



Smt. Chandibai Himathmal Mansukhani College

Principal: Dr. Manju Lalwani Pathak

My dear students

Hope you all are safe and healthy in your home with families. Like responsible Indian citizens, **observe the lockdown rules which is extended for our safety.**

Most of you may be worried about **the uncertainty of the examinations** and the complexity of planning ahead of time. You must be keenly following the news. **Please don't believe in any rumor.** We assure you, as college will receive any circular/directives regarding examination and any other matter from the Government and University of Mumbai, you will be **intimated immediately to you time to time.**

So just don't worry and don't panic about examinations and this uncertain situation. Remain cool and calm, keep patience. **Nothing is permanent; everything is temporary;** soon lockdown will also be lifted.

I am happy to know from your teacher that most of you are engaged fruitfully in online activities and the learning curve is fast rising. **Utilize your time** in learning, relaxing, meditating activities, spend qualitative time with your parents, help them in house hold work etc.

Please feel free to contact your teacher to solve your academic and examination difficulties, they will be able to guide and direct you in the right direction.

For us at CHM College, **your health and wellbeing is of utmost importance.** With the growing concerns brought on by the current uncertain situation, there is an increased need for normal health support; mentally and physically. I am forwarding some video links of health Ministry to you which I feel will be useful to you. Please browse through them for better understanding and healthy coping:

- **Ministry of Health & Family Welfare**
<https://www.mohfw.gov.in/>
- **Minding our minds during the COVID-19**
<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- **Many Health Experts on how to manage Mental health & well Being during COVID-19**
<https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
- **You may also contact on Psycho-Socio**
Toll free helpline numbers: 0804611007

Always feel free to contact me for the smallest doubt or query. You are all my loved children.



Stay Indoors Stay Safe

Dr. Manju Lalwani Pathak
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