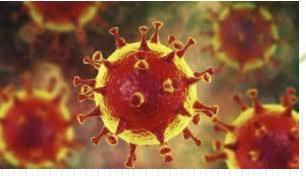
MAHATMA GANDHI CHITRAKOOT GRAMODAYA VISHWAVIDYALAYA CHITRAKOOT, SATNA (M.P.)

Accredited 'A' Grade by NAAC

How to take care of Mental Health during lockdown ?





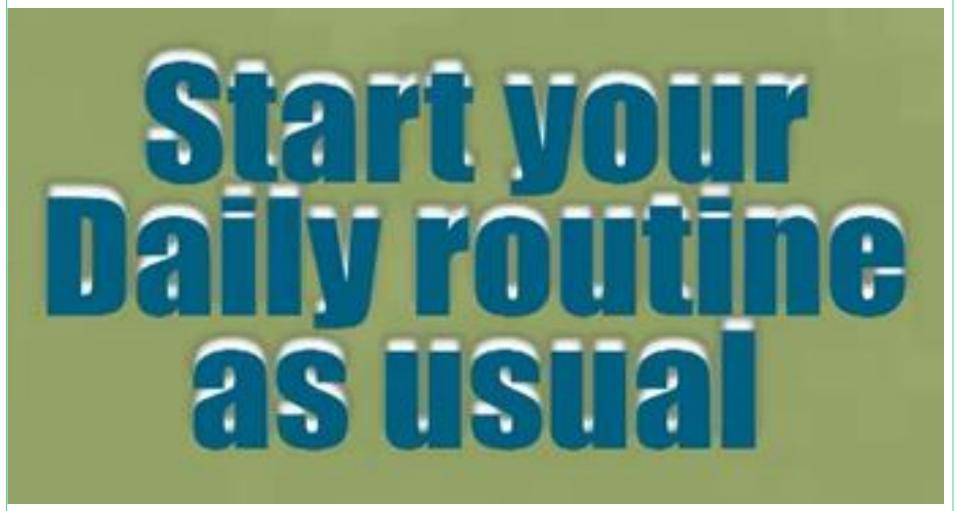


Prof. Naresh Chandra Gautam Vice Chancellor































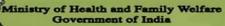








Play Snake & ladder game







Listen to music

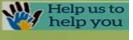




Watch movies



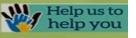






M

Ministry of Health and Family Welfare Government of India





Keep your self Physically active

Keep your self Mentally active

Keep your self Socially active

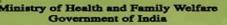










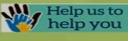




























Ministry of Health and Family Welfare Government of India



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

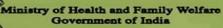
1075 (Toll Free) 011-23978046 email: ncov2019@gov.in, ncov2019@gmail.com website:- www.mohfw.gov.in



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