

REPORT ON HEALTH & WELLNESS CLUB

APRIL 2022

Health education plays an important role in the community hygiene. This month, the Health & Hygiene Club strived to achieve our motto 'Healthy Life, Productive Life.'

A special assembly was observed for about a week where children followed '**Mindful Meditation**'. Mr. Ajay, the Yoga instructor, trained children to follow breathing techniques, concentration exercises, techniques to handle stress, building memory power etc.



"If you go on practicing meditation for days, and month, and years, until it has become a habit, until it will come in spite of yourself, anger and hatred will be controlled and checked."

-SWAMI VIVEKANANDA

‘Health Is In Your Hand’ was an activity assigned to the students of class I & II wherein children gained hands-on experience along with a sense of sensitivity towards personal hygiene.

Children displayed remarkable interest and creativity in presenting this activity. They used simply available contents such as Dettol, hair oil, nail cutter, mouth gargle etc. and spoke about the importance of personal hygiene. This activity built young minds into being creative and health-conscious individuals.



‘Veggie Heaven’ was another exciting activity where our little munchkins of std I & II brought healthy food items in their tiffin boxes like sprout chaat, sandwiches, fruit salads, roti sabji etc. and spoke about the difference between Healthy and Unhealthy food. Children very elaborately presented the advantages of Healthy food and the disadvantages of Unhealthy food.



To sensitize children about eco- friendly habits & to reduce consumption of single use plastic items like water bottles, tiffin boxes, straws plastic bags etc.. Health and wellness club offered the students of Std III to V, a platform to express their concern about the hazards of using plastic items and present innovative ideas to make their class a ‘NO PLASTIC ZONE.’



Another important aspect of healthy lifestyle is the basic manners to be followed on the dining table. The activity ‘**Do’s and Don’ts of Dining Etiquettes**’ was very creatively presented by the children. They brought cutlery and other related items like tissues papers, napkins etc for display and spoke about the do’s and don’ts of dining etiquettes or Table Manners.



To the astonishment of the teacher, everything, right from the correct placement of cutlery to the serving of the plates, from the body postures to healthy conversations on the table... was discussed by the children. Through this activity children learnt that basic dining manners can help them make a favourable impression which is very essential for professional success.

The aim of the club is to provide the students with knowledge, skills, capacities, values and the enthusiasm to mould a healthy lifestyle into adulthood.

