



ओड़िशा केंद्रीय विश्वविद्यालय, कोरापुट
(केंद्रीय विश्वविद्यालय अधिनियम 2009 के तहत स्थापित)
Central University of Odisha, Koraput
(Established Under the Central Universities Act, 2009)

Press Release: 06 May, 2020

**Central University of Odisha Launches Pilot on
'Bharosa: An Online Counselling Helpline for Mental
Health and Well Being of University Students in Odisha'**

Releases helpline number **08046801010** for **Cognitive Emotional Rehabilitation
During COVID-19:**

Union Minister of Human Resource Development Dr. Ramesh Pokhriyal Nishank is expected to launch the CUO Helpline '**Bharosa**' (**08046801010**) started by Central University of Odisha to provide voluntary services to the University students of Odisha in the wake of COVID -19, for enhancing their mental health and well-being. Students of any University of any part of Odisha can dial this number. The Bharosha will be launched via Video Conference by the Hon'ble Union Minister of HRD in the presence of Shri Arun Kumar Sahoo, Minister of Higher Education Odisha and Prof. I. Ramabrahmam, Vice-Chancellor, Prof. Asit Kumar Das, Registrar and Officials of the University.

In the meantime a Pilot of '**Bharosa**' Helpline of CUO has been launched by Shri Madhusudan Mishra, District Collector and Magistrate, Koraput on 5 May, 2020. In the presence of Prof. I. Ramabrahmam, Vice-Chancellor, Dr. Asit Kumar Das, Registrar CUO, Dr. Ramendra Kumar Parhi, Team Leader & Dr. Durga Prasad, Visiting Professor and Dr. Phagunath Bhoi, Public Relation Officer.

This initiative has been taken by the CUO in collaboration with two frontline organizations, namely, Association of Health Psychologist (AHP) and Support for the Emotional Rehabilitation of Virus Victims (SERV).

As part of the collaborative Bharosa initiative, the identified faculty and Ph.D scholars of Central University of Odisha have been trained by a team of members from the AHP in six basic modules of counseling. The team of volunteers would consist of this core team from the University and five members from the AHP who are familiar with Odia language. The CUO team is lead by Shri Ramendra Kumar Parhi, Dean Student Welfare, CUO. The names and contact details of other members of this CUO team are shown in the Brochure placed on the CUO website.

In a first such move, the Central Varsity has set up a helpline for psychological counseling by experts free of cost for the University students of Odisha. This initiative will help the students of Odisha in coping with emotional and cognitive dimensions. The help line number is connected with 15 psychologists including 7 experts from Central University of Odisha. One can dial the help line number. It will automatically connect one of the volunteers depending on the time chosen by them. Details of the Helpline services are shown in the Brochure that has been place on the CUO website.

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