**Dear students,**  
As we all are aware about the covid-19 pandemic spread across the world. Seeing the present scenario we need to maintain our calm and spread peace throughout as worrying will not lead us anywhere. We can focus on how to keep ourselves healthy and safe as the world needs our corporation in this time of difficulty.  
If you feel stressed, confused or do not know what to do at this time. I Manvi, your counsellor is available for you over call. This time is the utmost important. Do not waste your time, by focusing on following activities you can maintain a good mental and physical health at home  
• Helping each other at home  
• I'm unique  
• Making the time more productive by doing recreational activities as follows  
~yoga  
~dancing  
~Painting  
~Playing indoor activities  
~Book reading  
~Writing dairies  
~Exercise  
  
  
**Manvi (counselor)  
9530593938**