

MESSAGE FOR STUDENTS DURING COVID-19 LOCKDOWN

BY RESPECTED DIRECTOR MA'AM

MRS. MAMTA V. BHATNAGAR

My dear Pupil,

As you know that we are going through a very difficult time with the spread of Coronavirus - Covid 19 and therefore it is very important for you to Stay at Home .I understand that you must be missing your friends and group activities, so to stay connected talk to your friends on phone, make WhatsApp friends group and share your innovative ideas, video call your friends. Plan your day with meaningful activities which give you joyful learning. Listen to your elders as they are your well-wishers and will always guide towards what is best for you. Remember we must stay strong and positive during this phase. I am suggesting various activities for the day:

- (1) As you know that teachers are teaching online, therefore please be available during the time fixed by your teachers.
- (2) Enhance your knowledge by watching Educational & Recreational series
- (3) Spend quality time with your family members.
- (4) Eat healthy food to boost your immunity.
- (5) In order to keep your body flexible do some physical exercises at home, practice yoga, aerobics & play indoor games.
- (6) Improve your handwriting by writing one page daily
- (7) Help your Grandparents and take care of them.
- (8) Help your Mom by cleaning cupboards & rooms
- (9) Develop creative skills such as poetry, painting, art & craft, cooking, music
- (10) Sing positive songs and share your videos with family, relatives & friends.

I WISH FOR GOOD HEALTH AND PEACE FOR YOU AND YOUR FAMILY MEMBERS

Mamta V Bhatnagar

Director