



# ITL CANDYFLOSS WORLD HEALTH DAY REPORT

**Session 2022-23**

**Day/ Date: Thursday, 07th April 2022**

World health day is a global awareness day that is celebrated every year on 7th April to commemorate the founding of the **WORLD HEALTH ORGANISATION**. Capturing the theme of 2022, 'OUR HEALTH OUR PLANET', we at ITL candyfloss conducted various activities for the little enthusiast such as hand printing followed by some mindful yoga. For pre primary, pep talk was organised by the teachers enlightening the children on aspects such as importance of healthy plates, drinking habits, keeping our surroundings neat and clean, importance of yoga and other physical exercises.

Sessions on breathing exercises and sports activities were organized in the playground for the students.

The celebration fulfilled its objectives of developing a deep understanding of healthy lifestyles leading to healthy planet.

