

## REPORT

### World Iodine Deficiency Day 2023

**Date: 21.10.2023**

**Classes: I - V**

**Theme: World Iodine Deficiency Day**

*"Iodine: Nourishing thyroids, fostering cognition—its indispensable essence fortifies the foundation of holistic health."*

The school observed World Iodine Deficiency Day on the 21st of October 2023, focusing on raising awareness about the crucial role of iodine in maintaining good health among the students. Students from Classes I to V participated in various educational and creative activities.

The students were shown a PowerPoint presentation which provided an informative overview of World Iodine Deficiency Day. The presentation included key facts, statistics, and visuals to enhance understanding. Additionally, a quiz session was integrated into the presentation to actively involve students and reinforce the learned concepts. This facilitated interactive learning, ensuring that students grasped the importance of iodine-rich foods and measures to prevent deficiency.



**Students watching the presentation on World Iodine Deficiency Day**



**Class I – II: Poster making**

Students from Classes I and II engaged in a creative poster-making session with the thematic focus on "Celebrating Iodine-Rich Foods." Students exhibited their artistic proficiency by crafting vibrant posters, emphasizing the significance of iodine-rich foods such as fish and salt. The inclusion of impactful messages like "Iodine keeps us strong" etc effectively communicated the importance of integrating these foods into our daily diet.

Students of Class III – V participated in a more analytical exercise—mapping the importance of iodine in our diet. Each student meticulously constructed a mind map with the central theme "Iodine Deficiency and Prevention." The branches encompassed key categories, including "Consequences," "Sources of Iodine," "Symptoms," and "Prevention." This activity not only refined their research skills but also demonstrated a comprehensive understanding of the subject matter, underscoring the critical role iodine plays in sustaining good health.



**Class III – V: Mind map making**

The diverse activities conducted across different classes not only heightened awareness but also instilled a sense of responsibility among students to incorporate iodine-rich foods for their overall well-being. The activities showcased the school's commitment to holistic education, encompassing both physical and nutritional aspects. Overall, the celebration of World Iodine Deficiency Day at our school seamlessly integrated creativity and education, imparting valuable insights into the significance of iodine in our diet.

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