Music therapy:

Music Therapy is an evidence-based clinical use of usical interventions to improve clients quality of life.

Now in this period of time we, our self have to be our musical therapist.

Music is the best way to improve our life. It changes our moods in minutes.

I have few suggestions how can you enjoy this ‘Lockdown’ with music.

1. Play music accordingly to your mood. Nowadays we all have mobile and at least one music app.
2. If we don’t have smart phone switch to radio in your mobile.

Few suggestions: 104.8 🡪 This station is for romantic people as through out the day they play love songs. Enjoy it.

Some other stations are: 104, 98.8, 93.5…

1. Enjoy ‘Antakshari’ with your family members. You can play it even if you are busy doing other works, as it needs only singing.
2. One more interesting way to enjoy music is to write your one song. Not necessarily romantic or rhythmic. You may write it on your day to day life or make a rap music and, Enjoy it with your family.

Yoga:

Yoga nowadays is one of the best way to improve our immunity system. Friends it not only improves our immunity but do it once , I guarantee you will start feelings the power, the happiness that you are doing something for your health, for your Beauty.

Tips:

1. Start with simple yoga / exercise .
2. Suryapranam is one of the best yoga for full day. Do it at least 5 time.

If you are not able to give time in the early morning then give just 30 min to 1 hour for yoga in evening time.

Now the environment has changed so much that even in evening you will feel the purity in air which few months back we were not getting.

1. Try for pranayams.
2. Basic exercise, stress releasing exercise.
3. We don’t even have to go to gym for exercise. In our home we get all the props to do the needful exercise like.
4. Fill up two one liter bottles, it work as your dumbles.
5. You can use staircase for your exercise. Just simply walk up and down for few times(at least 30 times).
6. Use heavy books as weight.
7. Use a chair for dips.

Along with yoga, if one has time , they should also do some meditation. In a quite place. Sitting quietly, eyes closed and giving that time to yourself.

If you are having issues or doing it for the first time, then there are also some apps which can help you mediate.

Dance:

Friends dance is the best way to express our emotions and increase our awareness. Dance is also a great way for children to use their time and develop skills when they are not in school. Dance can teach child- self confidence, self- discipline and grace. Its not only true of children its also true of each and every individual.

And the biggest truth is that there is no age limit to learn anything. Moreover for enjoyment you guys don’t have to learn dance. Its simple movement of your hands and expression on your face(just to express your moods).

Tips:

1. You can dance with your family on any song.
2. You can learn dance by seeing any dance show and just copy the steps or by watching dance video on youtube.
3. If you are alone….. are you really alone? No.

Look at the mirror that person, yes look at yourself, that person is always with you . dance with him/ her. Dance in front of the mirror, you will love it.

Poems/shayaris:

We all have some hidden talents, its impossible that you are not having any talent just talk to yourself search that undefined yourself. God has given you that time (think positively) just find out the super talented person in you.

Many of you love to write. Lets start to write maybe its not rhythmic may be words are not matching, may be you are not getting fame or no one is appreciating your words but at least you are expressing your feelings in your own way. You are happy. You are doing something for yourself. Be happy and start.

If you want you can send your writings to us, we will upload it with your name.

Try to write the positive things about your life, your love, things which spread happiness. Express the good things with your words.

Drawing:

Guys, you can also express your feelings with drawings. Drawing is a way to release your stress and anxiety. Drawing is also a therapy/ type of meditation. In your canvas you can draw whatever you expect from life.

Hey guys don’t worry about the canvas, pencil, colors etc, you can draw anywhere. If you have copy/ diary and a pen/ pencil start your drawing write now.

Nowadays doodle art is very famous and simple.

Even you can also paint your walls, switch boards. Draw and post it in fb or whatsaaap. Moreover don’t do it for others do it for yourself, for your family.

And all I always say you can reach us its very simple just send your drawing pics to us. We will definitely put it in our gallery.

Cooking:

Best way to make yourself busy and others happy. Being a working person we never get chance or less chance to go to that part of the house, yes your kitchen. Friends now life has given us a chance to explore that part. Friends there is a quote says-“ cooking is love made visible”

Guys cook what you love with love and for your loved ones.

Do you know friends that most of the chefs in the world are male, its not only because of high pay, its because they love it, its also because we can show our love , our talent, our creativity, our inner beauty , our feelings and our emotions through it.

Friends you must have noticed that whenever we enter the kitchen or cook food with a bad mood, that food is a total \_\_\_\_.

I hope you all can relate it. Hehehe.

But sometimes we enter with a horrible mood but as we enter that zone, the smart handsome veggies, beautiful and gorgeous utensils, Mr. salt, Mrs. sugar, sweet fairy masalas . hmmm their aroma. And miss ‘chatpati’ lemon ummm… They change our mood, they help to forget everything bad what’s going outside the zone.

Friends in this lockdown situation utilize whatever you have in your home and try to make new recipes, who knows that innovation be enjoyed by your loved ones.

Guys please try to involve your little one in the house to do some kitchen work. Ask them to do simple work like ask them to bring vegetables from the fridge, to put water in the vegetable.

Friends I m also sharing few simple recipes with you and also invite you to come up with your ideas, your recipes.

Best out of waste:

Friends another superb way to utilize your time, your talent is by making different beautiful things with the waste materials. Yes the newspapers, the empty sauce bottle, that empty coconut oil plastic bottle utilize all these to show your talent. Do you know using that old newspaper we can make beautiful basket, pen stands and what not. Oh yes, beautiful earrings also.

Few techniques I will be discussing here, based on that you can make more beautiful things.

Empty glass bottles can be one of the beautiful decorative items in your room, making your room more romantic.

Here I m giving you some steps for making a show piece using glass bottles.

1. Clean the paper stuck outside the bottle-clean it.
2. Then put some liquid glue throughout the wall of the bottle.
3. Then make some beautiful paintings with fabric colors(if not available you can use water color even).
4. Get it dry.

Yahoo your simple and sober show piece is ready.

For additional glory you can place that twinkling lights into the bottle.

There are many such ways to use this time at home with the materials which are no more in use. Use such simple things and come up with innovative ideas and surprise yourself and your family members.

You are always welcome to post the picture of your creativity in our website. We will upload it in our gallery with your name.

Gardening:

“Mother nature has the best box of crayons”, how nicely someone has expressed beauty of nature. Truly no one can be as beautiful as Mother Nature. The soothing green color of the grass, trees, beautiful color of flowers, fruits, reallty nothing can be as beautiful as them. You too will agree with this right?

Friends if you can manage soil then you have thousands of choice to grow plants in your home. Guys you can reuse your plastic bottles as pots. And enjoy your hanging garden.

Seeds are a problem? No.

For seeds you don’t have to worry, its in your kitchen. Some vegetables which you can re-grow from scraps are potatoes, onions, garlic, cabbage, carrots, basil, mint, etc.

Friends do you know the magic of plants. They are really amazing.

Now I m gona share a secret with you, I give names to my plants, yes names and even I chat with them.

Believe me they are your best listener , they will listen to you without speaking a single word, without arguing at a single point. They are the best healer. Never underestimate the healing power of a single plant in the garden. Spending some time with your little plants is a wonderful experience, just try it during this lockdown.

Friends then why cant we start a kitchen garden on our roof top, our in our varanda.

Hey friends I will say u another secret. You can grow plant without having essential items

Yes that’s true

We can grow coriander plant in water:

Here are the steps:

1. Take a plastic basket which has a hole, and a bucket.
2. Fill the bucket with water and place the basket above it in such a way that the base of the basket simply should touch the water, the base should get dipped in water.
3. Place a piece of cotton cloth on the base of the basket .\
4. Before sowing the coriander seeds (which we easily get in our kitchen) break the seeds into two halves.
5. Sprinkle some water on the cotton cloth and spread the seeds on them and then place the basket above the bucket.

Caution: Be careful that the seeds should not get dipped in water.

1. Cover the seeds with another piece of cotton cloth and sprinkle water on it.
2. Just wait for around 15-20 days, you will see your coriander leaves.

Note: keep changing the water in the basket in every 5-7 days without disturbing the seeds in the basket.

Suggestion: place the bucket where it partially get sunlight.

Decoration:

Friends in this lockdown period our main problem is how to spend our time productively.

Why not take the positive side of the lockdown. Till this age of our life we have explored the outside world. Now, it’s time to explore the world inside these four walls. Friends decorate your room in different ways.

Tips:

Make paper cuttings of different shapes and stick in your cupboard , make cartoon characters on your wall, if your don’t have a night lamp make your own night lamp for your study table.

You have old pictures in your album, just take them out and make a photo collage of your own. Decorate it. And hand it in your bedroom. For a more romantic look just put some twinkling lights around it. It will look great.

Beauty care:

In this lockdown the worst happened that parlors are closed. Ahhaaa doesn’t matter girls are master in that .

What if parlors are closed. Here’s how to care four your beauty in home. Yes off course the natural way.

Friends as we know that how glamorous our kings & queens were even without the parlors, yes the natural/ home remedies were the secret of there beauty. Why not you all try for these, I m sure many of us are having some of the remedies. Now a days people are liking the home remedies to cure there skin, face, hair, etc.

Here are few tips for you:

1. For healty shinny hairs:

Take ¼ cup of rice. Clean it first and pour one cup of water in it. Let it be like this for one hour. After an hour take the water and add 1 spoon of aloe vera and some shampoo in it. Mix it thoroughly and use it as your shampoo. Rinse it with water.

It will condition your hair as rice is a good source of calcium, iron, vitamin E and thiamin. It also thickens your hair.

1. Hair pack:

½ cup of yogurt, I spoon of honey, I vitamin E capsule, I spoon of coconut oil, I spoon of aloe vera gel.

Mix all ingredients properly. Then apply the pack in your hair and keep it for an hour or 2. Then clean it with mild shampoo. It will work as a good conditioner and make for hair strong and shinny.

Try this once a week.

1. Face pack:

Take ¼ cup of rice. Clean it first and pour one cup of water in it. Let it be like this for one hour. After an hour take the water and add a pinch of turmeric and 1 tbsp of lemon juice. Mix then well and your pack is ready.

Apply it for 10-15 minutes and rinse with water.

Similar pack can be made with yogurt. And get a glowing fair skin.

Given below are the ideas you should try to reduce your boredom and do some creative things, hence make yourself creative and your life interesting.