

# What can U do at Home..?

This 2 weeks crash course, from Today.

## \*Self impose curfew\* with family at home from Today.

\*5.00 - 6.00am \* uthan/awake / daily chores.

\*6.00-6.45am \* dhyan/meditate, whole family.

\*6.45 - 7.30am \* YOGA.

\*7.30-8.30am \* Husband to prepare breakfast with guidance of wife.

Children to make up the house by sending the servant/maid on paid leave for 2 weeks.

\*8.30-9.00am \* Breaking the fast with family.

\*9.00-10.00am \* All family together play /fun /laugh

\*10.00-11.30am \* children - school /college work (with help of grandparents).

Parents work from home.

\*11.30 - 1.00 pm \* - All family to cook lunch (see how much you enjoy).

\*1.00 - 2.00pm\* - Family lunch.

\*2.00-3.00pm\* - clean the kitchen and Rest.

\*3.00-4.00pm\* - Elders to explain their family /ancestral background /history to the children of at least 3/4 generation's. Family Ups and downs/difficult times, failures and success.

\*4.00-5.00pm\* - Meditation

\*5.00-6.30pm\* - Play indoor games chess, carom, cards, queze, memory (whole family including grandparents). While playing laugh as much as you can.

\*6.30-8.00pm\* - mother to prepare Dinner with help of father.

\*8.00-8.30pm\* - Dinner with family, maintain Total mouna. (Silence).

\*8.30-10.00pm\* - Rastra Chintan, know original history of our mother land, read biography of great social reforms, family debate, last but not the least Think What you can do for the Nation.

\*10.00pm - 5.00am\* Shuba rathri - Good night ☑

After 2 weeks - See the Transmission in your Family, City, and NATION.

## IT CAN HAPPEN ONLY THROUGH YOU.

## STAY HOME STAY SAFE!