



Healthy Academic Year 2015-2016

My Pledge

An initiative by Youth Red Cross, Loyola College.

I, being a proud Loyolite, commit myself to Holistic Health throughout this Academic Year 2015 – 2016.

I pledge conscientiously to honour the inherent dignity of all, to treat those who bank on my help with respect, consideration, and appreciation for our diversities.

I pledge to strive to learn perpetually, to further competence in my chosen niche area of specialization, and to disseminate my knowledge with those who arduously seek it.

I pledge that I will:

- Pursue holistic health in a prioritized manner.
- Focus and work ruthlessly towards healthy living.
- Have a balanced, positive lifestyle and organized life.
- Create, contribute, and sustain healthy environment and hygiene around myself.
- Consume healthy nutrition and that I will altogether avoid carbonated soft-drinks.

- Strictly leave and remain away from addiction in any form be it alcohol / smoking / tobacco / drugs / gambling / pornography etc. If I take tea / coffee / junk food, I will keep them to moderation and stop if required.
- Always wear helmet and or seat belt while using Automobiles.
- Spend time exercising regularly as suggested by trained professionals and will maintain a good posture.
- Maintain healthy body weight
- Learn to prevent and manage stress and will develop proper study habits by being proactive.
- Be alert and observe safety at college, home, work place, during games & play, in transport & traffic etc.
- Undergo regular medical checkup and follow advices.
- Contribute and Coordinate towards "Health for All"