

Health Clubs in Schools

AECS Magnolia Maaruti Public School, Bangalore

The **"Health and Wellness Club"** of A.E.C.S Magnolia Maaruti Public School, Arekere, Bangalore believing in the adage **"Health is the physical, emotional, mental and spiritual well-being of an individual"** carry out various activities constantly throughout the year. Age specific Personality Development courses are offered to teachers, non-teaching staff and children.



Jubilant Children participating in an activity organised by the Health Club of Magnolia Maaruti Public School, Bangalore

"ART EXCEL"(All round training in Excellence) course from the "The Art of Living" foundation has been conducted for the last three successive years for children of age groups 8 to 13 years i.e; from Class IV to Class VII. The course aims at tapping the inherent talents that is hidden in children via playfulness. They are exposed to various possibilities of life through games, discussions and a breathing technique called "Sudarshana Kriya". This Kriya is taught keeping in mind the physical capacity of the lungs and the mental capacity of children.

The course content includes general etiquettes, healthy food habits, hospitality of guests, age suitable yogic asanas for children and "Sudarshana Kriya". "Sudarshana Kriya" includes 3 rounds of Bhastrika Pranayama followed by 2 – 3 minutes of cyclic rhythmic breathing and ends by children lying down in Shavasan for around 5 mins. This process is perfected during the course so that children can practice it without any guidance.

Life skills and the importance of value based learning and living, memory sharpening games, games which increase the awareness level in children, sharing and caring with classmates, better focus on studies and sports and various other result oriented games

are played in the course and positive group dynamics is brought to the forefront.

The basic theme of this course is *"I belong to you"*.

Teachers reported the following changes amongst themselves:-

- Increased enthusiasm and motivation
- Better team work and work dedication
- Willingness to take up more responsibilities
- Better equipped to deal with work related and home stress.

Truly an enriching experience indeed for the students, teachers and the management team!

Health and Wellness Club of Aiswarya Public School, Kollam

The Health and Wellness Club at the **Aiswarya Public School, Kalakode** was inaugurated on 14th July 2009 by Dr. G Raju, Assistant Surgeon of Rama Rao Govt. Hospital, Nedungolam. The Health and Wellness Club



Visitor at an exhibition by
Health Club Aiswarya public School, Kollam

was formed at the directive of the CBSE as a part of implementing Comprehensive School Health Programme. It will focus on the overall well being, comprising emotional, social and mental health of the students. Deputy Education and Media Officer P.S. Vijayalakshmi inaugurated the health awareness exhibition organized as part of the programme.

Dr. Raju, in his address explained the objectives of good health and various measures to maintain it. He emphasized the importance of 'YOGA' to maintain good mental and physical health in the present stressful environment. He also discussed the cultivation of bad habits among the young generation which affects the social health too. He highlighted the bad habits which deteriorate the health such as tobacco, pan, alcoholism etc and remedial measures to overcome it. He suggested health magazines, health news paper and slogans in the vicinity for creating awareness among the students.

Deputy Education and Media Officer P.S. Vijayalakshmi, in her felicitation speech advised students to be aware and cautious of their health. She underlined on the need of tobacco free environment as it was the prime reason for ill health and various diseases. Being a habit, the use of tobacco can be eradicated from the society if the young generation is aware and concentrated on it, she said.

School Principal Dr. G Manulal in his address, ensured all the possible assistance and continued awareness programmes to

the school for cultivating good habits and maintaining good health among students. He appreciated all teachers and members of the Health and Wellness Club for their efforts to establish the same. He also informed that, the YOGA class and comprehensive medical check up will be conducted for the students in the 3rd week of July 2009.

A telefilm on the ill effects of habit and health of young generation was also shown to the students for awareness. Club convener Ms. Ushakumari proposed a vote of thanks.

Health Club and Physical Education in Rukmini Devi Public School, Delhi

Students remain in schools for almost 6-7 hours a day in schools; therefore schools can play a significant part in improving their health. The effect of poor health on educational attainment and the effect of poor education on health vice versa have been well established. Health affects school attendance and punctuality as well as ability to concentrate and to learn. "Good health is the key to good performance – in classroom and in life".

Schools need to take many steps to ensure optimal physical health, emotional health and identity formation of children. For example, increased levels of independence and psychosocial health – is essential for academic and personal success and well being. CBSE has come out a very constructive and positive programme termed as 'Comprehensive School Health

Programme' which along with other themes also encourages interest of youth in physical education. Each school may set up Health and Wellness clubs focusing on holistic well being of children. The clubs may operate as nodal centers for creating an enabling environment in the school.

Physical education is that segment of the daily timetable that every student eagerly waits to attend, as it is the time when the students can be on the playground, engaging in their favorite sports. One of the main objectives of physical education is to bring in this element of joy to the academic orientation of schools.

The fast pace of life, working parents, lack of suitable playgrounds in the concrete jungles that our cities have turned into and the craze for junk food are some of the causes which are ultimately responsible for making the life of students devoid of physical activities. The school through physical education can inculcate in the minds of the students, the importance of personal hygiene and cleanliness. Physical education classes aim at teaching the students, the habits of personal cleanliness and the importance of the maintenance of personal hygiene in life. It can help in achieving weight loss among obese children and promote activities like health Tiffin's etc.

In a nutshell, unique needs and vulnerabilities of children, from kindergarten till class XII including mental health; nutrition and obesity can be met if health will become a curricular aspect of education.

दरबारी लाल डी.ए.वी. मॉडल स्कूल, पीतमपुरा, दिल्ली में राज्य-स्तर योग प्रतियोगिता धूमधाम से सम्पन्न

दरबारी लाल डी.ए.वी. मॉडल स्कूल, पीतमपुरा, दिल्ली में 24 जुलाई 2009 को मानव कल्याण संस्थान के अंतर्गत 'राज्य स्तर योग प्रतियोगिता' का आयोजन किया गया। इस अवसर पर यौगिक आहार कला-प्रतियोगिता, एकल व



दरबारी लाल डी.ए.वी. मॉडल स्कूल, पीतमपुरा, दिल्ली में राज्य-स्तर योग प्रतियोगिता में अतिथिगण अपने विचार प्रकट करते हुए

सामूहिक योग प्रतियोगिताएं प्राथमिक, माध्यमिक, कनिष्ठ एवं वरिष्ठ स्तर पर आयोजित की गईं। अनेक विद्यालयों ने इनमें उत्साहपूर्वक भाग लिया। इस अवसर पर मुख्य अतिथि के रूप में श्रीमती रीना रे, प्रिंसिपल सेक्रेटरी, कॉमनवेल्थ गेम्स, कला एवं योग' उपस्थित थीं। गणमान्य अतिथियों में सुश्री विवियाना टिकी, उपप्रधान योग मानव कल्याण संस्थान, श्रीमती पुष्पा कुमारी, निदेशक, दिल्ली नगर निगम, श्रीमती सुनीता कौशिक, संयुक्त निदेशक,

शिक्षा विभाग, डॉ. महेशचन्द्र शर्मा, महापौर, दिल्ली नगर निगम, डॉ. असलम, योग विशेषज्ञ, मानव कल्याण संस्थान, डॉ. ए.के. बिन्द्रा, प्रधान, मानव कल्याण संस्थान तथा श्रीमती नन्दिनी, प्रसिद्ध कथक नृत्यांगना थे। सांस्कृतिक कार्यक्रम का शुभारम्भ दीप-प्रज्ज्वलन, माल्यार्पण से करते हुए स्वागत गान का गायन किया गया। दरबारी लाल डी.ए.वी. मॉडल स्कूल की वार्षिक परिणाम पत्रिका 'अस्मिता' का विमोचन मुख्य अतिथि श्रीमती रीना रे जी के कर कमलों से हुआ। विद्यालय की प्रधानाचार्या एवं मानव कल्याण संस्थान की उपप्रधान श्रीमती अनिता वढेरा ने स्वागत भाषण के अंतर्गत श्रीमती रीना रे जी व अन्य अतिथियों का स्वागत करते हुए विद्यालय के विभिन्न कार्य-कलापों मानव कल्याण संस्थान की क्रियाओं पर प्रकाश डाला तथा मानव कल्याण संस्थान की प्रधान श्रीमती ए.के. बिन्द्रा, जी का धन्यवाद किया। सांस्कृतिक कार्यक्रम के अंतर्गत वेद-मंत्र, गान एवं नृत्य, कथक नृत्य तथा योग सृजन प्रस्तुत किए गए जिससे सब मंत्र मुग्ध हो गए। सुश्री विवियाना टिकी जी ने योग के महत्व पर प्रकाश डाला। श्रीमती रीना रे, मुख्य अतिथि ने

विद्यालय की प्रशंसा करते हुए कार्यक्रम की सफलता के लिए प्रधानाचार्य श्रीमती अनिता वढेरा जी को बधाई दी। विभिन्न प्रतियोगिताओं के विजेताओं को पारितोषिक वितरित किए एवं प्रमाणपत्र दिए गए। राष्ट्रीय गान के साथ कार्यक्रम सम्पन्न हुआ।

इस प्रकार 'राज्य स्तर पर आयोजित योग प्रतियोगिता' सफलतापूर्वक धूमधाम से सम्पन्न हुई।



Sahodaya Activities

Chemistry Workshop in Patiala Sahodaya School Complex

A Seminar for chemistry teachers of member schools of Patiala Sahodaya Complex was organized at Guru Teg Bahadur School, Tripri Road, Patiala. Mrs. Anu, Principal of the school who also happens to be the secretary of the Patiala Sahodaya Complex took keen interest in ensuring the fruitful organization of the seminar. As chemistry is generally considered as a rather boring subject by a majority of the students the seminar focused on devising and sharing ways to make teaching of chemistry interesting and full of joy. Teachers were really enlightened with the discussion in the seminar. It truly fulfilled the spirit of the Sahodaya Motto i.e. "Grow



Teachers participating in a seminar on Chemistry organised by Patiala Sahodaya School Complex

Together". The platform provided for teachers was really of great importance. The discussion regarding changing curriculum and activity based teaching was really fruitful. The major concern of the seminar was on how to make student oriented question paper.

The seminar particularly considered slow learners by emphasising minimum level of learning (MLL) from curriculum of X, XI and XII. In M.L.L. teachers had set the learning tips from every chapter so that by studying these tips learners score well in the exams.

Inauguration of 'Outer Mumbai Sahodaya School Complex'

17th April 2009 was a significant day for schools in Mumbai when 'Outer Mumbai Sahodaya School Complex' was inaugurated in the presence of Sh. N. Nagaraju, Joint Secretary CBSE, Regional Office, Chennai. In the auspicious ceremony, Principals of around twenty five schools of Mumbai, Thane and Navi Mumbai participated. The Programme started with a prayer by the melodious Choir of DAV Public School, Airoli. Sh. Rajeev Kumar, the Principal of DAV Public School, Airoli and also the President elect of Outer Mumbai Sahodaya School Complex welcomed the



Sh. N. Nagaraju, Regional Officer CBSE inaugurating Outer Mumbai Sahodaya Complex

gathering. In his welcome address Sh. Kumar emphasized that the schools must try their level best to impart quality education as it plays a vital role in augmenting the economic development of a nation. While addressing the Principals, Sh. N. Nagaraju, the Joint Secretary, CBSE, Chennai, shared with the audience the role and support provided by the Board to the affiliated schools. Through a Power Point Presentation, he appraised the participating Principals about the various endeavours of the Board. The later part of the Programme was an interactive session in which many queries of the Principals were replied by Sh. Nagaraju.

The Programme came to an end with the Vote of thanks by Smt. Neelima Sharma, the Principal of Vagad Gurukul International School and also the Secretary elect of Outer Mumbai Sahodaya School Complex. While proposing the vote of thanks, she said that the guiding words for our Sahodaya will be 'Alone we can do so little, together we can do so much' and expressed her gratitude to Sh. Nagaraju for his presence and also to all the Principals for their enthusiastic participation at such a short notice.

Science Exhibition at Blossoms Sr. Sec. School, Patiala

Blossoms Sr. Sec. School, Patiala organized a Science Exhibition at the school campus in the month of July, 09 on a large scale. The main attraction in Biology section were Human evolution, Blood testing, Testing of food adulteration and Genetic engineering, In Chemistry, time line of plastics, Chemistry in daily life, Home made indicators and smoke bomb; In Physics, the scene of solar system in a room, working of plasma material, alternating sources of energy and ice bulb.

In Environmental section, story of tetra pack and Chipko movement was enacted by the children of Eco – club, which was greatly appreciated by all.

All the CBSE schools of Patiala were invited to visit the exhibition which was highly appreciated by every one.



Students interacting with the visitors during the Science Exhibition at Blossoms School, Patiala

Sahodaya Schools Patriotic Song Competition, Amritsar

To mark the 63rd year of India's Independence Amritsar Sahodaya Schools



*Students rendering a Patriotic Song at Sri Guru Harkrishan
Sr. Sec. School, Amritsar*

organized a 'Patriotic Song Competition' at Sri Guru Harkrishan Sr. Sec. Public School, G.T.

Road, Amritsar in which 16 teams from various CBSE schools from the complex participated. All the teams sang melodiously. Principal Dr. Dharam Veer Singh in his speech stated that Sahodaya Schools complex Amritsar is trying to achieve not only academic excellence but also creative excellence.

The winning teams of the competition were awarded trophies and certificates. DAV Public School and Sri Guru Harkrishan Sr. Sec. Public School, G.T. Road received the First Prize; D.A.V. International School and Springdales Sr. Sec. School received Second Prize; Bhavan SL Public School and Khalsa College Public School Amritsar received Third Prize.

*It is exercise alone that supports
the spirits, and keeps the mind in
vigor.*

Cicero



Green Page

Earth Day Celebrations at K.R. Mangalam World School, GK-II

K.R. Mangalam World School, GK-II buzzed with activity and enthusiasm as the week-long Earth day celebrations got underway on 17 April '09. Myriad activities, which included slogan writing, poster making, workshopsonrecyclingofwaste,badgemaking, quiz and signature campaigns, were organized by the school to spread awareness about the environment. The campaign culminated on 23 April '09 with a grand ceremony to mark the event. The program commenced with the lighting of the lamp followed by a welcome song. A riveting street play and a song further motivated the gathering to espouse the issue.



*Smt Chitralekha Gurumurthy, Director Academic, CBSE,
Planting a Sapling at the Occasion of the Earth Day at
K R Mangalam World School*

The Principal of the school, Mrs. Jyoti Gupta, exhorted the students to remain committed to environmental causes, in her address. Among the distinguished guests present on the occasion was Mr. A.K Johari, D.I.G Ministry of Environment and Forests, Mrs. Gurumurthy, Director Academic, C.B.S.E, Mr. Anandajit, Associate fellow TERI, and Mrs. Anita Malhotra, Principal Summerfields School. The program concluded with a pledge to conserve the environment. The Vote of Thanks was delivered by the Vice- Principal Mrs. Renu Jain.

Dhanbad Public School Celebrates Tree Plantation Day

Plants are necessary for the existence of the human beings and they expect nothing from us in return. But as human beings we have a moral responsibility to grow and nourish them



Tree Plantation Drive at Dhanbad Public School

with all care and affection .In order to make the students aware of their duty towards Mother Earth , Tree Plantation Day was celebrated in Dhanbad Public School , Dhanbad on July 18 , 2009. The theme for the function was **“Don’t wait for environment day, plant a sapling everyday”**. The students of the Eco-club of the school organized a sapling plantation drive on this occasion. School Plans to plant 1500 trees.

Mrs. D.A.Chetal, principal of the school urged the students to take the responsibility of planting saplings and conserving the forest.

She further added that the beauty and the glory of nature has given us pleasure and peace of mind in a world of tensions and anxieties. She suggested them to plant at least one sapling every week, if they want a clean environment. This was followed by a Group song on environment. Members of the school management committee and the students planted trees in the school campus.

Environment Day at A.J.I. Sr. Sec. English School, Kerala

A.J.I. Sr. Sec. English School, Uppala, Kasaragod Distt., Kerala organized the



A teacher explaining the importance of Bio-waste at Environment Day at A.J.I. English School, Kerala

'World Environment Day' in the school campus. School Manager addressed the students and explained the importance of trees. Students were made aware that the plants and trees are important constituents of environment. School principal and the teacher incharge of Ecoclub highlighted the importance of forest and forestry and the consequences of deforestation.

Report on Eco – club of Sishya School, Hosur

Sishyaschool,Hosur,startedaprogramme for Environmental Awareness among School Students(PEAS).Various activities were carried out during the academic year by the members. Posters were made to create awareness on energy conservation, toilet cleanliness and judicious use of water. Students nurtured school garden and the herbal garden which is also a part of School Garden.

The PEAS organized an outreach programme which was held in Kannur in order to create awareness on usage of CFL bulbs, need of good ventilation in the house, safe drinking water, need for toilet facilities, importance of using tooth paste and recycling of paper and also to avoid the usage of plastic covers through songs, skit and chart presentation.

World Environment Day at Aiswarya Public School, Kollam

Aiswarya Public School celebrated the world Environment day on 5th June 2009. Students presented special programmes in the morning assembly. They deliberated over topics such as **“Dangers to Environment”**, **“Ozone hole and Global Warming”**, **“Preserving**



World Environment Day at Aiswarya Public School, Kollam, Kerala

Environmental Purity” and “Environmental Pollution”

Principal of the school exhorted the students to try their level best to preserve nature. The programs began with planting a banyan sapling on the centre premises. Vegetable garden and botanical garden of the school also got inaugurated on this occasion. The Principal informed the gathering about the theme “Your planet needs you to unite to combat climate changes” for annual world environment day. Chief Guest enunciated the students to plant as many indigenous trees as they can. Based on the theme of protecting environment, competitions like drawing painting, collage, essay writing etc were conducted. Eco Club convener Mrs. Renu proposed vote of thanks.

Little Steps Towards Giant Leap in D.A.V. Public School, Ludhiana

Van Mahotsava was celebrated in **DAV Public School, Pakhowal Road**, Ludhiana on 18.07.2009. 500 students of class VI and VII took to the streets to make the people aware



Students rallying for the cause of Environment of DAV Public School, Ludhiana

of the environmental hazards. Students visited different areas focusing on the need to save water and energy. They raised slogans to keep the environment clean and green, to plant and nurture more trees and to protect wild life. Pamphlets were distributed urging general public to join hands in this noble cause. People were also made aware about importance of personal hygiene and how to protect oneself from communicable diseases like swine flu, dengue, cholera etc.

About 200 saplings of fruit trees were planted in and around the school campus by the students of class IV and V. Children showed great enthusiasm by planting saplings and also promised to keep their areas clean and green.

Eco Club in Krishna Public School, Raipur

The **Eco-club of Krishna Public School Raipur** was set up in the year 2007. The club has been trying to create awareness among the people as well as students about their immediate environment and environmental issues. Following activities were conducted under the Eco Club in the Year 2009

• EARTH DAY - 2009

A special assembly was conducted by the students of Class X. The negative attitude of man towards nature was the main theme of their presentation. Even the posters and articles on the Display Board were proclaiming the same.

• WORLD ENVIRONMENT DAY – 2009

“Development of Eco friendly habits and behaviour” – this is the theme of the Eco Club for the academic year 2009-'10. The entire celebration was based on this particular theme. A special assembly was held. The Eco Club, in collaboration with the Quiz Club, organized a Quiz Competition on Environment. This was organized for classes III to X.

• VAN MAHOTSAV - 2009

“Green Brigade Vahini” which has taken a ‘City Ride’ with a message to ‘Keep Our School and City Clean and Green’. Green Brigade Vahini visited main colonies of the city too. The ‘Green Brigade’ of KPS wearing green caps and “Mission Clean and Green” identity cards visited the houses in the said colonies to make



Students planting a sapling on the occasion of Van Mahotsava

them aware of the significance of keeping our surroundings clean and green and distributed the pamphlets. “Clean and Green” stickers were pasted by the Brigade at various public places, arousing awareness to keep those places clean.

Project Green at Innocent Hearts School Jalandhar.

Innocent Hearts School, Jalandhar launched this project on September 05 at Innocent Hearts Fields, Loharan. The school conducted various activities under the project. Mrs. Ajit Kaur, along with a group of girls planted the first sapling. Students have begun to realize their ethical obligations to be good stewards of the planet. An Article Writing Competition was organized under the title ‘Green Brigade’ so as to spread awareness among the children that trees are panacea to all.



A teacher assisting a young student in planting a sapling at Innocent Hearts School, Jalandhar

Green Earth Clean Earth Campaign in A.P.G. Public School, Kharkhauda

Dr. Smt. Srijata Das (Education Officer, CBSE) launched Tree Plantation drive under the slogan

"Each one plant one" on July 18, 2009 Saturday at **A.P.G. Public School, Kharkhauda**.

Along with Chief guest Dr. Smt. Srijata Das, Mr. Ramesh Chander (Director, INCEF) and Smt. Anita (Member of Board of school education, Haryana), planted trees in school premises. Moving forward with old tradition of A.P.G. Public School the principal Smt. Anju Goel enlightened the students about "**The Benefits of Plantation Drive**" and "**Its effect on Global Warming**". The plantation of flowering plants as well as medicinal plant's on the school campus is the prime objective of our "Eco and Health Club" in current session 2009 -2010.



*Dr. Srijata Das, EO, CBSE planting a sapling at
APG Public School, Kharkhauda*

Little blooming environmentalists of D.A.V P.S, Pushpanjali Enclave, Pitampura

The creativity and environmental ethos of our primary wing students and parents were showcased in the summer vacation Eco-Club homework. Attractive articles such as folders, hanging jute bags, pen holders, and decorative items were made out of waste and recycled material by our little ambassadors of environment. The Eco-Club of the school consistently strives hard to inculcate the sensitivity towards our environment amongst the students. Accolades of appreciation and acknowledgement in the form of certificates & prizes were given to the students.



*Exhibition organised by the Eco-Club of DAV Public School,
Pushpanjali Enclave, Pitampura, Delhi*

Green Fingers Club at Vagad Gurukul International School

To create awareness among the students about the crucial role of the trees played in our lives, **Vagad Gurukul International School** formed Green Fingers Club. "**Green, clean Gurukul**" is the motto and the aim of this club

is to make the school campus greener and cleaner.

Students worked relentlessly to create a pollution free, healthy environment. While working for the club, they also understood that the plants are essential for harmonious living as they give out vital oxygen.

Keeping the slogan 'each one plant one' in mind, many saplings were planted by the students. Many books related to plants were purchased and given to the club members. While addressing the students on the 'World Environment Day', Principal Neelima Sharma emphasized the need to be in line with the environment and not to go against it as living in harmony with nature is required for our survival.

The students planted vegetables like brinjal, cabbage, lady finger, pumpkin, bottle gourd, capsicum, tomato, spinach, etc. When these plants bore fruits, it created a distinct sight and the students were overwhelmed as their hard work brought a remarkable result. It aroused more curiosity among them and now they plan to create a flower garden also.

"If you try to love nature, you will find beauty everywhere."

Udgam School goes green , Ahmedabad

Aiming to sensitise children towards the cause of environment protection, the school has come up with interesting ways to save water, power, fuel and paper.

Udgam School has already incorporated several environment friendly changes in and around the school campus with long term

ramifications. The school has prepared a five-year plan to become the finest environment-friendly school in the city. By making some simple changes in its infrastructure, we plan to not only save the environment, but also reduce costs.

SAVING ELECTRICITY

With long-term energy costs rising, "green technology" is the future, feel experts. Udgam School has replaced electric appliances with power-saving tube-lights and light bulbs. School has minimised the usage of power by allowing the classrooms to be sufficiently sunlit. For this, the authorities have installed sun-control films on window panes. Also, outdated and power-consuming devices have been replaced with new ones.

In our day-to-day operations also we are striving towards saving power and water. We have introduced power-efficient LCD monitors instead of the conventional ones.

COLLECTING RAINWATER

Another hallmark of the green building is the water-filtration system. With the underground water level depleting day-by-day, we have constructed a bore and installed a filtration system in such a way that 70 per cent of the rainwater will be re-used. Auto-shut flush tanks and taps are also being installed in toilets to save water.

PAPERLESS OFFICE

The school is also using state-of -the-art technologies to implement some innovative ideas to protect our environment. To minimise the use of paper, the school has

refrained from publishing any brochures or leaflets. Most of the internal communication is done via e-mails. Our newsletter has gone online in order to cut down on paper and ink. The parents are also encouraged to use the internet. Notices, circulars and photographs are flashed on the LCD monitor installed on the notice board.

This year the entire admission process was executed online, cutting down on manpower, fuel and paper.

Tree Plantation at Emm Aar International School, Doaba, Punjab

Tree plantation was organized by our school on 12 August 2009. About forty plants were planted under the auspices of Syndicate Bank, Adampur.

International Indian School, Al – Jubail, Kingdom of Saudi Arabia celebrates Earth Day

April 22 is celebrated as EARTH DAY every year to commemorate issues related to the mother earth and a reminder of our responsibility to be careful stewards of this globe.

Girls' section, IIS – Jubail celebrated with series of activities starting with making models, posters and writing captions on environment. The Principal of IIS – Jubail planted a sapling in a pot as an example for the students. Only by planting new ones and by protecting the greenery, the EARTH can return to its past 'self'.

To keep environment clean one needs to start from Home. The students of IIS – Jubail decided to clean their classrooms and school campus which is their second home. All the senior students were instructed to bring cleaning items like gloves, tissues, towels etc. to work on EARTH DAY. Children were guided by their Class Teachers, Vice Principal and Principal.



Students participating in activities on Earth Day at International Indian School, Al-Jubail

Those who think they have not time for bodily exercise will sooner or later have to find time for illness.

Edward Stanley

