

MESSAGE FOR PARENTS DURING COVID-19 LOCKDOWN

BY RESPECTED DIRECTOR MA'AM

MRS. MAMTA V. BHATNAGAR

Dear parents of my beloved pupil,

You are all my extended family and at this moment when we are all passing through a real tough time, I am putting forward a few things to you, which we should all take care of. I am sure that you all are taking care, but I still feel that it is my responsibility to share something with you all.

☹ As you know that with the spread of Coronavirus, it is very important for all of us to Stay at Home. This deadly Virus has really shaken the world. Washing our hands several times a day with soap & water or Alcohol based Rub is a very important safety measure.

☹ As we are staying in our homes, we should utilise our time effectively. Please do some exercises at home. Keep walking in the house. We should all try to eat less during this Crisis.

☹ My humble request to all the mothers in the house who manage & organise the house so efficiently, is to please divide the work equally between all members of the family. My request to all the Mothers is to train your sons also for household chores like helping in the kitchen, washing utensils, make the bed & so on. Domestic work should be shared equally between men and women, as is the practice worldwide.

☹ In order to reduce the effort of washing utensils, we can eat in one full-sized plate instead of taking 3-4 Plates. Please keep disposable glasses and use them at least 10 times a day. Put daily waste in the garbage.

☹ Please curb the wastage of food & cook only required quantity. If food is left over please feed it to birds & animals.

☹ Please take care of elderly people in the house .Spend quality time together.

Wishing you and your family members a very Happy Ram Navmi. Let us all pray to almighty for peace, happiness and good health !!

Mamta V Bhatnagar

Director