



## HEALTH AND HYGIENE SESSION: 2026-27

**Name of the Activity** : Workshop on Health and Hygiene  
**Day & date** : Wednesday, 13 May 2026  
**Class** : III - V  
**Teacher Incharge** : Ms. Rubai Kalra, Ms. Pramila Bisht

### 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*

A workshop on Health and Hygiene was conducted for Class III–V students to promote awareness about personal, mental, and environmental well-being. The session began with a warm-up and an interactive introduction, followed by an animated video and a lively hygiene-themed song. A comprehensive PowerPoint presentation highlighted essential practices such as hand washing, oral care, mental wellness, and caring for the environment.

A skit on germs and glitter activity demonstrating the importance of proper hand washing were also conducted, making the session more engaging and informative for the students. Students actively participated in the hands-on activities, and the workshop concluded with an interactive 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 environmental care. Students participated enthusiastically and demonstrated a clear understanding of the need for a balanced and healthy lifestyle.



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