



HEALTH AND WELLNESS CLUB

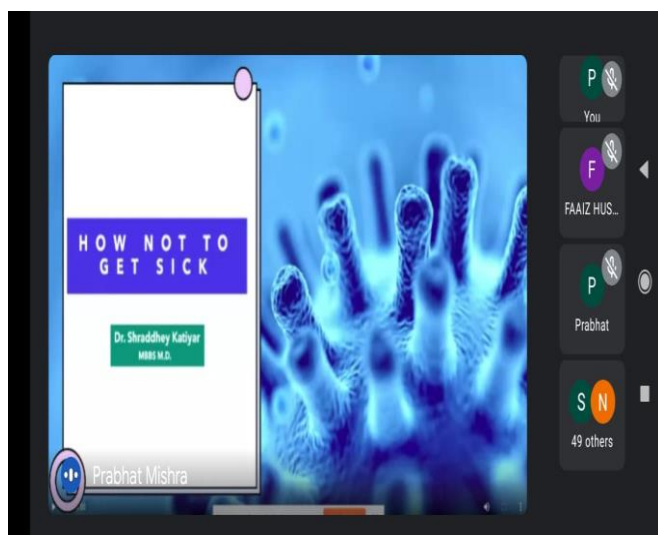
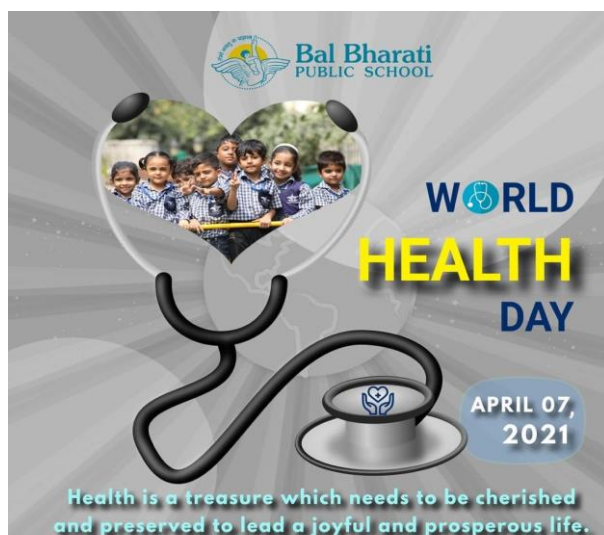
CLASSES : VI-VIII

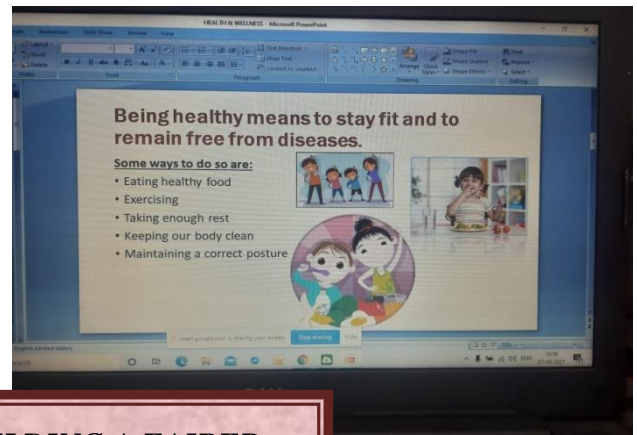
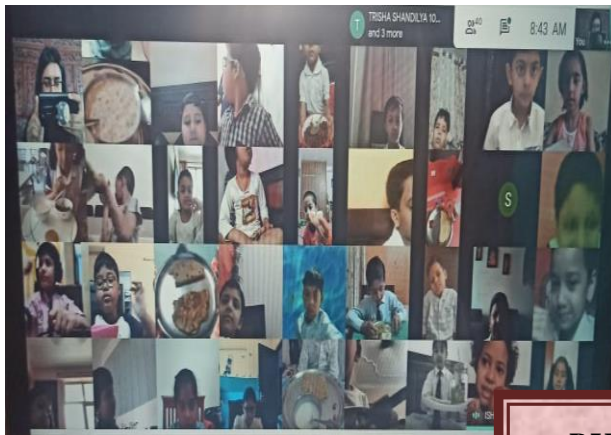
REPORT FOR THE PERIOD – APRIL-MAY 2021

S. NO.	DATE/ MONTH	OBJECTIVE	ACTIVITY	LEARNING OUTCOME
01.	7 April 2021	To observe Health Day and apprise the students about the benefits of keeping healthy	World Health Day Virtual Breakfast Awareness Session +Quiz : Tarang Health Alliance Health Webinar	Students could understand the importance of balanced nutritious diet.
02.	14 April 2021	To disseminate information about good health	PHFI and Hriday Survey on health in pandemic	Could relate to health in Pandemic
03.	14 April 2021	To Mitigate Air Pollution	Survey by LCF and US embassy regarding public private partnership to mitigate air pollution	Could correlate respiratory health with Air pollution
04.	20 April 2021	To observe Earth Day and importance of preserving our natural resources	Earth Day Activity Theme – If earth could speak what would it say?	Could write and speak their views as earth
05.	20 April – 21 April 2021	To participate in Global Health Meet	Global Youth health meet 2021 with partners like WHO, UNDP, UNESCO organized by HRIDAY Chief Guest – UN Director General	A great learning platform where students could interact with global leaders
06.	20 April 2021	To attend Webinar on Air Pollution	Virtual Thinkathon – Enhancing Public-Private partnership to	An excellent session on Air Pollution and save earth for yourself.

			mitigate Air pollution (Webinar)	
07.	21 April 2021	To observe Earth day	B.E.S.T. Talks 2.0 Theme- LET'S TALK EARTH - Understand and Restore Together	An interactive session where children could comprehend the importance of environmental restoration
08.	9- 12 May 2021	To train class VI teachers	Health Training session for teachers by Tarang Health Alliance	Four day training for staff members on health curriculum.
09.	April May 2021	To spread awareness for Covid Vaccination	Messages and Liaison for staff and their families, Posters shared on Facebook Page of Health and wellness club	All Bal Bharati staff members are in the process of getting Vaccinated.
10.	31 May 2021	To Observe World No Tobacco Day	Webinar for Students (9-12) by Dr Mohan V Pulle- Medanta hospital Gurugram Webinar for Staff- Commit to Quit by Medisage and Tata Memorial Hospital	Quit Smoking/ Quit Tobacco to be a winner. Informative sessions to spread awareness of the dangers related to tobacco and the preventable diseases and its causes.

GLIMPSES OF THE ACTIVITIES UNDERTAKEN BY THE STUDENTS DURING THE PERIOD APRIL-MAY 21 :





**BUILDING A FAIRER
HEALTHIER WORLD-
WORLD HEALTH DAY**

Bal Bharati PUBLIC SCHOOL
Sector-21, Noida

Building A Fairer Healthier World

World Health Day

7 April

STAY HEALTHY!
HAVE FUN!
BE POSITIVE!
EAT WELL!
MAKE GOOD CHOICES!
TAKE CARE OF YOURSELF!

WORLD HEALTH DAY

It's good health that can make you climb mountains and achieve your dreams!!

Bal Bharati PUBLIC SCHOOL
Sector-21, Noida

BUILDING A FAIRER HEALTHIER WORLD

WORLD HEALTH DAY

07 APRIL 2021

It's good health that can make you climb mountains and achieve your dreams!!

REC Dr Shraddhey MD is presenting

BSPS NOIDA and 47 more 1:46 PM You

Total Sugar in Human Body ??? 5 gm

MEDIC74
Championing lives. Holistically!

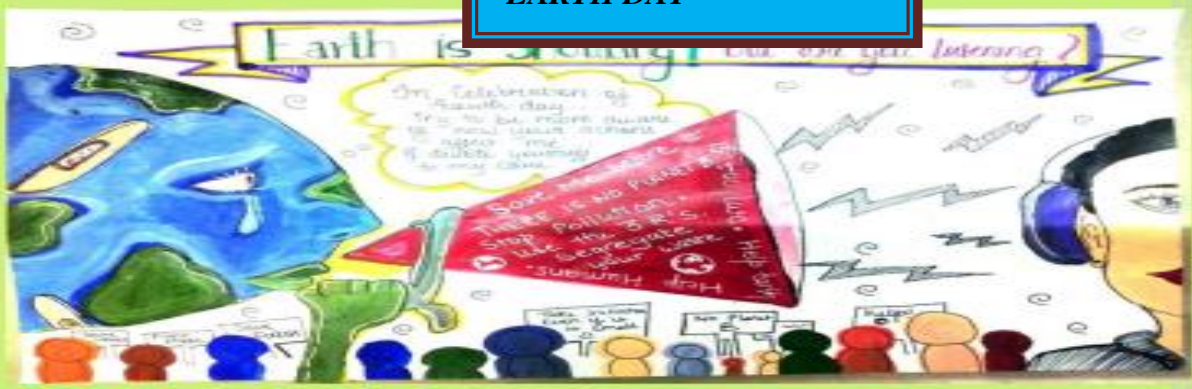
Meeting details
Vaishali Mittal

Dr Shraddhey MD is presenting

Participants: V, G, GAURI S..., V, R, S, Smiti Sharma, B, A, 27 others



IF EARTH COULD SPEAK: OBSERVING EARTH DAY



LET'S TALK EARTH: UNDERSTAND AND RESTORE



HRIDAY **GYM 2021** **World Health Organization South-East Asia**

4th Global Youth Meet on Health (Virtual)
 Theme: Meaningful youth engagement for leading action on Universal Health Coverage and Sustainable Development Goals
 Jointly co-organized by HRIDAY and World Health Organization Regional Office for South-East Asia
 April 28-30, 2021
GYM 2021 Call for Applications
 (Youth in the age group 15-30 years are eligible to apply)

The global youth population, currently 1.2 billion is projected to rise to 1.6 billion by 2050. Educational and spiritual youth are affected by inequality, increased disease burden, poverty, injustice, lack of education and various prevalent social concerns. Interventions, programmes and policies with and to benefit youth can address the pressing socio-economic, environmental and political aspects of the five communicable disease (NCD) response. Today's youth will not only be the ones who face the growing burden of NCDs but will be responsible for dealing with it. GYM 2021 is a youth-led initiative that will bring together youth advocates and health and development leaders from across the globe. The two-day meeting will build youth participants' capacity in plan, implement, monitor and evaluate campaigns to meet their national NCD targets and activities across the Sustainable Development Goals (SDGs) and emerge as NCD champions and professionals. They learn leadership and communication skills to work with stakeholders and develop solutions to prevent themselves from exposure to risk factors and ultimately contribute to a healthy present and future generation.

The COVID-19 pandemic provides an opportunity to re-examine the epidemic risk address and youth could play a significant role in addressing the pandemic and helping themselves and others. The focus will be on multiple challenges posed to the health and wellbeing of adolescents and youth from a broader lens of co-morbidities (including both communicable and NCD conditions) and the additional threats arising due to the COVID-19 pandemic. The meet will highlight the impact of the pandemic on the health and wellbeing of adolescents and youth and strengthen their role and capacity to contribute to national and local efforts for addressing the pandemic. GYM 2021 is inaugurated to take place after the US High Level Meetings (SHLM) on NCDs and Universal Health Coverage (UHC). This will provide an important opportunity for the youth delegates to track progress and identify priorities for accelerated action, as well as for NCD and UHC, and other interrelated global objectives.

WHO GLOBAL YOUTH HEALTH MEET: HRIDAY

Partners: NCD Alliance, UHC 2030, csem, SDSN, UNICEF, UNICEF 75, The Partnership for Maternal, Newborn & Child Health, MNCI, RTI, International Children's Education, NCD CHILD, South East Asian Youth Council Alliance, The Partnership for Maternal, Newborn & Child Health, UNICEF, UNICEF 75, The Partnership for Maternal, Newborn & Child Health, NCD CHILD, PLAN INTERNATIONAL, MOVENDI INTERNATIONAL, Youth Coalition on NCDs (formed under the aegis of UN Wear Group), SHAN FOR ASIA PACIFIC, PF POPULATION FOUNDATION OF INDIA, WORLD OBESITY, PLAN INTERNATIONAL, MOVENDI INTERNATIONAL.

To partner with us:
 GYM Secretariat HRIDAY, B-53A, Sahyadri Enclave, First Floor, New Delhi - 110029
 +91 11 4122 7919 gym@hriday.org.in www.hriday.org.in

HRIDAY ONLINE | Hriday_Org | Hriday_Org | Hriday_Org | Hriday_Org

VIRTUAL THINKTANK
ENHANCING PUBLIC-PRIVATE PARTNERSHIP TO MITIGATE AIR POLLUTION

Panelists:
 David Kennedy, Tobias Chavakis, Prof. Vinay Sankaranarayanan, Madhav Joshi, Rajiv Khanna

April 29, 2021 (Tuesday)
 4:00 PM to 5:25 PM

WEBINAR BY LCF: MITIGATING AIR POLLUTION

SHAN | BEST Leaders
 Avnish, Chirag, Jaspreet, Judith...

This is a special invite to you to join the F.I.R.S.T. CIRCLE of Lung Care Foundation (LCF) and fulfill your role as socially responsible citizen by channelling your efforts to spread right information for social impact.

As a member of this F.I.R.S.T. CIRCLE, you will be the "Friend and Influencer to Review Social-media Traction" of LCF. By joining the F.I.R.S.T. Circle, you get recognition as a co-contributor in LCF and you shall receive the first intimation of LCF's postings on the Social Media (SM) for public impact.

- Your role as a F.I.R.S.T. Circle member will be to respond, comment, like and share LCF social media posts through your own SM handles or through WhatsApp within your circle of influence. This way, you will contribute to spread the right information relating to Clean Air, Lung

Assessment of effects of containment measures and closure of educational institutions and relaxation due to COVID-19 on well-being and education of adolescents and youth

Your response has been recorded.

[Submit another response](#)

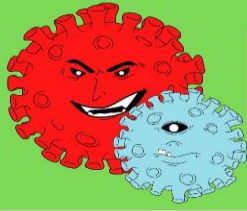


***GLIMPSES OF TEACHER'S
TRAINING: TARANG HEALTH
ALLIANCE***

School Wellness Committee*

- Principal (or designate) as chairperson
- Members: Students, Parents, Health teachers, PE teacher, Person in-charge of food services etc
- Formulates a written Health Policy
- Monitors policy implementation
- Responsible for communication e.g. Newsletter, social media
- Responsible for student recognition
- Does Bal Bharati School have one?

* Same structure as your Safety Committee



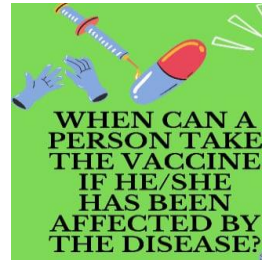
I have brought my cousins along with me to spend a vacation in India, you guys know me well I am Mr COVID now they will take the legacy forward of our family of RNA proteins Introducing you to BLACK Fungus, B.1.617, B.1.1.7, N440K

WILL THE VACCINES BE EFFECTIVE AGAINST THE MUTED VARIANTS ??



The COVID-19 vaccines are expected to provide at least some protection against new virus variants and are effective at preventing serious illness and death. That's because these vaccines create a broad immune response, and any virus changes or mutations should not make vaccines completely ineffective. If any of these vaccines become less effective against one or more variants, it will be possible to change the composition of the vaccines to protect against these variants. Data continues to be collected and analysed on new variants of the COVID-19 virus.

Mehak Tiwari



I HAVE BEEN RECENTLY AFFECTED WITH COVID-19 SO BODY MEIN ANTIGENS BHI DEVELOP HONGE TOH AGAR MAIN VACCINE LAGWANE JAUNGI TOH KAHIN VACCINE KE INACTIVATED VIRUS ANTIGENS SE NEUTRALISE REACTION TOH NAHI KRENGE?? EK CONFUSION KI CBSE 12TH KE BOARDS KAB HONGE AUR DUSRI CONFUSION AAKHIR KAB VACCINE LAGWAUN??

WHEN CAN A PERSON TAKE THE VACCINE IF HE/SHE HAS BEEN AFFECTED BY THE DISEASE?

- US CENTERS FOR DISEASES CONTROL AND PREVENTION (CDC) SUGGESTS A WAIT FOR 90 DAYS FROM THE DAY ONE TESTS POSITIVE FOR COVID-19 IF HE/SHE HAS NOT RECEIVED THE VACCINE.
- INDIAN INSTITUTE OF SCIENCE EDUCATION AND RESEARCH (IISER) SAID INFECTION-TRIGGERED IMMUNITY IS LIKELY TO LAST FOR A FEW MONTHS, AND IT WOULD BE ADVISABLE TO WAIT FOR 6-8 WEEKS AFTER RECOVERY.
- DATA FROM THE UK SHOWS THERE IS 80% PROTECTION FOLLOWING A NATURAL INFECTION WITH THE SARS-COV-2 VIRUS. IT IS FINE TO EVEN WAIT UP TO SIX MONTHS
- THIS IS IN LINE WITH THE RECOMMENDATIONS OF THE WORLD HEALTH ORGANIZATION (WHO) WHICH REVIEWED DATA AND SAID IT WAS ALL RIGHT TO DELAY VACCINATION FOR SIX MONTHS AFTER A NATURAL INFECTION, AS NATURAL ANTIBODIES ARE LIKELY TO PERSIST IN THE BODY UNTIL THEN



MEHAK TIWARI

COVID 19: SPREADING AWARENESS FOR VACCINATION



• Vaccine ke slot nahi mil rahe agar mile toh sheher mein shakkar paare batwa dunga,
• Humare ek relative ne vaccine lagwayi and he passed away, dusre ne lagwayi toh unko allergy ho gyi
• hum lag positive aaye aur ghar mein he recover ho gye, antigens toh ban gaye
KYA ZARURAT AUR FAYEDA VACCINE KA??

BENEFITS OF VACCINE

- Protection against the disease
- Reduced risk of developing the illness and its consequences
- Develops immunity through vaccination which helps in fighting the virus if exposed.
- Keeps one safe and other loved ones too since if you are protected from getting infected, there are less chances to be a carrier
- Generally the side effects last for few days but if they persist more than a week seek immediate medical help.
- Breaking chain is the need of hour to protect people at increased risk for severe illness from COVID-19, such as healthcare providers, older or elderly adults, and people with other medical conditions.



Boys.... Relax

Mehak Tiwari

I have been vaccinated now death is inevitable for me, I am amarr now अब मज़े से बिना मास्क के घूमोगे

CAN WE STOP TAKING PRECAUTIONS AFTER BEING VACCINATED??



While a COVID-19 vaccine will protect you from serious illness and death, we still don't know the extent to which it keeps you from being infected and passing the virus on to others. To help keep others safe,

1. Continue to maintain at least a 1-metre distance from others,
2. Cover a cough or sneeze in your elbow,
3. Clean your hands frequently
4. Wear a mask, particularly in enclosed, crowded or poorly ventilated spaces.
5. Always follow guidance from local authorities based on the situation and risk where you live.



जी नहीं, लगे दवाई सही लेकिन दिलाई नहीं Vaccine को बनाना अमरक्षक Sanitiser, Mask और Social Distancing को तलवार बनाके, लड़ना है योद्धा की तरह, जीत हासिल करेंगे भारत को कोरोना मुक्त बनाएंगे !!

Mehak Tiwari

The screenshot shows a Zoom meeting in progress. On the left, a PowerPoint presentation is displayed with the following text:

“Quit Smoking”
Dr Mohan V Pulle
Thoracic & Thoracoscopic Surgeon
Consultant, Institute of Chest Surgery
Medanta – The Medicity, Gurugram

Below the presentation, a notification reads: "SHUBHAM BANSHIWAL_007658-17 has left the meeting".


On the right, a grid of participants is visible. The top row shows three video thumbnails, with the middle one labeled "Dr Mohan Ven...". Below are several circular icons with letters: J, P, A, D, I, S, U. At the bottom, there are icons for "Notes" and "Comments".

WORLD NO TOBACCO DAY – QUIT SMOKING

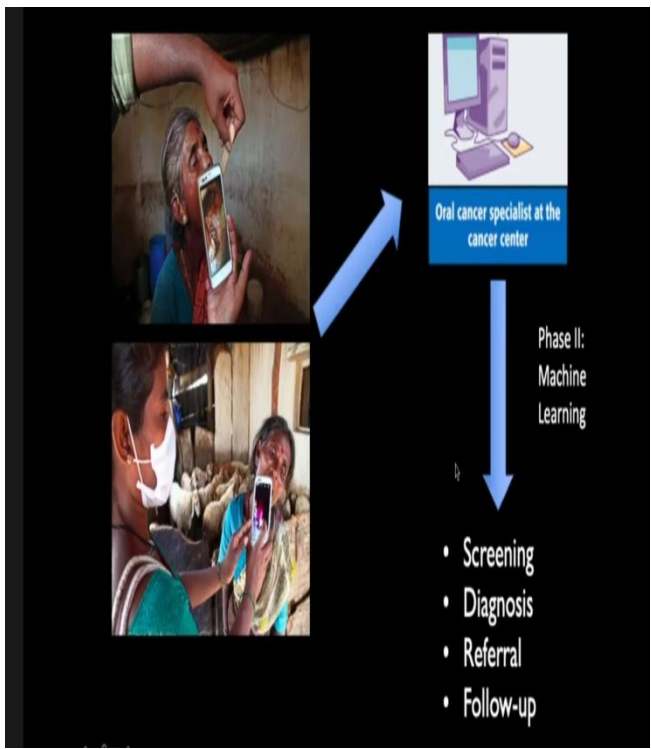




- On exposure blueviolet light (400–460 nm), Normal mucosa emits a pale green autofluorescence when viewed through a narrow band filter.
- Neoplastic tissues are expected to cause fluorescent visualization loss (FL) and thus appear as a dark spot.



COMMIT TO QUIT WEBINAR



MediSage
By The Doctors For The Doctors

COMMIT TO QUIT

Is this customised to Indian scenario ?

- NO SMOKING
- SMOKING IS HARMFUL TO HEALTH
- STOP SMOKING
- QUIT SMOKING
- NO SMOKING

Home Experts Events News Profile

Teacher In-charge: Ms. Vidhi Oberoi