

REPORT
BAL SABHA ACTIVITY (2024-25)
HEALTHY BASKET

Date:10.04.24

Classes:I& II

Theme:World Health Day

“Health is a state of complete harmony of the body,mind,and spirit.”

Introducing primary students to World Health Day holds paramount importance in fostering a lifelong commitment to well-being. This global observance offers a unique opportunity to instill awareness and understanding of health-related issues from an early age. Empowering students at the foundational stage with this knowledge not only promotes healthier lifestyles but also cultivates a generation of informed global citizens invested in collective well-being.

"Fruitful Creations: Exploring Healthy Choices!"

On World Health Day, primary students engaged in a vibrant paper pasting activity aimed at promoting awareness about healthy lifestyles. They were guided to paste the paper cutouts in fruits and vegetables and draw sleeping lines to represent water in the drawing of a water bottle.



Through this hands-on experience, the students not only showcased their creativity but also learned about the significance of nutritious diet and physical activity for overall well-being.

"Colourful Collage: Building Healthy Habits, Bite by Bite!"

Through this activity conducted on World Health Day, students gained knowledge about various fruits and their nutritional benefits, fostering awareness of healthy food choices. They also developed fine motor skills and creativity while creating vibrant fruit collages, promoting artistic expression and appreciation for wholesome eating habits.



"Healthy Hands, Happy Hearts: Crafting with Fruits & Veggies!"

Report submitted by:
Ms. Meena Aggarwal

Supervision: Mrs. Vinaya Pujari
(Headmistress Primary)