

## Overcome LETHARGY

Lock down word was rarely used previously. But now the meaning of the lock down is experienced by every individual. The lack of movement during this lockdown has increased lethargy. Online classes and work from home can make you feel tired as you are seated in one place for a long time. You probably used to go for morning walk, jogging, gym, or did a lot of evening walks.



Being forced to stay indoors has made physical activity a challenge to your body and mind. To overcome this challenge creatively use the space available inside your home and get yourself once again active.



6 Lakh users  
using our RankGuru App



14.75 lakh users  
and counting



Live Classes  
using MS Teams



Lessons on  
ZOOM APP



FB Live  
Streaming



YouTube Live  
Streaming



For Admission Enquiries

**040 - 44 600 600**

[www.srichaitanyaschool.net](http://www.srichaitanyaschool.net)



/Srichaitanyaschoolsdu



/SriChaitanyaSchools

## Movement of BODY IS VERY ESSENTIAL.

A disciplined and dedicated properly planned fixed schedule of physical activity has to be followed strictly. If you don't have a fixed schedule, make one. Put it on your daily reminders and follow without fail.

Yoga, aerobics, workouts, dance etc. are the different kinds of activities, select any one whichever suits you. Make it a challenge to stick to it every day and practice it until it becomes your routine.



6 Lakh users  
using our RankGuru App



anywhere anytime learning platform  
14.75 lakh users  
and counting



Live Classes  
using MS Teams



Lessons on  
ZOOM APP



FB Live  
Streaming



YouTube Live  
Streaming



For Admission Enquiries

**040 - 44 600 600**

[www.srichaitanyaschool.net](http://www.srichaitanyaschool.net)



/Srichaitanyaschoolsdu



/SriChaitanyaSchools

The rigorous workout for 10 -15 minutes daily can be beneficial to you physically and mentally. Take the help of a video on YouTube or use online apps for work outs

Inspire and Involve your family in these activities - parent - son/daughter workouts, sibling workouts and so on. Discipline your body and mind in this lockdown period and create an example to others.

Make your day joyful.

