



# JANKI DEVI MEMORIAL COLLEGE

(UNIVERSITY OF DELHI)

Sir Ganga Ram Hospital Marg, New Delhi-110060

Website: [www.jdm.du.ac.in](http://www.jdm.du.ac.in) E-Mail: [principal@jdm.du.ac.in](mailto:principal@jdm.du.ac.in)

---

## **Attn.: All staff members and students**

Following are the weblinks of useful videos for students and faculty for good mental health during COVID-19

Practical tips to take care of your Mental Health during the Stay In

<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>

Minding our minds during the COVID-19

<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>

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>

Behavioral Health Psycho-Social toll free helpline-0804611007