



**D.A.V. PUBLIC SCHOOL, SRESHTHA VIHAR, DELHI-92**  
**(ASPIRE, ACT & ACHIEVE)**

DAVSV/2024-25/72

Dated : 29/11/2024

Dear Parents,

Warm Greetings!

Air pollution is posing as a persuasive threat that has a significant impact on human well-being. Keeping the health consequences of bad air quality in mind, we need to adopt some safety measures to keep ourselves safe and healthy. Here are some effective ways to protect yourself:

- Try to avoid outdoor activities during peak pollution hours to minimize exposure to vehicular emissions.
- Wear masks designed to filter out pollutants, like N95 when pollution levels are high.
- Drink plenty of water to help flush out toxins.
- Eat plenty of fruits and vegetables. Consume balanced diet rich in Vitamin C, Omega 3 fatty acids and antioxidants to help your body combat the effects of pollution. Avoid eating out, especially junk food as oily and fatty foods can create additional levels of stress in body.
- Share knowledge about pollution and how to stay safe with family friends.
- Help yourself and everyone else breathe easier by adopting green initiatives.

Stay informed and take proactive measures that can help you and your loved ones stay healthier despite high pollution levels. Stay safe!

*Suhasini*  
29/11/24

( Suhasini Khushinder Nath )  
Principal