

## WELLNESS ACTIVITES

Activities planned for Well-being of Students

Month/Week/Date	Type of Activity	Objective/s	Target Group
7 April 2021	World Health Day "Stay Fit & Healthy"	To understand healthy mind resides in a healthy body.	Students-P.S. to XII, Staff, Parents
29 April 2021		Empowering Youth to Lead fight against Covid19	Class IX – XII Staff
05 May 2021	World Asthma Day	Spread awareness for Asthma Release of Asthma manual on School website	Students-P.S. to XII, Staff, Parents
31 May 2021	World No Tobacco Day	To enhance positive behavior towards self and environment	Students-P.S. to XII, Staff, Parents
05 June 2021	World Environment Day	Virtual Debate: Air Pollution	Class IX – XII Staff
14 June 2021	World Blood Donation Day	To Encourage this noble and biggest donation to save life	Students- V to XII, Staff, Parents
21 June 2021	International Day of Yoga	To maintain fitness, strengthen cardiovascular system and manage stress.	Students-P.S. to XII, Staff, Parents
13 July 2021	First Aid Training	To ensure all staff members follow first Aid protocol	Staff Members
28 July 2021	Survey : Healthy Lifestyle	To promote right eating habits	Students Class VI & Staff
21 August 2021	Culmination Ceremony	To create awareness for Clean air and Healthy Lungs	Students-P.S. to XII, Staff
02 September 2021		ENT Manifestations of Corona Virus	Students-P.S. to XII, Staff, Parents
21 September 2021	International Day of Peace	To encourage the students for Peace at international level.	Students-P.S. to XII, Staff
10 October 2021	World Mental Health Day	To create awareness how to remain Mentally healthy.	Students-P.S. to XII, Staff, Parents
16 October 2021	World Food Day	To focus on right nutrition intake to generate positive energy	Students-P.S. to XII, Staff, Parents
24 October 2021	United Nation Day	To celebrate with the theme "Unity in Diversity"	Students-P.S. to XII, Staff,
02 November 2021	Swachhta Pakhwada	To ensure all follow Personal hygiene and cleaner environment	Students-P.S. to XII, Staff, Parents
04 November 2021	International Day Against Violence and Bulling at school including Cyber bulling	To aware the students about the cyber bulling & School Bulling	Students-P.S. to XII, Staff,
01 December 2021	World AIDS Day	To Create awareness about prevention of HIV virus	Students-P.S. to XII, Staff, Parents
10 December 2021	Human Rights Day	To aware about Human rights of a person.	Students-P.S. to XII, Staff,
04 February 2022	World Cancer Day	To Spread the message of hope and being positive	Students-P.S. to XII, Staff, Parents
22 March 2022	World Water Day	To understand the importance of staying hydrated.	Students-P.S. to XII, Staff, Parents