**Advisory**

Dear Students,

Hope you with your family are in good health and spirit. As you all are aware safety and good health are important part of our teaching and learning environment. We all should take precautionary measures to fight against this global pandemic COVID-19 .Further, this lock down period can be utilised in a positive and constructive way. So you all are advised to concentrate on your studies, browse different informative and educative sites and follow the instructions and assistance given through Srusti Group by faculty members. Besides, you should practice the following few things for your physical, mental and spiritual well- being.

1. Exercise daily. Practice Yoga (Meditation, Pranayam, Kapalvati, & Anulom Vilom).You can follow You Tube, Art of living and Sadhguru for mental peace, harmony and motivation

2. This period can be utilised meaningfully because BPUT may declare the date of examination immediately after the lock down.

3. Stay focused on your studies and be in touch with your faculty members for clearing of doubts

4. You can read good novels, auto-biographies for your relaxation and draw inspiration from those.

5. Stay Inside. Maintain Social Distancing. Wash your hands with sanitizer regularly. Be safe and keep people safe around

Wish you all well at home.

For Srusti Academy of Management

Principal