

# **SURYA SEN MAHAVIDYALAYA**

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

**STAY HOME, STAY HEALTHY, STAY SAFE**

**IMPORTANT VIDEOS ON**

## **MENTAL WELLBEING**

**1. PRACTICAL TIPS TO TAKE CARE OF YOUR MENTAL HEALTH DURING STAY IN:**

<https://www.youtube.com/watch?v=uHB3WJsLJ8s>

**2. MEDITATION ON STRESS MANAGEMENT**

<https://www.youtube.com/watch?v=5wr4hq-4HQk&feature=youtu.be>

**3. MANAGING MENTAL STRESS AND DEPRESSION DURING LOCKDOWN**

<https://www.youtube.com/watch?v=wRYP0vjOeck&feature=youtu.be>

**4. VARIOUS HEALTH EXPERTS ON HOW TO MANAGE MENTAL HEALTH**

<https://www.youtube.com/watch?v=iuKhtSehp24>

**NAAC ACCREDITED**

**ISO 9001:2015**