



# Nirmala Memorial Foundation College of Commerce and Science

(Permanently Affiliated to the University of Mumbai)

Re-accredited by NAAC with B++ and ISO 9001 : 2015 Certified

D.S. Road, Asha Nagar, Thakur Complex, Kandivali (East), Mumbai - 400 101. • Tel.: 022-69436400

## Wellness Matters

### Comprehensive Health Guidelines for Students

31/08/2024

Dear Students,

Your health and well-being are of utmost importance to us. To ensure that you are always at your best, both academically and personally, we have outlined some important guidelines for maintaining good health. Please take these seriously, as neglecting your health can lead to issues that may affect your studies and overall quality of life.

#### **1. Start Your Day with a Nutritious Breakfast**

- Breakfast is the most important meal of the day.
- It provides the energy and nutrients needed to stay focused and active throughout the morning.
- Healthy breakfast options include whole grains, protein (Sprouts, eggs, paneer etc.), fruits and vegetables, Yoghurt, Milk etc.

#### **2. Do Not Ignore Linger Health Issues**

- Pay attention to your body's signals. If you experience persistent symptoms such as headaches, allergies, fatigue, or digestive issues, does not ignore them.
- Seek medical advice promptly if any health issue persists or causes discomfort.
- Visit your healthcare provider for regular checkups.

#### **3. Routine Health Checkups**

- Regular health checkups are essential in detecting potential health problems early.
- Ensure that you undergo routine checkups for general health, dental care, vision, and hearing.
- For those with chronic conditions (e.g., asthma, diabetes), it's crucial to manage and monitor these conditions consistently.

#### **4. Stay Hydrated**

- Drink at least 8 glasses of water a day to stay hydrated. This is especially important if you are engaging in physical activities or during hot weather.
- Avoid sugary and aerated drinks and limit the intake of caffeine. Try healthy options like coconut water, buttermilk etc.

#### **5. Maintain a Balanced Diet**

- Your meals should include a balanced mix of carbohydrates, proteins, fats, vitamins, and minerals.

- Avoid excessive junk food, fried items, and sugary snacks. These can lead to weight gain, energy crashes, and other health issues.

## **6. Physical Activity**

- Engage in at least 30 minutes of moderate physical activity daily. This could include walking, cycling, playing a sport, or any form of exercise you enjoy.
- Physical activity helps in maintaining a healthy weight, improving cardiovascular health, and reducing stress.

## **7. Adequate Sleep**

- Ensure that you get 7-8 hours of quality sleep every night. Lack of sleep can affect your concentration, memory, and overall mood.
- Create a regular sleep schedule and try to go to bed and wake up at the same time every day. Avoid using your phone before going to bed and immediately after waking up.

## **8. Mental Health**

- Pay attention to your mental health. Stress, anxiety, and depression are common among students but can be managed with the right support.
- Reach out to our counselor, Ms. Riddhi Doshi Patel, available on Tuesdays and Thursdays from 11:00 am to 1:00 pm.
- Practice relaxation techniques such as deep breathing, meditation, or yoga to manage stress.

## **9. Avoid Harmful Habits**

- Stay away from smoking, alcohol, and drugs. These substances can have serious and long-term negative effects on your health and well-being.
- If you are struggling with substance use, seek help immediately.

## **10. Safety and Hygiene**

- Practice good personal hygiene to prevent infections and illnesses.
- Always wash your hands before eating and after using the restroom.
- Keep your surroundings clean and tidy, whether it's your home, or classroom.

## **12. Stay Informed**

- Stay informed about health-related topics and practices.
- Knowledge about nutrition, physical activity, and preventive healthcare will empower you to make better health decisions.

**Remember, your health is your greatest asset—take care of it!**



I/C Principal