

CEEC and BEST club Activity

Theme- Asthma Awareness Campaign

Participating classes- IX and X

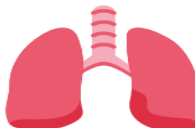
Date-15/11/2021 class IX

16/11/2021 class X

In times like now, when air pollution is on the rise and the AQI of major cities of our country is dangerously high, we need to care for those of us who suffer from asthma. The CEEC and BEST club of DPS Gurgaon, conducted an ASTHMA AWARENESS CAMPAIGN in classes IX and X. The core members of the two clubs from each section of classes IX and X shared information about the health hazards of air pollution with their classmates and encouraged everyone to help curb air pollution. A document containing a compilation of simple, easy-to-understand information on asthma and first aid measures to be given during an attack was also shared with the students. The students also signed a petition to do their best to curb air pollution.



dangerously high, we need to care for those of us who suffer from asthma and are more vulnerable to health hazards. To accomplish this task successfully, we must be well-versed with first aid for asthma attack. Let's educate ourselves so we can be useful to others in times of emergencies.

WHAT IS ASTHMA? ASTHMA IS A DISEASE THAT AFFECTS YOUR LUNGS. IT IS ONE OF THE MOST COMMON LONG-TERM DISEASES OF CHILDREN, BUT ADULTS CAN HAVE ASTHMA, TOO. ASTHMA CAUSES WHEEZING, BREATHLESSNESS, CHEST TIGHTNESS, AND COUGHING AT NIGHT OR EARLY IN THE MORNING.	
ASTHMA SIGNS AND SYMPTOMS INCLUDE: <ul style="list-style-type: none">• SHORTNESS OF BREATH,• CHEST TIGHTNESS OR PAIN,• WHEEZING WHEN EXHALEING, WHICH IS A COMMON SIGN OF ASTHMA IN CHILDREN,• TROUBLE SLEEPING CAUSED BY SHORTNESS OF BREATH, COUGHING OR WHEEZING,• COUGHING OR WHEEZING ATTACKS THAT ARE WORSE BY A RESPIRATORY VIRUS, SUCH AS A COLD OR THE FLU.	ASTHMA PATIENTS IN INDIA STATISTICS IT HAS PREVIOUSLY BEEN ESTIMATED THAT THE PREVALENCE OF ASTHMA IN INDIA IS ABOUT 3% (30 MILLION PATIENTS), WITH A PREVALENCE OF 2.4% IN ADULTS AGED >15 YEARS, 7 AND BETWEEN 4% AND 20% IN CHILDREN.
KNOW THE FOUR STEPS OF ASTHMA FIRST AID <ul style="list-style-type: none">• STEP 1: MAKE THE PERSON SIT UPRIGHT,• STEP 2: GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER,• STEP 3: WAIT FOR 4 MINUTES,• STEP 4: IF THERE IS STILL NO	