

STAY HOME, STAY SAFE AND BE CREATIVE!

Dear students,

Welcome to the academic session 2020-21.

As we all know, the coronavirus pandemic has necessitated a lockdown and it becomes crucial for us to stay at home during this time and practise social distancing. Let us in no way be adversely affected by the current scenario. Instead, let us simply stay home and engage in innovative and productive activities in this 'novel' time of lockdown.

1. Start your day with meditation, light physical exercise or yoga.
2. Spend time with your family.
3. Reflect on the session gone by.

Take out a sheet of paper and answer these three questions:

- Where did I excel in the past session?
- Where did I lack in the past session? What were my shortcomings? Why?
- How can I improve to perform better in the coming session?

4. Help your family with household chores.
5. Watch educational videos and documentaries.
6. Try your hand at cooking your favourite dishes.
7. Tend to the plants at home and learn to grow some easy-to-grow flowers and vegetables.
8. Get crafty, preferably using recyclable items at home. Learn new painting techniques.
9. Put your phones down and dust down your old indoor games like Ludo, Snakes and Ladder, Uno, Monopoly etc. and have an enjoyable time with your family.
10. Enrol yourselves in various online courses to broaden your horizons.
11. The world is a fascinating place filled with mesmerising countries and cities. Learn about a country or place that intrigues you and maintain a scrapbook highlighting your areas of interest.

12. Lose yourselves in the books that fascinate you or the ones you have always wanted to read.
13. Enhance your vocabulary and writing skills. Maintain a diary expressing your feelings.
14. Indulge in the lost art of letter writing. Write letters to your near and dear ones expressing your gratitude.
15. Declutter. Segregate books and notes you no longer need, and files you no longer use. In addition, clean your room and get organized.
16. Develop healthy eating habits.
17. Indulge in nightly stargazing and relax!

Utilise this period constructively and have a meaningful, productive, and fun-filled time at home!