Delhi's  Air Quality continues to remain 'very poor' .Kindly follow the underlisted advisories as to avoid exposure to toxic air  .

1. Avoid strenuous outdoor activities.

2. Minimize the use of private vehicles. Use carpooling and public means of transport.

3. Keep the windows shut.

4. Prefer short walks and wear masks if going outdoors.

5. Avoid going outdoor during early mornings and late evenings for walk.

6. Drink plenty of warm water and maintain good hydration .

Wishing all a Very Happy  & Prosperous New Year.

Principal