

STAY HOME

STAY SAFE



#lockdownjourney



► ONLINE BOOK READING

An online book is a resource in book-like form that is only available to read on the Internet. It differs from the common idea of an e-book, which is usually available for users to download and read locally on a computer, smartphone or on an e-reader. "Book-like" means: information is presented in a page format; pages are normally available to read sequentially (though "flipping" to another page is possible using a mouse, keyboard or other controllers); and pages are read passively, with little or no interaction or multimedia.

► PLAYING MUSIC

Music is an art form, and cultural activity, whose medium is sound. General definitions of music include common elements such as pitch (which governs melody and harmony), rhythm (and its associated concepts tempo, meter, and articulation), dynamics (loudness and softness), and the sonic qualities of timbre and texture (which are sometimes termed the "color" of a musical sound). Different styles or types of music may emphasize, de-emphasize or omit some of these elements.

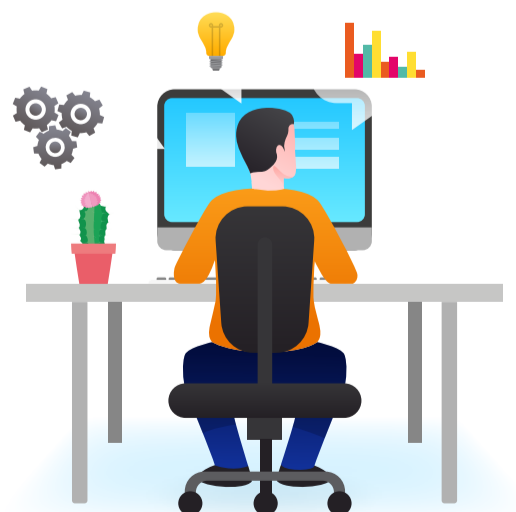


► HOME WORKOUT

Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, to aid growth and improve strength, preventing aging, developing muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, improving health and also for enjoyment. Many individuals choose to exercise outdoors where they can congregate in groups, socialize, and enhance well-being.

► WORK FROM HOME

working from home WFH - the most common term in the UK), mobile work, remote work, and flexible workplace,[2][3] is a work arrangement in which employees do not commute or travel (e.g. by bus, bicycle or car, etc.) to a central place of work, such as an office building, warehouse, or store. Telecommuting came into prominence in the 1970s to describe work-related substitutions of telecommunication and related information technologies for travel.



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