

World Health Day

Event: World Health Day

Organised by : ITL PUBLIC SCHOOL

Classes : I – VIII

“Together for Health, Stand with Science”

Students of Classes I–VIII at ITL Public School celebrated World Health Day on 7 April 2026 with great enthusiasm. The event aimed to promote awareness about health, hygiene, and the importance of a balanced lifestyle among young learners.

Students of Classes I–II participated in fun exercises and interacted with parents to understand the importance of healthy eating, while also creating colourful table mats highlighting hygiene and nutritious habits. Class III students expressed their ideas through slogan writing on “Global Action for Universal Health Coverage,” and Class IV designed vibrant posters on “My Health, My Right,” promoting personal health responsibility. The young ITLeens of Class V collaboratively created a “Healthy Habits Wall,” showcasing key aspects of a balanced lifestyle. To further deepen their understanding, Classes VI and VII students designed “My Healthy Life Booklets” focusing on nutrition, exercise, hygiene, and mental well-being. Class VIII students conducted “The Heart-Rate Lab,” observing the impact of physical activity and relaxation on heart rate and presenting their findings through creative infographics, making the celebration both informative and impactful.

All the activities were highly engaging and successful in spreading awareness about the importance of a healthy lifestyle. Students actively participated with great enthusiasm, demonstrating creativity, curiosity, and a deeper understanding of health and wellness.

#HealthAwareness

#WellnessMatters

#HolisticDevelopment

#FutureReadyStudents



