



# WORLD HEALTH DAY

On the occasion of World Health Day, April 07, a special program on health and wellness was organized for the students of Grade III. This was aimed to remind students about the importance of staying healthy and adopting good habits. The theme was “Together for Health, Stand with Science.” The highlight was when people work together and trust science, they can make the world healthier and safer. Science helps doctors and scientists develop medicine and vaccines to protect us from diseases. Basic hygiene habits to stay safe and healthy were shared. A series of activities engaged the students with exercises like bunny hop, bear walk, monkey jump, crab walk, frog jump, along with songs and quizzes. An awareness campaign was undertaken by Grade 5, sensitizing their juniors on health and hygiene.

# CRAB WALK



# BUNNY HOPS



### IMPORTANCE OF WATER

- Water is essential for life
- Used for drinking, cooking, farming, cleaning
- Only 3% of Earth's water is fresh water



### WATER IN THE HUMAN BODY

Brain	75% Water
Blood	83% Water
Heart	73% Water
Bone	22% Water
Muscle	
Liver	



An educational board with a 'WASH' section at the top and a 'SUSTAINABLE USE' section below. The 'WASH' section includes icons for people, a child, and a water tap. The 'SUSTAINABLE USE' section includes a circular diagram and text about water conservation.

