



MBS INTERNATIONAL SCHOOL WORKSHOP FOR STUDENTS SESSION 2021-22

TOPIC: HEALTH IS WEALTH

DATE: April 7, 2021

ATTENDED BY: Grade I & II

VENUE: Google Meet

RESOURCE PERSON: Class Teachers

“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.” – Gautama Buddha

“Health is Wealth” is a very old proverb. It teaches us to stay healthy always. It puts health before wealth. A healthy person can earn wealth anytime. He is always happy and fit to work and earn. There can be no wealth without health. To be healthy means to be free from disease and injury. Unless you are disease-free you can't be healthy and also can't work.

To bring awareness about Health a workshop was organized by MBS International School on **World Health Day** i.e., Wednesday, April 7, 2021 for Grades I & II.

“Health is not only about **Body** but **Mind** and **Spirit** also”.

Students were shown a PPT on “Health is Wealth”, where they were explained about ways to maintain cleanliness, have proper health and hygiene. They were taught ways to maintain their Oral Hygiene. They were also told to have balanced diet.

Students were even shown a short video about “Health is Wealth”, in which there was a story about a king who used to eat all the day lying on the bed and never used to do any exercise. The moral of the story was that we should exercise daily, have healthy diet and keep ourselves healthy and disease free.





