



Bal Bharati PUBLIC SCHOOL

Address : Sector - 21, Noida

Phone : 0120-2534064, 2538533 / E-mail : bbpsnd@yahoo.co.in

Website : <http://bbpsnoida.balbharati.org> Affiliation No: 2130422

WORLD HEALTH DAY



*"Health is the greatest gift,
contentment the greatest wealth,
faithfulness the best relationship."*

Ashaprabhakar

Ms. ASHA PRABHAKAR
(PRINCIPAL)



MEAL PLAN

PRE-BREAKFAST 8 am	DETOX JUICE	 Ash Gourd Juice	OR	 Coconut Water	OR	 Vegetable Juice
BREAKFAST 10 am	SEASONAL FRUITS	 Fresh Fruits				
LUNCH 1 pm	GRAIN MEAL	 Satvic Sabzi with Chapati	OR	 Satvic Sabzi with Brown Rice		
MID MEAL 4 pm	FRESH JUICE	 Vegetable Juice	OR	 Coconut Water	OR	 Coconut Slices
DINNER 6 pm	SOUP & SALAD	 Satvic Salad	& / OR	 Satvic Soup		

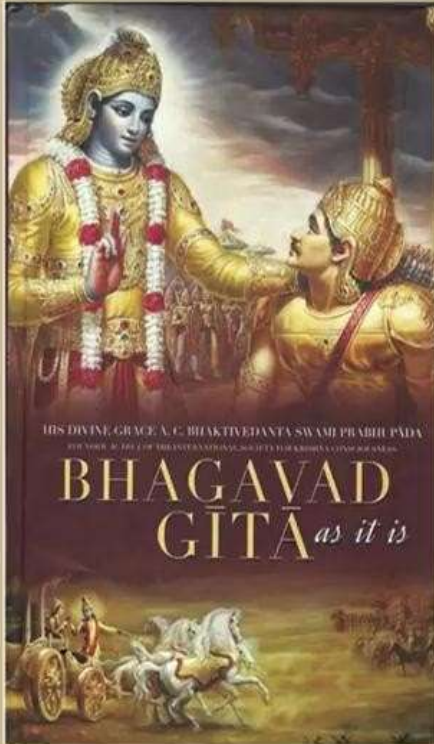


APRIL 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

TIP OF THE MONTH

Copy your kitty: Learn to do stretching exercises when you wake up. It boosts circulation and digestion, and eases back pain.



Bhagavad Gita Verse 17.10

yāta-yāmam gata-rasam pūti paryusitam ca yat
ucchyāta-yāmam gata-rasam pūti paryusitam ca yat
ucchistam api cāmedhyam bhojanam tāmāsa-priyam

Translation

Food prepared more than three hours
before being eaten, food that is tasteless,
decomposed and putrid, and food consisting
of remnants and untouchable things is dear
to those in the mode of darkness.



SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

TIP OF THE MONTH

Don't skip breakfast. Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight. Breakfast skippers tend to gain weight.



NOTHING X



Bottled



Tinned



Packaged



Frozen



Processed

“Nothing will benefit human health and increase chances of survival on earth as much as the evolution to a vegetarian diet.”

-ALBERT EINSTEIN



SUN	MON	TUES	WED	THUR	FRI	SAT
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

TIP OF THE MONTH

Brush up on hygiene. Many people don't know how to brush their teeth properly. Improper brushing can cause as much damage to the teeth and gums as not brushing at all. Hold your toothbrush in the same way that would hold a pencil, and brush for at least two minutes.



Eat Living Foods ✓

Straight from Nature



Fruits



Vegetables



Sprouts



Coconut



Juices



Grains



Nuts & seeds

“Off all the anti-social vested interests the worst is the vested interest in ill health.”

-GEORGE BERNARD SHAW



SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

TIP OF THE MONTH

Get spiritual. A study conducted by Harvard University found that patients who were prayed for recovered quicker than those who weren't, even if they weren't aware of the prayer.



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“A diet higher in whole grains and legumes is not just healthier for ourselves but also contributes to changing the world system that feeds some people and leaves others hungry.”

-DR. WALDEN BELLO



AUGUST 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

TIP OF THE MONTH

Get smelly. Garlic, onions, spring onions and leeks all contain stuff that's good for you. A study found that eating raw garlic helped fight serious childhood infections. Heat destroys these properties, so eat yours raw, wash it down with fruit juice or, if you can't have them raw, have it in tablet form.



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The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

-MARK TWAIN



SEPTEMBER 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

TIP OF THE MONTH

Eat your stress away. Prevent low blood sugar as it stresses you out. Eat regular and small healthy meals and keep fruit and veggies handy. Herbal teas will also soothe your frazzled nerves



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“It is health that is the real wealth and not pieces of gold and silver.”

-M.K. GANDHI



OCTOBER 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

TIP OF THE MONTH

Load up on vitamin C. We need at least 90 mg of vitamin C per day and the best way to get this is by eating at least five servings of fresh fruit and vegetables every day. So hit the oranges and guavas!



30%
WATER POOR



70%
WATER RICH



70%
WATER POOR

30%
WATER RICH



Good health and good sense are two of life's greatest blessings.

- PUBLILIUS SYRUS



NOVEMBER 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

TIP OF THE MONTH

Pure water. Don't have soft drinks or energy drinks while you're exercising. Stay properly hydrated by drinking enough water during your workout.



NAMKEENS

replace with



FRESH FRUITS OR SALADS

Of all of the forms of inequality, 'injustice in health' is the most shocking and the most inhumane.

- MARTIN LUTHER KING JR.



DECEMBER 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

TIP OF THE MONTH

The secret of stretching. When you stretch, ease your body into position until you feel the stretch and hold it for about 25 seconds. Breathe deeply to help your body move oxygen-rich blood to those sore muscles.



BISCUITS

replace with
→



COCONUT
SLICES

Growing children who get nutrition from plants rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure and some forms of cancer.

-BENJAMIN SPOCK



JANUARY 2020

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

TIP OF THE MONTH

Burn the boredom, blast the lard. Rev up your metabolism by alternating your speed and intensity during aerobic workouts. Not only should you alternate your routine to prevent burnout or boredom, but to give your body a jolt.



SODA CANS

replace with



COCONUT WATER

“The first wealth is health.”

-RALPH WALDO EMERSON



FEBURARY 2020

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

TIP OF THE MONTH

Do your weights workout first. Experts say weight training should be done first, because it's a higher intensity exercise compared to cardio. Your body is better able to handle weight training early in the workout because you're fresh and you have the energy you need to work it.



FRAGMENTED

WHOLESOME

FRAGMENTED

WHOLESOME



COCONUT
OIL



COCONUT



SUGAR



DATES



OLIVE
OIL



OLIVES



JAGGERY



“UNICEF is helping mothers realize their dreams for the future – a future in which the basic needs for a child’s survival: food, clean water and simple health care – are guaranteed.”

-JANE CURTIN



MARCH 2020

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

TIP OF THE MONTH

Laugh and cry. Having a good sob is known to be good for you. So is laughter, which has been shown to help heal bodies, as well as broken hearts. Studies in Japan indicate that laughter boosts the immune system and helps the body shake off allergic reactions.



FRAGMENTED



**COCONUT
OIL**



**OLIVE
OIL**



WHOLESOME



COCONUT



OLIVES



**A wise man should consider that health is the greatest of human blessings,
and learn how by his own thought to derive benefit from his illnesses.**

-HIPPOCRATES



**DESIGNED BY-
SAKSHAM CHATURVEDI**

HEALTH AND WELLNESS CLUB