

A graphic in the top left corner showing a white background with red dots and the text "COVID-19" in red, tilted at an angle.

COVID-19

**PROVIDENCE WOMEN'S COLLEGE,
CALICUT - 673009**

**ASSURING WELL BEING OF OUR STUDENTS IN TIMES OF
COVID 19 PANDEMIC**

**Stay Home
Stay Safe**

STUDENTS PLEASE CONTACT YOUR TUTORS

OR

COUNSELLORS:

Dr Saranya TS ; 8547299246; saranya.t.satish@gmail.com

Dr Lijiya Manju : 9288169728; lijiyamanju@gmail.com

- **Mental stress due to the nationwide lockdown**
- Academic anxiety related to future course of studies, Examinations, Admissions etc
- **Financial & Domestic issues @home, during the lockdown**

COME OUT OF THIS LOCKDOWN WITH

A New Skill

Better Health And Fitness

More Knowledge

Remain Calm

Remain Strong

S.No	TITLE	LINK	UPLOADED ON
1	Know what is the meaning of lockdown for them	https://www.youtube.com/watch?v=maBw7HmrU8c&feature=youtu.be	Apr 4, 2020
2	Awareness for community level workers	https://www.youtube.com/watch?v=UIQZBO2ilA&feature=youtu.be	Apr 2, 2020
3	Practical tips to take care of your mental health during the stay in	https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be	Mar 31, 2020
4	Health experts on how to manage mental health during the #COVID19	https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be	Mar 27, 2020
5	'Connecting with li'l ones during the #COVID19 stay-	https://www.youtube.com/watch?v=OYD9bogtJlU&feature=youtu.be	Mar 27, 2020
6	Experts from AIIMS, New Delhi share basic steps on hand washing to fight against #COVID19	https://www.youtube.com/watch?v=htl6ZUQ-b3Y&list=PL1a9DHjZmejE-Ep2PAu2OR8HBfLP0BLIk&index=1	Mar 28, 2020
7	Precautions to be taken - AMITABH BACHAN .	https://drive.google.com/drive/folders/1wvEmLyv3w3gUMpJP5VhgZgXruuusRpJS	
8	Cover your mouth ENGLISH	https://drive.google.com/drive/folders/1wvEmLyv3w3gUMpJP5VhgZgXruuusRpJS	
9	Hand-wash ENGLISH	https://drive.google.com/drive/folders/1wvEmLyv3w3gUMpJP5VhgZgXruuusRpJS	
10	Things to know about home quarantine ENGLISH	https://drive.google.com/drive/folders/1wvEmLyv3w3gUMpJP5VhgZgXruuusRpJS	
11	Do you need to wear the mask	https://drive.google.com/drive/folders/1wvEmLyv3w3gUMpJP5VhgZgXruuusRpJS	
12	Basic precautions against COVID19 Trisha	https://drive.google.com/drive/folders/1wvEmLyv3w3gUMpJP5VhgZgXruuusRpJS	

** More Videos available on Ministry of Health and Family Welfare