

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



Help us to
help you



**Start your
Daily routine
as usual**



Stay Positive



**Minimise
watching news on
Covid 19**



**Engage in
Activities
of your choice**



**Play
Chess board**

**Play
Indoor Games**

**Play
Chess board**

**Play
Snake & ladder game**



Listen to music

Painting

Read Books

Watch movies



Walk around the house



Keep your self
Physically active

Keep your self
Mentally active

Keep your self
Socially active



DO
Meditation

DO
Yoga, Exercise etc



Eat Well

Sleep Well



Covid 19 is preventable



Ministry of Health and Family Welfare
Government of India



Help us to
help you



**STAY
SAFE**

**STAY
INDOORS**



Ministry of Health and Family Welfare
Government of India



Help us to
help you



सत्यमेव जयते

Ministry of Health and Family Welfare
Government of India



Help us to
help you

**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

NO UNREST - FROM STUDENTS, TEACHERS, EMPLOYEES AND CIVIL SOCIETY



HAPPY, HEALTHY, VIBRANT AND CONDUCTIVE ATMOSPHERE OF WORKING



Ministry of Health and Family Welfare
Government of India

Help us to
help you



आभार