



**Bal Bharati**  
PUBLIC SCHOOL

Sector-21, Noida, G.B. Nagar

Circular No.53/2021-22

Date: 23 Nov, 2021

## **HEALTH EDUCATION** **CLASS VI**

*"By education, I mean an all round drawing of the best in child and man in body, mind and spirit"*  
- Mahatma Gandhi

Dear Parents,

For every child to reach his or her full potential, they need to lead a healthy lifestyle. This encompasses mental, physical and social health. In order to achieve this goal, Bal Bharati Public School, Noida, in association with Tarang Health Alliance, has started a pilot project of imparting 'Health Education' curriculum in Class VI (2021-22).

The curriculum of Health Education focuses on developing healthy eating habits and skills. This will help our young students to lead a productive and fulfilling life, and also reduce the prevalence of diseases and injuries.

Parents are our key stakeholders and can have an important role as influencers when it comes to shaping students' healthy eating habits. We would like the parents to know what the child is learning and suggest how you can help your child make healthy food choices.

In association with Dr. Rahul Mehra, Chairman, Tarang Health Alliance and Indian Health Alliance, the school would conduct online sessions for the parents of Class VI on every 1<sup>st</sup> Saturday of the month from 07.00 to 08.00 p.m. Link for the same will be shared in respective Broadcast Groups.

Looking forward to your support in this endeavour.

*Asha Prabhakar*

**Asha Prabhakar**  
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

### Distribution

VPL, HMs  
Broadcast Groups (VI)  
Class Reps & Website I/C



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