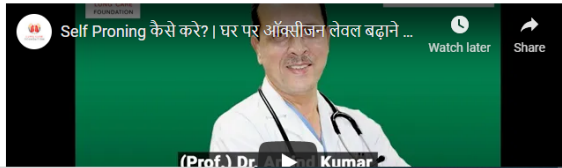


UNIT 5 - STRESS MANAGEMENT DURING COVID TIME TRAINING ON IGOT PORTAL :

COURSE DESCRIPTION

There is an increased sense of insecurity and anxiety due to fear associated with COVID severity. This unit aims to help with uses yoga and meditation practices to address mental health issues. It also highlights few at home techniques like proning to manage self when infected.

Proning video by Lung care Foundation



TOPIC NAME	LEARN
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UNIT 3 - COVID APPROPRIATE BEHAVIOUR TRAINING ON IGOT PORTAL	LEARN NOW
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✓ UNIT 5 - STRESS MANAGEMENT DURING COVID TIME TRAINING ON IGOT PORTAL	LEARN NOW
UNIT 6 - POST COVID PRECAUTIONS/GUIDELINES/SUPPORT	LEARN NOW