



POPE JOHN PAUL II COLLEGE OF EDUCATION

Re-accredited (2nd Cycle) with 'A' Grade by NAAC

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Dear Staff,

The Ministry of Health and Family Welfare has the following useful video links related to mental health and well being. It has directed that the same may be shared to all the faculties and students. After receiving this message kindly forward the same to your students via social media.

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 : Pschyo-Social toll free helpline - 0804611007


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