



DAV PUBLIC SCHOOL SECTOR-14GURUGRAM
“DAV WELLNESS”
Monthly Health Newsletter (January 2020)

Dear Students,

Happy New Year!!!!!!

WONDERFUL GIFTS WE CAN GIVE OURSELVES

During the festive and New Year season, while we devote so much thought and time to thinking of gifts for other people, few of us spend time thinking about gifts we can give ourselves.

Would you believe if someone told you that there exist magical gifts that can make you live longer, healthier, peaceful, successful and increase your popularity amongst others.

SPECIAL GIFTS:--

1. If you give yourself the gift of exercise- even 15 minutes a day - you will be healthier, live longer and feel more alert.
2. Yoga confers similar benefits. It also adds zing to your step and makes your muscles shed their laziness.
3. Meditation is invaluable. It confers many benefits, including a peaceful mind, calm and heightened awareness: Silence is a powerful gift.
4. The fourth gift you can give yourself is the gift of learning something new. It keeps you younger and more interested in life.
5. Personal hygiene is a great gift. We take this for granted but even small things such as brushing your teeth before sleeping can have a great impact on your well - being. Washing hands, general cleanliness--everything matters.
6. Smiling: You will be surprised what a great difference it will make to your life if you give yourself this gift.
7. Another such useful gift is the gift of empathy (ability to understand other feelings). This amazing gift broadens your world.

8. Tolerance: We are very quick to take offense. We have our prejudices against all kinds of people and things. We divide the world into 'ours' who can do no wrong, and 'others' who can do no right. Tolerance is the bridge between the two.
9. Practice compassion.
10. Spend time in the lap of nature.
11. Be kind, but not weak.
12. Create thoughts that lead to optimism.
13. Stay in the present.
14. Stay offline and connect with real people. Stay in touch with old friends.
15. Finally, how about gifting yourself active concern for your environment? This means not only caring for the environment in a theoretical way but also actively promoting good practices such as waste recycling, water conservation, promoting greenery and so on. With this gift you will improve your life and you will give others a better world.

**“JUST SELECT YOUR OWN GIFTS, OPEN
THEM WITH YOUR WILL- POWER AND
REVEL IN THEM FOR MANY HAPPY
YEARS TO COME.”**