

HEALTH AND WELLNESS CLUB

REPORT

DATE: 18/04/22

Health and wellness club activity for the month of April was conducted offline for classes I-V. All the students were presents.

For classes I-III

Health and wellness activity for classes I-III was conducted in the Audio-Visual Room was based on the theme of basic medical kit. In this activity our guest Dr. Arvind Singh Kushwah, NTPC Hospital came and give basic medical tips to the students. Doctor share tips like home remedies and precaution at home. These tips are beneficial for the health and wellness of student's daily life.

Students asked questions related to the medical tips given.

Activity was very interactive and informative and all the students shared their practical experiences and asked doubts in the workshop.

Students learned all about basic medical tips and why it is important in our life.

For classes I-III

Health and wellness activity for classes IV and V was conducted in their respective classes it was based on the theme of making medical kit by using old shoe box and keeping the basic medicine inside the box.

By doing this activity students learn about basic medication, medicine and how to check expiry date of medicine. Students understand about emergency medication and safety of the workplace. They also know that A First Aid Kits Helps Save Lives.