

# **JINDAL ADARSH VIDYALAYA**

## **HEALTH CLUB**

### **DECLARATION:**

We Jindal Adarsh Vidyalaya & Jindal Pre University College, "Ensure the provision of comprehensive health and education and related support services in schools to equip children with basic life skills for healthy living, which will lead to improvements in child survival and educational outcomes, including school enrolment, retention and academic performance".

### **Responsibilities of the Health Club**

- As an organizer of all health relevant activities (at least 8-10 activities in the year at each level).
- As a Resource Centre for the overall wellbeing of students.

### **Objectives of the Health Club**

- To create Health Cards for each student
- To create a health newspaper at least twice a year/poster competition related to health issues
- To conduct surveys on health related concerns
- To organize 'health walks' as part of social campaigns
- To organize health fairs and immunization projects
- To tap the local resources in the community to arrange health talks
- To render service in any area affected by a disaster or a calamity
- To create health help, line within the school to distress, cope with emotional and social behaviour and to clarify misconceptions regarding sexual and reproductive health
- To teach the students techniques of yoga and meditation from an early age
- To inculcate in the students healthy and positive ways of living
- To teach health songs on various health topics
- Celebration of important days (World Health Day - April 7)
- Creating awareness regarding 'World No Tobacco Day' (May 31), 'World AIDS Day' (December 1) etc.

CONSTITUTIONAL BODY	KG-II	III-V	VI-VIII	IX-XII
Convenor	Mr. Prashant Muley	Mr. Prashant Muley	Mr. Prashant Muley	Mr. Prashant Muley
Secretary	Ms. Bhagyavathi Gajula	Ms. Bhagyavathi Gajula	Mr. Kotreshwara N	Mr. Kotreshwara N
Teacher Representative	Mr. Yarriswamy	Mrs. Sunita Gandhi	Mr. Kotresh	Mr. Hanumanthappa
Student Representative	Akankhya Priyadarshini	Srinidhi Rez	Richal	Shreeraksha
Parent Representative	Ms. Soumya	Dr. Shashirekha	Sundeeep More	Abdul Khadar

### LEVEL WISE SUGGESTED ACTIVITIES

MODULE	KG-II	III-V	VI-VIII	IX-XII
<b>Know yourself</b>	<ul style="list-style-type: none"> <li>Yoga and meditation</li> <li>Drawing a picture of oneself</li> <li>Pasting a photograph</li> <li>Palm Printing / foot printing</li> <li>Rhythmic Exercises</li> <li>Poem / Rhymes / Recitation</li> <li>Role Play on Body Parts</li> <li>Matching of Flash Cards</li> <li>Self-awareness / diary</li> <li>Sensitivity based Theatre</li> <li>Check up by doctors/ dentists</li> <li>Health Card</li> <li>Counselling</li> <li>Ten Sentences on oneself Physical/ Social/Society</li> <li>Likes and dislikes</li> <li>My list of favourites</li> <li>Any other....</li> </ul>	<ul style="list-style-type: none"> <li>Yoga and meditation</li> <li>Drawing a picture of oneself</li> <li>Pasting a photograph</li> <li>Palm Printing / foot printing</li> <li>Rhythmic Exercises</li> <li>Poem / Rhymes / Recitation</li> <li>Role Play on Body Parts</li> <li>Matching of Flash Cards</li> <li>Self-awareness / diary</li> <li>Sensitivity based Theatre</li> <li>Check up by doctors/ dentists</li> <li>Health Card</li> <li>Counselling</li> <li>Ten Sentences on oneself Physical/ Social/Society</li> <li>Likes and dislikes</li> <li>My list of favourites</li> <li>Any other....</li> </ul>	<ul style="list-style-type: none"> <li>Yoga &amp; meditation</li> <li>Assembly themes</li> <li>Tapping resources from neighbor-hood / community for health, hygiene &amp; personality</li> <li>Introspection diary</li> <li>Survey of eating joints for their nutritive content</li> <li>Health Card</li> <li>Any other</li> </ul>	<ul style="list-style-type: none"> <li>Yoga and meditation</li> <li>Health Mela</li> <li>Health Newsletter</li> <li>Class Boards Decoration</li> <li>House Boards Decoration</li> <li>Creating recipes</li> <li>Effective use of Home Science lab.</li> <li>Health Card</li> <li>Any other</li> </ul>

<b>Module 2</b> <b>Food and Nutrition</b>	<ul style="list-style-type: none"> <li>Collection of pictures of nutritive/junk food</li> <li>Class party and discussion on food items</li> <li>Dietary charts for the week</li> <li>Jigsaw puzzle presentation</li> <li>Four corners</li> <li>Power point presentations</li> <li>Mandatory to bring one nutritive item</li> <li>Research on food items - balanced items</li> <li>Mothers' recipe book</li> <li>Any other</li> </ul>	<ul style="list-style-type: none"> <li>Collection of pictures of nutritive/junk food</li> <li>Class party and discussion on food items</li> <li>Dietary charts for the week</li> <li>Jigsaw puzzle presentation</li> <li>Four corners</li> <li>Power point presentations</li> <li>Mandatory to bring one nutritive item</li> <li>Research on food items - balanced items</li> <li>Mothers' recipe book</li> <li>Any other</li> </ul>	<ul style="list-style-type: none"> <li>Nutritive Recipe competition</li> <li>Orientation program for parents and students on good food habits</li> <li>A PMI (plus, minus and interesting) on generally observed health problems</li> <li>Survey based on balanced diet of different regions / communities</li> <li>Any other</li> </ul>	<ul style="list-style-type: none"> <li>Extempore</li> <li>Debate</li> <li>Slogan writing</li> <li>Theatre</li> <li>Collage making</li> <li>Panel Discussion</li> <li>Any other</li> </ul>
<b>Module 3</b> <b>Hygiene</b>  <b>Personal and Environmental</b>	<ul style="list-style-type: none"> <li>Tick mark of self-check-list</li> <li>Presentation</li> <li>Value based assemblies</li> <li>Shramdaan (cleaning up of your class at the end of the day)</li> <li>Picking up wrappers/ foils etc., after the break</li> <li>Creating shramdaan clubs</li> <li>Green brigade clubs</li> <li>Posters</li> <li>Outdoor excursions (Speed, stamina, strength)</li> </ul>	<ul style="list-style-type: none"> <li>Tick mark of self-check-list</li> <li>Presentation</li> <li>Value based assemblies</li> <li>Shramdaan (cleaning up of your class at the end of the day)</li> <li>Picking up wrappers/ foils etc., after the break</li> <li>Creating shramdaan clubs</li> <li>Green brigade clubs</li> <li>Posters</li> <li>Outdoor excursions (Speed, stamina, strength)</li> </ul>	<ul style="list-style-type: none"> <li>Board Displays</li> <li>Research Projects</li> <li>Skits</li> <li>Eco-clubs</li> <li>Celebrating Environment Friendly Days</li> <li>Preparing Recycled Paper</li> <li>Visiting a Heritage Site</li> <li>Any other</li> </ul>	<ul style="list-style-type: none"> <li>Resource persons from NGO's</li> <li>Panel Discussion</li> <li>Planting</li> <li>Eco-clubs</li> <li>Planting Sapling and Trees</li> <li>Rain Water Harvesting</li> <li>No Polybag Zone</li> <li>Adopting a National Heritage Spot</li> </ul>
<b>Module 4</b> <b>Physical fitness</b>	<ul style="list-style-type: none"> <li>Warming up exercises before the beginning of each physical education period</li> <li>Pranayama</li> <li>Yoga</li> <li>Physical education periods a must for all schools/all classes</li> <li>Drills/aerobics followed by presentations at the end of every month</li> </ul>	<ul style="list-style-type: none"> <li>Warming up exercises before the beginning of each physical education period</li> <li>Pranayama</li> <li>Yoga</li> <li>Physical education periods a must for all schools/all classes</li> <li>Drills/aerobics followed by presentations at the end of every month</li> <li>Skill based programmes-camps</li> </ul>	<ul style="list-style-type: none"> <li>Competitive Sports</li> <li>Team building</li> <li>adventure treks</li> <li>Leadership camps</li> <li>Health Walks for social issues</li> <li>Swimming</li> <li>Any other</li> </ul>	<ul style="list-style-type: none"> <li>Inter House Competitions based on Aerobics / Yoga / Gymnastics</li> <li>Team building</li> <li>Leadership Camps</li> <li>Running for a Cause</li> <li>Any other</li> </ul>

	<ul style="list-style-type: none"> <li>• Skill based programmes-camps</li> <li>• March/run for health</li> <li>• Any other</li> </ul>	<ul style="list-style-type: none"> <li>• March/run for health</li> <li>• Any other</li> </ul>		
<b>Module 5</b> <b>Safety Measures</b> <b>-Fire, Accidents, Emergencies</b>	<ul style="list-style-type: none"> <li>• Extempore dialogue delivery</li> <li>• Ground rules preparation in classes</li> <li>• Safety activities-sports field/activity period (to be made by students)</li> <li>• Traveling independently (phone numbers/residential numbers)</li> <li>• Learning to communicate Problems-Circle time)</li> <li>• Campaigns</li> <li>• Vigilance committee</li> <li>• Evacuation skills</li> </ul>	<ul style="list-style-type: none"> <li>• Extempore dialogue delivery</li> <li>• Ground rules preparation in classes</li> <li>• Safety activities-sports field/activity period (to be made by students)</li> <li>• Traveling independently (phone numbers/residential numbers)</li> <li>• Learning to communicate Problems-Circle time)</li> <li>• Campaigns</li> <li>• Vigilance committee</li> <li>• Evacuation skills</li> </ul>	<ul style="list-style-type: none"> <li>• Transport drill</li> <li>• Sports Day</li> <li>• First Aid</li> <li>• Showing movies on fire safety drill</li> <li>• Bravery Award</li> <li>• Research based projects</li> <li>• Sexual health education issues related to gender sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>• Fire Brigade Demonstration</li> <li>• Disaster Management</li> <li>• Self - defence techniques</li> <li>• Traffic rules</li> <li>• Theatre-visit to Rehabilitation Centre</li> <li>• Sensitization Programs on substance Abuse</li> <li>• Interpersonal relationships</li> <li>• Parental sessions</li> <li>• Laboratory Safety drill</li> </ul>

Principal

