

Jesus and Mary College

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Accredited by NAAC with "A" Grade



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SPECIAL MESSAGE FOR STUDENTS OF JMC

24th April 2021

Dear Students,

Greetings to you from Jesus and Mary College!

Confronting one of the starkest times of the Century, COVID 19 has impacted our lives in unprecedented ways. During these exceedingly difficult moments, I want to connect with you not just as your Principal but as a person who is deeply concerned about your personal wellbeing and that of each of your families.

Undoubtedly, we are all trying to cope with it in our own pace. We all have our own coping mechanisms, problem solving abilities etc. Nevertheless, we all have our own 'highs' and 'lows', and it is during our moments of 'lows' that we need someone to hear us out, someone to listen to us or just someone to lean on. Unfortunately, in these times we are forced to handle our challenges ourselves because of the constraints and restrictions due to the protocols of the disease and thus left to fend for ourselves.

I want to assure you that the Sisters of the Management of Jesus and Mary College, the dedicated team of faculty and staff members, the College Counsellor, the Student Council Faculty Advisor, Student Council members, and myself are here for you if you are looking for any kind of support that you need. We are all just a call away. Please do not hesitate to ask for help.

This is a fervent request to each one of our students to please be in touch with your mentors or any faculty member that you are free to converse with to share your problems, needs and any other sort of information or requirement that you may have. You can be assured that it will be treated with utmost confidentiality and professionalism.

Many of us have crumpled yet several of us have experienced resilience that we thought we did not have. Every human being has the capacity to rise, move against the tide and overcome struggles. All we need is a little bit of help from someone outside and perhaps a lot of self-help from within.

While on one hand I appeal to you to seek help for yourselves, on the other I urge you to reach out to your classmates and friends, make a phone call to them and find out how they are doing. If they need any support, please let us know or ask them to be in touch with us.

We must strive to adapt to change, spread hope and be a resilient community.

Thank you and may God be with each of you and your families.

Dr. Sandra Joseph

Principal