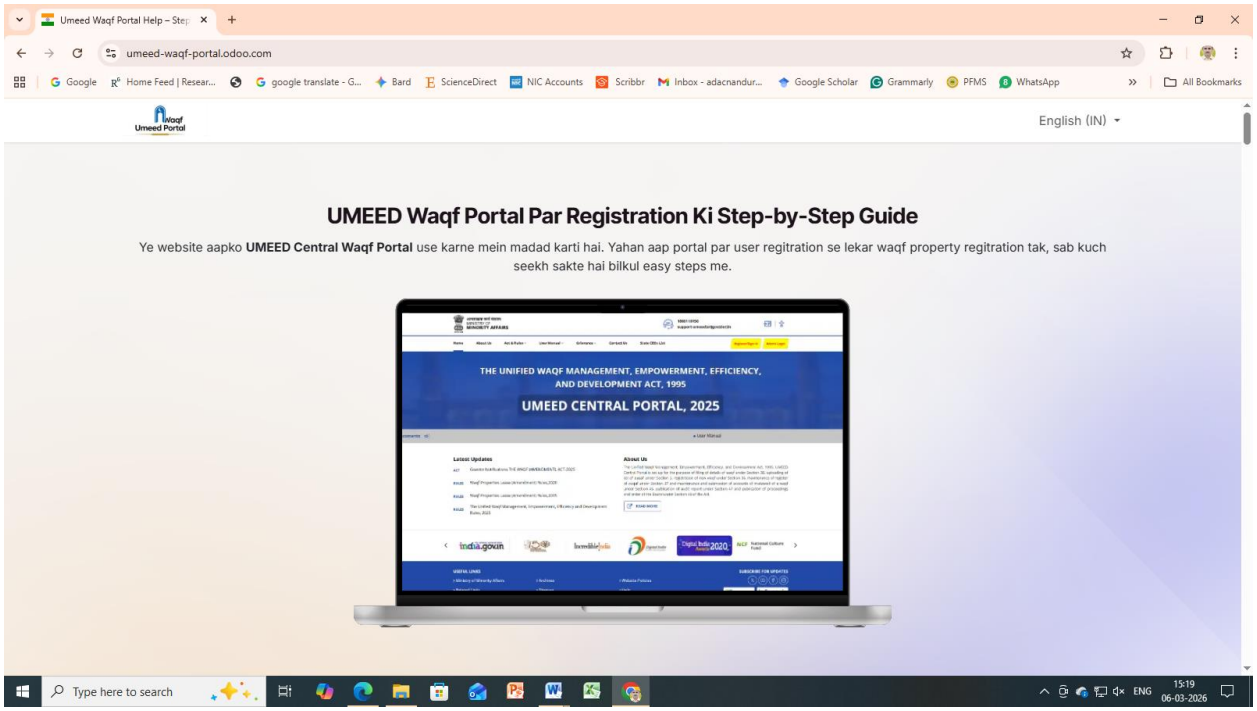
Government of Maharashtra
Mahatma Phule Krishi Vidyapeeth, Rahuri
Office – College of Agriculture, Nandurbar
(ICAR, New Delhi 'A' rating accredited (2023-28)

Telephone - 02564-299641 / 299676
E-mail- adnandurbar.mpkv@gov.in,
adacnandurbar@gmail.com

Address – College of Agriculture, Nandurbar
Tal. Dist. Nandurbar, Pin - 425 412
Website – www.acnandurbar.edu.in

All below guidelines are circulated to all faculty members and students of this college.


Umeed Waqf Portal Help – Step
umeed-waqf-portal.odoo.com
English (IN)
UMEED Waqf Portal Par Registration Ki Step-by-Step Guide
Ye website aapko UMEED Central Waqf Portal use karne mein madad karti hai. Yahan aap portal par user regitration se lekar waqf property regitration tak, sab kuch seekh sakte hai bilkul easy steps me.
THE UNIFIED WAQF MANAGEMENT, EMPOWERMENT, EFFICIENCY, AND DEVELOPMENT ACT, 1995
UMEED CENTRAL PORTAL, 2025
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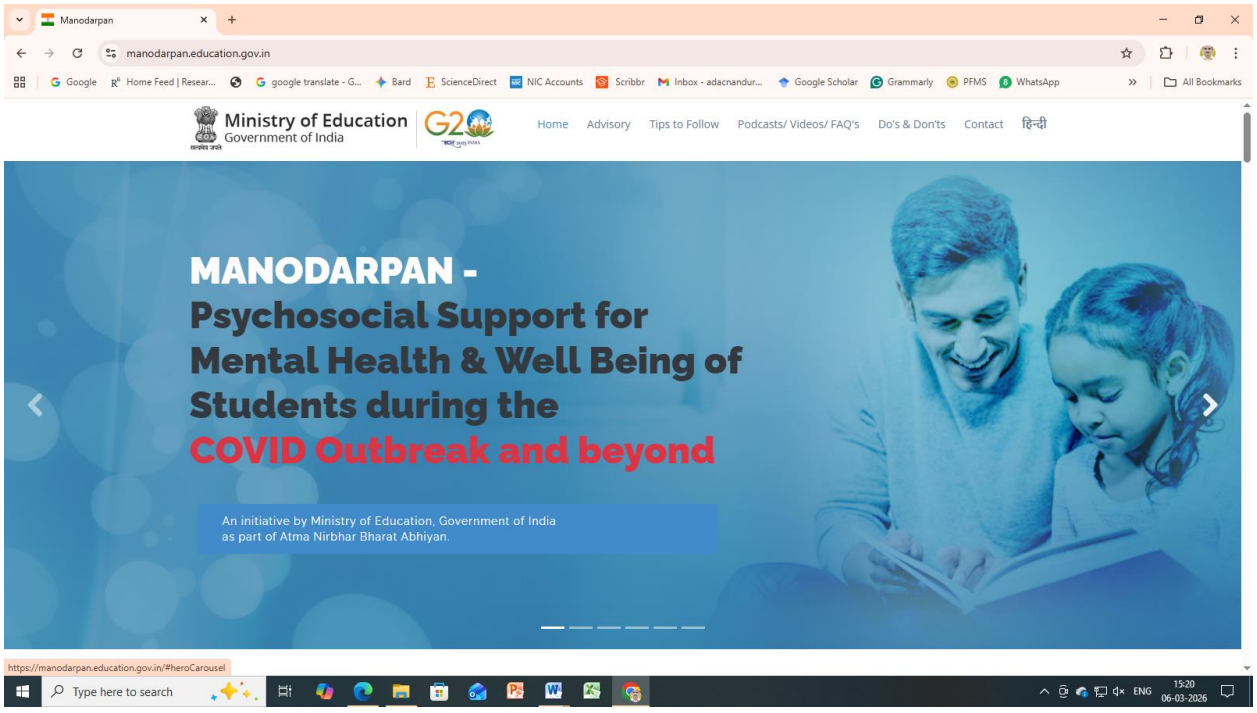
Manodarpan
manodarpan.education.gov.in
Ministry of Education
Government of India
Home
Advisory
Tips to Follow
Podcasts/ Videos/ FAQ's
Do's & Don'ts
Contact
हिन्दी
MANODARPAN -
Psychosocial Support for
Mental Health & Well Being of
Students during the
COVID Outbreak and beyond
An initiative by Ministry of Education, Government of India
as part of Atma Nirbhar Bharat Abhiyan.
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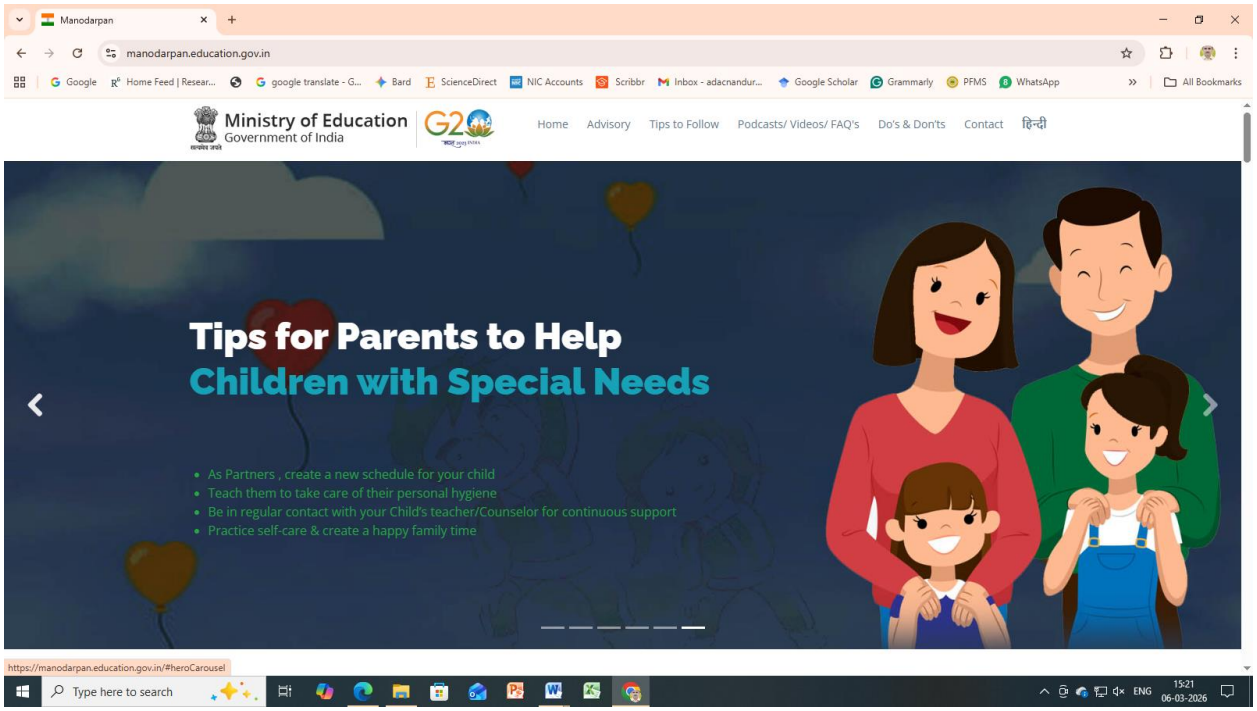
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Tips to Follow
Podcasts/ Videos/ FAQ's
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हिन्दी
Tips for Parents to Help
Children with Special Needs
As Partners , create a new schedule for your child
Teach them to take care of their personal hygiene
Be in regular contact with your Child's teacher/Counselor for continuous support
Practice self-care & create a happy family time
https://manodarpan.education.gov.in/#heroCarousel
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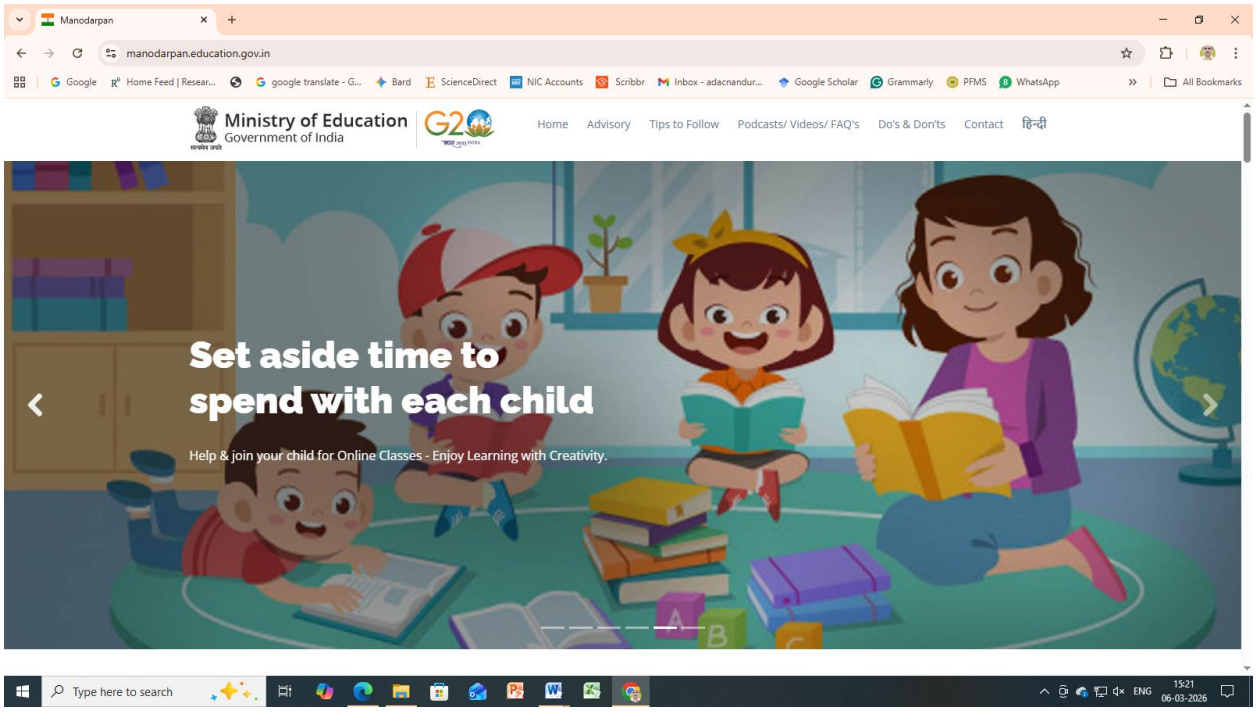
Manodarpan
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Ministry of Education
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Tips to Follow
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हिन्दी
Set aside time to
spend with each child
Help & join your child for Online Classes - Enjoy Learning with Creativity.
Type here to search
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Podcasts/ Videos/ FAQ's
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हिन्दी
FAMILY LIFE during COVID 19
Unlock Family
Togetherness
Do virtual Meetups & Word Games
Plan activities for kids
Make "me" time
Keep a routine
Type here to search
ENG
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COVID-19
Adolescent Stress -
Psychosocial Support from my School
Online Education
Webinars with Experts
Fitness Sessions
Peer to Peer Support
Type here to search
ENG
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06-03-2026

TIPS TO HANDLE ANXIETY

Look around you and find...

5 things you can SEE
4 things you can TOUCH
3 things you can HEAR
2 things you can SMELL
1 thing you can TASTE

This is called grounding.
It can help you to regain
the control of your
surrounding.

EMPOWER MENTAL HEALTH & WELL BEING

Universities & Colleges

Let's be strong & deal with the Covid 19 outbreak

Over 90% of college students all over the world are inside their homes.
There is great anxiety regarding the academic year, grades, tuitions fees.

1 MAINTAINING A ROUTINE

It is hard to maintain a routine when one is at home. It is important to make a routine and sleep on time. Attend online classes whenever possible.

2 STAY IN TOUCH WITH TEACHERS/PROFESSORS/COUNSELLOR

Seeking psycho-soical support allows you to learn stress management techniques, how to calm yourself, promote wellbeing and handle other issues you face during the lock down.

3 BUILD A SOCIAL SUPPORT NETWORK

Use Facetime, Zoom and other tools to reach out to friends and family, and schedule times to connect with them.

4 GET ACTIVE

Listen to your body — Eat safe, get plenty of sleep and exercise every day. This may include indoor exercise lessons/games, stretching and meditation.

5 AVOID DRUGS AND ALCOHOL

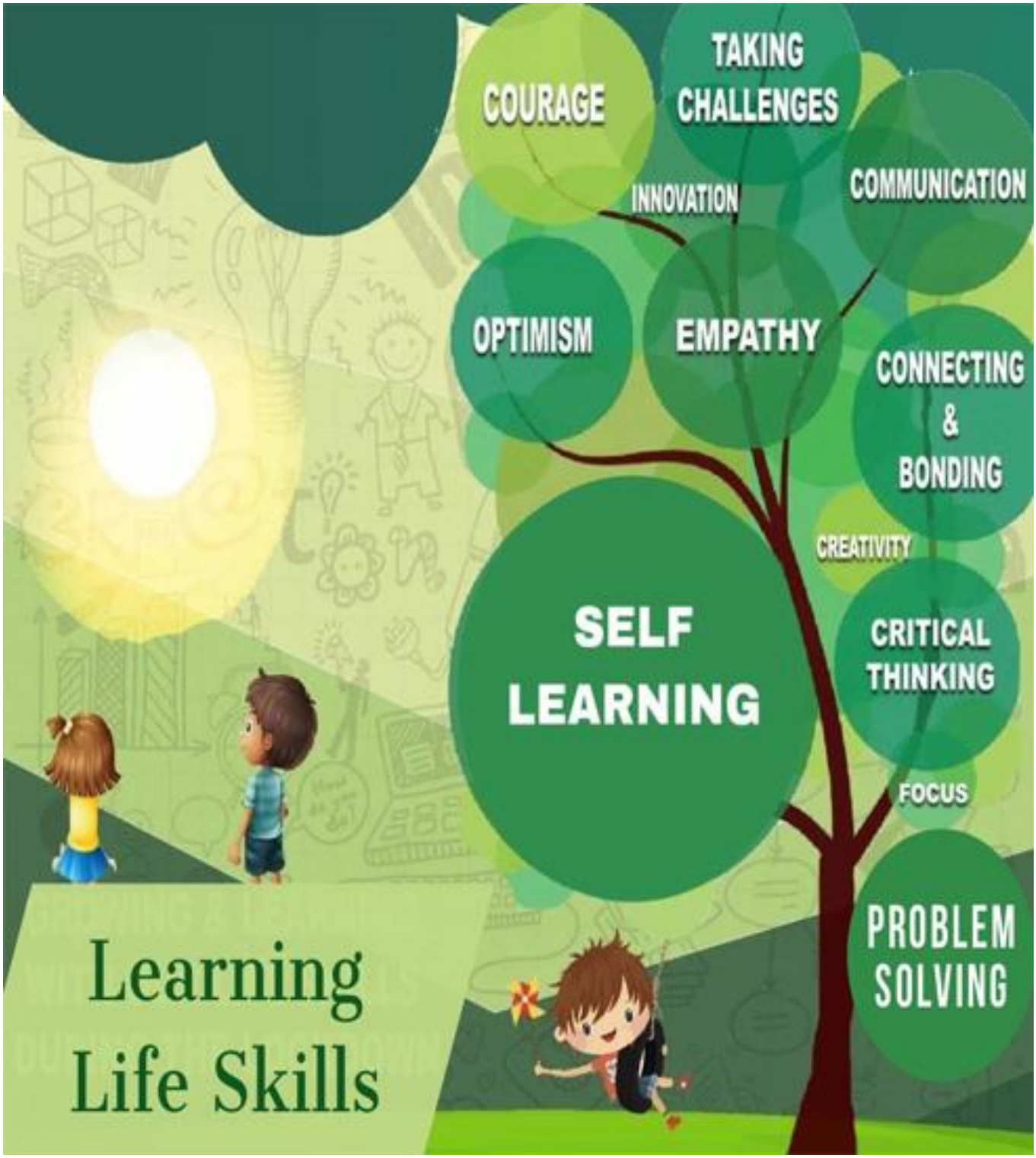
Excessive drug and alcohol use puts you in grave physical and mental danger. If you can't get a grip on your actions, team up with someone who can help.

6 EAT A HEALTHY DIET

Choose a wide variety of healthy, nutritious food- Eat regularly and with proper schedule to keep up your energy.

7 COPING WITH CHALLENGES

Draw on skills you have used in the past that helped you to get through previous adversities,and use those skills to manage emotions.


COURAGE
TAKING CHALLENGES
INNOVATION
COMMUNICATION
OPTIMISM
EMPATHY
CONNECTING & BONDING
CREATIVITY
SELF LEARNING
CRITICAL THINKING
FOCUS
PROBLEM SOLVING
Learning Life Skills

Mental Wellness Tips For Students During Covid-19

Follow a Flexible Routine
with focus on
- Exercise-Yoga , Aerobics , Brain Gym etc.
- Healthy & Balanced Diet rich in Vitamin C & Zinc to boost Immunity
- Sleep Hygiene-sound sleep of 7-8 hrs

Have a Family Circle Time
- Home should be an Anger Free Zone
- Engage in activities having all family members like:
  - Exercising together
  - Playing indoor games like scrabble and chess together
  - Preparing family meals together
  - Praying & Meditating together
  - Sharing old memories for emotional nourishment

Learn a New skill
Like ...
- Creative Writing
- Growing Micro Greens in the kitchen
- Learn New Language

Develop a New Hobby

Practice Gratitude
- Be grateful towards

Doctors , Police, Paramedical Staff, Security Staff , Teachers , Parents & Siblings for their contribution towards our wellness & safety

Practicing Mindfulness
- Practising Long and Slow Breathing
- Mindful Eating
- Respecting Food and its Provider

Intellectual Wellness
-Feed your mind with positive content
-Write Slam Poetry
-Read book, Novel, Newspaper etc.
-Do Book review

Maintain a Diary
- To vent out stress.
- To have a non-judgemental and non- threatening space for yourself.
- Inspire creativity

Tips for Parents to Help Children with Special Needs

- **As Partners , create a new schedule for your child** – take care of their physical & psychological wellbeing ;include social stories that describe through **words & pictures**
- **Start the day with physical exercise/yoga, brain gym exercises and prefer a nutritious diet–** keep them away from food with artificial flavours and preservatives as it may trigger hyperactivity.

- **Create a happy family time-** Discuss happy memories that bring joy and happiness
- **Teach them to take care of their personal hygiene–** instruct your child about personal hygiene.
- **Involve them in household chores** – teach them self-help skills like folding clothes, watering plants, making sandwiches etc.

- **Be in regular contact with your Child's teacher, School's Special Educator and Counselor for continuous support** - to seek assistance and guidance for school projects, home work and home bound programme.
- **Manage their screen time-** set or enforce daily / weekly screen time limits.

- **Practice self-care** –As a caregiver for your child you should take care of your safety and well-being.

Caring with Psychosocial Support of Children & Adolescents during the Covid Outbreak

- Focus on the Positive — Amplify positive news stories and support caregivers who work hard to fix the problem
- Stay connected with friends, relatives . Engage in social interaction over phone or internet

- Listen to your body — Eat safe, get plenty of sleep and exercise every day. This may include indoor exercise lessons/games, stretching and meditation.
- Educate your children about sanitation and hygiene

- Establish a routine- Engage in daily activities . Care with empowering.
- Break up your day— Find ways to break up your day and, if possible, adjust the setting for various things.
- Take a break from stressful situations.

- Be non-judgmental towards children and promote proactive communication
- Help & Join your child for Online Classes - Enjoy Learning with Creativity


LOCKDOWN....
UNLOCK FAMILY TOGETHERNESS
Fitness Activities
Ensuring Fitness and Enjoyment
New Skills
• Learning and Enjoying
• Keeping my family busy
Online Time
Keeping pace with our work, teachers and connecting with friends
Responsible Behaviour
Staying Indoors, Maintaining Hygiene and Taking Care of Each Other

Covid-19

Adolescent Stress -- Psychosocial Support from my School

Online Education

Keeping us engaged in new learning.

Webinars with Experts

Enabling us to handle our mental & emotional well being.

Fitness Sessions

Helping us to keep ourselves fit & healthy while staying indoor.

Connect

Enjoying the bonding with family & connecting with teachers and friends.

Peer to Peer Support

Our Well Being Self Help Group - The Peer Educators.

#StayHomeStaySafe

FAMILY LIFE during COVID 19

Do virtual Meetups and Word Games

Use whatever technology you have available to virtually meet up with those you love. If your kids are missing their friends from school or best friend from down the block, work with them to arrange virtual word games. Online long hours to be avoided.

Make "me" time

"Me" time is important for everyone in your home to practice. Set aside time every day for your kids to do something for themselves or have quiet time in their rooms, and during this time, treat yourself to something that will help you relax.

Plan activities for kids

Plan various fun activities for your kids such as puzzles and in-house hide and seek. Involve them in cooking, dance and sing with them. Tell them stories of your childhood, read books with them, teach them gardening and ask them to take care of the plants.

Keep your routine

Make sure you stick to a routine. Get up on time, maintain routine hygiene, make study schedules, exercise indoors, play with your family and sleep well.

How to look after your Mental Health during the COVID-19 outbreak

Recognise and accept your emotions:

It is natural to feel confused or worried during times of crises. Recognise and accept your emotions.

Communicate

Talk to your loved ones about your feelings.

Avoid misleading news and rumours

Reduce your time watching or listening to news. Rely only on authentic sources of information.

Positivity

Show yourself compassion and love by trying to stay positive.

Practice Deep Breathing

When you feel anxious do deep breathing slowly for few minutes.

21st Century Skills

A Handbook

CENTRAL BOARD OF SECONDARY EDUCATION, DELHI

Advisory

- **Parents and Families**
- **Principals and Teachers**
- **Students**

During COVID-19 Pandemic and Beyond

The escalating spread of COVID-19 pandemic caused unprecedented changes in the lives of all people including children, adolescents and youth causing

UMMEED

Understand, Motivate, Manage, Empathize, Empower, Develop

Prevention of Suicide

Guidelines for Schools

Department of School Education & Literacy
Ministry of Education
Government of India

Mental Health and Well-being of School Students

– A Survey, 2022 –

Key Findings

TOWARDS STUDENTS' MENTAL WELL-BEING:

ENGAGING WITH SCHOOL

MANODARPAN

An initiative of the Ministry of Education

MANODARPAN

Psychosocial Support for Mental Health & Well-being of Students during the COVID Outbreak and beyond

An initiative by Ministry of Education, Government of India as part of Atma Nirbhar Bharat Abhiyan

Creating Peer Support

Enhancing Student Well-being

Supporting Families

Toll-free Helpline (8448440632)

https://manodarpan.education.gov.in/

EARLY IDENTIFICATION AND INTERVENTION FOR MENTAL HEALTH CONCERNS IN SCHOOL GOING CHILDREN AND ADOLESCENTS

MODULAR HANDBOOK FOR TEACHERS AND ALLIED STAKEHOLDERS