

**N.C.JINDAL PUBLIC SCHOOL**

**PUNJABI BAGH**

**LIST OF ACTIVITIES FOR HEALTH AND WELLNESS CLUB ( CLASS VII)**

**TERM I**

1. Celebration of " World Health Day" . Poster making competition.
2. Awareness about type of diseases. Communicable and non-communicable diseases.
3. Screening of film on health issues.
4. Poem writing on the importance of fresh air.
5. Poster making on " Healthy Morning"
6. Short play on " safety from mosquitoes"
7. Role play on " say no to pollution"
8. Celebrate " World No tobacco Day" . Slogan writing.
9. Awareness about vaccinations.
10. Discussion on importance of dental hygiene.

**TERM II**

1. Visit to school's medical room.
2. To prepare a first-aid kit.
3. Competition of "healthy recipe"
4. Debate on "how effective are sanitizers"
5. Quiz on " first aid"
6. Awareness on " how to prevent food poisoning"
7. Scrap file on "methods to purify water"
8. Essay on " personal hygiene"
9. Poster on " healthy meal"
10. Discussion on importance of roughage.

*Shubh*