

HEALTH CLUB

Health Club is an association of students in school for taking care of everything that goes in to prescribing ways and activities for students to possess good overall health (*Mental Physical, Emotional and Social*).

Health Clubs in schools can favourably influence the habits, attitude and Knowledge relating to an individual and community. These clubs can modify our behaviour towards the attainment of optimum health.

Wellness has been defined as the constant and deliberate effort to stay healthy and achieve the highest potential for well-being.

***"Motivation is what gets you started, Habit is what keeps you going".
He who has health has hope, and he who has hope has everything."***

AIMS OF HEALTH CLUB:

- To promote a healthy school environment.
- To provide students with knowledge, skills, capacities, values and the enthusiasm to mould a healthy lifestyle into adulthood.
- To increase pupil's knowledge and understanding of water, sanitation and hygiene issues.
- Inculcate a culture of Health & Wellness among students through various co-curricular activities.
- To inculcate healthy and positive ways of living.
- To organize events and competition on Healthy Food Week, Healthy Eating Workshop etc.
- To promote and provide awareness about food safety.
- To promote hygienic lifestyle among pupils.

ACTIVITIES OF HEALTH CLUB:

- Organize Seminars, lectures, Quiz, debates etc.
- World Health Day Celebration
- Preparing mini projects, charts, etc.
- Plantation of trees in school as trees produces clean air by releasing oxygen and absorbing carbon dioxide.
- Encourage the students for 3R (*Reuse, Recycle, Regenerate*).
- Ban plastic products in schools.
- Give knowledge about proper hygiene and sanitation.
- Awareness drives in which students are sensitized about cleanliness.