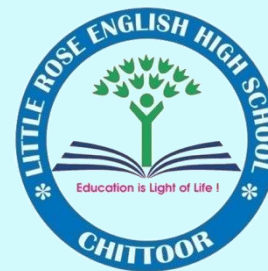




# Explaining about **corona virus** and why

## **I can't go to school**



Vision: **Dr. Pavan Podar**  
Written by: **Dr. Swati Popat Vats**

# CERTIFICATE of commitment

*This Certificate is awarded to*

*Little Rose High School*

*for demonstrating his commitment to promote safety against COVID19.  
He made a pledge to follow best practices on prevention of  
Coronavirus Disease as specified by World Health Organization (WHO)*



[www.injntu.com/pledge](http://www.injntu.com/pledge)

*Delgon Technologies is committed to raising awareness throughout the world on COVID19*



**Delgon**  
Technologies



*P. Kiranmayi*  
DR.P.KIRANMAYI (MBBS,MD)  
FELLOWSHIP IN CLINICAL NUTRITION  
DR RAO OBESITY & FATTY LIVER CLINIC

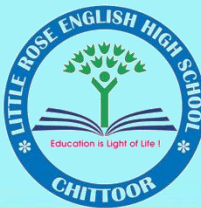
*Gowthamraj Vungarala*  
GOWTHAMRAJ VUNGARALA  
FOUNDER & DIRECTOR  
DELGON GROUP OF COMPANIES



Little **Khushi** and **Nonu** are feeling **sad** as they look outside the window.

They have been **home** since **10 days** and were looking forward to **going to school** soon.

They are **missing their friends, their teacher and their classroom activities.**





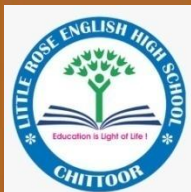
Mummy sees them looking sad and asks them to come and listen to a story.

She takes a **globe** in her hands and asks Khushi and Nonu,


**“Do you know what this is?”**

Khushi nods and says,  
**“Yes, mummy it is the world.”**

**“No, silly! It is a globe,”**  
says Nonu.





A yellow background with two shelves. The top shelf has three books (two pink, one blue). The bottom shelf has a green cactus in a black pot, a green plant in a blue pot, and a small yellow pyramid.

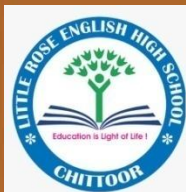
Mummy smiles and hugs both of them and says,  
“You both are right, it is a model of the world, called a **globe**. And today there is a **virus** all around the globe, because of which people are **falling sick**.”

“**What is a virus?**” asks Nonu.

Mummy explained, “**A virus is something that you cannot see, but it causes sickness.**”

“Like when we get a **cold or fever**, is it **because of a virus?**” Khushi enquired.

“Yes”, said mummy, “**These days there is a virus called corona that is making people sick all over the world.**”



"But mummy, when I have a cold and go to school, no one gets it! **Then why are people getting this virus?**" asked Khushi.

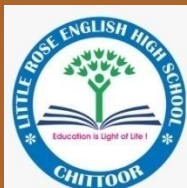
"**Contagi....what is that?**" Nonu was confused.

Mummy explained, "**Contagious is when I have some disease and by touching me or touching something that I have touched, others can also get the disease.**"

CONTAGIOUS!

"Well, when you have a **cold and fever** it is **called a flu**, and do you remember when you had the flu, how all of us fell sick too?" Mummy asked.

"**Its because the flu virus is contagious.**" Mummy explained.





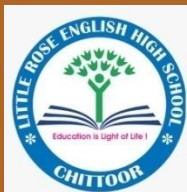


“Wow! No wonder you told us to **stay in bed** and **not go to school**,” said Khushi.

“Is this corona virus something like that?”

Yes,” replied mummy, “it is something like that and **more stronger** and **scientists** and **doctors** are trying to **cure** it but it is **spreading faster** than they can control and that is why they have asked us to **stay at home**.”

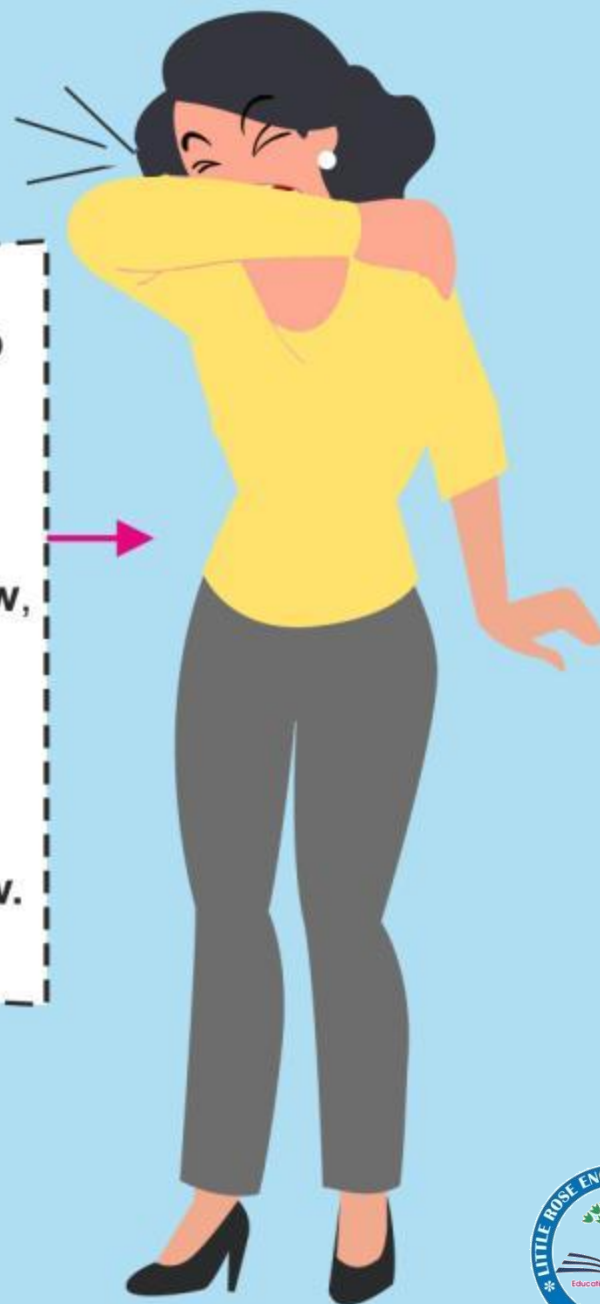
“Yes, and **wash our hands every time** we **sneeze** or **cough**, right mummy?” asked Khushi.





“Yes, it is **important** to ensure that we don't **sneeze** on our **bare hands**, but sneeze in a **tissue** or **in the fold of our elbow**, like this.”

Mummy showed them how to sneeze in a **tissue** and **in the fold of the elbow**.







QUARANTINE



SOCIAL  
DISTANCING

“So my dear children, right now the whole **world is suffering** from **corona virus**. And because our **Prime Minister** does **not want us all to fall sick**, he has asked us to do two things, who can tell me about it?” asked mummy.

“Me..me...”squealed Khushi. “I know our **PM** has asked us to **stay at home** and **to maintain distance** from every one.”

“No, silly there are **big words** for that, they are **quarantine** and **social distancing**.” said Nonu proudly.

“It's the same thing!”  
Khushi said, taking out her tongue at her brother.



Mummy laughed and asked them,  
“**Are you missing your school and teacher and friends?**”

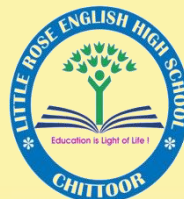
“Well, there is **good news** from **school**,” smiled mummy.

“Tell us..tell us...tell us...”, chimed Nonu and Khushi together

“Well, because you can't go to school, **the school** has arranged for all **your activities** and **fun and play** to **come home to you**”.

“**Really? Our teacher will come home?**” asked Nonu, “but isn't she also suppose to be in quarantine?”

“Yes and no.” said mummy.  
“She has to be in **quarantine** but she will **come to meet you** on my **phone or computer**.”







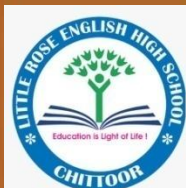
“**Means?**” asked Nonu and Khushi with a puzzled expression.

“Well, your teacher has sent me a whole list of activities that we can do together, all the fun activities that you liked doing in school”, said mummy.

“You mean we will do **N.E.W.S** and **Number Magic**?” asked Nonu

“Yes and **Symphonics** and **Understanding My World** too?”  
Inquired Khushi.

“Yes, yes dears. All the **activities** that you enjoyed at the **school** and are looking forward to it will be at home for you.”  
explained mummy.

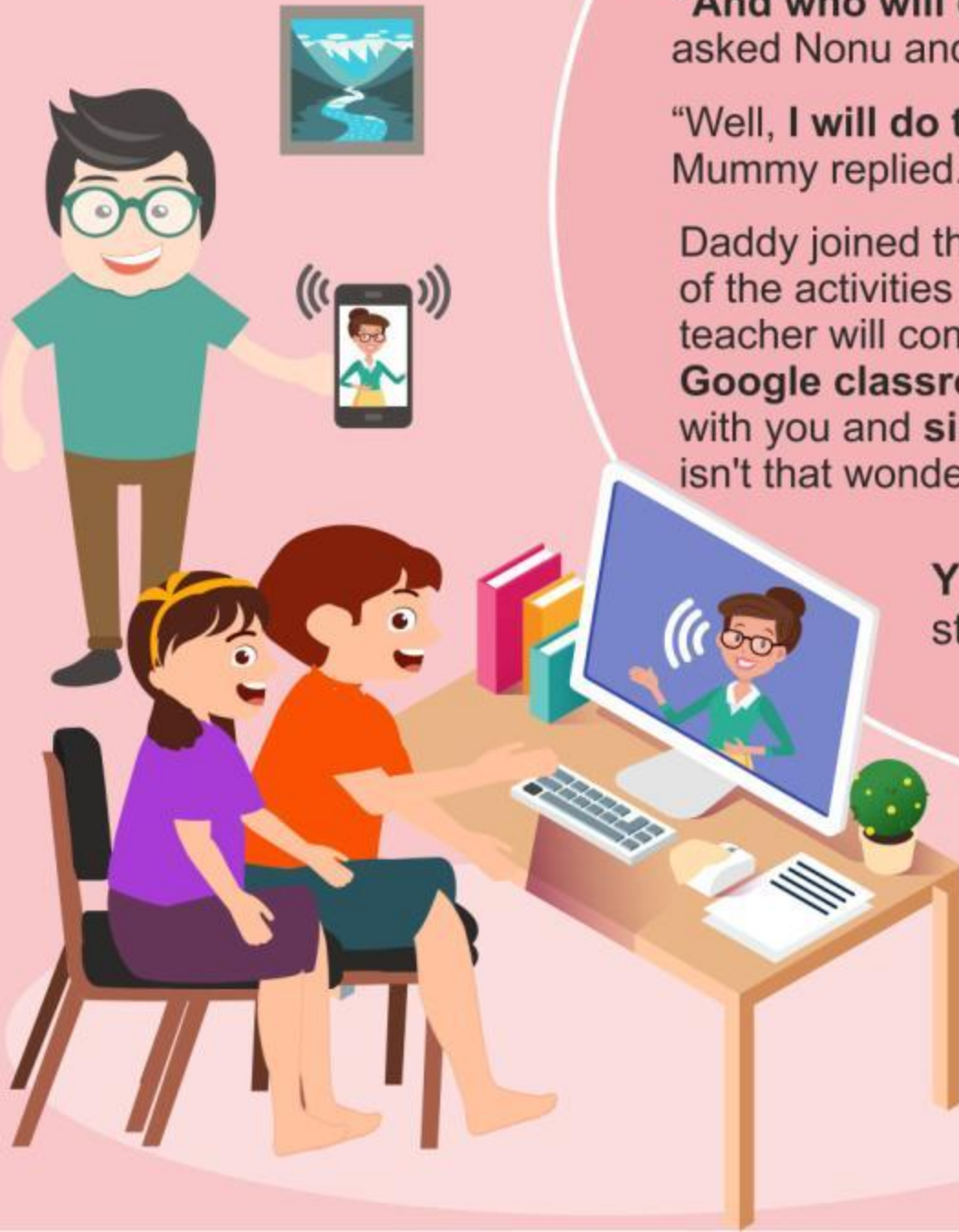


**“And who will do these activities with us?”**  
asked Nonu and Khushi


**“Well, I will do them and so will your daddy.”**  
Mummy replied.

Daddy joined them and said, “yes, I will also do some of the activities with you and do you know that your teacher will come on **Facebook live** or **Google classroom** and will connect with you, talk with you and **sing rhymes** and **tell you stories**, isn't that wonderful?”, asked daddy

**Yippee!** Both Khushi and Nonu started dancing







Suddenly Khushi became pensive and asked,  
“Daddy will we always do school at home?”

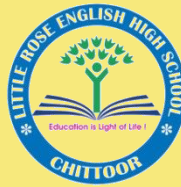
Daddy hugged both of them and said, “No dear, your school will open soon. The more we **stay at home**, the faster we will be able to be **rid of this virus.**”





Khushi had a puzzled expression on her face, she looked at her mom and dad, and asked them, “Mummy, aunty is a **doctor** and uncle is a **policeman**, they are going out everyday, are they **safe**?”

“Yes, my dear, don't worry, they are taking all the **necessary precautions** so that the virus cannot touch them,” Mummy reassured her.







Daddy explained, "Yes children, there are many such people like the vegetable vendors, **the watchmen, the garbage collectors, the police, doctors, nurses, ward boys, street cleaners, pharmacists** and **many more** who are out there ensuring that we get our daily necessary items.

It is for them that we must stay at home and be healthy so that we can **defeat** this **virus** so that they also can stop worrying about it."



“Yes, so because your teacher wants you to have **fun**, while you are **at home**, she has sent this wonderful planning and we are going to have fun doing all the activities that she has sent” said Mummy.

“And yes”, said daddy, “Your teacher has said that because many of these activities are to be done on the phone and computer, you must not spend more than **20 minutes on the screen**. So we will do a screen activity and one **physical activity** like **yoga** and **cooking**, ok?”

20 minutes

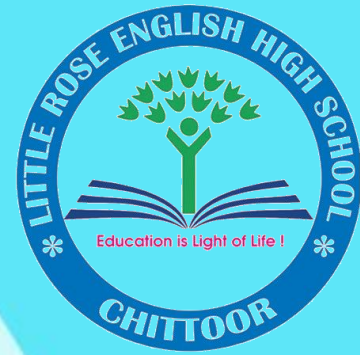




Nonu and Khushi now look forward to doing all the activities sent by their teacher.

They enjoy **meeting** their **teacher** on the video phone and they both know that **school** will open soon and they will meet their friends and teacher, but till then it is **Fun and Learning At Home!**





# COVID-19

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2 0 2 0

Seconds  
Hand Washing

Meters  
Distance

Excuses

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Ministry of Electronics and  
Information Technology,  
Government of India

my  
Gov  
मेरी सरकार

# Stay At Home, Save Lives Pledge

This is to certify that

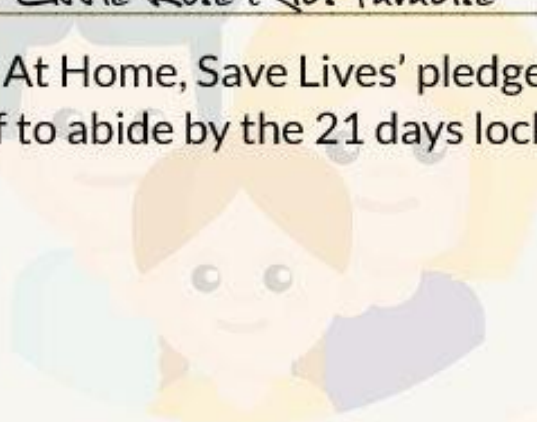
*Little Rose Kids Paradise*

has taken the 'Stay At Home, Save Lives' pledge and committed  
himself/herself to abide by the 21 days lockdown rules.

7445477286



April, 12 2020



# CERTIFICATE OF COMMITMENT

This Certificate is Awarded to

*Little Rose English High School*

For demonstrating his/her commitment to promote safety against COVID19.

He/She made a pledge to includes best pratices on prevention of  
Coronavirus Disease as specified by **World Health Organization (WHO)**



**Stay Home**  
Stay Safe



**COVID 19**  
Coronavirus

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