

## Dear Students

The threat from Corona Virus pandemic has been looming large over us like the Sword of Damocles. In this hour of world-wide crisis, the school wishes for you the best of your health and safety. Your well-being is the school's concern.

In this regard, the school is issuing the following advisory to all the students to strictly adhere to, to tide over this pandemic.

PRINCIPAL  
KBDVA - 7

**STAY SAFE**  
**STAY POSITIVE**

**Exercise  
30 minutes  
a day**

**Try your  
hand at  
Cooking**

**Reuse old  
bottles into  
planters**

**Organize  
and clean  
your desk**

**Clean  
your  
wardrobe!**

## HOW TO UTILIZE YOUR FREE TIME

*Though we are restricted at our places, let's not waste our time binge-watching sitcoms or scrolling through our feeds. Here is what you can do instead:*

### **TRY OUT NEW HOBBIES!**

You can try out new hobbies, like Photography, Graphic Design, Reading Books, Painting, learn an Instrument etc.

### **PAMPER YOURSELF**

Use this free time to help your parents make new tasty dishes and pamper everyone.

### **CATCH UP ON SLEEP**

Our constantly moving lifestyle means that many of us are sleep deprived. Use this free time to catch up on sleep and set your circadian rhythm.

### **BE PRODUCTIVE!**

Let us not waste this time that we have on our hands. However little, do something to keep yourself busy.

**STAY SAFE  
STAY POSITIVE**

**Be regular  
in your  
work**

**Listen  
attentively**

**Be organised  
and maintain  
notes**

**Complete  
the assignments  
on time**

**Be proactive  
in your  
learning**

## **HOW TO GAIN THE MAXIMUM FROM YOUR LESSONS**

*The School has instituted E-lessons for classes. Learning is now at your place and here is how you can utilize it to the maximum:*

### **MAKE A ROUTINE!**

A good routine keeps you focused and prevents lethargy. It also enables you to manage your time effectively and undertake many activities.

### **FIX A TIME FOR E-LESSONS**

Fix a time slot in your routine for the study of the E-Lessons delivered to you by the school.

### **FOLLOW THE INSTRUCTIONS**

For maximum learning, closely follow the instructions given to you by your teachers regarding the E-Lessons.

### **TAKE SMALL BREAKS**

Avoid sitting for too long. It is important to get up and move around to maintain attentiveness and blood flow in your body.