आशा के साथ, आपसे एक संवाद स्थापित करने की पहल है यह। कहिए अभी तक आपने कितनी सीरीज और मूवीस देख ली है, किसी से कंपटीशन के रूप में नहीं, बल्कि अपने स्वस्थ मनोरंजन के तौर पर।

उम्मीद है, आप सभी अपने अपने घरों में, जो समय आपको मिला है उसका सही उपयोग कर रहे होंगे। वाकई मैं इस समय हम सभी विपत्ति की घड़ी में है, परंतु ऐसे समय केवल चिंता करना और हाथ पर हाथ धरे बैठे रहने से हमें कुछ हासिल होने वाला नहीं। अपितु पूरे धैर्य और साहस के साथ यदि हम इस संकट की घड़ी को सबसे पहले तो स्वीकार करें और फिर कुछ सुझावों को मानते हुए यदि हम अपनी दिनचर्या बना ले तो निश्चित तौर पर हम इस समय के आगे, अपने आप को और प्रखर रूप से निखारते हुए आगे बढ़ सकते हैं।

आप में से कुछ लोगों के जैसेजैसे से आपकी चिंता स्वाभाविक रूप से नजर आती है। कुछ प्रश्न जो आप में से कुछ विद्यार्थियों ने किए हैं कि- सर हमारी परीक्षा का क्या? Lockdown खत्म होने के बाद क्लासेस शुरू होगी क्या? ...परंतु इस समय जो परिस्थितियां पूरे विश्व में है उसे देखते हुए तो यह माना जाना चाहिए कि यदि जान है तो जहान है। सबसे पहले हम सभी को अपने स्वास्थ्य की पूर्ण रूप से रक्षा करनी होगी, उसका ख्याल रखना होगा, क्योंकि यदि हम हैं, आशाएं हैं, उम्मीदें हैं, तो आने वाला समय हम अपने अनुसार बना सकते हैं। आपके उपरोक्त प्रश्नों के उत्तर तो फिलहाल हमारे पास भी नहीं है, परंतु जो खबरें हम सुन रहे हैं, पढ़ रहे हैं, उनको ध्यान में रखते हुए इतना यकीन से कह सकते हैं कि आने वाले समय में जो भी नौतियां हम सभी के सामने होंगी, उसका हम सबको डटकर मुकाबला करना होगा और इसके लिए हमको अपनी तैयारी अभी से रखनी होगी।

साथ ही साथ एक बात और यहां जोड़ना आवश्यक है कि यह जो समय है, यह समय छुट्टियों का नहीं है बल्कि हमारे लिए "वर्क फ्रॉम होम" है। उसी तरह से आप विद्यार्थियों के लिए यह समय "लर्न फ्रॉम होम" माना जाना चाहिए। इसका मतलब कि आप अपने पूरे दिन के समय को व्यवस्थित रूप से अपनी सारी गतिविधियों को समय सारणी बनाकर सुचारू रूप से संचालित करें। जिसमें आपकी पढ़ाई, आपका मनोरंजन, आपकी हॉबीज, आपका फेमिली टाइम, आपकी सेहत से जुड़ी कुछ एक्सरसाइज, योग इत्यादि का समावेश हो।

जैसा की अभी खबरों में आ रहा है की परीक्षाएं तो स्थगित पूरी तरह से होने वाली नहीं है, बल्कि कुछ प्रयोगात्मक तरीके से परीक्षाओं को संचालित जरूर किया जाएगा। हो सकता है सुबह दोपहर शाम अलग-अलग shift में। हो सकता है परीक्षा पेपर के पैटर्न में कुछ बदलाव करके। तो इन खबरों को ध्यान में रखते हुए हमारी आप सभी से एक विशेष विनंती है कि अब आप सब्जेक्ट को केवल लिखने तक सीमित न रखें बल्कि जो कुछ आप पढ़ रहे हैं उसे concepts के साथ पूरी तरह से समझ कर ही आगे बढ़ें। हो सकता है डिजिटल टेस्ट के साथ-साथ ऑब्जेक्टिव पैटर्न पर भी यूनिवर्सिटी का फोकस हो- ऐसा हमारा मानना है। अतः हमें सभी परिस्थितियों के लिए अभी से तैयार रहना जरूरी है।

इस संवाद के माध्यम से ही हम व्यक्तिगत रूप से आप सभी का धन्यवाद ज्ञापित करना चाहते हैं कि आपने जो रिस्पांस यूट्यूब चैनल गणित दर्शन को दिया है, उसके लिए तहे दिल से आप सभी का आभार। हमने इसके पहले इस तरह का कोई एक्सपेरिमेंट नहीं किया था। Work from Home के तहत, यह यूट्यूब चैनल हमारा पहला एक्सपेरिमेंट है। वह जिस रूप में होना चाहिए, अभी उस रूप में पूरी तरह से आया नहीं है। परंतु किसी न किसी माध्यम से, हम सब्जेक्ट कंटेंट आप तक पहुंचा सके, यही उन वीडियोस का मोटिव रहा है।

आप सभी से REQUEST है की आप गणित दर्शन यूट्यूब चैनल को SUBSCRIBE करें और Notification Bell press करें, ताकि आने वाले दिनों में उसमें अपलोड हो रहे वीडियो की जानकारी आपको मिल सके।

<https://www.youtube.com/channel/UCr4J4Nf-oLSqBNJ5ZP1ahWg>

Your responses certainly motivate us.

एक बार फिर आप लोगों से निवेदन है कि आप चिंता ना करें क्योंकि आपके सभी टीचर्स आपके लिए प्रयत्न कर रहे हैं। हम चिंतित नहीं हैं क्योंकि सरकार दिन रात हम सभी के स्वास्थ्य के लिए लगातार कार्य कर रही है और उचित कदम ले रही है। हमारा काम उसे पूर्ण रूप से सहयोग करना है। आप सभी का आत्मविश्वास, मानसिक स्वास्थ्य, धैर्य, आरोग्य बना रहे, ऐसी मंगल कामना प्रभु के चरणों में अर्पित करते हुए अपने शब्दों को यहीं विराम देते हैं।



जय गणित, जय गणित, जय-जय गणित





**Mrs. Shirin Badar**  
Department of English



Everytime we get tired of the routine, we look for some adventure, be it in form of travel, eating out, sports or something else.

This lockdown is once-in-a-lifetime kind of adventure that you may not get a chance to experience again (pandemics don't happen everyday). It's full of new experiences, new ways of thinking, behaving and feeling. Make the most of it. Enjoy it.

It's not often that you will get to stay at home with absolutely no pressure to go out and do things. It's not often that you will have to use your creativity for keeping yourself entertained and for interpersonal interactions that you always took for granted. It's not always that you will be filled with a feeling of being lucky for having things that you didn't even notice before.

Savour these experiences. Relish them. And remember them. The memory of these days will prove to be a great source of joy in the future.





Dear talented and hardworking students,  
I know being home is tough on everyone, but the whole purpose of this lockdown is to keep as many of us safe and healthy as possible. One of the best ways to relieve stress and discover what matters to you is to get creative and keeping yourself busy in doing good work. This is a time to clear your basics, you can use online study portal for better understanding of subject, also prepare notes for examination. Your teachers are always there to solve your queries and to help you (on internet community). It's a time to be more kind to your family, spend time with them but not on screen. **SOCIAL DISTANCING** is a need of current situation that we must follow with all other government instructions.



**Dr. Shoeb R. Khan**  
**Department of Chemistry**



**Awareness Message  
by students of  
PG Department of Chemistry**

Shared by  
Dr. Shubhajit R. Halder  
Department of Chemistry

Dear students,

I know it's really hard to face this kind of situation we are going through but always remember that our thoughts set the limits of our life. During this lockdown we must be grateful to our God that we are getting enough time to spend with our family, we are able to do things we wanted to do but due to insufficient time we were unable to do. We are exploring ourselves, learning many new things. One important lesson we have learnt that our happiness does not depend on things from outside but happiness lies within us. I believe after this lockdown periods get over everyone of us will be new from inside out and as far as study is concerned I know you all are doing your best and this lockdown can not affect your abilities.

By staying at home we are saving our family, our neighbours, our country, that means somewhere we all are playing a role of super hero. So stay home and save the country.

With best wishes.



**Mrs. Sudha Rani Dehri**  
**Department of Mathematics**





**Dr. Supantha Bhattacharya**  
**Department of English**

\* Pandemic Blues \*

The four walls threaten to crush  
Your spirit, you need the rush  
And the rhythm of life,  
Not this stress nor the strife!

Have hope, you are breathing still,  
Your dreams you yet shall fulfil,  
The sun shall rise, the green grass  
Shall sing again, this too shall pass!



## Together We Can, Together We Will...

Let us make use of the following resources issued by the UGC to take care of our Mental Health

### Resources

1. Video on Practical tips to take care of your mental health during the stay in  
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
2. Minding our minds during the COVID-19  
<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
3. Various health experts on how to manage mental health and well-being during the #COVID19 outbreak.  
<https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
4. Managing mental stress and depression during lockdown  
<https://www.youtube.com/watch?v=wRYP0vjOeck&feature=youtu.be>
5. Doctors of AIIMS, New Delhi addressing the Stigma around #COVID-19  
<https://www.youtube.com/watch?v=yJZ06JsREW4&feature=youtu.be>

### Additional Resources:

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>  
<https://www.apa.org/research/action/speaking-of-psychology/covid-19-mental-health>

For more resources visit: <https://www.mohfw.gov.in/>

COVID-19  
VIRUS





**Dr. Sonal Paliwal**  
Department of Psychology

Dear Students,

The corridors, the stairs, the stage, the Ashok Vatika, the basket ball court, the canteen, the classrooms, the staffrooms, the library- all are missing us and so are we missing them.

No matter how intense the desire, how dire the need, we cannot leave homes- and why should we? Our homes carry memories of who we are and accept us the way we are. We need no masks while at home and can dream to the core. Let us cherish our homes. The sweet and the bitter memories of our childhood, the bonds we shared and still share, and the fights we had, the nights with wet pillows and the moments of unstoppable laughter.

All the hoardings from time unknown narrate so many secrets and stories, some carried some buried; some bitter some merry.

**If we could bear all that, we can bear this too...**

**Just a little patience and we are through..... :)**