

FATIMA COLLEGE

(Autonomous)



Re-Accredited with 'A' Grade by NAAC (3rd Cycle)
College with Potential for Excellence (2004 - 2019)
94th Rank in India Ranking 2019 (NIRF) by MHRD
Mary Land, Madurai - 625 018, Tamil Nadu.

Guidelines and helpline from Ministry of Health and Family Welfare during COVID-19 outbreak (<https://www.mohfw.gov.in>).

1. Practical tips to take care of your Mental Health during the stay in:

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

2. Minding our minds during the COVID-19

<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>

3. Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak

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

4. Behavioural Health : Psycho-Social toll free helpline-08046110007

- Principal