

HEALTH IS WEALTH

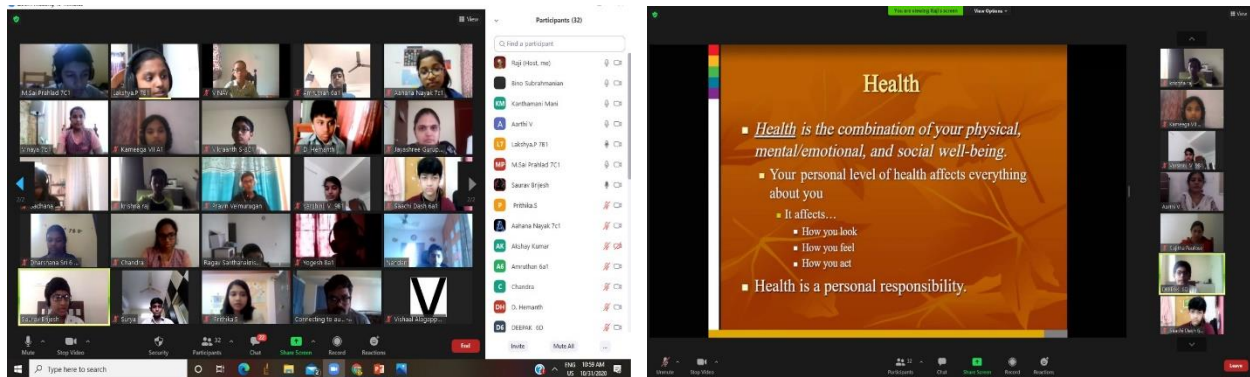
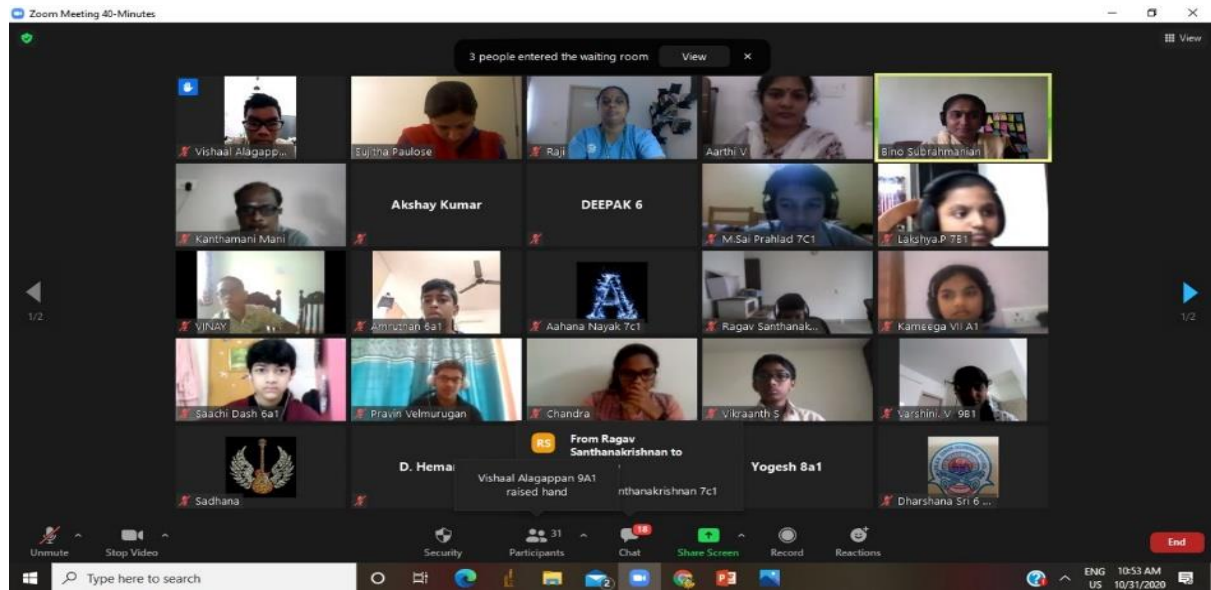
The opening session of Health and Wellness club was on 31st October 2020 through Zoom.

The session started with a short prayer followed by self-introduction of students and teachers. The school health nursing officer Mrs. Rajarajeswari presented a short PPT on Health and Wellness – definition, concepts, tips to maintain personal health and wellness.

Then Balloon breathing exercise was taught to the participants. The basic aim of this activity is to improve the lung capacity and in turn improve immunity, which is one of the essential protective measures during the pandemic. Children participated in the activity with enthusiasm and enjoyed the session. They were asked to continue to do this exercise daily to enhance their pulmonary power.

Later the members gave their suggestions regarding certain interesting topics pertaining to the club and listed out a few activities to be conducted as part of the monthly activities.

The meeting ended with a thank you note and the evening prayer.



Shutterbugs

Health & Wellness Club members

PSBB SRS