

D.A.V. PUBLIC SCHOOL, THANE
SESSION : 2024-2025
SECONDARY SECTION
STD VIII – BEAUTY & WELLNESS TRAINING SESSION (NO BAG DAY)

Date : 06.02.2025

Ref : DAV/ Thane/2024-2025/ Cir 85

Dear Parents and Students,
 Greetings!!!

This is to inform you that the Skill Education Beauty & Wellness Training Session for Std VIII students will be conducted on Tuesday, February 11, 2025 in the school premises from 7.00 am to 11.30 am.

Students will come in Formal wear. Attendance is mandatory.

The programme schedule is as follows:

TIME	ACTIVITY	BATCHES	VENUE
7.00 am - 7.15 am	ASSEMBLY		
7.15 am to 8.10 am	Yoga Session and Walking Workout (Zumba/Aerobics Session)	VIII A	Concrete Ground
		VIII B	
		VIII C	
		VIII D	
		VIII E	
		VIII F	
		VIII G	
		VIII H	
		VIII I	
		VIII J	
		VIII K	
		VIII L	
		8.10 am to 9.10 am	
VIII B			
VIII C			
VIII D			
Prepare a balanced diet/chart for adolescents	VIII E		Class Room
	VIII F		
	VIII G		
	VIII H		
	VIII I		
Joy Journal and Final Worksheet for Beauty & Wellness	VIII J	Class Room	
	VIII K		
	VIII J		
9.10 am to 9.30 am	RECESS		
9.30 am to 10.30 am	Joy Journal and Final Worksheet for Beauty & Wellness	VIII A	Class Room
		VIII B	
		VIII C	
		VIII D	
	Workshop on Beauty and Wellness Fundamentals	VIII E	Stilt area
		VIII F	
		VIII G	
		VIII H	
	Prepare a balanced diet/chart for adolescents	VIII I	Class Room
		VIII J	
		VIII K	
		VIII L	
		VIII L	

10.30 am to 11.30 am	Prepare a balanced diet/chart for adolescents	VIII A	Class Room
		VIII B	
		VIII C	
		VIII D	
	Joy Journal and Final Worksheet for Beauty & Wellness	VIII E	Class Room
		VIII F	
		VIII G	
		VIII H	
	Workshop on Beauty and Wellness Fundamentals	VIII I	Stilt area
		VIII J	
		VIII K	
		VIII L	


Note:

- For Balanced diet activity, students will prepare a balanced diet/chart as a group activity. Each group must prepare the same on a A3 size chart paper and present in front of the class. Carry sketch pens set, colors, etc and other stationery required for the same.
- For Joy Journaling, students will carry one colored A4 size paper, sketch pens set, colors, emoji sticker pack etc and other stationery required for the same. This will be an individual activity.
- Students must also carry healthy snacks/food in their tiffin (Sprouts salad or sprouts chaat, steamed corn, fruits salad, roasted peanuts chaat, vegetable sandwiches, dhokla, chutney sandwich, chiwdas, khakra with chutney, vegetable wrap, stuffed idli, dosas, bhel etc)

All activities are mandatory for all students.

Thanking you for your continuous support and cooperation.

Regards


Ms. Simmi Juneja
Principal