Sri Venkateshwar International School

Sector-18, Dwarka, New Delhi-110075

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Clean air is the simplest gift of nature- and the hardest one to regain once lost!

Dear Parents,

Namaskar!

The Air Quality Index (AQI) has reached unsafe levels once again and it is our shared responsibility to protect ourselves. Let's come together as one caring school community to take deliberate and mindful steps in order to counter this serious situation.

Small Habits, Big Change!

1. Wear a Mask Outdoors: Choose to wear masks whenever you step outside. A simple habit can shield lungs from countless harmful particles. Wear a high-quality N95, KN95 or N99 masks etc.

2. Reduce Outdoor Exposure: Encourage children to stay indoors during early mornings and late evenings when pollution peaks. Choose to exercise indoors. Opt for yoga, stretching or fun movement games are safer alternatives. As a school we also suspend outdoor activities like games, assemblies, physical education periods whenever the AQI is severe.

3. Keep Indoor Air Clean: Use air purifiers where possible or bring nature inside your home with air-purifying plants like Aloe Vera, Areca Palm, Peace Lily, English Ivy and Snake Plant. DO NOT use incense sticks (agarbatti), scented candles or dhoop indoors, as they add to indoor air pollution. Avoid Aerosol Sprays Indoors: Air fresheners, mosquito sprays, and perfumes can worsen indoor air quality. In school we keep doors, windows closed and avoid movement of students outside classroom.

4. Stay Hydrated and Eat Healthy: Warm fluids, fresh fruits and green vegetables help flush out toxins and build immunity. Add Vitamin C and Omega-3 rich foods to every meal to combat the hazards of inhaled toxins. Include Vitamin C: Oranges, Guava, Indian Gooseberry (Amla), Bell Peppers, Broccoli. Vitamin E: Almonds, Sunflower Seeds, Walnuts, Spinach, Turmeric, Tulsi etc.

5. Manage Ventilation: Keep windows and doors closed when outdoor air quality is poor (check the AQI daily). Use the "re-circulate" setting on air conditioning.

6. Encourage Green Commuting: Use school transport, carpool or walk down to short distances on cleaner days to reduce vehicular pollution. We make sure that all our school buses meet emission standards instituted by the Government of India and regular maintenance is carried out to reduce vehicular smoke.

Pollution may be outside our walls, but awareness and collective care can bring back cleaner days.

Best regards

Team SVIS