Dear Students,

Please appreciate that in the present crisis time, due to outbreak of COVID-19, BCREC remains extremely concerned for the good health, safety and well-being of all students. Also, we are vigorously pursuing the academic interests of the students by resorting to e-learning modes, where response of the students and their participation has been appreciable and well-acknowledged.

It is important at this Lockdown Stage and Prevailing Situation, to avoid any kind of panic or stress *vis-a-vis* your studies, course curriculum, well-being and health related issues. BCREC will be too happy to address your concerns in this regard and advise you to remain calm and stress free. You may also contact following authorities of the college to seek any clarification on the following related issues.

(a) For issues related to Academics:
    HOD; Dean (Academics, M: 9531591525)

(b) **For issues related to Student Safety & Welfare or any other stress, related to college/campus activities:**
    Director BCREC – 8709633567 / 9431506000
    Dean (Student Welfare and Alumni) – 9434334966 / 7908914373
    Campus Administrator – 9831028886

(c) **For information related to college reopening and resumption of college Activities Senior Manager (Administration) - 7908096690**

Following video links on Ministry of Health and Family Welfare portal **https://www.mohfw.gov.in/** may also be visited by the students to keep yourself stress free and to avoid any panic in the prevailing situation due to CaoVID-19.

(a) Practical tips to take care of your mental health during the stay in Lockdown
    https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be
(b) Minding your minds during the COVID-19
    https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf
(c) Various health experts on how to manage Mental health & well-being during COVID -19 outbreak
    https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be
(d) Behavioural Health: Psycho-Social toll-free helpline – 0804611007

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STAY HOME-STAY HEALTHY-STAY SAFE

DIRECTOR, BCREC

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