

# GOPI BIRLA MEMORIAL SCHOOL

Grade 10 Health and Wellness Club

## ANNUAL PLAN

Pooja Duggal

MONTH	CONTENT	ACTIVITIES
April	Defining Health- Good Health as a complete coordination of body, mind and soul.	<ol style="list-style-type: none"> <li>1. Group discussion- Interaction of various elements to create a healthy and progressive society.</li> <li>2. Calculate BMI of individuals and find out a healthy range.</li> <li>3. Deducing the real meaning of being healthy.</li> </ol>
June	International Drug Abuse Day - Ill effects of various bad habits such as smoking, drinking etc. Emotional regulation.	<ol style="list-style-type: none"> <li>1. Slogan writing</li> <li>2. Taking Resolution to fight this menace.</li> <li>3. Stop addiction around us</li> <li>4. Watch your feelings- how we react differently to similar situations.</li> <li>5. Group activity emphasizing rational thinking, affirmations and introspection of actions within and beyond one's locus of control.</li> </ol>
July	Mental health and well-being Stress management Peer support groups Knowledge about good and bad touch.	<ol style="list-style-type: none"> <li>1. Practice of stress management techniques such as breathing, mindfulness and relaxation exercises.</li> <li>2. Creating groups to provide safer environment</li> <li>3. Anger management exercises</li> <li>4. Words of affirmation</li> </ol>
August	First aid - Importance and requirement of first aid	First aid box making activity - each group will create First aid boxes and explain the importance of each item, their use and purpose during an emergency.
September	PA2	
October	Healthy eating awareness - Importance of balanced diet. Potential risks associated with excessive phone use. Practical tips on how to use phone in healthy way.	<ol style="list-style-type: none"> <li>1. Preparing a healthy meal plan for themselves.</li> <li>2. Water consumption awareness activity</li> <li>3. Making informed choices about usage of mobile phones. Maintain a balance between phone time and other activities</li> </ol>
November	Importance of exercise in health	Comic strip showcasing Importance of sports in our daily lives
December	Hygiene and sanitation	Nukkad natak or small skit to spread awareness about Hygiene
January	Health mela - Regular check ups Prevention is better than cure	Creating Health cards- each student will record their health information
February	Lifestyle management - Sedentary life and its disadvantages Incorporating exercises in our lives	Various fitness activities such as laughter yoga, step challenges, dance activity will be conducted