



**WORLD HEALTH DAY (DATE : 07.04.2018)**

**स्वच्छ रहें - स्वस्थ रहें**

The World Health Day is celebrated by the people all across the world every year on 7<sup>th</sup> of April under the leadership of World Health Organization. The day promotes healthier living habits and provides a good time to turn attention towards making health a priority.

- The theme of World Health Day 2018 is: **Universal Health Coverage : Everyone, Everywhere.**
- The slogan is **“Health for All”**.

S.NO	ACTIVITY	ACTION PLAN	CLASS	DATE	VENUE	ACTION
1	EAT HEALTHY, BE NUTRITION WEALTHY	1. Bring one healthy drink and one fruit 2. Share and enjoy good food.	PP-I PP-II	06.04.18	Respective Class Rooms	Respective Class Teachers
2	EAT RIGHT, BE BRIGHT	1. Screening of Movie: “Healthy Weight” 2. Make fruit salad 3. Slogan Writing and speaking 4. Debate: “Healthy food vs Junk food” (Carry buttermilk, and sprouts)	I – V I – II III – IV V	06.04.18	Respective Class Rooms	Respective Class Reps
3	UNIVERSAL HEALTH COVERAGE: EVERYONE, EVERYWHERE	1. Screening of Movie: • “Stop Eating Junk Food” • “WHO Universal Health Coverage” 2. Debate: Tingling of taste buds more important than your health? (Street Food vs Healthy Food)	VI – VIII	07.04.18	Respective Class Rooms	Class Teachers  1&2 Period
4	UNIVERSAL HEALTH COVERAGE: EVERYONE, EVERYWHERE	1. Screening of Movie: “No Smoking” 2. Panel discussion: Tuberculosis Services in India should extend “Health for All” especially to the most vulnerable.	IX- X	07.04.18	Respective Class Rooms  Mont Courtyard	Class Teachers  As Per the Schedule in the Time Table

Throughout 2018, the Health and Wellness Club aims to **inspire, motivate** and **guide**.

*“The greatest gift you can give your family and to the world is healthy you.”*

**Asha Prabhakar**  
(Principal)

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एक कदम स्वच्छता की ओर

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