



**MHRD**

Government of India  
Ministry of Human Resource Development

**#COVID19**

## NOVEL CORONAVIRUS (COVID-19)

### ANTI #COVID19 PATHSHALA

- |                                |                                        |                                          |                                  |
|--------------------------------|----------------------------------------|------------------------------------------|----------------------------------|
| <b>A</b> - Avoid gatherings    | <b>B</b> - Be alert #StaySafe          | <b>C</b> - Conquer #COVID19              | <b>D</b> - Distance of 3 feet    |
| <b>E</b> - Exercise daily      | <b>F</b> - Finish an online course     | <b>G</b> - Greet with Namaste            | <b>H</b> - Hand Wash regularly   |
| <b>I</b> - Increase Immunity   | <b>J</b> - Join the nation in lockdown | <b>K</b> - Keep Busy                     | <b>L</b> - Learn a new language  |
| <b>M</b> - Masks are important | <b>N</b> - No panic buying/hoarding    | <b>O</b> - Observe good personal hygiene | <b>P</b> - Practice your passion |
| <b>Q</b> - Quarantine          | <b>R</b> - Read a book                 | <b>S</b> - Sanitize everything           | <b>T</b> - Take care of elders   |
| <b>U</b> - Utilize time wisely | <b>V</b> - Volunteer to help the needy | <b>W</b> - Work out via online sessions  | <b>X</b> - Xtra care             |
| <b>Y</b> - Yoga is good        | <b>Z</b> - Zero face touching          |                                          |                                  |