

The following video links of Ministry of Health & Family Welfare to be used by the students

- for Practical tips to take care of your Mental Health 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/MindingourmindsduringCornaeditedat.pdf](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>
- Behavioural Health: Pschyo-Social toll free helpine-0804611007

Stay Indoors. Stay Healthy. Stay Safe.

With kind regards,

PRINCIPAL