



Maharaja Agrasen College
University of Delhi
Vasundhara Enclave, Delhi – 110096

April 07, 2020

NOTICE

All the Faculty member and Students are hereby informed that the Ministry of Health & Family Welfare had suggested the following Video Links for Mental Health during Lockdown due to Pandemic COVID-19.

- Practical tips to take care of you Mental Health during the stay in <https://youtu.be/uHB3WJsLJ8s>
- Minding our minds during the COVID-19 <https://youtu.be/bzeXS057ceo>
- Various health experts on how to manage mental health and well-being during the #COVID19 outbreak.
<https://youtu.be/iuKhtSehp24>
- Behavioural Health: Psycho-Social toll free helpline 0804611007

For more videos and details, visit <https://www.mohfw.gov.in/>

sd/-
Dr. Sanjeev Kr. Tiwari
Principal (Offg.)

Copy to:-
College Website
Email to all concerned