

Health and Hygiene Week (Workshop)

Subject: Tween to Teen a Workshop on adolescent changes (Classes VI & VII)

Date: August 16, 2024

Description: -

The Health and Hygiene awareness program was organized to educate students about the importance of maintaining good health and personal hygiene. The event aimed to promote healthy habits and prevent common illnesses through proper hygiene practices.

The talk was for students of class VI and VII to aware them about adolescent changes a child experience during this age. Doctors have enlightened the vital changes a child experiences at this age, emphasised the importance of sleep, nutrition, and exercise, as well as provided insights into emotional and physical transformations that accompany this stage of life.

Aim/Objective/Learning Outcome of the Activity (in case of subject enrichment activities): - To raise awareness about the importance of health and hygiene including pubertal changes and to encourage healthy lifestyle choices among students. Also to normalize the biological changes among children of this age group.

- Name of the Guests: -**Dr Mukesh Singh, Dr Antra Bharti, Dr Ajay Kumar**
- Name and Signature of the teacher: - Ms. Akanksha Sharma and Ms. Disha Mehrotra



