



**BHAGAWAN BUDDHA HOMOEOPATHIC
MEDICAL COLLEGE & HOSPITAL**

103/6, 40 feet, B.D.A. Road, NGEF Layout, Mallathalli, Bangalore - 560 056.
Telefax: 080-23211056, Phone : 080-23217944, 23217947

Ref. BBHMC/Note/001/2020-21

Date: 08-04-2020

NOTICE


Students who want assistance to COVID-19 related issues may browse

1. Practical tips to take care of your Mental Health during the stay in
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
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&feature=youtu.be>
4. Behavioral Health: Pschy-Social toll free helpline - 0804611007

If in case you need help you are further directed to call the college office for further assistance in any kind of stress or panic prevailing in studies, health and psychosocial aspects between 9-30 am and 4-30 pm or contact the Principal for further directions.

Copy to:

- 1) Administrative Office
- 2) Office File
- 3) Notice Board


PRINCIPAL
Bhagawan Buddha Homoeopathic
Medical College
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Mallathalli, Bangalore - 560 056.