

D.A.V PUBLIC SCHOOL, THANE
SECONDARY SECTION
SESSION 2021-2022

CLUB ACTIVITY-HEALTH AND HYGIENE



7th April has been declared as the World Health Day by the World Health Organization (WHO) in view of creating awareness among the masses about the importance of good health. Cleanliness is the first law of

health and hygiene and every individual dreams of leading a healthy life.

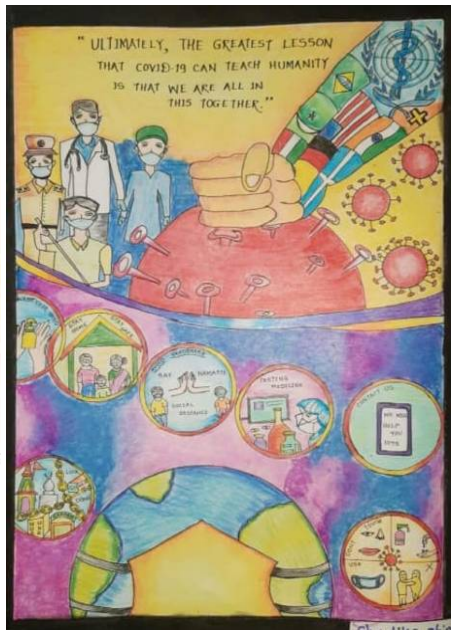
This year D.A.V. Public School, Thane took a special initiative to spread awareness on COVID-19, the pandemic that the world has been struggling with.

Students were informed of various precautions that they should take to be safe. Additionally students were encouraged to talk about what they have been doing to safeguard themselves and their family from this deadly disease.

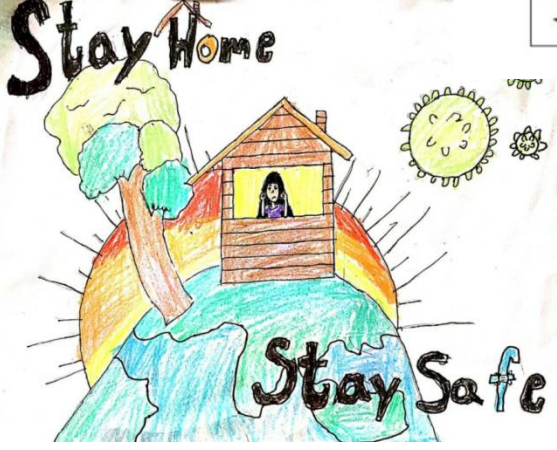
Students came up with various articles and stories and shared those experiences. Few examples are articles on 'Importance of Good Health and Hygiene in our life', Posters on 'My Perspectives on "Corona-Covid-19"', Poems on 'Corona Warriors' to show their gratitude towards them.

Students expressed their creativity, knowledge and gratitude wholeheartedly with great enthusiasm. Overall it was a learning and sharing experience for everyone in this session.

Following are the glimpse of the activities.



In ancient times the kings had warriors;
 Who defended the kingdom and its borders.
 They were brave souls always battle ready;
 They did not fear any adversity.
 Today we have countries and citizens;
 Still we need warriors for many situations.
 Today's warriors do not have swords or wear capes;
 Courage and bravery are their drapes.
 Corona has brought death and destruction;
 Has given rise to new warriors in action.
 They are everywhere now;
 Defending us let me tell you how.
 Doctors and nurses are treating us;
 We must cooperate with them and not fuss.
 Sanitary workers are maintaining cleanliness;
 We must ensure not to make a mess.



ARTICLE WRITING
 Topic: Importance Of Health And Hygiene
 By: *Kavya Shetty*
 'Health is wealth'. Good Health is greatest blessing that a person can have. Good Health is a key to happiness. There is an old saying that 'Healthy Mind stays in a Healthy Body'.
 Good Personal Hygiene helps to prevent the development of Bacteria, disease and unpleasant body odors and also helps us to look more presentable, attractive and confident. Maintaining good Hygiene will also prevent you from spreading disease to other people.
 For a good health, Healthy Eating, Exercise, enough sleep, washing hands should be necessary. Cleanliness is also a very important part of Hygiene.
 A single smile will also make a difference in your life, if you are Hygienic.
 So this was my point of view, on the Importance Of Health And Hygiene. In Our Life.

Since last year people all over the world are in Crisis. *Police*
 Due to outbreak of Corona virus the boundaries of all the states were sealed the people of the country were restricted.
 The virus of Corona has created some crossing borders on the earth's sphere.
 When everyone was threatened. These angels have worked for every second.
 When people were in quarantine. These angels were fighting against covid-19.
 When people were in pain. These angels were trying to break the chain.
 The doctors, Nurses, Police, Soldiers & even sweepers worked for us tirelessly, without any price & weapons.
 Thank you all for selfless care & dedication. I salute for your duty towards nation.
 Your love brought peace & relief to all. And prepared a ground from where no one can fall.

DOs	STOP!	DON'Ts
WASH HANDS 20 sec		AVOID CROWD
KEEP SOCIAL DISTANCING 2M		PRACTICE NAMASTE
WEAR MASK		AVOID HANDSHAKE
		AVOID TOUCHING EYES...
PREVENTION IS BETTER THAN CURE ...		

