

Shiksha Bharati Global School

Workshop On Health and Wellness

Date: 30 August 2025

Day: Saturday

Venue: School's Auditorium

A Health and Wellness Workshop was successfully organized on **30 August 2025** at **Shiksha Bharati Global School** with the aim of promoting awareness about the importance of a healthy lifestyle among students, teachers, and staff. The workshop focused on key aspects of **physical fitness, mental health, personal hygiene**, and the benefits of **healthy food choices**. The event featured enthusiastic participation from students of **Classes 1 to 5**, who engaged the audience through interactive sessions, presentations, and demonstrations.

The workshop began with students of **Class 1 and Class 2**, who conducted engaging and informative sessions.

- A **fitness demonstration** showcased **simple exercises and basic yoga postures**, encouraging everyone to stay physically active.
- Students shared insights on **healthy food items** and their benefits, promoting awareness about making nutritious choices.

Their energetic performances and clear messaging effectively conveyed the importance of starting healthy habits at a young age.

The students of **Classes 3 to 5** further enriched the workshop with their well-prepared and impactful contributions:

- **Class 3** gave a thoughtful **presentation on Health and Wellness**, covering various aspects of maintaining a balanced lifestyle, including physical, mental, and emotional well-being.
- **Class 4** performed an insightful **play on Mental Health**, highlighting the importance of emotional well-being, expressing feelings, and supporting one another.
- **Class 5** delivered an informative **presentation on Personal Hygiene**, followed by a **live hand washing demonstration**. The students emphasized the importance of cleanliness in daily life to prevent illness and promote overall health.

Class 1 and 2



Class 3 to 5

