



Stay Home, Be Healthy.



**The year 2020 will be remembered
as the year that left us all spinning.**

**Today all we need to do in order to save life is to
Stay in our homes
to win this fight against COVID19.**

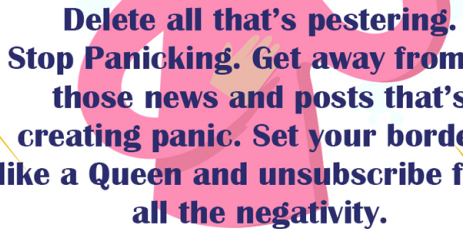
**Here are some
tips which you can do :**

A central illustration of a woman with long purple hair, wearing a yellow top and blue shorts, sitting in a meditative lotus position with her hands in a prayer position. She has a serene expression with closed eyes and a slight smile. The background consists of concentric light blue circles, and there are stylized blue wavy lines representing water or clouds around her. The entire scene is framed by a dark blue border with yellow and white diagonal stripes in the corners.

Meditate.

**Everything You need, your courage,
strength , compassion and love is all
within you. Find it.**

**Quiet the mind, let your soul speak.
Find your inner peace.**



**Delete all that's pestering.
Stop Panicking. Get away from all
those news and posts that's
creating panic. Set your borders
like a Queen and unsubscribe from
all the negativity.**



Spend Time with your family.

All these years we all have been busy with a schedule always complaining of “Not enough time with family”. Well now you have it, use the most of it. Talk, bring out memories, open up the suitcase full of photos, play games, do karaoke.



Protect your Grandparents.

We all are stars in our grandparents eyes and if things would have been reversed, trust us they would have gone all out to protect us.

So Protect them, listen to their story, play board games with them. It will be fun.



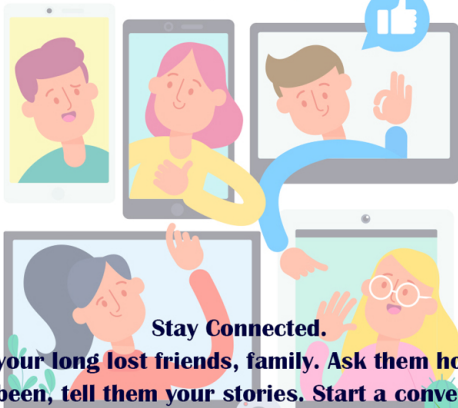
It's time to shake things up.

The long lost hobby for which you never got the time, well now you have all the time in the world. Bring out the magic, do what you always wanted to do; Paint, Dance, Sing , Play games, Create music, write stories, surprise your family with new dishes. Be alive inside those walls.



Exercise.

Work on yourself, by yourself. Don't laze around, show some love towards your body. Be healthy. Drink Clean. Eat clean and do your thing.



Stay Connected.

Call your long lost friends, family. Ask them how they have been, tell them your stories. Start a conversation, start challenges in your family group like posting your childhood photo, singing challenge, play virtual antakshari. Come up with exciting challenges and share them online. Start the trend.



Earth is rebooting, connect later.

Till the time we all wait in our homes, let earth connect back to its roots. Let nature flourish itself so that we can go back to being ourselves.



**It's a phase, it will pass. To cure is the responsibility of our doctors but to take precaution it's our Duty.
Be Safe, Stay healthy.**

Bringing Smiles

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