

IUJ initiative for Taking care of mental health of students

Message by the Hon'ble Vice Chancellor, Prof. ORS Rao for the beloved students of ICFAI University Jharkhand.



Click the url to view the video message

https://www.youtube.com/watch?v=FFW_FxPLHyc&feature=youtu.be&fbclid=IwAR2xNw4Gap09UsdsVII6wqDuFvr6itUNGhuW2mmpClgt-zMVd0HfvVb4VNw

Message from our Prof. O R S Rao, Vice-Chancellor of ICFAI University Jharkhand to all the students during Lockdown

Dear Students,

As the classes have not been running and you are unable to move about freely, wherever you want, meet your friends, it is but natural for you to feel that you are imprisoned and are bored, .If you are feeling so, you are not alone. A few thoughts, I want to share with you, on how to address the current situation:

1. Avoid frequent reading or listening to negative news on COVID-19

Getting updates on COVID-19, once or twice in a day is alright. However, the more you read /watch / listen to the negative news about COVID-19, the more you feel anxious or distressed. Continuous stream of news / reports on increased outbreak can cause anyone to feel worried. Get the information from reliable sources and do not believe everything that appears on Social Media

2. Divert your mind to what you can do, in stead of brooding on what you can not Spend time to study from home using Swaadhyay .

Attend our Online Classes. It is a good opportunity to acquire new skills . Join any MOOC Course of your interest at SWAAYAM , Coursera, EDX etc. Watch your favourite movie or read an interesting novel . Revive old hobbies. Cultivate new hobbies. Such activities will help in engaging your mind. Positively.

3. Find new ways to connect with your friends

If you are missing the company of your friends, while you are practicing social distancing, social media is a great way to connect. I am sure that most of you are already doing this. But do not spend too much time on that.

4. Share your feelings

In stead of keeping your feelings to yourself, share your feelings with your family or friends or faculty members or even with me, in whatever way you are comfortable, short article, cartoon, sketch, poem etc If you share feelings, you feel better. PFA is an interesting story book published by World Health Organisation recently on how the current situation can be shared with children.

5. Be Positive . It will pass over

All of us have seen terrible things in life, though not of this magnitude. COVID-19 is also one such thing. It also has to go away. It is just a matter of time, before it becomes normal. Until then we have to patiently manage ourselves.

Do we have a choice?

Please take care of all precautions, prescribed by Govt. If you need any help any time, we are just a call away

I look forward to seeing all of you, in person, at the earliest

Best wishes

Prof O R S Rao

Everything is not locked down

Sun Rise is not locked down

Nature is not locked down

Learning is not locked down

Work from Home is not locked down

Imagination is not locked down

Creativity is not locked down

Relationships are not locked down

Praying is not locked down

Hope is not locked down

**Do not Lock Down Your mind . See the
Positives**

**Locked down is an opportunity to do what
you wanted to do but could not.**





Teaching To Changes Lives

• Staff Development – TEACHER – 7 Laws

- 1. Law of **T**eacher – Learn by objectives; Practice for students.
- 2. Law of **E**ducation – Why do they study?
- 3. Law of **A**ction – Learn by Activities
- 4. Law of **C**ommunication – Watch your thoughts, words, action.
- 5. Law of the **H**eart – Understanding by heart to heart; not brain to brain.
- 6. Law of **E**ncouragement – appreciate openly and criticise privately.
- 7. Law of **R**esult – Achievement of the objectives – Regular monitoring of the performance.

Learnings in the Last Few Days

1. Majority of the employees (and students) can work (learn) from home , provided there is a will and a way.
2. All of us, including the kids, can survive without outings, cinemas and junk food.
3. We can spend time at home , without getting bored . Realisation of Home , Sweet Home.
4. It is possible to cut wasteful expenses. Particularly travel.
5. Home is the safest place .
6. Every one of us can learn , if we know what to learn
7. Living hygienic life is not difficult. Our hands were never cleaner than now.
9. We can live without Cricket and Cinema but Cell Phone is more indispensable than ever.
10. We plan for tomorrow, only when we are forced to.
11. Traditional Namaste is more healthy than Western Shaking Hands.
12. Household work can be done by the family, without maid servants
13. Respect Nature ,otherwise it will not spare us.
14. Diseases are more secular than people. Country, Religion, Wealth etc do not matter.
15. Life and Health are more precious than any thing else. Money can not buy them.

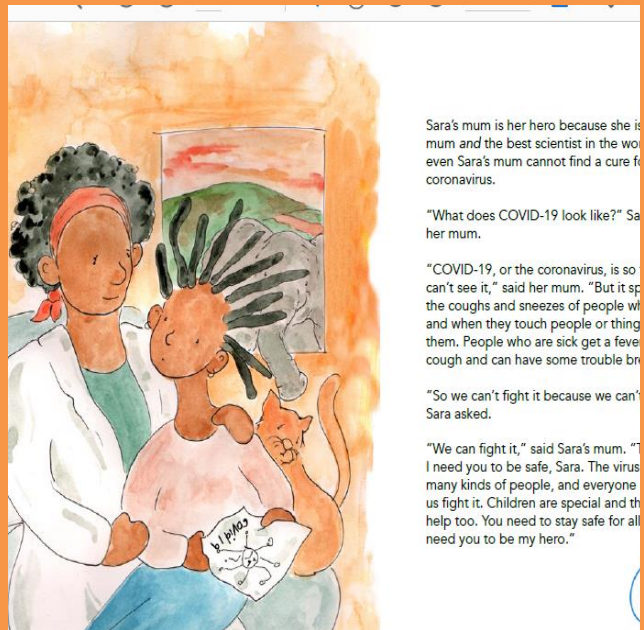
Prof ORS Rao shared a storybook for Children on COVID-19 to maintain healthy mind

My Hero is You

how kids can fight COVID-19!



IASC
Inter-Agency Standing Committee



Sara's mum is her hero because she is a mum and the best scientist in the world. Even Sara's mum cannot find a cure for coronavirus.

"What does COVID-19 look like?" Sara asked her mum.

"COVID-19, or the coronavirus, is so small you can't see it," said her mum. "But it spreads through the coughs and sneezes of people who are sick and when they touch people or things. People who are sick get a fever, a cough and can have some trouble breathing."

"So we can't fight it because we can't see it," Sara asked.

"We can fight it," said Sara's mum. "I need you to be safe, Sara. The virus is small, but it's not scary. There are many kinds of people, and everyone can help fight it. Children are special and they can help too. You need to stay safe for all of us. I need you to be my hero."