

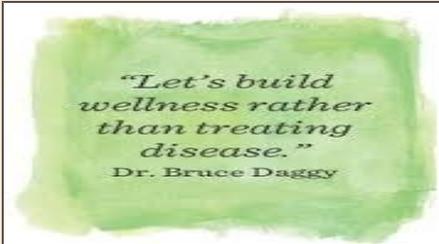


HEALTH & WELLNESS CLUB

RM 1 : 2016 -17 NEWSLETTER

Teacher Co-ordinators :D.Gayatri , Zakia&Shahnawaz

Classes VI, VII & VIII



INTRODUCTION

Good health and wellness, as we all know are a consequence of mental and physical and social wellbeing. These three pre-requisites in turn comprise of four essential components,those being:

1. a balanced diet
2. a consistent schedule
3. adequate amount of sleep
4. regular exercise



The inception of the Health and Wellness club in our school is a good example in the point. The club does not merely disseminate information on healthy living but aims at bringing changes at the grassroot level by its implementation.



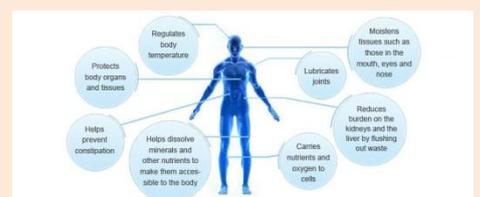
INTERNATIONAL YOGA DAY

Man is a physical, mental and spiritual being and yoga helps promote a balanced development of all the three. Keeping this in view the health and wellness club has taken the initiative and remarkably succeeded in highlighting the importance of yoga in our lives.

Students were introduced to and made to perform various Asanas and were also enriched with knowledge on the benefits of the same, on International Yoga day.



IMPORTANCE OF WATER TO HUMAN BODY



The health authorities recommend 8 glasses which equals about 2 liters or half a gallon per day. According to a study conducted on women a fluid loss of 1.36 % after exercise impaired both mood and concentration while increasing the frequency of headaches.

Thus the health club tried to refresh and reinforce the importance of water in minds of students. The students were segregated into groups and encouraged to participate in various activities such as chart making and model making, depicting its significance in human life. A substantial number of points were covered relating to the same. (Importance of water for human body, various water conversation methods etc.)

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NUTRITIOUS VALUE OF FRUITS AND VEGETABLES



Fruits and vegetables contain important vitamins, minerals, and plant chemicals. A diet high in fruits and vegetables can protect us against cancer, diabetes, heart disease and various other maladies.



Photo albums were created by students, depicting a myriad number of deficiency diseases and various fruits and vegetables that help overcome them. Students were also encouraged to participate in activities like salad making and enlightened on its benefits.

Thus the health club tried to create awareness on all aspects of healthy living, giving students a comprehensive perspective of the concept.

