



**BHARATHIDASAN UNIVERSITY**  
**TIRUCHIRAPPALLI 620024**

Dear Sir/Madam

As per the directions of Dept of Higher Education, MHRD, Govt of India, a new Counselling Service is initiated in our University in order to ensure mental wellbeing of staff and students to be monitored during and after Corona lockdown period.

A web page has already been launched exclusively for COVID19 at our web site. (<http://www.bdu.ac.in/e-learning-resources-covid-19.php>). Its content is updated every day with the inputs from Govt of India, Govt of Tamil Nadu and other reliable sources. Lot of teaching and learning resources such as Video lectures, Course materials etc are uploaded abundantly for the benefit of the students and staff. This page is widely used and leveraged for teaching, evaluating and learning purposes.

In the line of same thinking, Bharathidasan University has taken another new purposeful initiative in order to watch and support both mental and physical wellbeing of our stake holders. Hence, an exclusive web page link is created. The link of this web page would be linked with the website on COVID-19 developed by MHRD.

The following senior faculty members are appointed as COVID Counselors of our University who are well versed in psychological Counselling.

1. Dr.N.Manimekalai  
Dean of Arts and Director, Women Studies  
Bharathidasan University  
Email: manimekalai.n@bdu.ac.in  
Phone & WhatsApp :94439-23839

2. Dr.E.Ram Ganesh  
Director IECD  
Bharathidasan University  
Email: dreramganesh@bdu.ac.in  
Phone & WhatsApp: 94430-85415

These COVID counsellors would advise our staff and students through phone calls, emails, video calls and via other media. The counsellors are earnestly motivating them with other supporting materials to resolve their personal and psychological problems. They support how to deal with stress, loneliness, fear, habits, discrimination and other reactions and emotions during the crisis. If the candidate is tested positive, the counsellors would connect them to health care officials and monitor their wellbeing constantly.

By offering different coping up strategies, the engagement of counsellors with staff and students would highlight on relaxation, meditation, diet, relationship with family and social members and awareness on the pandemic.

The necessary action needed during the lockdown would be disseminated to the callers by providing more links and resources towards their physical and mental health. The participation from both sides would certainly boost up the morale of the students and staff.

The list of persons who would be counselled and their related details are confidentially recorded for official purposes that would be reported to concerned authorities if required. This initiative will also carry out a research on wellness of the students.

Dr. G. Gopinath  
Registrar