

## WORLD HEALTH DAY-2025

**DATE:** 7 APRIL 2025

**VENUE:** ITL Public School, Sec 9, Dwarka

**CONDUCTED BY:** Department of Science

**STUDENTS INVOLVED:** Classes I-V

**"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."— Gautam Buddha**

ITL Public School celebrated **World Health Day** with a series of engaging activities aimed at promoting the importance of good health and hygiene among students.

The theme for **World Health Day 2025** is “**Healthy beginnings, hopeful futures**”, focusing on maternal and newborn health.

Students of **Classes I & II** prepared a delicious fruit salad using a colourful mix of fresh fruits. This hands-on activity highlighted the importance of healthy eating. They also took a health oath, made drawings of healthy food, and created a vibrant wreath by pasting cutouts of fruits, vegetables, and other nutritious items, showcasing their awareness of healthy habits.

Students of **Classes III and IV** participated in the creative activity of making **Personal Hygiene Kits**, emphasizing the essential role of cleanliness in maintaining overall health. This hands-on experience helped students understand the practical aspects of hygiene in daily life.

Meanwhile, students of **Class V** showcased their creativity and knowledge by designing **Good Health Flipbooks**, focusing on the significance of a **balanced diet and essential nutrients**. These flipbooks highlighted how healthy eating habits contribute to physical and mental well-being. The celebration successfully instilled in students the value of maintaining a healthy lifestyle and encouraged them to adopt habits that support long-term well-being.



