



DPS PANIPAT CITY  
Circular

November 4, 2016

DPSPC/CIR/37

Dear Parent,

As you are aware that pollution levels are very high these days, post Diwali, so it is advised that following care & precaution is taken to ensure better protection of your family:

1. Avoid outdoor exposure for long hours.
2. Avoid early morning & evening walks.
3. Avoid heavy exercise in open.
4. Indoor sports activities are advised for kids.
5. Intake of citrus fruits is advised.
6. Open windows & doors only when sun is bright.

*We wish you a healthy and well protected winter.*

Regards,

  
Principal

04/11/16