

# Surya Sen Mahavidyalaya

**Let's Fight Corona Virus, Together**

## IMPORTANT VIDEOS

### Videos for Fitness Workout at Home

Doing certain amount of physical exercise at home to maintain minimum level of fitness during the quarantined period is a must for all of us. We provide here links of few videos which will keep you fit during the lockdown period

**Videos List (Click on Video title or Link to view):**

Title	Link
20 MIN FULL BODY WORKOUT	<a href="https://www.youtube.com/watch?v=UItWltVZZmE">https://www.youtube.com/watch?v=UItWltVZZmE</a>
20 MIN YOGA FOR BEGINNERS	<a href="https://www.youtube.com/watch?v=v7AYKMP6rOE">https://www.youtube.com/watch?v=v7AYKMP6rOE</a>
WELLNESS DURING COVID-19:	<a href="https://www.youtube.com/watch?v=p9F0fQK81Pw">https://www.youtube.com/watch?v=p9F0fQK81Pw</a>
SIMPLE EXERCISE	<a href="https://www.youtube.com/watch?v=tVnL45ynLyw">https://www.youtube.com/watch?v=tVnL45ynLyw</a>

## IMPORTANT INFORMATIVE VIDEOS ON NOVEL CORONA

WORLD HEALTH ORGANISATION  
GOVERNMENT OF INDIA  
GOVERNMENT OF WEST BENGAL

WHO ADVICE FOR PUBLIC	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public</a>
WHO GUIDELINES	<a href="https://www.youtube.com/watch?time_continue=19&amp;v=bPITHEiFWLc&amp;feature=emb_logo">https://www.youtube.com/watch?time_continue=19&amp;v=bPITHEiFWLc&amp;feature=emb_logo</a>
#INDIAFIGHTSCORONA COVID-19	<a href="https://www.mygov.in/covid-19/?target=webview&amp;type=campaign&amp;nid=0">https://www.mygov.in/covid-19/?target=webview&amp;type=campaign&amp;nid=0</a>
GOVT. OF W B AWARENESS VIDEO	<a href="https://www.youtube.com/watch?v=6fDdnZOqnZc&amp;feature=youtu.be">https://www.youtube.com/watch?v=6fDdnZOqnZc&amp;feature=youtu.be</a>
AAROGYA SETU MOBILE APP	<a href="https://www.mygov.in/aarogya-setu-app?app=aarogya">https://www.mygov.in/aarogya-setu-app?app=aarogya</a>
HOME MADE FACE COVER	<a href="https://www.youtube.com/watch?v=Q-Iy7ccCpS4&amp;feature=youtu.be">https://www.youtube.com/watch?v=Q-Iy7ccCpS4&amp;feature=youtu.be</a>