

# MANASA

Mental health platform of Jain (Deemed-to-be University) to combat mental health uncertainties during Covid-19.

Dear Jain (Deemed-to-be University) Members,

As per the directive of UGC dated 5<sup>th</sup> April 2020, Jain (Deemed-to-be University) student's guidance and counseling center - Vishwas is pleased to inform you that we have formed a virtual mental health platform - **Manasa**, to combat the mental health challenges and uncertainties faced by each one of us. Please avail the services of our psychologists mentioned below through phone, email, whatsapp or other social media handles. Please view the following weblink for better coping. Let us stand together for a healthy tomorrow.

**Dr. Uma Warriar**  
Chief Counselor  
Jain (Deemed-to-be University)

## Details of the Psychologists of Jain (Deemed-to-be University)

(All counselors will be available between 9.00 am- 4.00 pm)

**Ms. Supriya Christopher**

Child and Adolescent Counseling  
Email: supssandy@gmail.com  
☎ +91 99809 28867

**Ms. Pallavi Prahalad**

Drug Rehab Psychology  
Email: pallavip289@gmail.com  
☎ +91 97421 03197

**Ms. Anumathi G Malak**

Child and Adolescent Counseling  
Email: anumathi\_g@cms.ac.in  
☎ +91 98864 66191

**Ms. Suha Chand**

Child and Adolescent Counseling  
Email: chandsuha@gmail.com  
☎ +91 83108 94529

**Ms. Dharani Mahalingam**

Expressive Art Therapy  
Email :dharanitamilmaha@gmail.com  
☎ +91 80734 56693

**Ms. Manaswini. M**

Forensic Psychology- Behaviour Therapist  
Email: manu1230m@gmail.com  
☎ +91 85498 22479

**Mr. Midhun.Krishnan**

Clinical Psychology- REBT  
Email: k.midhun@jainuniversity.ac.in  
☎ +91 8220828261

**Ms.Vaishnavi Chakrapani**

Reel and Role Play Therapist  
Email: vaishnavi\_sc@cms.ac.in  
☎ +91 9611776840

**Ms. Jeba Shanthilin**

Hospital Administration  
Email: jb.shan1020@gmail.com  
☎ +91 8056212794

### Details of the weblinks for improved stress coping

Practical tips to take care of your mental help during the stay in

<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>

Minding our minds during the COVID-19

<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>

Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak

<https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>

QR code



[www.jainuniversity.ac.in](http://www.jainuniversity.ac.in)