

## PSBB SEN SEC.SCHOOL, SIRUSERI

### Physical & Emotional Well being during online schooling

The Health & Wellness club meeting on 21<sup>st</sup> Nov. through zoom started with a Prayer song by Ms. Varshini of class IX B1. Dr. Jayakumar Reddy M.D. from Apollo hospitals was the invited speaker for the day. Mrs.Rajarajeswari, in- house nurse ,of Apollo Shine welcomed him and introduced him to the club members. **Dr.M.Jayakumar Reddy** MBBS , MD (Pediatrician) , MBA (Hospital Management) , PH.D. Consultant Pediatrician & Neonatologist , Apollo Children's Hospitals , Chennai spoke on **Healthy life style during the pandemic and lockdown.**

Dr. Reddy insisted on immune boosting balanced diet and need for vitamin C and Calcium supplements. He emphasized the importance of physical activity, exercise, rest and adequate sleep. He detailed about ways to maintain emotional health, and eye care during the online classes. He also advocated to take the routine vaccines as per the schedule and advised parents to be a healthy role model for kids. He advised the students who attend online classes not to skip breakfast and to drink water regularly to prevent dehydration. He recommended the 20/20/20 rule, that is every 20 mins to take a 20 second break and look at something 20 feet away . He also highlighted the importance of posture and requested the students to sit at a comfortable distance from the screen. He suggested that wearing plain glasses will protect the eyes from the bright screen. Then he clarified the doubts raised by the participants.

The school Principal, Mrs. Vijayalakshmi Raman also joined the meeting and thanked the speaker for the valuable talk. Then Ms. Sadhana Sastri of class IXB1 proposed the vote of thanks.

Overall the session was informative, interactive and interesting.

Shutterbugs

Health& Wellness Club,PSBB SRS



### TOPICS:

- ▶ Nutrition
- ▶ Immunity
- ▶ Healthy Lifestyle
- ▶ Parenting Tips
- ▶ Online classes – Eye problem prevention

### Food to consume:



- ▶ Fresh fruits & vegetables – Especially rich in **Vitamin C & D** like citrus food, grapes, apple and bananas.
- ▶ **Garlic, honey and turmeric** are powerful natural antioxidants in moderation.
- ▶ Vitamin D rich foods like **Fish(Tuna), cheese, egg yolk, mushroom, cod liver oil** etc.
- ▶ Pulses like **chickpeas, lentils, beans** etc. are good sources of vitamins & minerals.
- ▶ **Eggs** – great source of proteins & nutrients.

### NUTRITION:

- ▶ Good nutrition is crucial for health, particularly in times when the immune system might need to fight back.
- ▶ Limited access to fresh food may compromise eating a healthy and a balanced diet, which in turn leads to consumption of processed food which is not good for health.
- ▶ For optimal health it is important to remain physically active.
- ▶ Avoid excess salt and sugar in the diet.

### IMMUNISATION - An Essential Health Service

- ▶ Immunization may be **affected** by the **current COVID-19 pandemic**.
- ▶ **Disruption of immunization services, result in:**
  - ▶ increased numbers of susceptible individuals and
  - ▶ increased likelihood of outbreak of vaccine preventable diseases (VPDs) such as **measles, polio, pertussis** etc.
- ▶ **Outbreaks of VPDs** could be catastrophic for communities and health systems already battling the impact of COVID-19, and additionally increase sickness and fatalities.
- ▶ **All immunization services must consider the importance of both ensuring people are protected against preventable diseases, as well as the safety of communities and health workers.**

