MAHATMA GANDHI CHITRAKOOT GRAMODAYA VISHWAVIDYALAYA CHITRAKOOT, SATNA (M.P.)

Accredited 'A' Grade by NAAC

#### How to take care of Mental Health during lockdown ?







Prof. Naresh Chandra Gautam Vice Chancellor























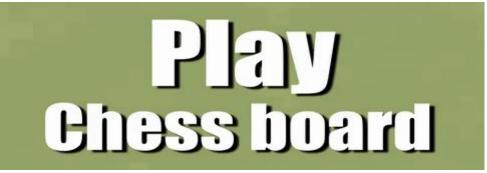








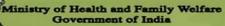








## Play Snake & ladder game







# Listen to music

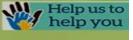




# Watch movies



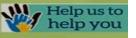






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Ministry of Health and Family Welfare Government of India





## **Keep your self** Physically active

## **Keep your self** Mentally active

#### **Keep your self** Socially active

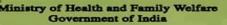










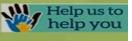




























Ministry of Health and Family Welfare Government of India



In case of fever, cough or difficulty in breathing, please call state helpline number or 24X7 helpline numbers of Ministry of Health and Family Welfare, Government of India

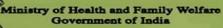
#### 1075 (Toll Free) 011-23978046 email: ncov2019@gov.in, ncov2019@gmail.com website:- www.mohfw.gov.in



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