



HEALTH AND WELLNESS CLUB

CLASSES : VI-VIII

REPORT FOR THE PERIOD – JUNE- AUGUST 2021

S. NO.	DATE/ MONTH	OBJECTIVE	ACTIVITY	LEARNING OUTCOME
01.	1st June 2021 to 4th June 2021 (01.06.2021 - 04.06.2021)	A quick and informal assessment of students' knowledge regarding the burning and trending issues considering this year's environment day theme. Theme - Generation Restoration.	Week long (four day) online live quiz was organised on Lung care foundation's instagram handle. Best entries were given a shoutout. Planned by school representatives and S.H.A.N leaders - Mehak Tiwari (XII), Piyush Sharma (XI), Janhavi Tandon (X) and Devanshi Agarwal (X)	-Tend to feel more close to the environment - Placed in right attitude of learning - Healthy competition - Motivation
02.	1st June 2021 to 5th June 2021 (01.06.2021 - 05.06.2021)	World Environment Week was celebrated in order to generate awareness about the significance of nature, best practices to protect mother earth as well as express our gratitude.	Webinars and Interactive sessions were organised by the Lung care foundation focusing on different aspects like Green Jobs, Carbon footprint, Solid waste management.	-Students broaden their skills, as well as their understanding of the environment. -This also allows students to attain new knowledge and skills that can supplement/ complement the field of environment.
03.	5th June 2021	World Environment Day	An educational video was released 'Time for Nature : Today or Never' by the students aka S.H.A.N. Leaders under the aegis of Lung care foundation. Contributors - Piyush Sharma (XI) Mehak Tiwari (XII), Janhavi Tandon (X), Devanshi Agarwal (X).	- Students raised their voice - Educated others - Increased awareness and consciousness.
04.	5th June 2021	World Environment Day	Digital poster was released on the official fb page of the health club. A word search was also shared. Prepared by the	- Awareness -Inquisitiveness -Brainstorming -observing skills enhanced

			students of B.E.S.T. Club and Health and wellness club at school.	
05.	June- July 2021	To help rural people with medicines and essentials during the aftermath of second wave and ongoing pandemic	Lung care Foundation organised a fundraising campaign where S.H.A.N. Representatives were asked to fundraise the campaign. This campaign was known as H.O.P.E. Ambassadors. From BBPS Noida H.O.P.E. Ambassadors were Mehak Tiwari(XII), Piyush Kumar Sharma (XI), Devanshi Agarwal (X) and Janhavi Tandon.(X).	<ul style="list-style-type: none"> - Learned the art of 'seva parmo dharma' -Increased communication skills - Opportunity to establish one's own social circle.
06.	16 June 2021	Webinar BEST club	Understanding Covid 19 Tuberculosis And Air Pollution	Enriching informative session
07.	1 July 2021	Doctors Day	Creative and Awareness message to be thankful.	To create awareness and Spread message to be thankful and kind
08.	2 July 2021	HCL and Clean Noida Chakachak E-pathshala - First e-learning course on Solid waste management. -Through this course, it is intended to inform and equip individuals above 13 years of age on the need to manage waste effectively and sustainably, from the comfort of their home.	The course comprises a series of five episodes which would take approximately 93 minutes to complete all the videos. In this programme Shruti Sawhney(XII), Mehak Tiwari(XII) and Devanshi Agarwal(X) scored above 80% due to which they received a certificate of completion and an amazon gift voucher worth Rs. 250 as token of appreciation.	<ul style="list-style-type: none"> - Learned about the best hacks to manage waste properly. -Brainstorming -Knowledge -Strong motivation
09.	28 July 2021 (28.07.2021)	World Nature Conservation Day	HCL Foundation under its Clean Noida project along with Pararthy SDECS, a social arm under the umbrella of Viraaj Ventures and Uttar Pradesh Forest Department organised a cleanliness drive at Okhla Bird Sanctuary. Mehak Tiwari (XII), Appurva Aggarwal (XII) joined the Webinar on World Nature	<ul style="list-style-type: none"> -Knowledge about best hacks on nature conservation. -Amazing experience

			Conservation Day on 27th July.	
10.	16th July 2021 and 30th July 2021	Go Laadli (U.S. based) Girl Advisory Board Launch - With this the members interacted and deliberated on women-centric issues.	In 2019 Mehak Tiwari and Shruti Sawhney (XII) were selected as Go laadli Girl advisory board members but due to the pandemic meetings couldn't be organised offline so in 2021 in the month of July Girl Advisory board launched.	-Interactive -Communication -soft skills
11.	June- July	Young Warrior movement by UNICEF, CBSE, Ministry of Sports	Young Warrior movement by U-report and UNICEF in which during this pandemic how to deal with COVID -19 through immunity, and mentally and after successful completion of a task a certificate of completion was awarded.	-Soft Skill - Hard skill
12.	June-July-August	B.E.S.T. Talks 2.0 and webinars.	Lung Care foundation on a regular basis twice or thrice a month organises B.E.S.T Talks and webinars for better understanding as a part of Green generation and honours the enthusiasm of attendees by awarding them with a participation certificate.	-Knowledge -strategies -best practices -enlightening sessions
13.	28th July 2021	World Hepatitis day	Creative To disseminate information on the theme – Hepatitis can't wait.	Know Hepatitis! Get Tested!! Demand Treatment!!!
14.	28th July 2021	S.H.A.N, Project (Saaf hawa aur nagrik) under Lung care foundation completion.	Mehak Tiwari (XII) was the only student who got selected from 250 selected candidates for SHAN 2020 as representative and her tenure has been completed upon which she was honoured by Public Affairs Section, U.S. Embassy, New Delhi and Lung Care Foundation	-Work management -Advocacy -Awareness -Confidence -Communication
15.	30 July 2021	B.E.S.T. Club 2020	All the executive	-Teamwork

			members , president and vice president, were honoured with a LOR and certificate from the lung care foundation upon successful completion of their tenure. New teams and tasks have been initiated.	- unity -leadership
16.	2nd August 2021	HRIDAY and GYM Debrief Meet	Building on discussions during pre-GYM workshop and GYM 2021,HRIDAY and WHO planned a series of capacity building activities until November 2021, including a Leadership and Communications workshop for 61 youth champions from India (who participated in the pre-GYM workshop) representing 13 states in India, in collaboration with WHO Country Office for India.	-To fulfill the south asian declaration -confidence -clarity - leadership From our school, a team including Mrs. Vidhi Oberoi and a student team including Nitya Tiwari, Janhavi Tandon, Mehak Tiwari, Apekshaa Jalota, Devanshi Agarwal are selected.
17.	13 th August 2021	World Organ Donation Day	Awareness Webinar by ORGAN INDIA. Observed Green T Shirt Day	To create awareness and To disseminate information. To motivate people for donating organs after death.
18.	20th August 2021	B.E.S.T Club and BBPS Noida B.E.S.T Club celebrated its 3year anniversary	B.E.S.T. Club Turns 3! On 20 August 2018, LCF started It's journey with 550 students and mentors of Delhi - NCR committed to the vision of Happy Healthy Lungs. Today it's a strong army of 3,432 students and mentors across different cities of India.	-Cherishing 3 years of Guinness World Record of making human lungs
19.	22 August 2021	RAKSHA-VATAVARAN	On the occasion of raksha bandhan families and siblings pledged to protect the environment and this campaign was named as raksha vatavaran	-Brotherhood -Promise -Responsibility -Duty

GLIMPSES OF THE ACTIVITIES UNDERTAKEN BY THE STUDENTS DURING THE PERIOD JUNE-AUG 21 :



Docee: Meaning to teach: They Deliver your health!!



“ We have not lost faith, but we have transferred it from God to the medical profession.



Happy Doctors' Day 2021

- Doctors are the true super hero in the life of every individual
- The exceptional contributions made by them in medicine are testified very well during the arduous times of the COVID-19 pandemic
- National Doctors' Day is marked on varied days across the world to pay tribute to the selfless contributions of doctors
- India signifies the birth and death anniversary of Bidhan Chandra Roy on July 1 for this national day

BEST
LUNG CARE FOUNDATION
THINKING ONLY THE BEST CLUB

Thanks for enlightening our path ..
Heartfelt tributes

BAL BHARATI PUBLIC SCHOOL, NOIDA
B.E.S.T CLUB
Wishes
World Environment Day 2021
5th June 2021
Theme - Ecosystem Restoration

Pakistan will be hosting the event this year in partnership with the UN Environment Programme (UNEP)

Pakistan plans to expand and restore the country's forests through a 10 Billion Tree Tsunami spread over 5 years.



It is time we humans realize that we co-exist with other elements of nature. Throwing light on this message, the #BESTLeaders are here to share some facts and solutions to Reimagine, Recreate & Restore our relationship with nature.

Watch the video till the end to learn ... See More



You, Janhavi Tandon and 24 others

26 4

WORLD ENVIRONMENT DAY – CO EXIST



**UNDERSTANDING
AIR POLLUTION & CLIMATE CHANGE**
For Human & Environmental Health

Wednesday, June 16, 2021 | 5 PM - 6 PM

Guest Speaker

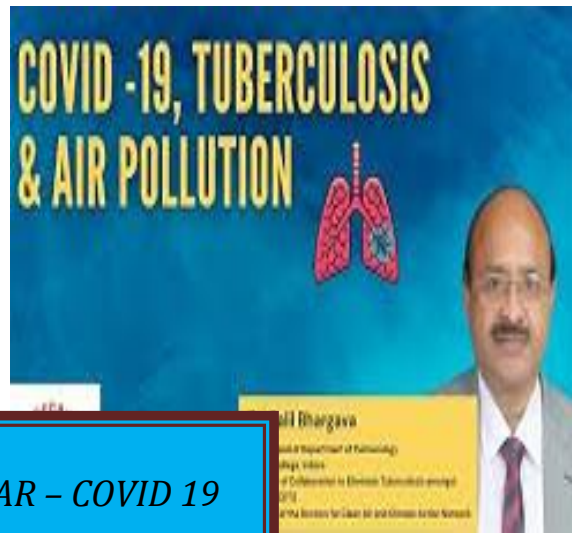


Shweta Narayan
Coordinator /Advisor
Healthy Energy Initiative, India

Register here to join the session
bit.ly/besttalks9

ZOOM webinar session


E-Cert for all attendees



COVID -19, TUBERCULOSIS & AIR POLLUTION

Dr. Anil Bhargava
Head of Department of Pathology
Dr. B.S. Pathy
of College of Medical Sciences
Dr. B.S. Pathy Institute for Clean Air and Climate for the South

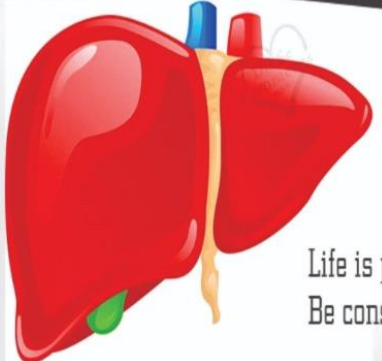
WEBINAR – COVID 19



Bal Bharati PUBLIC SCHOOL
Sector-21, Noida, G.B. Nagar

**World Hepatitis Day 2021
Hepatitis Can't Wait**

Hepatitis-B is a disease that affects the liver and can take the form of liver cancer. Loss of appetite, repeated fever, feeling more tired, nausea, vomiting are initial signs of the infection. The body is permanently affected when the virus targets the liver of the patient. People living with hepatitis can't wait for life saving treatments. Hepatitis B testing and treatment for pregnant women can't wait. We can prevent transmission from mothers to their babies Newborn babies can't wait for their hepatitis-B vaccination at birth people affected by hepatitis can't wait to be protected against stigma and discrimination. Community organisations and Decision makers can't wait and must act now to make hepatitis elimination a reality.



WORLD HEPATITIS DAY

Life is precious.
Be conscious.

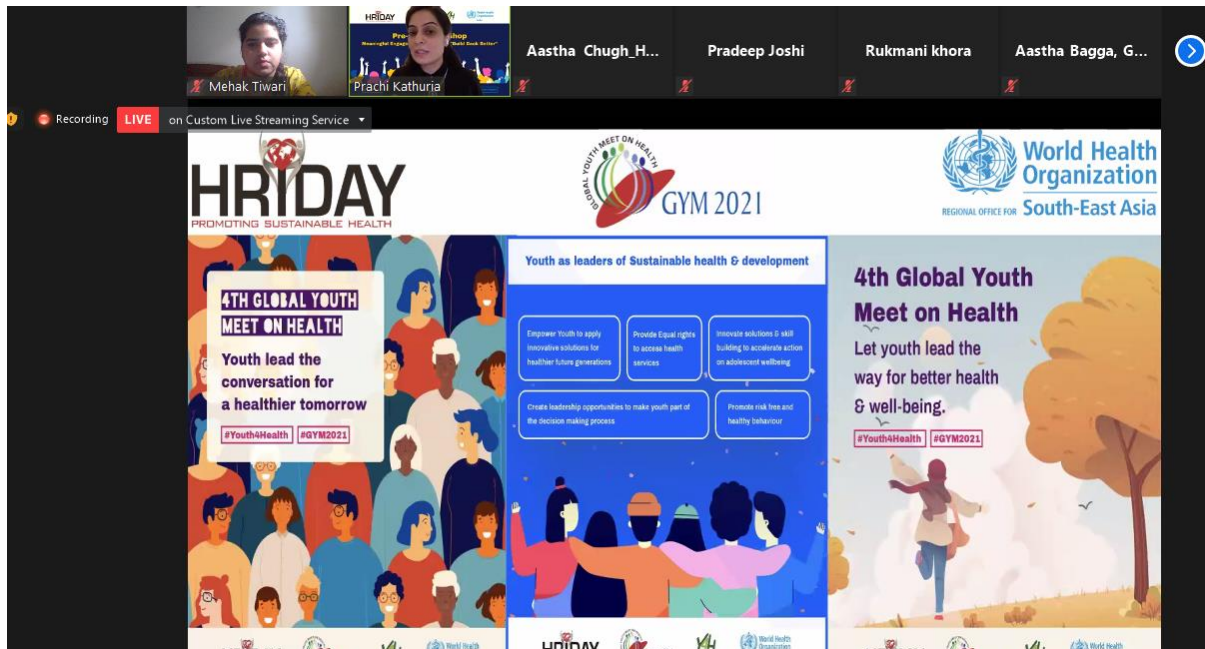
KNOW IT. CONFRONT IT.

GIVE LOVE & CARE: NOT HEPATITIS!!

WORLD HEPATITIS DAY



**SAAF HAWA AUR
NAGRIK**



**WHO GLOBAL YOUTH HEALTH
MEET: HRIDAY**



GLIMPSES OF WHO GLOBAL YOUTH MEET - HRIDAY

Clean Noida - HCL Fo...
2 hrs

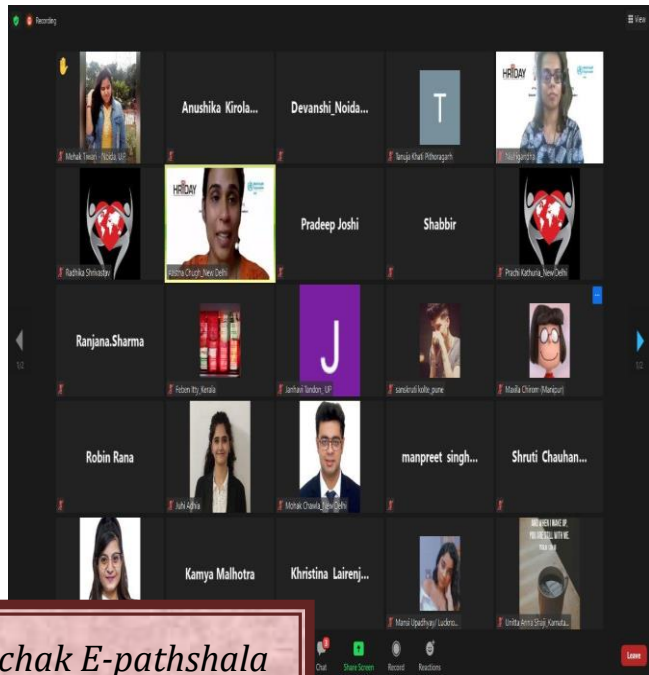
Congratulations to all of you who stood out to all of you who scored 80+

Noida, Uttar Pradesh
Amrita Pandey
Gulshan Kumar
Vivek Tiwari
Pratham Chauhan
Shruti Sawhney
Mehak Tiwari
Rashi Yadav
Devanshi Agrawal

Ghaziabad, Uttar Pradesh
Vivek
Sushant Verma
Devansh Bhatnagar
Prerika Chauhan
Avika Chauhan

Varanasi, Uttar Pradesh
Sudhanshu Singh
Shalini Pal
Khushi Singh
Shashiwat Singh

Reply...



Chakachak E-pathshala
- First E-learning



Bal Bharati Public School, Noida B.E.S.T. Family celebrates its three years of togetherness!! Counting more



Cherishing three years of Guinness World Record



Celebrating three years of commitment
Celebrating three years of Happy Healthy Lungs!!



Harsh Bajaj (Vice President - 2018)



Piyush Kr. Sharma (Active executive member, President (2020-2022))



Mehak Tiwari (Communication lead- 2018, President- 2019 Secretary-2020)



Aditya Mehta (Member)



Janhavi Tandon (Executive member, communication lead 2020)



Devanshi Agarwal (Communication Lead - 2020, Vice President - 2021)



Chandni Saxena (Active Member since three years)

RAKSHA VATAVARAN
रक्षा वातावरण
ਰਕਸ਼ਾ ਵਾਤਾਵਰਣ
حفاظتِ ماحول



हमारा वादा, वातावरण की रक्षा
We pledge to protect our environment

Raksha Vatavaran

RAKSHA VATAVARAN
रक्षा वातावरण
ਰਕਸ਼ਾ ਵਾਤਾਵਰਣ
حفاظتِ ماحول



हमारा वादा, वातावरण की रक्षा
We pledge to protect our environment



Teacher In-charge: Ms. Vidhi Oberoi