



MBS INTERNATIONAL SCHOOL
SECTOR-11, DWARKA, NEW DELHI-110075

WORKSHOP FOR STUDENTS

SESSION : 2025-26

THEME/TOPIC: Health And Hygiene

RESOURCE PERSON(S): Ms. Rubai Kalra, Ms. Pramila Bisht

DAY & DATE: Wednesday, 2 July 2025

DURATION: 35 Minutes

VENUE: V Aravalli & IV Palm

ATTENDED BY: Class V students

Objectives:

- To create awareness among students about the importance of maintaining personal hygiene and physical health.
- To promote mental wellness and emotional well-being through interactive and engaging activities.
- To encourage the development of healthy habits and responsible behaviour for overall social well-being.

“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.” — ***Buddha***

MBS International School conducted a Health and Hygiene Workshop for Class V students to promote awareness about personal, mental, and environmental well-being. The session began with a warm-up and interactive introduction, followed by an animated video and a lively hygiene-themed song. A comprehensive PowerPoint presentation highlighted essential practices such as handwashing, oral care, mental wellness, and caring for the environment. Students actively participated in a hands-on activity, and the session concluded with an engaging Q&A round.

The workshop left a lasting impact on the students, encouraging them to adopt healthy and hygienic habits in their daily lives. It fostered awareness about the importance of mental well-being and caring for the environment. Students participated with enthusiasm and showed a clear understanding of the need for a balanced and healthy lifestyle.



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