



SRI PADMAVATI MAHILA VISVA VIDYALAYAM
(WOMEN'S UNIVERSITY), TIRUPATI

SPMVV WELLNESS CENTRE

Aim: To promote psychophysical well being of students & faculty.

Activities covered:

I. Mindfulness practices: Meditation; Pranayama; Yoga

II. COVID-19 Mental Health Support Services:

- Counseling services for Covid-19

- Awareness on COVID-19

Tele counseling through helpline - [040-4821 4822](tel:040-48214822)

<https://www.spmvv.ac.in/covid19/Covid19%20Counselling.pdf>

- Nutritional tips for Immunity -

<https://www.spmvv.ac.in/covid19/stucovidactiv.html>

- Wellness Centre: <https://youtu.be/g52YCKuSLbk>