

Report

TAFS Junior Wing

Health Awareness Week

5 April,21- 9 April,21



‘A little progress each day adds to big results’

A healthy lifestyle is the best investment any individual can make towards their future. ‘Health Awareness Week’ was celebrated at Tafs Junior Wing from 5 April 21 to 9 April 21. Activities were conducted in all the classes to make the awareness week a success.

The increased screen time has brought its own set of health problems such as deteriorating eyesight, neck and shoulder stiffness due to prolonged periods of inactivity, poor postures and the year long mental health issues faced during the COVID pandemic. To counter these, neck exercises, breathing exercises were done by all students during the class hours.

Oral and Dental Care

Due to our fast paced lifestyle, our food habits have changed considerably. Raw, nutritious foods have been replaced by refined and sugary food items. The little ones of Class 1 were introduced to oral hygiene habits. 'Show me your toothbrush and toothpaste activity' was quite interesting and children learnt the right way of brushing teeth and much more. The teacher also took them through a simple PPT to explain the oral health. Class 2 took the oral and dental care habits forward and worked with the kids to do a 'Good tooth- bad tooth art activity'. This was an effort to instil awareness in young minds about the harmful attack of sugary foods which they so love and what can be done to counter that. Small changes in our habits and behaviour go a long way in optimising the way our body functions.

Eye Health and Care

The eyes are our windows to the world. They help us see things, the people around us and enjoy this beautiful world. We recognise things by seeing their shape, size and colours. We must take care of our eyes. During the Pandemic year with all of the world in stringent lockdown, our eyes have faced the brunt of the digital device onslaught. Students of Class 3 focussed their efforts on eye health and vision problems. They did a 'What is good or bad for my eye health?' activity. They also learnt a few eye exercises which their teachers demonstrated in their online classes.

Students of Classes 4 & 5 learned of the harmful effects of increased screen time and how to take care of their eyes. They learned which food items can help them to maintain their eye health. To make it more appealing, amazing facts were shared, fun games were played, colour blind test was taken and simple exercises were done during the classes to drive home the point.

The health awareness week concluded with new understanding of how to remain happy, healthy and hopeful.

'Awareness is the greatest agent of change- Eckhart Tolle'