



D.A.V. PUBLIC SCHOOL, SECTOR 49, GURUGRAM

HEALTH BULLETIN - January & February

FROM THE DOCTOR'S DESK

Dear students,

Happy New Year!!!

January and February is the end of the academic year, children and parents come under stress. Their minds are fully occupied with exams. Studies are important but never at the expense of child's physical and mental well being. This month's health bulletin focuses on **lifestyle changes during exams**.

It is a proven fact that simple lifestyle changes during exams help to improve mood, alter stress, increase memory and promote calmness; thus helping students to face the challenges of exams.

➤ **Common lifestyle issues noticed in children during exams are-**

- Poor nutrition
- Insufficient exercise
- Inadequate sleep and rest
- Not prioritising commitments

➤ **Eat healthy-**

- Examination stress increases the need of some essential nutrients like vitamin B, vitamin C, zinc, magnesium and potassium.
- Eat small frequent meals, avoid large single meal.
- Choose seasonal fruits and vegetables like amala, green leafy vegetables, carrots, tomatoes etc.
- Minimise intake of refined flour, sweetened beverages and sugar.
- Avoid too much of junk food.
- Include snacks like fresh fruits, dry fruits, honey coated nuts, jagerry, ground nuts, walnuts, roasted whole grains, soups, and yogurt.
- Never skip the most important meal of the day – Breakfast.



➤ **Note – Memory boosting foods-**

Eggs, flax seeds, almonds, fish, milk and milk products, fruits, soya and pulses.



➤ **Adequate sleep-**

Children now a day sleep for less hours leading to further increase in stress. It goes without saying that one should sleep at least 6 to 7 hours just before exam day.

➤ **Keep yourself well hydrated-**

Drinking adequate plain water helps the brain to concentrate and perform better. To keep the brain active one should drink 1.5 to 2 litres per day.



➤ **Regular exercise-**

Exercise plays a very vital role in counter balancing the stress. it helps children to remain fresh and active. Break time between studies can be utilised for some physical activity.

➤ **Manage stress-**

Each child has their own way of dealing with stress.

- Listening to music.
- Doing some exercise.
- Having a short nap, doing.
- Stretching exercises.
- Catching up with friends.



➤ **Avoid illness-**

It becomes all the more important to prevent illness during exams; few measures which can be taken are:-

- Simple hand washing practice prevents lot of illness.
- Drink lots of fluids
- Take protein rich food in each meal.
- Avoid contact with other sick children
- Visit doctor if not feeling well.

➤ **General tips-**

- Think positive
- Plan your studies in advance
- Discuss problems if any
- Avoid panic and stay cool

**STAY CALM AND HEALTHY
GOOD LUCK FOR EXAMS!!!**