

Useful Update

Aurangabad a major educational hub of Marathwada region has been hit hard by the pandemic and figures among the top cities to be affected by the crisis and have been in the red zone with about over 300 positive cases and the cases are continuously on the rise day by day.

The sudden and long lockdown has confined students to their homes with no socialisation with their friends which is an important aspect of students lives. The students are also worried about the uncertainties around all aspects of life especially academics and placements. In times like these mental health can be easily neglected and unseen. It is possible that students sometimes lose themselves in news fake news n videos constant anxiety and fear.

But the students should be made aware of the fact that everyone has the ability to survive and fight. There are five stages of reactions of people in such disaster. The first is shock then denial then psychological disturbances bargaining and finally acceptance.

Advice to students

1. Practise self care by doing activities such as exercise yoga and meditation
2. Maintain routine with regular balanced meals and fixed time of sleep
3. Connect with family members and also relatives at home or through phone
4. Use available time to engage in a favourite hobby Minimised watching or reading news related to Covid-19
5. Expand your knowledge by reading different books, Contribute to household chores.