

## HEALTH AND WELLNESS CLUB

### Responsibilities of the Health and wellness Club

- To organize all health relevant activities
- To act as a Resource Centre for the overall well being of students

### Objectives of the Health and wellness Club

- To create Health Cards for each student
- To create a health newspaper at least twice a year/poster competition related to health issues
- To conduct surveys on health related concerns
- To organize 'health walks' as part of social campaigns
- To organize health fairs and immunization projects
- To tap the local resources in the community to arrange health talks
- To render service in any area affected by a disaster or a calamity
- To create health help line within the school to distress, cope with emotional and social behaviour and to clarify misconceptions regarding sexual and reproductive health
- To teach the students techniques of yoga and meditation from an early age
- To inculcate in the students healthy and positive ways of living
- To teach health songs on various health topics
- Celebration of important days (World Health Day - April 7)
- Creating awareness regarding 'World No Tobacco Day' (May 31), 'World AIDS Day' (December 1) etc.

## ACTIVITIES PLANNED IN HEALTH & WELLNESS CLUB

	I - IV	V-VIII	IX-X
Module 1 Know yourself	<ul style="list-style-type: none"> <li>• Yoga and Meditation</li> <li>• Drawing a Picture of oneself</li> <li>• Pasting a Photograph</li> <li>• Palm Printing / Foot Printing</li> <li>• Rythmic Exercises</li> <li>• Poem / Rhymes / Recitation</li> <li>• Role Play on Body Parts</li> <li>• Matching of Flash Cards</li> <li>• Self awareness / Diary</li> <li>• Sensitivity based Theater</li> <li>• Check up by Doctors/ Dentists</li> <li>• Health Card</li> <li>• Counseling</li> <li>• Ten Sentences on oneself Physical/ Social/Society</li> <li>• Likes and dislikes</li> <li>• My list of favorites</li> <li>• Any other ....</li> <li>• Yoga &amp; Meditation</li> <li>• Assembly themes</li> <li>• Tapping resources from neighbour-hood / community for health, hygiene &amp; personality</li> <li>• Introspection diary</li> <li>• Survey of eating joints for their nutritive content</li> <li>• Health Card</li> <li>• Any other</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga and Meditation</li> <li>■ Health Mela • Health Newsletter • Class Boards Decoration • House Boards Decoration</li> <li>• Creating recipes • Effective use of Home Science tab. • Health Card</li> <li>• Any other</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga and Meditation • Health Mela • Health Newsletter • Class Boards Decoration • House Boards Decoration • Creating recipes • Effective use of Home Science lab. • Health Card</li> <li>• Any other</li> </ul>
Module 2 Food and Nutrition	<ul style="list-style-type: none"> <li>• Collection of Pictures of nutritive/junk food • Class Party and discussion on food items • Dietary charts for the week • Jigsaw Puzzle presentation • Four Corners • Power point Presentations • Mandatory to bring one nutritive item • Research on food items -balanced items • Mothers' recipe book • Any other</li> </ul>	<ul style="list-style-type: none"> <li>• Nutritive Recipe competition</li> <li>• Orientation program for Parents and Students on good food habits ■ A PMI (plus, minus and interesting) on generally observed health problems • Survey based on balanced diet of different regions / communities • Any other</li> </ul>	<ul style="list-style-type: none"> <li>• Extempore • Debate • Slogan Writing • Theatre # Collage Making • Panel Discussion • Any other</li> </ul>
Module 3 Hygiene	<ul style="list-style-type: none"> <li>• Tick mark of self check-list • Presentation • Value based assemblies • Shramdaan (cleaning up of your class at the end of the day) • Picking up wrappers/ foils etc after the break • Creating shramdaan clubs • Green brigade clubs • Posters • Outdoor excursions (Speed, stamina, strength)</li> </ul>	<ul style="list-style-type: none"> <li>• Board Displays • Research Projects • Skits • Eco-clubs • Celebrating Environment Friendly Days • Preparing Recycled Paper • Visiting a Heritage Site • Any other</li> </ul>	<ul style="list-style-type: none"> <li>• Resource persons from NGO's • Panel Discussion Planting • Eco-clubs • Planting Sapling and Trees • Rain Water Harvesting • No Polybag Zone • Adopting a National Heritage Spot</li> </ul>
Module 4 Physical fitness	<ul style="list-style-type: none"> <li>• Warming up exercises before the beginning of each physical education period • Pranayam • Yoga • Physical education periods a must for all schools/all classes • Drills/aerobics followed by presentations at the end of every month • Skill based programmes-camps • March/run for health • Any other</li> </ul>	<ul style="list-style-type: none"> <li>• Competitive Sports • Team building adventure treks • Leadership camps • Health Walks for social issues • Swimming • Any other</li> </ul>	<ul style="list-style-type: none"> <li>• Inter House Competitions based on Aerobics / Yoga / Gymnastics • Team building • Leadership Camps • Running for a Cause • Any other</li> </ul>
Module 5 Safety Measures -Fire Accidents, Emergencies	<ul style="list-style-type: none"> <li>• Extempore dialogue delivery • Ground rules preparation in classes • Safety activities-sports field/ activity period (to be made by students) • Traveling independently (phone numbers/residential numbers) • Learning to Communicate problems-Circle time) • Campaigns • Vigilance Committee • Evacuation Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Transport drill • Sports Day • First Aid • Showing Movies on fire safety drill • Bravery Award • Research based Projects • Sexual Health Education issues related to Gender Sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>• Fire Brigade Demonstration • Disaster Management • Self -defence techniques • Traffic rules • Theatre-visit to Rehabilitation Centre • Sensitization Programs on Substance Abuse • Interpersonal relationships • Parental Sessions • Laboratory Safety drill</li> </ul>