



SAHODAYA SCHOOL COMPLEX
NCR (EAST)

साहोदय



HEALTH & WELLNESS

E-Magazine-Vol.1

Edition : September 2023



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Mentor
Mr. Sandeep Mittal



President
Mrs. Deepti Sharma

Sahodaya School Complex NCR (East) was founded on 28 September 2016. This learning community works together towards the common motto of sharing educational experiences and setting new benchmarks of quality benefitting all the stake holders ie. Like the students, parents, teachers, the management and strengthening community at large. It is an interactive support network imbued with the spirit of sharing and caring, Sharing of good ideas that has benefitted the society at large. This Sahodaya group of schools aims at creating a frame work of leadership and offers avenues to strengthen pedagogical strands.

ACKNOWLEDGEMENT

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केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION

DS/COE/2023

28.8.2023

Message

It is a matter of immense pleasure to know that Sahodaya School NCR (East) is bringing out a souvenir namely '**Sahodaya E-Magazine with a topic "Health and Wellness Practice" on 2nd September, 2023.**

CBSE has taken a lot of initiatives in promoting school health and wellness program under Ayushman Bharat by giving trainings to Principals as Master trainers, in the multiphased training programs at NCERT DELHI many Principals and teachers have been trained so far.

In addition to this HEALTH AND WELLNESS AS A CBP PROGRAM HAS BEEN INITIATED and many schools have been covered so far.

Apart from this two teachers in every school designated as health and wellness ambassadors will be trained to transact health and wellness activities in the form of interesting case studies and activities. This program targets all the school going children under health and wellness initiatives

I would like to congratulate President Sahodaya School Complex NCR(east) and her Team for successful publication of the E-Magazine and I extend my warm wishes to entire school fraternity and wish all success in its future endeavours.

With best wishes,

Yours sincerely,

**(RAJESH SETHI)
DEPUTY SECRETARY/HEAD
COE CBSE R.O. NOIDA**

Mrs. Deepti Sharma,
President,
Sahodaya School Complex NCR(East)
Pragyan Public School, Jewar,
G.B. Nagar, U.P.



From the Desk of Shri Sandeep Mittal
Mentor Sahodaya School Complex, NCR (East)

We are overjoyed to announce the momentous achievement of our Sahodaya NCR – East's Editorial Board, which has successfully unveiled its very first E-Magazine. This inaugural edition is centred around a topic of paramount importance – "Health & Wellness." I extend my heartfelt felicitations to the diligent and dedicated members of the editorial board who have made this publication possible.

In the tapestry of human existence, health and wellness are threads that weave together the fabric of a fulfilling life. The saying "Health is Wealth" echoes through time, encapsulating a universal truth that remains indisputable. When we delve into the realm of health, we delve into more than just the absence of diseases; it encompasses a holistic state of complete physical, mental, and social well-being. Likewise, wellness embodies an active journey of making mindful choices that pave the path to a more enriched existence.

The symphony of wellness plays a pivotal role in orchestrating health and happiness. It harmoniously combines physical, mental, emotional, and spiritual notes to compose a melody of holistic living. By nurturing each facet of wellness, individuals equip themselves to lead lives of profound significance – lives that are not only healthy but also imbued with purpose and contentment.

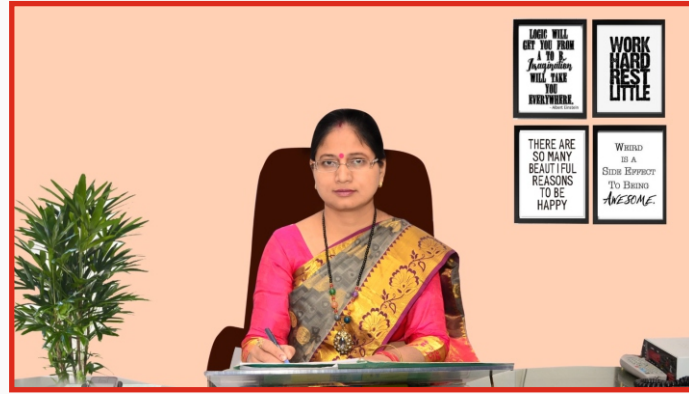
Recognizing the profound significance of "Health & Wellness" in the narrative of human life, educational institutions shoulder the responsibility of fostering an environment conducive to cultivating these invaluable habits. The school curriculum stands as a platform through which lessons about health and wellness can be imparted. Inculcating these values from a young age ensures that students grow up with a conscious understanding of the importance of taking care of their physical and mental well-being.

It is particularly noteworthy that our honourable Prime Minister Narendra Modi envisions transforming our country into a developed Nation by the year 2047. Within this ambitious framework, the health and happiness of our citizens hold a place of paramount importance. After all, a nation's development, and prosperity rest upon the foundation of the well-being of its people. By prioritizing health and wellness, we not only ensure the prosperity of our nation but also create a healthier, happier populace.

As we embark on this journey of holistic well-being, it is imperative that we come together as a community – as educators, parents, and mentors – to imbue these values in the younger generation. Educational institutions must be the nurturing ground where the seeds of health and wellness are sown. By equipping our students with the knowledge, tools, and habits to lead healthy lives, we empower them to contribute positively to the society of tomorrow.

In conclusion, the publication of our Sahodaya NCR – East's E-Magazine on "Health & Wellness" is a testament to our commitment to creating a healthy and thriving community. This magazine not only imparts knowledge but also ignites a spark – a spark that inspires us to prioritize our health and well-being, and by extension, the well-being of our nation. Let us collectively embrace the principles of health and wellness, weaving them into the tapestry of our lives and the lives of those we influence.

Sandeep Mittal
Director "Alpine Group of schools"



From the Desk President of Sahodaya

“Education is the most powerful weapon we can use to change the World.”

It is a matter of pride to pen down the message for the introductory version of annual Sahodaya Group magazine. My heart fills with immense pleasure as I perceive the progress being made by Sahodaya School Complex NCR (East). The entire purpose of bringing out this magazine is not to restrict itself to imparting bookish knowledge only but to inculcate humanitarian values like health and hygiene, wisdom, compassion, courage, humility, integrity, and reliability among all engaged in this noble mission. I am extremely overwhelmed with the sincerity and positivity shown by all the School Managers, Principals and their team members for disseminating a practical knowledge on a vital subject of Health & Hygiene. Once again I congratulate all the Sahodaya Group Schools on this achievement & extend my heartfelt greetings to the editorial team of Sahodaya Magazine “Gyanodaya” for their tireless efforts in bringing out this edition for our cognizance. May this journey of success continue on the road to Success.

DEEPTI SHARMA

(PRESIDENT)

Sahodaya School Complex NCR (East)



Health and wellness module covered under Ayushman Bharat Govt. of India is envisaged as an educational initiative that supports the holistic development of school going children. It's a joint venture of the ministry of human resource development and ministry of health and family welfare in collaboration with UNESCO.

To begin with it is initiated from upper primary stage and will be expanded to earlier years of schooling in a phased manner.

This program is organized in 11 modules based on the theme that caters the need and concern of the different age groups. Keeping the learners in mind each theme has been planned meticulously and has subthemes with several activities in the form of role plays, case studies and group discussions for transaction in the classroom

The themes include topics from nutrition, health and sanitation, international relationships, gender equality, prevention and management of substance abuse, reproductive health and HIV prevention, safety and security against violence and injuries, promotion of safe use of internet and social media behavior.

In the initial phase of training several Principals from different COE REGIONS have been trained as MASTER TRAINERS in the training phase held at CIET CAMPUS NCERT NEW DELHI.

Based on the theme and topic of the module Experts from the respective fields were called as the resource persons. Community participation from the transgenders and HIV infected persons was the USP of the training phase.

The role of Master trainers is further laid down in training more experts in the form of NODAL TRAINERS from different schools who will be assigned the role of health and wellness Ambassadors

Smita Mishra
Master trainer
Principal
Karl Huber School



Principal Jaypee Public School, Greater Noida

Nurturing Health and Wellness: Prodigious Journey of Jaypee Public School, Greater Noida

"Where knowledge thrives and wellness flourishes, Jaypee Public School, Greater Noida, exemplifies a nurturing haven where students' health and happiness take centre stage in the journey of education."

In the fast-paced world of today, the essence of nurturing health and wellness in students cannot be underlined enough. Health and wellness extend beyond personal well-being; they form a journey that begins within the family, continues through school, extends to the community, and ultimately influences society. Jaypee Public School, located in Greater Noida is renowned for its commitment to educational excellence, has consistently taken a leading role in extending its horizons in well-being. Its unprecedented journey serves as a beacon of inspiration for schools across the nation.

In a rapidly changing world, the landscape of education has evolved, impacting the physical and emotional well-being of students. The shift from outdoor activities to indoor games, coupled with the increasing influence of modernization, has brought about changes in children's behaviours and sensitivities. As the school environment plays a pivotal role in shaping students' lives, our school educators have embraced a holistic approach to grapple with health and wellness concerns.

In retrospect, the past generation of children exhibited robust emotional strength while engrossing in outdoor games. However, today's youth are characterized by heightened sensitivity towards various issues, often reflecting the global and local events around them. The aftermath of the COVID-19 pandemic has further accentuated these challenges, affecting children's physical and mental health awfully.

Recognizing the need to contradict these changes, Jaypee Public School, Greater Noida has undertaken a proactive stance by prioritizing health and wellness initiatives. The adoption of yoga and spiritual wellness practices serves as a means to revive physical well-being and inner balance. This strategic move not only admits the influence of Westernization and augmented screen time but also addresses the unwillingness of children to communicate openly about their worries.

Our school's commitment to fostering a corroborating environment is apparent through its emphasis on teachers' observations. Regular counseling sessions have been oriented to address behavioural issues, leveraging perspicuity from educators' and students' viewpoints. Upholding the "No Child Left Behind" policy, the school ensures equal participation and opportunities for all learners in co-curricular activities. This policy facilitates the exploration of talents, thereby facilitating a sense of belonging and contributing to overall wellness.

Our school's dedication to innovation indirectly contributes to emotional and mental well-being. By exhorting students to share and articulate their ideas, our institution acknowledges the importance of providing platforms beyond academics. This approach acknowledges creativity, self-expression, and emotional resilience among pupils.

To tackle the prevalent inclination towards junk food, we have devised a comprehensive dietary plan. The on-campus canteen exclusively offers healthy options rich in essential nutrients, catering to the specific requirements of growing children. Furthermore, the institution's involvement in the Khelo India initiative and its sports fitness program exemplifies the commitment to physical well-being, ensuring that students maintain an active and healthy lifestyle. When it comes to promoting health and wellness, the school's infrastructure plays a pivotal role. Proper ventilation and abundant natural light are not only beneficial for the students but also for the classrooms themselves. Addressing the mounting stress and sensitivities of modern students, the school conducts workshops addressing exam stress, and bullying, including the concerning issue of cyberbullying. The compassionate approach aligns with the school's motto, "Humility Enhances Excellence." This sentiment resonates with the belief that academic achievements are inseparable from the well-being of the students, prompting the institution to extend its support beyond textbooks.

In the realm of education, the focus on students' health and wellness is a well-established principle. However, an often overlooked but equally essential aspect is the well-being of the educators themselves. Our school genuinely cares for the emotional and mental health of the teachers and staff recognizes the profound impact it has on the entire school community. One crucial step our school has taken is creating supportive spaces where teachers can openly discuss their concerns and seek assistance when needed. We encourage teachers to connect with colleagues, share experiences, and provide mutual support and also to offer an informal yet powerful avenue for emotional well-being. We also acknowledge and celebrate teachers' achievements which is a morale booster. By providing support, resources, and opportunities for self-care, our school fosters a culture of well-being that extends beyond the classroom.

In conclusion, the school's journey in implementing best practices in health and wellness exemplifies a holistic approach to education. By fostering a nurturing environment, promoting physical activity, and prioritizing emotional well-being, the institution readies students to navigate the challenges of the modern world while ensuring that no child is left behind. Through these efforts, we reaffirm its commitment to excellence, humility, and the overall growth of its students.

Ms. Meeta Bhandula
Principal

Motto: Humility Enhances Excellence

Purpose and Scope : To prepare committed, empowered and enlightened citizens, who shall contribute meaningfully to the growth of our nation.

Best Practices for Health and Wellness of students

Jaypee Public School strives to provide an ideal environment to enhance the social and emotional wellbeing of its students so that they are able to deal with challenges effectively, have Intra and interpersonal skills and resilience. Following are some of the best practices adopted by school :

School maintains culture of 'No child to be left behind' –

School ensures equal opportunities for all students irrespective of their caliber and gender. Even children with special needs are given equal opportunity in all events and activities.



Regular Health Checkups and Health talks by the School Nurse: Health checkup of every student is conducted twice in a year and their medical history is maintained in the School Infirmary. Dental checkups, talks on personal hygiene and health talks to prevent students from seasonal diseases are given regularly by the School Nurse.



School adopts 'Open door policy' for students, teachers and parents to ensure that concerns of each stakeholder are heard across all levels to take care of their emotional wellbeing.

'Learn by Choice' initiative – to make learning a joyful experience for students, they are given choice to learn any performing Art, Sports and Skill (out of 24 skill clubs) as per their interest and caliber. This way, children do not feel any boredom/stress and enjoy learning.



Spiritual wellness is taken care by celebrating every festival in school with students, conducting Yoga and meditation sessions





‘Sports and Fitness’ programme – Every child is mentored for sport of his / her choice. School conducts regular fitness assessments of students under the Khelo India Fitness programme and guide students and their parents regarding an appropriate diet to maintain physical wellness. ‘Sports for Excellence’ programme is also carried out through Morning Sports Academy and Sports clubs wherein students can learn any sport of their choice.

Students Wellness Workshops - Four teachers and four students are trained as Health and Wellness Ambassador. They plan wellness sessions to address concern areas common for children of that age group like Peer relationships, Self-esteem, Goal setting, Empathy building, Understanding depression, Resilience building, Dealing with exam stress, Dealing with bullying & cyber bullying, Self-care and many more.



Health and Wellness is important for building a balanced personality of a child, leading to enhanced learning and success.



Principal Sardar Patel Vidyalaya

Embarking on a Journey to Optimal Health and Wellness

As we began this new academic year, we invited each and every one of the stakeholders to join on a remarkable expedition—one that leads us towards the pinnacle of health and wellness.

Health and wellness are not mere destinations; they are lifelong journeys that require dedication, mindfulness, and continuous effort. It is with great enthusiasm that I encouraged all of us to embark on this expedition together.

Here are some guiding principles from our journey of achieving and continuing the best health and wellness practices:

1. **Awareness:** Tried becoming more aware of our own well-being. Paid attention to our physical, emotional and mental health, recognizing both our strengths and areas where improvement is needed.
2. **Education:** Knowledge is our compass. Seeking information about nutrition, exercise, stress management, and mental health. The more we know, the better equipped we are to make informed choices.
3. **Support:** We realised that we are not alone on this journey. So it was important for us to lean on our peers, colleagues, and our school community for encouragement and assistance. Together, we could accomplish more.
4. **Setting Goals:** Planned to establish achievable health and wellness goals for ourselves. These can be as simple as drinking more water each day or as ambitious as training for a marathon.
5. **Consistency:** Consistency is key to progress. Made wellness practices a part of our daily routine. Small, consistent efforts could yield significant results over time.
6. **Flexibility:** While we strive for excellence, it's essential to remain flexible and adaptable. Life may throw unexpected challenges our way, and being able to adjust our course is a sign of strength.
7. **Celebrating Progress:** Together we celebrate our achievements along the way. Recognize and reward our efforts, no matter how small they may seem. This positive reinforcement kept us motivated.

As we navigate this journey, our school is committed to providing resources, guidance, and a supportive environment. We will have more wellness workshops, fitness activities, and opportunities for open dialogue about health-related topics. Together, we will foster a culture of well-being that extends beyond the classroom or office. As we believe in the pursuit of optimal health and wellness is not a race; it's a lifelong expedition. It's about taking one step at a time, learning from each experience, and enjoying the scenery along the way.

I am excited to see where this journey leads us as individuals and as a community. Let's inspire one another, encourage healthier habits, and ultimately, become the best versions of ourselves.

Thanks

Ms. Harvinder Kaur

Principal

Sardar Patel Vidyalaya

I-13, Sector-25, YEIDA, Dankaur

Gautam Budh Nagar-U.P.

CBSE Affiliation No.: 2133429

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School Name : SARDAR PATEL VIDYALAYA
Address : Plot No.: I-13, Sec-25, YEIDA, Dankaur, G B Nagar
Affiliation No. : 2133429)
School Code : 61330
Principal : Mrs. Harvinder Kaur

Motto: Humility Enhances Excellence

Purpose and Scope:

1. To promote physical, emotional, mental wellbeing through activities that encompass a wide range of practices, including exercise, proper nutrition, stress management, mindfulness and self care to help individuals achieve optimal health, prevent illness and enhance their overall quality of life by tailoring different age groups, life styles, and health goals aiming to create a balanced and sustainable approach for maintaining and improving ones overall wellbeing
2. To increase health awareness among students, staff and community by providing health sessions, activities, demonstrations, and information through various activities.



Best Practices followed on Health & Wellness by Sardar Patel Vidyalaya:

1. **Nutrition Developmental Stage Activities:** On regular basis students are being encouraged and observed that they are bringing nutritious and healthy food in Tiffin. To ensure the same the class teachers sit in their respective classes and have lunch with their students. This practice promotes a sense of community and equality among students and teachers, sharing meals fosters better relationship and allows students to interact with the teacher in a more relaxed setting. In continuation to these 20 minutes' 'Happiness Time Slot', is being incorporated in the regular school time table to develop Life Skills and strengthen the Emotional Quotient of students.
2. **Personal Hygiene and Daily Workout:** Schedule of 20 Minutes' Daily Workout/PT for the students is a part of time table and it is ensured that all the classes are getting one slot for sports daily. During winters a 'Vitamin D Slot' has been introduced and reflected in the time table in which teachers take students out in the sun and take classes. Sessions on the personal hygiene practices are being conducted by the experts.
3. **Breaking Stereotypes:** Regular talk sessions (Age appropriate) on the topics which are considered taboo in society are being discussed with the students to make them aware by the experts: topics like Menstrual Health, STDs, Immunization, Mental Health, Drug Abuse, Depression & Peer Pressure, Stress Management etc.
4. **Community Outreach:** To make children sensitive about the community and its health related problems, Community Outreach Programs are being organized time to time raising various issues like Immunization, Sanitary Conditions, Safe Drinking Water, Women Health, Personal Hygiene, Eco Friendly Practices etc for parents and in nearby areas.

Events organized in the School:

- a. Under the Community Outreach Program a Nukkad Natak was performed in a nearby villages on "Awareness about Necessity of Immunization" followed by rally on 'Swachta Abhiyan' on 4th July 2023.
- b. Session on the Personal hygiene and Oral Health was conducted by the visiting doctor Dr. BS Chauhan for the students and parents in PTM
- c. Nutritional Food: 'Shree Anna'- Millet Celebration: Inspired by the call of Honorable Prime Minister of India, Activities related to Millet has been incorporated in school curriculum. A **Millet Field** has also been developed in school premises.
- d. Session on Menstrual Health: Breaking Stereotype for classes VI to XII by Principal Mrs. Harvinder Kaur in school on 8th August 2023
- e. To Encourage children for drinking Matka Water a workshop by a Local Potter had been organized (Vocal for Local)

Conclusion: Implementing effective Health & Wellness Activities in school is paramount for fostering the holistic development of students by integrating physical education classes, nutritious meal programs, emotional and mental health support services and promoting a positive school environment, students are equipped with essential tools to lead healthier life. These practices not only enhance physical fitness but also contribute to better academic performance, improved self esteem and the cultivation of lifelong healthy habits. By investing in comprehensive health and wellness initiatives, schools create a foundation for students to thrive both academically and personally, setting them on a path towards a healthier and more successful future.



OUT OF THE BOX PRACTICES

Breaking Stereotypes

Ending stereotypes begins in the class rooms. Honest conversations about stereotypes threats and openness are the cornerstones for the change; and a good place to start all this is the school by creating an inclusive environment, exposing students to a range of perspectives to foster a growth mindset.



VITAMIN D SLOT: Physical Health

Vitamin D plays a crucial role in maintaining overall health and well-being by calcium absorption, promoting strong bones and teeth. It also supports the immune system.

Keeping the above in view, a 'Vitamin D Slot' has been added in the timetable so that every class gets at-least one period daily in which teachers teach the students in the sun



HAPPINESS TIME: For Mental Wellbeing

Happiness time had introduced in session 2021-2022 and incorporated in the Time table where class teachers interact with the students and talk to them about various topics that would help them lead a good quality life



COMMUNITY OUTREACH PROGRAMS

To make children sensitive about the community and its health related problems, Community Outreach Programs are being organized for parents and in nearby areas, addressing various issues such as :

- Immunization
- Sanitary Conditions
- Safe Drinking Water
- Women Health
- Personal Hygiene
- Eco Friendly Practices





Principal Aazad Public School

"Health is a state of complete physical, mental , and social well-being, and not merely the absence of disease or infirmity. "

On behalf of our esteemed Institution it brings me great pleasure to share with that 'azad Public School ' has been acknowledged as one of the three best schools for following" Best Health and Wellness practices " diligently.

We consider the well-being of our student community paramount, and as such , have implemented a comprehensive framework to ensure their physical and mental health is nurtured.

We prioritize in mental well-being and healthy eating habits through counselling services and workshops, fostering a supportive environment where students can express themselves freely and find solace in times of distress. The essential elements integrated in our students promotes optimal cognitive function and overall vitality.

Our school is committed to providing holistic education that encompasses the well-being of our students. We firmly believe that a healthy body and mind pave the way for success in all endeavours. Together, let us strive towards a healthier future for our young generation.

"With health, everything is possible ".

Warm regards,

Shilpi Singh
Principal
Aazad Public School
(city branch)
Bulandshahr

Health And Wellness



In recent years, educational institutions, including CBSE schools, have begun to integrate health and wellness standards. These standards cover a wide range of topics, including yoga, menstrual hygiene programs, gender equality, health and sanitation hygiene, fruits day, and plastic-free zones, all with the goal of enhancing students' general wellbeing.

A Healthy Adolescence

Azad Public School regularly hosts yoga sessions due to its enormous popularity. These classes are a part of their curriculum because they can help students get fitter physically, focus better, manage their stress, and develop a positive outlook. Yoga supports not only physical health but also emotional and mental well-being.

Nourishment, Health, And Sanitation

In addition, menstrual hygiene education and support programs have become a priority at Azad Public School for girls going through their menstrual periods. To reduce the stigma attached to menstruation, our school provides access to sanitary facilities that are clean and hygienic, distributes sanitary napkins, and hosts awareness events. By taking action on this matter, our school helps to ensure the health and wellbeing of our female students.

Gender Equality

In order to actively promote gender equality, Azad Public School fosters an environment that is welcoming and encouraging for all pupils. By holding workshops, seminars, and campaigns on gender sensitization, they aim to abolish gender-based prejudice and discrimination. These programs give students the skills they need to confront prejudices, respect others, and work toward a more egalitarian society.

Healthy Lifestyle Promotion

Ensuring health and sanitation hygiene is another significant aspect of Azad Public School. This norm includes regular health examinations, preserving cleanliness in restrooms and classrooms, and promoting good personal hygiene habits. In order to promote balanced diets and healthy lifestyles among our kids, our school also sponsors programs on nutrition and good eating practices.

Fruit days are held in our school to encourage the consumption of healthy, fresh foods. Instead of boxed snacks on certain days, kids are urged to bring in fresh fruit. In addition to encouraging healthy eating, this also encourages eating less processed and unhealthy food, which benefits the overall wellbeing of the pupils.

No – Plastic Zone

Azad Public School established a plastic-free zone as a step toward constructing a sustainable environment. The school actively promotes eco-friendly alternatives while discouraging the usage of single-use plastic. This promotes environmental awareness among pupils and instills a sense of duty toward protecting the environment.

Azad Public School has adopted health and wellness norms by incorporating practices like yoga, growing up healthy, emotional and mental health, interpersonal relationships, promotion of a healthy lifestyle, values and responsible citizenship, safety and security against violence and injuries.

These standards support the overall growth and wellbeing of our pupils, promoting a safe and welcoming environment.



PRAGYAN PUBLIC SCHOOL, JEWAR



"Better Health, Better Tomorrow"

Purpose & Scope- An individual's responsibility to themselves is to make good choices, and to take proactive and preventative measures to support optimum health – living a nondestructive lifestyle, focusing on purposefully positive health and cultivating a sense of general well-being through proactive and preventative approaches to health.

In order to be healthy, we need to pay attention to five aspects of our lives: physical, mental, social, spiritual, and emotional. Students at Pragyan Public School participate in many activities and events throughout the year to promote health and wellness.

Best Practices/ Events followed on Health & Wellness in the School

1. Street Play on Health & Wellness-

The Pragyan Public School students of Jewar presented a street play in Khadar and Govindgarh villages of Jewar on the theme "Good Health and Wellness" for the purpose of raising awareness in society. The street play was performed in the villages of Jewar by the children. During the colonial period, people in villages considered it an important step in creating a new society.

2-Yoga - uchch sanskar shiksha-

Pragyan Public School, Jewar, held a Yoga-Uchch sanskar shiksha program during assembly on 6th March 2023. The special guest was Mr.H.S Khan yogacharya, who gave a special yoga presentation. A series of yoga postures were performed by him, including Vrikshasana, Uttanasana Tadasana, Ardh Chakra, and Pranayama. All the students performed these postures enthusiastically and energetically afterwards.

3-Healthy nutritional diet competition-

We Make A Difference With Our Food Choices. There will be a celebration of World Health Day on 7th April, 2023 all over the world. A group of students at Pragyan Public School's primary wing celebrated " WORLD HEALTH DAY" to raise awareness of the importance of healthy eating.

4- Encourage Milk Drinking for Kids-

Healthy nutrition and good health are enhanced by milk, which is a complete healthy diet. During World Milk Day on 1st June 2023, we celebrate the importance of making nutritious choices appealing to children. In honor of WORLD MILK DAY, Pragyan Public School's primary-wing students celebrated with activities.

5-Workshop for Teen Girls regarding menstruation hygiene & myth-

Women's issues - "Atmanirbhar Janani" - were discussed at a workshop for girls in the Senior Wing on 3rd June 2023. Ms. Arushi Jain addresses various issues like empowerment of rural women, drop out rate of girls, health and hygiene of girls and women, & how to overcome these issues.

Why you think that these should be followed-

By eating healthy, exercising, and avoiding junk, you will not only prolong your life, rejuvenate your skin and hair, but also improve your overall health and well-being. You will feel better physically and mentally as a result.

Conclusion -

In conclusion, Pragyan Public School Jewar, Gautam Buddha Nagar is fully committed to nurturing a healthy and well-rounded educational environment. In addition to physical fitness and mental wellbeing, we also emphasize environmental responsibility and health awareness. In addition to contributing to the holistic development of our students, these initiatives align with CBSE's commitment to promoting a sustainable, healthy education system.

Our team remains committed to further improving our health and wellbeing initiatives and looks forward to your feedback and guidance. We sincerely hope that the CBSE recognizes our efforts and considers our practices as exemplary contributions to the larger educational ecosystem.

Mrs Deepti Sharma

PRINCIPAL

PRAGYAN PUBLIC SCHOOL JEWAR

GAUTAM BUDDH NAGAR.

U.P.-203135

Affiliation No-2130833 School Code-60375



Name of The School: KARL HUBER SCHOOL
CBSE Affiliation No : 2130448
School Code : 60202



Mrs. SMITA MISHRA
Principal

Motto: FAMA EX FACTIS

Purpose and scope: FAME WITH DEED

Best Practices followed on health & wellness:

1. **School assemblies:** Attractive, vibrant, joyful, informative, and interactive School assemblies were conducted per month based on 11 modules to facilitate an integrated approach to health programming and more effective learning at the school level.
2. **School exhibition:** A school exhibition was organized based on the theme Sustainable Development and Health & Wellness in August 2023 to articulate the importance of embedding skill-based learning within the school curriculum
3. **Formation of School Clubs:** Clubs and activities are a great way to find where you belong in your high school social community and to find your niche among students with similar interests and goals. School clubs were formed based on the 11 themes including case studies and role-play sessions for the students to make them emotionally, physically and socially strong.
4. **Organization of Adolescent Summit:** The Adolescent Summit was organized in collaboration with Billabong High International School where sensitive topics like on sensitive topics like Gender Equality, Reproductive Health were covered voicing the students' health and psychosocial needs and fostering effective Young Leadership as Life Skills and Wellbeing Ambassadors.

Why do you think that these should be followed?

To work on the psychological resilience and holistic development of the child

Events organized in the School:

1. School Exhibition on Health & Wellness
2. Adolescent summit organized in collaboration with other schools.

Evidence (one or two quality Photographs for each event)

Conclusion:

Health, and wellness programmes must be integrated with the school curriculum for the holistic development of the child.



JAGRAN PUBLIC SCHOOL, NOIDA

AFFILIATION NO: 2130978

School Code : 60441



Dr. DEEPAK KUMAR SINHA
Principal

“A healthy life is definitely a productive life”. The main motive of life line club of Jagran Public School, Noida is to inculcate the habit in children to remain happy and healthy at all times.

MOTTO: The main motto of our school is to promote hygienic lifestyles among the students and teachers. We have named the Health and Wellness club of our school as Lifeline club. We believe in promoting healthy school environment and at the same time we inculcate a culture of wellness among students through various workshops and activities.

PURPOSE & SCOPE:

The main purpose is to develop sensitivity among learners and educators regarding health be it physical or mental health.. Jagranites believe in personal responsibility towards health related concerns by inculcating a culture of health and wellness among students through various co-curricular activities. The club provides counselling from time to time for different health issues of learners by a team of doctors

Physical education in our school provides fitness which is an important component of wellness as it activates the pituitary glands and improves the sense of wellbeing. The school also has Dance Club, Yoga, Music Club, Health and Wellness Club which deliberately helps the learners to stay healthy and achieve the highest potential of wellbeing.

BEST PRACTICES FOLLOWED IN SCHOOL ON HEALTH AND WELLNESS:

The school in order to promote healthy life style in students organises activities, workshops and Health Talks by inviting Experts/Doctors from Delhi and NCR. The best practices followed by us are:

1. Personal Hygiene (Girls of class VI to VIII):

In the adolescent stage, the students have their own journey and their experiences are also different as it is a transition phase, where rapid physical growth is also seen in the girls. Therefore, a personal hygiene workshop was conducted by Dr. Manisha Ranjan, a Gynaecologist and Obstetrician from Motherwood Hospital for the girl students of classes VI, VII and VIII. They were guided about the changes they may be experiencing at this stage, as well as about Cervical Cancer and its prevention.

2. Session on Emotional and Mental Wellbeing (IX and X):

Sessions on emotional and mental wellbeing is being conducted from time to time by the School Counsellor and our Medical room Incharge.

Needless to say, Ms. Pragyan Behera, an UNESCO certified facilitator conducts sessions for various age group on a regular basis. The expert guides and counsels the students on the struggles and challenges faced by them at that stage. During these session, various fun filled activities and valuable suggestions and habits are inculcated to curb anger, distractions on extremely sensitive issues that a normal teenager faces. Through interactive sessions, the learners come out with various queries which are solved by the expert.

3. Sessions by CBSE appointed Peer Educators:

School organises various workshops under the guidance of CBSE and as well as by the school Counsellor. Sometimes, discussing problems with friends can help us to come out of our problems. A healthy inter personal relationship helps a child to come out of the feeling of stress and also find solutions to our problems. The peer educators also help the children combat the feeling of loneliness and it definitely acts as a catalyst and has certainly helped in the intellectual development of children.

4. Health Care for Teachers:

Healthy teachers beget healthy children, therefore for the wellbeing of teachers, the school organises workshops by inviting medical practitioners who guides them on taking care of their overall health .Overall Body check-up is also done on a regular basis. The educators are also counselled to do yoga and meditation by our in house yoga Instructor for their spiritual, emotional and mental wellbeing. A teacher too can guide his/her students to identify the causes for their emotions to gain self-awareness and sustain emotional health and mental wellbeing.

Why do you think these should be followed?

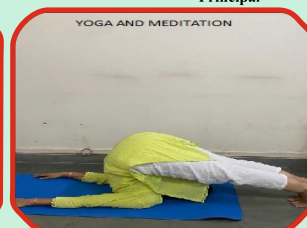
At JPS, we are able to create a positive work culture by enhancing interaction between teachers and students and as a result there is a sense of belonging and collaboration among all members of the school community.

Events:

1. Health Card for students
2. Dental and Eye Check-up Camp
3. Healthy Food Campaign
4. Anti-Tobacco Campaign
5. Yoga and Meditation workshop

The health and Wellness Club of Jagran Public School, Noida prepares the young people and adolescents to constantly take on the challenges of life. It's true that the future is unpredictable and we cannot predict that with over confidence. Therefore the mentors of the club equip the children with life skills such as self-awareness, problem solving, decision making, empathy, creative and critical thinking etc.

Dr. D.K.Sinha
Principal
Jagran Public School
Sector -47, Noida -201301





Name of the school: - **JP INTERNATIONAL SCHOOL, GREATER NOIDA**

CBSE Affiliation No: **2130799**

School Code: **60360**

Name & Photo of Principal :-**Ms.RUBY CHANDEL**



Motto:- JPIS health and wellness clubs takes care of everything that goes in to prescribing ways and activities for students to possess good overall health (Mental Physical, Emotional and Social)

Purpose and scope:.. It works toward evolving a learning process and environment, which empowers the future citizens to become global leaders in the emerging knowledge society.

Best Practices followed on health n wellness:

1. Health and Wellness Club: Our school has established a Health and Wellness Club aimed at promoting both mental and physical health among our students. The club actively engages students in yoga sessions, breathing exercises during assembly, Meditation and om chanting during the zero period. These practices contribute to enhancing their overall wellbeing and fostering a positive atmosphere.

2. Medical Check-ups and Camps: We organize routine health check-ups for both staff and students to monitor their health status. We have conducted dental check-ups, general health check-ups, and blood donation camps. Additionally, we extend our services to the underprivileged children in a village in Greater Noida through dental check-up programs, the children of the village have been adopted by the school. During the science week, senior students organize health awareness camps where they calculate BMI and blood pressure for junior students and teachers.

3. Sustainable Transportation Initiatives: In line with environmental sustainability and the Sustainable Development Goals (SDGs), our school actively promotes cycling and e-vehicles over conventional fuel-driven vehicles. We have conducted a successful cycle campaign within the school premises to encourage students to opt for eco-friendly transportation options. Moreover, we replaced two older buses, which were contributing to excessive pollution, with new more environmentally-friendly buses.

4. Health Awareness Workshops: We conduct workshops to raise awareness about various health-related topics, including menstrual cycles, HIV, tuberculosis, and other diseases. These workshops are aimed at providing accurate information and fostering a culture of openness and awareness regarding important health issues.

Why do u think that these should be followed?

Exercise and healthy eating help you to improve your mood and boost your self-confidence. It will also help you to overcome your stress. Following a healthy lifestyle will help you to prevent certain diseases such as heart diseases, blood pressure, depression, body pain etc.

Events organised in the School:

Evidence (one or two quality Photographs for each event)

Conclusion: to provide information about health and its value as a community assets, to maintain norms of good health, to take precautionary and preventive measures against communicable diseases and to develop and promote mental and emotional health.





JaypeePublicSchool,Noida

CBSE Affiliation No:2131880

SchoolCode: 60793

Principal:Ms.AnjaliMalik



Motto:HumilityEnhancesExcellence

Purposeandscope:

Health and Wellness is the need of the hour of today's era. Hence, we at JaypeePublic School Noidahavealwaysendeavored to treathealth and wellness withutmost priority.

A sound mind dwells in a sound body, keeping this saying well-groomed in mind we strive hard to amalgamate all our Scholastic and Co-Scholastic activities to maintain socio-emotional well-being, and mental&physicalfitness,thereby enablingour students to evolveinto holisticindividuals.

Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being. Hence, we at JPS, Noida always seek to organise various innovative activities by widening our horizons and will always be mindful and sensitivetoward cultivating a culture for all our stakeholders to remain sensitive towards being physically and mentally agile.

BestPracticesfollowedonHealthandWellness:

- SDG'sIntegratedCurriculumwitha Multidisciplinary Approach
- Academic,EconomicandCWSNinclusion
- PromotionofHealthand Fitnessforall the stakeholders including Students, Parentsand Staff
- Promotion of Socio-Emotional Wellbeing of students and staff members throughqualifiedprofessional

Learning Outcomes

- Topromoteoveralldevelopment of the personalityofstudents.
- Toinculcate 21st centuryskills.
- TopromoteIndianethosandculture.
- Topromotehealthygrowthandlifestyle amongchildren.
- Topromotestudentstoleadtheeventsasorganisersand facilitators.

EventsorganisedintheSchool:

- DistrictChessCompetition
- RegularHealthCheck-ups
- HealthRuntocreate awarenessforCWSN.
- MUNMeet
- District-LevelYogaCompetition
- InvestitureCeremony
- CelebrationsofNational FestivalsandSpecialAssemblies.
- Regular counselingsessions for emotional and mental well-being along with career guidance.

Conclusion:The practices suggested above help in propagating interpersonal relationships between the teachers and students thereby promoting positive andaffirming relationships among the students as well by involving them in various activities such asassemblies,culturalprogramsand excursions,and many morehelping themtogetengagedin an interactive way with one another without overthinking. Through these activities, theylearn to develop LSRW skills, soft skills and communication skills effectively empowering them to be the entrepreneurs of the global citizens.





DELHI WORLD PUBLIC SCHOOL, KP-III

Your Well-Being Is a Priority – Embrace It!

In the bustling world of academia, where knowledge is pursued ardently, it's essential not to overlook another crucial aspect of student life: Health and Well-being. A student's journey is not just about acing exams and completing assignments; it's also about maintaining a balanced and fulfilling lifestyle.

Striking the right balance between studies and personal well-being is paramount. While dedicating time to studies is crucial, remember that overburdening oneself can lead to burnout and stress. Schedule regular study breaks, engage in hobbies, and make time for social interactions. Where academic pressure can sometimes take a toll on mental health, confiding in a trusted friend, family member, teacher, or counsellor – will never leave you alone in your journey. It's essential to recognize the signs of stress, anxiety, or depression and seek help if needed.

A healthy body paves the way for a healthy mind. Adequate sleep, a balanced diet, and regular exercise are the three pillars of physical well-being. 7-9 hours of sleep each night, nutrient-rich foods, and engaging in physical activities you enjoy are imperative to one's fitness regime. These would not only benefit your body but also your mind. Exercise releases endorphins, which are natural mood lifters. Whether it's a brisk walk, a yoga session, or team sports, find an activity that resonates with you. Furthermore, it would also be a Digital Detox and would boost socializing and nurturing relationships which is indispensable for emotional well-being. Spend time with friends and family, join clubs or groups that align with your interests, and engage in conversations beyond academic subjects – all to uplift oneself.

One needs to steer clear of any nerve-racking routine. Effective time management skills can play a significant role in reducing stress levels. A well-planned schedule, that allocates time for each subject, includes breaks, and allows for revision could give a respite from anxiety and from any last moment hassles. Practicing mindfulness techniques, such as deep breathing and meditation, not only assists relaxation but also to centre yourself. If the strain is still overwhelming, do seek guidance from the School counsellors and therapists.

Remember, being a student is a holistic experience that extends beyond textbooks. Prioritizing your health and well-being equips you with the strength and resilience needed to excel in your academic pursuits and lead a fulfilling life. So, embark on this journey with a balanced approach, embracing both knowledge and well-being.

Ms. Heema Sharma

Principal, DWPS, GN

B.K. SENIOR SECONDARY SCHOOL JAHANGIRABAD



Affiliation No. : 2131202

School Code : 60537



Dr Reeta Sharma
Principal:

Motto : Strive for Success

Purpose and Scope: An untiring and continuous effort for the holistic development of children & offering all embracing stages to them, motivating them to air their voice globally.

Best Practices followed on health & wellness:

1. Art Therapy for student's mental health
2. Nature Bath
3. Healthy workspace
4. Yoga and Meditation for life
5. Fitness Zone

Why do you think these should be followed?

It is the need of the hour for the holistic development of the children.

Event organized in the School

1. Special art therapy activities blended with the curriculum to enhance SWOT analysis
2. "Classrooms beyond classrooms" in the lush green environment of the school and various activities related to nature and curriculum.
3. Mutual school teacher oriented targets achieved in the school by team building activities, regular get together and fitness activities every month for enhancing work output of the educators and eventually learners.
4. Daily 20 minutes morning yoga and meditation sessions for students.
5. Fitness activities weaved in the experiential learning activities.

Conclusion: The National Education Policy 2020 calls for a paradigm shift in Indian education. As a result, it acknowledges the necessity of health and mental wellness for effective learning. On top of that, it suggests mental health evaluations in every school.





Renaissance School, Bulandshahr

CBSE Affiliation No: 2130602

School Code: 60267



Ashok Mathur
Principal

Motto: Achieving Health and Happiness

Purpose and scope: To promote good health and wellness among every individual.

Best Practices followed on health & wellness:

1. Yoga
2. Optimistic Attitude
3. Healthy Eating
4. Smiling and shaking off gloom and tensions.

Why do u think that these should be followed?

These should be followed to maintain physical and mental fitness. To maintain energy and enthusiasm to face challenges of day to day life.

Events organized in the School:

1. Yoga
2. Sports
3. Physical Exercises during Assembly

Conclusion:

“To maintain health and wellness is quite crucial. It helps to maintain positive outlook in life”
Health services are an essential part need to be looked after to improve health status of the school children. Abnormal cases were referred to near health centres. School teachers have been made aware about the findings of the health screening. They were also made aware about how to maintain records of health status of children. Exhibition also found effective to bring health related awareness in school children.





URSULINE CONVENT SR. SEC. SCHOOL

Affiliation No: 2130692

School Code: 60311

Motto: 'Healthy Minds make a Happy School'

Purpose and scope:

Purpose: To foster well-being and happiness in our students, staff and stakeholders

Scope: To extend mental health services to all our students and especially their Parents

Best Practices followed on health and wellness:

1. Assessment of psycho-social needs of our Students Class-wise
2. Group and individual Counselling Sessions
3. Parents' Orientations based on developmental milestones of their kids
4. Healing the Inner Child series for our teachers



Why do you think that these should be followed?

In today's chaotic, fast-paced stressful times, mental health has become the topmost priority for all. When we pay sufficient attention to this, we can actualize the potential of our students and staff and help them build a happier tomorrow.

Events organised in the School:

- Parents' Orientations
- Healing the Inner Child workshops for our teachers
- Mental Health Day
- Thematic assemblies on Mental Health
- Career Counseling for Class X and Class XII students and parents

Evidence (one or two quality Photographs for each event)



Conclusion:

"The good life is a process, not a state of being. It is a direction, not a destination" Carl Rogers

It's a joy and a fulfilment as together, as an Institution, we all help each other to evolve, to grow, to understand and actualize our innate goodness and well-being for the greater glory of god and the benefit of our human race.

YADU PUBLIC SCHOOL

Under this programme teachers of school act as “Health and Wellness Ambassadors” and disseminate various key information by organising culturally sensitive activity based sessions for one hour per week for 24 weeks in a year to promote joyful learning. Further, the students act as Health and Wellness ambassador. The initiative targets both Education and Health and intends to facilitate an integrated approach to health programming and more effective learning at the school level. And every Tuesday is dedicated as Health and Wellness Day in the schools.

At Yadu Public School we focus on mental health and mental well-being of students so activities for primary schools include going outside on a nature walk, playing trust-building games and exercises, or simply conducting regular mental health check-ins.

1. Timetable Specific Social Time

Of course, students have break and lunchtimes to see their friends – but at YPS we fill lunch time with clubs, running errands, or social talks. A specific timetabled session (or ‘brain break’) is a great way for students to relax and exercise critical thinking in a different way. Just taking 30 minutes each week away from the curriculum to problem solve as a group or class can be a great way to develop social skills and relax in the school environment.

2. Organise Lunchtime Clubs

Learning new skills and taking part in outdoor or creative activities helps to give a huge boost to mental health. We Provide children with a safe space to try out new skills and meet other like minded students is a great way to promote wellbeing across the school, as well as in classroom. We promote students to discover a new hobby or learning. Teachers buddy up with another teacher to create a more social environment for students, and to share the additional planning..

NAME OF THE SCHOOL: GAURS INTERNATIONAL SCHOOL

SCHOOL AFFILIATION NO.: 2132595

SCHOOL CODE: 61056

NAME OF THE PRINCIPAL: MS TILOTTAMA MALLIK

ACITIVITIES CONDUCTED BY SCHOOL FOR MENTAL HEALTH AND WELLBEING

- **Celebrated Mental Health Day**, involving students of various classes in reaching out to their fellow students to generate awareness about mental health. Posters, rallies and class visits by the student brigade and mental health ambassadors
- **Value education by the counselling team** and wellness teachers, life skill classes and workshops on personal grooming, etiquette and skills.
- **One to one counselling** of students by wellness teachers
- **Reaching out to the parents** to investigate and advice the parents how to deal with adolescents and their challenges
- **MENTAL HEALTH AMBASSADORS PROGRAMME**

Students are more likely to approach their peers for support and advice. By training students as Mental Health Ambassadors, GIS, Greater Noida intends to create a network of peer support where students feel comfortable reaching out to their fellow students. This can help reduce the stigma surrounding mental health and encourage open discussions about mental well-being. The students will play a crucial role in raising awareness about mental health issues among students thereby contributing to a more informed and empathetic school community where students feel safe seeking help without fear of judgment or discrimination. By actively engaging in mental health advocacy, students develop a sense of purpose, empathy, and self-confidence, which can contribute to their own mental well-being. It also provides students with an opportunity to develop leadership skills, empathy, and emotional intelligence. They learn to listen, support, and guide their peers effectively. This experience can empower students to become advocates not just for mental health but for other important issues in their communities as well.

- **WORKSHOP ON METAL HEALTH FOR TEACHERS**

Gaurs International School has organized a Mental Wellness program for teachers to understand the importance of emotional, psychological and social wellbeing. It affects how we think, feel and act. Founder and President of Anon Global foundation is promoted by Mrs. ArtiGirdhar, a philanthropist and educationist, a Master in psychology is working on mental and physical health importance especially for children and youth. Mrs. Shammiproothi is a wellness Education Specialist, Abundance Minset coach. Both the great speakers enlighten 200 teachers mind within 2 hours. The workshop was informative and interactive. Teachers were engaged throughout and enjoyed all activities.

- **WORKSHOP ON POCSO ACT 2019**

When things change inside you, things change around you.

The workshop was organized by counselling team under the guidance of Principal Maam Mrs. Tilottma Malik. The school teaching and Admin staff was present in the workshop. Our speaker Ms. Chestha Arora Agarwal has enlightened us with her knowledge on the POCSO Act 2019. She has shared the valuable statistics and unpredictable cases that has given us a glimpse of reality. We had open discussion session on the acts and policies by the government and their implementation in the schools and workplaces. The training was full of knowledge and positivity.



Name of the school – The Divine Mother International School

CBSE Affiliation No – 2131873

School Code – 60791

Name & Photo of Principal – Mrs. Gunjan



In the fast paced world we inhabit, prioritizing health and wellness has become paramount. A holistic approach to well – being encompasses physical, mental, and emotional aspects, fostering a harmonious balance that leads to a fulfilling life.

Physical well-being forms the cornerstone of health, encompassing regular exercise, balanced nutrition, and adequate sleep. Engaging in regular physical activity not only strengthens the body but also boosts mental clarity and mood. A well-rounded diet rich in nutrients support immunity and vitality, while sufficient restorative sleep aids in recovery and cognitive function.

Mental and emotional wellness are equally vital. Practicing mindfulness, meditation, or engaging in hobbies can alleviate stress and enhance mental clarity. Nurturing emotional health involves forming meaningful connections, seeking support when needed, and managing emotions effectively.

Prioritizing health and wellness reaps numerous rewards, such as increased energy, improved focus and a positive outlook on life. Cultivating a holistic approach empowers individuals to navigate challenges with resilience and embrace opportunities for personal growth. By dedicating time to self-care and adopted healthy habits , we pave the way for a balanced and thriving existence.

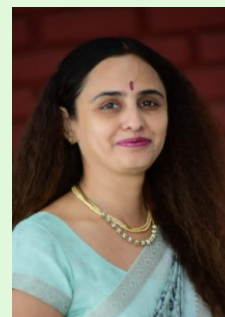


Name of the school Alpine Public School, Khurja

CBSE Affiliation No 2130590

School Code 60262

Name & Photo of Principal Mrs. Nidhi Gulati



Motto: Empowering Wellness Warriors – Navigating Lifelong Vitality"

Purpose and scope: The primary purpose of health and wellness activities is to foster holistic well encompassing physical, mental, emotional, and social dimensions of health.

Mindfulness & Meditation

Health and wellness in the school is meant for the development of young learners through systematic interventions to improve health knowledge, attitude, skills and behavior. The activities mentioned below are conducted to improve health, physical fitness and wellness education among the students, as these activities help the children to foster wellbeing in physical, emotional, social level, life skills and behavior.

Following diversified health promoting activities are planned in our school:

Each year, we commemorate World Health Day with a range of activities that raise awareness about health issues affecting young individuals. Students make beautiful posters with slogans depicting how taking healthy food, doing regular exercise, etc. will help us in maintaining good health. Students are also encouraged to bring vegetable sandwiches, fresh fruits and salads in their tiffins. The objective of the activity was to instill good eating habits and to say 'No' to junk food. This engaging activity encouraged students to bring nutritious, well-balanced meals to school three times a week.

Intellectual Development

To expand students knowledge and skills we engage students in creative and stimulating mental activities like debates, presentation and group discussions on the importance of healthy eating habits. Sessions are also given by teachers focusing on the effects of healthy food and junk food in our body by showcasing a balanced diet chart and food pyramid. After the session students discuss among each other the vitamins and minerals they get from the food they eat daily.

Physical Activities

It is very important to provide opportunities of physical activities and sports to children. To promote Physical Activity among students Mass P.T, Yoga, Zumba and Free Hand Exercises is organised during the morning assembly regularly.

Health and Hygiene

For promoting hygienic environment in school awareness drives are conducted in which students are sensitized towards cleanliness every month. Students learn about disposing of wastage in Renewable and Non Renewable dustbins made by them.

Spiritual Aspect

Apart from the physical, social and intellectual development of students spiritual aspect plays a vital role in the students life by relaxing their minds. We on daily basis do Om Chanting and on every Tuesday and Saturday Hanuman Chalisa in morning assembly.

All these activities focus on the five layers of Panchkosh of human existence that is Annamayi Kosha, Pranamaya Kosha, Manamaya Kosha, Vijyanmaya Kosha and Anandamaya Kosha. It makes students better equipped to lead a healthier life and make informed choices that positively impact their overall well-being.



स्कूली बच्चों में स्वास्थ्य

किसी भी देश का भविष्य उसके बच्चों पर निर्भर करता है। स्वस्थ बच्चे ही स्वस्थ देश का निर्माण कर सकते हैं। स्कूल जाने वाले (5 से 18 वर्ष) बच्चे विभिन्न समस्याओं से ग्रसित हो सकते हैं। क्योंकि वो ब्रह्म वातावरण व लोगो के ज्यादा संपर्क में आते हैं। जिससे उनका स्वास्थ्य प्रभावित होता है।

स्वास्थ्य के विभिन्न आयाम होते हैं

- 1 शारीरिक स्वास्थ्य
- 2 मानसिक स्वास्थ्य/ भावात्मक स्वास्थ्य
- 3 सामाजिक स्वास्थ्य

1 शारीरिक स्वास्थ्य

बढ़ती हुई उम्र की आवश्यकताएं व लोगो व सहपाठियों का संपर्क बच्चों में विभिन्न शारीरिक समस्याएं पैदा करता है

- मुख्यतः कुपोषण
- संक्रमण
 - परजीवी जनित
 - वीषाणु (Virus) जनित
 - जीवाणु (Bacteria) जनित
 - कवक(Fungal) जनित
- दुर्घटनाएं व चोट _
- विषाक्तीकरण

समय-समय पर शिक्षा के साथ ही _ शरीर की आवश्यकताओं टीकाकरण, साफ सफाई, दुर्घटनाओं से बचाव के बारे में बच्चों को अवगत करना भी स्कूली शिक्षा का एक अहम भाग है। समय समय पर चिकित्सीय जाँच व विभिन्न खेल कूद द्वारा बच्चों के स्वास्थ्य को बढ़ेवा मिलता है।

2. मानसिक स्वास्थ्य व भावात्मक स्वास्थ्य

बच्चों पर अपने घरेलू वातावरण व बाहरी वातावरण का बहुत असर पड़ता है शरीर के विकाश के साथ ही मानसिक विकास भी होता है। विभिन्न घटनाओं का बच्चों के मानस पर प्रभाव पड़ता है। उसकी मानसिक चुनौतियों को समय पर सही मार्गदर्शन मिलना जरूरी होता है। जिससे बच्चों में विभिन्न परेशानियों में जूझने की योग्यता विकसित हो और वो नकारात्मक भावनाओं पर संयम प्राप्त कर सके।

स्कूल में योगाभ्यास, प्रार्थना, ध्यान व मनोविज्ञान की कार्यशालाएं बच्चों के मानसिक स्वास्थ्य के लिए सहयोगी हैं।

3. सामाजिक स्वास्थ्य

बच्चे घर के माहौल से निकल कर स्कूल में दूसरों के संपर्क में आते हैं। दोनों जगह का माहौल विपरीत हो सकता है ऐसे में बच्चों को दूसरों से सामने सामंजस्य स्थापित करना पड़ता है जो वह समय के साथ सीखता है।

उसके अंदर इस दौरान सोच का परिवर्तन विभिन्न क्लेशों को जन्म देता है। बच्चों में आपस में विवाद भी होता है और वो धीरे-धीरे समजस्य स्थापित करना सीखता है। इस दौरान स्कूल के अध्यापकों का ही साथ होता है जो उसे उचित मार्गदर्शन प्रदान कर सकता हैं। इस प्रकार स्कूल और सामाजिक परिवेश का बच्चों के स्वस्थ और भावी जीवन में बहुत योगदान होता है और उन्हें बड़े ही सुलझे रूप में गाड़ने का कात्या विद्यालय का होता है।

धन्यवाद

डॉक्टर बी० एस० चौहान
मुख्य स्वास्थ्य अधिकारी
जे० पी० एस० आई०
जेपी ग्रुप

Literary Corner

Poem Composed by:

Payal

Class XII, Sardar Patel Vidyalaya, Gautam Budh Nagar

*Health is our precious wealth
And we can't buy Health
Health do not come automatically
Must have good health habits
systematically Naturally,
not by medicine,
not by money
Healthy body makes an active mind
Once sick can't make good things
rewind Eat and think what is right
Feel the child to do with might*

Poem Composed by:

Jesica Sachdev,

Class IX, Jaypee Public School, Greater Noida

*In times of learning, bright and wide,
Where minds and dreams do coincide,
A journey embarked, a notion clear,
Promoting wellness, year by year. Amid the books
and endless scrolls,
Where youthful vitality takes its toll,
A spark ignites, a beacon's light,
Counseling us toward a future bright.
Outdoor games and sunlit play,
To chase the fears of the day,
In fields of chuckle, companionships grow,
As healthy bodies blossom and glow.
Yet wellness is more than physical grace,
It's a cognitive oasis, a peaceful space,
Meditation's stillness, a conscious breeze,
Untangling stress with practiced ease.*

*No child left behind, a commitment strong,
Inclusive embrace, where all belong,
Dexterities shine, potential takes flight,
A symphony of growth, a shared delight.
Healthful selections at the canteen's heart,
Nutrition's insight, a vital part,
With plates of colors, and savors true,
Empowering young hearts with what they chew.
Wellness workshops, a benign balm,
Steering storms with healing calm,
From exams' anxiety to bullying's annoyance
Together we ascend, each hurdle we attain.
A tapestry woven, health and minds entwine,
In this domain of learning, a journey divine,
Promoting health, a beacon so bright,
Guiding us through twilight into the light.*

Poem Composed by:
आदर्श कुमार
टीजीटी - संस्कृत
जेपी पब्लिक स्कूल, नोएडा

स्वास्थ्य ही धन है

सेहत का ना कोई रखता ध्यान
दौलत को ही सब दे रहे हैं मान
भीड़ भरी इस दुनियां में
दौलत का है सबको अभिमान।
जब स्वस्थ न होगा स्वास्थ्य हमारा
इस दौलत का फिर क्या करोगे
जब जकड़ में होंगे बीमारी के तुम
तब धन को खूब व्यय करोगे।
तन अपना जब स्वस्थ रहेगा
जीवन अपना तब मस्त रहेगा।
आलस का जब त्याग करोगे
तब कष्टों से तुम मुक्त रहोगे।
स्वस्थ व्यक्ति से स्वस्थ समाज।
स्वस्थ समाज से विकसित राज।
तन मन होगा मुदित हमारा
तब उन्नत होगा देश हमारा ॥

Composed by:
Mrs. Chanchal Shukla
Administrative Officer cum PA
Sardar Patel Vidyalaya, Gautam Budh
Nagar

*In wellness' gentle embrace we find,
The treasure of health, in heart and mind.
A harmony of mind, body, spirit, and soul,
In the journey of life, our ultimate & final goal.
It starts with nutrition, the food & water we consume,
Fuel for our bodies & mind, like a well-tuned tune.
Vitamins, Fresh fruits and greens, a colorful array,
Nourish us daily, in a vibrant & vivid display.
Exercise, like a dance, keeps our bodies in stride,
Stretching and moving, with grace as our guide.
Strength in our muscles, flexibility too,
Health as a wellness, in all that we do.
Mental health matters, it's a vital key,
To unlock the potential that's inside of me.
Meditation and mindfulness, finding our peace,
In the chaos of daily life, our worries release.
Emotions, like rivers, they ebb and they flow,
Loving & Expressing them freely, help us to grow.
Love, joy, giving and kindness, the virtues we share,
In wellness, they bloom, like flowers so rare.
Sleep is a healer, in the calm & stillness of night,
Restoring our minds & bodies, in the soft, gentle light.
Dreams are a canvas, where our hopes take soaring flight,
In the realm of wellness, they shine ever bright.
Wellness is balance, a lifelong pursuit,
A treasure, a journey, a sweet & healthy fruit.
In body and spirit, in each day we find,
The essence of health, for a well-lived design.*

"Blossoming Minds and Healthy Hearts: Our School's Wellness Journey"

In the vast ocean of knowledge, our young minds possess boundless potential when nurtured in a safe and supportive environment. Jaypee Public School, Greater Noida, places paramount importance on creating such an environment, allowing us to tap into our full potential and soar to great heights.

Each morning, the melodious prayers echoing from every classroom infuse our school with positive energy, setting an uplifting tone for the day ahead. The school is unwavering in its commitment to providing us with nutritious meals that nourish both body and soul, complemented by top-notch sanitation facilities.

Nestled amidst lush greenery and expansive open spaces, the school's campus invites us to immerse ourselves in the embrace of nature, providing a tranquil setting for our growth and exploration.

At Jaypee Public School, a holistic approach to our well-being is evident through a range of health-related programs addressing both mental and physical health. The significance of physical activities alongside academics is emphasized, encouraging each of us to participate in various competitions and pursue our extracurricular interests.

Within the school's welcoming walls, we are afforded limitless opportunities to step out of our comfort zones and embark on journeys of exploration. Here, we develop into well-rounded individuals, savoring the joy of learning without constraints, ensuring that education extends beyond the pages of textbooks.

Advika Arya
IX A,
Jaypee Public School,
Greater Noida

Name: Bhavika Gupta

Class: XII

School Name: Jaypee Public School, Noida

HARMONY WITHIN NATURE

In the midst of nature's realm,
I find the essence of my true self.
Among simple streams and dense canopies,
I discover the harmony of my mind and my being.

Every stump of the tall, firm trees
represents my spine, supporting everything.
The branches of trees yearn for the sun's kisses,
Just as my soul searches for mental bliss.

The gentle streams in the muddy grounds
are like my veins, carrying important fluids around.
They carry nourishment and strength in their flow,
Just like in my heart, love and passion grow.

The storms arrive, with thunder and rain,
But like a fleeting disease or life's pain,
They purify the land and make it better and new,
Just as I recover when trials are passed through.

So let me be the same as nature, beautiful and free,
In wellness and health, finding harmony.
With every passing day, I'll flourish and gently thrive,
In this great symphony of life, alive.

"Nurturing Well-Being: A Holistic Approach to Health Education in Our School"

In the modern educational landscape, the significance of health education cannot be overstated. It's a strategic tool for promoting well-being, equipping students with knowledge and skills to lead healthier lives. In today's schools, regular health check-ups have become a norm, encompassing dental, eyesight, BMI, and more. Our school proudly follows suit, conducting these health programs every six months, and meticulously documenting each student's progress. This wealth of individual health data proves invaluable for tracking changes and ensuring the well-being of all students.

The post-pandemic era witnessed a rush for vaccinations, and our school promptly responded by organizing vaccination camps for students and staff. Beyond health check-ups, our school cultivates holistic development through clubs dedicated to theatre and public speaking, nurturing students' social skills and confidence. Bi-weekly sports sessions underscore our commitment to physical fitness and overall health.

However, amidst the pursuit of academic excellence, students often grapple with immense competition-induced stress, impacting mental health and behavior. To address this challenge, our school has established life skills and counseling departments, providing essential support to students.

As a student advocate, I strongly admire that schools have introduced mandatory yoga sessions as part of our daily routine. These sessions, inclusive of all students and staff, hold the key to improving both mental and physical health. By embracing this holistic approach, our school underscores its commitment to nurturing well-rounded individuals, preparing them for life's challenges with resilience and vitality.

Aarna
IX A,
Jaypee Public School,
Greater Noida