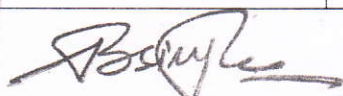


WELLNESS ACTIVITES

Activities planned for Well-being of Students

| Month/Week/Date | Type of Activity | Objective/s | Target Group |
|-------------------|--|--|--------------------------------------|
| 7 April 2023 | World Health Day "Stay Fit & Healthy" | To understand healthy mind resides in a healthy body. | Students-P.S. to XII, Staff, Parents |
| 29 April 2023 | | Empowering Youth to Lead fight against Covid19 | Class IX – XII Staff |
| 02 May 2023 | World Asthma Day | Spread awareness for Asthma Release of Asthma manual on School website | Students-P.S. to XII, Staff, Parents |
| 31 May 2023 | World No Tobacco Day | To enhance positive behavior towards self and environment | Students-P.S. to XII, Staff, Parents |
| 05 June 2023 | World Environment Day | Virtual Debate: Air Pollution | Class IX – XII Staff |
| 14 June 2023 | World Blood Donation Day | To Encourage this noble and biggest donation to save life | Students- V to XII, Staff, Parents |
| 21 June 2023 | International Day of Yoga | To maintain fitness, strengthen cardiovascular system and manage stress. | Students-P.S. to XII, Staff, Parents |
| 13 July 2023 | First Aid Training | To ensure all staff members follow first Aid protocol | Staff Members |
| 28 July 2023 | Survey : Healthy Lifestyle | To promote right eating habits | Students Class VI & Staff |
| 21 August 2023 | Culmination Ceremony | To create awareness for Clean air and Healthy Lungs | Students-P.S. to XII, Staff |
| 02 September 2023 | | ENT Manifestations of Corona Virus | Students-P.S. to XII, Staff, Parents |
| 21 September 2023 | International Day of Peace | To encourage the students for Peace at international level. | Students-P.S. to XII, Staff |
| 10 October 2023 | World Mental Health Day | To create awareness how to remain Mentally healthy. | Students-P.S. to XII, Staff, Parents |
| 16 October 2023 | World Food Day | To focus on right nutrition intake to generate positive energy | Students-P.S. to XII, Staff, Parents |
| 24 October 2023 | United Nation Day | To celebrate with the theme "Unity in Diversity" | Students-P.S. to XII, Staff, |
| 02 November 2023 | Swachhta Pakhwada | To ensure all follow Personal hygiene and cleaner environment | Students-P.S. to XII, Staff, Parents |
| 04 November 2023 | International Day Against Violence and Bullying at school including Cyber bullying | To aware the students about the cyber bulling & School Bulling | Students-P.S. to XII, Staff, |
| 01 December 2023 | World AIDS Day | To Create awareness about prevention of HIV virus | Students-P.S. to XII, Staff, Parents |
| 10 December 2023 | Human Rights Day | To aware about Human rights of a person. | Students-P.S. to XII, Staff, |
| 04 February 2024 | World Cancer Day | To Spread the message of hope and being positive | Students-P.S. to XII, Staff, Parents |
| 22 March 2024 | World Water Day | To understand the importance of staying hydrated. | Students-P.S. to XII, Staff, Parents |



Manager
Akal Academy

Akash Academy
Raipur Peer Park, Wala
Teh. Ekhla (M.C.)