

## HEALTH MELA (27.07.2018)



### *It is commonly said HEALTH IS WEALTH.*

Keeping this in mind, students of class 3 to 5 got an opportunity to increase their knowledge and spread awareness amongst others through a "HEALTH MELA" held in MAPS on 27 July. This activity was completed in 3 house periods. On the first day, it was introduced with a video on the importance of health in our life, which was conducted on 11-7-18. After showing the video to the students, a discussion was done with them. All the houses got different aspects of health such as Say no to plastic (Fraternity House) Usage of a gym (Austerity House) Healthy food habits (Liberty House) Meditation (Equality house) Importance of yoga (Prosperity House) and Stress management (Purity House). On the second day, the students came up with different ideas and made various posters, slogans and models on their given topic.



Finally, on the third day, students displayed their creativity to spread awareness on health on 27-7-18. Students and their mentors' hard work reflected in health mela.

It was appreciated by all. Students also worked with great zeal and enthusiasm.

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