

Report on Physical Health & Wellness Week

17- 21 May, 2021

Holistic health is actually an approach to life. In an attempt to ensure holistic development of the students, ‘**PHYSICAL HEALTH AND WELLNESS**’ week was celebrated in school for the week – 17 May -21 May, 2021 through the virtual online mode. This enhanced their knowledge on fitness and body wellness, skills and positive attitude towards their health.

Physical wellness encourages us to take care of our body through physical activity, proper nutrition and a strong mind; it promotes optimal health. Mental and emotional wellness is equally important as the physical health. Mental health affects how we feel, think and act. Emotional wellness inspires self-care, stress reduction and development of inner strength.

So, to apprise students about the importance of being fit from all aspects and how this fitness can be achieved, different activities were conducted in the School during this week. Various types of pranayamas and techniques like simple breathing, Anulom Vilom, Bhastrika Pranayama and Brahmari Pranayama were practiced with students. Following are the day wise activities and tasks organised by the PHE Team in this regard:

S. No.	ACTIVITY	CLASSES	DATE & TIME	Teacher I/C
1.	Breathing Exercises	1. 6 th & 7 th 2. 8 th 3. 9 th & 10 th	17/05/2021 9am to 9:30am	Ms Shikha Gurung Mr. Azad Mr. Gaurav
2.	Breathing Exercises	1. 6 th & 7 th 2. 8 th 3. 9 th & 10 th	18/05/2021 9am to 9:30am	Mr. Azad Ms. Shikha Gurung Mr. Gaurav
3.	Breathing Exercises	1. 6 th & 7 th 2. 8 th 3. 9 th & 10 th	19/05/2021 9am to 9:30am	Mr. Gaurav Mr. Azad Ms. Shikha Gurung
4.	Breathing Exercises	1. 6 th & 7 th 2. 8 th 3. 9 th & 10 th	20/05/2021 9am to 9:30am	Ms. Shikha Gurung Mr. Gaurav Mr. Azad
5.	Breathing Exercises	1. 6 th & 7 th 2. 8 th 3. 9 th & 10 th	21/05/2021 9am to 9:30am	Mr. Gaurav Gurung Mr. Azad Ms. Shikha