

1. Lockdown should not affect your study...

It is to inform you that the suspension of physical classes arising out of COVID-19, the college has come up with specially designed collection of e- resources for a specific group of students.

Students can attend online courses that offer free classes

Other Indian platforms, including Unacademy, Vedantu and Toppr are also offering free classes and content to students.

The Distance learning plan- wherein the students and teacher would be connected through different platform for learning and teaching like:

- Google classroom
- Zoom app
- Audio- video classes etc..

Together, we shall learn, share, grow and get through this as a nation.

2. Social challenges

"It's important to have control over our lives," "And when we don't, we have to find ways to have control." Figure out what controls you.

- Stay in contact with social distancing
- Keep up with your workout
- Teach each other a new skill
- Volunteer from afar
- Family time
- Connect with like-minded individuals to discuss interests and experiences

- Spend meaningful technology-free time with the people you live with
- Make some 5 year plans
- Share your skill with the world virtually

3. Stay Home, Stay Safe

while the Corona virus spread is touching new high every day, a loud and clear message to stay indoors and maintain social distance has been sent out loud to the world. Knowing that there is no vaccine or a treatment available to cure the virus, it is time for every single individual to act responsibly and wisely.

- Wash your hands the right way
- Boost your immune system
- Disinfect your belongings
- Use a tissue while coughing or sneezing
- Refrain from touching your eyes, Nose and mouth

4. Exercise tips

Stay physically active during self - quarantine

Follow an online exercise class. Take advantage of the wealth of online exercise classes.

Walk. Even in small spaces, walking around or walking on the spot, can help you remain active.

Stand up. Reduce your sedentary time by standing up whenever possible. Ideally, aim to interrupt sitting and reclining time every 30 minutes.

Relax. Meditation and deep breaths can help you remain calm.

Examples of home - based exercises





5. Health tips

- Eat a balanced and varied diet
- Establish a routine and practice mindful eating
- Keep hydrated
- Stay active at home
- Get enough quality sleep
- Wash your hands frequently and carefully
- Avoid touching your face
- Stop shaking hands and hugging people for now
- Do not share personal items
- Cover your mouth and nose when you cough and sneeze
- Clean and disinfect surfaces
- Take social distancing seriously
- Do not gather in groups
- Avoid eating or drinking in public places
- Wash fresh groceries

- Wear a mask
- Take rich nutritious food

6. Counseling

Understanding the importance of Lockdown

Lockdown is meant to prevent the spread of infection from one person to another, to protect ourselves and others. This means, not stepping out of the house except for buying necessities, reducing the number of trips outside, and ideally only a single, healthy family member making the trips when absolutely necessary. If there is anyone in the house who is very sick and may need to get medical help, you must be aware of the health facility nearest to you.

Handling social isolation:

- Be busy
- Distract yourself from negative emotions
- Eat well and drink plenty of water
- Be physically active
- Sharing is caring
- Focus on facts, reject rumors and theories