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DAV PUBLIC SCHOOL SAMANA (SENIOR SECONDARY)



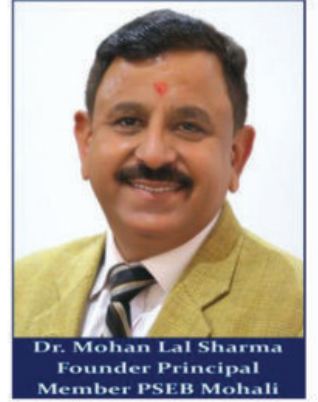
CBSE AFFILIATED-160571

NEAR CHAK, PATRAN ROAD SAMANA, DISTT. PATIALA, PUNJAB

Message from Principal Dr. Mohan Lal Sharma

**Respected Parents,
Greetings !!!**

I want to drop a personal note to inquire about your well being. I hope and wish that you and your family doing well and your loved ones are safe and sound in this crucial time. I pray that we all emerge out of this situation strongly and with good health. I am sure that you all are aware of the various guidelines issued by the government and are practising social distancing by staying at home in this complete lockdown period.



Parenting is an art and a pleasurable experience which has become more challenging now days, when you as parents not only have to keep the children at home but also engage them. This time, is the real test of your parenting skills.

It has become need of the hour to make this time more comfortable & stress-free than ever. This time, in fact can become a life- long experience for not only the kids but also for you.

All of us have been really busy in our daily lives and haven't really got sufficient time for our children, for our families and for ourselves. We have got enough time now to do things which we had planned but were never able to do.

Let me give you **"10 Mantras"** which will support you to utilize this time and engage our Children in most constructive and interesting manner:

1. **Enhance Association:** Indulge entire family into household works like cooking, washing, cleaning, organizing things etc. Play it like a game. Each family member gets reward points daily and let's see who scores the maximum points in the end.
2. **Physical and Mental Fitness:** To remain physically and mentally active we can engage ourselves in activities like Aerobics, Zumba, Yoga and Meditation. For guidance tips are available on youtube.
3. **Leisure Time:** Sing, dance, play musical instruments, role play, dumb charades, channelize your inner child. Let children take the lead.
4. **Indoor Games:** You can play numerous indoor games like ludo, chess, carrom, tippi tippi tap and many more that you can find through Google search.
5. **Story Reading:** Grandparents can read religious stories like Ramayana, Mahabharata, about teachings of religious Gurus, Saints, Moral stories to imbibe human values and good habits in the children.
6. **Study Time:** In all these fun times, emphasis on should be laid on studies. Help your children to make Subject wise schedule. They can be encouraged to talk to their teachers for clearing any doubts. Make use of all the various APPS & study material available online. My wonderful team of teachers is working towards planning interesting lesson plans, Content preparation. Our team is available to assist your ward through web.
7. **Be a Good Listener:** Most of the time we are talking, let's utilize this time for LISTENING. Every member should get 5 minutes to speak about his /her likes /dislikes / old experiences /what he/she wants to do in life and so on. Believe me it is going to be an amazing experience.

8. **Apology / I love you time:** Thank each other for at least 2 good things done by the other person. I know we are not used to this. More importantly, apologize or say sorry to each other for your mistakes that you made intentionally or unintentionally. I know it is even more difficult .But believe me, this activity is a super idea to strengthen the family bonding. Express your love to each other. We take our family members so much for granted that we never express our love. We criticize, snub, and argue with each other a lot, but we all know that deep inside our heart we love them more, but hesitate to express. Now is the time.
9. **Hook Up/ Bonding time:** Connect with your siblings, your friends, our extended families through phone, video calls, which we generally are unable to do due to lack of time.
10. **Me Time:** Spend time on yourself by doing something that you never got time for, something that you have kept as your last priority like singing, Dancing, Writing, painting, making your videos, Learning languages, reading books etc.

“STAY HOME, STAY SAFE”

“Wishing and Praying for The Safety of Everyone”

Warmly,

Dr. Mohan Lal Sharma

Principal- DAV School, Samana

Member PSEB Mohali