

MDPS HEALTH AND WELLNESS POLICY

WHO Statement Regarding Student's Health

Children and young people should understand basic, age-appropriate information about coronavirus disease (COVID-19), including its symptoms, complications, how it is transmitted and how to prevent transmission. Stay informed about COVID-19 through reputable sources such as UNICEF, WHO and national health ministry advisories. Be aware of fake information/myths that may circulate by word-of mouth or online.

MDPS Preventing Spread of COVID-19

Spread of covid-19:

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from and touching surfaces contaminated with the virus. Infection can also be by touching the infected face (e.g. eyes, nose, mouth). At present there is no evidence to support transmission of COVID-19 associated with food. The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.



**Stopping the spread
Starts with you**

Clean your hands.
Balanced Diet
Self Hygiene
Get vaccinated.



Health and Wellness Policy : -

Aspects of personal health: Physical, Emotional, Social, Spiritual and Intellectual.



- People often use the terms health and wellness interchangeably. Although a person cannot have one and not the other, they are two different concepts that are quite variable, and their meanings are different. World Health Organization (WHO) defines health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness).”
- WHO defines wellness as “the optimal state of health of individuals and groups,” and wellness is expressed as “a positive approach to living.”
- The primary difference between health and wellness is that health is the goal and wellness is the active process of achieving it. You truly cannot have health without first achieving wellness. Wellness has a direct influence on overall health, which is essential for living a robust, happy, and fulfilled life.



Physical Activity: Physical activity or exercise can **improve your health** and reduce the risk of developing several diseases.



STEPS TO MENTAL WELLBEING

- Connect with other people.
Good relationships are important for your mental wellbeing.
- Be physically active. Being active is not only great for your physical health and fitness.
- Learn new skills.
- Give to others.
- Pay attention to the present moment (mindfulness)



SCHOOL INFIRMARY

- Well-Equipped
- First-Aid Only
- B. P. Check
- Sugar Check
- Emergency Dressing on Casualty
- Nebulizer



MDPS CHORES

- Health Check up
- Sanitization
- Servicing of Air Purifier (Initially upto Grade 2nd)
- Dietician Recommendation

