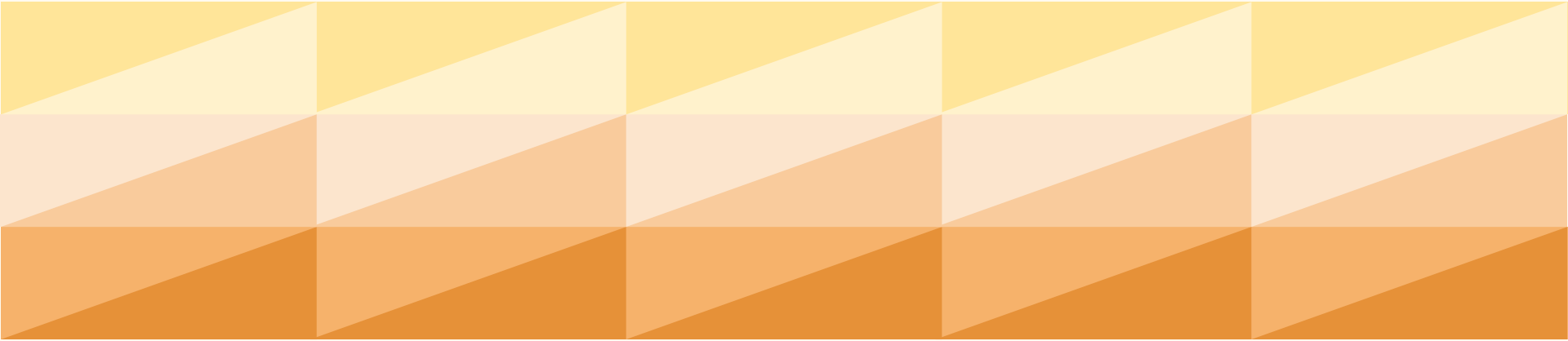
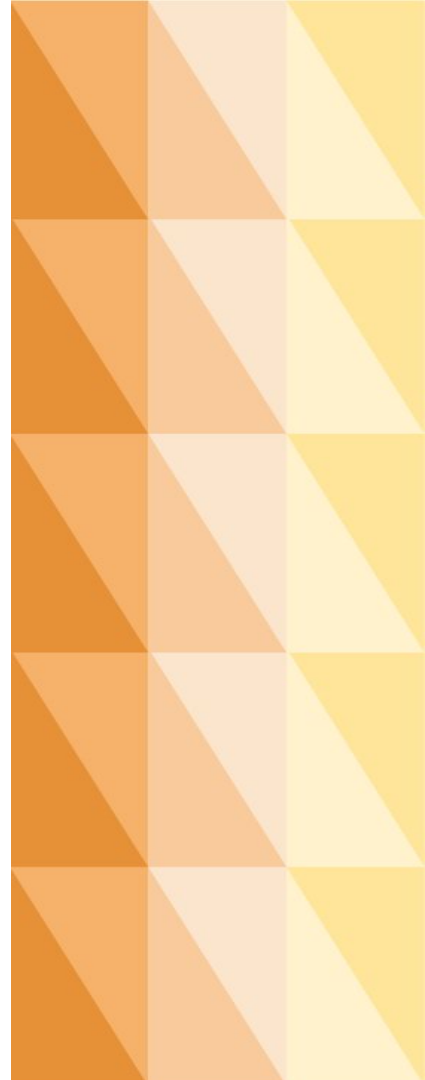


Overcoming the Crisis



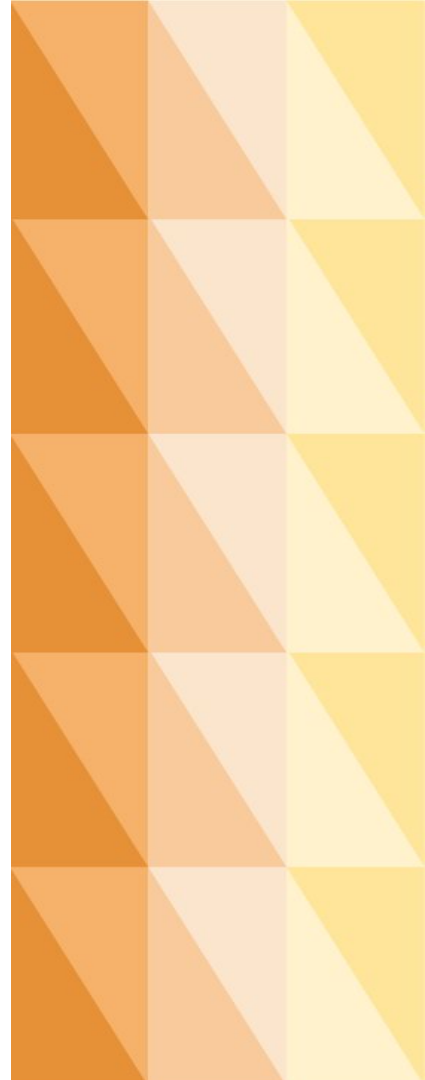
The Current Situation

- **Lockdown since 23rd March (after Janta Curfew on 22nd) to flatten the curve of infection spread.**
- **Schools, colleges, offices closed.**
- **Public transport closed.**
- **Only essential services operational.**



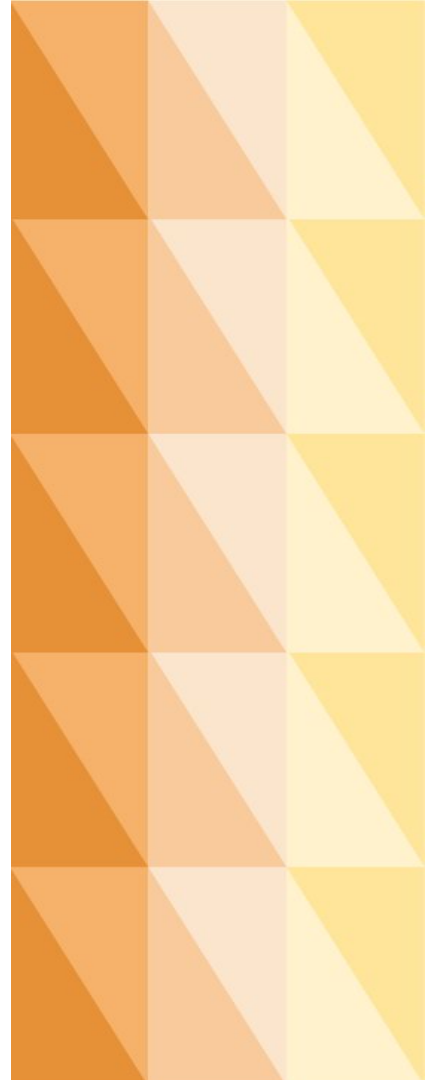
The Effects

- **Board exams remain incomplete : anxiety among examinees, parents and teachers.**
- **Schedule of entrance exams like JEE / NEET uncertain : anxiety.**
- **Classes and tutorials closed : students confined to homes, no meeting friends, no classroom teaching, often leading to depression.**
- **The entire yearly curriculum of schools and colleges have gone for a spin.**
- **Students in certain households are facing poverty and scarcity of food.**
- **Household helps not coming, family members are having to do all the household chores.**
- **Uncertainty of medical treatment and medicines affecting households having sick and aged members.**
- **The stressful situation of lockdown is often leading to irritability, anger, anxiety and often depression.**



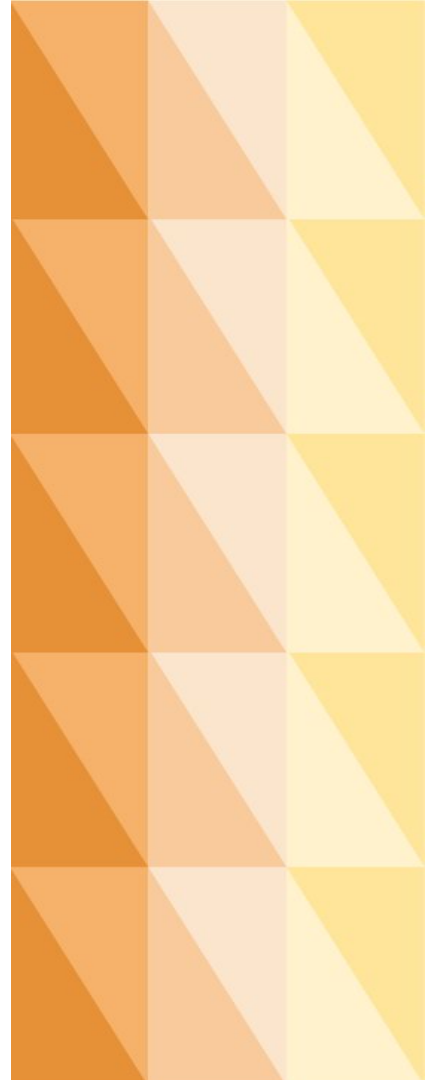
Ways to Combat

- **Switch to on-line modes of education and teaching.**
- **Have a daily routine of activities in consultation with family members, teachers and peers.**
- **Share the household chores.**
- **Keep yourself updated about COVID-19 situations from genuine sources.**
- **Stay connected with your friends and relatives over telephone and social media. But time spent on that must be regulated.**
- **Maintain social and physical distancing and personal hygiene like hand washing as being advised.**
- **Avoid going out of your house except in cases very essential. Use face masks and hand sanitizers.**
- **Eat simple and healthy.**
- **Exercise daily inside your house and meditate.**
- **Spend quality time on your hobbies and fine arts.**



Ways to Combat contd.

- **Those who have not finished all the board exams must not lose focus or motivation. Keep revising and mock teaching the chapters.**
- **Those preparing for the entrance tests must stick to a regular routine.**
- **Share your anxiety and apprehensions with teachers, parents and professionals.**
- **Do not nag your parents with unnecessary demands. On the contrary share their workload whenever possible.**
- **DO NOT WORRY : EVERY CLOUD HAS A SILVER LINING.**



How VSN Combats this

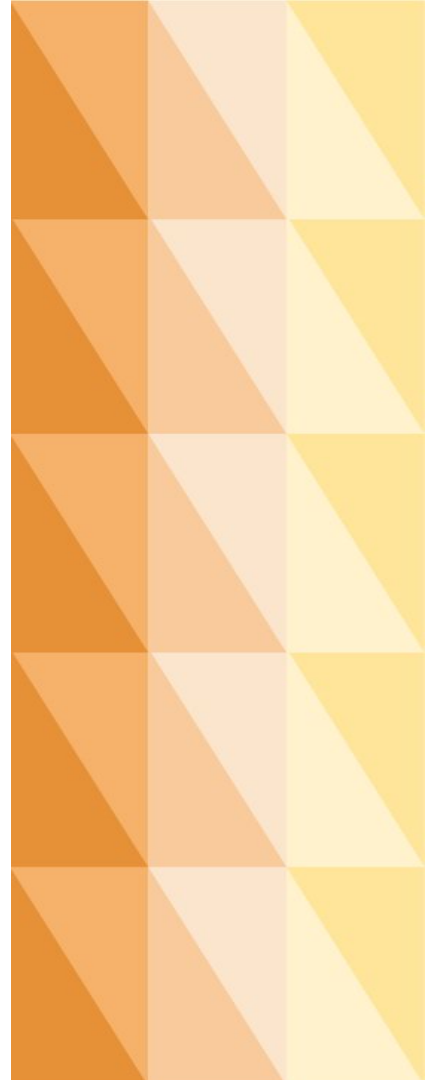
In order to combat the problems we might face due to this prolonged lockdown and lack of physical classes and study materials, we have started our online lessons.

The online classes can be accessed through <http://vsn.ac.in/>.

Here, one can find--

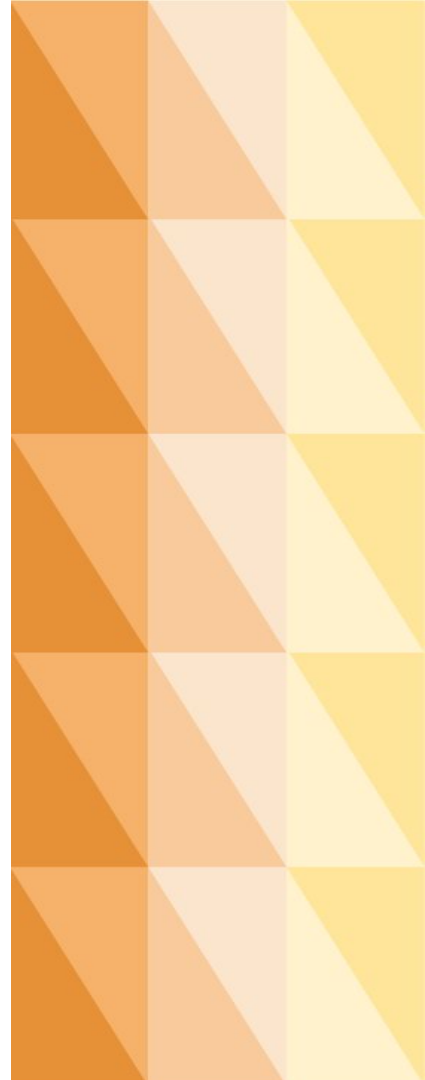
- Study Materials besides texts
- Worksheets
- Live Classes by VSN Faculty
- Links to helpful Online Tutorials (subject-wise)

Regular online attendance will also be recorded.



Few important links

- <https://cisce.org/> -- For important publications like- Syllabus, Curriculum, Analysis of Pupil Performance, Specimen Question Papers, etc.
- <https://www.ndl.gov.in/> and <https://ndl.iitkgp.ac.in/> -- For all sort of e-resources
- <https://swayam.gov.in/> and <https://swayamprabha.gov.in/> -- For online classes by Central Government
- <http://www.ndl.gov.in/document/YVc2dFdCM1hOb0dqWmorRE9kRk1WOWRzWmpDTVVwV2k0UEIIMjJpRmhTND0> -- PCM papers for JEE Advanced (2007-2018) solved by IIT Kharagpur's Students and Professors
- <http://www.ndl.gov.in/document/bnZnR2hPaUVqRU9TbFc2Rmp1MVJzNWRUVnduMGdCRGgvZ0J0c2Vydmdkdz0> -- Physics and Mathematics JEE papers (2007-2016) prepared by StemEZ



A Personal Note for the Students

It is a fact that this lockdown period is challenging and demotivating for most of us still we need to stay focussed to our end goal, which is to transform our potentiality into achievements.

VSN students have never failed to make me proud in any aspect, be it academics or extracurricular activities, and I expect nothing less even in this tough time.

I know everyone is eagerly waiting for normalcy to resume, but even in this waiting period we need to keep our spirits high. I'm sure besides excelling in the art of Time Management, all of you will take very good care of yourself and of your close ones.

Stay Home and Stay Safe!

- Principal, VSN

