



MOYNA COLLEGE

Affiliated to Vidyasagar University

Moyna :Purba Medinipur :Pin-721629 ::West Bengal :India

Notice

As per UGC (Ref: D.O No Secy(HE)/MHRD/2020 dated 4th April 2020) this is notified to all the students of our college that click the following link and watch the video and read the documents for your mental health and well-being during and after COVID-19 outbreak.

- Follow the website of Ministry of Health and family Welfare
<https://www.mohfw.gov.in/>
- Practical tips to take care of your mental health during the stay in
<https://www.youtube.com/watch?v=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 and well-being during the COVID19 outbreak
<https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
- Behavioral Health: Pschyo-social toll free helpline no:0804611007

BY ORDER
Teacher-in-charge
Moyna College