

# A long recess..

Congratulations to all of you! I am sure you are happy as you did not have to write your final exams. 12<sup>th</sup> standard students must be a little annoyed because of their exam could not finish in time and hence they have to keep revising the remaining subjects from time to time.

All Bachha company is happy since their parents are at home fulltime and give them enough time and play with them. All teenagers, again, are little gloomy as they feel that parents put lots of restrictions, always give instructions and on top of that teachers too have started taking online classes and giving homework, assignments, etc.

Who does not like holidays! Earlier, all of us enjoyed these holidays as COVID-19 was not spreading much. But now the situation has changed. With time, we need to take more precautions and hence the restrictions have been increased.

With the amount of energy you have, it is highly challenging to sit at home for weeks together. Hence, I am writing this article exclusively for teenagers.

Sachin Tendulkar, Lata Mangeshkar, Sania Mirza, Mark Zuckerberg, Bill Gates and so many other successful people started their journey of success in teenage. You are going to be the structure of our nation. Hence your every minute is valuable. Whatever you will do now will be the base of your future. Always remember, my young friends; your career is not your future. Your future is built by considering so many aspects of your personality.

I know you too understand it all but you are stuck at home and helpless at present. So here are some tips to let you pass this stage a little more comfortably and constructively.

- Keep yourselves updated but do not watch TV or be on mobile for a long time. Studies have proven that lots of screen time reduces your cognitive skills means higher mental abilities.
- Take the responsibility to keep your younger sibling engaged productively or learn something good from your elder siblings. This is not the time to fight over small things.

- Help your parents in household chores. Take responsibility of minimum of 5 household activities every day. Examples Take out trash, sort out the clothes pre and post laundry, if your household help is not coming, help doing the dishes, or clean, dust etc). Additionally, if you plan to stay away from home for your further education, learn to cook.
- Soon after months or years, you will be 18 years old, which means you will be a citizen of India. Are you prepared enough to take the responsibilities which will come with the freedom?
- Talk to your parents regarding career choices. Together, explore the scope, colleges, work natures, etc.
- Follow everyday schedule strictly. Eat, bath and sleep at the same time you used to before lockdowns.
- Exercise every day without fail. Physical exercise also contributes a lot to maintain your mental health.
- Take online classes and assignments arranged by your school seriously. Check if you can pursue any online hobby course.
- Have a study schedule and request your parents to get it done by you. Involve your parents in tracking your studies and daily schedule.
- Government is asking for suggestions to fight with this diverse condition. Think in this direction and discuss the possible solutions with your parents and teachers. Yes, you can.
- Be creative. Pursue hobbies.
- Pray together.
- Stay in touch with your school friends and teachers.
- Expose yourselves to sun rays at least for 15 minutes every day.
- Learn indoor games from your parents or grandparents.
- Do not limit your interest to specific things. Be curious about everything and be ready to learn whatever positive you come across.

What is happening in the world is heartrending. Think about ideas that can help you utilize this time to strengthen your concentration, communication skills, strong academic base, physical health, good interpersonal relationships.

Archana Deshpande-Hore  
 Counsellor Cum Special Educator  
 Birla Balika Vidyapeeth, Pilani, Rajasthan