

N C JINDAL PUBLIC SCHOOL

Health Week Report(2021-22)

Health Week was celebrated in Primary School from 7th April to 9th April. It was celebrated to mark World Health Day which is celebrated on 7th April every year. Many activities were planned and executed from classes Pre School to class V virtually. Pre School to class V students were shown a short video on "How to stay fit and healthy". In Pre School, students were told about the benefits of eating healthy food along with drawing, colouring and paper tearing activity. Pre Primary to class I "Show and Tell" activity was planned and executed successfully where in students showed and spoke about a fruit or vegetable of Sikkim. Classes 2 and 3 prepared a scrapbook where as classes 4 and 5 presented the healthy food of Sikkim under the guidelines given by DOE. Students of classes Pre Primary to Class V did meditation which was a good learning experience for them as it was 'Learning by Doing'. The Health Week was a success and it reinforced the importance and ways to stay Fit and Healthy.

CLASS-1



ACTIVITY- MEDITATION

Class : I

Show & Tell (Fruits of Sikkim)



Teacher screen sharing

Shivani Sikka

Shivani Sikka (Host, me)

Om symbol

Participants (31)

SHIVANI SIKKA

arnav jain 2c

Participants list on the right

POONAM SHARMA

pihu

Person in a white shirt sitting on a bed

ANITA RAJPAL

Participants list on the right

aarohikapoor@... Siddharth Kaus... CHAITANYA AG... Riyanshi

Participants (31)

SHIVANI SIKKA

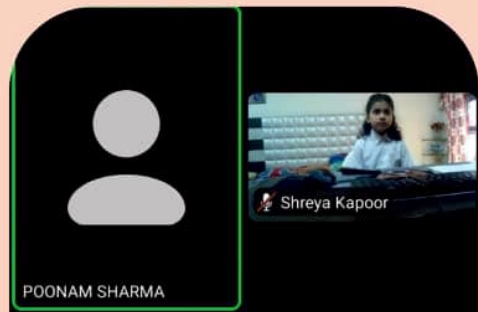
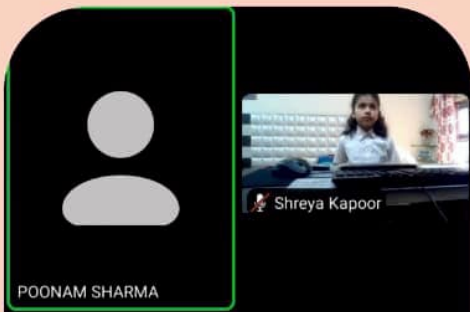
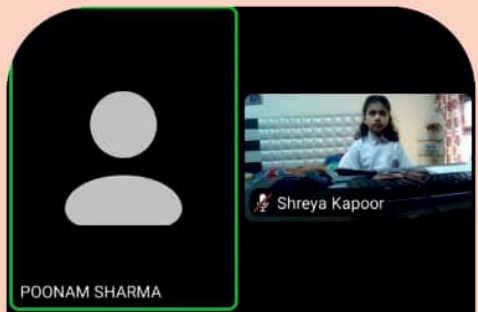
Hridhan 2nd-C

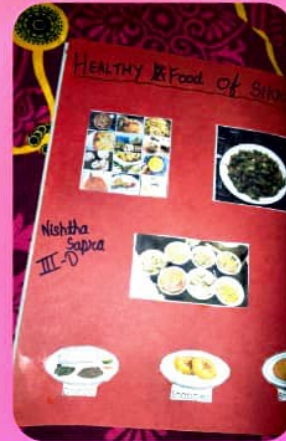
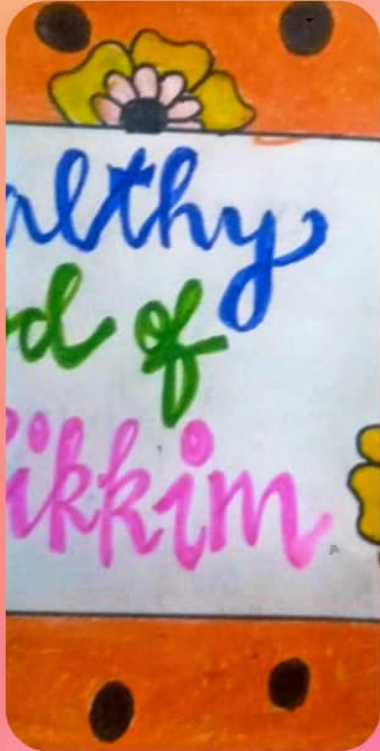
Participants list on the right

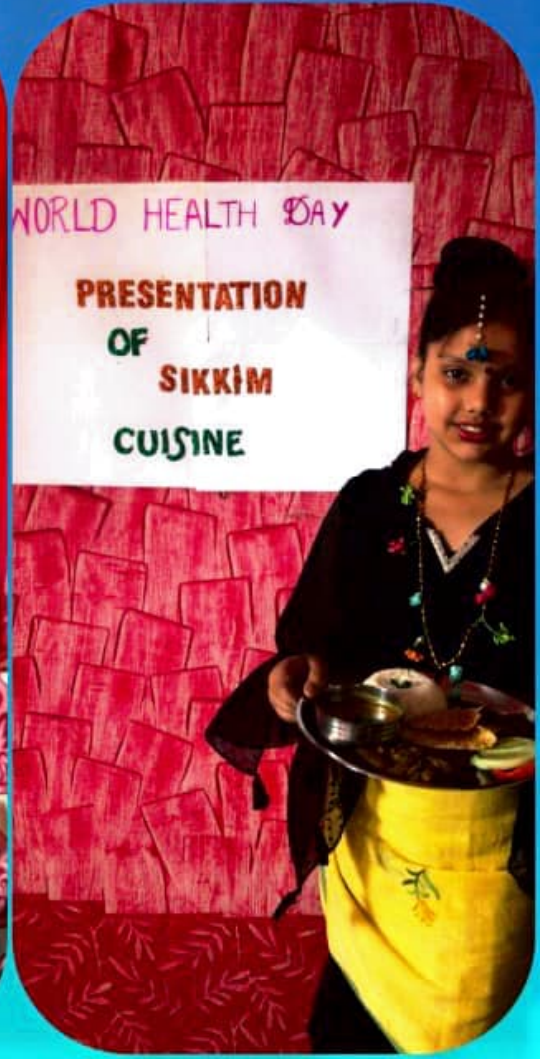
Manya chibawal

Participants list on the right

Participants in a yoga session







Health Week Class V