



राष्ट्रीय प्रौद्योगिकी संस्थान पुदुच्चेरी

(मानव संसाधन विकास मंत्रालय के तहत राष्ट्रीय महत्व का संस्थान, भारत सरकार)

थिरुवेत्ताकुडी, कारैकाल - 609 609, केंद्र शासित प्रदेश पुदुच्चेरी

NATIONAL INSTITUTE OF TECHNOLOGY PUDUCHERRY

(An Institution of National Importance under Ministry of Human Resource Development, Government of India)

Thiruvettakudy, Karaikal - 609 609, Union Territory of Puducherry

डॉ. के. संकरनारायणस्वामी
निदेशक

Dr. K. Sankaranarayananasamy
Director

Date: 28.04.2021

Dear Students,

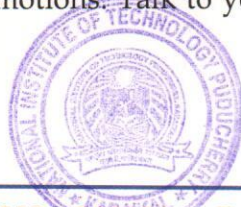
You all know that we have strived hard to get you in the campus, and provide you the valuable campus life. Though we could manage to resemble some campus life to 2nd to 4th year UG, PG and Ph. D students, we could not achieve it for the first year students till now.

Your well-being has constantly been our priority, we could not full fill your aspirations and we have to send you back to your hometowns before the intensity of second wave bring restrictions. In these uncertain times, it is more crucial than ever. This second wave of COVID-19 is impacting all of us. Together, we got through the last wave and Together, we shall get through this one too. With our spirit to fight the worst of condition to bring best the from us.

Although, I urge you to invest on physical exercises to be fit in future; at this moment, I also urge you to be fit emotionally as well. Your Emotional fitness keep not only you fit, but also your loved ones. No doubt that you all doing good academically, in spite of possible connectivity issues. But I am confident that our faculty members are very much trained technically to handle online class and assessments than before, more over to understand your emotional factors as well.

However, if you're experiencing a torrent of emotions, worrying not just about your own safety but even your loved ones, here are some measures recommended by Experts to cope emotionally:

- Keep your quaranTeam close: Continue to stay in touch with you dear ones and peers
- Fill your cup with positivity and resilience: Practise positive self-talk and journal down your thoughts
- Don't forget to take breaks: Take small breaks be it as a 'me-time' or quality time with loved ones.
- Keep your media usage in check: Try to avoid news/resources that create a sense of urgency/negativity
- Take care of yourself: Remember to get adequate sleep, exercise/meditate regularly and eat well.
- Don't bottle-up your emotions: Talk to your family, friends or a professional and share your mind.





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With this, we also want to remind you that your emotional wellness coach - **YourDOST**, continues to be here, to guide you in dealing with anything that may be keeping you from being your better self. You can seek professional support from Experts with complete confidentiality, anonymity and privacy via

1. Online chat sessions at bit.ly/YD-NITPy-Chats
2. Booking an appointment for Telephonic or Video sessions at bit.ly/YD-NITPy-Appointments

Remember, we are here with you and we will together emerge stronger through this. Take care, stay at home and stay safe.

Best wishes



Director

निदेशक / Director
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