Advisory Regarding Rising Air Pollution

Dear Parents, **1.11.2025**

Namaskar!

As air pollution in Delhi increases, it is imperative to take steps to protect the health of our students. Air pollution has severe harmful effects on overall well-being, including respiratory diseases, cardiovascular issues, and weakened immune systems. It can exacerbate conditions like asthma and lead to long-term cognitive impairment. Additionally, poor air quality affects mental health, causing anxiety and depression, and poses risks to overall well-being and quality of life. We recommend following these guidelines to ensure the well-being of our children and community.

- **Restricting Outdoor Activities**: To protect our students from rising air pollution, the school has suspended all outdoor activities early morning. We recommend avoiding outdoor walks and activities, especially during early mornings and late evenings when pollution levels are highest. Instead, encourage children to spend family time indoors with hobbies like reading, crafting, or playing games like Chess, Carrom, Scrabble, and so on.
- **Embrace Sustainable Commuting Practices**- Adopt eco-friendly habits such as carpooling to reduce traffic emissions. Use CNG vehicles for cleaner air and opting for public transport like Metro or use bicycles to minimize pollution.
- **Hydrate Frequently & Ensure Healthy Diet rich in Antioxidants**- Our school cafeteria offers nutritious food options. We recommend following a diet rich in fruits, nuts, whole grains, and vegetables to boost immunity and staying hydrated to support overall health and counter the effects of pollution during this festive season.
- **Using Masks**- We recommend wearing protective ***masks***, preferably N95, to reduce exposure to airborne pollutants. Students with pre-existing respiratory conditions, such as asthma, or those particularly sensitive to pollution should take extra precautions.
- **Assess your surroundings for common allergens and asthma triggers-** Consider a low/no chemical policy, including limiting the use of fragrances, scents, air fresheners and strong cleaning chemicals.
- **Maintain Clean Indoor Air with Air-Purifying Plants** – Ensure proper ventilation at home while keeping windows and doors closed during high pollution hours to minimize indoor pollutant exposure. Introducing air-purifying plants can help improve indoor air quality. These plants are effective in filtering out common indoor pollutants.
- **Stay Informed and Advocate for Environmental Awareness**- Our school peer educators conduct sensitization programs to raise awareness about air pollution. Parents can support this by discussing the harmful effects of air pollutionand encouraging eco-friendly initiatives, to help create a health future for our children and the planet.

By following these guidelines and working together, we can ensure a safer environment for our children and promote environmental responsibility.

Warm regards

Dr. Sudha Acharya
Principal

ITL PUBLIC SCHOOL