



## ST. PATRICK'S SR. SEC. SCHOOL

Affiliation No. 2130276

School No. 09005

(Affiliated to C.B.S.E., New Delhi)

Sheetla Chaukiya P.O.

Jaunpur-222106 (U.P.)

Mob.: 9598724445

Date.....

05.04.2020

**STAY POSITIVE... STAY HEALTHY... STAY SAFE.... STAY STRONG... STAY HOME... DON'T PANIC. 'INDIA FIGHTS CORONA'**

If you want happiness for a life time, help someone else and the time is now!! **INDIA FIGHTS CORONA'**. Understand basic information about corona virus disease (COVID-19), including its symptoms, complications, how it is transmitted and how to prevent its transmission. Stay informed about COVID-19 through reputable and credible sources such as advisories being issued by the Ministry of Health & Family Welfare, UNICEF and WHO, websites like [www.mygov.in](http://www.mygov.in) etc... **'DON'T PANIC'**, Let us keep ourselves calm and composed through yoga, meditation, using our time at home constructively by reading, reflecting, meditating and praying constantly to strengthen the wavered hearts and kill this deadly virus.

Overwhelmed with the anxiety and uncertainty, many parents are finding it difficult to answer the queries and questions of their children about COVID -19 Pandemic and its prevention. Some are caring but few are scaring. **DON'T INTRODUCE NEW FEARS** or **DON'T PANIC** their tender minds. The unwanted discussions or unhealthy fake news shared by some of us from different Medias are disgusting. Don't misuse the media especially whatsapp groups to pass mean comments on our political leaders, other officials, doctors, nurses and the volunteers who are toiling day and night to eradicate this deadly sickness from our Country. Let us salute them and pray for them. Instead of giving wrong information or giving the wrong statements about the sickness and the remedial measures **STICK TO THE REAL FACTS, UPDATE OURSELVES** with the reliable sources and **EDUCATE OTHERS** with the correct knowledge and add value and positivity to someone else's life. **'INDIA FIGHTS CORONA'**. Stick to the remedial measures like regular hand washing with soap, minimizing outdoor activities and stop defying government orders like social distancing and lockdown/quarantine. Teach them respiratory hygiene practices like covering a cough or sneeze with a flexed elbow or tissue and then throwing away the tissue into a closed bin and not touching their eyes, mouth or nose, frequent hand washing with safe running water applying enough soap etc...

Use the best ways to keep your child safe, keep your elders safe, and keep the poor and the less privileged safe. Let us also remember that every disaster affect the lives of the poor, the



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our eyes towards them let us become more generous and concerned in reaching out to them in their needs. Let us awake and awaken each other!!

Let us **“Stand firm on the foundation of our faith.”** let this navrathiri **‘upavas’** (fasting) and Good Friday **‘upavas’**, Ramadan **‘upavas’**, be a time of personal **lock down**, a time of renewal and penance, a time of cleansing our body and calming our agitated minds to enjoy a transformed new life. We believe that God intervenes! He visits to protect his people, to renew and unite the whole universe. As scripture says, **“RETURN to ME with all your heart, with fasting and weeping and mourning.”** Let us believe that COVID- 19 lockdown is a time to reset the relationships - between parents and their children, friends and enemies, rich and the poor. May each state and each citizen bring rays of hope, peace and joy of Easter, Ram Navami, Ramadan, and Baisaki for all of us, add value and positivity to someone else’s life, our homes, our country and the whole universe. Let us pledge to give active support to the people of India to prevent the spread of the Covid-19 pandemic. Let us become beautiful instruments in the collective effort of humanity to win over the Pandemic Covid -19. Let us Pray for India as **‘INDIA FIGHTS CORONA.’**

SR. JESSY

Principal

St. Patrick’s School Jaunpur

Principal

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Sheetla Chaukiya, Panchatia

Jaunpur