

COVID-19 and Mental Health (Resources by Mind Specialists)

I. Website and Social Media Links

Resource Location	Link
Mind Specialists – Website (English)	www.mindspecialists.com
Mind Specialists – Website (Hindi)	https://mindspecialists.com/home-2019-hindi/
COVID-19 page on Mind Specialists Website (English)	https://mindspecialists.com/covid-19-and-mental-health/
COVID-19 page on Mind Specialists Website (Hindi)	https://mindspecialists.com/covid-19-and-mental-health-hindi/
Mind Specialists – Facebook	www.facebook.com/MindSpecialists
Mind Specialists – Instagram	www.instagram.com/mindspecialistsindia
Mind Specialists – YouTube	https://www.youtube.com/channel/UCpF-lRd9yhhTPtheKRndSPQ

II. Videos on Mental Health and COVID-19 (English)

Title	Link
How to maintain mental well-being during COVID-19?	https://www.youtube.com/watch?v=EFffRQ5x83Y
Healthy Ways to cope with Corona Virus Anxiety	https://www.youtube.com/watch?v=jn06rQjAFew
Coping with Apprehensions about Future related to COVID-19	https://www.youtube.com/watch?v=QQvV16KYuAY
Managing the Apprehensions about COVID-19 and Future	https://www.youtube.com/watch?v=Po-uVQj1Ajl
Caring for the Caregivers: Ways to Support Healthcare Providers	https://www.youtube.com/watch?v=owzCuQbcmLk
Parenting Tips for dealing with Children during #COVID19 outbreak	https://www.youtube.com/watch?v=skQa-WaAIME
Dr. Avdesh Sharma live on Doordarshan about #COVID19	https://www.youtube.com/watch?v=4Kyqd3q31QE
Dr. Avdesh Sharma live on All India Radio (AIR) about #COVID19	https://www.youtube.com/watch?v=liPhDAnCXrQ
Webinar: BK Shivani Didi and Dr. Avdesh Sharma Mind Specialists 19 April	https://www.youtube.com/watch?v=CA91cFVd00w
Caring for Mental Health of our Elderly during #COVID19 Pandemic	https://www.youtube.com/watch?v=UObqspf90gY

Yuddh (War) - An Internal Struggle Mr. Suresh Oberoi Dr. Shailesh Srivastava	https://www.youtube.com/watch?v=aluHcHgtuc8
10 Lifestyle Tips to become Emotionally Strong Sister BK Shivani	https://www.youtube.com/watch?v=7miTi9eIPHM
Building Emotional Resilience Webinar by Dr. Avdesh Sharma	https://www.youtube.com/watch?v=24T8_ztBc5o

III. Videos on Mental Health and COVID-19 (Hindi)

Title	Link
COVID-19 के दौरान अपना मानसिक स्वास्थ्य कैसे बनाए रखें?	https://www.youtube.com/watch?v=KkPVN_VIFBO
कोरोना घबराहट से बचने के आसान तरीके	https://www.youtube.com/watch?v=4aXw2XviDek
भविष्य और COVID-19 से संबंधित आशंकाओं का सामना करना	https://www.youtube.com/watch?v=nvZbhOzSG1Q
देखभाल करने वालों की देखभाल: स्वास्थ्य देखभाल कर्मियों का समर्थन करने के तरीके	https://www.youtube.com/watch?v=U4y0FIhguzw
#COVID19 के प्रकोप के दौरान बच्चों से बर्ताव करने के लिए पेरेंटिंग के सुझाव	https://www.youtube.com/watch?v=_lzGP8g0Tu4
भविष्य और #COVID19 से सम्बंधित आशंकाओं का प्रबंधन करना	https://www.youtube.com/watch?v=GTuypGRweVM
#COVID19 की चिंता से निपटने के उपाय	https://www.youtube.com/watch?v=g2O1AHQjcwg
Dr. Avdesh Sharma live on Doordarshan about #COVID19	https://www.youtube.com/watch?v=4Kyqd3q31QE
Dr. Avdesh Sharma live on All India Radio (AIR) about #COVID19	https://www.youtube.com/watch?v=liPhDAnCXrQ
Webinar: BK Shivani Didi and Dr. Avdesh Sharma Mind Specialists 19 April	https://www.youtube.com/watch?v=CA91cFVd00w

कोविड-19 की महामारी के दौरान अपने बुजुर्गों के मानसिक स्वास्थ्य की देखभाल करना	https://www.youtube.com/watch?v=ZWljjGHrU80
युद्ध - एक आंतरिक संघर्ष सुरेश ओबराँय डॉ शैलेश श्रीवास्तव	https://www.youtube.com/watch?v=qgfH2kxpGEQ
10 श्रेष्ठ संकल्प बेहतर मानसिक स्वास्थ्य के लिए ब्रह्माकुमारी सिस्टर शिवानी	https://www.youtube.com/watch?v=s73Qj2GSiso