



**OFFICE OF THE DIRECTOR PSNS  
VISVA-BHARATI**

**Notification**

**Committee to look after the “Mental Health and Wellbeing of the University’s students and staff during and after the lockdown”**

- 1) In view of the Covid-19, P.M. Hospital has already started a **Fever Clinic** in every day from 9:00 A.M. to 12:00 P.M. Emergency numbers: **9475304917** and Ambulance Number: **9475304927**
- 2) **Quarantine facilities** for 20 Nos. beds are also kept ready in P.M. Hospital.
- 3) **Psychological counsellors** are available:

Sl. No.	Name	Type of Service	Contact
i	Prof. Subir Kumar Mitra	Psychological Counselor	09830068467
ii	Smt. LopamudraGoswami	Psychological & Career Counselor	09830359011
iii	Smt. Sonia Ghosh(Annesha Clinic, Govt. of WB, Health Dept.) in collaboration with V.B.	Adolescent Health & Mental Counselor (Female)	09732132300
iv	Dr. Mandira Banerjee	Psychological Counselling	9836388021

- 4) **Yoga protocol presented by Department Of Yogic Art & Science Visva-Bharati are available in the following YouTube link**
  - I. [https://youtu.be/1R\\_aaJOTPP4](https://youtu.be/1R_aaJOTPP4)
  - II. <https://youtu.be/OC5Qee68re4>
  - III. <https://youtu.be/i9FPt7tiPa8>
- 5) **Video Links of the Yoga Protocol for Prevention of Corona (for Asymptomatic Cases), Ministry Of AYUSH, and SVYASA Yoga University.**

[https://docs.google.com/document/d/1jlissi6ktLRD\\_MP70I-8ri2q6m2jzobm3CPQPG8SRu4/edit?usp=sharing](https://docs.google.com/document/d/1jlissi6ktLRD_MP70I-8ri2q6m2jzobm3CPQPG8SRu4/edit?usp=sharing)

- 6) **Yoga & Ayurveda Protocol** as advised by Government of India, Ministry of AYUSH will be demonstrated live by the Department of Yogic Art and Science, Visva-Bharati at Natya-Ghar.
- 7) A cell will be opened in Office of the Director PSNS with the help of Computer Centre for videos and teleconference.

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