



Let's welcome a new world

In the past few months, it seems the world has changed. Our priorities and definition of need has also changed. In this last lag of lockdown, we must introspect and upgrade ourselves for a smooth transition into a new world, the new normal.

One thing is certain that it will take a good deal of time to stabilize everything. So, it is imperative that we learn to face this world with new challenges by our renewed attitudes and habits.

Let us follow some simple daily habits:

- Sustain the habits of carrying sanitizer, washing your hand often and use masks as you go out of your home.
- Maintain distance of minimum one hand length with other person, when in public.
- For turning pages of notebooks if needed use only water.
- Use all the available resources around you cautiously. Particularly one need to be cautious about touching surfaces
- Do not waste food. Save it, so that needy do not face shortages in these tough times.
- Take shower with soap after visit from school or from office or from shopping/ visiting outside.
- Invest on your health by consuming healthy homemade freshly cooked food and by practicing regular light exercise or yoga.
- Avoid unnecessary anxiety which may affect your immune system adversely. Find solutions to deal with any problem with positive outlook.
- Be empathetic to your family members and take care of them. Participate in household chores and cooking meals to help.
- Do not share your account number and password with anyone. Keep your internet security protected.
- Be vigilant if you detect any child behaving in an abnormal pattern, it might be an indication of cyber bullying.
- Love nature and plant more trees before the monsoon sets in, for our existence.
- Take vitamin rich food. Vitamin C by having lemons and Indian gooseberries. Enjoy natural source of Vitamin D (Sunlight).
- Make it a point to continue pursuing your interests and activities which you have developed during lockdown period.
- Continue to follow advisories issued by Govt authorities.
- Remain positive. Show gratitude to the universe by just saying "thank you" before going to bed.

With Best Wishes
Health & Wellness Department
Delhi Public School-Bopal, Ahmedabad