

Following video links of Ministry of Health & Family Welfare

- Practical tips to take care of your Mental Health during the Stay In:
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- 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>
- Behavioural Health: Psycho-Social toll free helpline - 0804611007