



	SDGs covered	SDG 3 Good health and well being	3 GOOD HEALTH AND WELL-BEING
1.	Title of activity	<b>Class I-V: 'Health for One and All'</b> <b>VI - Testing to tasting</b> <b>VII - Healthy Gut</b> <b>VIII - Healthy Healing</b> <b>IX-X - Let's Healthify</b>	
2.	Class	I-X	
3.	Subjects involved	Science	
4.	Facilitator	Members of science department	
5.	Brief description of the learning objectives, content of the activity and competencies acquired	<ul style="list-style-type: none"> <li>➤ <b><u>Learning Objectives-</u></b></li> <li>➤ Cognitive learning objectives- Learners will be able to understand about components of food, healthy bacteria and after effects of Covid on health.</li> <li>➤ Socio-emotional objectives- Learners will be able to communicate with peer group regarding identification of various problems related to physical and mental health.</li> <li>➤ Behavioral learning objectives- Learners will be able to describe the importance of good health and well being.</li> <li>➤ <b><u>Brief description of the activity-</u></b>  Classes 1-V participated in the activity 'Health for One and All' in which students were shown awareness videos with health promoting behaviour and pep talk was given by their class teachers. This was followed by slogan writing activity which helped them to hone their creative skills  VIII-Peer teaching is one of the best ways to master a particular subject. Students from class XII interacted with their juniors and discuss about the benefit of health and healthy living.  VII-Slides of various disease-causing microbes were be shown to students. They identified and draw diagrams of bacteria and other microorganisms.  VI- Lab Activity conducted by science teachers and students tested the presence of proteins, carbohydrates in the given food samples</li> <li>➤ <b><u>Competencies acquired-</u></b> <ul style="list-style-type: none"> <li>• Systems competency, normative competency, strategic competency, critical thinking competency, Integrative Problem solving competency</li> </ul> </li> </ul>	
6.	Time period of this activity	April 7, 2022	

7. Evidences included

