

COLUMBIA FOUNDATION SR. SEC. SCHOOL

D-BLOCK, VIKAS PURI, NEW DELHI

NOTICE

Date: 31.10.19

Dear Parents,

Keeping in view the level of pollution and health of your child the school management has decided to take some precautionary measures till further notice.

Please send your ward in proper winter school uniform from 01.11.2019 (Friday).

1. For Girls Leggings (black)

Do's and Don'ts to combat pollution:

Do's

1. Use pollution masks.
2. Eat nutrition's diet: Fresh fruits rich in Vitamin C, Magnesium and Omega Fatty Acids etc.
3. Drink more water and herbal tea (Ginger, lemon and tulsi).
4. Eat tomatoes, apples, broccoli (cauliflower), spinach (ikyd), flaxseed (vylh ds cht).
Healthy diet like jiggery and honey to your diet.
5. Use an oil-based moisturizer, as it protects your skin by relining more moisture. Apply a broad-spectrum sunscreen about 30 minutes before going outside.
6. Use air purifiers and Plant trees.

Don'ts

1. Avoid junk food.
2. Avoid stepping out door and no activities during the early morning.
3. Avoid burning garbage.
4. Eat less meat.
5. Avoid congested and rush road.
6. Avoid hot bath.

Principal