

Dear students and parents,

I hope everyone is doing well and is with their family safe and healthy as we are aware the corona situation is becoming increasingly serious and uncertain. I hope that you were diligent in following the lock down and maintaining the social distancing. It is important to know that every action of our that is not aligned with these efforts will further increase the burden on the real heroes -the Doctors, Para Medical staff, Police, sweepers and everyone working constantly to continue providing essential services.

#### TIME AT HOME

Bhagwan Aadinath College of Education maharra,lalitpur is lucky to have talented students like you. Use time to creative and innovative to perhaps find a way to not only help yourself but also larger community that we are a part of. In addition to academic, take care of yourselves. It is proven that exercise and meditation can help reducing anxiety.

Wishing you all good health and safety. All the best

Dr.Rohit Kumar  
Co-ordinator  
IQAC Cell BACE LALITPUR