

YouTube Videos & PDF Links suggested by the Ministry of Health & Family Welfare to share with Students & the Community:

- Practical tips to take care of your Mental Health during the Stay in Home:
<https://www.youtube.com/watch?v=uHB3WJsLJ8s>
- Various Health Experts on how to manage Mental Health & Well Being during COVID-19 Outbreak:
<https://www.youtube.com/watch?v=iuKhtSehp24>
- Minding our minds during the COVID-19:
<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- Behavioural Health: Psycho-Social toll free helpline: **0804611007**