1. **Diet:** A balanced diet goes a long way in creating a healthy body. The balance of macronutrients and micronutrients is essential to strengthen the immune system. For immune system the following vitamins and minerals are essential:
   a. **Vitamin C:** Foods having vitamin C are Amla, Citrus fruits like orange, kiwi, lemon, etc., Vegetables like Capsicum, Cauliflower, Broccoli, etc. Keep in mind that Vitamin C is a water soluble vitamin so daily replenishment is needed as leftover amount of vitamin C is urinated.
   b. **Vitamin D:** Exposure to sunshine is essential to get vitamin D. People low in vitamin D should take supplements. Ragi is one of the few natural sources of vitamin D. Vitamin D being a fat soluble vitamin is absorbed when healthy fats are present in the body. So it is advisable to go to your balcony in the morning between 7:30 - 8:30 for about 15 minutes and absorb sunlight. You should also consume almonds and walnuts as some healthy fats in the morning hours. Being fat soluble, Vitamin D excess is stored within the body.
   c. **Vitamin A:** Foods rich in vitamin A are Sweet Potato, Kale, Carrot, Spinach. Vitamin A is also a fat soluble vitamin and excess of it is stored within the body.
   d. **Zinc:** Foods rich in zinc include Legumes such as chickpeas, lentils, and beans, Nuts, Dairy, etc. Zinc is essential for the immune system functioning as it substantially inhibits virus copy mechanisms within the body.
   e. **Have Garlic, Ginger, Turmeric with black pepper**

Avoid high sugar diet as excess glucose within the body has shown to promote certain kinds of viruses within the body.

2. **Stress:** Stress is either chronic or acute. Chronic stress creates Cortisol hormone resistance within the body which substantially reduces immunity of the body. So one should be always aware of chronic stress and should try to avoid them as much as possible, more importantly during these days. Acute stress, generated through exercise, can help build the immune system in the long run. But now isn’t the time to take too much acute stress as well. In fact, even in the long run moderate intensity exercise better relates to immunity enhancement in comparison to high intensity exercise. But the intensity level of exercise is only defined by one’s fitness level.

To conclude, only moderate intensity exercise depending on one’s fitness level should be done within home nowadays.

Sleep is also important here as sound sleep of 7 hours a day balances body hormones and helps reduce stress.