



Mental Health & Wellbeing of Andreans during and after COVID-19 outbreak

- Practical tips to take care of your Mental Health during the Stay In <https://youtu.be/uHB3WJsLJ8s>
- Minding our minds during the COVID-19 <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- Various Health Experts on how to manage Mental Health @ Well Being during COVID-19 outbreak <https://youtu.be/iuKhtSehp24>
- Behavioural Health: Psycho-Social toll free helpline – 0804611007

For further assistance contact:

Prof. Shubda Malhotra
M – 9619571392

Prof. Samson Carvalho
M- 7378426000