



Report on World Day for Safety and Health at Work

Theme: World Day for Safety and Health at Work

Date: 28 April'20

Classes: III-V

The World Day for Safety and Health at Work focused on addressing the outbreak of infectious diseases at work, focussing on the COVID-19 pandemic. The aim is to raise awareness on the adoption of safe practices in workplaces, schools and in public areas. It will also focus on the medium to long-term, including recovery and future preparedness.

To make our little ITLeens aware about their safety and health an activity was organised for **Class III**. Students recited a **Self composed poem**. Some of them used props to make their thoughts more clear. It was a pleasure to see that most of them reflected positivity in their poems. Few students also shared their healthy habits like washing hands regularly, brushing their teeth twice a day, covering their nose while sneezing etc. They also suggested their elders to take care of their health and stay safe. Overall, the students participated with full zeal and enthusiasm.

Students of **Class IV** participated in **Ayurveda ki Sureksha**. They shared various home made remedies to cure various diseases and to improve our immunity. Students learnt the benefits of Ayurveda. They also learnt various home remedies from their peers.

The school observed 'World Day for Safety and Health at Work' on 28 April, 2020 through which the students of **Class V** were sensitized towards maintaining their own good health by consuming healthy diet. Students participated in the activity of **Rainbow Microgreens Salad**. They prepared microgreens at home as per step wise demonstration during online sessions by their respective science teachers. Children were explained health benefits of microgreens.

The students collected seeds available at home like moong, mustard, bengal gram, chick peas, beans and sprouted them under favourable conditions. They were then transferred to the soil and were given appropriate environment to grow. After the sprouts produced the first true leaves that grew about 2-3 inches tall, they were harvested carefully. Students were motivated to discuss their favourite salad recipe. They were also guided to use variety of colours for enhancing the presentation. Finally the students made a short video of the activity explaining its recipe and nutrients which they shared with their teachers. On the whole the activities were enriching and brought about immunity boosting health awareness among young children.



Self Composed Poem (Class III)



Ayurved Ki Sureksha (Class IV)



Rainbow Microgreens Salad (Class V)