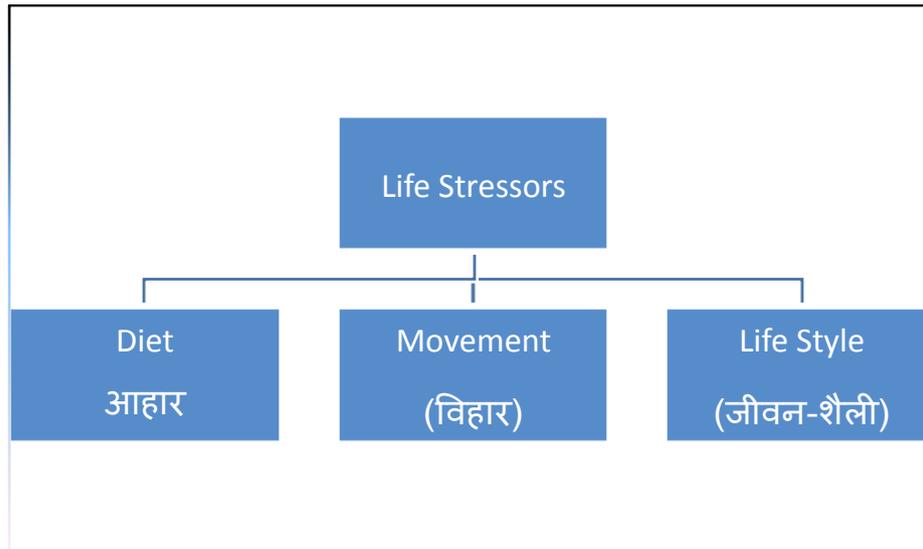


People should quarantine themselves at home. Actually, generations together we are not used to quarantining ourselves. This sudden change is affecting our diet, movements and life style. This change is affecting our health. The effect on health might be creating stress. Hence, we will look at the following points.

Preventive measures for the stress students may face

1. Life Stressors : Diet, movement and life style should be focused while managing with the life stress.



(i) Diet : We are losing diversities in food sitting at home. Needless to say, increased amount of specific lentils might be increasing acidity. This acidity resulting in perceived experience of being stress.

Intervention : (i) Eat a little less than your actual appetite

- (ii) Make variations in diet with the available resources
- (iii) Increase water intake, drink warm water, if possible
- (iv) Do not ignore regular medicines
- (v) sometimes being on fast is beneficial; practice with the consultation of your family doctor

(ii) Movement : Moving around colony, ward, garden, friends' place, market and attending work place is the routine activities of the people. These activities burn thousands of calories of the people. In home quarantined condition the burning of these calories has dropped greatly. This change is resulting into different issues such as weight gain, feelings of being obese, feeling sleepy, people losing interest

in joining new activities, postponing of daily activities. These changes people may take as a stress in effect of corona condition.

Intervention: (i) Make some body movement sitting at home

(ii) A little bit of exercise.

(iii) Practice yoga and respiratory exercises

(iv) Home based games those leading to physical movements

(iii) Life Style : Every moment of life people experience different kinds of challenges. People experience win and defeat. Such experiences enrich the emotional life of the people. However, today the whole discussion is focused on corona and this monotonous situation also creating stress in life.

Intervention: (i) 'Study from Home' concept would be very effective

(ii) Make different activities those as similar as 'Study in your institution'. Make group using different safe apps and have an interaction on academic and co-curricular activities.

(iii) Play different games leading to experiences of win and defeat.

(iv) Remember, availability of internet is a good opportunity for maintaining social interactions. Internet is not a tool to be afraid by counting corona score.

Important : Be in communication with police officer, nurse, doctor, corporation employee, health employee, electricity employee, bank employee & administrative officers. Also their family members.

2. Examination Related: Focus on following point while dealing with examination related issues.

(i) Information about Examination Time Table : Students may be facing unease due to possible delay in examination. Fake posts fuel this unease. Better to search authentic information on following web addresses and authority.

✓ www.unipune.ac.in

✓ www.aca.edu.in

✓ Authority of Examination Section, Ahmednagar College.

(ii) Availability of Study Material:

Academic year of the students should not be spoiled because of corona. Hence, Savitribai Phule Pune University has launched weblink, <http://eclm.unipune.ac.in>.

The study material will be made available on this weblink. Also students are requested to be in touch with your subject teacher..

(iii) Study Skills: