

## Asha Negi suggests five things to do indoor during this lockdown period to keep yourself calm

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**Ever since the lockdown was implemented spending time indoors has become the new normal for a lot of us. During this difficult time,**

it's important to keep our minds calm, occupied, and entertained. Where some are getting to spend a lot of time with their families there are some away staying alone. Known to have the perfect solution for most problems playing the role of Gauravi in ALTBalaji and ZEE5's recent web-series Baarish 2, Asha Negi comes to our rescue once again. If we're looking for things to do this lockdown, we have awesome Asha who suggests five activities to kill time at home.



Indulge in cooking - You can discover the hidden Master chef inside you and channeling your creativity towards preparing a host of delectable recipes. It's your turn to surprise everyone and yourself by preparing a meal so good that everyone's polished off the plate in no time.

Feel fit and fine at home - All this while we just complained about how we are not getting enough time to keep our body fit. Now's the perfect time to shed all those excess kilos by sparing an hour every day by either working out at home or practice Yoga, just like how Asha does, to keep your mood lighter and cheerful in these testing times.

Draw or paint a perfect or imperfect picture - It's important to keep your mind busy and let your imagination run wild. While Asha might have the brushes and canvases by her side, you can do the same with a simple piece of paper and a pen or pencil to go with it. It's time to speak about art straight from the heart.

Clean your house - In such times, it's all the more important to keep your house clean. Don't let your parents do all the mopping and cleaning at home, this is where you step up and take the broom in your hands. The same goes for clothes and utensils as well. While this may seem time-consuming, it's the

feeling of accomplishment that will elevate your mood like never before.

Binge watch a host of movies and series - There is a lot of interesting content available on OTT platforms, you can invest your time in watching TV shows, movies, and web series online. If you're looking for a cute romantic drama, what better than ALTBalaji and ZEE5's Baarish Season 2.

So next time you think of killing the time in lockdown, just remember these ideas suggested by Asha and make your lockdown even better and efficient.

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