



**REPORT**

**BAL SABHA ACTIVITY (2024-25)**

**“HEALTHY HABIT HANDPRINT”**

**GOOD HEALTH BEGINS WITH GOOD HABITS**

Date : 24.07.24

Classes : I & II

Theme : HEALTHY HABITS

To promote the awareness of healthy habits among our young students, a Bal Sabha activity was organized for Classes I and II. The primary aim was to encourage children to identify and adopt healthy habits through a creative and engaging approach. The activity required students to write one healthy habit inside the handprint. This hands-on activity was designed to foster self-awareness and reinforce positive behaviors in an enjoyable manner.



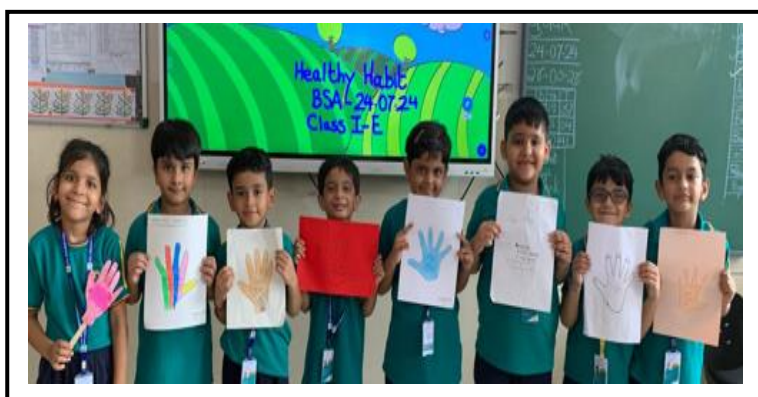
“Little hands, Big habits”



“Proudly displaying their healthy handprints”

The activity not only engaged students creatively but also made them conscious of their daily routines and choices. The activity was a great success and had a significant impact on the students. By writing down their healthy habits, students became more aware of the importance of following good practices, such as eating nutritious food, washing hands regularly, and staying active. The creative approach helped them internalize these habits.

The Healthy Habits activity for Classes I and II was an excellent initiative that combined creativity with learning. The enthusiastic participation and the impressive entries demonstrated the students' understanding and commitment to leading a healthy lifestyle.



“Healthy Habits in hands”

Here is the result highlighting the best three entries based on originality, creativity and overall presentation:

S.No.	NAME	CLASS	POSITION
1	ARSHPREET KAUR	I-E	FIRST
2	AHANA MATHUR	II-B	SECOND
3	NIA TRIPATHI	II-A	THIRD

Report submitted by:  
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