

DDMS P Obul Reddy Public School
News Letter (Health and Wellness Club)
Term I – (I, II & III) – 2019-2020

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness; it is a dynamic process of change and growth. "...a state of complete physical, mental, and social well-being. With reference to this context

In the month of JULY we trained students In the following:
Students learned about balance diet, making food pyramids, recipes of fruit chaat, vegetable salad and lime juice.



This month of August, It was aimed to improve memory, motivation (through pep talk on steamed food), and self-esteem. Meditation and Asanas { Chakrasan, Thadasan, Bhujangasan } are taught for fitness .



In this month of September Pep talk on nutritional value of steamed food – vegetable Idly. And importance of water in diet were also taught.



We believe that education is the greatest gift of life, it should never stop. So by means of Health and Wellness Club, we gift good knowledge to our students.

In charge teachers,

K. Sreedevi, and A.V. Ramini.