



**SCHOOL
HEALTH AND
WELLNESS
CLUB**



Scheme of Content: EMOTIONAL WELL-BEING AND MENTAL HEALTH:

Mental Health Workshop- After Covid effects on Adolescents age

'The secret of crisis management is not good vs. bad; it's about preventing the bad to become worse' Lockdown had severe effects on student's mental health. Dealing with the learning gaps was one of the most crucial and challenging area for the educators during the offline sessions. To manage the smooth transition from online to offline sessions, Gd Goenka Public School Dwarka in collaboration with Fortis Mental Health Care for parents and students, since the beginning of term 1 in April 2022. We discussed the post covid lockdown effect in offline sessions and how to deal with the gaps positively. Ms. Aleena, psychologist with mental health and behavioural sciences dept. explained the reasons behind the learning & SEL gaps in students. She explained that students are also undergoing stress to manage offline classes however they are unable to express this in refined way so they showcase it in their behavior. Parents were guided to accept the changes their children are undergoing currently, parents must support them to acknowledge the pressure in life and how to deal with it through prioritizing the tasks. As a parent we need to have a fresh outlook towards our children as per the present scenarios and stop comparing their previous behavior to recent one. We all have to work from the scratch and support children when they feel overwhelmed through expressive arts and allow them to express freely whatever they feel. Session got concluded with Q & A round, parents were glad to share their concerns and get the understanding to deal with them positively. We are still in an ongoing process to bridge the between online and offline gap. Workshops on varied topics like Bullying, Body sharing, personality assessment are consistently organized by the School Counselor on monthly basis.

Last but not the least, Goenkans believe - 'You glow differently when you are very happy and Confident'.



Scheme of Content: HEALTH AND SANITATION

Exploring the history of Hygiene and Sanitation

As a part of their teaching of social habits, etiquette specific to the existing sanitary situation. students of class 8 were taken to a visit to Sulabh International, an India-based social service organization that works to promote human rights, environmental sanitation, non-conventional sources of energy, waste management and social reforms through education. A recorded video by the sulabh officials was shown to them to sensitize them with the pitiable conditions of manual scavengers and to make them aware of the P.M. Modi's scheme of open defecation free rural India. They were shown the vocational centre, school, museum run by Dr. Bindeshwar Pathak.

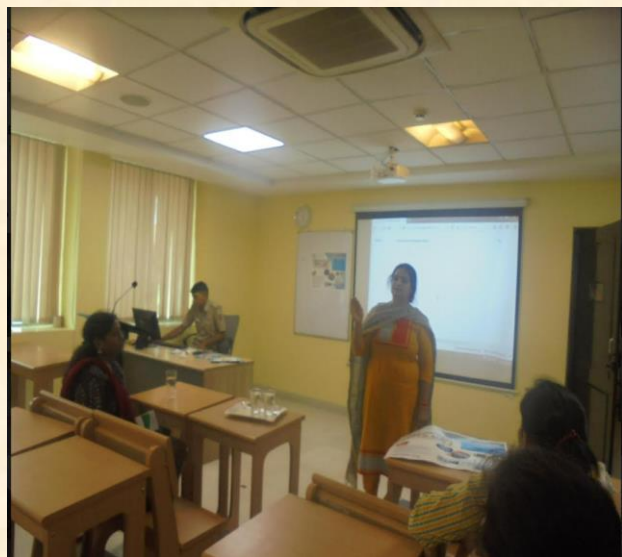


Scheme of Content: INTER-PERSONAL RELATIONSHIPS:

Election Club- Mera Vote Mera Adhikar

Run the election club and conducted various activities: -

1. Poster-making Competition on National Voters Day -Aditya Srivastav of class 9 bagged the second position at the district level for his poster on spreading awareness of voting rights.
2. Workshop conducted by calling the staff from the Karkadooma election office to help Support staff to register themselves in the voting portal,
3. Pledge by parents to cast their vote, that is used their voter right wisely.
4. Maintenance of the wall of democracy.
5. Guiding class 12 students- How to register them with the voting card portal.



WORKSHOP ON BODY CHANGES AND EFFECTS OF ADDICTION ON BRAIN DURING 10 TO 14 YEARS

“Adolescence is a period of rapid changes between 10 to 17 years which can be handled well if we are pre informed.”

GD Goenka Public School Dwarka conducted a workshop on two major adolescent issues in today's time i.e. body changes and addiction to use social networking platform for interaction with peer group after 12 years & Substance abuse. Students were asked to compare their present body with the body when they were in grade 2 or 3. Their answers made them aware regarding the various physical changes that has happened since then till today. They shared their emotional instability issue during the session which was catered by the counselor with an explanation that adolescence is between childhood and adulthood. Due to lot of hormonal changes we face emotional and physical changes. Students were guided to accept the changes as it is. We need to handle body sensitivity and any touch carefully.

Students were made aware regarding the right usage of internet and how much time to be spent in surfing various things on computer. They were also made aware regarding the natural urge to use social networking platforms to chat and share pictures to get appreciation instantly. Students were made aware regarding the dangers of using social networking platforms on brain and how it can turn into cyber bullying too.



LET US TALK 'PERIODS'



**G.D. Goenka Public School,
Dwarka**

Organises a webinar on Menstrual Health & Hygiene
for the girls of classes V & VI.
Learn about the safe menstruation for yourself and the
environment.

Date- 23rd July 2022

Time- 11:00 a.m.

Platform- Teams

Speaker- Ms. Deepti Sharma



**EMBRACE
YOUR
PERIOD**



Break the Taboo! Speak up!

To promote menstrual hygiene and to spread awareness on safe menstrual practices a Menstrual Awareness Workshop was conducted on 7th August for the girls of classes VI-VIII.

Discussions veered on-

- Importance of good menstrual hygiene
- Overview of menstrual disorders
- Importance of a healthy diet
- Significance of yoga and exercise

September 2021

AWARENESS ON VECTOR BORNE DISEASES

A Nukkad Natak on *Protection against Vector Borne diseases* was conducted on Wednesday, 7 August 2022 in DDA park, Sector 10, Dwarka. Students of class V talked about the causes, symptoms and prevention against Malaria, and Dengue. They were able to educate people about the preventive measure to eradicate vector borne diseases from our society.

The awe-inspiring performance of little Goenkans was appreciated by the crowd.



'Azadi ka Amrit Mahotsav'

Students of GD Goenka Public School, Dwarka proudly marched to the slogans of ' Bharat Mata ki Jai' & ' Vande Matram' on August 10, 2022.

A flag march rally was organised to celebrate 'Azadi ka Amrit Mahotsav' and to inculcate the spirit of true nationalism in the tender hearts of young students on the occasion of completing 75 glorious years of independence.



ZUMBA SESSION

The morning of May 27, 2022 witnessed a unique spectacle on the Goenkan greens when our students, mentors and our dearest parents glided to the tunes of exhilarating Zumba beats. The hour-long session, 'MOVE TO GROOVE' was organised in alliance with DECATHLON, Dwarka. Goenkans are known for setting a stride for holistic growth and creating awareness about well-rounded fitness.

The Zumba session did invigorate and reboot us for a more wholesome day ahead.

