



**G.D. GOENKA PUBLIC SCHOOL, DWARKA**  
ELEPHANTA LANE SECTOR – 10 DWARKA NEW DELHI – 110075

Date: November 04, 2024

**Advisory on Rising Air Pollution and Safety Precautions**

Dear Students, Parents & Staff Members

As you are aware, air pollution levels in Delhi have surged significantly post-Diwali, impacting the quality of the air we breathe. Exposure to high levels of pollution can lead to various health issues, especially for children, the elderly, and those with respiratory or cardiac conditions. Therefore, we urge everyone to take necessary precautions to protect their health and well-being during this time.

**Precautions and Recommendations:**

- **Avoid outdoor activities**, especially strenuous ones, as much as possible. Try to stay indoors, especially in the mornings and evenings when pollution levels tend to be higher.
- When stepping out, it is advisable to wear a good quality **mask** to reduce inhalation of harmful pollutants.
- Plants like Aloe vera, Spider plants, Snake plants, Peace Lily & Bamboo help **purify indoor air** naturally.
- **Drinking adequate amount of water** helps flush out toxins. Consuming fresh fruits, vegetables, and foods rich in antioxidants can also strengthen the immune system.
- Keep **windows and doors closed**, especially during peak pollution hours, to prevent outdoor air from entering.
- Refrain from **intense physical activities** during high pollution days as it can increase the inhalation of pollutants.
- **Regular checking of** air quality levels through reliable apps and sources, so you are aware of the pollution status and can take necessary measures accordingly.

We are closely monitoring the air quality and will adjust outdoor school activities as necessary to ensure the safety and health of our students and staff.

We thank you for your understanding and cooperation in adhering to these precautions to help protect our community's health.

Stay safe and take care.

Sincerely,

GDGPS, Dwarka