



Glimpse of the Workshop

- To raise and inculcate the values of Health and Hygiene among the young children.
- To encourage the students to take responsibility of their health and cleanliness and to remain mentally, socially and physically healthy.

- Health refers to the state of physical, social and mental well being. Hygiene refers to maintaining good health through practices that focus on cleanliness. Health and hygiene go hand in hand. The primary aim of the workshop was to raise and inculcate the values of Health and Hygiene among the young children. To make the workshop more illustrative and visual, multimedia was used to deliver a power point presentation on Health and Hygiene. It was very informative as the students were made aware about the importance of washing hands regularly in order to keep diseases at bay and they were also taught the basic steps of washing hands properly. The students were also informed about the proper techniques of brushing of teeth and maintaining hygiene of sensory organs. The students were quite intrigued and enthusiastic about the various aspects of basic health and hygiene that they got to learn about in the workshop. The workshop concluded on a positive note that students should inculcate healthy habits in their lifestyle.

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