

# A message by Principal on Covid-19

My dear children and parents,

Greetings!

As we all are going through this phase of pandemic, it is uncertain to say how long we will have to stay like this. Maintaining social distancing, wearing mask, washing hands now it has become a part of our lives and it is going to be our life style in times to come. My dear students so what if we have to face this challenge for few more months to come.

We will together face this challenge by promising each other to follow the rules of this pandemic. You all know what has to be done- its very simple just wash your hands again and again with soap or sanitizer for 20 seconds. Sanitize everything which comes to you may be milk bottle or a packet of biscuit or pulses or rice etc, wear mask if going out of the house and remember we don't have to go out without any reason just for the very imp task.

Maintain social distance it's difficult but not impossible. We just have to be little patient and strong both mentally and physically as well. Exercise every day , do Pranayam.

It is the duty of the parents to teach their children yoga practices. This will help to boost immune system and drink herbal kadha everyday, take healthy and proper diet , sleep well and meditate for 10 mins.

We don't have to be panic, but we have to be cautious and there is nothing to get scared. If we follow the guidelines, we will be safe. Our government is very supportive, its not a individual's fight it's worldwide fight. We all are standing with each other morally and it's our responsibility to abide by the rules and take care of our family.

So my children and parents, please stay safe ,stay healthy and stay at home .We will overcome this phase of life in the months to come.

I want you all to write a few lines, how you all are going to meet the challenges and keep the promise to stay healthy with good immunity and what safety measures are to be kept in mind, without getting panic once the lockdown opens?

Send it to your teacher's within a week.

**REMEMBER CHILDREN ” TOUGH TIMES NEVER LAST BUT TOUGH PEOPLE DO”**

With this note I will pen down.

**Stay safe and stay Healthy**

With Love & Regards

PRINCIPAL

(PINKI JOSHI)

