

DDMS P.OBUL REDDY PUBLIC SCHOOL



SEPTEMBER-2016

HEALTH & WELLNESS CLUB - CLASSES IV & V



POSITIVE PULSE

TERM - I

Wellness encompasses a healthy body, a sound mind and a tranquil spirit.

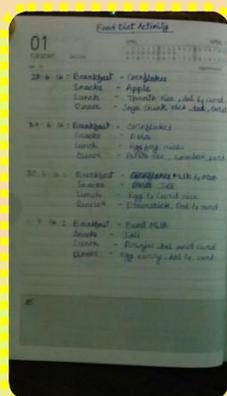


The club focuses on creating awareness regarding various aspects that contribute to health and well-being of the students through different activities. We, the in-charge teachers of Health & Wellness Club try to make the club classes productive and interesting for students through which they maintain good health and achieve the potential for well-being.

Ms Pragathi Reddy & Ms Sowjanya



To sensitize the students about the importance of having nutritious and balanced food, an activity was taken up during weeks 6 & 7 where-in the students were asked to make a Food Diary. They noted down their diet for one week including the three main meals and snacks. After the diary entry, the nutritious values of their diet were discussed and evaluated. They were sensitized about the need of correcting their food habits if they were not healthy.





To enlighten the students about the need of having a regular fitness regime, they were taught aerobics, meditation and *Suryanamaskaras* during weeks 5 and 9.

If a man achieves victory over his body, who in the world can exercise power over him?

Vinoba Bhave



Students learnt that body and mind going hand in hand is the simple formula for all-round success.



To inculcate good food habits and to create an interest towards nutritious food, preparation of a few recipes like vegetable sandwich, lemonade, fruit and vegetable salad and sprout chat were taken up in clubs periods during weeks 8, 12 and 15. Children immensely enjoyed these sessions and relished the lip smacking items.



They promised that they will include fruits, veggies and sprouts in their regular diet.



During week no 13 students visited Home Science lab and got an idea about the equipment used and nutritional values of different food items. They had an opportunity to see the older students baking a cake.



We will come up with many more interesting activities to ensure a fruitful and joyous learning experience for our students.....

