

Whether the following Video links of Ministry of Health and Family Welfare <https://mohfw.gov.in/> have been shared on your University/College website, and also with students and faculty via email, through social media like Facebook, WhatsApp and Twitter etc.: *

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