



HUMAN DEVELOPMENT

LIFESTYLE DURING LOCKDOWN.

USING EXISTING RESOURCES


- ▶ No need to panic buy.
- ▶ Improvising to create nutritious meals.



E.g. Sprouts, Fermented meals like Idly, Dosa etc.

- ▶ Prepare less, do not waste.
- ▶ Wise usage.

IMMUNITY-BOOSTING HABITS.

- ▶ Exercising.
- ▶ Consumption of hot liquids, useful spices etc. 
- ▶ Proper Routine.
- ▶ Active Lifestyle.

PERSONAL HYGIENE

- ▶ Washing Hands.
- ▶ Taking a bath daily.
- ▶ Avoid touching your face.
- ▶ Use an alcohol - based sanitiser when soap is not available.
- ▶ Trim your nails.



SOCIAL DISTANCING

- ▶ Avoid contact with suspected.
- ▶ Isolate yourself if having symptoms.
- ▶ Wear a face mask in public.



THANK YOU.

STAY HOME, STAY SAFE.

