

COVID-19 APPROPRIATE BEHAVIOUR

REPORT

The global pandemic of Covid-19 has led to inconceivable and unforeseen challenges requiring collective action and support. We not only need to understand but also reinforce the importance of appropriate behaviour and preventive measures.

Delhi Public School Vasant Kunj is an active participant in the CBSE initiative with respect to Covid-19 Appropriate Behaviour. The school considers it a social responsibility to create awareness towards this compelling issue. The Standard Operating Procedures of wearing well fitted masks, maintaining social distancing and hand hygiene are being followed diligently within the school premises.

As a step towards this endeavor, the school shared two videos with all the students. The videos were made by the school doctor. The first video was shared in the month of July during the lockdown. The doctor addressed the importance of maintaining four pillars of good health viz. good nutrition, adequate sleep, active lifestyle and stress free mind. The need to have a regular schedule, keeping oneself distracted from negative emotions by listening to music, reading, or rediscovering a hobby was also stressed upon.

The second video was shared with students in the month of October. The doctor emphasized the importance of Covid-19 appropriate behaviour in accordance with Public Health Guidelines during the Unlock period. It is an endeavor to sensitize the students and parents towards the earnest need to follow the Standard Operating Procedures (SOPs) by bringing about small changes in lifestyle.

As an attempt to reach a larger audience the music teachers of DPS Vasant Kunj composed a soul-stirring rendition saluting the Covid Warriors. The song reiterates the importance of appropriate behaviour and gives us the strength to stay positive in these trying times. It accentuates the fact that the fight against coronavirus can be won only when everyone knows their goal and everyone knows their role.