



PONDICHERRY UNIVERSITY
OFFICE OF STUDENTS' WELFARE

08-04-2020

CIRCULAR

**Subject: Mental Health & Well-Being of Students during and after
COVID-19 outbreak**

Students are requested to kindly make use of the following websites as suggested by UGC, Delhi for their Mental Health and Well-being during and after COVID - 19 outbreak.

1. The following video links of Ministry of Health & Family Welfare <https://www.mohfw.gov.in>
 - Practical tips to take care of your Mental Health during the Stay In <https://www.voiitnhe.com/watch?v=nHB3W.IsL.Ifis&feature=voutu.be>
 - Minding our minds during the COVID-19 <https://www.mohfw.gov.in/pdf/MindineourmindsduringCoronaeditedat.pdf>
 - Various Health Experts on how to manage Mental health & left Being during COVID-19 outbreak <https://www.youtube.com/watch?v=iuKhtSehp24&feature=outu.be>
 - Behavioural Health: Psycho-Social toll free helpline -0804611007