

National Institute for Empowerment of Persons with Multiple Disabilities

(Divyangjan)



राष्ट्रीय बहुदिव्यांगता सशक्तिकरण संस्थान

Department of Empowerment of Persons with Disabilities (Divyangjan)

दिव्यांगजन सशक्तिकरण विभाग

Ministry of Social Justice and Empowerment, Govt. of India

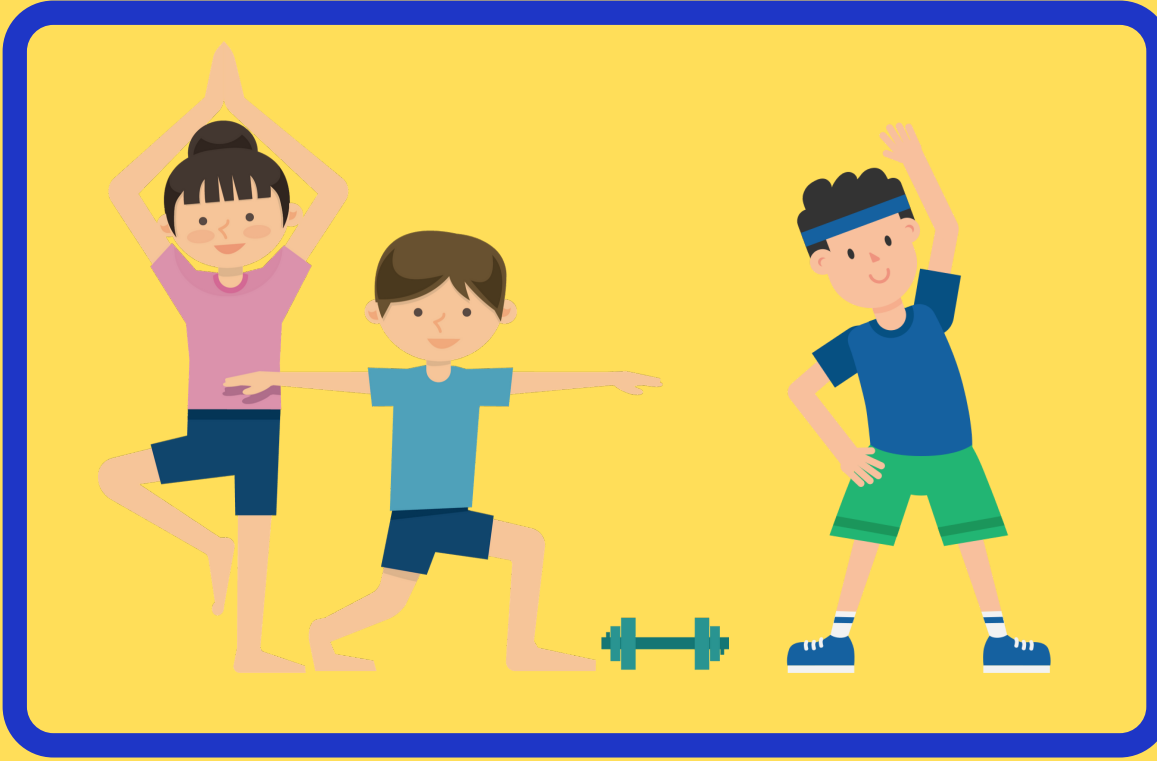
सामाजिक न्याय और अधिकारिता मंत्रालय, भारत सरकार

Department of Social Work (समाज कार्य विभाग)

Tips to stay emotionally healthy during COVID-19 lockdown (2)

COVID-19 लॉकडाउन के दौरान भावनात्मक रूप से स्वस्थ रहने के टिप्स

EXERCISE व्यायाम



- Get into routine of physical movement everyday
- This is essential to stay healthy
- Use online videos, if you need guidance

FRIENDS AND FAMILY दोस्त और परिवार



- Take this time to catch up with friends and family via telephone or video calling
- Socializing with others is important to stay rational when you are alone or inside the locked doors and we can do this without meeting in person via internet or phone

Keep in mind that lockdown/quarantine won't last for too long

ध्यान रखें कि लॉकडाउन लंबे समय तक नहीं रहेगा

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