



ITL CANDYFLOSS SCHOOL
SECTOR-9, DWARKA
HEALTH & WELLNESS WEEK

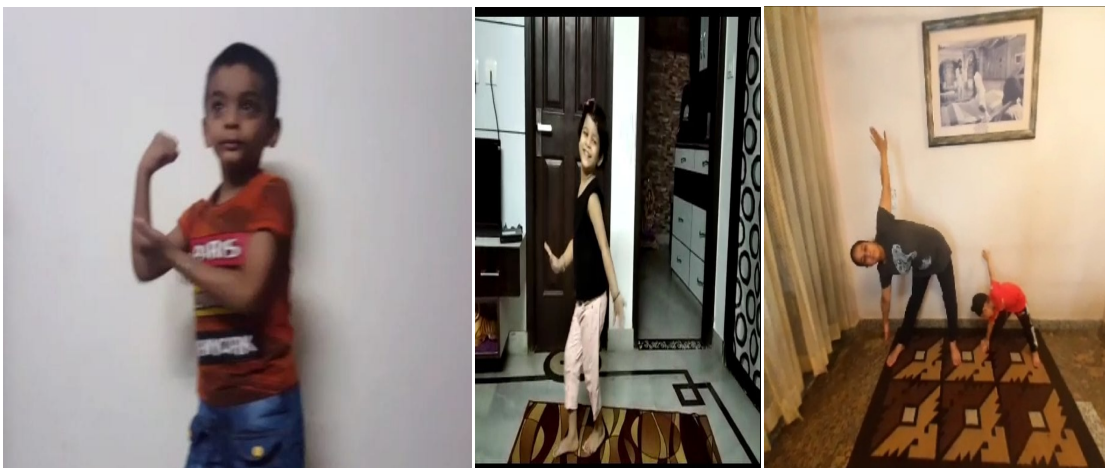
Day/Date -15th June 2020, Monday

Health Education plays an important role in the community hygiene. Health and Wellness are interrelated. To create the awareness of a healthy mind and body at this outbreak of pandemic, ITL CANDYFLOSS celebrated “**HEALTH & WELLNESS WEEK**” in which various health n wellness related activities were epitomised by the facilitators.

Parents also took a great initiative with us in escalating the awareness amongst our little ones by giving them hands on experience at their abode and shared the pictures, videos and feedbacks of appreciation for ITL fraternity for this substantial initiative.

DAY 1 :- LET’S BEND AND BUILD HEALTH – AEROBICS

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with the goal of improving fitness. Keeping the goal in mind, our teachers of ITL CANDYFLOSS took an aerobic session in “**HEALTH & WELLNESS WEEK**” with the students where they were also involved in doing aerobics on foot tapping rhythms and energetic moves. The energy and enthusiasm of the students was amusing.



Day/Date -16th June 2020, Tuesday

DAY 2 :- MENTAL WELLBEING –YOGA

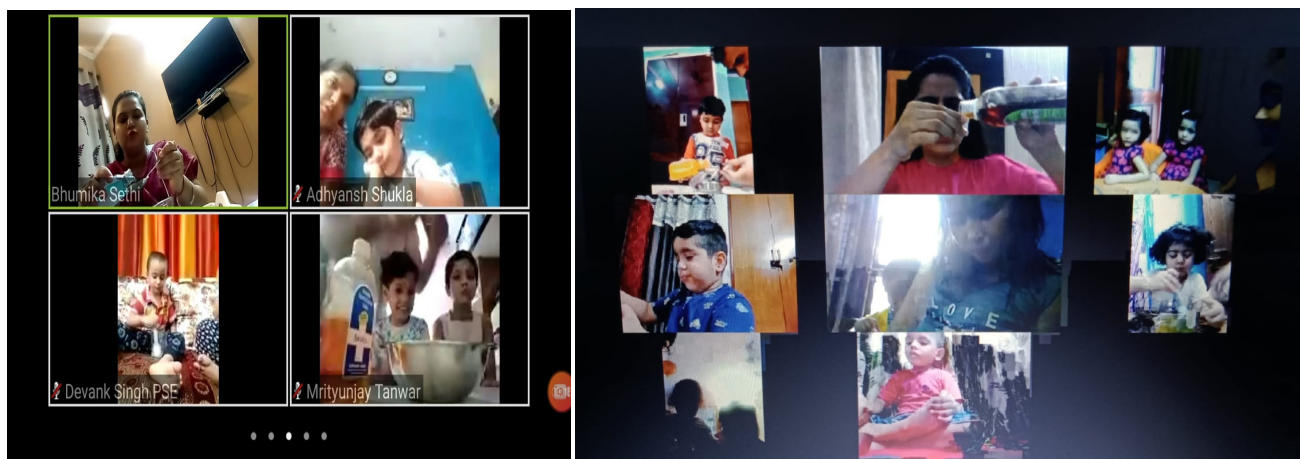
Mental Wellbeing describes the mental state. It is important at every stage of life which was very well explained and demonstrated by the teachers of ITL CANDYFLOSS through YOGA session wherein the teachers emphasized to make it a habit in daily routine for our mental wellbeing in “HEALTH & WELLNESS WEEK”.



Day/Date -17th June 2020, Wednesday

DAY 3 :- HOME MADE SANITIZER

ITL CANDYFLOSS organised an online **Hand Sanitizer Making Activity** through zoom for the students to create the awareness of importance of Hand Sanitizer. Children made the hand sanitizer with the help of their parents and demonstration by the teachers. The activity was very well conducted .



Day/Date -18th June 2020, Thursday

DAY 4 :- DENTAL CARE THROUGH GAMES

If you have happy teeth, wave your wand,
Brush them & keep them clean,
Keep the bad decay away,
So your happy will smile everyday!!

To inculcate the habit of keeping teeth clean, the teachers of ITL CANDYFLOSS organised a virtual game of happy and sad tooth and also demonstrated the practice of oral hygiene in “HEALTH & WELLNESS WEEK” . It was really gratifying by seeing the children bringing their brushes and practising it.



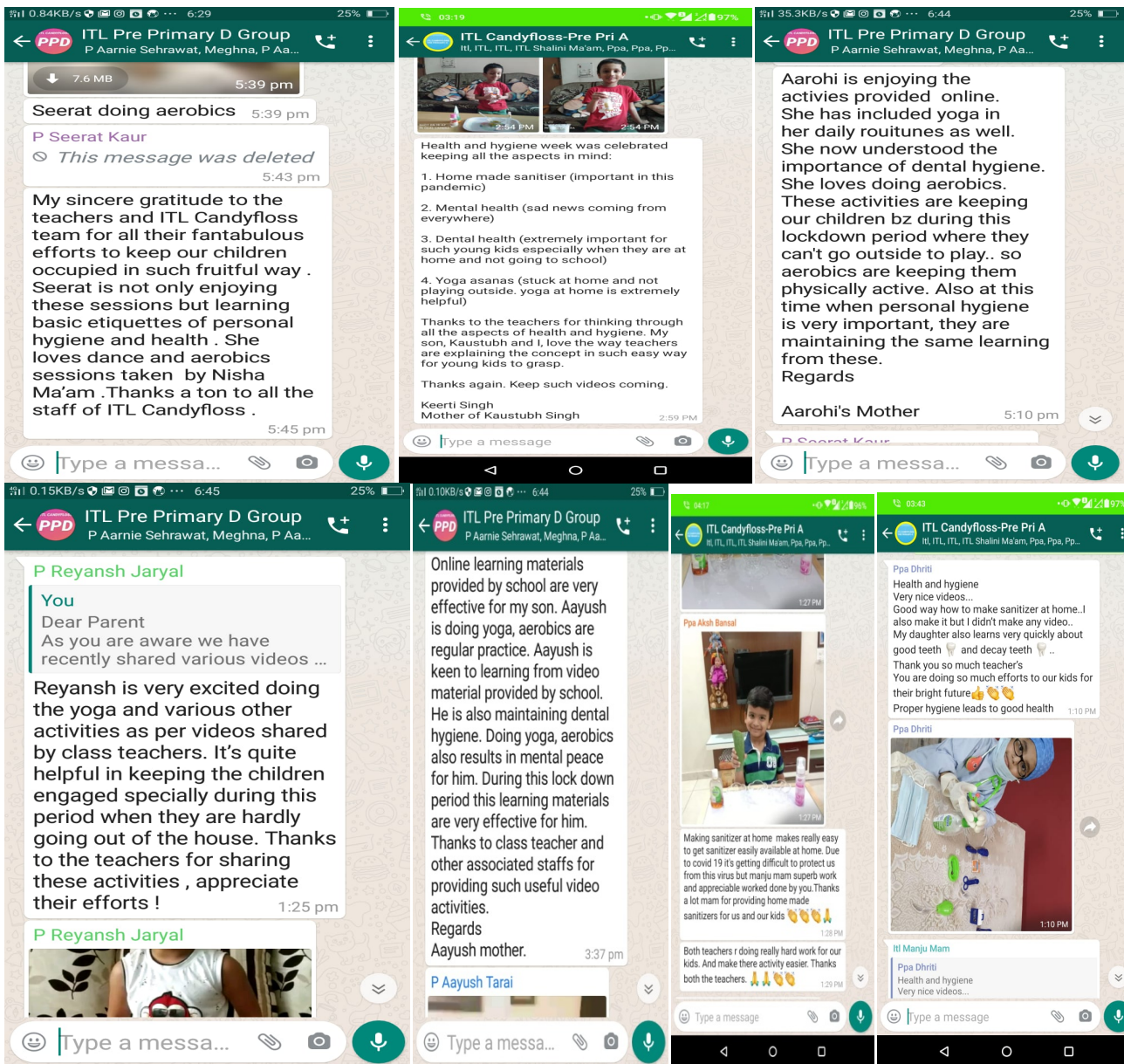
Day/Date -19th June 2020, Friday

DAY 5 :- KNOW YOUR COMMUNITY AND ENVIRONMENT

During this pandemic, the selfless workers are putting themselves on the front line to save others and impacting our lives in different ways. So to appreciate their work and to tell about the importance of these warriors to keep us healthy and fit, a pep talk was given by the teachers wherein the response of the students was affable.



FEEDBACK OF THE PARENTS



HEALTH AND WELLNESS WEEK