

COVID19- DESTRESS & ENTERTAINMENT OPTIONS



Presented By

BANGALORE APARTMENTS' FEDERATION (BAF)

7th April , 2020

Disclaimer: Bangalore Apartments' Federation (BAF) has compiled this note based on inputs from government advisory documents as well as reading various global examples and the concept on subject. as well as secondary information available. BAF advises its Members and readers of this note to adapt the guidelines in consultation with their communities. Most of the information is practical and doable, and may exceed the mandate set by authorities, but if this helps combating situation effectively, does not cost much and is practical – then we do urge to take support of this document to establish your best practices as well. BAF will not assume any liability for any implications of decisions taken by anybody, based on this document.

BAF also urges Members to share their experiences / views based on practical ground level successes. Depending on inputs from Members, this document might be further updated and made more comprehensive.

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The following resources have been collated based on our own experiences & guidance from various sources to help us all tackle the COVID 19 Lock situation. Since all of us have to stay home for almost 3 weeks (and likely to extend or take more time for us all to resume normal life). These unusual circumstances do create stress & anxiety – not just due to change in lifestyle, but also due to uncertainty it brings. We hope this guideline will give our members various ideas to de- stress and utilise the time effectively to learn new skills, newer ways of working, reconnecting which was not possible due to work pressures of normal routines etc. And **STAY HOME, STAY HEALTHY and STAY STRESS FREE.**

We urge you to explore the material in this guideline.

MINISTRY OF HEALTH & FAMILY WELFARE INDIA RESOURCES

<https://www.youtube.com/watch?v=9ogQjUP0XyU&feature=youtu.be>
https://www.youtube.com/watch?v=L4DWHP_mpwY&feature=youtu.be
<https://www.youtube.com/watch?v=maBw7HmrU8c&feature=youtu.be>

WORK FROM HOME

Home stay has brought in a new way of working. Apart from routine WFH practices , we all can do **VIRTUAL MEETINGS – ZOOM, GOTOMEETINGS, WEBEX, and so on.**



EXERCISE FROM HOME

On the spot jogging, skipping, housework etc together enable us to find alternatives to outdoor exercises or gyms- that we are not allowed to go for. Many do it yourself workout videos are available for guidance through simple web search engines



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READ BOOKS AT HOME & LEARN NEW SKILLS & DO THINGS THAT YOU WANTED TO – BUT NEVER HAD TIME

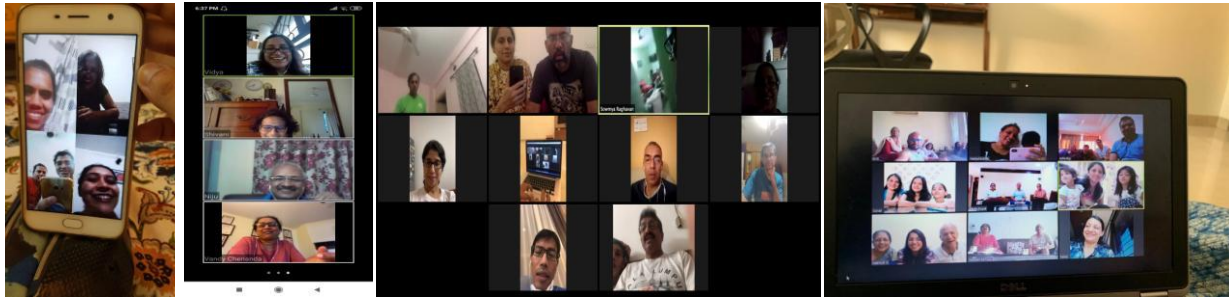
Participate in various BAAF KI BAAT Series or watch the recorded segments.

Websearch for : Ted Talks, Inspiring Videos, Author speak etc

Read the books, play the games, call the people , do some knitting, make new dishes, open your cookbooks and so on...

FAMILY TIME & VIRTUAL CATCH UPS – ZOOM, SKYPE, HANGOUTS, HOUSEPARTY, WHATSAPP VDO

Many families and friends have been catching up virtually and playing antakshari, tambola/ housie and many such games online ...



FAMILY GAMES

Families have been having bonding time over various board games like SCRABBLE, Pictionary, SCOTLAND YARD, JENGA, Card games and many more.

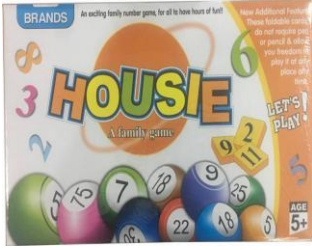
<https://toybuzz.org/best-family-board-games/>

<https://imaginationoup.net/best-card-games-kids/>





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VIRTUAL ENTERTAINMENT LINKS

There are many websites that opened up to help us all overcome the lockdown stress. Some of the resources we have captured are as under.

PARIS OPERA : Find all performances on the website <https://www.operadeparis.fr/>

Many great classics to see or rediscover from home.

March 17 - 22: Manon (2020)

March 23 - 29: Don Giovanni (2019)

March 30 - April 5: Swan Lake (2019)

April 6 - 12: The Barber of Seville (2014)

April 13 - 19: Tribute to Jerome Robbins (2018)

April 20 - 26: The Tales of Hoffmann (2016)

April 27 - May 3: Carmen (2017)

March 17 - May 3: Cycle of Tchaikovsky's six symphonies played by the Orchestra of the Paris National Opera, conducted by Philippe Jordan

Europe Comes To You: Best Exhibitions, Concerts, Operas, Ballet To Watch Online For Free

<https://www.forbes.com/sites/ceciliarodriguez/2020/03/23/europe-comes-to-you-best-exhibitions-concerts-operas-ballet-to-watch-online-for-free/>

Amar Chitra Katha and Tinkle

Are offering their entire catalog free, till March 31st to help with social distancing. For the younger kids among your network. Please share. Here are the links:

<https://digital.amarchitrakatha.com/subscription.aspx?shelfId=16716781-3bc2-4c50-991f-aa65a09c4f71&code=1BEADEB>

<https://digital.tinkle.in/subscription.aspx?shelfId=d78d4014-e064-4aec-b203-4389bc08ddb4&code=1A9D444>

Comics & Graphic novels collections -

Asterix - All , Calvin & Hobbes - All strips, Craig Thompson - All books, Dilbert - 1994 to 2002, Garfield - 1978 to 2008, Tintin - All

Happy reading :

https://drive.google.com/drive/mobile/folders/1BC_QWKWo1x4wPK2fyKn5jRsnAYZWcyj8?usp=drive_o
[pen](#)



AUDIBLE STORIES

Amazon today cancelled the subscription of books and audio stories for children and students of all ages, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet using the following link

<https://stories.audible.com/start-listen>.

TRAVELLOGUES

We have done window shopping and virtual meetings. Good enough time to virtual touring. Know more about the place and what it has in store for us by virtually travelling to these far and near sites! Or Share with us the links of your own travelogues!

<http://traveltwosome.com/five-treks-and-trekking-in-karnataka/>

https://www.airpano.com/360photo_list_top.php

<https://www.tripoto.com/trip/covid-19-10-virtual-travel-trains-to-take-5e744b8006d62>

<https://www.losaltosca.gov/citymanager/page/fun-activities-keep-you-busy-during-covid-19-shelter-place>

<https://www.marketplace.org/2020/03/20/heres-what-to-read-and-stream-for-free-during-the-covid-19-pandemic/>

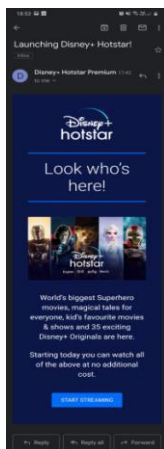
<https://www.livescience.com/coronavirus-kids-activities.html>

BOOKS & MORE

Many of your favourite authors are offering free books on their website or inspirational training sessions. Visit your favourite author page to look out for more!

<https://www.robinsharma.com/books>

HOT STAR _ DISNEY MOVIES



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