



# HEALTH AND WELLNESS CLUB

## CLASSES : IV-XII

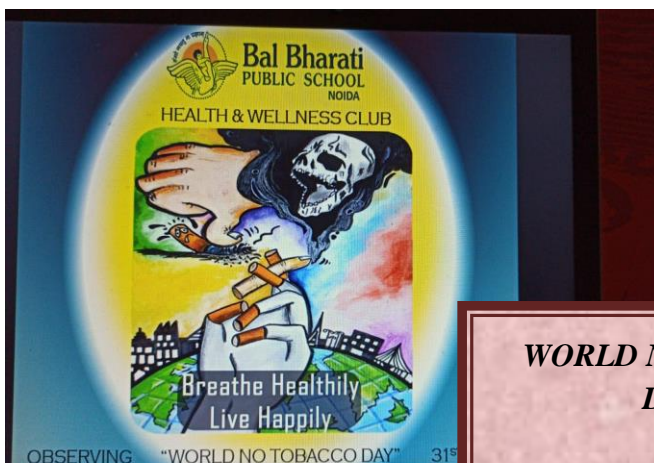
### REPORT FOR THE PERIOD : APRIL 2020 - MARCH 2021

S. NO.	DATE/ MONTH	OBJECTIVE	ACTIVITY	LEARNING OUTCOME
01.	7 April 2020	To observe World Health Day  Stay Home, Stay Safe and Happy	A challenge to spread the knowledge of staying fit and healthy, practice good hygiene and health care regime on a daily basis was given to staff, students and parents..	Students could understand the importance of staying fit Students from all classes enthusiastically accepted the challenge and shared the videos. Ranya Pandey of Class X A was given special applaud by Principal ma'am for her fitness
02.	April May 2021	To spread awareness for preventive measures of Covid 19	Messages and Liasion for staff and their families, Posters shared on Facebook Page of Health and wellness club	All Bal bharati parivar members were taught the importance of masks and social distancing. Masks were distributed through DIOS to underprivileged.
03.	29 April 2020	To disseminate information during global crisis of Covid 19	Hriday Webinar- To promote healthy living in pandemic	Could enhance awareness about Covid 19 for risk mitigation and preventive steps.
04.	05 May 2020	To observe World Asthma Day	A live webinar was attended by Staff members on Being Ready to meet Asthma challenge in school students..	Asthma manual was released and shared with parents via broadcast groups. A movie Easy being Wheezy and Our Principal ma'am's message was shared by Lung Care foundation on their social media platforms
05.	31 May 2020	To Observe World No Tobacco Day	Webinar for Students and staff-Protecting Youth from industry manipulation and preventing them from tobacco and nicotine use.	Quit Smoking/ Quit Tobacco to be a winner. Informative sessions to spread awareness of the dangers related to tobacco and the preventable diseases and death it causes.

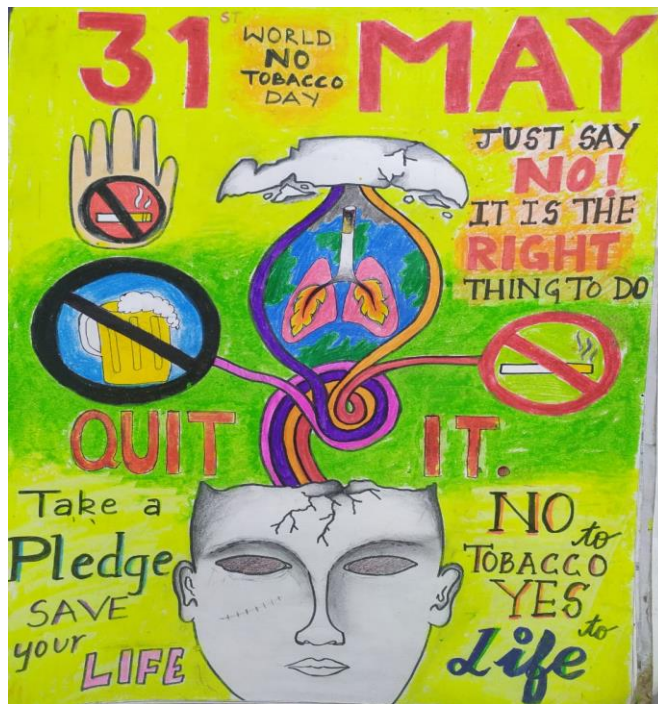
<b>06.</b>	05 June 2020	Plantation Drive on World environment Day	Plantation drive students attended a workshop , Skit and Art Work Exhibition.	A great learning in workshop by eminent environmentalists. Students could showcase their talent by artwork and skit at University of Chicago at connaught place
<b>07.</b>	21 August 2020	To innovate and present ideas for a green city	Design a green city, fight Lung diseases.	BBPS Students secured 2nd position and Silver Medal by chief guest RJ Abhishek from Radio Mirchi. on the basis of our innovation and ideas to curb air pollution keeping in mind about asthma and lung related disorders.
<b>08.</b>	03 September 2020	An online informative and enriching session, for staff members and parents.	Webinar "Eyes Stress and ENT manifestations during corona pandemic"	A great learning platform where students could interact with School Principal Mrs Asha Prabhakar along with Dr K K Agarwal, Padamshree awardee
<b>09.</b>	2 October 2020	To celebrate Gandhi jayanti.	Plogging Face Painting, Drone making, No Idling Campaign	Children could comprehend the importance of Hands on innovative activities.
<b>10.</b>	4 - 5 November 2020	To participate in Health Mela Events - Harmony & Ecofest National Inter School Competitions on digital platform .	Yoga Poem Singing Painting Qawwali Mono Act Dance Slogan Writing Science Model	Students secured winning positions and brought laurels. Could comprehend healthy competitions boost confidence.
<b>11.</b>	27 November 2020	An awareness session – Be Aware! Take Care!!	A virtual interaction with Dr Rahul Mehra, Tarang Health Alliance	Health Campaign was taken up for classes IV - VIII by health ambassadors of class XI Biology students
<b>12.</b>	01 December 2020	To observe World AIDS Day	Webinar - You don't have to be positive to think positive.	A webinar for classes VIII – XI and staff was conducted by Padamshree Dr KK Aggarwal from HCFI and School Principal Ms Asha Prabhakar
<b>13.</b>	27 November 2020	An insightful and informative webinar on Organ and tissue donation	Webinar Conducted by: Nehru planetarium and Organ India	"Anything that You do for the welfare of the society is sacred" and we should follow the motto: Don't hesitate, Donate!
<b>14.</b>	04 December 2020	To observe Hepatitis day 'Viral Hepatitis in COVID times'	Webinar organized by: ILBS The session on Liver health and viral hepatitis in Covid times by: Dr. SK Sarin and Dr. Ekta Gupta about our largest organ and the	Students could understand liver health and 3 major causes of liver damage i.e Virus, fat and alcohol. An enlightening note by health minister to encourage young learners.

			<p>seat of the soul: Our Liver. Poster making Skit competitions</p>	<p>Deputy CM Mr. Manish sisodia talked about making the fight against Hepatitis a mission children should educate everyone about Hepatitis and treat the Hepatitis patients as equals.</p> <p>. Khyati of class 6 A of BBPS Noida was awarded cash prize with certificate in poster making event.</p>
<b>15.</b>	11 December 2020	An interactive lecture on How to keep our ecosystems healthy by DIOS Dist G B Nagar and MIEF.	<p>Speaker: Ms. Monika koul from Hansraj college DU with Dr Uday Kakroo Director Millennium India education for awareness regarding ecosystems and how we can contribute towards our ecosystems.</p>	<p>Students could understand degraded Vs healthy Eco systems and why it is so important to save them. Participants took individual initiatives of reducing our carbon footprint, recycling waste and submitted Ecosystem Project as a follow up activity as desired by DIOS.</p>
<b>16.</b>	08 January 2021	To observe World Cancer Day – Dharamshila Cancer Foundation and Research center.	<p>Inservice training of staff of BBPS Noida and sister schools was hosted by School Principal Mrs. Asha Prabhakar with Dr S Khanna President DCFRC</p>	<p>An informative session on Cancer Prevention and importance of early diagnosis is key to long life and fight away cancer.</p>
<b>17.</b>	April - March	BEST CLUB KEEPING LUNGS HEALTHY INITIATIVES	<p>Online Quiz Simulation Essay Writing Saaf Hawa Saaf Nagrik</p>	<p>BEST Club team of BBPS Noida stood at first position which made them an overall winner in Delhi NCR</p>
<b>18.</b>	July – December	Girl Empowerment Project – Go Laadli	<p>Online Project submission – Go Laadli NGO based in U SA</p>	<p>Shruti Sahwney won the Competition and earned scholarship for her college studies.</p>

# GLIMPSES OF THE ACTIVITIES UNDERTAKEN BY THE STUDENTS DURING THE PERIOD APRIL 20-MARCH 21







**PERFECT HEALTH MELA**  
EXHIBITIONS, COMPETITIONS & CHECK UPS & ENTERTAINMENT!

**Bal Bharati PUBLIC SCHOOL**  
Sector -21, Noida

**HEART CARE FOUNDATION OF INDIA**  
A Not-For-Profit Organisation

**Harmony & Ecofest National Inter School Competitions**

<b>EVENT : YOGA</b> <b>ADITI NEGI</b> <b>3rd</b>	<b>EVENT:POEM</b> <b>NAVYA THAPLIYAL</b> <b>3rd</b>
<b>EVENT:QAWWALI</b> <b>RUCHIKA CHATTERJEE</b> <b>3rd</b>	<b>EVENT:SINGING</b> <b>DEVANSHI AGRAWAL</b> <b>2nd</b>
<b>EVENT:DANCE</b> <b>AARUSHI MEHTA</b> <b>3rd</b>	<b>EVENT:SCIENCE MODEL</b> <b>KUSHAGRA PANT</b> <b>2nd</b>
<b>EVENT:SLOGAN WRITING</b> <b>JHANVI TANDON</b> <b>3rd</b>	

**TEACHER INCHARGE:**  
**VIDHI OBEROI**





## WORLD HEPATITIS DAY LIVER HEALTH IN COVID



**HEART CARE FOUNDATION OF INDIA**  
DR. RAJ K. AGGARWAL, President

**PERFECT HEALTHMELA**

**Co-organizer**

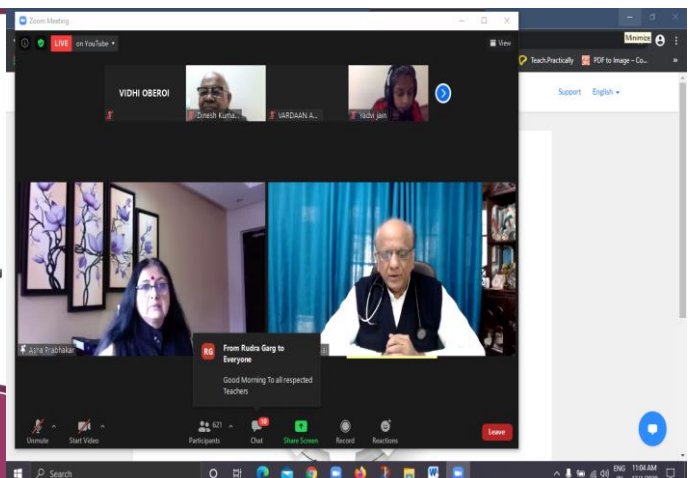
**JOIN US FOR LIVE**  
zoom

**President HCFI is inviting you to join virtual meeting.**  
**Topic: ENT manifestations of Corona Virus (Covid 19)**  
3<sup>rd</sup> September | Thursday | 4 PM - 5 PM

**JOIN ZOOM MEETING**  
<https://us02web.zoom.us/j/94147311677>  
Meeting ID: 941 4731 1677

**Live on Facebook**  
[facebook.com/dr.kk.aggarwal](https://www.facebook.com/dr.kk.aggarwal)

Please enter your full and correct information while registering your details on zoom because a certificate provided on your email.



## ENT MANIFESTATION OF COVID 19





## Dharamshila Cancer Foundation And Research Centre

in collaboration with

In Service Training Centre  
(UNDER THE AEGIS OF BAL BHARATI PUBLIC SCHOOL, NOIDA)

is organising a

WEBINAR ON

## CANCER PREVENTION

Speaker



**Dr. S. Khanna**  
Founder cum President, DCFRC

Co-Host



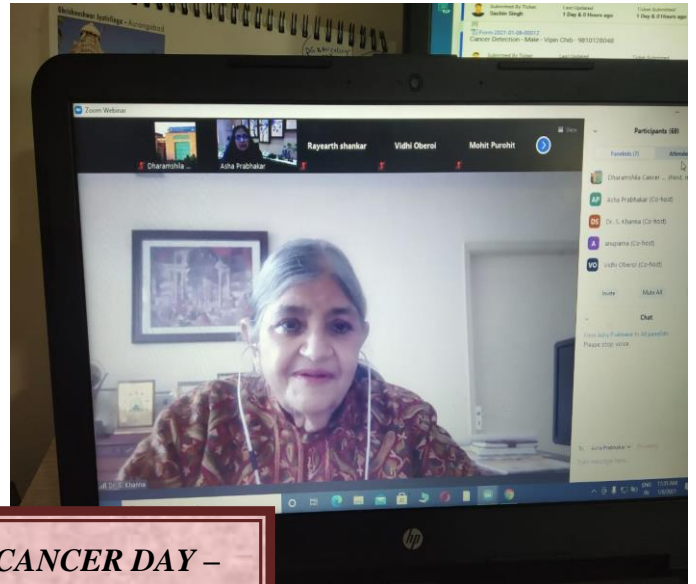
**Ms. Asha Prabhakar**  
Principal - Bal Bharati Public School, Noida  
Joint Secretary - National Programme School Counselling

08 Friday 2021, Friday | 11:30 AM Onwards

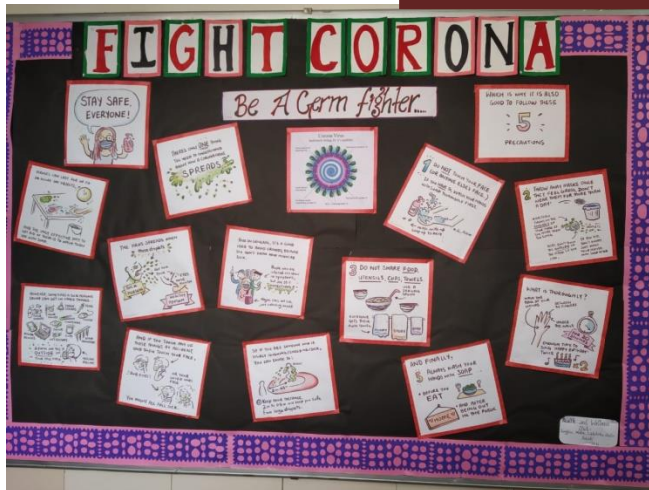
ZOOM WEBINAR ID: 878 3628 0811 | PASSWORD: Prevention

For any query or assistance please reach  
+91 9999957572 | vineet.pankaj@noida

LINK TO JOIN WEBINAR



**WORLD CANCER DAY –  
EARLY DIAGNOSIS IS  
THE MANTRA**



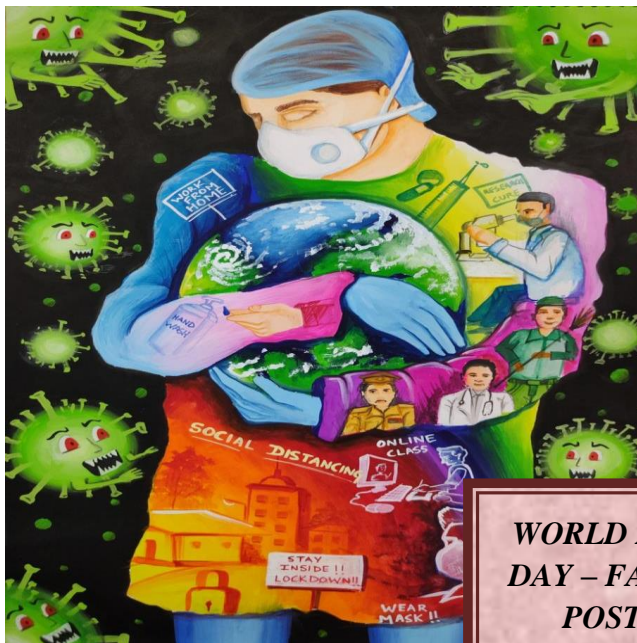
**STAY HOME, STAY SAFE  
FIGHT COVID 19**








## ORGAN DONATION DAY




## WORLD ENVIRONMENT DAY – FACE PAINTING & POSTER MAKING





## WORLD AIDS DAY

1st December 2020





**An awareness campaign for classes VI and VII**

**Topic- " Be aware, Take care"**

**SPEAKERS**

Abhinav Kumar Jha, XI B  
 Priyanka Ghosh, XI B  
 Sneha Solanki, XI B  
 Mohit Purohit, XI B  
 Harsh Yadav, XI B

 27th November,  
 Thursday  
 11.30 AM IST

**"Prevention is better than cure. Especially when something has NO CURE."**





**B.E.S.T. Club | Delhi**  
**2<sup>nd</sup> Inter-School Competition Results**



***BEST CLUB – SAAF  
HAWA, SAAF NAGRIK***



**Inter-School Competition | Delhi**

**Our Vision Of A Green City**

Total Score (out of 120)



D.A.V. Public School,  
Pushpanjali Enclave

Mother's Global  
school

**Inter-School Competition | Delhi**

**Our Vision Of A Green City**



**Team**

**Bal Bharati Public  
School, Noida**

Total Score  
(out of 120)



***NO IDLYING CAMPAIGN***





**Teacher In-charge: Ms. Vidhi Oberoi**