

UGC NOTIFICATION

As per the UGC letter no. 1-1/2020(Secy), in order to avoid any kind of stress or panic in the prevailing situation by the student community vis-à-vis their studies, health and related issues, they can refer to the the following video links of Ministry of Health & Family Welfare <https://www.mohfw.gov.in/>

1. Practical tips to take care of your Mental Health during the stay in -
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
2. Minding our minds during the COVID-19
<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
3. 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>
4. Behavioural Health: Pschy-Social toll free helpline - 0804611007