



S. P. Mandali's

RAMNARAIN RUIA AUTONOMOUS COLLEGE

Matunga, Mumbai – 400 019.

A TIME TO REJUVENATE FOR A BRIGHTER FUTURE

Friday, 3rd April 2020

My dear students,

Today, our planet is passing through a time of unprecedented calamity. A tiny virus, so small that 100 million of them can fit on a pinhead, is challenging even the most advanced healthcare systems in the world. India is battling its own war against the virus, SARS-CoV2 and trying its best to contain the disease, COVID-19. With a healthcare system, that is still inadequate for our population, this is proving an uphill task. With more than 1.3 billion people put under a national lockdown, we have been confined to the precincts of our houses till the mid of April, probably even more.

It is a time of crisis and uncertainty which, I am sure, even your parents and grandparents had never experienced. A confinement of this nature is completely beyond our comprehension and imagination. We never ever expected such a turn of event, that would engulf the whole planet. In this testing time of lockdown, a feeling of despair sets in amongst us, with all the uncertainties of future. Keep your hopes alive, be strong, be calm and don't slacken your focus about your career. You must use this time to review, refresh and revitalize your skills.

You can visit the College website and lookup the list of "Educational Resources" provided. There is a running message strip that you can click to open the information at the website. Select a short time online course that can benefit you in advancing your skill sets. Several renowned universities across the world have opened their resources for such online programmes, many of which are with no attached costs. Times of crisis are also times to learn experience and become a smart survivor. With many curricular deadlines to meet, such skill advancement may not be easily feasible in a normal academic schedule. It would be even worthwhile, to select a programme that necessarily is not part of your core skills but something complementary like, communication skills and writing skills.

Like many crises that we face in our lives, this one will also pass, and we will overcome the adversities in our own unique ways. Times of crisis are tough and demand a high level of patience and resilience from our side. So, keep calm, be observant, be smart and be informed while taking decisions. Do not fall prey to rumours and wrong information. It is important to keep updated with the latest news and guidelines from the local, state and national authorities. Try to become the informed member in your family and help others to understand the situation better and in appropriate manner. As you maintain social distancing, maintain social media distancing too, especially from fake news, images and media.

Please think of the emotional state of the recipient of your social media messages especially while forwarding them. Those messages, pictures and videos that disturbed you, should never be forwarded. Every one of us, is in a state of anxiety and fear. So, send them messages that will boost their morale and equip them better to overcome the crisis.

Be safe, Be healthy.

Regards,

Anushree

Dr Anushree Lokur

I/c Principal

