

Nurturing Healthy Minds and Bodies: World Health Day Celebration 2026

DAV Public School, Thane, celebrated **World Health Day** on 7th April 2026 with great zeal and enthusiasm, aiming to promote awareness about health and well-being among students of Grades I to XII. A variety of thoughtfully planned activities and initiatives were organized to encourage students to adopt a healthy and balanced lifestyle.

The celebration began with a **Special Assembly on Health Awareness**, where students were sensitized to the importance of maintaining physical fitness, mental well-being, and healthy daily habits. Adding energy and enthusiasm to the assembly, a lively **Zumba session** was conducted, in which students actively participated. The rhythmic movements and music created an atmosphere of joy while promoting fitness in a fun and engaging manner. The assembly served as an inspiring platform, motivating students to take conscious steps towards leading a healthier life.

To further emphasize the importance of physical and mental wellness, **Yoga Sessions** were conducted during school hours. Students actively participated and learned simple yoga techniques that enhance concentration, flexibility, and inner peace, contributing to their overall well-being.

An innovative initiative titled **Water Bell – DEAH (Drop Everything and Hydrate)** was introduced. A long bell rang daily, reminding students to pause their activities and drink water. This initiative aims to instill the habit of regular hydration and will continue throughout the academic session, promoting long-term healthy practices.

The school canteen observed **Satvik Week**, offering a variety of nutritious snack options such as idli, dhokla, bhel, and peanuts. Students were encouraged to make healthy food choices and avoid junk food, reinforcing the importance of a balanced and wholesome diet.

Additionally, a **First Aid Awareness Session** was conducted by Ms. Sunita Bist. During this session, students were educated about the importance and proper use of a first aid box, equipping them with essential knowledge to handle minor injuries and emergencies effectively.

At the end of the day, a special **Yoga Session for teachers** was conducted, providing them with an opportunity to relax, rejuvenate, and focus on their own well-being. The session emphasized the importance of self-care among educators, ensuring they remain physically and mentally fit to guide students effectively.

The celebration of World Health Day at DAV Public School, Thane, proved to be a meaningful and enriching experience for all students. It not only emphasized the importance of physical health but also highlighted the significance of mental well-being and mindful living. The various initiatives encouraged students to adopt simple yet impactful habits such as regular hydration, healthy eating, and daily exercise.

A particularly engaging aspect of the programme was the First Aid Awareness Session, where students showed keen interest and curiosity. They attentively observed the demonstration of the first aid kit and enthusiastically enquired about its contents, uses, and practical applications. This interactive session enabled them to gain valuable hands-on knowledge and understand how to respond effectively in case of minor injuries or emergencies.

The activities conducted throughout the day fostered awareness, responsibility, and a positive attitude towards health among students. It also strengthened the school's commitment to holistic education by integrating life skills with academic learning. The event concluded on a highly positive note, leaving students inspired to make healthier choices in their daily lives and contribute towards building a healthier society.



